



Construction equipment stands at the ready along Pleasant Valley Road.

PHOTO BY BONNIE HOBBS/CENTRE VIEW

Looking into The Future

Homes, stores, restaurants and a roundabout.

BY BONNIE HOBBS
 CENTRE VIEW

With the downturn in the office market, developers are instead planning to build residential and commercial uses on vacant parcels of land in the Westfields area of Chantilly. Below are details about what's on the horizon, including plans for a memory-care facility off of Route 50 west.

Wegmans

The Commonwealth Centre is along Westfields Boulevard, across Route 28 and just northeast of the Akridge site. And that's where a Wegmans grocery store will be built in Chantilly.

It will go inside the Newbrook Drive loop road and will be part of a commercial complex including shops and two, free-standing restaurants. To pave the way, Fairfax County approved a Comprehensive Plan amendment for that 21-acre site, as well as a rezoning. Those actions enabled the developer, Regency Centers, to replace the currently approved 338,400 square feet of hotel, office and retail uses with 183,000 square feet of retail.

"County staff commented in its report that we're creating a more vibrant mix of uses there," said attorney Frank McDermott, representing the developer. "This will also enhance the road intersections, and there'll be sidewalks connecting to everything."

The centerpiece will be a 140,000-square-foot Wegmans similar to the one in Fair Oaks and containing the same amenities, but not the parking garage. It will, in-

SEE CHANGES, PAGE 2



Artist's rendition of the new Wegmans store to be built in Chantilly.

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Artist's rendition of the community commons at the Preserve at Westfields.

Changes in Development

FROM PAGE 1
 stead, have surface parking. Also planned are 32,500 square feet of retail shops, and one of the restaurants will be a 10,500-square-foot sit-down, full-service restaurant.

This project will also come with walking trails, an exercise park near the Flatlick stream valley, outdoor seating outside the Wegmans café and a number of proffered pedestrian and road improvements for safety plus better traffic flow.

"There's also substantial tree preservation along Westfields Boulevard — oak, willow and cherry trees — and we'll add to it," said McDermott. "Among our road improvements is the extension of Newbrook Drive, and county staff said it's pleased with our transportation plan." "One of the benefits from this change of use from office and hotel to grocery and retail is that you don't have a.m. and p.m. peak traffic," he added.

"And 56 percent of the traffic coming to Wegmans will already be out and about on the roads, including Route 28, Westfields Boulevard and Walney Road."

Former Sully District Supervisor Michael Frey said construction should start in mid-2017 and take about 18 months. "People have been asking me when the Wegmans is coming in," he said. "From what I've heard, the community is totally supportive of it and anxious to see it get built and open."

Residences at Government Center

With an eye toward providing workforce housing in the local area, Fairfax County dignitaries broke ground in May 2015 on a 270-unit apartment complex in Fair Oaks. The apartments are being built on county-owned land off Monument Drive, on the Government Center's perimeter, so they're named Residences at the Government Center.

On some 9 acres across from the Fairfax Corner shopping center, they'll offer a 5,800-square-foot amenity space including an outdoor pool, fenced playground, two courtyards and connections to walking trails. The apartments will have green and energy-saving features and will be available to people making up to 60 percent of the area median income (AMI).

In addition, at least 20 percent of the units are geared for households at or below 50 percent AMI. Paradigm Construction Co. is the general contractor and will build studio, plus one-, two- and three-bedroom apartments. Site work began in April, and the first apartment is expected to be available for occupancy by October 2016.

Because the developer was able to lease land from the county, and federal low-income, tax credits were

SEE OUTLOOK, PAGE 3

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JANUARY

- 1/20/2016.....A+ Camps & Schools
- 1/27/2016..... Community Guide
- 1/27/2016.....Winter Fun, Food, Arts & Entertainment; Valentine's Preview

FEBRUARY

- 2/3/2016.....Valentine's Dining & Gifts I
- 2/3/2016..... Wellbeing – National Children's Dental Health Month
- 2/10/2016..... HomeLifeStyle
- 2/10/2016..... Valentine's Dining & Gifts II
- 2/17/2016.....A+ Camps & Schools
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The Residences at the Government Center are being built along Monument Drive.

PHOTO BY BONNIE HOBBS CENTRE VIEW

ROUNDUPS

MLK Festival This Sunday

The Chantilly Pyramid Minority Student Achievement Committee will present its annual Martin Luther King Festival this Sunday, Jan. 10, at 4 p.m. at Westfield High, 4700 Stonecroft Blvd. in Chantilly. Students from several, local schools will honor the Civil Rights leader in song, dance and spoken word.

Solving Police Cold Cases

Local residents can learn firsthand how the police Cold Case Unit works and solves criminal cases. That's the topic of the next meeting of the Sully District Police Station's Citizens Advisory Committee. It's set for Wednesday, Jan. 13, at 7:30 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly.

Moving Equipment Is Sought

The Centreville Labor Resource Center is in need of moving equipment to add to its tool supplies. Requested items are back braces, lift belts, sliders and straps that are used for moving jobs.

This equipment can be checked out by workers and brought back when they complete jobs. It will ensure that they're able to complete moving jobs more safely. In addition, the CLRC is seeking Spanish-speaking people to fill a number of volunteer positions. Contact Molly Maddra-Santiago at director@centrevillelrc.org.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Jan. 7, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

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

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice, canned fruit (all types), canned pastas, canned meats (tuna, ham, chicken), cold and hot cereals, spaghetti and sauces, peanut butter, canned vegetables (including spinach, collar greens, beets) and cooking oil.

Toiletries needed, which WFCM clients cannot purchase with food stamps, include facial tissues, toothpaste, shampoo and solid deodorant.

Bring all items to WFCM's food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center. A volunteer stocker/bagger is needed Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or abosley@wfcmvva.org.

Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, VolunteerSolutions@fairfaxcounty.gov or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteersolutions.htm.

Long-Term Care Advocates

The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities.

Training is provided in September. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

NEWS

Outlook for 2016

FROM PAGE 2

obtained, said Board of Supervisors Chairman Sharon Bulova, "This is being done at no cost to the county. By providing workforce housing, many young people, low-income families and those having long commutes to jobs here will be able to live here."

Preserve at Westfields

There's a plan to transform 50 acres of vacant land along Route 28 and Stonecroft and Westfields boulevards in Chantilly. Being proposed for what would be called The Preserve at Westfields are 155 townhouses, 650 apartments, plus retail and other amenities.

Fairfax County already approved a rezoning for that site and also amended its Comprehensive Plan for that area so that high-density, residential uses may be built there. Akridge owns the land and would build the apartment and retail components; Elm Street Development would construct the townhouses.

Included would be an amenity area with walking paths, a pavilion/performing and gathering area, plus a lake that's currently not accessible. Proffer highlights include almost \$6 million in recreation improvements and more than \$5.5 million in road improvements.

"If we do this right, we're ultimately making the Route 28 Corridor stronger by providing amenities and a live, work and play environment," said attorney Greg Riegle, representing the developer. "And that's the philosophy the Westfields Business Owners Association has endorsed."

Trinity Centre

The Fairfax County Board of Supervisors recently approved a developer's plan for the Trinity Centre, off Route 29 in Centreville. As a result, apartments will be constructed there, amenities will be added around the lake and the county will receive financial contributions.

Trinity Centre was initially approved for 1.8 million square feet of office space. Also planned was 250,000 square feet of retail uses, plus 336 homes.

But besides the houses, only two office buildings totaling 576,000 square feet, three restaurants, a hotel, a fitness center and a small office building have been built.

So, with the downturn in the office market, JLB Partners submitted its own proposal for this site. It will construct 355 apartments around a six-story parking structure. Because of the site's topography, the residences will be within a building that's four stories in front and five stories in back.

The building will be constructed adjacent to the existing lake and will have two internal courtyards. There'll be an outdoor pool, and the lower-level units would be walk-outs. In addition, the builder will seek LEED certification.

With the lake seen as an integral part of the project, amenities will be added there so residents from other communities, too, may use the lake for fishing or passive recreation. Planned are a fenced-in, off-leash, dog area; benches, chairs and a climbing structure



The Trinity Centre site plan showing the planned new apartments.

for young children.

Senior citizens may also use the outdoor area for games such as chess and bocce ball. Trails will connect it to the office development, and other trail and pedestrian connections to Trinity Center will be improved, as well.

JLB expects the apartments to take 16-18 months to build and 18-24 months to lease. They're projected to yield 500-550 residents. The new apartments will be 1,000-square-foot units expected to rent for \$1,600-\$1,750/month.

In addition to making other contributions to the county, JLB will donate \$250,000 toward improving Trinity Parkway, the main road through Trinity Centre.

Arbors of Chantilly

As the number of senior citizens in Fairfax County continues to rise, so does the need for assisted-living facilities — and especially those focusing on people with Alzheimer's and dementia. Enter Artisan Land Group LLC.

It's already received Fairfax County's approval to build The Arbors of Chantilly at 13622 Lee Jackson Memorial Highway, off Downs Drive. The six-and-one-half-acre site, zoned residential, is currently a vacant lot. Planned is a one-story, 37,000-square-foot, 48-unit, residential-looking building facing Route 50.

Considered a "memory-care home," the 35,000-square-foot facility will be architecturally compatible with the surrounding land uses, plus the abutting residential area. It'll also have a large rain garden and fencing all around the property. Construction — which has not yet started — is anticipated to take about 10 months.

Roundabout Construction

VDOT is building a 90-foot-wide roundabout to improve traffic flow at the Braddock/Pleasant Valley roads intersection by Cox Farms in Centreville. Fort Myer Construction Corp. is doing the work. Estimated project cost is \$5.8 million, with completion anticipated by this spring.

It's being done in five phases. In phase four, Pleasant Valley traffic will be on a shifted alignment. But motorists on Braddock will have been shifted to the south. Phase five will feature the actual, roundabout construction. The project also involves a trail connection to the intersection. There'll be a crosswalk across Braddock Road and a sidewalk along the Cox Farms property.



Photography Club members getting ready to do crafts projects with the shelter children.



PHOTOS BY BONNIE HOBBS

Chantilly High photography students and Fair Oaks police brightened the holidays for children at the Katherine Hanley Family Shelter. Included in this photo are police Capt. Chris Marsh (second man in back row), MPO Wayne Twombly (as Santa) and teacher Betty Simmons (to Santa's right).

Christmas Comes To Hanley Shelter

Christmas came early at the Katherine Hanley Family Shelter, courtesy of the third annual Gift of Giving event. It was held Dec. 18 and put on by Chantilly High photography students and members of the Fair Oaks District Police Station.

"Sixty-five students collected gifts — enough so that each of the 28 children currently at the shelter could have five presents," said Photography Club sponsor and teacher Betty Simmons. "And the police brought gifts, too."

Capt. Chris Marsh, commander of the Fair Oaks station, came to the shelter, along with some other officers, including MPO Wayne Twombly, who dressed up as Santa Claus for the shelter children. And the students organized the gift-donation room where parents could



Chantilly students Harry Liu and Anushka Bagde sorted toys for the children.

select presents for their children, and children could pick out gifts for their parents.

The Chantilly students also did crafts with the children while their parents went Christmas "shopping," gift-wrapped the present selections and then served dinner to the children.

— BONNIE HOBBS



Preparing to serve dinner at the shelter are (from left) Chantilly shutterbugs Gasha Kwok, Jennifer Giron, Ana Quintano, Heaven Pineda, Kriti Ojha and Grace Snarr.



From left are shelter resident Aimee Nece with Chantilly students Michelle Pfoztzer and Cate Freret, about to wrap a gift for Nece's 8-year-old daughter.



Students wrapping the children's Christmas gifts are (from left) Madison Cochran, Briley Rickard, Maddie Aldrich, Zach Cohen, Izzy D'Souza, Rachael Jackson and Shannon McCullough.

School Board Sued over Policy Changes

Liberty Counsel challenges board's authority to add sexual orientation and gender identity.

BY TIM PETERSON
CENTRE VIEW

When the members of the Fairfax County School Board added sexual orientation and gender identity to the school system's nondiscrimination policy in November 2014 and May 2015, did they have the authority? A lawsuit filed Dec. 21, 2015 in Fairfax Circuit Court by the Liberty Counsel contends they did not.

"We believe that Virginia state law is crystal clear on this subject, that it deprives local government bodies, such as the Fairfax County School Board, of the authority to expand or contract protected classes under the state nondiscrimination law," said Horatio Mihet, chief litigation counsel with Liberty Counsel.

Mihet is representing Andrea Lafferty, president of the pro-family advocacy group Traditional Values Coalition and opponent of the policy changes, and the plaintiff, a Fairfax County high school student and a minor, whose parents and friends are also named as plaintiffs all under the name "Doe."

The Liberty Counsel complaint contends that the student is finding school an unsafe place

to learn in part because "gender identity" isn't clearly defined in the new policy or the student code of conduct. He has expressed fear of punishment for breaking the new nondiscrimination rules regarding transgender students in his bathroom or locker room space, because he does not fully understand what those rules are, according to the suit.

The student plaintiff, Mihet said, "has clear statutory and constitutional rights which are being infringed. In its desire to please one component of its constituency, the School Board has managed to run roughshod over the privacy rights of its students and their parents."

In addition to the suit, Liberty Counsel has also filed a motion for a preliminary injunction that would force the School Board to reverse the policy change immediately, prior to further litigation.

After Liberty Counsel's announcement the suit had been filed, School Board Chairman Pat Hynes released the statement that once the board was served with it, "our attorneys will review it and file the appropriate response with the court."

"Every child in our school system needs to know they are respected and will not face dis-

crimination," Hynes' statement continued, "and the same thing goes for employees when they walk through our doors."

Springfield District School Board member Elizabeth Schultz said she sees the lawsuit as "unfortunate" but thinks that it was "foreseeable."

"I think the current board lunged ahead with what was largely a political agenda," Schultz said. "Now unfortunately we're going to pay the price of a lawsuit. Of course there are better things to spend money on, but now have to be in a defensive position."

Schultz was applauded by many before the vote on May 7, in an uncommonly crowded auditorium at Luther Jackson Middle School, when she encouraged the board to postpone its vote, engage more with the community on the issue, and ultimately voted against the policy change.

Despite a boisterous crowd that night that was largely opposed to the change, School Board member Megan McLaughlin (Braddock District) said, "This policy update was not as controversial as alluded to and in fact was the right thing to do."

McLaughlin pointed to the results of November's election, saying, "I think the larger community demonstrated that in their decision to return virtually all the incumbents back

SEE SCHOOL BOARD, PAGE 7



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New Year's Goals

A few wishes for the General Assembly, more coming ...

❖ **Expand Medicaid:** Expanding Medicaid to cover as many as 400,000 uninsured people in Virginia under the Affordable Care Act would come at virtually no cost to Virginia and would be a massive boost to Virginia's economy. The local and state economy is suffering from the loss of federal spending in other areas, and it's just plain crazy and mean-spirited to deny medical care for people who can't afford it otherwise, and at the same time, turn away an economic stimulus equal to 20,000 or more jobs and a direct infusion of nearly \$2 billion a year.

❖ **Fund Education:** Localities need more help from the Commonwealth to pay for schools.

❖ **Fostering Futures:** Help teens in foster care by extending services and support, including foster care maintenance payments, to qualifying individuals age 18 to 21 years. The money spent will be matched by Federal dollars, and every dollar spent helping former foster children

become independent, self-supporting adults saves a bundle in other costs down the line.

❖ **Stop Predatory Lending:** The local impacts of predatory lending, including some car title loans, can be devastating to struggling families and individuals who get into the cycle of high interest debt. This is not an issue of just allowing more choice as some have claimed. And when someone loses the vehicle he or she needs to get to work, the costs can extend.

Early Voting for Presidential Primary Starts Next Week

Every year is an election year in Virginia.

Just two months ago, Virginia voters faced ballots for almost every state and local elected officials. While candidates spent millions of dollars and not very much changed, some critical races in Virginia have been decided by a fraction of one percent of votes cast.

Elections have had significant consequences here, and the coming election is likely to be in that category.

Early voting (absentee voting in person) for

U.S. Presidential Primaries starts Jan. 15, really, starting in just a little more than a week. The official primary date is March 1, but there is no reason to wait until then to vote.

Voters in Virginia don't register by party, but can only vote in either the Democratic or Republican primary. To vote in the Republican primary, each voter will need to sign a form asserting that he or she is in fact a Republican.

Democrats will choose between Hillary Clinton, Martin O'Malley and Bernie Sanders (in that order).

Republicans will choose among 13 candidates who will be listed in the following order: Marco Rubio, Lindsey Graham, Ben Carson, Rand Paul, Mike Huckabee, Ted Cruz, Donald Trump, Jim Gilmore, Chris Christie, Jeb Bush, Rick Santorum, John Kasich and Carly Fiorina.

For details on absentee voting in Fairfax County, see www.fairfaxcounty.gov/elections/absentee.htm.

For details on absentee voting in the City of Alexandria, see www.alexandriava.gov/Elections.

For details on absentee voting in Arlington, see vote.arlingtonva.us/absentee/.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

A Workable Solution for I-66

BY DAVE MARSDEN
STATE SENATOR (D-37)

There was a great deal of concern about "\$17 tolls" inside the beltway on I-66 during the recent election. I shared those concerns as I did not want to set a precedent of tolling a road that we were not adding infrastructure to. As you know solo drivers cannot use I-66 during rush hour and must wait until 9 a.m. and 6:30 p.m. to access the road depending on the direction of travel. While I still have concerns over the tolls, the agreement between the Commonwealth and the Northern Virginia Transportation Commission provides new insight on how this project will work.

I feel better about the tolling as the average toll will cost \$6 and part of the revenue collected will be spent on multimodal (transit) options to improve thru-put on this extraordinary congested highway and will in the future be used to widen the road eastbound. At its December meeting the Commonwealth Transportation Board received a presentation on the congestion benefits of this proposal using the Northern Virginia congestion rating process I helped put in place with Del. Jim LeMunyon (HB 599 and SB 531). The rating process shows that the Governor's proposal will eliminate 26,000 person hours of delay a day in the future. Of all the proposals considered, including a plan that only adds lanes to I-66 inside the beltway, the Governor's plan to improve multimodal options by far reduces the most

congestion. If we can reduce the need for up to a lane of traffic through transit enhancements that will include carpooling, buses, improved van pools, and areas for riders to negotiate shared vehicles (slugging) then the Governor's idea appears to have merit. The same congestion analysis showed that simply widening I-66 eastbound without the transit improvements and conversion to dynamic tolling would only reduce 6,000 person hour of delay a day — about 20 percent of the benefits compared to the current plan.

Due to growth in the Rosslyn-Ballston corridor and the Coleman decision, a 1977 Federal Department of Transportation decision that gave Arlington County more control over options on I-66, I-66 will never be an easy journey. Arlington has now made concessions for the I-66 project and for the expansion of express lanes from Edsall Road in Springfield/Alexandria to Washington D.C. on I-395. This is welcome progress though not a panacea or these congested roadways. While perfect solutions may not exist, progress is essential and making progress on multi-modal/transit options as well as Express lane extensions and additional lanes are welcome news that will keep us moving forward.

In an ideal world we would have a different solution to I-66. However, the decisions in the past like HOV requirements and taxing gasoline on a wholesale basis limit the choices we have today. Given the current constraints faced in this corridor the Administration's plan offers the best opportunity to improve travel for commuters.

LETTER TO THE EDITOR

A Goal for the New Year

To the Editor:

Looking around my neighborhood, I see houses are all covered in pretty lights and everyone's Christmas tree has been displayed. Which means it's that time of the year again, Christmas! One thing I love about this holiday season is that everyone is the most happiest and giving. However, as an American Ahmadi Muslim teen I don't celebrate Christmas. But the good vibes everyone gives off makes me feel happy too. It makes me wish everyone was like this

throughout the whole year, sharing, smiling to one another, forgiving, etc. I believe people should be extra happy this holiday season especially with all the bad things going on in the world, such as the Paris attacks and San Bernardino shooting.

We should take this time to reflect upon how grateful we are. This is also our chance to really think about being a good citizen and to stay united.

Sabiha Basit
Centreville



School Board Sued over Nondiscrimination Policy Changes

FROM PAGE 5

to this board.”

Robert Rigby, teacher at West Potomac High School and president of the Lesbian Gay Bisexual and Transgender-friendly employees’ group FCPS Pride, is promoting mediation on the issue, outside of litigation. Rigby released a statement following the lawsuit that he and his organization are

working to set up meetings between opponents of the policy change and members of the LGBT community in Fairfax County Public Schools.

“The idea is to put real people out there,” Rigby said, “invite some transgender kids and parents to meet. We’re hoping to change hearts and minds — that’s the ultimate hope. We want to start conversations.”

Rigby believes the move by Lafferty and

the Liberty Counsel is a “hail Mary, a last-ditch effort” to affect the board’s position, after previous attempts to “drive the ball down the field” at board meetings were unsuccessful.

Regarding the student plaintiff’s experience, Rigby said he shouldn’t feel afraid. “Transgender teens are not scary, and very aware of the fact that people may feel uncomfortable around them,” he said. “They’re

not out to confront anybody, to scare.”

Rigby is continuing to work on facilitating meetings with opponents of the policy, including former School Board members Michelle Brickner and Steve Hunt. “I think we have the right on our side,” he said.

Mihet with Liberty Counsel said he believes the preliminary injunction will be heard in the next 60 days. Andrea Lafferty was unavailable for an interview.

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Westfield Boys' Basketball Wins Bulldog Bash

Westfield girls finish runner-up.

BY WILL PALENSCAR
FOR CENTRE VIEW

On Dec. 28-30, Westfield High School hosted the 14th annual Bulldog Bash basketball tournament with some of the best local teams as well as teams from out of the area.

This year, the boys' teams featured defending state champion Colonial Forge out of Stafford, along with Forest Park (Woodbridge), Patriot (Nokesville), Potomac School (McLean), St. Albans, West Springfield, Landstown (Virginia Beach) and Westfield. The girls' teams featured Battlefield, Centreville, Madison, Landstown, McLean, William Fleming (Roanoke), Yorktown and Westfield.

In the boys' final, Westfield defeated Landstown 82-77 in overtime. Westfield's Tyler Scanlon scored 33 points, Blake Francis 18 and Hank Johnson added 16. Landstown was led by Daryus Evans 26 points and Michael Christmas added 24.

The Bulldogs defeated Landstown in triple overtime in last season's state semifinals.

"Whenever a team is playing for a championship, the intensity is high and both teams showed that Wednesday night," Westfield assistant coach Mike Coyle said. "That and the fact that we went to overtime again are probably the only similarities with last year's game. Both teams graduated key players from last year's

"Whenever a team is playing for a championship, the intensity is high and both teams showed that Wednesday night."

**— Mike Coyle,
Westfield assistant coach**

team. Both games were exciting high school games and are fun to be a part of."

In the boys' first round, West Springfield defeated Colonial Forge 50-43, Landstown defeated Forest Park 47-40, St. Albans defeated Potomac School 51-35, and Westfield defeated Patriot 83-58. In the second round, Landstown defeated West Springfield 67-57 and Westfield defeated St. Albans 86-78.

Westfield improved to 7-2 on the season and will open its conference schedule at Robinson on Jan. 8.

The Westfield girls finished runner-up, losing to Landstown 30-26 in the final.

Westfield (5-4) opens Conference 5 play with a home game against Robinson on Friday.

Tyler Scanlon was selected tournament MVP for the boys after averaging 30.6 points for the tournament. Cynita Webb of Landstown was named the girls' MVP.

The MVP is presented in honor of former Westfield basketball player and captain, Erin Peterson, whose life ended on April 16, 2007 in the shootings at Virginia Tech. Peterson's mother, Celeste, handed out the MVP awards. Peterson's No. 45 was retired in December of the same year. A fund was created in her honor at www.erinpetersonfund.org. Donations can be made on that site or by mailing a check to The Erin Peterson Fund 5309 Braddock Ridge Drive Centreville, VA 20120.



Members of the Westfield boys' basketball team celebrate winning the Bulldog Bash.

PHOTOS BY WILL PALENSCAR



From left: Westfield's Tyler Scanlon, Blake Francis and Hank Johnson received all-tournament honors at the Bulldog Bash.



Jessica Martinez and the Westfield girls' basketball team finished runner-up at the Bulldog Bash.

WELLBEING

George Mason University Fitness Director Ethan Carter says choose foods and physical activities that you enjoy is a key to successful weight loss.



PHOTO COURTESY OF GEORGE MASON UNIVERSITY

Resolving To Lose Weight

What works and what doesn't when it comes to health and fitness.

BY MARILYN CAMPBELL
CENTRE VIEW

More than half of Americans are resolving to lose weight and get in shape this year, according to a new Nielsen survey, but only 8 percent will achieve that goal.

"People tend to make New Year's resolutions to give themselves a fresh start," said Lyn Chang, a Bethesda, Md.-based marriage and family counselor. "They're also a way of addressing things about ourselves that are dissatisfying and trying to make a change. The problem is that most people create resolutions that are too unrealistic."

Small and practical targets, such as taking a 10-minute walk during lunch or joining an exercise class that meets twice weekly, are more attainable than vowing to spend two-hours a day at the gym, says Domenica M. Rubino, M.D., director, Washington Center for Weight Management and Research in Arlington.

"You have to distinguish fantasy from reality and think about making sustainable changes," she said. "When you start setting and achieving small goals it builds your confidence to keep going. One change tends to beget another change, and I think that's particularly true with weight loss."

Successful weight loss requires a multi-pronged approach, says Chang. "Break the larger goal in to smaller steps like creating an exercise routine or practicing healthy grocery shopping and meal planning," she said. "Carefully examining and planning the mi-

cro-steps to achieving the larger goal of weight loss is what will increase the chance of success."

Whether choosing food or exercise, the key is making it pleasurable. "If I don't like a certain vegetable, but say that I want to eat it everyday because it's healthy, I'll only be able to maintain that for a short time," said Ethan Carter, fitness director at George Mason University. "The same is true for exercise. Fitness is more than dumb bells and bar bells. If you like hiking or yard work, you should choose that as a way of getting exercise."

Rubino encourages clients to view exercise as a gift rather than a means for burning calories. "See it as mood management or a way to feel better," she said. "People who are chronically trying to lose weight tend to resent exercise and activity because it's always connected to their weight, so they see it as pointless. It helps to see it as something that can improve your mood and your overall health and wellbeing. When we're feeling better we can make better choices."

Creating balance is an often-overlooked component of weight loss, but one that can sabotage health and fitness efforts, says Cheryl Mirabella, a nutritionist and wellness coach with Living Whole Health in Alexandria.

"If you're working hard and don't have a lot of balance in your life then you turn to food for pleasure, but when you're focusing on things that make you happy you naturally turn to healthier food choices and food loses its power as a source of pleasure and reward," she said.

Mirabella asks her clients to create what she calls a joy list. "They jot down a list of things that make them happy like spending time with friends, music or another hobby," she said. "The list

is broken down into immediate activities like sitting with a cup of tea and a book, mid-term activities like having lunch with a friend and long-term activities like a weekend trip. The idea is to have a source of inspiration and something to look forward to."

"You have to distinguish fantasy from reality and think about making sustainable changes."

— **Domenica M. Rubino, M.D., Director, Washington Center for Weight Management and Research**

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Upon Further Reflection



By KENNETH B. LOURIE

I'm not a look-in-the-mirror kind of person. Other than in the morning when I wash up, brush my teeth, shave and get ready for the day, I spend very little time reflecting on my appearance. In fact, during the early days of my cancer treatment when I was infused with a chemotherapy cocktail for six non-stop hours every three weeks - I lost all my hair, as forewarned; I have no recollection of what I looked like without any hair on my head. Presumably, every morning when I prepped for the day, I would have seen what I was doing and watched how it was done; yet there is no image, still or otherwise, in my mind of how I appeared to others.

Seven years of continuous treatment later, when I look in the mirror now (I have a full head of hair and a growing stubble, like most men), I can't evaluate what I see. Do I look sick? Or do I look as I should for a middle-aged man aging gracefully? Not that I need to look good to feel good ("and you know who you are"), any more than I need to "look mahvelous," but the cumulative effects of chemotherapy and the inevitable signs of aging have blurred (no pun intended; I can see perfectly well) my objectivity. So much so that on any given day, what I see is what I get and I'm happy to have gotten it, subjectively speaking. Ergo, looking in the mirror more often than not serves no appreciable benefit - to me, since I know what I see, or rather, don't know how to evaluate what it is I do see.

Then along comes the holidays, when many social gatherings are planned where in addition to food and drink, face-to-face interactions occur with many people you see regularly and some you know but rarely see. It is the observations and comments from these rarely-seen persons, persons with whom you are familiar - and who are familiar with you and your "underlying diagnosis," as I call my cancer, that are the genesis of this column.

I am happy and amazed, and incredibly flattered even to say that the feedback I received was uniformly positive and extremely encouraging; and if I had to bet a nickel, I'd say their comments were all sincere and honest. And since I don't want to look for trouble (since trouble has already found me), I am going to take their words at face value (again, no pun intended). And in thanking them graciously, reconsider yet again how fortunate I am to be receiving such compliments, nearly seven years in and nearly five years past, the end date (pun intended) of my original "13 month to two year" prognosis, words which I first heard from my oncologist at the initial Team Lourie meeting held on February 27, 2009 (Oh, yeah, you remember that date, forever).

Unfortunately, there is a bit of a cynic in me, so I still question the validity of words people sometimes say not necessarily to the wise. Moreover, I still am not convinced that looking good is more important than feeling good (with apologies to a Billy Crystal sketch mimicking Fernando Lamas back in the day on Saturday Night Live). Nor am I at all sure that looking good is an accurate description of what effect my stage IV, non-small cell lung cancer is having on me and my mediastinum.

As much as I'd like to believe that form follows function and that looking good is a clear indicator of one who is not only feeling good, but doing well (cancer-wise), I'm still wondering what it is that sets me apart from many other similarly diagnosed patients who have succumbed to this terrible - and mostly terminal - disease. I never thought it was, or would be, my looks. And given that there hasn't been that much with which to work, maybe not focusing on my appearance all the time has helped? Apparently, it hasn't hurt.

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

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SPORTS



PHOTOS CONTRIBUTED

The 16-18-year-olds team was the South East Regional Champion and third place finisher at the Babe Ruth World Series in Oregon. Team roster includes: Coach Brian Seeley, Coach Karl House, Coach Aaron Tucker; Players: Kyle Wilkinson, Nick Render, Zach Beck, Brandon Reiser, Ben Stine, Zach Bright, Tyler Murray, Nathan Nguyen, Kenny Barry, Jimmy Nicholas, Matthew Sedlock, Jake D'Ercole, Sean Culleiton, Trey House, Zach Thurston, Michael Camarata, Matthew Blaise, and Joe Larimer.

SYA Babe Ruth Teams Honored

SYA Babe Ruth had two teams crowned champions this year and were recognized on Saturday, Dec. 19, by SYA President Gary Flather, Sully District Supervisor Michael Frey and Virginia State Babe Ruth Chairman Paul Link at a ceremony at the Sully District

Government Center. Players from the 13-15 year old team were the Virginia State Champions and Southeast Regional Runner-ups. The 16-18 year old team were the South East Regional Champions and third place finisher at the Babe Ruth World Series in Oregon.



The 13-15-years-olds team was the Virginia State Champion and Southeast Regional Runner-up. Team roster includes: Coach Joe Stein, Coach Tim Divecchia, Manager Dan Martin; Players: Justin Martin, Brandon Wong, Pascal Zamora-Roberts, Mitchell Thompson, John Farley, Jordan Reiser, Henry Pyzdrowski, Josh Spiro, Niko Lamay, Nick Divecchia, Ryan Wu, Russ Steinhilber, Chris Hannah, John Basham, and Jenna Martin (bat girl).

SCHOOL NOTES

Email announcements to centreview@connectionnewspapers.com. Photos are welcome.

The Centreville High School Chorus, under the leadership of Director of Choral Music Lynne Babcock, were invited by the Young People's Chorus of New York City to participate in the chorus' Radio Radiance new music/digital media commissioning program.

Grace Coleman is a member of the Stevenson University (Owings Mill, Md.) women's volleyball team that won their fourth straight MAC Commonwealth title, after beating Messiah 3-1 in the MAC championship game.

Sean Douglass, a senior majoring in applied physics; **Kayla O'Sullivan**, a sophomore majoring in health and exercise science; and **Matt Pisarcik**, a senior majoring in applied physics and biology have been named to the dean's list for the at Bridgewater College (Bridgewater, Va.)

Westfield's Scanlon Shares 2016 Outlook

After winning a state championship as a quarterback/receiver for the Westfield football team, senior Tyler Scanlon recently

returned to the hardwood for the school's basketball team. During the Bulldog Bash Dec. 28-30, Scanlon earned MVP honors and led Westfield to the tournament title.

Scanlon, who signed with Boston University to play basketball, recently participated in a Q&A via email.



PHOTO BY WILL PALENSCAR

Westfield senior Tyler Scanlon was named MVP of the Bulldog Bash.

Q: Did you make any new year's resolutions? If so, what are they?

A: It wasn't necessarily a resolution, as much as a refocus, but ultimately just getting back to working as hard as I did when I didn't have a state ring to lean on. You're really only as relevant as your latest achievement, and while winning a state championship was an incredible experience, there's still more to be accomplished.

Q: As an athlete, what is one thing you would like to do better in 2016 than in 2015?

A: I'd like to end the 2016 year with no what-ifs. I don't want to look back and say what if that shot went in or that ball was caught. Winning silences those what-ifs.

Q: What did winning the Bulldog Bash do for the team's confidence?

A: I think the Bulldog Bash raised our confidence, but maybe lowered our egos. We realized we can play with anyone around, but also anyone around can play with us if we don't come out with energy on defense especially. Every play requires 100 percent effort if we want to win when it matters.

Q: How many football players ended up joining the basketball team?

A: Four so far. One is still in

the process of trying out due to travel over the break. At one point we were looking at seven football players trying out for basketball before two were injured indefinitely.

Q: How long did it take for the team to jell once the football players returned?

A: The football guys brought a lot of swagger and confidence to a team of mostly young guys who were seeing their first varsity minutes. I think Battlefield was the first game we started to see how people fit into their roles and how dangerous we could be offensively. Defensively, we still have a lot of work to do switching over from football to basketball.

Q: As a student and an athlete, what would be the ideal way for you to finish your senior year at Westfield High School?

A: As a student, I think my mom would be really upset if I didn't make the honor roll and she runs the house so I'll maintain that. And as an athlete, I'd like to just maximize my own personal potential, and the potential of the basketball team. That's all we can control, wins and losses tend to work themselves out if you work as hard as you can.

— JON ROETMAN

ENTERTAINMENT

Email announcements to centreview@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Santa Through the Ages. Through Jan. 31, 11 a.m.-4 p.m. daily, except Tuesdays, at Sully Historic Site, 3650 Historic Sully Way, Chantilly. This exhibit of Santa figures depicts Santa through different time periods. Tickets are \$7 for adults, \$6 for students, and \$5 for seniors and children. Visit www.fairfaxcounty.gov for more.

Fine Art Exhibit at Clifton Wine Shop. Through Jan. 31, 10 a.m.-8 p.m. at The Clifton Wine Shop, 7145 Main St., Clifton. This exhibit includes landscapes, watercolors, and acrylics from artist Michele Frantz. Free. Visit www.artguildofclifton.org.

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.

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

English Conversation Group. Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

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.

English Conversation Group. Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

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.

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.

ESL Book Club. Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

Lego Block Party. Every other Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883.

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

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

www.wineryatbullrun.com.
Singing. 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

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

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

SATURDAY/JAN. 9

Stretch & Sip. 11 a.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Take an hour-long yoga class followed by a glass of wine. Tickets are \$13.50 for members, \$15 for non-members. Visit www.wineryatbullrun.com/events for more.

SATURDAY-SUNDAY/JAN. 9-10

D.C. Big Flea Market. 9 a.m.-6 p.m. on Saturday, 11 a.m.-5 p.m. on Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find more than 700 vendors with antiques and more. Tickets are \$8 and are valid for both days. Visit www.thebigfleamarket.com.

FRIDAY/JAN. 15

Sipping & Painting. 6:30 p.m. at The Winery at Bull Run, 15950 Lee

Highway, Centreville. Take a class from a painting instructor and find wine for sale. Tickets are \$40 for members, \$45 for non-members. Visit www.wineryatbullrun.com/events for more.

FRIDAY-SUNDAY/JAN. 15-17

30th Annual Washington Camping RV Expo. 12-8 p.m. Friday, 10 a.m.-8 p.m. Saturday, and 11 a.m.-5 p.m. Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. RV dealers from six states will display the newest RVs from tent campers to luxury motor coaches. Find out about campgrounds, RV maintenance, insurance and financing. Admission is \$10 for adults, free for children 16 and younger. Visit www.agievents.com for more.

SATURDAY/JAN. 16

Richard Bland Lee's 253rd Birthday Party. 1-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Celebrate the 253rd birthday of Sully's former owner, Richard Bland Lee — Northern Virginia's first Representative to Congress. Take a special tour of the grounds. Tickets are \$7 for adults, \$6 for students, and \$5 for seniors and children. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site/.

SUNDAY/JAN. 17

Garden Scale Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, Virginia and Maryland Garden Railroad Society will hold their annual G Scale

(Garden) Train Show. Tickets are \$4 for those 16 and older, \$2 for youth, and free for children 4 and under. Visit www.fairfax-station.org for more.

MONDAY/JAN. 18

"Tips for Beautiful Garden Pictures." 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Photographer Patty Hankins offers tips for garden photos using a smartphone. Free. Visit www.centrevillegardenclub.blogspot.com for more.

FRIDAY/JAN. 22

Friday Night Flights: Meritage. 7 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Tasting room manager Dean Gruenberg will lead a wine tasting of meritage blends from Argentina, California, France, Washington State, South Africa, and Virginia. Tickets are \$20-30. Visit www.wineryatbullrun.com/events for more.

FRIDAY-SUNDAY/JAN. 22-24

Home and Remodeling Show. 10 a.m.-9 p.m. on Friday and Saturday, 10 a.m.-6 p.m. on Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find and learn more about home related products and services. Tickets are \$10 for adults, \$3 for children 6-16, free for children 5 and younger. Visit www.homeandremodelingshow.com for more.

FRIDAY/JAN. 29

Magic Show: Michael Cantori. 7 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Experience magic, psychology, hypnosis, etc. Tickets are \$32-40. Visit www.wineryatbullrun.com/events.

FRIDAY-SUNDAY/JAN. 29-31

Sugarloaf Craft Festival. 10 a.m.-6 p.m. on Friday and Saturday, 10 a.m.-5 p.m. on Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find more 250 artists and craft designers. Tickets are \$8 in advance for adults, \$10 at the door, free for children 12 and younger. Visit www.sugarloaforcrafts.com for more.

SATURDAY/JAN. 30

Steven F. Udvar-Hazy Center Open House. 10 a.m.-3 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Go behind the scenes and talk with curators, conservators, archivists, and other Museum experts; see objects not on public display; and participate in unique activities, tours, and on-stage presentations. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

SATURDAY/FEB. 6

Heritage Family Day: African American Pioneers in Aviation and Space. 10 a.m.-3 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Learn more about the accomplishment of African Americans in the fields of aviation and space exploration. Free. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

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Sunday Worship

8:45 and 11am

15450 Lee Highway
Centreville, VA 20120
703.830.0098

www.CentrevillePres.com

CENTREVILLE BAPTIST CHURCH

many peoples, one body

We invite YOU to come connect
with God this Sunday.

WORSHIP SERVICES
Sundays at 9:15 am & 11:00 am

COMMUNITY GROUPS
Sundays at 8:00, 9:15 & 11:00 am

15100 Lee Highway, Centreville, VA 20120
703-830-3333 www.cbca.org