

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

From left are Pete and Lauren Kirby and sons Kevin and Michael.

WELLBEING

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PHOTO BY BONNIE HOBBS/THE CONNECTION

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NOVEMBER 2-8, 2016

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

VOTE TUESDAY, NOV. 8!

CONGRESSWOMAN

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A LIFETIME OF SERVICE IN THE 10TH DISTRICT

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- › Advance breakthroughs in 21st century cures for chronic disease such as cancer, Alzheimer's and diabetes.
- › A 5 year Transportation Bill, signed into law, which will help relieve traffic congestion, provide more transportation funds, and make Metro safer and more accountable.
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- › Human Trafficking legislation, signed into law, that cracks down on this growing crime and protects women and children.
- › Started two Heroin Task Forces to battle the heroin scourge in our communities and advancing legislation to increase education, treatment and prevention.
- › Started the "10th Congressional District Young Women Leadership Program" for junior high and high school young women.

**"I ask for your vote on
Tuesday, November 8th.**

As your Congresswoman, I will continue to work tirelessly to strengthen our national security and protect us from terrorism; advance breakthroughs in 21st century cures for chronic diseases such as cancer, Alzheimer's and diabetes; promote a 21st century economy with more opportunity and higher wage jobs; provide transportation funding and solutions; and fight the growing problem of human trafficking and heroin abuse in our community."

Barbara Comstock

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A Man of ‘Selflessness, Heroism and Humility’

Pete Kirby retires after 40 years as a firefighter/EMT.

BY BONNIE HOBBS
THE CONNECTION

It takes a special person to be a firefighter, and Pete Kirby is all that, and then some. That point was abundantly clear, Saturday night, as family, friends and colleagues marked his retirement by celebrating his four decades as a volunteer firefighter/EMT (emergency medical technician).

He’s a veteran of both the Vienna and Centreville volunteer fire departments, and more than 100 people gathered Oct. 29 at Vienna’s fire station to honor, roast and share stories about Kirby. But mostly, they came to thank him for all he’s done and tell him how much they appreciate him.

“It was on Pete’s watch, 19-1/2 years ago, that I became chaplain [for Centreville’s Fire Station 17], and he’s always supported me,” said the Rev. Jerry Foltz, giving the pre-meal benediction. “Tonight we recognize how he’s contributed to people’s lives, saving both them and buildings; and, God, we thank You for Your spirit in him.”

Kirby, 56, and wife Lauren, with the Vienna VFD Auxiliary, live in Centreville’s Country Club Manor community. And Saturday, their two grown sons, Kevin and Michael, praised their dad together.

“I’m proud to say that, in a way, I grew up at the firehouse,” said Michael. “My nickname was ‘Fire Pup.’ I spent lots of time in this very building, or asleep in my mom’s car at some late-night fire. My father and I



PHOTOS BY BONNIE HOBBS/THE CONNECTION

This cake with firehose and helmets symbolizes Pete Kirby’s service with the Centreville and Vienna volunteer fire departments.

even saw some action as Rescue Team Two when I was in kindergarten. I even visited the Pierce factory [which builds fire engines] once, as a reward for good grades.”

“My memories begin with second-grade, Bring Your Parent to School Day,” said Kevin. “Your dad installed carpet or sold insurance. Mine went around helping the injured and fighting fires in his free time. I’d be asleep on a school night and would awake to the sound of an ignition outside my window and jump up to see my dad turn on the red lights and take off. It was always so exciting in our house.”

“We shared our father with the community,” said Michael. “But he never missed my soccer games on Saturday mornings after Friday nights driving the ambulance.



The Kirby family: From left are Pete’s sister Ann Marie, Pete and Lauren and sons Kevin and Michael, and Pete’s brother Michael.

Other Saturdays, I awoke to find he’d already left, returning after dinner from a day as incident commander at the Bull Run Jamboree or the Fairfax Fair.”

Kevin said Friday night, Oct. 28, was his dad’s last high-school football game manning the standby ambulance. Chantilly High, where Michael went, played at Centreville High. “How bittersweet,” said Kevin. “Dad would spend Fourth of July driving the brush truck; he’d drive Santa around town on the engine. But his record began here at Vienna before I was born. He joined Co. 2 as a junior at Oakton High and

was soon its youngest officer.”

Michael said there’s a wall in their home full of their father’s plaques and commendations. “Firefighter of the Year, Officer of the Year, most annual hours — the list goes on,” said Michael. “He was made an officer in his first year at Centreville and was chief for over a decade. He created a wildland team, a bike team and got a Gator [an all-terrain ambulance]. He formed a platoon system and driver training and hired the department’s first chaplain.”

SEE A MAN, PAGE 8

Awards and Reminiscences

BY BONNIE HOBBS
THE CONNECTION

During Pete Kirby’s retirement celebration Saturday night, a video highlighting his career was shown. He then received several awards.

Dave Parker and Sue Yamashita, who rode with Kirby when he drove an ambulance for Centreville’s volunteer fire department, presented Kirby with a Lifetime Achievement Award. “No one made me laugh like Pete,” said Parker.

Kirby has done public-safety consulting for Booz Allen Hamilton since the early 1990s, and still does, and that company’s Paul Torpey presented Kirby with an award for his 40 years of “loyal and dedicated service to the citizens of the Commonwealth of Virginia.”

Charlie Singleton, former Vienna VFD chief, gave Kirby a plaque of his name read into the Congressional Record. Noting that Kirby also served as the third vice president of the Virginia State Firefighters Association,

From left are Dave Parker, Sue Yamashita and Pete Kirby in the late 1980s.



PHOTOS BY BONNIE HOBBS

it read that he leaves office “with a legacy of hands-on leadership and deep community ties.”

Tom Eisenhardt, who was a volunteer fire captain at Centreville when Kirby was chief there, said, “This man speaks from the heart. He’s honest, sincere and thinks of everyone else. I’m honored to have served with you, Pete, and I thank you for everything.”

Then, addressing the crowd, Kirby said,

Kirby looks back while preparing for the future.

“I never expected anything like this. I look around this room and see parts of my life, and I can’t express how much you all mean to me.” He said how heartwarming it was, not just to see family and friends, but people he’s served with at Centreville’s Fire Station 17, Vienna’s Station 2, the state association and the police 911 call center, where he dispatched fire calls.

Inspired by his uncle, Austin Kirby, who was a fire chief, and a firefighter cousin,

Kirby was fascinated with firefighting from an early age. “Growing up in Oakton, I heard the Fairfax fire sirens,” he said. “And when I was 12, I went to a fire at the Drug Fair on Jermantown Road. Everyone was inside fighting the fire, and one firefighter outside saw me and called, ‘Hey, Kid.’ He needed help and asked me to fill the pressurized-air bottles for the firefighters when

SEE KIRBY, PAGE 8

Murder Charge Goes to Grand Jury

Caterer stabbed after E.C. Lawrence Park wedding.

BY BONNIE HOBBS
THE CONNECTION



Kempton Bonds



Tyonne Johns, the victim.

On the surface, an argument over folding chairs after an Aug. 6 wedding at Cabell's Mill in Ellanor C. Lawrence Park led a woman's fatal stabbing and a man charged with murder. But according to a witness and a video of the seven minutes leading up to the tragedy, tensions between the man and the wedding party had been simmering all during the event.

Monday afternoon, in Fairfax County General District Court, defense attorney Peter Greenspun argued that his client, Kempton Bonds, had no malice toward Tyonne Johns, the woman he allegedly stabbed to death. If anything, said Greenspun, the crowd there was verbally abusing and threatening Bonds. But ultimately, the judge found probable cause to believe Bonds is guilty as charged and certified his case to the grand jury.

Johns, 35, of Washington, D.C., was the event's chef and caterer. Bonds, a 19-year-old Clifton resident, is a 2015 Robinson Secondary School graduate and was a seasonal employee of the county Park Authority. Police had already responded to the Chantilly park around 9:24 p.m., after Bonds reported the wedding guests' disorderly conduct. But the next call they received, about 10:50 p.m., was about the

stabbing.

The chairs for the wedding were supplied by both Chef Tyonne Catering Co., owned by the victim, and the Park Authority. Witnesses said Johns was starting to pack up the folding chairs, but Bonds told her the chairs belonged to the park, and the two began to argue.

Johns's assistant, Shaina Mason, testified Oct. 31 that "There was a conversation about the chairs and the bride was upset and yelling." She said that after Johns asked Bonds why he was upsetting the bride, Johns "yelled at him and he stabbed her and she stepped away and said, 'You stabbed me!' Mason said she didn't see the actual stabbing, but saw Johns back away from Bonds, "who had a knife in his hand." She also said Johns never touched him.

Mason then called 911. After that, she said, crying, "Someone put [Johns] in a chair, and [Bonds] went down the steps on the side of the building."

Under Greenspun's cross examination, Mason said that during the event, guests were upset with Bonds turning off the music and taking down the decorations. She said for 10 to 20 minutes, people were yelling and cursing at him. She also said that

Bonds didn't curse, scream or threaten anyone, but "he was rude."

During the seven minutes or so before the stabbing, Bonds videotaped on his phone what the others were saying and doing, and Greenspun played that tape in court. In it, the bride yells at Bonds, "Boy, I'm about to f*#k you up, I swear to God, on my wedding day."

Then the groom yells at Bonds, "I guarantee, you'll be fired; you ruined my whole wedding." He and another woman also call Bonds derogatory names, and a female tells him, "I'm going to knock you out."

Next is the stabbing, and Bonds says, "Stay away from me." Mason said she couldn't tell one voice from another on the tape and was in the driver's seat of a U-Haul during the altercation. However, Greenspun got her to admit that, when she heard a voice threaten to "f*#k [Bonds] up," Johns was "within arm's reach" of him.

"It wasn't Bonds who was acting out of control, with malice, it was the group," said Greenspun.

County police officer Jason Reichel was the first officer responding to the stabbing. "There were people running and screaming, all over the place," he said. Reichel said they told him their friend had been stabbed and they pointed out Bonds as the culprit, so Reichel handcuffed him.

The officer then found Johns slumped over in a chair. "I tore her shirt and saw a wound underneath her left breast," he said. "I applied pressure to her wound and supported her head to protect her airway." When more officers arrived, he directed them to take custody of Bonds and he returned to the victim. "The only thing she said to me was, 'I can't breathe,'" said

Reichel. Then an ambulance came and rushed Johns to a hospital, where she was pronounced dead.

Also testifying was Officer Jason Deal, who arrived at the scene to find Bonds on his knees, in handcuffs. "Officer Reichel said it appeared he'd stabbed someone, and Bonds said, 'Yes, that's correct; that was me.' I found a folding pocket knife on him – about 4 inches, folded up." He then took Bonds to the Adult Detention Center, where he was arrested and charged with second-degree murder.

Summing up, Greenspun said, "This is clearly a tragic situation, but there's no evidence of malice. There was a blistering, ugly, aggressive, assertive assault by numerous people there. But [Bonds] didn't invite or provoke this horrible, verbal assault. It was the vitriol, hate and aggression of the words – and Johns gets in his face, as he's backing up to the railing, and yells at him. If it's anything, it's manslaughter, not murder."

But Assistant Commonwealth's Attorney Brandon Shapiro stressed that Bonds "had a knife in his pocket – a deadly weapon. He had the ability to leave and didn't. There was no physical altercation; at no point was Bonds touched. There's probable cause for second-degree murder."

Agreeing, Judge Michael Lindner said, "Words can be very hurtful, [but] the defendant's responses to the anger were not words of peace. There was a knife inside someone's body. There's a fair probability that Mr. Bonds killed somebody in malice."

Lindner then certified the case to the grand jury for possible indictment. He also continued Bonds's bond of \$250,000 plus house arrest.

Breaking Down the Bonds on Fairfax County's Ballot

Voters asked to approve funding.

BY TIM PETERSON
THE CONNECTION

Fairfax County will try to make the most of voters' time on election day Nov. 8, having them weigh in not only on the Presidential and Congressional elections, but also proposed Constitutional amendments, a referendum and bond questions.

The so-called "Meals Tax" referendum is a proposal for voters to allow the Board of Supervisors to levy up to a four percent tax on prepared foods and beverages. That would include restaurant food, as well as ready-made meals at grocery and convenience stores.

The referendum specifies 70 percent of the annual revenue generated by the meals tax, an estimated \$70 million, would be designated for Fairfax County Public Schools. The remaining 30 percent would

go to a combination of county services and capital improvements.

Opponents of the meals tax have argued it's a regressive move that will unfairly eat away at the restaurant and catering industry in Fairfax County by making it more difficult for smaller businesses to survive. Also they've said there will be an unnecessary extra financial burden on low income parents to feed their families.

Supporters of the tax point to surrounding areas including Vienna and Alexandria that already have meals taxes, saying they haven't suffered the way opponents predict. At a recent joint budget meeting with the supervisors and Fairfax County School Board, Supervisor John Cook (R-Braddock) observed that without the boost from the meals tax, the school system won't be able to raise teachers' salaries enough in the next year to make them more competitive in the market.

The bonds, which is a way for the county to finance public facilities and infrastructure through long-term borrowing over several years, fall into three categories: transportation, parks, and human services and

community development facilities.

For the first category, citizens are asked if Fairfax County may issue up to \$120 million in bonds to fund road improvements and a share of the Washington Metropolitan Transit Authority Capital Improvement Program. The Metro CIP covers eight categories over six years: vehicles and vehicle parts, rail system infrastructure rehabilitation, maintenance facilities, rail power systems and technology, track and structure, passenger facilities, maintenance equipment, and other transit-related facilities.

\$107 million in parks bonds includes \$94.7 million for the Fairfax County Park Authority's capital needs — such as park renovations and upgrades, stewardship of cultural and natural resources, land acquisition and new park development — plus \$12.3 million in capital contribution to the Northern Virginia Regional Park Authority.

If the parks referendum passes, there will be funding for general park improvements at Burke Lake and Lake Accotink, system-wide renovation and renewal and replacement at the Mount Vernon RECenter.

For human services and community de-

velopment, Fairfax County is seeking authorization to issue \$85 million in bonds, \$48 million of which would be used to renovate, expand or replace bonds four shelters operating at capacity that aren't able to meet crisis or emergency needs of homeless individuals.

The remaining \$37 million of bonds, if the referendum passes, would be used to replace the Sully Senior Center in Centreville and build a new Lorton Community Center, which also provides space and programming for seniors and is currently housed in a leased space that expires in two years.

For more information from Fairfax County on the upcoming Nov. 8 election, including sample ballots, candidate information and ballot questions, visit www.fairfaxcounty.gov/elections/upcoming.htm. Additional descriptions of the bond items are available at www.fairfaxcounty.gov/bond/2016-bond-referendum-pamphlet-web.pdf. More detail on the specific park bonds is available at www.fairfaxcounty.gov/parks/2016bond.htm.

John Totten and Kate Ives rehearse as Bob Wallace and Betty Haynes.

PHOTOS COURTESY OF SUZY MCCARTHY



Getting into Holiday Spirit

Lord of Life Lutheran Church presents "White Christmas."

BY BONNIE HOBBS
THE CONNECTION

With their former, WWII Army commander in danger of losing his country inn in Vermont, song-and-dance team Bob Wallace and Phil Davis come to the rescue. They join with singing sisters Judy and Betty Haynes to put on a sparkling holiday show that, hopefully, will save the inn.

That's the storyline of "White Christmas," the upcoming Irving Berlin musical being performed by Lord of Life Lutheran Church, across from Little Rocky Run, near Centreville High. Set in the 1950s and featuring a cast and crew of 50, it'll take the stage Nov. 4-12.

"We have four fantastic leads, and the whole cast is amazingly talented at not just acting, but also singing and dancing," said Director Suzy McCarthy. "We have three, specialty dancers performing in the production numbers, and our choreographer is the award-winning Susan Brock, who's done community theater in this area since 1980."

There's a live combo including pianist Michael Thompson, who plays at the church regularly. One of the pastors has a main role, and the lead pastor, Nathan Swenson-Reinhold, makes a cameo appearance. The scenes take place at the Ed Sullivan Theater, a New York nightclub, the inn, a barn and on a train.

"People will enjoy seeing this beloved story performed in front of them," said McCarthy. "They'll catch the energy and excitement of live stage. We like to do something Christmas-themed to get everybody in the holiday mood."

Retired Centreville High teacher John Totten, of Clifton's Cavalier Woods community, plays Bob Wallace, the more famous of the song-and-dance duo. "Phil keeps trying to set Bob up with a girl, and Bob keeps resisting," said Totten. "But this time, with one of the Haynes sisters, he might succeed. Bob likes to appear stoic and serious; but underneath, he has a tender heart. He and Phil were in the Army together and have become successful in show business."

Delighted with his part, Totten said, "For a guy like me, who loves Bing Crosby [who played Bob in the movie], it's a dream role. I get to sing a bunch of great songs, do some musical comedy and work with some neat people. His favorite song is "Count Your

SEE HOLIDAY SPIRIT, PAGE 10



Katherine Iooss and Buz Ringler play Judy Haynes and Phil Davis.

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OPINION

Vote No Later than Tuesday, Nov. 8

Vote early (“absentee in person”) through Saturday, Nov. 5.

Who knows what will happen on Election Day? Voters can avoid the uncertainty of possible traffic gridlock, bad weather or other impediments by voting “absentee-in person.” If you work, you qualify to vote absentee because of the possibility you could be commuting and working for 11 hours on Election Day. There are many other reasons voters qualify to vote early in Virginia.

Voters can vote absentee-in person at Fairfax County Government Center, Conference Room 2/3, 12000 Government Center Parkway, Fairfax, now through Friday Nov. 4, 8 a.m. to 8 p.m. and Saturday, Nov. 5, 9 a.m. to 5 p.m.. Nov. 5 is the last day to absentee vote in-person.

Absentee voting is also available at 10 satellite locations, now through Friday, Nov. 4, 2-8 p.m. and Saturday Nov. 5, 9 a.m. to 5 p.m.

Satellite voting locations:

- ❖ Providence Community Center - 3001 Vaden Dr., Fairfax
- ❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria
- ❖ McLean Governmental Center - 1437 Balls Hill Rd., Community Room, McLean
- ❖ North County Governmental Center, 1801 Cameron Glen Dr., Community Rooms, Reston
- ❖ West Springfield Governmental Center -

LETTER

To Serve Not Attack

To the Editor:

With the election a week away, I want to highlight few Islamic teachings related the elections. The Holy Qur’an describes a vote to be a trust.

It says: “Allah commands you to make over the trusts to those best fitted to discharge them.” (Surah Al-Nisa [4]:59).

So as an Ahmadi Muslim, it is my civic and religious duty to discharge this trust.

On selecting the rightful candidate, the prophet Muhammad stated, “A leader of the people is one who serves them” (Sakhavi). I hope and pray that candidates at all levels understand this message and serve their constituents in best possible manner.

At the same time, I hope that candidates are involved in positive discussions how they can serve better instead of attacking each other by finding weaknesses in one other.

Ahmed Bajwa
Chantilly

- 6140 Rolling Road, Springfield
- ❖ Mason Governmental Center - 6507 Columbia Pike, Annandale
- ❖ Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria
- ❖ Sully Governmental Center - 4900 Stonecroft Blvd., Chantilly
- ❖ Lorton Library - 9520 Richmond Hwy., Lorton, Saturdays only.

VOTING ON THE QUESTIONS:

Here are our recommendations:

Vote YES for the MEALS TAX. Fairfax County needs to find alternatives to the real estate tax, and in Virginia, there are not many options allowed to localities. This is one of the few alternatives available, and it requires a referendum.

Vote YES for the three Fairfax County Bond Questions: Vote YES for Transportation; vote YES for Parks; Vote Yes for Human Services.

Vote NO on on Question One. This anti-union language is already Virginia law; it doesn’t belong in the Virginia Constitution.

For Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, or you face any other challenge to voting at your polling place, don’t panic or give up. You will be given the opportunity to vote a provisional ballot. Ask for a provisional ballot if one is not immediately offered. You will then have until Monday, Nov. 14 to resolve

BULLETIN BOARD

Email announcements to chantilly@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.

ROTARY CLUB

Chantilly/Centreville Rotary Club, 11:45 a.m.-12:45 p.m. every Tuesday at Eggspectation Restaurant, 5009 Westone Plaza, Chantilly. Join the men and women of the Rotary Club for their weekly luncheon meeting and meal. Rotary is a service club actively involved in the community. Email Charles@keenerinsurance.com to join the group as their guest.

THROUGH NOVEMBER

Aqua Exercise Flex Passes will be on sale throughout the month of November at Fairfax County Park Authority RECenters and online. Pass holders can use the flex passes to attend any water exercise class, space permitting, at the county’s nine RECenters. The Park Authority is offering a 10 percent discount on the purchase of a 20-visit pass and a 15 percent discount on a 30-visit pass. The passes are valid for four months from the date of purchase.

FRIDAY/NOV. 4

Canned Food Drive. 7 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly. Chantilly High School is holding their annual “Best Fans Bring the Most Cans” Food Drive competition against

the issue and demonstrate your right to vote.

After completing the provisional ballot, you will be given written instructions from the election officials on how to submit a copy of your identification so that your vote can be counted.

A voter will have until noon on Monday, Nov. 14, following the election to deliver a copy of identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Monday, or the provisional ballot cannot be counted.

Also by noon on Monday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a temporary identification document. This document may be provided to the electoral board to suffice the identification requirement.

CORRECTION

Voters who do not present photo ID and vote by provisional ballot have until noon on Monday, Nov. 14 after the election to present their identification. Previous coverage reported that the cutoff was Friday.

— MARY KIMM
KIMM.MARY@GMAIL.COM

THURSDAY/NOV. 10

Registration Open House. 9:30-11:30 a.m. at Clifton Children’s Academy, 14315 Compton Road, Centreville. Bring your child and come take a tour of the campus. Clifton Children’s Academy will be holding registration for spring and fall 2017. Call 703-968-8455 for more.

SATURDAY-SUNDAY/NOV. 12-13

Dulles Access Road Overnight Detour. On or about Nov. 12 at 10 p.m. to Nov. 13 at 6 a.m., traffic on the westbound Dulles International Airport Access Highway (DIAAH) will be diverted to the westbound Dulles Toll Road (DTR) between mile marker 8.3 and mile marker 1.8 while Dulles Corridor Metrorail Project crews erect steel beams at the site of the Silver Line’s future Innovation Center Station.

TUESDAY/NOV. 15

Application Deadline. Home Works Painting is now accepting nominations for our Paint-It-Forward project. Winner will receive \$5,000 worth of interior painting for free. Paint-It-Forward project is for persons, families, or nonprofit organizations who are in need of interior painting/drywall repair/carpentry but can’t afford it due to some difficulties in life that they may have experienced. Contact Charlotte Wright at 703-629-6543 or charlotte@homeworkspainting.com.

Westfield High School during the varsity football game. Community members are asked to donate canned food. The fans with the most cans by weight will win and be announced during halftime. Food will be donated to Western Fairfax Christian Ministries Food Pantry and will directly benefit members of the community. Email janineapalmer@gmail.com for more.

SATURDAY/NOV. 5

American Red Cross Blood Drive 7 a.m.-12:30 p.m. at St. Timothy Catholic Church, 13809 Poplar Tree Road. The American Red Cross encourages eligible donors to give blood to help stock the shelves before the holiday season. Contact Regina E. Boothe Bratton for more information at 410-764-6386 or Regina.BootheBratton@redcross.org.

Free Water Workouts. 2-5 p.m. at all nine Fairfax County RECenters. The Fairfax County Park Authority is hosting Aquathon 2016 events. This free program for teens and adults allows participants to sample the wide variety of water exercise classes available at the RECenters. Visit www.fairfaxcounty.gov/parks or call 703-324-8662.

WEDNESDAY/NOV. 9

Dulles Regional Chamber Luncheon. 1:30 pm, at the National Conference Center, 18980 Upper Belmont Place, Leesburg. Dulles Regional Chamber topic “A Business Case for Drones?” Tickets are \$50-65. To register, visit www.dullesregionalchamber.org.

Chantilly CONNECTION

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A Connection Newspaper

OPINION

On Stage: Exploring a Child's Fantasy

BY JULIA LUIGS
MCLEAN HIGH SCHOOL

It's a simple question, really — what do you want? If you could have anything in the world, would you want treasure, to stay young forever, or even the power to fly? Imagination and childhood whimsy collide in Chantilly High School's "Peter and the Starcatcher," a play filled with unending quirks and enough "starstuff" to make the whole company dazzle.

"Peter and The Starcatcher" follows the adventures of Molly, the aforementioned "Starcatcher," as she tries to complete the mission assigned to her, and the Boy, an orphan with no name and a hatred of grownups. The show is based on the 2006 novel by Dave Barry and Ridley Pearson, which was written as a prequel to J.M. Barrie's "Peter and Wendy," the original Peter Pan story known and loved by many. The production premiered Off-Broadway in 2011 before transferring to Broadway in 2012, then

returning to Off-Broadway at New World Stages through 2014.

The cast brought flexibility and fluidity to the narrative. In the role of Molly Aster, Caroline Barnes struck the perfect balance of intellect and insecurity to model a 13-year-old on the cusp of womanhood. Alongside Barnes, Evan Belsky soared as the Boy (Peter), drawing on tales of a traumatizing childhood and a grounded demeanor to construct a heartbreaking performance. The innocent romance that blossomed between the two was entirely genuine, complete with the common missteps of young love, such as a spontaneous kiss that led to heated discussion, as well as unending competitive spirit.

Of course, heroes are only as good as their villains. Luckily, the villains did not disappoint. The flamboyant tendencies of romantic pirate Black Stache (Adam LeKang) coupled with the zany theatrics of his right-hand man Smee (Maria Benincasa) made for hilarious moments throughout the show. LeKang and Benincasa's enthusiasm for whatever crazy

scheme they had just cooked up made the two standout performers delightful to watch. Contrasting the crazy was the sweet relationship between Molly's nanny Mrs. Bumbrake (Adriana Castillo) and shiphand Alf (Randy Weidmann). Both actors had moments of charm and hilarity, and did a fantastic job of portraying

older characters despite little noticeable age makeup. Wrapping everything together into an entertaining package was the ensemble, whose fluidity as a whole helped the show transition smoothly from one scene to the next.

The technical aspects of the show combined quirky and classical to create scenes straight out of

a child's imagination, set and sound especially. The set featured a myriad of different shaped and sized platforms as well as a 4-foot-tall slide decorated with natural elements that cultivate the idea of the ocean and a starry night sky, with just a touch of magic thrown in. Sound added key elements of

SEE EXPLORING, PAGE 9

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A Man of 'Selflessness, Heroism and Humility'

FROM PAGE 3

"The fire department also brought our parents together," said Kevin. "They met right here [at the Vienna station], as teenagers. She loitered at ball games across the street and he was a straight-laced sergeant. But after a chance meeting through friends, they grew on each other."

Mike said they were married by a justice of the peace in 1980 while wearing blue jeans. Years later, he said, "There was a time at Centreville when he was the chief and she was the president."

Growing up, recalled Kevin, "Dinnertime at our house was the best. We got to hear all about the daily mayhem. Dad would interrupt his own stories to pull out his pager — sometimes he had two — read an assignment and jump up from the table. As he suited up to respond, my brother and I were so excited when he kissed us goodbye. Mom would say, 'Go get 'em, honey.' For some reason, I always told him, 'Bring back a cheese pizza,' [and] sometimes he did."

Michael remembered being 14 and home



PHOTO BY BONNIE HOBBS/THE CONNECTION

Pete Kirby addresses the crowd.

alone one summer day and calling his dad at work as a tornado touched down in Centreville. "His colleague said he was busy, which I knew, because I had the scanner on," said Michael. "But he called me right back with instructions for taking cover."

"I remember him leaving for duty before Hurricane Hugo and loading a relief truck after [Hurricane] Andrew. And I remember when he toured Mississippi in a helicopter after Katrina. He told us about seeing a firehouse that had blown away. The image of just the front bays left standing on a con-

crete slab is still haunting."

All their lives, added Kevin, "Mike and I have seen, heard and learned directly from our father about what and who and when and even where it takes a man to be at the right place for someone else in need — whether they're in pain or they could just use a few motivating words — down to how to serve an entire community, wherever and whenever needed."

"Our father embodies selflessness, heroism and humility," said Michael. "He is great, good man. He's earned people's respect as a public servant and our admiration as his sons. Neither of us became firemen, and he never pushed us to."

But, said Kevin, their dad taught them "how to be gentlemen, how to treat women and how to treat ourselves after a job well done. He also taught us how to work hard at a goal or a passion and know deep down that, no matter how wild it may be, no matter where on the totem pole you reside, you can reach it. Basically, a little manpower can move a mountain."

Michael then led everyone in a toast to

those attending who "answer the call of strangers — and to our father, who would do it all over again."

Kirby's brother Michael said how much he appreciates everything Pete's done, and his sister Ann Marie said he's always been "a steady, guiding force" in her life. Lauren Kirby said her husband is all about serving the community and earned any recognition he received.

"He put the department and its members first and helped train them," she said. "He cares deeply for the things his volunteers care for. Our home phone rang at all hours of the day and night, with both operational and personal questions, because they knew they had a chief they could count on."

"Pete went to all the funerals of firefighters [throughout the U.S.] to honor their service and served during 9/11. And he went to hospitals many times to check on patients he'd transported, the day before. He gave his time, talents, compassion and sense of humor. And, Pete, we love and honor you and thank you for giving 40 years of service."

Kirby Looks Back While Preparing for the Future

FROM PAGE 3

they came outside, so I did."

Another time, still age 12, he helped direct traffic while Fairfax City and Vienna firefighters were battling another blaze on Jermantown. Afterward, one of them told him he could volunteer at the Vienna station when he was 16, which he did — and the rest is history.

After serving 14 years there, Kirby switched to Centreville's Volunteer Fire Department in 1990. But it wasn't in his plans. "We bought a house in Centreville while I was working [dispatch] shifts for the police department, and I thought of getting out of the fire business," he said. "I had two young boys and we took them to an open house at Station 17, and the people there asked me to join them."

At the time, he said, "Centreville had six riding members. But with the past chiefs, we worked to develop the volunteers. And now we have one of the strongest departments in the county. When I left as chief, we had 35 operational members and had built great relationships with career staff there."

And Kirby always knew he was making a difference. "My youngest patient was a 24-hour-old baby having trouble breathing," he said. "We took it to the hospital and the baby made it; we saved a life."

In the early days, he drove both an ambulance and a fire engine. He later became a command officer but, since the majority of calls are for medical emergencies, he continued driving an ambulance. He served as chief from 1992-2006 and then assistant chief. He also became qualified as an incident safety officer.

As chief, Kirby modernized Centreville's

fleet by buying different types of ambulances and fire engines with better capabilities. He also campaigned for an all-terrain vehicle called a Gator, so they could reach off-road patients and then transfer them to a regular ambulance.

"There were so many wooded areas in western Fairfax County where it was difficult to retrieve patients, such as Bull Run Regional Park and at special events like Centreville Day, where it wasn't practical to get an ambulance through the crowds," he explained. "The county was slow to respond to our request, but the 9/11 attack changed that."

During Kirby's tenure, he helped develop an agreement with the Board of Supervisors for Station 17 to co-operate the new West Centreville Station 38. So both stations provide its people and vehicles. Kirby also acquired two, fire-hazard houses to teach children about fire safety. And his station started the Emergency Medical Bike Team to provide medical care at special events, such as festivals.

Among the big fires was a three-alarm blaze at an apartment complex on Woodmere Drive. "It was challenging because a lot of the fire was in the attic, where we couldn't reach it," said Kirby. "So Chantilly [firefighters] came and brought a special piece of equipment." Another time, two residential buildings on Braddock Springs Road caught fire. "It was well-advanced before anyone notified us," said Kirby. "We had a close call because a ceiling collapsed and separated our crew members and we worried that we'd lost someone in the fire. But everyone made it out safely."

Station 17 became a shelter for the people displaced by that fire, and the station's La-



PHOTO BY BONNIE HOBBS/THE CONNECTION

Charlie Singleton (left), former Vienna VFD chief, gives Pete Kirby a plaque honoring him in the Congressional Record.

dies Auxiliary provided comfort and aid. It was also used to shelter 25-30 scared and soggy Cub Scouts who were stranded by a flood. "Heavy rains flooded the western part of the county while a Scout troop from Maryland was camping in Bull Run Regional Park," said Kirby. "The water rose quickly and they became trapped, so we had to rescue them. The Ladies Auxiliary provided blankets and hot food and even opened the Bingo game so they had something to do."

On 9/11, Kirby was on duty for five days straight after the attack. The first three days, he was on an engine, countywide, covering empty stations that had responded to the Pentagon. The next two days, he served as battalion commander for other officers who were also at the scene. "On 9/11, we mobi-

lized everything we could muster to respond to the attack," he said. "If the Coke machine had had a red light on it, I'd have put a crew on it and sent it, too."

Even during regular fire calls, firefighters can't always save everyone. "It's tough when you have to tell someone about the loss of a loved one, and I did that many, many times in my 40 years," said Kirby. "It never got easier; but the training I received as a volunteer prepared me to be strong, and my God above gave me the strength to know I could get through it."

But, he stressed Saturday, "This is a team sport. I'm humbled by the honor and appreciative that you all took time out of your lives to be here tonight." Afterward, Kirby said he was "overwhelmed. It was an amazing turnout, and I'm humbled by all the nice things people said. I thank everybody in the community for their support while I was chief, and everybody in the fire department for what I've gotten to do. But I couldn't have done any of it without my family's support."

Noting the many friendships he made with both career and volunteer firefighters through the years, he said, "So many people really wanted to do the best they could, and helping the community was the most rewarding part. I've enjoyed everything I've done, but I wanted to retire before suffering any permanent injuries."

"It's a very challenging and demanding job, physically and emotionally," continued Kirby. "It's not easy work. You do difficult tasks and see things people shouldn't ever have to see. I'll miss responding to calls, working with the career staff and being a commander for special events. But it's time for younger folks to do it and for me to start a new chapter."



From left: Evan Belsky, Caleb Mitchell, Gabe Ribeiro, and Caroline Barnes.

PHOTO BY STU COOPER



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Exploring a Child's Fantasy

FROM PAGE 7
realism to the show, including ship creaking noises, magical tinkling bells, and a cacophony of storm

sounds to close out Act 1. Chantilly High School composed a child's fantasy with their production of "Peter and the Starcatcher."

With outrageous characters, phenomenal tech, and enough surprises to fill a trunk, playing pretend has never seemed so real.

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Nov. 10, 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

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice; fruit juice; jelly; red, white or black beans (can or bagged); canned vegetables (no green beans of corn needed); macaroni and cheese; can pasta; pasta sauce; and pasta (spaghetti, rotini, elbow, etc.).

Contact Terri Kelly at tkelly@wfcma.org if willing to coordinate a food drive.

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NEWS

Getting into Holiday Spirit

FROM PAGE 5

Blessings,” which he sings alone and as a duet with Kate Ives, who plays Bob’s love-interest, Betty. “It’s got a great sentiment,” said Totten. “The message is; No matter how bad things seem, you can count your blessings and get through it.”

Calling it a show good for the whole family, Totten said, “Most people are familiar with the story, and Irving Berlin’s music will appeal to all ages. And you can’t get any better entertainment for \$15.”

Portraying the financially struggling inn-owner, Gen. Waverly, is the Rev. Bruce Burslie. “He’s tough on the exterior, but soft on the interior,” said Burslie. “He’s having a hard time not being in the Army, anymore. But his former troops really love him, so they’re trying to help him. I love this part because I spent 27 years in the Army, and Waverly’s a fine example of leadership. And I like that he’s a general on the outside, but a caring person on the inside.”

Burslie especially likes the title song, “White Christmas,” which he sings with an ensemble. “It’s sentimental, represents the meaning of Christmas to me and embodies the Christmas spirit,” he explained. “This is a nostalgic, family show, and the audience will enjoy the music, the period setting and the humor – and it’s basically a love story.”

Fairfax resident Katherine Iooss, an FCPS elementary-school music teacher, plays Judy Haynes. “She and her sister Betty are looking for their big break,” said Iooss. “Judy tries to make it happen by getting Phil and Bob to come see them perform in New York. Then they all end up performing at the inn together, and Phil plays matchmaker between Bob and Betty, while he and Judy connect.”

“Judy is fun-loving and outgoing, but Betty’s more straight-laced,” continued Iooss. “Judy’s smart, wants a career for a while and wants to help her big sister make it in show biz. She sees Betty as the real starlet.”

Saying she’s “having a blast” with her role, Iooss said, “It’s fun to find out I can do some things I didn’t think I could, like dancing onstage. My late mom was a dancer, and I carry her makeup case onstage with me. I teach music to kids all day long; but ev-



PHOTO COURTESY OF SUZY MCCARTHY

From left: Bruce Burslie (General Waverly), June Johnson (Susan), and Kathy Young (Martha) are performing in “White Christmas.”

ery night, I get to do it, myself.”

She loves singing the harmonies in “Sisters” and “I Love a Piano.” Because she’s a soprano, she doesn’t usually get to perform harmonies. So, said Iooss, “This lets me challenge myself, and it’s fun.” She said this cleverly written show will let the audience escape from the serious news of today’s world into a simpler time. “They’ll love the music and our fabulous pianist – the whole experience,” said Iooss. “And with the witty lines, plus the songs of Irving Berlin, you can’t go wrong.”

Portraying Phil Davis is Buz Ringler. “He’s a ladies’ man who likes to play the field,” said Ringler. “Although he doesn’t want to give up his single life, he’s smitten with Judy. He and Bob are good buddies; in the Army, Phil was a private, and Bob, a captain, so Phil always feels intimidated by the general.”

“I love my role,” continued Ringler. “It’s fun to play a playboy and flirt with the females in the cast. And I also get to sing and dance, which is great. My favorite number is ‘I Love a Piano.’ I saw this show on Broadway and always wanted to do it because of that song. It’s a fun, upbeat tune that Judy and Phil sing together.”

Overall, he said, “‘White Christmas’ is a great show for this time of year, and you can’t beat the music. The audience will leave the theater not humming, but singing, the songs.”

Volunteers Needed for Food Drive

This Saturday, Nov. 5, Cub Scouts and Boy Scouts will be out in Centreville and Chantilly neighborhoods delivering empty grocery bags with a flyer asking for food donations. The hope is that people will fill them with food for Western Fairfax Christian Ministries’ (WFCM) food pantry for local families in need. They should then place the bags outside their front doors by 9 a.m. on Saturday, Nov. 12, for pickup.

The Scouts will collect non-perishable items, such as canned soup, meats, vegetables, fruit, cereal, rice, oatmeal, macaroni and cheese, pasta and sauce (no glass jars), peanut butter and jelly, dried beans, canned tomatoes, etc. Scouting for Food is

the largest food drive of the year for WFCM’s food pantry.

More than 150 youth and adult volunteers are needed to help throughout the day. Shifts are available between 10 a.m. and 4 p.m. for set up and tear down, sorting, crating and transporting of food on Friday, Nov. 11. Individuals, small groups, families, service clubs, and students needing community service hours are encouraged to volunteer.

WFCM also needs volunteers with trucks and strong backs to help transport 30- 50-pound crates from the sorting site to the food pantry and/or local storage areas. For more information and to sign up, contact Annette Bosley at abosley@wfcmv.org.

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Email announcements to chantilly@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.

Fields of Fear. Through Nov. 5, 7:30-11 p.m. at Cox Farms, 16521 Braddock Road, Centreville. The friendly Imaginature Trail takes a dark turn for Fields of Fear, transforming into The Forest: Back 40. The Forest has doubled in length for 2016, and now consists of half a mile of fear. The Forest joins two other haunted attractions at Fields of Fear, the Dark Side Hayride and the Cornightmare. The Firegrounds feature several bonfires, a six-lane slide, music, entertainment, tasty treats, and Fear Games, including the dark maze, Nyctophobia. Tickets are \$6-17. Visit www.coxfarms.com for more.

White House Ornament Sale. GFWC Western Fairfax County Woman's Club is selling 2016 White House Christmas ornaments. This year's ornament honors our 31st President, Herbert Hoover. The ornament, inspired by a White House fire on Christmas Eve, 1929, is a fire truck carrying a Christmas tree. Ornaments are \$21. Call 703-378-6841 or 703-378-6216. It is possible to order previous years' ornaments.

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

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

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

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. Selected 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 a list of dates.

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 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.

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 to reserve a spot.

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

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

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

PET ADOPTIONS

Adopt a Cat or Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

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

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

FRIDAY/NOV. 4

Author Event. 7:30 p.m. at the Fairfax County Government Center's Board Auditorium, 12000 Government Center Parkway, Fairfax. Brandon Mull is the author of the bestselling Fablehaven, Beyonders and Five Kingdoms series as well as titles in the Spirit Animals series. Books available for sale and signing. Cosponsored by the Friends of the Pohick Regional Library and the Friends of the Richard Byrd Library. Ages 7 to adult. Sign up at 703-324-8428.

FRIDAY-TUESDAY/NOV. 4-8

Cox Farms Fall Festival. 10 a.m.-6 p.m. at 16521 Braddock Road, Centreville. The Fall Festival features hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, and all sorts of farm animals and their babies. Tickets are \$6-17. Visit www.coxfarms.com for more.

SATURDAY/NOV. 5

Civil War Soldier Campfire. 5:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In 1861 and 1862, Confederate soldiers camped at Walney Farm, and the property was overrun by Union soldiers after the Second Battle of Manassas. Join a reenactor portraying one of these soldiers and settle in for a Civil War Soldier Campfire. Practice drilling with the reenactor, and see a musket-firing demonstration. Try some hardtack

that soldiers commonly ate, followed by s'mores. Tickets are \$10. Visit www.fairfaxcounty.gov/parks/eclawrence or call 703-631-0013.

15th Anniversary HomeAid Northern Virginia Gala & Auction. 6:30-8 p.m. at Westfields Marriott Washington Dulles Hotel, 14750 Conference Center Drive, Chantilly. HomeAid Northern Virginia celebrates its 15th Anniversary. Tickets are \$200. Visit www.homeaidnova.org for more.

SATURDAY-SUNDAY/NOV. 5-6

Cox Farms Pumpkin Madness. 10 a.m.-5 p.m. at 16521 Braddock Road, Centreville. Bring an old Jack-O-Lantern and destroy it by using the high drop, squisher, smasher, or stomping ground. Tickets are \$6-17. Visit www.coxfarms.com for more.

Mini Maker Faire. 11 a.m.-5 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. A wide range of events for every age, ability and interest. Weekend-long celebration will feature coding and programming, 3D drawing, exploration of mechanical builds, motorized enhanced mechanisms, augmented and virtual reality, and Flint Hill School students will demonstrate some of the team's current project. Free. Call 703-278-0300 for more.

SUNDAY/NOV. 6

Dancing With My Baby. 10:30-11 a.m. at NOVA Natural Birth Center, 4200a Technology Court, Chantilly. Connect through movement, dance, yoga, and the expressive arts as you and your family share in learning simple dance routines to music, practice yoga poses, relax, and create art. Admission is on "pay what you can" basis. Visit briggittawhite.com/dancingwithmybaby for more.

MONDAY/NOV. 7

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Dancing With My Baby. 10:30-11 a.m. at NOVA Natural Birth Center, 4200a Technology Court, Chantilly. Connect through movement, dance, yoga, and the expressive arts as you and your family share in learning simple dance routines to music, practice yoga poses, relax, and create art. Admission is on "pay what you can" basis. Visit briggittawhite.com/dancingwithmybaby for more.

SUNDAY/NOV. 20

Dancing With My Baby. 10:30-11 a.m. at NOVA Natural Birth Center, 4200a Technology Court, Chantilly. Connect through movement, dance, yoga, and the expressive arts as you and your family share in learning simple dance routines to music, practice yoga poses, relax, and create art. Admission is on "pay what you can" basis. Visit briggittawhite.com/dancingwithmybaby for more.

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WELLBEING

Managing Weight Gain During the Holidays

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL
THE CONNECTION

Holiday weight gain between Halloween and New Year's Eve is not only common, a new study published in the New England Journal of Medicine found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington, Va. "It's easy to get derailed that way. It's better to say, 'How am I going to manage it?"

What different ways can I celebrate?"

In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption and practicing portion control rather than forgoing tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."

Caring for one's emotional well-being can mitigate the risk of over eating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of family members in close proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon, she said. "It forces a kind of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?' said Rubino. "Planning is most important going into the season. You need winter transition exercises."

Among the activities that Rubino recommends is walking at an indoor location like a museum or shopping mall. "It is harder when it gets colder and darker, but the idea is to get people moving in a way that builds it into their day-to-day life, like taking the stairs," she said.

"It should be a sustainable change like brushing your teeth, so that it feels really weird if you don't do it."

"You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."



PHOTO BY MARILYN CAMPBELL

Develop a plan now to combat holiday weight gain.

"Some people ... just give up on [weight management] during the holiday season. ... Some people say, 'I'm just going to deal with it in the New Year.' It's easy to get derailed that way."

— Domenica M. Rubino, M.D.

Supervisors To Vote on Civilian Review Panel

Draft item discussed at Oct. 25 Public Safety Committee.

BY TIM PETERSON
THE CONNECTION

By its Dec. 6 meeting, the Fairfax County Board of Supervisors should have the opportunity to vote on creating a Civilian Review Panel for police oversight, a first in Fairfax.

That's the goal of supervisor John Cook (R-Braddock), who chairs the board's public safety committee. The committee met Tuesday, Oct. 25 to consider a draft of the action item that would establish the review panel.

The independent panel was one of the more controversial of the 142 recommendations from the Ad Hoc Police Practices Review Commission created by board chairman Sharon Bulova in 2015.

The commission, with representatives from law enforcement, the media and the community at large, was set up in response to a lack of transparency and accountability surrounding the 2013 shooting death of unarmed Springfield man John Geer by Fairfax County Police officer Adam Torres.

Fairfax County Police and the supervisors didn't release information about the case for more than a year after Geer's death, even to his family. It took a wrongful death civil suit filed by the family and a court order to finally get investigation files and Torres' name released.

Torres was fired in July 2015 and indicted by a grand jury for murder in August 2015, a first charge of that kind for any officer in the history of Fairfax County Police.

The former police officer pleaded guilty to involuntary manslaughter and was released in June, after receiving credit for time served for a 12-month sentence.

On Sept. 20, the supervisors unanimously approved another recommendation from the commission: creating an office of the independent police auditor.

The auditor will review all use of force incidents that result in serious injury or

death, as well as other citizen complaints about police use of force not resulting in serious injury or death.

In addition, the auditor could engage in policy and practice analysis, as suggested by the Board of Supervisors, County Executive or Chief of Police.

BY CONTRAST, the civilian review panel would "review completed police internal administrative investigations of civilian complaints concerning allegations of abuse of authority and serious misconduct," according to the draft action item.

At the Oct. 25 meeting, Cook specified the civilian review panel would not conduct investigations. Rather, the panel would review investigation files and decide whether the police's own review was "well done, not well done or needs more work," Cook said.

If they determine more work is required, the panel would be able to send the issue back to the police.

Citizens could initiate that process in two ways, Cook explained: If they file a complaint with the police department but are unsatisfied with the results of an investigation, they can bring the matter to the civilian review panel. Or they could submit a complaint to the panel directly, which could request an investigation be conducted by police, that could then be reviewed by the panel.

Review of the investigations would happen at public meetings held by the panel. Fairfax County Chief of Police Edwin Roessler and an officer from the Internal Affairs Bureau would attend these hearings to offer additional explanation, but involved officers can't be required to come before the panel or answer questions, under the Code



Police Officer 1st Class Richard Barron (center) said members of the police department are "very concerned" that volunteer civilians would have access to sensitive files as part of police investigation packets.

PHOTOS BY TIM PETERSON/THE CONNECTION

Supervisor Pat Herrity (R-Springfield) and separately by Supervisor Kathy Smith (D-Sully) that the board could wait to establish the civilian review panel until after the independent auditor office is up and running.

Barron challenged the need for a Civilian Review Panel and said the reviews the police conduct on themselves are adequate. "I don't see a legitimate need for it," he said.

"I don't think there's any purpose" for another level of review, Barron said, adding that officers feel this panel is being "rammed down their throats."

Unlike Barron and Corcoran, Chief of Police for Fairfax County Edwin Roessler voiced support for the panel. He acknowledged "we have a great department," but said he believes in moving forward with engaging in the community in this way, while protecting the rights of officers.

of Virginia.

Adrian Steel, a member of the Ad Hoc Commission, said the goal of the meeting was to provide the public with a "full and fair presentation" of an investigation review.

The meeting before the panel would provide a place for the complainant to appear "and have his or her day," Steel said. But Cook raised questions about whether the complainant should speak at the meeting, and if so, what limits might be in place.

Cook and Deputy County Executive Dave Rohrer said the complainant could state the reasons he or she asked for a review. Rohrer said that since police investigators will appear before the panel to answer questions, it would be fair to allow the complainant to speak as well.

The board will also need to finalize criteria for who would be eligible to serve on the nine-person panel. All panel members would be appointed by the supervisors, but they would encourage communities and organizations to nominate candidates. Other potential criteria would exclude current and former Fairfax County employees, as well as current law enforcement officers and anyone holding public office.

Panel access to sensitive documents that would be part of the investigation files created another area of controversy.

Police Officer 1st Class Richard Barron said members of the department are "very concerned" with the fact that volunteer civilians would have that type of access.

Det. Sean Corcoran, president of the Fairfax Coalition of Police Local 5000 and a member of the Ad Hoc Commission, said it's about "who has access to what, and when, and why."

Corcoran echoed a suggestion made by

BOARD CHAIRMAN Sharon Bulova asked Corcoran, who voted in favor of the Ad Hoc commission's final list of recommendations, if he'd changed his mind since then. Corcoran responded he had lobbied against the panel prior to the final vote, but was outnumbered. Herrity said he supports independent oversight, but is concerned that the fiscal impact of the panel is unknown.

"In the face of a \$200 million shortfall," he said, referring to budget projections, "we're creating a huge workload for the police department with no gain."

The draft item states, the civilian review panel would be created "for the purpose of building and maintaining public trust and police legitimacy."

Supervisor John Foust (D-Dranesville) asked that staff begin to develop a significant education and training program for panel members on topics including FOIA, handling of sensitive information and other topics. Supervisor Cathy Hudgins (D-Hunter Mill) spoke of the importance of forming the panel. "This is the best for you," she told the police organization representatives, noting that the community must be able to see the process. "I don't think we have an alternative."

The Board of Supervisors expects to vote on the proposal for Civilian Review Panel at its Dec. 6 regular meeting, with documents posted the week before. The next public safety committee meeting is scheduled for Dec. 13 at 1 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway in Fairfax. More information is available at www.fairfaxcounty.gov/bosclerk/board-committees/meetings.



From left, Ad Hoc Police Practices Review Commission and subcommittee members Randy Sayles, John Lovaas, Phil Niedzielski-Eichner and George Becerra attend the Board of Supervisors public safety committee meeting on Oct. 25.

Not a Week In the Knees



By KENNETH B. LOURIE

This is an easy week. No 24-hour urine collection on Tuesday. No pre-chemotherapy lab work on Wednesday. No stress on Thursday waiting for the lab results (to determine if I go in for chemotherapy on Friday). No chemotherapy infusion on Friday. No subsequent side effects: fatigue, general discomfort, eating challenges, etc., for the following Saturday to 10-days-later-Monday. No CT Scan. No P.E.T. Scan. No M.R.I. of the brain and/or liver. No anxiety concerning the results, and no follow-up appointment with the oncologist to assess the damage/discuss the results from all of the above. And most importantly, no strategy session (with my oncologist) to consider the treatment options because things have changed for the worse, which at least for this quarterly moment in time, they have not! For a cancer patient undergoing treatment for an incurable disease, this week is as good as it gets.

Given my chemotherapy infusion intervals: alternating between four and five weeks; my CT Scan intervals: occurring quarterly; my P.E.T. Scan and M.R.I. intervals: every six months — and not every infusion/scan is on a similar day/date schedule, I probably experience the kind of relative calm I described in the opening paragraph, one to two weeks out of every four or five weeks (depending on my infusion schedule) per quarter. Every third month, this 'relative calm' is interrupted by my recurring scans and M.R.I.s. To try and summarize, I would say there's probably three to five of these one-to-two-week intervals over the course of six months when I can semi inhale and breathe normally (lung cancer-related issues notwithstanding). Hey, I'm not complaining; it's a living and one I'm incredibly lucky to still have, nearly eight years post diagnosis. I'm just saying.

And though I'm generally not in the chicken-counting business (nor am I in the collecting my eggs-in-one-basket business, either), I am happy take my life one day at a time, and count myself fortunate to do so, never presuming any facts not in evidence. Nor do I expect any guarantees or clarification concerning my present/future treatment and/or any side effects, challenges, compromises, relating to yours truly having cancer. As Linda Hunt as Stella, a k a "The Midnight Star" (she "always shines at night") said to Kevin Kline — as Paden, in a bar scene from the movie "Silverado": "The world is what you make of it friend. If it doesn't fit, you make alterations."

As a cancer patient, 'alterations' is exactly what you make. Every day. Every night. Every lab. Every infusion. Every scan. Every appointment with your oncologist. Change, as has often been said, is the one constant. To expect consistency or predictability — or dare I say, normalcy — in your cancer life, is out of the question and beyond the realm of possibility. Thinking otherwise is creating additional stress regarding an outcome/eventuality which not only is beyond your control, but totally unrealistic, too.

Cancer is like a roller coaster, but one without any tracks; and one that rarely returns to the station to allow you to get off and get your bearings. For cancer patients, the trip is non-stop, with few opportunities to change direction. All you can do is buckle up and enjoy the ride, sort of. Much easier said than done, I admit.

Nevertheless, viewing one's circumstances without any hope or humor is hardly the positive attitude worth embracing. There's good, as this column seeks to highlight; and more than enough bad, as any cancer patient/others impacted by this terrible disease knows, to go around. As much as I wish it had gone around somewhere else, the reality is, it hasn't and it looks as if it's here to stay; just like me (from my pen to God's eyes).

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

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PHOTOS BY WILL PALENSCAR

Keylan Smith #4 and teammate Joey Mazzone work together to stop the Centreville running game.

Centreville Defeats Chantilly

BY WILL PALENSCAR
THE CONNECTION

When Chantilly and Centreville met on Friday night, Oct. 28, playoff implications were at stake. After consecutive wins at McLean and Oakton, Chantilly came into game losing last week's game with Briar Woods 42-3. Centreville defeated Oakton and Herndon before being handled by Westfield, 35-0.

Just a minute and a half into the game, Centreville's Deonte Edmonds burst 53 yards to the end zone to take a 7-0 lead. Edmonds was not finished. On the first play of the 2nd quarter Edmonds would score his second touchdown on a 2-yard run.

Chantilly would get on the board with 9:04 to play in the 2nd quarter when Mark Harper ran in from 5 yards out to pull the Chargers closer, 14-7. A little over two minutes later Centreville's Julian Garrett would be on the receiving end of QB Jameel Siler's pass and take it 37 yards for the score. Centreville still had more. This time Siler ran in from 1 yard out and the Wildcats were up 28-7 at the half.

Centreville would start the second half even faster getting in the end zone with only 28 seconds elapsed, as Julian Garrett burst 46 yards for a Wildcat touchdown. Trailing

35-7, the Chargers still had fight in them. After catching a pass and bursting towards the end zone, Corey Thomas dove and extended the ball over the pylon with 6:23 to play in the 3rd.

Centreville, still up 35-14, again responded when Julian Garrett scored his 3rd touchdown of the game on a 1-yard run with 2:27 in the 3rd. Little more than a minute later Chantilly's Justin Holl hit Corey Thomas again, this time for a 68 yard touchdown and the Chargers last score, cutting the lead to 42-21 with 1:21 in the 3rd.

In the 4th quarter Centreville's Isaiah Culver scored the game's final points when he ran in from 25 yards and Centreville would close the door on Chantilly 49-21.

Centreville was led by Julian Garrett's 3 TDs, including one through the air and the other two rushing. Deonte Edmonds scored two rushing touchdowns; QB Jameel Siler completed 7-12 passes for 141 yards and a TD. Chantilly's Mark Harper scored once for the Chargers. Corey Thomas scored twice.

With the win Centreville improves to (7-2) (3-1) and will travel to Robinson (4-5) (2-2), who lost to Broad Run on Friday. Chantilly suffers its second consecutive loss and falls to (4-5) (2-2) and will host Westfield (7-2) (3-0). Westfield defeated Herndon 48-7 on Friday night.



Mark Harpers 5 yard TD run pulled Chantilly within 7 points in the 2nd quarter.

VOTE NO ON THE MEALS TAX!

It raises the total tax on a wide range of meals, carry-out, and prepared foods to **10%**.



IT'S REGRESSIVE AND HURTS THOSE LEAST ABLE TO PAY.

The meals tax hits more than just restaurant meals, it impacts:

- ➔ **Busy families** with parents working more than one job.
- ➔ **People on low and fixed incomes.**
- ➔ **Families juggling work and school schedules.**

It's vague.

It's expensive.

It's written by politicians, for politicians.

On November 8, send the Board of Supervisors a message:

NO to regressive taxes! NO to the meals tax!



www.stopthefoodtax.com

Paid for and Authorized by Fairfax Families Against the Food Tax Referendum Committee