

JULY 18-24, 2013

25 CENTS NEWSSTAND PRICE



**TJ Vinsavich as accountant Leo Bloom surrounded by showgirls (in no particular order) Sarah Damers, Samantha Dempsey, Shaina Greenberg, Jordan McEachin, Meredith Mehegan, Rebecca Shirley and Nora Winsler.**

## 'It's Irreverent ... and Entertaining'

### Westfield Summer Stage presents "The Producers."

BY BONNIE HOBBS  
CENTRE VIEW

**W**ith a cast and crew of more than 100, Westfield Summer Stage presents the musical that won more Tony awards than any other show in Broadway history, "The Producers."

The curtain rises Friday-Saturday, July 19-20 and July 26-27, at 7:30 p.m.; and Sunday, July 21, at 2 p.m., at Westfield High, 4700 Stonecroft Blvd., Chantilly. Seats are reserved; tickets are \$12 at westfieldtheatreboosters.com and \$15 at the door.

"It's silly, irreverent and fast-paced but, most of all, very entertaining," said Director Lori Knickerbocker. "We have a talented cast of middle- and high-school kids, and the audience will love the singing, dancing and jokes. I think this will be another winner."

**"We've embraced its cheesiness and 'schmaltz.' It's a funny show and the kids are having a good time with it."**

— Director Lori Knickerbocker

The Mel Brooks musical-comedy tells the story of Max Bialystock, a washed-up Broadway producer, and Leo Bloom, a neurotic accountant, who devise a devious scheme to make millions by producing the biggest flop ever.

Obtaining a slew of investors, they raise more money than they need to put on the show. If it's a success, they have to pay off their backers; but if it fails, they can take the money and run. So they find the worst play ever written, hire a lead actor and director with no talent, and then wait for the bad reviews. But things go awry when the show becomes a smash hit.

Since "The Producers" is a satire of other Broadway shows, Knickerbocker said, "We've embraced its cheesiness and 'schmaltz.' It's a funny show and the kids are having a good time with it. There's some adult material, so we're calling it PG-13."

Set in late 1950s New York City, it's also an ensemble show with every person in the cast playing at least three roles. So, said Knickerbocker, "We have more than 200 costumes, in-

SEE WESTFIELD, PAGE 8

## Slow Down on Roundabout Plan

### WFCCA asks supervisors, Park Authority for public hearings on roundabout.

BY BONNIE HOBBS  
CENTRE VIEW

**T**o VDOT's way of thinking, a roundabout should be built at the intersection of Braddock and Pleasant Valley roads in Centreville. But a vocal and determined group of local residents wants to put the brakes on this project.

They say it's not fair to make drivers in western Fairfax County suffer to make things better for motorists coming from Loudoun County. And Monday night, the West Fairfax County Citizens Association (WFCCA) agreed, making four formal resolutions at its quarterly meeting.

"Right now, the majority of the traffic comes from Loudoun and, once they're in the roundabout, no

one else will be able to get in," said WFCCA panel member Judy Heisinger. "I think there'll be accidents and people from Loudoun won't slow down. A roundabout isn't a good choice for this intersection — it just isn't right."

Virginia Run's Ted Trosciancki, who's spearheading the opposition to this project — with research help from his wife Tami — explained the problems during the July 15 meeting. Besides all the residents who say the steady stream of basically unimpeded Loudoun drivers flooding Braddock and Pleasant Valley roads will prevent them from leaving their neighborhoods, safety and the environment are also factors.

SEE UNTIL LAST YEAR.  
PAGE 9



**WFCCA President Jim Katcham takes notes while panel member Judy Heisinger expresses her opinion.**

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# Solving a Real-World Problem Rocky Run students win a national science competition.

BY BONNIE HOBBS  
CENTRE VIEW

**A** team of three, seventh-grade girls from Rocky Run Middle School just won the national championship in the U.S. Army's 11<sup>th</sup> annual eCybermission competition.

Coached by dad Ranjit Mereddy, the members of Team STEM Ninjas are daughter Divya Mereddy, Rachana Subbanna and Sneha Thandra. Each girl received a \$5,000 U.S. Savings Bond (matured value), besides the \$1,000 bonds awarded to them as state winners in April and the \$2,000 bonds as northeast regional winners in May.

"How incredible is that to win a national award? It's very exciting," said former Rocky Run Principal Matt Eline. "I'm very proud of you all," he told the girls afterward. "That is beyond awesome."

The online science contest is designed to cultivate interest in science, technology, engineering and math by encouraging students in grades six through nine to develop solutions to real-world problems. After the June 17-21 competition at the Leesburg National Convention Center, a national champion was crowned in each grade level.

A panel of Army scientists and engineers selected the winners based on criteria including use of scientific method/inquiry or engineering design process, collaborative effort and community benefit.

"Our team worked hard and was very professional," said Mereddy. "The judges were impressed by the team's research focus, live presentation and benefit to the community and nation."

The team investigated algal biofuels derived from algae as an alternative source of energy to replace fossil fuels and foreign oil. "We wanted it used in a car [in place of gasoline] without changing the vehicle's infrastructure," said Rachana.

Earlier, Divya had attended a workshop at the University of Texas, learning about algal biofuels' importance and how to ex-



**From left are Coach Ranjit Mereddy, Rachana Subbanna, Divya Mereddy and Sneha Thandra with a painting of the Rocky Run ram.**

PHOTO BY BONNIE HOBBS/CENTRE VIEW

tract them using chemical processes such as transesterification. She also learned how to use equipment such as a centrifuge, and she shared her knowledge with her teammates.

They'd formed their team before she left; then, over the next seven months, Mereddy — who has a biochemistry background — guided them. "My dad and I bought a species of algae called 'chlorella vulgaris' from the university, and it grew quickly in our experiment," said Divya.

"I was interested in the NASA Omega project, taking sewer water and growing algae inside floating bags on that water," she continued. "The object was to produce oil and put it into rockets so they wouldn't have to stop and refuel. Algae are a renewable energy source, so it can keep being recycled."

So, said Rachana, "We found a floating bag in which to grow algae to produce oil. Sneha said it's FP International's Air Cushion bag, used for packaging, but they renamed it FLO-PAC (Floating Photobioreactor for Algal Cultivation).

"They tested three types of plastic bags, and only the air-cushion bag met all their needs," said Mereddy. The girls then used an engineering-design process to create their own, recyclable bag to demonstrate their idea.

"It had to be biodegradable and let in light so algae could grow," said Rachana. It also needed to float and be reusable. Next, they inserted aquarium tubing into it.

"We had an air pump go into the tubing so carbon dioxide could enter," said Sneha. "And a second tube in each bag had oxygen coming out of it. We put cotton at one end so bacteria couldn't contaminate it."

It also prevented the water from escaping, said Rachana. Then they placed their 11x14-inch bag in fresh water inside a small plastic container. To make sure it wouldn't leak, they placed yellow food coloring inside the tubing and let it sit a week. When the water wasn't yellow after a week, they proceeded.

"We inserted the algae into one of the tubes with a syringe to get the algae into the bag," said Sneha. "Then we attached the second, or exhaust, tube inside the bag and let it float inside the bin filled halfway with water."

Eventually, noted Mereddy, "They want to place several, larger versions of the bags on the Chesapeake Bay to clean it up."

Meanwhile, to show they could grow algae and produce oil using their bag, they performed two experiments with three trials each. "In experiment one, algal cells grew in the bags on the water for one week and we counted the number of cells under a microscope," explained Sneha. "They grew from 6 million cells/milliliter of water to 32 million/milliliter of water in one week."

In experiment two, said Rachana, "We tested to see if the carbon dioxide infusion increased algae growth or not. Our results



**Team STEM Ninjas (from left) Sneha Thandra, Divya Mereddy and Rachana Subbanna present their project at the national competition.**

PHOTOS COURTESY OF RANJIT MEREDDY



**The FLO-PAC bag with its tubing.**

SEE WINNING NATIONAL, PAGE 5

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## ROUNDUPS

### Bank Robbed in Chantilly

Fairfax County police are looking for the woman who robbed a bank in Chantilly early Monday morning. Officers were called to the Bank of America at 14001 Metrotech Drive, on July 15, shortly after 9 a.m. They say a woman entered the bank, approached a 27-year-old female teller and handed her a note demanding money.

The robber received an undisclosed amount of cash and then fled on foot.

No one was injured and no weapon was seen. The suspect was described as black, in her 20s, 5 feet 2 inches to 5 feet 5 inches, with a medium build. She wore a red, sleeveless top, a blonde wig and sunglasses.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org), text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.



**Suspect**

### Credit Union Catches Fire

Fire officials say a blaze last week at a local credit union was caused by a worker using an open flame while repairing a leak in the roof. The incident occurred Thursday, July 11, around 3:05 p.m., at the Fairfax County Federal Credit Union, 4201 Members Way in Fairfax Center.

Firefighters encountered smoke coming from the front and roof of the three-story building upon arrival. The Incident Commander then struck a second alarm, bringing more than 60 firefighters to the scene. They initiated an aggressive fire attack from several locations, bringing the fire under control in approximately 20 minutes.

Firefighters also conducted extensive, overhaul and salvage operations because of fire in the walls and several void spaces. There were no injuries, but damage is estimated at \$40,000.

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, July 18, 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.

However, 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.

### Recycle During Electric Sunday

Residents may recycle old TVs, computers, peripheral electronic devices – such as keyboards, speakers, printers and scanners, as well as household hazardous wastes – including fluorescent light bulbs and tubes, for free, during Fairfax County's "Electric Sunday" events. The next one is slated for Sunday, July 21, from 10 a.m.-3 p.m., at the I-66 Transfer Station, 4618 West Ox Road, Fairfax. For more information, call 703-324-5052.

### Sully District Council Meeting

The Sully District Council of Citizens Associations and its Land-Use Committee will meet Wednesday, July 24, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Call Jeff Parnes, evenings, at 703-904-0131. Agenda items include proposed changes to two entities in Chantilly – the Sunoco station at the intersection of Willard Road and Daly Drive, and Crilley Warehouse at 14810 Murdock St.

### Crime Solvers 5K Fundraiser

In partnership with Capital Area Runners, Fairfax County Crime Solvers is hosting its first 5K run fundraiser and needs the

SEE ROUNDUPS, PAGE 7

## NEWS



**Police PFC Mark Combs holds up a target riddled with shotgun and pistol shots he fired.**



**Holding the weapon so it's pointing away from the audience, 2nd Lt. Brian Hall displays a Colt Commando rifle.**

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

## Inside the Police Academy

**Local residents get a glimpse of weapons and vehicle training.**

BY BONNIE HOBBS  
CENTRE VIEW

**P**olice officers firing weapons and forcing a vehicle off the road during a high-speed pursuit — these are some of the things local residents recently got to see as part of a demonstration sponsored by the Sully District Station's Citizens Advisory Committee at Fairfax County's police academy in Chantilly.

"We do firearms training for all the recruits for Fairfax County, Herndon and Vienna police, the county sheriff's deputies and Animal Control officers," said 2nd Lt. Brian Hall. "That's 1,327 sworn police officers, 531 deputies, 32 Animal Control officers and 18 fire marshals."

He said police carry Sig Sauer semi-automatic pistols on the streets and sheriff's deputies carry Glock; both use .40-caliber ammunition.

"Police also use Remington 870 short-barreled shotguns," said Hall. "It's the most versatile weapon we have. It can use different types and varying degrees of lethal ammunition, depending on the use needed."

He also demonstrated the Colt Commando rifle, a two-handed weapon firing .223-caliber bullets, and gave some information about the police firing ranges. "We have two, 50-yards-long, covered firing ranges for 20 shooters each, plus a 92-yard grassy field," he said. "We also have a maze-like, shoot house for weaving through to find the bad guys, as well as a 400-yard shooting deck."

Besides that, said Hall, the police also have "something like a video game on steroids. It helps officers learn when and when not to shoot, plus the warning signs indicating violent actions about to happen. And we have recruits walk backwards and see how far away they can shoot a silhouette."

SEE POLICE ACADEMY, PAGE 7

## 'For Service Beyond the Call of Duty'

**Police MPO Gubesch is Officer of Month for June.**

BY BONNIE HOBBS  
CENTRE VIEW

**A**n 18-year veteran of the Fairfax County Police Department, MPO Mike Gubesch is the Sully District Station's Officer of the Month for June. And he was honored recently at a meeting of the station's Citizens Advisory Committee.

"Each month we honor one of our 105 officers for superior service, above and beyond the call of duty," said Capt. Ed O'Carroll, the station commander. "Mike was on the K-9 squad for nearly 11 years and we were lucky to have him come to patrol here after leaving special ops. He's a superior leader here at the station."

In his write-up nominating Gubesch for the honor, Lt. Rich Morvillo, the station's assistant commander, recounted a particular incident that reflected the type



**Capt. Ed O'Carroll (left) presents a certificate to MPO Mike Gubesch.**

PHOTO BY BONNIE HOBBS/CENTRE VIEW

of person and officer Gubesch is. It dealt with a call he responded to about a person who was threatening suicide by overdosing on prescription pills and drinking alcohol.

SEE FOR SERVICE, PAGE 7



# Helping Teens Bounce Back from Adversity

**Look for their strengths and build on them.**

BY BONNIE HOBBS  
CENTRE VIEW

**I**t's not easy being a teenager. And in today's world — where a fragile psyche can be crushed by thoughtless, callous and hurtful words by an online bully — it's important to endow teens with the tools they need to have confidence in themselves, shake off the insults and bounce back.

Toward that end, nationally renowned resiliency expert Nan Henderson spoke to about 150 parents recently at Robinson Secondary School on "Resiliency in Action: How Families, Schools and Communities Create 'Bounce-Back Kids.'"

Her presentation was held in conjunction with the resiliency program developed by the Fairfax County Public Schools' Department of Special Services in collaboration with Fairfax County government and several, community youth groups. It focuses on bullying prevention and intervention; suicide prevention and helping children deal with depression; and responses to crisis situations, such as a student's or teacher's death or a natural or man-made disaster.

Impressed with the program, Henderson said, "This county is cutting-edge in actually embracing resiliency data in helping kids bounce back from adversity."

In creating it, FCPS surveyed students in sixth, eighth, 10<sup>th</sup> and 12<sup>th</sup> grades to determine both their risk factors and protective factors. Some students were bullied or had

bullied others, some had been depressed or had contemplated suicide, and others needed help dealing with crises.

FCPS wanted its school psychologists, social workers and counselors to have common responses in crises, and its resiliency program used Henderson's work to link to helpful resources.

At Robinson, she explained how adults can help students develop social competence, problem-solving skills, self-awareness, control and initiative. They're all traits resilient individuals possess to bounce back and overcome whatever obstacles they face.

"As a social worker in the early 1980s, I was concerned about wellness for young people and wanted them to be able to move from stress and trauma to a place of success," said Henderson. "But we always focused on the problems; and as we did so, both the child and parents became more and more demoralized."

By 1988, she knew something was wrong and, a year later, she moved to Albuquerque, N.M., as a school social worker. In 1990, schools there received a grant from the U.S. Department of Education to research how to intervene in and prevent youth risk behavior.

While researching, Henderson discovered that, "If you look over time at children and youth who go through adversity and risk behavior, the majority of them bounce back and do well. So focusing on problems, in-



BONNIE HOBBS/CENTRE VIEW

**Resiliency expert Nan Henderson gives advice to parents about helping children overcome adversity.**

stead of resiliency, was missing the point."

The resiliency model challenges adults to hone in on children's individual strengths. So over four years, Henderson worked with a couple dozen schools and learned how schools can be effective at building resiliency. And in the 1990s, she wrote her first book on the subject to share her message with mental-health professionals and parents, too.

"We have the power to build bounce-back kids," she said. "The human condition, since the beginning of time, is all about resiliency and bouncing back from adversity. So we need to harness and find evidence of it; all children will do better if they have resiliency-building conditions in their lives."

Henderson said people, no matter what age, bounce back because of protective factors. "So parents and other professionals need to see themselves as protective factors," she said. "Parents may feel helpless to remove their children's stresses, risks and traumas, but they can put into their lives emotional protective factors to strengthen and buffer them."

Often, said Henderson, "We see a child's potential and ask why they're not doing better. Instead, we should ask what is it that keeps this child doing as well as he or she is, despite all his or her problems and struggles. What within them allows this to happen?"

She said something inside children

strengthens so they can overcome their challenges. So Henderson said parents should think about how they can help their children become stronger and more resilient.

"Look for what's right and good in the child," she told them. "You think of a child differently when you see the whole picture and not just the negatives. It's an act of will for us to recognize, reinforce and be a mirror when we see children take a step forward. So become a reflector of their strengths so they'll start to believe them, too." Henderson said parents should provide opportunities for their children to share their time and talents with others. For example, she said, "They could help disabled veterans or other people in need, so they can offer something and help people with problems greater than theirs."

She said parents should also treat their children with more warmth and less criticism, set and enforce clear boundaries, encourage supportive relationships with other caring people, promote education and responsibility, and provide opportunities for leadership and decision-making. They should also foster feelings of self-worth, self-motivation and perseverance in their children, as well as flexibility and a sense of humor. Henderson said parents and other adults should let children know they believe in them and have high expectations for them. It's also important to tell them things such as, "You matter" and "It doesn't matter what you've done in the past."

She also advises parents not to give up on their children because "resiliency is a process that takes time. We are hard-wired to bounce back. When people go through problems and come out the other side, they're changed and have greater self-esteem and personal empowerment."

## NSA and DHS Honor NOVA For Excellence in Cybersecurity Education

**L**ocal students interested in a career in cyber security now have an academic option that has been lauded by the National Security Agency and the Department of Homeland Security. The agencies designated Northern Virginia Community College as a National Center for Academic Excellence in Information Assurance 2-Year Education.

To receive the honor, NOVA had to meet standards for cybersecurity education that included integrating security concepts into other academic programs and hiring faculty who hold credentials recognized by the industry. NOVA officials say that the designation will better prepare students to transfer into four-year cyber security programs.

The CAE2Y designation begins in the fall and is good through 2015.

"I think this [is] recognition that community colleges aren't off doing their own thing. [The] designation is a testa-

ment to the strength of the cybersecurity program at NOVA," said Dr. Margaret Leary, an information technology professor at NOVA-Alexandria.

"We recognize that 95 percent of the cybersecurity positions require a bachelor's degree. We have an advantage that we can prepare students for four-year programs."

NOVA has offered a cybersecurity career studies certificate since 2001. Students can continue their education by earning an applied associate of science degree in information technology using the credits accumulated from the certificate.

Students at NOVA also complete internships with federal agencies and are encouraged to take internship opportunities and take part in National CyberWatch Center competitions.

— MARILYN CAMPBELL

## Gentry, Waters Engaged

James and Tamara Bailey of Clifton and Wayne Gentry of Chesapeake, Va., are pleased to announce the engagement of their daughter, Courtney Paige Gentry, to Kevin Joseph Waters. Kevin is the son of Robert and Linda Waters of Leesburg.

Courtney Paige Gentry was born in Fairfax and grew up in Clifton. She graduated from Centreville High School in 2004 and attended Radford University and graduated in 2008. She earned a bachelor of science degree in criminal justice with minors in forensic science and psychology. She currently works at CACI as an oversight investigator.

Kevin Joseph Waters was born in Fairfax and grew up in Leesburg. He graduated from Loudon Valley High School in 2003. He attended Virginia Polytechnic Institute and State University and in 2008 he earned a bachelor of science degree in finance from Virginia Tech. He currently works at CACI and is a business analyst II.

Courtney and Kevin will be married on Nov. 16, 2013 at Belmont Country Club in Ashland, Va. They will honeymoon in Belize.



**Courtney Paige Gentry and Kevin Joseph Waters**

Courtney and Kevin will return from their honeymoon and reside in Herndon with their two dogs, Rocky and Deuce, and one cat, Riggs.



# NEWS

**National champions (from left): Rachana Subbanna, Divya Mereddy and Sneha Thandra display their trophy and medallions.**



PHOTO BY BONNIE HOBBS/CENTRE VIEW

## Winning National Science Competition

FROM PAGE 2  
showed it did, so we believe our FLO-PAC works effectively to grow algae."

So how did they turn algae into oil? First, they build an algal biofuels lab with scientific equipment in Divya's home. Then, she said, "We harvested the algae. We poured it out of the FLO-PAC and into a centrifuge and processed it to remove the water. Then we put it into another piece of equipment to crush the algae cell walls to release its oil."

But they still had a mix of algae and oil, so they used transesterification to separate them. And overnight, the oil — or biodiesel fuel — separated from the algae.

"We put the oil in a container, added a wick and lit the wick to see if it would burn brightly," said Rachana. "That meant our oil would burn in engines and would work better than normal gasoline. Since it's made from algae, it produces less carbon dioxide, therefore reducing pollution and the chance of global climate change."

They also surveyed the community and learned that people were agreeable to switching to algal biofuels if they didn't cost anymore than gas. Currently, gas is roughly

\$3.50/gallon, whereas the alternative is \$8-\$30/gallon.

"So scientists are working to lower the cost," said Divya. "They say oil is running out in 39 years, so that's why it's important to look at algal biofuels."

Furthermore, said Mereddy, if America produced algal biofuels, "Our soldiers wouldn't have to go overseas to protect our oil dependency on the Middle East." Proud of the girls' accomplishments, he said how thankful they all are to the Army "for sponsoring this competition and providing money toward their college educations."

Team members also received medallions and a huge trophy. "We felt really excited and proud," said Divya. "We worked so hard."

Rachana said all their effort paid off and they were proud to represent Rocky Run. "The competition was tough, but we were confident in what we did," added Sneha.

"At nationals, they had to build and demonstrate their prototype in front of the judges, give an oral presentation and explain their project on a display board," said Mereddy. Noting the growth he saw in each girl and how well they performed as a team under pressure, he added, "I'm very proud of all of them."

dean's list during the spring 2013 semester at Olivet Nazarene University.

**Laura Battisti**, a fourth-year student in the biomedical sciences program; **Laura Durant** a second-year student in the new media interactive development program; **Aurora Kiehl** a fifth-year student in the mechanical engineering program; **Samuel Sandoval** a fourth-year student in the information technology program; **Glen Tillman** a first-year student in the business program; and **Christine Yeo** a fourth-year student in the biochemistry program all made the Dean's List for Spring 2013 quarter at Rochester Institute of Technology.

**Steven Bowen** was named to the spring 2013 dean's list at Creighton University.

**Grace McKnight**, a rising senior at Chantilly and a member of the Chantilly Academy Air Force Junior ROTC program, has been selected to attend the Leadership Laboratory Activity. The encampment will take place at the end of June at Joint Base Andrews in Maryland.

**Jessica Brown** was named to the



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2013 Fairfax County Park Authority Presents  
The Ruth and Hal Launders Charitable Trust's Concert Series

## Music at Arrowbrook Park

Celebrating Community in Concert

**Saturday, July 20 • 6–9 P.M.**



Leonard, Coleman & Blunt

**Saturday, August 17 • 6–9 P.M.**



The United States Navy "Sea Chanters"

**Leonard, Coleman & Blunt (Motown)**  
An evening with three former lead singers from • The Temptations • The Platters • The Drifters

**The United States Air Force "Singing Sergeants" (Chorale)**  
An evening of music with the official chorus of the United States Air Force.

**Gallagher, Stang, and Lewis (Classic/Folk Rock)**  
Featuring wonderful 3-part harmony vocals.

**The United States Navy "Sea Chanters" (Chorale)**  
Performing sea chanteys, patriotic fare, opera, Broadway, and contemporary music

**Arrowbrook Park ★ 2351 Field Point Rd., Herndon, VA 20171**  
**June 22, July 20 and August 17, 2013 ★ 6:00-9:00 p.m.**

For rain cancellation update, call 703-324-SHOW (7469) one hour prior to the start of the show.  
[www.fairfaxcounty.gov/parks/performance](http://www.fairfaxcounty.gov/parks/performance)

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# OPINION

## Share Wisdom with Newcomers and Others

Centre View Newcomers and Community Guide publishes in late August.

**O**ur Newcomers and Community Guides, Insider's Editions, will publish the last week of August.

What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about. Great places and activities? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? We'd love to have your photos to go along with your

### EDITORIAL

suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the

Parks, information on how to vote and more.

See last year's community guides by going to [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Newcomers.

Email tips and photos to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Send in your Insider's Tips by Friday, Aug. 16.

For information on advertising, email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431.

— MARY KIMM,

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### BULLETIN BOARD

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Deadline is Thursday at noon. Photos welcome.

#### MONDAY/JULY 29

**Blood Drive.** At NVAR Fairfax Headquarters, 8407 Pennell Street, Fairfax. 10 a.m. - 4 p.m. Call 703-207-3207 or email [gkruchko@nvar.com](mailto:gkruchko@nvar.com).

#### SUNDAY/AUG. 4

**Crime Solvers 5K Fundraiser.** 8 a.m. at Fairfax Corner Shopping Center, Grand Commons Avenue, Fairfax. Register at [www.capitalarearunners.com/crimesolvers5k](http://www.capitalarearunners.com/crimesolvers5k). Learn more about Crime Solvers at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org).

#### JULY 29-AUG. 2 OR AUG. 12-16

**Summer Sports Camps.** Jubilee Christian Center is holding summer sports camps (basketball, flag football, & soccer) for grades K-6 (as of fall school year) from 9 a.m.-4 p.m. The cost is \$160 per week, which includes a T-shirt. Pre-registration required by June 21. Before care & aftercare will be available for Aug. 12-16 only: cost is \$25 per day for before care & \$25 per day for aftercare (or \$45 per day for both). Jubilee Christian Center is at 4650 Shirley Gate Road, Fairfax. Call 703-383-1170 or visit [www.jccag.org](http://www.jccag.org).

#### SCHOOL OPENINGS

The **Clifton Presbyterian Church Preschool** has openings in all classes for the fall. Schedules and classes have been adjusted for greater flexibility to meet the changing needs of the area. Visit [www.cliftonpc.org/cpcpreschool.html](http://www.cliftonpc.org/cpcpreschool.html) or call Gretchen at 703-830-3175.

**Pleasant Valley Preschool**, 4615 Stringfellow Road in Chantilly is now accepting registrations for the 2013-14 school year. The goal is to provide a learning environment that promotes social development and a nurturing preschool education. Visit [www.pleasantvalleypreschool.com](http://www.pleasantvalleypreschool.com) or call 703-378-6911.

#### VOLUNTEERS NEEDED

**Northern Virginia Family Service** is seeking volunteers to organize collection drives of toiletries products for clients in need. Requested items include such things as shampoo, soap, lotion, deodorant, hand sanitizer, toothbrushes and toothpaste. Learn more about Northern Virginia Family Service at [www.nvfs.org](http://www.nvfs.org) and contact Colleen Ross [cross@nvfs.org](mailto:cross@nvfs.org) if interested.

The **Stuart-Mosby Civil War**

**Cavalry Museum** needs volunteers to work on Sundays at 13938 Braddock Road, Centreville. The museum is open from 1-4 p.m. on Sundays, when volunteer help is needed the most. Civil War buffs who want something worthwhile to do on Sundays are perfect candidates. Generally at least two volunteers are on duty for each day of coverage at the museum.

The museum is also open on Saturdays from 10 a.m.-4 p.m. and Mondays from 10 a.m.-4 p.m. Call 703-785-5294 or visit [www.stuart-mosby.com](http://www.stuart-mosby.com).

**Respite Care Volunteers.** Give a family caregiver of a frail, older adult a break so they can go shopping, attend a doctor's appointment or have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods in Fairfax County. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov). Visit <http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm>.

**Advocates.** The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Training is provided. Call 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/vol\\_ombud\\_program.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/vol_ombud_program.htm).

#### ONGOING

**Clifton Day 2013.** Vendor applications are online at [www.cliftonday.com](http://www.cliftonday.com). Barbara Hutto is the chairperson. E-mail [cliftonday2013@verizon.net](mailto:cliftonday2013@verizon.net) to volunteer. Clifton Day 2013 is Oct. 13.

### LETTERS TO THE EDITOR

## Coverage Appreciated

To the Editor:

Your coverage of the July 4th Barbeque at Mubarak Mosque was a pleasure to read and look at. As a member of the Ahmadiyya Muslim Community, I wanted to say thank you for this. As an attendee, I felt so much pride on that very day. I was able to celebrate all the



PHOTOS CONTRIBUTED

**Jalissa Chavarria receives the \$1,000 TurnAround Life Award from Lauren Kirby, TurnAround, LLC, president.**

## Chavarria Wins TurnAround Award

At the June MountainView Alternative High School senior luncheon, Jalissa Chavarria won the \$1,000 TurnAround Life Award.

"This financial award can give the student a jumpstart on the next leg of their life's journey," said Lauren Kirby, TurnAround, LLC, president. "It's intended to recognize their graduation achievement and help them enroll in further education, pay on a debt, or get into a car or apartment."



**As the TurnAround Life presentation ended, Mountain View turned the tables on Lauren Kirby and honored her with a plaque for her years of support to the school. Jim Lockwood, the event's moderator, presents the plaque.**

Jalissa's mother mentioned to Kirby after the event that Jalissa said, "I never win anything," just before her name was called. Jalissa plans to use the gift for college and pay a few debts. In addition, Jalissa and all the graduating seniors received a special key chain from Kirby engraved "Forever Changed." The key chain is a reminder of what MountainView and its programs have done for them.

major facets of my life come together on that very special day. I was able to celebrate my Muslim identity and American identity together without any conflict because loyalty is a part of my faith. I was able to share this sentiment of loyalty and love with friends, family, and guests of the community.

I was very happy to see the local community come together as

one regardless of race, religion, or background. But this is what the beauty of this great nation is: to bring one and all together as a united people. It was truly an honor to celebrate the precious freedoms and rights we have as a community on Independence Day. May God bless America.

**Saira Bhatti**

# CENTREVIEW

NORTHERN EDITION

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**NEWS DEPARTMENT:  
To discuss ideas and concerns,  
Call: 703-778-9410  
e-mail:  
[centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com)**

**Steven Mauren**  
Editor, 703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Bonnie Hobbs**  
Community Reporter, 703-778-9438  
[bhobbs@connectionnewspapers.com](mailto:bhobbs@connectionnewspapers.com)

**ADVERTISING:  
For advertising information  
e-mail:  
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Display Advertising, 703-778-9422  
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[asmith@connectionnewspapers.com](mailto:asmith@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](http://@MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Louise Kraft,  
Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Jean Card  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](http://@TheismannMedia)

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Linda Pecqueux  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)

A Connection Newspaper





# Behind the Scenes at Police Academy

FROM PAGE 3

Firearms training is 10 days long — “well beyond state mandates,” he said. “The police academy is six months long, and officers have to come back twice a year for more training on weapons and flashlight work, individually and in squads. Recruits must be 21 at graduation.”

Then MPO Brad Carruthers explained the police PRISM system. “It stands for Professional Range-Instructors’ Simulator Machine,” he said. “Police shoot at targets and have cover hiding them from the threat — and we encourage officers to use [cover] in gunfights.”

Carruthers also discussed various decision-making scenarios, and Hall noted that “there are close to 100 scenarios in the PRISM and we can also create our own.”

“The weapon in the PRISM room has a laser in it,” said Carruthers. “It registers a hit and the screen will react. You can also play back the scenario with the machine and show the officer how many shots he fired and how many hits he got.”

“Anytime an officer feels a threat with a high probability of lethal action, his gun should already be out of the holster and on the suspect,” continued Carruthers. “The officer listens to what the suspect is saying and sees if he’s agitated. He also gives commands to [the suspect] to avoid the situation becoming one of deadly force.”

But sometimes, said Carruthers, “Things happen

so quickly, you don’t say a single word. The average police shooting happens in two-and-a-half seconds and from within 21 feet away.”

Attendees saw a target-practice demonstration at the outdoor firing range, and then MPO John Lamper discussed driving training for law-enforcement officers. “Recruits get 80 hours of training on our defensive-driving track,” he said. “They’re learning the circumference, corners and handling of the car.”

The track is 1.1 miles long and is open year ’round. The old, Crown Victoria cruisers can reach a top speed of 104 mph; and the new, Dodge Chargers can attain 124-130 mph. Lamper said the Taurus models can do 114 mph, and the Chevrolets, about 120 mph.

On the track, law-enforcement personnel are taught how to negotiate curves, handling their vehicles on straight-aways and braking. Officers also receive PIT (Precision Immobilization Technique) training to force a suspect’s vehicle from the highway or cause it to lose traction so they can apprehend the driver.

“We also teach auxiliary officers and motorcycle officers,” said Lamper, a 28-year police veteran. “And we give dirt-bike training and work with four-wheel-drive vehicles and with four-wheelers.”

Then attendees got to see a live, PIT demonstration. Some even participated — either riding in the “suspect’s” vehicle, driven by a police officer, or riding with the pursuing officer in his cruiser.

# ‘For Service Beyond the Call of Duty’

FROM PAGE 3

Gubesch met with her and began a conversation. While doing so, he noted possible medical issues she might have due to the intoxicants she’d consumed, and he convinced her to go to the hospital voluntarily for treatment.

“While at the hospital, Gubesch found that [she] attempted to leave before treatment was completed; and, again, he convinced her to comply,” wrote Morvillo. He also explained that, although she’d denied being suicidal, based on the trust she’d established with Gubesch, she was able to open up and share with him the problems that made her consider taking her own life.

After the woman was medically cleared, the officer contacted a member of her family to come get her and also made sure that her child was picked up from daycare. Wrote Morvillo: “MPO Gubesch’s actions serve as a great example for other officers as to their role as community caretakers, as well as en-

forcement officers.”

Proud of the way Gubesch handled that case, O’Carroll added, “Mike connected all the dots in getting this woman to medical treatment.” He also gave another example of Gubesch’s character.

“On April 20 at 4 a.m., we were at the roll-call table when we got a call about a sexual assault that had happened around 3:30 a.m. in the Bent Tree Apartments [in Centreville],” said O’Carroll. “I’d had 50 officers that night working drunk-driving enforcement, and they all wanted to go home to sleep. But one officer put his uniform back on, asked for his car back and raced to the scene — MPO Gubesch. He cares, and his compassion, among other things, makes him our Officer of the Month for June.”

Receiving a certificate honoring him, Gubesch said, “I’m proud to be here at Sully.” Telling the audience he spends most of his time in Clifton, he added, “I like talking to people; so if you see me, come up and say hi.”

## ROUNDUPS

FROM PAGE 3

community’s support. Residents are encouraged to sign up now to participate in this family-friendly event; everyone is welcome.

It’s slated for Sunday, Aug. 4, at 8 a.m., on Grand Commons Avenue at the Fairfax Corner Shopping Center, off Monument Drive in Fair Oaks. Register at [www.capitalarearunners.com/crimesolvers5k](http://www.capitalarearunners.com/crimesolvers5k).

A nonprofit, Fairfax County Crime Solvers provides an anonymous phone tip line, plus texting and e-mail capabilities to the public, to report criminal information. Tipsters’ identities are protected under state law. This program is not run by the police department, but by business leaders and residents seeking to make this county a safe place to live and visit.

It pays cash rewards of \$100 to \$1,000 to anonymous tipsters when their information leads to an arrest and indictment. And the reward money comes through fundraisers such as this 5K. Learn more about Crime Solvers at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org).

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## 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](mailto:VolunteerSolutions@fairfaxcounty.gov) or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

## Food Drives Needed

Summer is when WFCM is most in need of food donations. Children are home from school and need three meals a day, but many come from homes where both money and food are scarce. So WFCM is hoping local residents and businesses will hold summer food drives to help it restock its food pantry. Anyone interested in doing so should contact Terry Kelly at [tkelly@wfcma.org](mailto:tkelly@wfcma.org).

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# Westfield Summer Stage Presents 'The Producers'

FROM PAGE 1

cluding pink showgirl dresses and one dress that looks like the Chrysler building."

The scenes take place in an apartment, an opulent townhouse and a city rooftop with a pigeon coop featuring puppet pigeons. "There are also show stages, staircases galore and big marquees," said Knickerbocker. "Master carpenter Rich Damers built the set and Tina Dempsey designed and painted it. She has an art background and her sets are just phenomenal."

Knickerbocker said Westfield grad Pat Mitchell did "a great job designing the lighting. And Yvonne Henry and Avery Hobbs choreographed more than 20 dance numbers. They based it on the choreography from the original, Broadway show and added their own touches."

Another Westfield grad, Laura (Fraase) Walsh, conducts the 20-piece orchestra, working with Music Director Charlie Manship and Vocal Director Carol Jones. Stage manager is Westfield grad Elisabeth Bloxam.

Portraying Bialystock is June Westfield grad Mitchell Buckley. "He's a greedy, Broadway producer without much moral fiber," said Buckley. "He cares more about money than treating people well. He's smart and knows how to manipulate people to get what he wants."

It's exciting playing him, said Buckley, because "Max is over-the-top and I'm used to playing more serious roles. He's big, loud and funny and requires a lot of energy." Buckley's favorite song is "Betrayed" because "Max sings it toward the end of the play and reenacts the whole show in it." He said the audience will like "how committed everyone is to their roles. And Mel Brooks isn't afraid to poke fun at anybody."

Westfield rising senior TJ Vinsavich plays

Bloom. "He's a neurotic accountant who's always stiff and uncomfortable," said Vinsavich. "The smallest thing can give him an anxiety attack. But he eventually comes out of his shell and starts enjoying his life more. He's fun to play because, whenever he's on stage, he's yelling and flailing everywhere with crazy gesticulations; he's very unpredictable."

Vinsavich likes the song, "We Can Do It," because "it establishes Max's and Leo's characters and you see how much they're polar opposites." He said the audience will enjoy the whole show because "from start to finish, it's packed with energy and over-the-top characters, the music numbers are huge crowd-pleasers with really cool harmonies, and we have a great ensemble."

Playing Ulla the Swedish secretary is new Westfield grad Madeleine Bloxam. "She's not ditzy, but peppy and outgoing and touchy-feely with the other characters," said Bloxam. "She falls in love with Leo and flaunts herself when she sings her number in the play they produce. It's a fun role where I can make my character bigger and exaggerated; I can take that sultry secretary and push her further."

Bloxam's favorite song is "That Face," an energetic duet between Ulla and Leo, because "it has a dance break with classic, ballroom choreography. It's corny, but a cute

love song." She said audience members will appreciate that, "while the show is offensive, it's equally offensive to everyone — but in a lighthearted way. It just goes a little over the line."

Rising Westfield senior Brandon Sanchez portrays Franz Liebkind. "He's a washed-up, old, neo-Nazi who has great respect for

his Fuhrer, Adolph Hitler," said Sanchez. "He's kind of crazy and bi-polar and he wrote a musical, 'Springtime for Hitler.' He's kooky and wears a helmet and lederhosen — he's a very strange guy. It's physical, out-there humor, and it's fun to be loud and wacky."

Sanchez said the "Springtime for Hitler" number is particularly fun to watch. "Franz wrote the play out of devotion to Hitler," he said. "But the play makes fun of him, and that's where the humor in this song comes from." He said the audience will enjoy Brooks's humor and "wide array of characters from more normal to really crazy; they'll like seeing the whole spectrum."

Playing Roger DeBris, the lead actor and director of Liebkind's play is Woodbridge High senior Justin Janke. "He's a mystery — you don't know what's going to come out of him," said Janke. "He thinks he's more important than he actually is. And he's not nearly as good an actor as he thinks; however, his personality makes up for it. He's an exciting, larger-than-life character and it's fun experimenting with him and filling his shoes."

"Bialy" is Janke's favorite number because of "a really awesome quintet" within it that "ties up everything in the story, but lets you see the shenanigans that'll happen in act two. It's a professionally run show and people will get their money's worth. It's so engaging — there's always something entertaining happening onstage."



PHOTO COURTESY OF MARY NELMS

Posing in character are (from left) are Mitchell Buckley and TJ Vinsavich with Madeleine Bloxam.

## Smoke Alarm Warns Fire Victims

A townhouse fire, early last Wednesday, July 10, caused an estimated \$25,000 damage to a townhouse near New Braddock Road in Clifton. According to fire officials, the blaze was accidental, caused by an electrical outlet in the basement laundry room.

Fairfax County Fire and Rescue Department units responded around 6:30 a.m., to the single-family home at 13677 Wildflower Lane. First-arriving firefighters encountered heavy smoke coming from the front basement windows of the two-story, middle-unit townhouse.

They conducted an interior fire attack, quickly bringing the flames under control. Firefighters were also able to keep the fire from spreading to adjacent units.

The townhouse sustained extensive

damage to the basement, as well as some smoke damage to the upper floors. However, a sounding smoke alarm provided early warning to the occupants, who all escaping unharmed. Two adults and two children were displaced, but no one was injured.

In light of this incident, fire officials provide the following electrical-safety tips to residents:

- ❖ Replace or repair loose or frayed cords on all electrical devices, avoid overloading outlets, and plug only one high-wattage appliance into each receptacle outlet at a time. If the power goes out often or the lights in the home flicker, produce an odor, or make noise, have an electrician come and inspect the wiring.

- ❖ The electrical outlet in the bathroom should have a Ground Fault Circuit Inter-

rupter (GFCI). It's a tool protecting people from a dangerous shock when water and electricity come together. An electrician can install a GFCI. And all electrical outlets and switches should be covered by face plates. When possible, avoid the use of "cube taps" and other devices allowing the connection of multiple appliances into a single receptacle.

- ❖ Inspect electrical cords to make sure they're in good condition. Consider having additional circuits or outlets added by a qualified electrician so extension cords aren't needed. Don't tie or knot electrical cords and don't place furniture on them. Follow the manufacturer's instruction for plugging an appliance into a receptacle outlet.

— BONNIE HOBBS

## CRIME

The following incidents were reported from the Sully District Station:

**PURSUIT**, Braddock Road/Newton Patent Drive, July 4, 8:20 p.m. An officer attempted to stop a motorcycle for a traffic violation. The motorcycle operator allegedly sped away at a high rate of speed. The officer was able to locate the vehicle and operator. A 37-year-old man from Alexandria was charged with speed to elude, driving on a revoked license, and operating an unregistered vehicle.

**BURGLARY**, 5100 block of Westfields Boulevard, July 9, 2:20 p.m. An employee reported someone entered the business and stole alcohol. There were no signs of forced entry.

### LARCENIES:

- ❖ 3900 block of Avion Park Court, electronic device from business
- ❖ 14700 block of Basingstoke Loope, laptop computer and cell phones from business
- ❖ 4100 block of Dawn Valley Court, clothing and cell phone from residence
- ❖ 13300 block of Lee Highway, cigarettes from business
- ❖ 5100 block of Woodmere Drive, laptop computer from residence.



# 'Until Last Year, It Was Never on the Radar'

FROM PAGE 1

"Just east of Braddock Road is the notorious S-curve, and improving that intersection puts more pressure on the other sub-standard roads there, as well as on the S-curve," said Troschianeki. "In the southwest corner of the intersection is Cox Farms, and the other three quadrants are all incredibly sensitive parkland. And the [Fairfax County] Park Authority's Sully Woodlands plan keeps much of it as undisturbed, open space. We're reviewing all the environmental impacts now."

He also said that, when another area road project is finished, this one may not even be needed. "Can't we wait and see what impact the \$100 million widening of Route 50 will have so that maybe improving this intersection won't be necessary?" asked Troschianeki. "There have been no official, public hearings or chances for Fairfax County to have input. This is being fast-tracked by Loudoun County and a couple delegates in Richmond."

Heisinger also wondered if it's legal for one county to spend money to improve something in another county. Troschianeki said there's precedent between Prince William and Loudoun counties, but "We're drafting a letter for [40<sup>th</sup> District Delegate] Tim Hugo to send to the attorney general to get an official opinion."

To date, said Troschianeki, Loudoun, VDOT and the Commonwealth Transportation Board have secured some \$2.8 million for the roundabout. "But estimates for this project are now \$3.975 million," he said. "So there's a funding gap of about \$1.1 million."

WFCCA's Chris Terpak-Malm asked who'd pay the extra money needed. "No one knows," answered Troschianeki. "But speculation is that it's got political momentum behind it."

He also noted that the Park Authority got bond money to activate ballfields it has planned for the northwest quadrant. So



**Ted Troschianeki (on far left) makes a point while his wife Tami and Sully District Planning Commissioner John Litzenberger listen.**

PHOTO BY  
BONNIE HOBBS/  
CENTRE VIEW

now, said Troschianeki, "The Park Authority will have motivation to approve this project because of the road leading to it that this project will fund."

Virginia Run's Jim Hart said the WFCCA should ask the Fairfax County Board of Supervisors to hold a public hearing before it votes on the roundabout's design. "We may have as little as 15 days between the design's release and the release of the EIS [Environmental Impact Statement] — which will happen at the same time — and the VDOT public hearing," he said. "Then there'll only be two weeks until the Board of Supervisors' vote."

"It seems to me, if you speed up the [current] four-way stop [at Braddock/Pleasant Valley], it shifts some of the cars from Route 50 to Braddock until that intersection gets saturated," continued Hart. "It's irresponsible to do something that puts more traffic on Braddock without addressing the S-curve. It's a safety hazard and it'll be even more so with more traffic on it."

Since ballfields in the northwest quadrant would also mean frontage improvements, including a parking lot and more impervious surface, "There'll be more disturbances and water runoff on the environmentally sensitive land," said Hart. The globally rare forest there requires enough water to survive, but the grading and paving will change

this intersection's hydrology in a major way."

Furthermore, he said, "The land is in the Occoquan Watershed and in the downzoned area that Fairfax County has protected for the past 30 years. So anything we can do to have transparency in this process and allow citizens to have input into this project is reasonable. This is affecting parkland in a pretty important way, as well as neighborhoods in the area of the intersection."

Sully Station's Debbie Robison said the project's purpose is "to get Loudoun commuters through Fairfax County, with an eventual road through the dog park as a commuter route to bypass the S-curve. But I haven't seen any plan."

"There's no master plan; it's all being done piecemeal," replied Troschianeki. "More intensive studies need to be done. Our supervisor [Sully District's Michael Frey] believes he's got community support for the roundabout, but we're gathering evidence to show that's not the case."

Sully Station's Mark Hamlin said, "We're very opposed to anything increasing the flow of traffic. These are residential streets, not commuter highways."

Agreeing, Cindy Gilbride, on Sully Station II's board of directors, said, "We already have traffic cutting through our neighborhood, too. Should we let Michael Frey know?"

"Yes, by phone calls and e-mails," said Terpak-Malm.

Troschianeki said he's putting together a formal resolution including other communities in western Fairfax County, plus the WFCCA and Sully District Council of Citizens Associations, "to prove to Michael there's opposition to this. We also need to make sure the Park Authority knows there's significant community concern about the environmental impacts."

He then made three motions, with Terpak-Malm making a fourth, and the WFCCA approved them all unanimously. They're as follows:

- ❖ That the WFCCA strongly requests the Board of Supervisors to conduct a public hearing prior to making any decision on the roundabout's design;

- ❖ That the WFCCA expresses opposition to the roundabout project until an official traffic study is conducted after completion of the Route 50 widening project;

- ❖ That the WFCCA requests a comprehensive transportation study of the Braddock Road corridor from Loudoun County to Route 28, including the Braddock/Pleasant Valley roads intersection, the Braddock/Old Lee roads intersection, the S-curve and the impact on the feeder roads from adjacent communities, prior to approval of any transportation project in the corridor;

- ❖ That the WFCCA asks the Park Authority Board to conduct a public hearing to solicit comments before making any decisions regarding the proposed Braddock/Pleasant Valley roads roundabout, including the conservation easements, environmental impacts, access to Mountain Road District Park [where the ballfields would go] and any in-kind donations associated with the roundabout transportation project.

Concerned about the speed with which the roundabout is being pushed forward, Troschianeki said, "This project never appeared on VDOT's six-year plan. Until last year, it was never on the radar."

## Police Corral Wayward Cow in Centreville

BY BONNIE HOBBS  
CENTRE VIEW

Fairfax County Animal Control Officers are used to dealing with dogs, cats, skunks, raccoons and other critters. But it's not every day they're called upon to capture a cow on the run in the streets of Centreville.

Yet that's what happened last week when they responded to a report of a bull running loose near the Colonnade at Union Mill shopping center on Union Mill Road in Centreville.

The bull turned out to be a Scottish Highland cow that had escaped from a farm on Winfield Road in Fairfax on Thursday, July 11. It had been loose for



**A Scottish Highland cow.**

a few days. Besides being hot because of its shaggy coat and the 90-degrees-plus weather, it was pregnant and aggressive. So

officers were warned it might attack if cornered.

"It had escaped from the farm through a gate and was very frightened," said police spokeswoman Lucy Caldwell. "It was getting a visit from the vet when it fled." She didn't know the animal's weight or if it had a name, describing the bovine only as a "young, adult female."

Once the cow was on the loose, police received numerous calls of sightings and encounters in the days that followed. It was seen on New Braddock and Union Mill roads, Union Village Drive, Union Village Circle and Sequoia Lea Drive. Both Animal Control officers and patrol officers were involved in the pursuit. They tried to subdue the animal with tranquilizer darts, but sev-

eral attempts to corral the orange-and-brown-horned cow were unsuccessful.

Finally, on Saturday, July 13, around 9:15 p.m., officers spotted the "mooving" object coming out of the woods near Union Mill Road. The cow allegedly charged the officers and fled through neighborhood yards. But officers gave chase and were eventually able to tranquilize the cow.

Police say a female veterinarian who'd responded to help the officers was injured during the animal's apprehension and was later treated for non-life-threatening wounds. The cow was not injured. The investigation is continuing and police say possible charges against the owners are pending.



# Students, Teachers Practice Science

**There's something for everyone at GMU's VISTA science camp.**

BY MARILYN CAMPBELL  
CENTRE VIEW

**T**he thought of spending a summer immersed in science and math assignments is likely to make many students cringe. However, some Northern Virginia children are embracing the idea with a summer camp filled with projects that run the gamut from baking cookies in a solar oven to building a model roller coaster.

"I really like this camp because we do a lot of cool stuff. So far, my favorite activity is making a solar cooker," said Kaleab Tibebu, a rising fifth grade student at Hoffman Boston Elementary School in Arlington. "I've seen that on TV and always wanted to do it. We get to do a lot more science here and we aren't using textbooks."

The camp, which is part of the Elementary Science Institute at George Mason University in Fairfax, promotes Science, Technology, Engineering and Mathematics (STEM). This summer, campers are focusing on finding new forms and sources of energy. The two-week camp is designed for high-needs students from local schools. Students from Arlington County, Fairfax County, Manassas City, Manassas Park City and Prince William County are eligible to participate.



PHOTO COURTESY OF GEORGE MASON UNIVERSITY

**From left: Rebecca Pierce, Terri Kidwell and Amy Hurley, all teachers at Willow Springs Elementary School in Fairfax, attend the VISTA Elementary Science Institute. They are planning to bring the VISTA teaching methods back to their fourth, fifth and sixth grade classrooms during the school year.**

"It's awesome here. We made an oven with a pizza box, some tape and aluminum foil," said Cydell Still, a rising fifth grade student at Hoffman Boston Elementary School. "We will get to use it to cook s'mores. We have also gotten to build roller coasters and generators."

The Elementary Science Institute is part of the Virginia Initiative for Science Teaching and Achievement (VISTA), a four-week professional development program that ac-

cepts about 30 elementary school teachers from Arlington, Fairfax, Stafford and Prince William counties and Manassas Park City. The instructors learn creative ways to make science lessons more engaging for students.

"It has been awesome, really mind boggling, to watch students be 100 percent engaged in working together on science," Becky Pierce, a sixth grade science and language arts teacher at Willow Springs Elementary School in Fairfax. "The VISTA pro-

gram is teaching us to make science more hands-on and include more student involvement. When students are engaged, there are fewer behavior problems."

Throughout the program, teachers worked together with scientists from around the region to create problems for students to investigate and solve. The students acted as scientific investigators and explored topics like regional energy sources and energy extraction.

"We are seeing a great deal of collaboration with the students working in teams," said Pierce. "They are thinking on a higher level, asking and answering their own questions, and wanting to do research to find out more information."

During one project, the students were divided into groups and given a set of supplies to create a solar oven: boxes, foil and tape. "Every group came up with a different design," said Pierce. "Some worked and some didn't, but they shared information and learned how to modify them to make them work."

Mollianne Logerwell, VISTA director of science and education at George Mason University, is impressed with the program's outcomes. "In our third year of this camp, it is still amazing to see how excited students and teachers get by engaging in active science inquiry and problem-solving," she said. "Mason has such a wealth of resources. The students have been able to see first-hand a solar golf cart, a solar picnic table, and have visited the dining hall to learn how to minimize food waste and ways to use that waste to produce energy."

## The Long Road Experts offer creative ideas for filling time during long summer trips.

BY MARILYN CAMPBELL  
CENTRE VIEW

**P**acking up the car and leaving town for a summer vacation is an opportunity to spend time relaxing with family and friends. Getting to those destinations, however, can be grueling, especially when summer treks mean enduring long hours on the road. This is especially true for children.

Any parent who has heard the age-old question "Are we there yet?" knows how important it is to fill the time. For some, watching DVDs is the answer but local education experts question whether this is the best solution.

"A long car ride is a time to be together rather than creating distance by bringing in movies and DVDs," said Fred P. Bemak, Ed.D., a professor in the Counseling and Development Program at George Mason University and a Fairfax Station resident. "I am concerned about the overuse of DVDs because of the family disengagement that that fosters. Long travel is an opportunity to creatively make up games between parents and children."

Shannon Melideo, Ph.D., associate dean of the School of Education and Human Services, said that with a little planning, creating entertaining games and activities is easier than one might think. "Time must be spent preparing the materials so that children can find enjoyable ways to spend their time in the back seat," said Melideo. "Tie a makeup brush kit to the back of the driver's and front passenger's chair, one for each child, personalized for their developmental level and interests. Fill the compartments with flashcards, little toys, a mini periscope, stickers, paper, writing or coloring instruments."



**When packaged creatively, flashcards, stickers, paper and crayons can entertain children during long trips.**

Melideo also recommends giving each child a lap desk or other hard surface to

make the kits easy to use.

Colorforms Activity Toys, which are sets of brightly colored geometric stick-ons that come with spiral bound books, are a favorite of Bethesda-based therapist Karen Prince, who specializes in work with children. "There are also some tactile things like Model Magic Clay, which is a clean clay that children can use to make things."

Melideo recommends playing word games that involve the entire family. "[They] require little or no game pieces [and] are excellent because they provide conversation starters, engage all members, stir a little competition, develop language skills and use brain power."

Among Melideo's favorite games are Verbal Guessing, 21 Questions and the ABC game. "Using the letters of the alphabet, each person must find road signs or license plates containing each letter in order," said Melideo of the ABC game. "The first person to find every letter of the alphabet wins."

To play the Verbal Guessing Game, "Using any topic, one person thinks of a person, place or thing [and] gives three clues," said Melideo. "Then the rest of the players take turns asking questions that can be yes or no until someone makes a guess."

Another family game Melideo recom-

mends is 21 Questions, where players pose 21 questions to one of their fellow travelers. "The idea is to let each person talk about ... themselves and for the travelers to get to know each other even better," she said. "It keeps kids talking to their parents."

Listening to books on tape is another activity that can involve the entire family. "If everyone is listening to it ... there can be tremendous engagement about what is happening in the book and then you can talk about it," said Bemak. "Talk about a great spring board for social interaction."

Journaling not only helps to fill time, but also creates a record of the trip. "Keep a journal of the trip starting with the actual travel part of the trip," said Melideo. "Give your child a low cost digital camera for clicking photos [for which] they can later write or type captions."

Even with planning, experts admit that filling time during long trips is not easy. "Family life is work," said Bemak. "But being stuck in the same place with your child for six or seven hours is a goldmine. It is an opportunity to foster creative engagement and healthier relationships with family members. It is not every day that you have children who are going to sit with you in the same room for hour after hour."



## SPORTS

# SSTs Places Fourth at Relay Carnival

**W**EEK three of the NVSL season was jammed packed for the Sully Station SSTs, ending with the Division 5 relay carnival held at their own pool. The six teams each expended tremendous effort, as they were spurred on by their loud and impassioned fans. Sully Station swimmers broke three team records and had four relay teams qualify for the NVSL All-Star Relay Carnival, to be held at press time, July 17. The SSTs finished fourth overall.

The 8U boys, Nathaniel Hamluk, Jacian Perez, Jakob Huse and Tyler Whitacre, broke the first record of the night, swimming the 100-meter medley relay. The boys fetched second place in this event, slashing 16.42 seconds from their 2012 time. The 11-12 girls broke two records, both held for 11 years, earning second-place finishes with times landing them in the all-star relays. First was the 100-meter medley team of Elise Mozeleski, Shelly Kehoe, Payton Moore and Allison Hickey shedding nearly a second to set the new record. Next, Mozeleski, Moore, Jessica Dickinson and Hickey swam the 100-meter freestyle race, shaving .05 seconds. The 15-18 boys also earned two spots at the all-star relays, with Brandon Fiala, Collin Fiala, Anirwin Sridhar and Danial Okhovvatgilani finishing the 200-meter freestyle in second place, behind the winning team by .19 seconds. Okhovvatgilani, Brandon Fiala, Michael McPherson and Sridhar finished third in the 200-meter medley, securing their all-star spot with a time of 1:55.74.

In what turned out to be a stellar kick off to week four, the SSTs hosted Great Falls for the first home A meet of 2013. With their biggest win of the season, the SSTs broke two records, swept five events, swam 39 personal bests and won eight relays. Sully Station held on to the advantage the entire meet, ultimately winning the most points for each stroke. The team's strongest event was breaststroke, where the SSTs amassed 60 of the 90 available points with at least one swimmer in each event placing in the top three. Both 8U teams came out strong with Jacian Perez and Leah Mozeleski being the first to the wall, and Jakob Huse and Loris Thomas picking up third place. The 9-10s faced very tough competition and only picked up two points, with Bryce Brown finishing third for the boys and Adison Moore coming in third for the girls. The 11-12 teams also

SEE SWIM BRIEFS, PAGE 12



PHOTOS BY STACEY HUSE

**Sully Station's Sophie Wilson leads her team to a sweep in the 13-14 Girls 50m Breaststroke Saturday, July 13, at home over Great Falls. Wilson reached the wall with a time of 43.49s, just ahead of teammates Elayna Render in second place with a time of 43.54s and Grace Robinson in third.**



**Sully Station's 11-12 boys beat Great Falls in the 100m Medley Relay Saturday, July 13. From top left: Joaquin Perez, Hogan O'Brien, Gonzalo Lopez Olan and Bryan Patten.**



**The 8u girls captured the win for Sully Station in the 100m Freestyle Relay. From left: Natalya Hamluk, Avery Moon, Leah Mozeleski and Parker Brooks.**

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# Swim Briefs

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earned an equal amount of points with the winners, Gonzalo Lopez Olan and Payton Moore, each picking up five points while their teammates, Hogan O'Brien and Allison Hickey scored a total of six points for their second place finishes. Kyle Talley secured the win for the 13-14 boys as Patrick Kruk took the third place spot. The 13-14 girls swept their event with Sophie Wilson in first followed by Elayna Render and Grace Robinson. In the 15-18 events, the boys brought in another sweep. Michael McPherson was the winner in this race, while Skyler White came in second and Danial Okhovvatgilani in third. Amy Layne won for the girls and Madison Stulga finished third.

The SSTs set some significant personal-best marks, several by more than three percent. In his A meet debut, Jose Artieda took 10.29 percent off his previous-best time swimming in the boys' 11-12 freestyle. Bryan Patten, also swimming for the 11-12s, dropped 3.34 percent in the backstroke event. In breaststroke, Jacian Perez, won for the boys' 8U, slashing his best time by 9.18 percent. Swimming for the 9-10 boys, Lorenzo Lopez Olan crushed his previous swim time by 14.75 percent, while Adam Jefferson had an unbelievable drop of 30.27 percent. Joaquin Perez had an exceptional drop of 16.84 percent as he scored the third-place finish in the 11-12 butterfly. Though clearly not the largest drop of the day, the most significant personal best was executed by Brandon Fiala, as he dropped 3.10 percent, winning the 15-18 butterfly and breaking the team record by .85 seconds. Fiala also broke his own 2011 record in the 15-18 backstroke by .39 seconds.

In Monday's B meet at Pleasant Valley, the SSTs set 59 personal-best marks. The younger swimmers improved considerably, with half of the 6U swimmers besting themselves in freestyle. Five notable improvements greater than five seconds were made, the largest of which was earned by 5-year-old Kylie Brown, who took off 11.72 seconds for a 17.38-percent improvement. Eight-year-olds Avery Moon and Abby Molloy and 9-10s James Kruk and Jaiden Thomas each took off more than three percent in their freestyle races.

Six-year-old Zachary Kronimus had a sensational race in backstroke, improving by 5.85 seconds. The 9-10s were the most-improved age group in backstroke, with four out of eight swimmers taking off more than six seconds in their events. Nine-year-old, Megan Furr took off 12.94 seconds. Lastly, in butterfly, it was 10-year-old Emily Huse improving by 12.60 percent. She was the only swimmer to improve by more than four seconds in either the breast or butterfly events. Huse cut 4.46 seconds from her best time.

Sully Station will finish off week four, with the Multi-Community Blood Drive Challenge and visits from Olympic Gold Medalist Peter Vanderkaay and several other celebrated swimmers, including world-record holder Kate Ziegler, along with Kim Vandenberg, Josh Schneider, Eric Knight



**Pictured is the Sequoia Farms girls' medley relay team: Molly Hamer, Sydney Loper, Caroline Santilli and Kate Croxton.**

and Joe Pascale. The team will host Cardinal Hill in their final A meet of 2013 on Saturday, July 20. Seniors Brandon Fiala and Allie Humphrey will be honored during the meet. Monday, July 22, the SSTs will conclude the regular season, with the final B meet at home against Greenbriar.

## Sequoia Farms Has Busy Week

If you needed something to do this week and you were a member of the Sequoia Farms swim team, there was the "IM Tough" meet on Monday, the "Developmental Meet" on Wednesday, the "Dual Meet" on Saturday, then the "Relay Carnival" on Sunday.

The "IM Tough" meet gave swimmers the chance to test their times against some of the league's best, in an opportunity to swim the individual medley without having to first swim an entire dual meet. The Stingrays had some outstanding performances that night in Chantilly.

Next, it's a sultry evening at Burke Center. Here, Sequoia joined the Penguins as they began the Wednesday "Developmental Meet." Times were recorded and improvements were made before dangerous weather brought an early end to the meet.

For its dual meet, the Stingrays traveled to Alexandria to meet the Chinquapin Wahos swim team in a showdown of the undefeated. By the time the cloudy skies cleared, it was evident that Chinquapin would probably keep its divisional trophy at home as they defeated the visiting Sequoia team. It was a pivotal contest that is likely to determine the winner of the Colonial League gold division.

Because the Stingrays were away, at an unusual yard venue, many meter-tuned Sequoia swimmers found some difficulty measuring and negotiating turns and finishes. However, this disadvantage was turned into somewhat of an individual benefit as several Stingrays swam their way to new, yard-measured team records.

Individual yard records for the boys were set by: Brian Chapman, Diego Cromwell and Samuel Kirkpatrick.

The girls' individual yard record holders are: Lucy Blazquez, Lillianne Fish, Sydney Fish, Avery Gegg, Jessie Heise and Sydney Loper.

Yard relay records were set in these medley relay events: girls' 8 & under (Lillianne Fish, Avery Gegg, Ella Santilli, Nadia

Boggs); girls' 9-10 medley relay (Kristen Blee, Julia Barrett, Sydney Fish, Lucy Blazquez).

For the boys, individual first-place finishes came from: Brian Chapman (double winner), Brice Harris (triple winner), Russ Steinhilber.

The girls' individual first-place finishers were: Lucy Blazquez, Lillianne Fish, Sydney Fish (triple winner), Avery Gegg, Jessie Heise (double winner), Sydney Loper (triple winner), Caroline Santilli and Jennifer Steinhilber.

In the relay events, Sequoia brought its third win home with first-place swims in: boys' 8U medley relay (Daniel Zakula, Ryan Bechtol, Samuel Kirkpatrick, Pat Bartro); girls' 9-10 medley relay (Kristen Blee, Julia Barrett, Sydney Fish, Lucy Blazquez); girls' 11-12 medley relay (Sydney Loper, Caroline Santilli, Hannah Clardy, Molly Hammer); boys' 13-14 medley relay (Ryan Morris, Russ Steinhilber, Daniel Williams, Nicholas Saied); girls' 15-18 medley relay (Jessie Heise, Lauren Chin, Jennifer Steinhilber, Marissa Cassens).

## Poplar Tree Pummels Piranhas 222-198

BY ELIZABETH HALL

On July 13, the Poplar Tree Pirates traveled to Mount Vernon to compete against the Mansion House Piranhas in their last away dual meet of the summer. While the Pirates remain undefeated, this meet was by far the closest matchup of the season and made for an exciting meet.

The Pirates started out leading by a slim margin after the freestyle events, with the point differential growing after each stroke and eventually culminating in a considerable victory over the Piranhas. The first victory of the meet was Nick David for the 11-12 boys' freestyle, followed by Lauren Young and Haley Alderman, finishing first and second, respectively, in the very next event. Marcelo Coray took the win for the 13-14 boys, while Corinne Kominski went on to do the same on the girls' side. David Stewart earned a victory for the 15-18 boys' freestyle and the Pirates had a slight lead over the Piranhas 48-42 at the conclusion of the freestyle events.

Elena Benson and Marissa Erickson kicked off the backstroke events by finishing first and second for the 8-and-under

girls, respectively, while Julia Young and Lauren Young went on to do the same for the 11-12 age group. Jonathan Wen took a win for the 13-14 boys while Evan Baker set a 50-meter backstroke record with a time of 28.50 seconds for the 15-18 boys and also earned a victory. Lauren Hensley won the 15-18 girls' age group, and at the end of the backstroke events the Pirates led the Piranhas 95-85.

The first breaststroke victory for the Pirates came from Neha Balaji for the 8-and-under girls, followed by teammate JoJo Ellis finishing in second. The next win for the Pirates was Mary Kominski in the 11-12 age group, followed by Jonathan Wen and Fletcher Madsen finishing first and second, respectively, for the 13-14 boys. Julia Brunner picked up her first individual victory of the season by taking the title for the 13-14 girls and David Stewart finished out the Pirate wins for the breaststroke events by claiming the 15-18 boys. The score going into the butterfly events was 141-129.

Butterfly started out with a bang as Elena Benson, Lauren Radcliffe, and JoJo Ellis picked up the first first-second-third sweep of points of the meet by dominating the 8-and-under girls. Nick David won the 11-12 boys while Haley Alderman and Julia Young finished first and second, respectively, on the girls' side. For the second week in a row, Marcelo Coray, Fletcher Madsen, and Steven Longino completed a first-second-third sweep, respectively, for the 13-14 boys. Corinne Kominski took the title for the 13-14 girls while Evan Baker did the same for the 15-18 boys and the Pirates were up 192-168 going into relays.

The Pirates split the relays with the Piranhas. The first Pirate relay victory was the 8-and-under girls' freestyle relay of Elena Benson, Maddie David, Lauren Radcliffe and Neha Balaji. A few events later, the Pirates won four events in a row, starting with the 11-12 girls' medley relay of Julia Young, Mary Kominski, Haley Alderman and Lauren Young. The 13-14 boys' relay of Jonathan Wen, Fletcher Madsen, Marcelo Coray and Steven Longino picked up a new team record in the 100-meter medley relay with a time of 59.19 seconds along with their win. Next, the 13-14 girls' relay of Julia Brunner, Flora Baxter, Corinne Kominski and Sarah Walsh finished first, followed by the 15-18 boys' relay of Evan Baker, David Stewart, Preston Rhodes and Sean Morrow. The final Pirate victory of the meet came from the mixed-age boys' relay of Nick David, Matthew Rickard, Marcelo Coray and Evan Baker. The Pirates won with a final score of 222-198 and will host the Greenbriar Dolphins on July 20 in their final NVSL dual meet of the season.

Single Individual Event Winners: Lauren Young (11-12 free), Julia Young (11-12 back), Lauren Hensley (15-18 back), Neha Balaji (8-and-under breast), Mary Kominski (11-12 breast), Julia Brunner (13-14 breast) and Haley Alderman (11-12 fly).

Double Individual Event Winners: Nick David (11-12 free & fly), Marcelo Coray (13-14 free & fly), Corinne Kominski (13-14 free & fly), David Stewart (15-18 free & breast), Elena Benson (8-and-under back & fly), Jonathan Wen (13-14 back & breast) and

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## SPORTS

### Swim Briefs

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Evan Baker (15-18 back & fly).

### Sully Station II Takes Third at Relay Carnival

The Sully Station II Piranhas had a busy week of swimming and celebrations. The team captured third place in the Division 4 relay carnival at Dunn Loring on Wednesday, July 10. In an astounding team accomplishment, seven records were demolished in just 22 events, and four squads qualified for all-star relays.

The 8U girls' team of Callie Ver Planck, Angela Cai, Caroline Li and Riley Graham took down two records in the 100 medley (1:32.20) and 100 free (1:19.38). Similarly, the 15-18 boys' foursome of Nick Campbell, Michael Jiang, Austen Bundy and Ben Wu shattered two records in the 200 medley (1:58.81) and 200 free (1:46.96). The 11-12 boys' squad of Kellen Campbell, Flynn Crisci, Brantley Cervarich and Brody Campbell lowered their own record in the 100 medley to 1:08.19. The mixed-age girls also lowered the 200 free record from earlier this season (2:03.02) with Karenn Hall, Faith Alston, Lily Harkes and Erin Schulte. The strong 13-14 girls' combination of Lauren Peters, Georgia Stamper, Lily Li and Harkes broke an eight-year-old 200 medley record in 2:18.82. The 8U girls, 13-14 girls, and mixed age girls were selected for NVSL All-Star.

The Piranhas continued to swim hard and showed great sportsmanship in their loss to Hunter Mill on Saturday, July 13. Five Sully II swimmers earned victories in two individual events, including 8-year old Angela Cai in freestyle (17.18) and butterfly (20.13), 10-year old Faith Alston in free (32.87) and backstroke (38.83), 13-year old Georgia Stamper in back (37.43) and breaststroke (39.13), 18-year old Erin Schulte in free (30.63) and breaststroke (37.93) and 18-year old Nick Campbell in free (26.20) and back (29.39).

The 13-14 girls had a stellar meet, capturing every event and completing a sweep in backstroke with Stamper, Lauren Peters (37.68), and Lily Li (38.31). Lily Harkes won the freestyle (31.45), followed by Peters (32.10) in second, and Li brought home the fly win in 34.54. Other single-event winners included 16-year old Madisyn Graham in back (35.22), 8-year old Caroline Li in breaststroke (27.62), and 16-year old Austen Bundy in fly (29.20).

In a poignant moment to end the meet, two outstanding leaders swam in their last relays. Nick Campbell and Erin Schulte will be pursuing college swim careers.

The team's 20th Anniversary Gala capped the week with a spirited party featuring alumni, an engaging slideshow, touching stories and dancing friends.

### Virginia Run Riptide Earns Another Victory

The Virginia Run Riptide welcomed the Waynewood Dolphins for an NVSL Division 6 A meet last Saturday morning knowing that the contest promised to be a close one. While the pool water was chilly after the torrential rains of the past week,



**The 13-14 girls medley relay of Chloe Hicks, Skyla Davidson, Didi Pace, and Alexa McAnally broke their own Riptide record for the third time this year and head to the All-Star relays seeded second in all of NVSL.**

the Riptide swimmers' performances were sizzling and Virginia Run won the day, 234-186.

The competition was intense throughout the freestyle events. The 8 & unders led the way with Charles Beamon first and Sean Gunn second for the boys, and Caitlin Kelliher first and Nora Collingsworth second for the girls. Riptide results ebbed until Joel Cheifitz scored a second in 11-12 free. Then the 13-14 juggernauts asserted themselves. Geoffrey Eisenhart took first, Nick McGrath second and Aaron Vu third as they swept the 13-14 boys' freestyle for the third time in four weeks. The 13-14 ladies, Skyla Davidson and Alexa McAnally, followed with a decisive first and second, while Joey Castro and Sierra Higinbotham rounded out the 15-18 races with second-place finishes. When a meet is close, each and every point matters, so the third-place finishes of Chelsea Nguyen (9-10 girls), Charlie Gunn (11-12-boys), Sarah Boyle (11-12 girls) and Erika Turflinger (15-18 girls) were critical to giving the Riptide a narrow lead of 46-44 at the end of the freestyle.

The meet was a true nail-biter as the back-strokers pushed off. Logan Dahm took second in the boys 8 & under, and when the 8 & under girls' team of Caitlin Kelliher, Natalie Orwat and Isabelle Cogan took first, second and third in their race, the tide began to turn. After Olivia Masterson took a second in 11-12 girls, the 11-12 boys provided a sweep with Anthony Arcomona in first, Ryan Tennile in second and Harry Shlatter in third. Geoffrey Eisenhart claimed a first and Nick McGrath a second in the 13-14 boys' back, and the 13-14 girls quickly followed in kind with Chloe Hicks taking a first and Didi Pace taking a second. Matt Glowacki and Mia Newkirk swam inspired races to claim firsts in their 15-18 events. Contributing those important third-place points were Catie Gunn (9-10 girls) and Hannah Brazier (11-12 girls), enabling the Riptide to claim a 52-38 victory in the backstroke.

With a little breathing room in the meet score, the breaststrokers took their lanes. For the 8 & unders, Connor Gary swam a personal best to capture a first and Julia Vu swam her new best time to take a second. Jack Liskey swam hard to claim a second in 9-10 boys, as did Joel Cheifitz to capture a second in the 11-12 boys. Both Olivia Masterson (11-12 girls) and Leo Want (13-14 boys) took first in their age groups. The 13-14 girls once again dominated their race with Skyla Davidson in first, Emma Guidash second, and Abby Borsato third. Sierra Higinbotham won the 15-18 girls breaststroke while Joey Castro took first and Patrick Kearney second in the 15-18 boys. Seven swimmers won third place points for the

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# "Focus-Pocus"

By KENNETH B. LOURIE



I imagine most of you readers are familiar with the phrase, "Hocus-Pocus," the magician's nonsensical expression of sleight of hand, as words spoken and arms waved as the rabbit wiggles out of the magician's hat, among other deeds/ extractions of "wow!" The idea being to trick, deceive, obfuscate and ultimately amaze the audience into believing the unbelievable and to not see what they should be able to see.

"Focus-Pocus" is this cancer survivor's sleight of brain – as I refer to it, as I attempt to live longer and prosper without paying too much attention to the undeniable fact that I have a terminal disease: stage IV, non-small cell lung cancer (NSCLC), one that kills way more than it is cured. I have found however, that living in dread – and in acceptance of my presumptive reality/status, is no good for my head (emotionally/mentally speaking) so I try to deviate, whenever possible, from that norm and not conform, and hope that living is indeed its own reward.

Oh sure, I scan the weekly Health & Fitness section in The Washington Post, especially if there's a cancer reference; if sitting and waiting somewhere where reading material is present, if there's a lung cancer-related article, I will read it immediately; and if there's a segment on television concerning cancer, I will watch it or record the program to watch later. I don't exactly live under a metaphorical rock, but nor can I make cancer my life's pursuit, as odd as that may sound; since presumably, I am pursuing life despite the fact that having cancer is definitely having some say in that matter.

Thinking positively and keeping my sense of humor are the two most effective tools in my anti-cancer arsenal. Employing these weapons of mass (as in tumors) destruction are what I live for: Duh! So doing, and assimilating this figurative weapon array into my attack requires very little, really; this is my personality and my nature, so it's no particular challenge. It's who I've been, it's who I am, it's just me. Still, as many of you know, cancer has a way of intervening, especially physically, but most assuredly, mentally as well. It creates darkness and fear and anxiety and all the less-than-ideal characterizations you can imagine – whose intrusions you are often powerless to stop. Yet somehow, you must.

In the nearly four and a half years since my diagnosis, I have tried to defend against them. Occasionally by embracing them, but more often, as is the subject of this column, by ignoring the reality of them, almost like a magician attempts to do with his audience; that what you see, what you get, is not necessarily what you feel – or so I tell myself repeatedly. And though it might seem difficult to trick oneself as easily as it might be possible, with a wink and a nod, to trick another, a better-than-expected life expectancy might depend on it. And at this juncture, having outlived my original prognosis by more than three years, I don't see any reason to change my focus.

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

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## 21 Announcements

**ABC LICENSE**  
SPK, Inc. trading as Thai Cuisine by PK, 6005 Centre-ville Crest Lane, Centreville, VA 20121. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Piroon Prasittimate, owner  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

## 26 Antiques

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## 28 Yard Sales

Huge Yard Sale! Furniture, electronics, home goods, clothing. 5004 Flint Rock Ct, Chantilly, Virginia Sat, 20 July, 8 a.m. - 1 p.m.

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## SPORTS

# Swim Briefs

FROM PAGE 13

Riptide to wrap up a 53-37 win in the breaststroke: Charles Beamon and Emma Liskey- 8 & unders, Alana Turflinger 9-10s, Ryan Tenille and Sammi Castro 11-12s, Aaron Vu 13-14s and Meredith Matz, swimming up in 15-18.

The Riptide maintained their momentum in butterfly. Three age groups achieved sweeps: the 11-12 boys with Anthony Arcomona first, Harry Shlatter second, Charlie Gunn third; the 15-18 boys with Matt Glowacki first, Patrick Kearney second, Andrew Meredith third and the 15-18 girls with Mia Newkirk first, Jessica Sheftel second, Erika Turflinger third. Leo Wang was first and Thomas Beamon second in the 13-14 boys and Chloe Hicks took first and Didi Pace second in the 13-14 girls. Both Connor Gary (8 & under) and Sarah Boyle (11-12) captured seconds, while the 8 & unders Sean Gunn and Isabelle Cogan and the 9-10s Jack Liskey and Maddie Whitton secured third-place finishes.

Going into the relays needing only two wins to secure the victory, the Riptide won six of 12 relays. The 11-12s won decisively with Ryan Tennille, Joel Cheifitz, Anthony Arcomona and Charlie Gunn for the boys and Hannah Brazier, Olivia Masterson, Sarah Boyle and Jacquelyn Hart for the girls. Geoffrey Eisenhart, Leo Wang, Thomas Beamon and Nick McGrath swam to victory in the 13-14 boys, while Chloe Hicks, Skyla Davidson, Didi Pace, and Alexa McAnally won in style, breaking their own Riptide record for the third time this year. Finishing the meet with victories for 15-18-year-old medley relays were the boys' team of Matt Glowacki, Patrick Kearney, Andrew Meredith, and Joey Castro and the girls' team of Sierra Higinbotham, Mia Newkirk, Jessica Sheftel, and Erika Turflinger.

Next week, the Riptide finishes their dual meet season with a home meet against Fair Oaks. That day graduating seniors will be honored for their contributions to their team and community.

## SPORTS BRIEF

### Simmons To Face International Competition

Janine Simmons, a rising senior volleyball player at Centreville High School, will represent the Northern Virginia Volleyball Association and the Chesapeake Region as a member of a USA Volleyball A1 High Performance team.

The A1 teams consist of elite volleyball players from across the country. They will train together for five days, then compete for five days in late July against U.S. Regional and International teams at the High Performance Championships in Ft. Lauderdale, Fla.



Janine Simmons



# ENTERTAINMENT

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com).

## ONGOING

**“The Producers”** by Westfield Summer Stage. Westfield High, 4700 Stonecroft Blvd., Chantilly. Friday-Saturday, July 19-20 and July 26-27, at 7:30 p.m.; and Sunday, July 21, at 2 p.m. The Mel Brooks musical-comedy satire tells the outrageous tale of Max Bialystock, a washed-up Broadway producer, and Leo Bloom, a neurotic accountant, who team up to make millions. Seats are reserved; tickets are \$12 at [www.westfieldtheatreboosters.com](http://www.westfieldtheatreboosters.com) and \$15 at the door.

**“Extravacatza”** at the Fairfax County Animal Shelter, 4500 West Ox Road. In the month of July, the Fairfax

County Animal Shelter will offer half-off adoption fees on cats and kittens, free spay and neuter of cats and kittens and gift bags for all adopters of senior cats. The shelter is open Tuesday-Friday, noon-7 p.m. and Saturday 10 a.m.-5 p.m. Visit [www.fairfaxcounty.gov/calendar/ShowCalendar.aspx](http://www.fairfaxcounty.gov/calendar/ShowCalendar.aspx).

**Super Science Saturdays.** 10 a.m.-3 p.m. the second Saturday of each month at the Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway. Visit <http://airandspace.si.edu/udvarhazy>.

## FRIDAY/JULY 19

**Yoga Storytime.** 2 p.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 6-9 can enjoy story time that incorporates basic yoga

moves. Free. Registration required, 703-502-3883.

**Comedy Show.** 8 p.m. at Fast Eddies, 14114 Lee Highway. Big Doug performs. Hosted by Jon Yeager. Visit [fasteddies.com](http://fasteddies.com).

## SATURDAY/JULY 20

**Master Gardeners.** 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

**Magic and Mayhem.** 2:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Girls and boys in grades 6-8 can participate in this sci-fi/fantasy book group. Call for title. Free. Registration required. 703-502-3883.

**Community Picnic.** 11 a.m.-4 p.m.

Mount Olive Baptist Church, 6600 Old Centreville Road, Centreville, is holding its annual picnic and the neighboring community is invited. The festivities will be held on the church grounds and will feature food, sports, games, prizes and music for all ages.

Monday/July 22

**Bouncin’ Babies.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

**Small Wonders.** 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

**Sully Book Club.** 1 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can discuss “These is my Words” by Nancy Turner. Free. 703-830-2223.

**Writers of Chantilly.** 6:45 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can share their work and receive feedback. Free. 703-502-3883.

**ESL Book Club.** 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Ask for title. 703-830-2223.

## TUESDAY/JULY 23

**Small Wonders.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

**Whewee!** 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children ages 3-5 with adult can enjoy stories and activities. Free. Registration required. 703-830-2223.

**Bouncin’ Babies.** 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

**Storytime.** 1 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

## WEDNESDAY/JULY 24

**Toddlin’ Twos.** 10:30 a.m. and 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 enjoy stories and activities. Free. Registration required. 703-502-3883.

**FX Makeup: Zombies...and Pizza.** 5:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Rising seventh through 12 graders can learn about special effects makeup and maybe become a zombie. Enjoy pizza and hear a talk by Isaac Marion, author of “Warm Bodies.” Free. Registration required, 703-502-3883.

## THURSDAY/JULY 25

**Polkas You Can Dig.** 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. All ages can discover the beat and fun of Pint Size Polkas with Mike Schneider. Free. Registration required, 703-502-3883.

**Dig Those Dinosaurs.** 2:30 p.m. at Centreville Library, 14200 St. Germain Drive. Ages 6-12 can display knowledge of dinosaurs and win prizes while enjoying poems, songs and stories with Gary Lloyd. Free. Registration required, 703-830-2223.

**Pajama Storytime.** 7 p.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 3-6 can wear pjs and enjoy bedtime stories. Free. Registration required, 703-502-3883.

## FRIDAY/JULY 26

**Yoga Storytime.** 2 p.m. at Chantilly Library, 4000 Stringfellow Road. Ages 6-9 can enjoy story time that incorporates basic yoga moves. Free. Registration required, 703-502-3883.

**Comedy Show.** 8 p.m. at Fast Eddies, 14114 Lee Highway. Comedian Mike James performs. Hosted by Jon Yeager. Visit [fasteddies.com](http://fasteddies.com).

## SATURDAY/JULY 27

**Master Gardeners.** 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

**Peaceful Paws.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children on the autism spectrum or with other developmental challenges meet and read to a trained therapy dog Dakota, a gentle Bernese Mountain dog. Free. Registration required, 703-502-3883.

**Hidden Pond: Snakes.** 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Grades K-6 meet several native species, both small and large. Free. Registration required, 703-502-3883.

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Nursery through Elementary, Youth, College Age,  
Singles, Men, Women, Choir, Awana,  
GoGo (Older adults), Bible Study Fellowship,  
MOPS (Mothers of Preschoolers), English Language  
Classes and Spanish Speaking Ministry

15100 Lee Highway, Centreville, VA 20120  
703-830-3333 [www.cbcva.org](http://www.cbcva.org)



## JEWISH

Congregation Yad Shalom...703-802-8901  
Temple Beth Torah...703-263-2252

## LUTHERAN

King of Kings Lutheran Church...703-378-7272  
Lord of Life Lutheran Church...703-323-9500  
St. Andrew Lutheran Church...703-830-2768

## METHODIST

Centreville United Methodist...703-830-2684  
Pender United Methodist Church...703-278-8023  
Pleasant Valley United Methodist...703-327-4461

## NON-DENOMINATIONAL

Centreville Community Church...703-580-5226  
Christian Life Center...703-754-9600  
Clear River Community Church...703-881-7443

Covenant Christian Center...703-631-5340

Fair Oaks Church...703-631-1112

New Life...703-222-8836

Tree of Life Bible Church...703-830-4563

## PENTECOSTAL

Capital Worship Center...703-530-8100  
Church of the Blessed Trinity...703-803-3007

## ORTHODOX

Holy Trinity Orthodox Church...703-818-8372  
The Greek Orthodox Parish of Loudoun County...703-421-7515  
St. Raphael Orthodox Church...703-303-3047

## PRESBYTERIAN

Centreville Presbyterian Church...703-830-0098  
Chantilly Presbyterian Church...703-449-1354  
Clifton Presbyterian Church...703-830-3175  
Young Saeng Korean Presbyterian Church...703-818-9200

## UNITED CHURCH OF CHRIST

Wellspring United Church of Christ...703-257-4111