

MAY 15-21, 2014

25 CENTS NEWSSTAND PRICE



Participants of last year's Clifton Caboose Twilight Run get ready for the one-mile fun run. This year's event is May 17 at 6 p.m.

PHOTO CONTRIBUTED

Enjoy Classic Clifton Experience

17th Annual Clifton Caboose Twilight Run is May 17.

Gary Anderson, chairman of the Clifton Caboose Twilight Run, isn't entirely sure why the run was originally chosen to take place at twilight. It was already a twilight run when he became chairman in 2005, and he liked it that way.

"It's a classic Clifton experience and is sure to be a great time," Anderson said.

The 17th Annual Clifton Caboose Twilight Run

is May 17 at 6 p.m., and features a 5K and a one-mile fun run. The route takes runners through the scenic town of Clifton, offering picturesque views of its turn-of-the-century atmosphere. An award is given to the last finisher, the "caboose," as well as age group winners and top overall male and female winners. Participants can register online

SEE CLIFTON EXPERIENCE, PAGE 7

5K Ice Cream Race at Bull Run

Event on June 28 to benefit Special Olympics.

BY STEVE HIBBARD
CENTRE VIEW

The first annual 5K Ice Cream Race will be held Saturday, June 28 from 9 a.m. to 3 p.m. at Bull Run Regional Park in Centreville. The event includes a chocolate syrup water slide, a whipped cream foam machine, a cherry juice pit, and limber limbo. In addition, there will be traditional obstacles like steeple chases, climbing walls and hills made of tires. Costumed people will line the race route dressed as ice cream cones, cherries and bananas; they will be throwing cherry bomb water balloons and other goodies at the runners. All runners will receive ice cream and a T-shirt.

For added fun, there will be an ice-cream eating competition, DJ Dance party and Zumba as well as a beer garden and food trucks. The ice cream, which includes flavors of vanilla, chocolate and sorbet, and sprinkles, will be provided by

Scoops2U.

"There's really nothing like it. We just think it's a perfect time for an ice cream race, this being the first week of summer when school is out," said race founder Max Bawarski, 31, of Manassas. Bawarski is a PE. teacher at Providence Elementary in the City of Fairfax. He organized two Blood and Guts Runs during Halloween that had 5,000 attendees, and he is planning his third Blood and Guts Run scheduled for Oct. 25.

In addition to the race, there will be a costume contest, with prizes for the best costume for individuals and wildest team, as well as the muddiest runner. "It's entertaining," said Bawarski. "It adds to the ambiance of the race."

He added that while most obstacle races are geared to hardcore athletes, this one is family oriented and fun as opposed to challenging. "We want people to have fun," he said. "We're going for anybody who likes fitness who wants to have a good time."

The first-annual Ice Cream Race will be held Saturday, June 28, from 9 a.m. to 3 p.m. The non-timed races will begin every 30 minutes starting at 9 a.m., 9:30

SEE 5K ICE CREAM, PAGE 7

Support Fundraising of Clifton Homes Tour and Marketplace



PHOTO COURTESY OF GINNY AX

One of the houses on the Clifton Homes Tour is the Trefry home located on 12624 Wycklow Drive.

The Clifton Homes Tour and Marketplace, sponsored by the Clifton Community Woman's Club, will be held on Thursday, May 15. Net proceeds from the Clifton Homes Tour go to the organization's charitable trust. Last year, the tour was able to give four scholarships. Two went to George Mason University, one to Northern Virginia Community College, and the last was a community service scholarship that went to a local high school senior.

Over the past five years, the charitable trust has given over \$100,000 to the community, including Ecumenical Council Helping Others (ECHO), Our Daily

Bread, Western Fairfax Christian Ministries, Centreville Volunteer Fire Department, FACETS, Fairfax Library Foundation, Friends of the Fairfax Station Railroad Museum, National Brain Tumor Society, National Ovarian Cancer Coalition, World Pediatric Project, and more.

Tickets can be purchased for \$30 on the day of the tour. For more information on the Homes Tour and ticket information, visit <http://cliftoncwc.org/homes-tour-ticket-information/>.

— JANELLE GERMANOS

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NEWS

PFC Rick Call is honored.

For 'Dedication and Devotion to Duty'

By BONNIE HOBBS
CENTRE VIEW

Honored for his police work that helped solve cases in Fairfax County and Washington, D.C., PFC Rick Call is the Sully District Station's Citizens Advisory Committee's (CAC) Officer of the Month for April. He was presented his award by Lt. Bob Blakely, assistant station commander.

A local high-school teacher contacted him about a female student who thought she'd been drugged and sexually assaulted. Call met with the student who told him she and a friend were picked up by a man in Centreville and taken to an indoor swimming pool in the District. "The young lady explained they began to consume alcohol and eventually she passed out," said Blakely. "When she regained consciousness, she was back in Centreville with no idea what time or day it was or how she got there. She said she'd never lost consciousness after drinking in the past. [Next], the suspect texted her naked photos of her in an unconscious state and asked if they could get together again."

Based on the suspect's cell-phone number, plus other details, Call was able to identify him via the software database LINX, plus photos on Instagram. He also discovered that the suspect had prior charges in Charles County, Md., that mirrored what had happened to the student here. Call then consulted with Fairfax County Criminal Investigations Bureau (CIB) detectives who began working on the case.

After awhile, he was home watching the local news on TV when he saw a story about a rape that was



PFC Rick Call (left) receives a certificate from Lt. Bob Blakely.

reported at an indoor pool in D.C. The circumstances were similar to the student's sexual assault.

He immediately contacted CIB Det. Craig Paul, who was able to confirm with a D.C. detective that the suspect in the news story was, in fact, the same suspect the student had identified. Call then helped set up a meeting between the student and the D.C. detective, and the student eventually testified against the suspect before a D.C. grand jury.

In honoring Call as the Officer of the Month, Blakely noted his "dedication and devotion to duty. "Had it not been for PFC Call's experience, determination and fortune that he saw the news report involving the same suspect, it's quite possible the sexual predator in these disturbing crimes would still be free and victimizing others," said Blakely. "PFC Call's efforts and professionalism are more than worthy of recognition by the Sully CAC."

PHOTO BY BONNIE HOBBS/CENTRE VIEW

Help make Fairfax a little

GREENER!



SATURDAY, MAY 17

from **8 a.m. to Noon** at the
Sully Governmental Center
(4900 Stonecroft Boulevard, Chantilly)

Shred up to 5 boxes of personal documents at no charge.
No film or electronically stored information will be accepted.
Please remove all paper from binders and binder clips.

NOTE: This event is **not** for medical service providers - it **does not** fulfill HIPAA requirements for document destruction.



SUNDAY, MAY 18

from **10 a.m. to 3 p.m.** at the
I-66 Transfer Station
(4618 West Ox Road, Fairfax)

Recycle televisions, computers and peripheral electronics
- such as keyboards, scanners, printers, speakers, etc. -
along with unbroken fluorescent tubes & light bulbs.

There is no cost to participate.

These free events are available to **Fairfax County residents only**. For complete details, go online to
www.fairfaxcounty.gov/recycling, or call 703-324-5052, TTY 711.



A Fairfax County, Va., publication.

For reasonable ADA accommodations, please call 703-324-5230, TTY 711.



ROUNDUPS

Animal Shelter Grand Opening

The Fairfax County Animal Shelter will host a ribbon-cutting ceremony and open house this Saturday, May 17, to celebrate the official completion of the shelter's renovation and expansion. Festivities begin at 1 p.m. and will include behind-the-scenes tours, face-painting and hands-on interaction with rabbits, guinea pigs and small reptiles. The shelter's at 4500 West Ox Road and is open Tuesday through Friday, noon to 7 p.m., and Saturday, 10 a.m. to 5 p.m.



Bunny at animal shelter.

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, May 18, from 10 a.m.-3 p.m., at the I-66 Transfer Station, 4618 West Ox Road in Fairfax. For more information, call 703-324-5052.

WFCCA Land-Use Meeting

The West Fairfax County Citizens Association (WFCCA) Land-Use Committee will meet Tuesday, May 20, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd., in Chantilly. Tentative agenda items are as follows:

- ❖ COPT Stonecroft LLC: Application for a 9-foot fence on a 64-acre parcel. This is a secure government facility, so the fence will have anti-climb devices, black chain link and tension wire at the top.
- ❖ Akridge - The Preserve at Westfields: A proposal for mixed-use residential and retail. It will also have parks plus hiking and running trails.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, May 22, from 5 p.m. to dusk, at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

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

VIN-etching for Vehicles

A free, VIN-etching event will be held Saturday, May 31, from 10 a.m.-2 p.m., at the Sully District Police Station, 4900 Stonecroft Blvd. in Chantilly. Virginians pay a high price for stolen vehicles. Thefts drive up the cost of automobile insurance and generate innumerable amount of social costs associated with the crime. But VIT etching is a safe and economical deterrent to auto theft because VIN-etched windows help police detect and identify stolen vehicles.

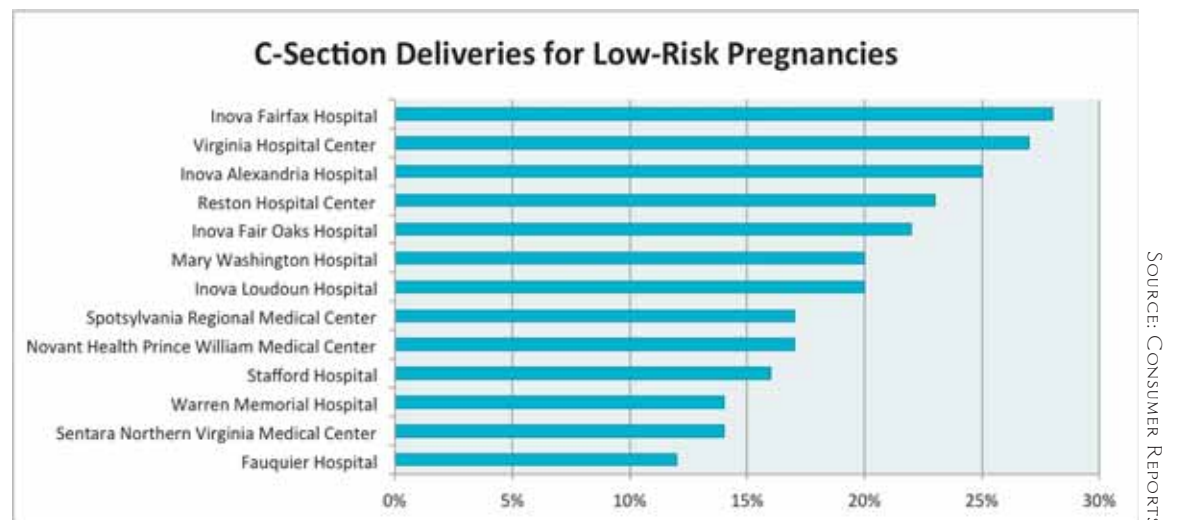
So this event will enable local residents to have their vehicles etched.

They may also chat with some of the officers and learn new information about preventing auto theft. Some insurance companies offer a discount for VIN-etched vehicles. Etching is easy and fast; vehicles will be etched in order of arrival. Sponsoring this event are the Fairfax County Police Department and the Vir-

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News

CENTRE VIEW EDITOR STEVEN MAUREN
703-778-9415 OR CENTREVIEW@CONNECTIONNEWSPAPERS.COM



C-Section Boom in Northern Virginia

Region has some of the highest rates of cesarean-section deliveries for low-risk pregnancies.

BY MICHAEL LEE POPE
CENTRE VIEW

Behind the closed doors at Inova Fairfax Hospital in Falls Church and the Virginia Hospital Center in Arlington, a quiet change has been taking shape over the last few decades. Doctors at these two hospitals have been performing cesarean-section deliveries for low-risk pregnancies at a rate that far exceeds what happens at most hospital across America. Last week, the two hospitals landed on Consumer Reports' top 10 list for hospitals with high C-section rates.

"It's an alarming trend," said Dr. Michele Davidson, associate professor and coordinator of the PhD Nursing Program at George Mason University. "You have a much higher maternal mortality and morbidity rate when you perform a C-section versus a normal birth. So you're taking a surgical risk that does not need to be taken."

C-section deliveries have long been used for high-risk pregnancies, when the health of the mother or the baby is at risk. Since the 1960s, though, doctors have increasingly been performing C-section deliveries for low-risk pregnancies. These include women who have never had a C-section before, are not delivering prematurely or are pregnant with a single baby that is properly positioned. Critics say the procedures drive up costs and increase risks for mothers and babies, although hospitals say they are providing options to women.

"We work closely with expectant mothers and physicians to support choice, while providing a safe and personalized birth experience," said Maryanne Boster, director of corporate communications for the Virginia Hospital Center. "We are partnering with our physicians to constantly monitor and balance the needs

of the mother and baby while ensuring we work towards the best outcome for both."

SINCE 1970, the number of C-sections performed in the U.S. has increased 500 percent. Davidson said a number of reasons are driving the trend. One is fear of litigation, largely driving by high-profile lawsuits involving women whose uterus ruptured when they tried to induce labor in a pregnancy following a previous C-section delivery. Another trend driving the increased number is that more and more women are electing to have the procedure, a practice known as cesarian-on-demand.

"They're done with such frequency that they are a very safe procedure," said Del. Patrick Hope, who is a lobbyist with the American College of Cardiology. "Of course, what we are seeing is that the health plans are paying it. And so the health plans, which have everything at stake and are looking at the procedures and looking at the guidelines, they are clearly indicating it's appropriate."

Ultimately, though, the higher numbers may be related to money. Doctors can get higher rates of reimbursement when they opt for C-section deliveries. They also free up their schedule, allowing them to see more patients. The average labor time for a first-time baby is 16 to 18 hours, precious moments for doctors whose time is money. Davidson said she once worked at a hospital in Washington, D.C. where one doctor had a 100 percent C-section delivery rate.

"The only way one of his patients would deliver vaginally is if she walked in complete and he wasn't there," said Davidson. "He C-sectioned everyone because he didn't want to wait around for these women to deliver."

ANOTHER POSSIBLE explanation for Northern Virginia having higher rates of C-section deliveries for low-risk pregnancies has to do with the culture in the region. Many professional women want to have a baby on their schedule rather than waiting around for labor. And military families are often under pressure to have babies on a schedule that has a strict

"It's an alarming trend. You have a much higher maternal mortality and morbidity rate when you perform a C-section versus a normal birth. So you're taking a surgical risk that does not need to be taken."

— Dr. Michele Davidson, associate professor and coordinator of the PhD Nursing Program at George Mason University.

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CENTRE VIEW ❖ MAY 15-21, 2014 ❖ 3

Out-of-This-World Celebration

Third annual Chantilly Day is Saturday.

BY BONNIE HOBBS
CENTRE VIEW

The third annual Chantilly Day celebration is this Saturday, May 17 and, with two former NASA astronauts coming, it promises to be out of this world.

The festival runs from 11 a.m.-5 p.m., rain or shine, in the Kmart and Babies R Us parking lots in the Sully Place Shopping Center, off Route 50 West in Chantilly. And there'll be fun for the whole family.

Free children's activities will be provided by the Chantilly-Centreville Chamber of and its sponsors and are being coordinated by the Chantilly Youth Association (CYA). The fun includes a rock wall, moonbounces and trackless train, plus several sports-themed activities.

Members of Chantilly High's Hispanic Leadership Club will do face painting, and children's entertainment will be performed on a stage. For animal lovers, a pet adoption will be in the Babies R Us lot, next to the moonbounce. People may adopt pets on the spot and take them home.

A Taste of Chantilly will be in the Kmart lot. Some of the food vendors are: Café Rio, tortilla chips and pico de gallo, plus salsa fresca and chile con queso; Chick-fil-A, chicken sandwiches and chocolate-chunk cookies; Similans Thai Eatery, chicken fried rice, chicken Pad Thai, chicken satay, mango with sticky rice and Thai tea; Hooters, chicken wings and barbecue; and Bungalow Billiards, pulled pork and chicken sliders.

Entertainment includes the Wholesome Campus Thunderbirds Competitive Jump Rope Team and performances by Creative Dance Center, Chantilly High Jazz Ensemble, Chantilly High Latin Dance Club, School of Rock Centreville and the Chantilly High Hip Hop Dance Club.

Also performing will be the Hummingbyrds, an acoustic duo playing alt-country music; the Retro Quartet, singing barbershop-style songs; and the Chantilly Academy's Air Force Junior ROTC. The Chantilly Academy's Robotics Club will do robotics demonstrations for the crowd, and Academy students will also give a carpentry demonstration. And Fairfax One, the Fairfax County police helicopter, will be on display.



Stage Entertainment Schedule*

- 11 a.m. -Opening Ceremonies with Chantilly Academy Air Force Junior ROTC
- 11:45 a.m. -Wholesome Campus Thunderbirds Competitive Jump Rope Team
- 12 noon -Creative Dance Center
- 12:45 p.m. -Chantilly High School Jazz Ensemble
- 1:30 p.m. -Chantilly High School Latin Dance Club
- 2 p.m. -School of Rock Centreville
- 2:45 p.m. -Chantilly High School Hip Hop Dance Club
- 3:15 p.m. -The Hummingbyrds
- 4:20 p.m. -Retro (Barbershop) Quartet
- 4:50 p.m. -Chantilly Academy Air Force Junior ROTC

* Schedule subject to change.

to and from the event will be offered. Staybridge Suites, at 3860 Centerview Drive, is providing free shuttle buses; service will be available every 15 minutes from 10:30 a.m.-5 p.m.

Visitors are encouraged to use the nearby parking area at 3900 Skyhawk Drive (off Centreville Road). Signs will mark the parking lot. People are also welcome to walk the quarter mile or so from the lot to the event.

Hosting the event is the Chantilly-Centreville Chamber of Commerce (an offshoot of the Dulles Regional Chamber of Commerce), in partnership with the Westfields Business Owners Association. Host sponsor is the shopping-center owner, Beatty Management Co. The Chantilly-Centreville Chamber and its sponsors are also providing the children's activities.



From left are Ben Meyer and Michael Mason, of the Chantilly Academy's Robotics Team 612, with their Frisbee-throwing robot.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

This year's guests of honor are Paul Lockhart and Daniel Tani, who'll participate in the opening ceremonies and later chat with festival attendees and sign autographs. They'll discuss life in space and answer questions at a special tent next to the

space-shuttle moonbounce in the Babies R Us lot.

The opening ceremonies and awards presentations will be at 11 a.m. at the stage in the Kmart parking lot. Children's activities, rides and the Taste of Chantilly will begin at 11:15 a.m., and the stage entertainment will start at 11:20 a.m.

The Chantilly Academy's Air Force JROTC Color Guard will present the colors at 11 a.m., followed by the singing of the National Anthem. Local dignitaries and guests will be recognized, and awards will be given to

the business, nonprofit, partnership and citizen of the year.

In addition, STEM (science, technology, engineering and math) scholarships will be presented to graduating seniors at Chantilly, Centreville, Mountain View and Westfield high schools and The Chantilly Academy.

More than 90 local businesses will be participating in the Chantilly Day Business Expo. The businesses range from finance to health, home and auto repair, and many will offer giveaways and prizes to people visiting their tables.

This year's Chantilly Day also includes a food drive for Western Fairfax Christian Ministries (WFCM). This Chantilly-based, nonprofit provides food, clothing and emergency financial aid to local families people in need.

But it needs help restocking its food pantry to gear up for summer when the need is greatest.

So Chantilly Day attendees are asked to bring nonperishable food with them to donate to WFCM. For each food item they contribute, they'll receive a raffle ticket for prizes, so those bringing the most items to the table outside the Kmart entrance will have the best chance to win.

Free, offsite parking with shuttle service



Michael Yee, 7, tackles the climbing wall at last year's event.

NEWS

Communities To Discuss School Start Times

Fairfax County Public Schools (FCPS) will hold eight community meetings — one per cluster — in May and June to gather feedback from students, parents, employees, and community members on proposed adjustments to school start times. Participants are welcome to attend the meeting that is most convenient for them.

All meetings will run from 7 to 9 p.m. with the exception of the meeting at Poe Middle school on Saturday, June 7, which runs from 10 a.m. to noon. The schedule for community meetings on school start times is as follows:

- ❖ Monday, May 19 — Hayfield Secondary School (Cluster 4)
- ❖ Tuesday, May 20 — Langley High School (Cluster 1)
- ❖ Tuesday, May 27 — South Lakes High School (Cluster 8)
- ❖ Wednesday, May 28 — Madison High School (Cluster 2)
- ❖ Saturday, June 7 — Poe Middle School (Cluster 3)
- ❖ Monday, June 9 — South County High School (Cluster 5)
- ❖ Tuesday, June 10 — West Springfield High School (Cluster 6)
- ❖ Wednesday, June 11 — Centreville High School (Cluster 7)

The Fairfax County School Board adopted a resolution in April 2012 to seek solutions to establish high school start times at 8 a.m. or later. In March 2013, the board awarded a contract to Children's National Medical Center to develop a proposal to achieve this goal. The center presented several scenarios to the board at its April 23 work session. These community meetings are designed to gather input and feedback from stakeholders.

Animal Shelter Grand Opening

The Fairfax County Animal Shelter will host a ribbon-cutting ceremony and open house Saturday, May 17, to celebrate the official completion of the shelter's renovation and expansion project. Festivities will begin with a ribbon cutting and remarks at 1 p.m.

The shelter is at 4500 West Ox Road and is open Tuesday through Friday, noon to 7 p.m., and Saturday, 10 a.m. to 5 p.m. For more information, go to <http://www.fairfaxcounty.gov/animalshelter>.



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Virginia Proves Elections Matter

Health and economic issues are entwined.

Some people continue to assert, either with their words or by simply abstaining, that voting just doesn't matter. Here in Virginia, nearly every day we prove that is incorrect.

All of Virginia's elected representatives who are elected by the entire state are of the same political party. They are all Democrats: Gov. Terry McAuliffe, Lt. Gov. Ralph Northam, Attorney General Mark Herring and Virginia's two U.S. Senators, Mark Warner and Tim Kaine.

None were elected by a landslide but the trend is undeniable; the results are tangible.

Herring won his race over Mark D. Obenshain (R) by fewer than 200 votes out of more than 2.2 million votes cast. But that slimmest of margins has cleared the way for a new approach on many issues, especially after the previous four years of Gov. Bob McDonnell and Attorney General Ken Cuccinelli.

In January, Herring announced his office would support legal arguments that Virginia's

ban on same sex marriage is unconstitutional. Judge Arenda Wright Allen on Valentine's Day overturned that ban, and on Tuesday, May 13, the U.S. 4th Circuit Court of Appeals in Richmond begins the process that should result in same sex couples being able to marry in Virginia.

In April, Herring advised that Virginia students who are lawfully present in the United States under the Federal Deferred Action for Childhood Arrivals (DACA) program qualify for in-state tuition, provided they meet Virginia's domicile requirements.

EDITORIAL

This week, Gov. McAuliffe began administrative processes to blunt the effects of restrictive regulations placed on women's health centers that provide abortion, that would essentially have forced most to close by applying onerous standards intended for hospitals.

"I am concerned that the extreme and punitive regulations adopted last year jeopardize the ability of most women's health centers to keep their doors open and place in jeopardy the health and reproductive rights of Virginia women," McAuliffe said. He also began the process of changing the makeup of the Board of Health via appointments, including return-

ing James Edmondson of McLean to the board.

In the meantime, the gerrymandering of district lines for members of the General Assembly maintains the conservative, Republican super majority there.

Those members of the House of Delegates in particular seem prepared to cut off their noses to spite their faces, to do almost anything to deny health care to more than 200,000 very poor Virginians who could be covered by expanding Medicaid under the Affordable Care Act. Not only would this be fully covered by Federal funds for the first years and covered 90 percent thereafter, but it would bring enormous economic benefits to Virginia. McAuliffe is correct to look for ways to expand Medicaid administratively, bypassing the General Assembly. It has been done elsewhere.

"This is not just a health issue — it's an economic issue," McAuliffe said yesterday in announcing review of the regulations on women's health clinics, but the statement applies also to expanding health care in Virginia. "In order to grow and diversify our economy, Virginia needs to be open and welcoming to all."

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Project-Based Learning

To the Editor:

It seems like every time you read an article regarding education there is talk of standardized high-stakes testing. Teachers spend hours planning and prepping lessons that ensure their students will select the correct answer on a lengthy multiple choice test. Students regurgitate this information one day late in the spring, when the only thing anyone can focus on is the looming summer months. When you think about what we want our students to be able to do when they exit high school, is being really good at test taking the first thing that comes to mind?

The end goal does not seem to fit the means by which schools are aiming to obtain success. This has left many educators, researchers, and parents wondering, is there a better way to teach our children? One school in Fairfax County is attempting to step outside the box and implement a Project-Based Learning (PBL) model in a few of their classrooms. PBL was developed by the Buck Institute for Education in Novato, Calif., though many of the inquiry based methods can be traced back to education pioneer John Dewey. Through PBL, students are highly engaged in problem solving, collaboration, and critical thinking activities. Teachers must carefully select which cross-curricular standards they want a project to cover. Then, they introduce students to their problem and propose a driving question. Students research collaboratively online and with print resources. They create a final product that demonstrates their newly gained learning to their community. Finally, students reflect on their learning and performance.

Research has shown that students who learn through PBL perform at the same level, if not higher than students in a traditional classroom. In addition, they make gains in 21st century skills. PBL provides students the opportunity to take ownership of their learning, demonstrate higher order thinking skills, and communicate respectfully with their peers.

This is what we are looking for in our high school grads. Maybe PBL will be the ticket to get us there.

Sarah Privateer
Fairfax

Connect With a Child

To the Editor:

As we read recent news stories on children suffering through neglect, a local coach charged with sexual abuse, and families struggling to find services and shelter, we couldn't help but wonder—was there someone in each child's life who could have been a positive connection and made a difference?

The truth of what we work for and promote at SCAN is that the simple, everyday interactions with kids do make a difference in their health, safety and happiness. That's why we launched our new community education campaign, Kids Need Connections, during National Child Abuse Awareness Month in April.

As teen advocate Josh Shipp says, "Every kid is one caring adult away from becoming a success story." We couldn't agree more. We know positive adult-child connections are critical to keep children safe. We know that when a child feels loved and supported by multiple adults, they learn to value themselves and feel em-

powered to succeed.

So as the buzz dies down from April, we're challenging community members: How will you be a connection for a child?

We encourage you to take on this responsibility. That is how prevention works and families thrive. Here's what you can do:

- * Schedule special time to catch up with your own child or a child in your community. Take a walk, toss a ball or eat a meal together.

- * Take notice when a child or family is struggling. Smile and praise the child or parent—acknowledge that parenting is a tough but rewarding job.

- * Create opportunities in your community for families to build new connections in safe, supportive environments.

- * Connect with kids by volunteering.

We have additional ideas on our website. Visit www.scanva.org/kidsneedconnections to learn more, or consider joining us for SCAN's upcoming Volunteer Orientation on May 22.

Thanks to every community member who made April such a success. Now the real work begins.

Sonia Quinonez
Executive Director
SCAN of Northern Virginia

Write

The Chantilly Connection welcomes views on any public issue.

Send by e-mail to:
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A Connection Newspaper





PHOTO CONTRIBUTED

The Ice Cream Race will include climbing walls and steeple chases.

5K Ice Cream Race at Bull Run

FROM PAGE 1

a.m., 10 a.m., etc., with 400-500 people in each segment. Cost of \$59 expires on May 31, cost of \$69 expires on June 15, and \$79 expires on June 28. Proceeds will benefit the Special Olympics of Northern Virginia.

The venue is at Bull Run Regional Park, Special Events Center, 7700 Bull Run Drive, Centreville. For more details, go to www.theicecreamrace.com or email support@theicecreamrace.com or call Max Bawarski at 703-593-3173.

Enjoy Classic Clifton Experience

FROM PAGE 1

or in person the day of the event.

The proceeds from the run benefit the Clifton Betterment Association. In years past, funds when to help renovate a playground and the barn.

"This year, we are planning to use the funds to help with repairs to the Primitive Baptist Church," Anderson said.

After the 5K and fun run, participants can enjoy a party in Clifton's barn, featuring live music.

"This is really a classic Clifton event. A year ago when we were enjoying the music in the barn, a friend said to me, 'this is really Norman Rockwell America.' There was

music going on, there's a real community spirit to it-everyone pitches in and helps," Anderson said. "It's really a lot of fun."

The event will take place rain or shine. Registration fees are \$21 for the 5K run and \$15 for the one-mile fun run. All participants who pre-register receive a t-shirt, and participants over 21 receive two tickets for beer.

Parents are encouraged to bring the whole family for a picnic at the event. Light snacks and water will also be available.

To register, visit <https://www.signmeup.com/site/online-event-registration/98169>.

— JANELLE GERMANOS

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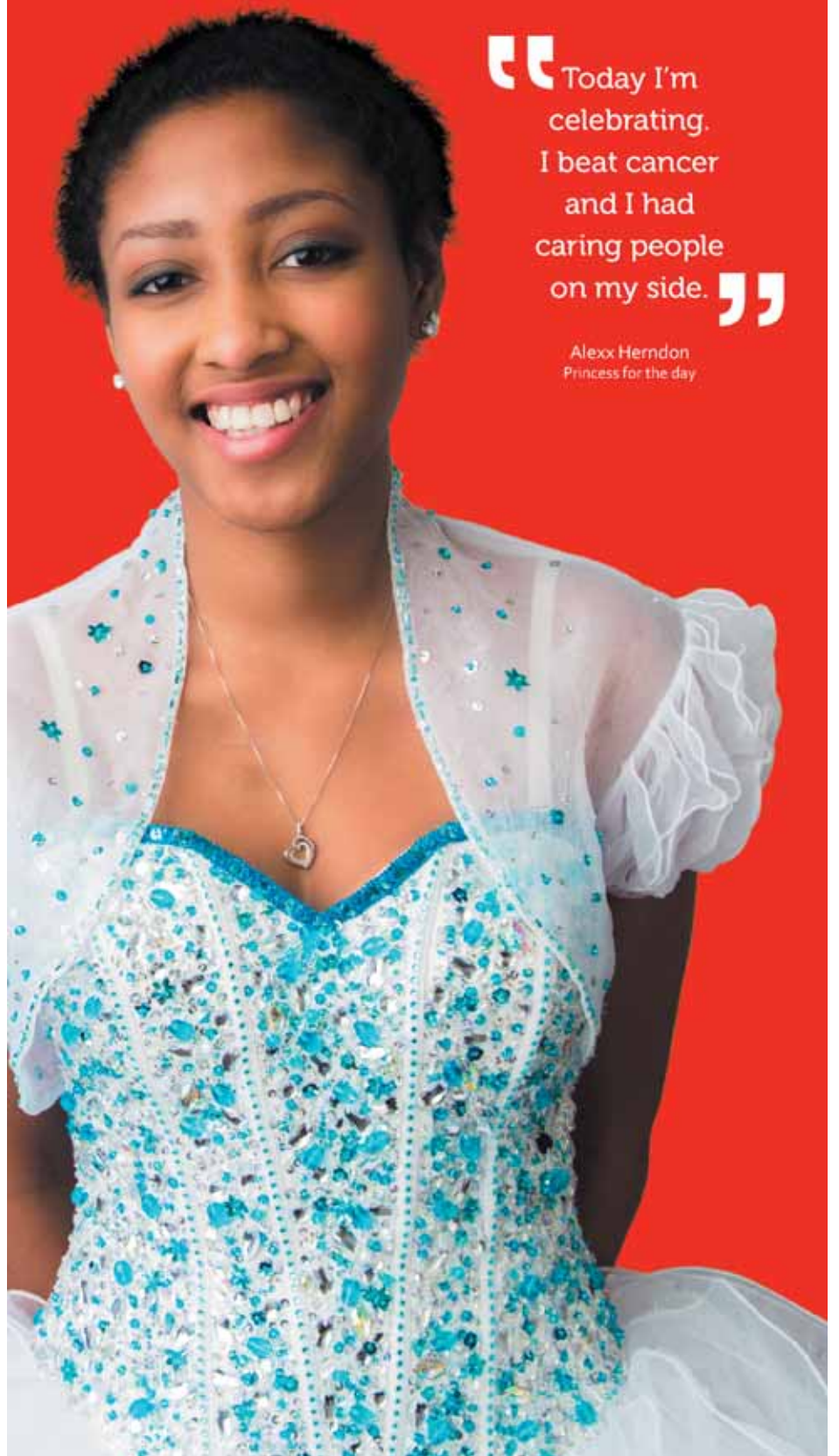
Consider how hard it is to change yourself and you'll understand what little chance you have of trying to change others.

—Jacob M. Braude



Alexandria celebrated her 16th wearing her gown, not ours.

Alexx was diagnosed with bone cancer her first year of high school. Instead of going to an adult hospital, her family got help from a cancer treatment team focused completely on pediatric medicine. Watch how specialized care created a special day at JustRightForChildren.com/Alexx.



“Today I’m celebrating. I beat cancer and I had caring people on my side.”

Alexx Herndon
Princess for the day

Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

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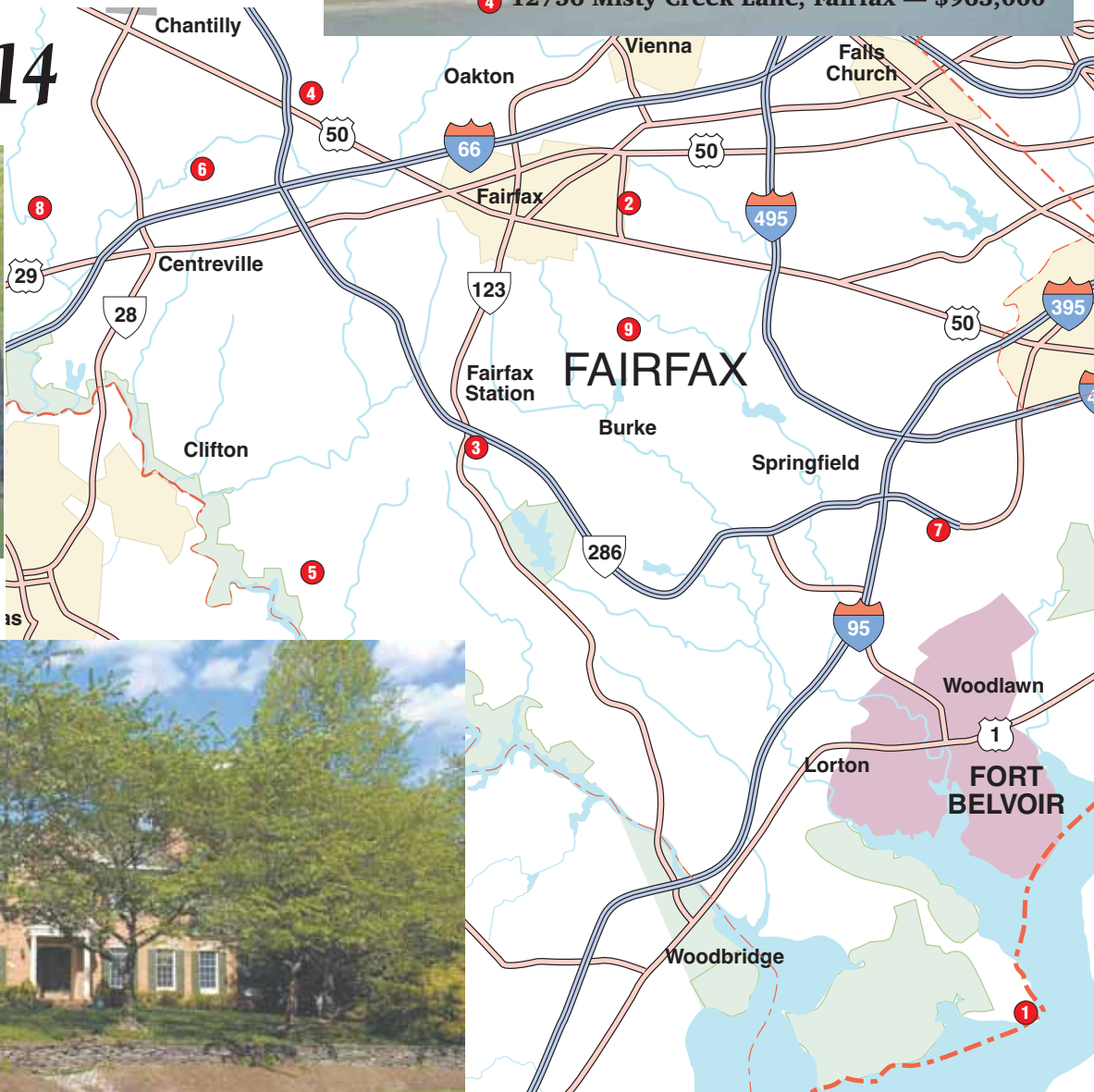
4 12756 Misty Creek Lane, Fairfax — \$963,000



Top Sales in March, 2014



5 12403 Clifton Hunt Drive, Clifton — \$925,000



3 6207 Halley
Commons Court,
Fairfax Station —
\$1,165,000



Address	BR	FB	HB	Postal City	Sold Price ..	Type	Lot AC ..	PostalCode	Subdivision	Date Sold
1 5813 RIVER DR	4	..	2	..	1	LORTON	\$1,340,000	... Detached ...	0.86	22079 . HALLOWING POINT RIVER .	03/25/14
2 9505 SHELLY KRASNOW LN	5	..	5	..	1	FAIRFAX	\$1,180,000	... Detached ...	0.26	22031 PICKETT'S RESERVE	03/06/14
3 6207 HALLEY COMMONS CT	5	..	4	..	1	FAIRFAX STATION	\$1,059,000	... Detached ...	0.83	22039 . HUNT AT FAIRFAX STATION	03/17/14
4 12756 MISTY CREEK LN	5	..	4	..	1	FAIRFAX	\$963,000	... Detached ...	0.21	22033 CENTURY OAK	03/25/14
5 12403 CLIFTON HUNT DR	5	..	3	..	1	CLIFTON	\$925,000	... Detached ...	5.14	20124 CLIFTON HUNT	03/17/14
6 4752 SUN ORCHARD DR	5	..	4	..	1	CHANTILLY	\$850,000	... Detached ...	0.41	20151 PARKSIDE MANOR	03/21/14
7 6477 WINDHAM AVE	5	..	4	..	1	ALEXANDRIA	\$850,000	... Detached ...	0.57	22315 WINDSOR ESTATES	03/19/14
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9 9485 HARROWHILL LN	5	..	5	..	1	BURKE	\$792,000	... Detached ...	0.30	22015 WESTON HILLS	03/14/14

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Outdoor Entertaining

Local style gurus offer tips for alfresco soirees

BY MARILYN CAMPBELL
CENTRE VIEW

The mild temperatures that usher in late spring and early summer beckon many outdoors for alfresco parties. Whether held on a patio, deck or veranda, the necessary logistics for coordinating even a simple gathering can be daunting.

Local tastemakers have unveiled the latest in elegant accessories, colorful furnishings and creative strategies for transforming a simple outdoor party into a chic and elegant endeavor. From serveware and centerpieces to lighting and cushions, style gurus explain how you can keep your cool while hosting a warm weather event.

"We love using our indoor-outdoor rugs as the starting point for decorating outdoor spaces," said Ann O'Shields of The Nest Egg in Fairfax. "We have a huge selection of patterns and colors from Dash & Albert that are perfect for grounding your space and creating an area to entertain."

Marrying comfort and style in outdoor seating can transform virtually any space into a festive oasis, say designers. Sunbrella fabrics are the ideal textile for upholstered furniture and throw pillows, says O'Shields.

Outdoor pillows by Elaine Smith are the top choice of interior designer and home furnishings boutique owner Victoria Sanchez of Victoria at Home in Old Town Alexandria. She says that the cushions are polished enough to adorn a home's interior, but hefty enough to withstand exterior elements. "The pillows have grommets and embellishments, but are machine washable and can sit outside," said Sanchez. "Something like that can do a lot to spiff up the same old furniture and set a tone for a festive environment."



PHOTO COURTESY OF VICTORIA SANCHEZ

Outdoor pillows such as these by Elaine Smith are the top choice of interior designer and home furnishings boutique owner Victoria Sanchez who says that the cushions are polished enough to adorn a home's interior, but hefty enough to withstand exterior elements.



PHOTOS BY MARILYN CAMPBELL

When guests arrive and see fresh flowers, it signals to them that the event is special and festive, says Victoria Sanchez of Victoria at Home in Old Town Alexandria.

When it comes to place settings and serveware, resist the urge to bring indoor dinnerware outside, eschew the disposable varieties, and instead opt for dinnerware made of melamine. "It is perfect for outdoor entertaining because it's durable and won't break if dropped," said Courtney Thomas of The Picket Fence in Burke. "A bright serving tray or bowl adds some fun to outdoor dining."

Whether from one's own garden or a favorite florist, no smartly dressed table is complete without fresh foliage. "Flowers go without saying," said Sanchez. "They add color, and when your guests walk in and see fresh flowers, it signals to them that the

event is special and festive."

To create bouquets with bursts of vibrant summer colors, Evelyn Kinville of The Behnke Florist Shop in Potomac, Md. recommends graceful blossoms like lisianthus, iris, hydrangea and godetia. "These can all be used together. Godetia is very pretty and comes in cherry red, salmon and fuchsia," said Kinville.

When choosing a color scheme, try going back to the basics. "It goes back to color theory — stay with a color wheel," said Sanchez. "Opposites sides of the color wheel are always safe, like orange and blue."

Use lighting to create ambience. "Candles make great outdoor accessories, especially

if you are entertaining at night," said Thomas. "Hang a few votive lanterns from nearby trees or use a row of smaller lanterns as a centerpiece on the table. Even placing a few tea lights on the table creates a warm glow."

Cold libations and melodies wafting through the air are summer soirée essentials. "For entertaining, it's always fun to have great music and refreshments which are fun to serve in buckets filled with ice and drinks," said O'Shields.

When in doubt, opt for understated décor. "Keep it simple and colorful," says Sanchez. "No one knows what you forgot. They only see what is there."



Cold beverages are summer soirée essentials. "For entertaining, it's always fun to have ... refreshments which are fun to serve in buckets filled with ice and drinks," says Ann O'Shields.



Brightly hued, fresh flowers add a pop of color to outdoor table décor.

ENTERTAINMENT

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

ONGOING

The Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center, 14390 Air & Space Museum Parkway, is showing movies including "Hubble," "Fighter Pilot," "Hidden Universe" and "The Dream is Alive." Visit <http://airandspace.si.edu/udvarhazy> or call 703-572-4118 for the movie schedule.

Sully Historic Site. 3650 Historic Sully Way, Chantilly. Enjoy guided tours of the 1794 home of Northern Virginia's first congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.

CAMPS, CLASSES & WORKSHOPS

Girls Basketball Camp. The Chantilly High School Girls Basketball Program will be hosting its summer basketball camp for girls ages 7-15 this summer. Session II runs June 30-July 3, 9 a.m.-2 p.m. for ages 7-13 only. Tuition is \$120.

Session III runs July 7-July 11, 9 a.m.-2 p.m., for ages 7-15. Tuition is \$150. Session I has been canceled this year. Information and registration forms at www.chantillysports.org under Varsity Girls Basketball, Camps and Clinics. Walk-ups for each session are welcome.

Young Actors' Workshop. For elementary students in rising grades 2-6 to learn about theatre arts. Runs July 21-25, 9 a.m.-noon at Westfield High School, 4700 Stonecroft Blvd., Chantilly. Tuition is \$125. The musical theatre camp includes theatre games, improvisation, acting exercises, songs and dances and culminates with a show from musical comedy classics. Sponsored by Westfield Theatre Boosters and led by Westfield Theatre alumni and current students. Visit www.westfieldtheatreboosters.com for or call 703-488-6439. Space is limited.

THURSDAY/MAY 15

Golf Tournament Fundraiser. 7:30 a.m. at the Stonewall Golf Club, 15601 Turtle Point Drive, Gainesville. Play begins at 8:30 a.m. Awards, door prizes and lunch to follow. \$125 per player, with proceeds to local charities. Hosted by NOVEC HELPS, Northern Virginia Electric

Cooperative Hands Engaged in Local Public Service. Contact Tracy Goodin tgoodin@novec.com or Ginger Hamlin ghamlin@novec.com, or call 703-335-0500 or 1-888-335-0500 to participate.

Homes Tour and Marketplace. 9:30 a.m.-5:30 a.m. in Clifton. Sponsored by The Clifton Community Woman's Club. Tickets are \$25 in advance or \$30 the day of the tour, to benefit local scholarships and charities. Visit CliftonHomesTour.com for more.

The End or Is It? Book Club. 7:30 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. A book discussion group for 5th and 6th graders. Call 703-502-3883.

FRIDAY/MAY 16

Bouncin' Babies. 3 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for babies up to 11 months with adult. Call 703-502-3883.

Small Wonders. 4 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for children 12-23 months with adult. Call 703-502-3883.

Bingo Night. 7 p.m. at the Westfield High School cafeteria, 4700 Stonecroft Blvd., Chantilly. Doors open at 6 p.m. \$15 tickets include 10

games of bingo and three raffle tickets, with food and drink available for sale. Food pre-orders encouraged but walk-ins welcome. Order at www.westfieldband.org or contact cathyjerry@cox.net.

Future Fund Awards Gala. 8-11 p.m. on the Cherry Blossom Charter, located behind the Torpedo Factory in Old Town, Alexandria, 105 N Union St. The Future Fund will celebrate its successful grantmaking in 2014 and raise funds to support its grant cycle in 2015 at its annual Awards Gala. The evening will feature hors d'oeuvres, an open bar and dancing. Tickets are \$75 for Future Fund members and \$95 for nonmembers. Visit www.cfnova.org/ffgala for more.

FRIDAY-SATURDAY/MAY 16-17

Student Dance Performance. 7:30 p.m. in the auditorium of Fairfax High School, 3501 Rebel Run. "On the Corner of ... A Tribute to New York City" features 51 students from 14 Fairfax County schools, including Centreville, Chantilly, Fairfax, Falls Church, Herndon, Langley, Madison, Marshall, Oakton, West Springfield, Westfield, and Woodson high schools and Lake Braddock and Robinson secondary schools. Show also includes two alumnae pieces from Melrose Pyne (Fairfax High, 2011)

and Lize Mayman (Langley High, 2010). Tickets \$10 in advance, \$15 at the door. Visit <http://fxdance.ticketleap.com/may2014/dates>.

SATURDAY/MAY 17

Plant Clinic. 10:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Master gardeners with provide horticultural tips, information, techniques and advice to home gardeners. Call 703-502-3883.

Spring Carnival. 11 a.m.-5 p.m. at St. Andrew the Apostle School, 6720B Union Mill Road, Clifton. Games, rides, food and entertainment including children's performer Mr. Knick Knack at 11 and Reptiles Alive at 1. Tickets sold at door. Visit www.standrew-clifton.org or call 703-817-1774.

SUNDAY/MAY 18

Model Train Display. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will have a display of N gauge trains running. Museum members and children under 5, free; adults 16 and over, \$4; children 5-15, \$2. Visit www.fairfax-station.org or call 703-425-9225.

MONDAY/MAY 19

Bouncin' Babies. 10:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for babies up to 11 months with adult. Call 703-502-3883.

Small Wonders. 11:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for children 12-23 months with adult. Call 703-502-3883.

Sully Book Club. 1 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. "The Aviator's Wife" by Melanie Benjamin. Call 703-830-2223.

Book Buddies. 2:15 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Book buddy discussion group for first and second grade students. Call 703-502-3883.

Writers of Chantilly. 6:45 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Share work and give and receive feedback in a supportive setting. Call 703-502-3883.

Centreville Garden Club Meeting. 7 p.m. at the Sully Government Center, 4900 Stonecroft Blvd., Chantilly. "Teachings of Medieval Herbalist Hildegard Von Bingen for Today's Gardens" by Karin Rindal. Visitors welcome. Call 703-266-9233 or visit centrevillegardenclub.blogspot.com or contact centrevillegardenclub@gmail.com.

TUESDAY/MAY 20

Toddlin' Twos. 10:30 and 11:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Early literacy storytime with stories, songs and activities. Age 2 with adult. Call 703-502-3883.

Time for Tots. 11 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories and activities for ages 2-3 with adult. Call 703-830-2223.

Storytime. 1:30 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Early literacy program with stories and activities for children age 3-5 with adult. Call 703-502-3883.

Pajama Party. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Wear pajamas, bring a stuffed animal and a blanket for storytime.

SEE ENTERTAINMENT, PAGE 11

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FAIR OAKS PROM DRESS SHOP

The annual Fair Oaks Prom Dress Shop opens Friday, May 2, run by students from Centreville High School and the Fair Oaks Classroom on the Mall program. On the upper level in the former Champps Restaurant between Corner Bakery and Texas de Brazil. The store is open for both donations and shopping on weekends May 16-18 and May 30-June 1; hours are 4-7 p.m. Fridays, 2-5 p.m. Saturdays and 1-4 p.m. Sundays. Students must show a valid student ID or other form of school identification to select a free dress. Email mlschick@fcps.edu.

THURSDAY/MAY 15

Liberty Republican Women's Club Meeting. 6:30 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Jo Thorburn, Republican State Committee member and Anna Lee, former Republican State Committee member are guest speakers. Everyone welcome. Call 703-378-2519.

English Conversation Group. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

THURSDAYS/MAY 15 AND 22

Youth Mental Health First Aid. 8:30 a.m.-1:30 p.m. at the Pennino Building, 12011 Government Center Parkway, Fairfax. Public education program from the Fairfax-Falls

Church Community Services Board Wellness and Health Promotion. Over a two-day course, certified instructors help youth learn to assist someone developing or experiencing a mental health problem or crisis. \$25. Visit www.fairfaxcounty.gov/hscode/ereg/Registration.aspx?groupID=47.

FRIDAYS/MAY 16 AND 23

Mental Health First Aid. 8:30 a.m.-1:30 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Public education program from the Fairfax-Falls Church Community Services Board Wellness and Health Promotion. Over a two-day course, certified instructors help people learn to assist someone developing or experiencing a mental health problem or crisis. \$25. Visit www.fairfaxcounty.gov/hscode/ereg/Registration.aspx?groupID=47.

SATURDAY/MAY 17

STEM Career Festival. 8:30 a.m.-1:30 p.m. at Mount Vernon High School, 8515 Old Mount Vernon Road, Alexandria. Students age 9-18 and parents are welcome to explore science, technology, engineering and math career options by meeting professionals and participating in activities. Free, registration encouraged; visit www.eventbrite.com/e/2014-nova-stem-career-festival-full-steam-ahead-in-2014-tickets-10413734761.

Orchestra Auditions. 9 a.m.-4 p.m. at Immanuel Church on the Hill, 3606 Seminary Road, Alexandria. Auditions for the Washington Metropolitan Youth Orchestra and the Washington Metropolitan Concert Orchestra, both for young musicians. Visit www.wmpamusic.org/wmyo-auditions.html for the youth orchestra and www.wmpamusic.org/wmco-auditions.html for the concert orchestra. Visit www.wmpamusic.org for more.

Conversation on Teen Stress. 10 a.m.-2:30 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. "Community Conversation on Teen Stress: Fostering Wellness and Resiliency" with more than 60 breakout sessions and resource exhibit. Light lunch included. Free but registration encouraged, visit www.fcps.edu/dss/submit/index.shtml.

ESL Book Club. 11 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Adults learning English meet to discuss a book. Call 703-502-3883.

English Conversation Group. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with other students. Call 703-502-3883.

MONDAY/MAY 19

Kindergarten Orientation. 2:30-3:45 p.m. at Greenbriar West Elementary School, 13300 Poplar Tree Road, Fairfax. Greenbriar West Elementary School is now accepting information for next year's Kindergarten classes. Parents of a child who will turn 5 by Sept. 30, 2014, should call the school office at 703-633-6700 as soon as possible.

Kindergarten Registration. 2-3 p.m. Union Mill Elementary is currently registering new students for the 2014-15 school year. Find your neighborhood school by entering your address at <http://boundary.fcps.edu/boundary>. Visit <http://www.fcps.edu/parents/index.shtml> 703-322-8500, email sheri.brown@fcps.edu, or call 703-322-8500.

ENTERTAINMENT

FROM PAGE 10

For ages 3-5 with adult. Call 703-502-3883.

Ravenous Readers. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Book discussion group for teens in grades 7-12. Refreshments provided. Call 703-830-2223.

WEDNESDAY/MAY 21

Duplo Storytime. 10:30 and 11:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Duplo play storytime helps develop and reinforce early literacy skills for children ages 3-5 with adult. Call 703-502-3883.

Bouncin' Babies. 3 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for babies up to 11 months with adult. Call 703-502-3883.

Small Wonders. 4 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for children 12-23 months with adult. Call 703-502-3883.

THURSDAY/MAY 22

Storytime. 2 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Early literacy program with stories and activities for children age 3-5 with adult. Call 703-502-3883.

Lego Block Party. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Legos provided; come show off building skills. For

children in grades 3-6. Call 703-502-3883.

FRIDAY/MAY 23

Ready for School Storytime. 2 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Early literacy storytime program for children age 4-5 ready to be on their own without caregivers or siblings. Call 703-502-3883.

SATURDAY/MAY 24

Plant Clinic. 10:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Master gardeners with provide horticultural tips, information, techniques and advice to home gardeners. Call 703-502-3883.

Peaceful Paws. 10:30 a.m.-noon at the Chantilly Regional Library, 4000 Stringfellow Road. Especially for children with developmental delays. Read aloud for a 15-minute session with a therapy dog. Bring a book or choose one from the library. All ages. Call 703-502-3883.

Lego Mania. 12:30 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Children in kindergarten through second grade can show off their Lego-building skills. Call 703-502-3883.

Winery Fundraiser. 2-5 p.m. at The Winery at Bull Run 15950 Lee Hwy., Centreville. Live jazz band at event to celebrate OAR Fairfax's work and raise funds. Guests are encouraged to dress in seersucker suits and sundresses. Visit www.oarfairfax.org for more.



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Northern Virginia Family Service Holds 16th Annual Gala

Local donors and supporters recognized at event.

By RYAN DUNN
CENTRE VIEW

The evening of Friday, May 9, at Hilton McLean Tysons Corner, the non-profit Northern Virginia Family Service (NVFS) held its 16th Annual Road to Independence Gala. The festive event gave community and business leaders an opportunity to celebrate the impact of NVFS on families and children in need. It also recognized donors and supporters dedicated to giving back to the community in which they live making NVFS services possible.

"Northern Virginia Family Services is a premier organization and one of our partners in providing aid in the human services field," said Chairman of the Fairfax County Board of Supervisors Sharon Bulova.

NVFS has been serving the Northern Virginia since 1924 when volunteers gathered to provide coal to poor families during winter. Since then the nonprofit community service organization has been dedicated to helping individuals and families find new paths to self-reliance and brighter futures. The mission of the organization is to empower individuals and families to improve their quality of life and to promote community cooperation and support in responding to family needs.

"They do some amazing work in Fairfax



Attending the 16th annual NVFS gala were Robert Hisaoka, Nina Touns, John Touns, and President and CEO of NVFS Mary Agee.

County and beyond," said John Touns, who along with his wife Nina sponsored the evening event.

THIS YEAR Bill Hoover, CEO of American Systems, was gala chair. The gala featured an array of silent and live auction items, and personal testimonies by select clients whose lives have been impacted by NVFS. It also recognized the organization's Community Champion and the Legends of Northern Virginia for significant contributions to the lives of children and families in the community.

"This is going to be our biggest turnout for any gala we have ever had," said Victoria Marcos, a development assistant at NVFS. Approximately 625 guests were seated at the dinner event.

Attending as this year's Legend of Northern Virginia was Sidney O. Dewberry. Dewberry is a founding member of the George Mason University

Urban Systems Engineering Institute, now known as the Civil Engineering Institute, which supports the university's specialized programs in advanced urban systems planning and design.

He currently serves as chairman-emeritus of the institute and continues to guide the development of this educational program. Dewberry co-founded the design firm Dewberry in 1956 and is former chairman of the Arlington County Planning Commission and former chairman of the Fairfax County Engineering Standards Review Committee. Dewberry was honored as a Distinguished Member of the American Society of Civil Engineers in 2011.

The Community Champion Award is a recognition given each year at the Gala to individuals who have made immeasurable contributions to children and families in Northern Virginia. The 2014 Community Champion Award was given to Lauren E. Peterson who has been a lifetime resident of Northern Virginia. Peterson was a mem-



During the Northern Virginia Family Service gala's cocktail hour many donated items were on auction. NVFS has been serving the Northern Virginia since 1924.

ber of the Northern Virginia Family Service board of directors for 12 years and found that their results, caring, programs and fiscal responsibility made it a time she is very proud of.

DIGNITARIES who attended the event included Governor and Mrs. Terry McAuliffe; Fairfax County Board of Supervisors members Catherine Hudgins (D-Hunter Mill District), Linda Smyth (D-Providence), Pat Herrity (R-Springfield); Chairman of the Fairfax County Board of Supervisors Sharon Bulova; Del. Vivian Watts (D-39); Virginia Secretary of Health and Human Resources Bill Hazel; and U.S. Rep. Gerry Connolly (D-11). Sponsors for the gala event included Clark Construction, American Systems, Peterson Family Foundation, Booz Allen Hamilton, Dewberry, Boeing, Northrop Grumman, Washington Gas, and Navy Federal Credit Union.

"They always have a good turnout here, it is a great program," said Hudgins.



The 2014 Northern Virginia Family Service Annual Gala was held at Hilton McLean Tysons Corner. The non-profit organization has a mission to promote community cooperation and support in responding to family needs.



Heather Rowles and Claudia Ratti, staff members at Northern Virginia Family Service, assisted at the 2014 annual gala held at Hilton McLean Tysons Corner.



Sidney O. Dewberry smiles for a photo with Chairman of the Fairfax County Board of Supervisors Sharon Bulova. At the 2014 NVFS gala, Dewberry was recognized as a Legend of Northern Virginia.

SPORTS

Centreville Girls' Lax Beat Robinson in Regular-Season Finale

After a tough loss to their conference rival Westfield and a big win over Herndon, the Centreville girls' lacrosse team concluded its regular season with a 20-15 win over Robinson on May 12.

The victory came on Senior Night and secured Centreville the No. 3 seed in the Conference 5 tournament. Centreville finished the regular season with a 7-4 record and will host Chantilly in the opening round of the tournament at 7:15 p.m. on Thursday, May 15.

Centreville came out strong against Robinson, scoring the first two goals quickly. Robinson came fighting back, keeping the game close. At halftime, the score was all tied up at 9. The Wildcats took control in the second half and took a six-goal lead.

Junior Alex Delarosa came up big for the Wildcats in the second half, stopping a lot of shots which then transitioned into Wildcat goals. Junior attacker Reagan Newell had a stand-out night for Centreville, netting nine goals and adding one assist.

"All we needed to do was play our game and that is exactly what we did tonight," Newell said. "We fought through the adversity and played Centreville lacrosse."

Alongside of Newell was fellow junior and cousin Caroline Wakefield, who ended the game with five goals and two assists. Junior Kara Waddell also netted a hat trick for the Wildcats.

Freshman Elizabeth Murphy pitched in two goals and senior Kat Zempolich netted a goal and contributed one assist.

The Rams were led by sophomore Taylor Caskey, who netted five goals and added two assists.

CVHS Boys' Lax Beats Herndon

The Centreville boys' lacrosse team celebrated its 2014 Senior Night on May 6 with a 16-3 victory over the visiting Herndon Hornets.

The first quarter ended in a 1-1 tie, which Centreville stretched to a 5-2 advantage by halftime.

The Wildcats dominated the second half, firing shots while keeping the Hornet offense in check. Centreville's Tommy Healy led all scorers, earning a proverbial "sock trick" with six goals.

Wildcat senior and team captain Danny Meador scored three goals, while additional Centreville goals were made by Matt Laurence, Carson McEver, Tommy Vinter (2), Kyle Richbourg (2), and David Shim. Seniors making assists included Meador and Kyle Cannon (2). Other Wildcats making

assists included Patrick Fuller, Richbourg, Vinter, and Tommy Bowden.

Centreville's defense has been anchored this season by senior captain Ben Kandel and senior goalie Kent Roy, who had seven saves against Herndon.

Centreville Boys' Soccer Earns Top Seed in Conference 5

The Centreville boys' soccer team finished 4-1 against Conference 5 opponents this season and earned the top seed in the conference tournament.

By earning one of the top two seeds in the six-team Conference 5 tournament, Centreville secured a spot in the semifinals and an automatic regional berth.

The Wildcats will face the winner of Chantilly and Herndon in the semifinals on May 20.

Westfield Boys' Soccer Is No. 3 Seed

The Westfield boys' soccer team enters the Conference 5 tournament as the No. 3 seed and will host No. 6 Robinson at 7 p.m. on Friday, May 16.

The Bulldogs finished the regular season with a 3-8-2 record, including 3-1-1 against

conference opponents.

Chantilly Baseball Beats Robinson

The Chantilly baseball team defeated Robinson 10-1 on May 9, improving its record to 11-5.

The Chargers entered their May 14 game against Oakton having won five of their last six games.

Chantilly will conclude the regular season with a May 15 road game against Westfield.

News

Route 28/I-66 Lanes Done

Drivers in Centreville trying to turn left from Route 28 south to get onto I-66 east may now rejoice — VDOT has just finished extending the two, left-turn lanes there by some 750 feet. The \$4.1 million project also included demolishing and upgrading the raised median and adjusting the drainage. Martins Construction Corp. performed the work, which should result in shorter wait times, reduced congestion and safer traffic flow.

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Still Curious, But Maybe Not Dying

By KENNETH B. LOURIE



Although one never knows, especially if that one is living in "cancerville." And by "cancerville" I mean, euphemistically speaking, anywhere where one of us diagnosed with cancer is living. Living being the operative word. Still, as my column from a few weeks ago entitled, "Dying With Curiosity" discussed, cancer patients are often besieged by their subconscious, changing fact into fiction and manipulating feelings into inevitabilities. If only there was a switch to turn off the mind games that don't exactly mind their "man-ners" or "women-ers" for that fact, I'd flick it in a second. Cancer creates physical problems – as we all know, but I have to tell you, it's the mental problems that can be just as deadly.

It was in this column that I attempted to flesh out why I was – at this particular point in my cancer career – thanking people, people I had never previously thanked and people who quite frankly needed thanking. But was I thanking them ("I Thought You Were a Goner" and "Thanks, Coach") because it was the proper thing to do, or was it my subconscious cashing a check that I had not realized needed to be written – if you know what I mean? And if you don't, to clarify: did my subconscious know something that my conscious mind had yet to find out? Was I in fact getting things in order before it was too late?

Conversely (oddly enough), my columns published over the most recent two weeks were what we call non-cancer columns: "Father and Son 'Twogether'" and "A Tale of Two Seasons," as if a didn't have a cancer thought on my mind, subconsciously or otherwise, that needed to be written. No feelings – or facts for that matter, about cancer that one might interpret as creepy or curiously prophetic, given the terminal diagnosis with which I live every day. No. Just normal, everyday-type minutiae that those familiar with my first 10 years of columns published in this space (I guess we'll call them pre-cancer columns now), are likely familiar. Topics ranging from the mundane to the ridiculous, as if I didn't have a care in the world; certainly not a cancer care, that's for sure.

And so it dawned on me: were these two columns ("Father and Son 'Twogether'" and "A Tale of Two Seasons") examples of my subconscious mind once again exerting its power over my conscious mind and providing fodder for non-cancer columns because it could? Or was this my subconscious mind telling me to relax and not think so much, especially about the two "thank-you" columns: "I Thought You Were A Goner" and "Thanks, Coach"? Either way, it seemed to me an odd juxtaposition of material over a 4-week period: two columns that contemplated death (sort of) and two other columns which contemplated nothing, really, certainly not death, anyway.

The upshot of which has been to unburden me a little bit, to make me a little less focused on the presumptive path that lies ahead and instead direct me onto an alternative route, one that features more future and less past. I'd like to think I can live like that; I just hope my subconscious mind has no more to say about it.

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

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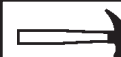
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C-Section Boom in Region

FROM PAGE 3

deadline related to deployment. In many cases, these women undergo selective induction, a process in which labor is induced on demand

"When you give someone the medication to start labor when her body is not really ready, you start to see failed inductions which lead to a C-section," said Davidson. "So that's another factor that we did not have in the 1960s at all."

In March, the American College of Obstetricians and Gynecologists and the Society for Maternal-Fetal Medicine published in new practice guidelines designed to curtail the number of unnecessary C-sections. The two groups acknowledged that, in some cases, the procedure is medically necessary for the health and well-being of the mother or the baby. For example, the groups concluded cesarean delivery is firmly established as the safest route of deliver when when have conditions such as placenta previa or uterine rupture.

"Childbirth by its very nature carries potential risks for the woman and her baby, regardless of the route of delivery," the women's health organizations reported. "For most pregnancies, which are low-risk,

cesarean delivery appears to pose greater risk of maternal morbidity and mortality than vaginal delivery."

ALTHOUGH MOST of the increase in C-section deliveries came in the 1970s and 1980s, recent years have seen yet another spike. Since the mid-1990s, C-section deliveries have increased yet again. In 2011, for example, one in three women in the U.S. gave birth by cesarean delivery, a 60 percent increase since 1996. Some are concerned that the rapid increase in cesarean birth rates raises significant concern that cesarean delivery is overused without clear evidence of improved maternal or newborn outcomes.

Some leaders in the American Congress of Obstetricians and Gynecologists are calling it a "epidemic."

"I like to use that word because it's dramatic," said Aaron B. Caughey, M.D., a member of The College's Committee on Obstetric Practice who helped develop the new recommendations. "I use that word because this is nationwide and worldwide. It's something that's occurring that we need to understand better, and in my opinion it's something that we should work to forestall."

ROUNDUPS

FROM PAGE 3

ginia State Police H.E.A.T. (Help Eliminate Auto Theft) program.

Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of Ramen Noodles, spaghetti sauce, fruit juice, canned vegetables (no green beans), cooking oil; canned pasta, sugar, flour and canned fruit and meat. Also needed are diapers in sizes 5 and 6, toothpaste, deodorant and baby wipes. (WFCM clients cannot purchase toiletries with food stamps).

Bring all items to WFCM's food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

Thrift-store needs include spring and summer clothing, quality shoes and like-new houseware. The store is at 13939 Metrotech Drive. In addition, Thrift Store volunteers are needed for two-hour shifts Saturdays, anytime between 10 a.m.-4 p.m.

Personal Trainer Is Needed

The Sully Senior Center, at 5690 Sully Road in Centreville, needs a certified personal trainer – preferably, one with experience working with older adults – for one hour, two days a week. For these and other volunteer opportunities, call 703-324-5406 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Drive Seniors to Appointments

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov.

Meals on Wheels Volunteers

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

How To Help The CLRC

The Centreville Labor Resource Center (CLRC) needs volunteers to lead vocational training workshops to increase the workers' job skills. A Wednesday morning ESOL instructor is also needed; contact Molly Maddra at coordinator@centrevilleLRC.org for more information.

In addition, end-of-year contributions to CLRC may be made at www.centrevilleimmigrationforum.org. The organization is supported totally by grants and donations; it receives no government funding.

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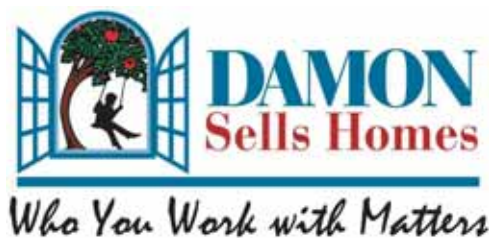
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