

JULY 3-9, 2014

25 CENTS NEWSSTAND PRICE



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Elizabeth Scarcella received a standing ovation after singing "That's Life."



Wana Chiwevu receives the Faculty Award from chemistry teacher Ana Rose Tuszka at Mountain View High's June 17 graduation ceremony.

'Monumental Accomplishment'

Mountain View High holds spring graduation.

BY BONNIE HOBBS
CENTRE VIEW

At the start of Mountain View High's June 17 graduation ceremony at Centreville High, Principal Dave Jagels told his students how honored and privileged he felt "to be the principal of one of the best schools in Fairfax County."

Congratulating them on their "monumental accomplishment" of graduating, he said, "As I look out at you, I'm in awe of life's obstacles that some of you overcame to be where you sit today."

The two student speakers, who shared their stories with the audience, were examples of some of



Student speaker Peter Shin

the many obstacles Mountain View's students had to hurdle to reach graduation. The first to speak was Peter Shin, who initially headed down the wrong path, but was able to turn his life around and even receive a scholarship.

"In 2013, I did a terrible thing and was sent to the JDC [Juvenile Detention Center] on a felony charge," he said. "I realized I was throwing away my potential and I knew I needed to change. For my sentence, I had to do 100 hours community service and go to school and make progress."

Shin's first step was enrolling in Mountain

View. "Everyone here treated me well," he said.

SEE 'THANK YOU,' PAGE 4

'A Very Special Part' of GBW

After four decades there, Agnes Gordon dies at age 79.

BY BONNIE HOBBS
CENTRE VIEW

After 43 years at Greenbriar West Elementary (GBW), instructional assistant Agnes Gordon decided she'd retire after school ended in June. So her friends and colleagues were prepared to say goodbye to her.

What no one expected, however, was that they'd be saying farewell permanently. On May 26, over Memorial Day weekend, she died on her 79th birthday.

She's survived by her husband of 54 years, Harry, three children and eight grandchildren. Gordon's cause of death wasn't revealed, but memorial contributions may be made to the Juvenile Diabetes Research Foundation at www.jdrf.org.

"She had worked here at Greenbriar West since its opening in 1971 – first, as a parent volunteer when her children attended the school, and then as an instructional assistant," said strings teacher Kate Belasik. "She will be missed very much by the staff, students and school community."

Noting that Gordon has been "a very special part" of the GBW community for more than four decades, school Principal Lori Cleveland said Gordon's specialty was teaching children to read.

"She delighted in the accomplishments of her students, praising their learning of a new sound



PHOTO CONTRIBUTED

Agnes Gordon in her GBW shirt.

or word by calling them 'smart cookies,'" said Cleveland. "The children loved learning with Mrs. Gordon, and she made a huge difference in the thousands of students with whom she worked."

In 2006, GBW celebrated its 40th of major renovations to enlarge and modernize the school. Cleveland said her favorite memory of that event is "when we unveiled the Agnes Gordon Reading Room in her honor."

Describing Gordon as "always upbeat and positive about the staff, students and community of Greenbriar West," Cleveland said that – even though Gordon planned to retire – she wasn't done teaching children.

"Before submitting her retirement papers, she asked me if I would write her a reference so she

SEE LOSS AT GBW, PAGE 2

ATTENTION
POSTMASTER:
TIME SENSITIVE
MATERIAL
REQUESTED
IN HOME
7-3-2014

PRSR.T STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

CIRCULATION
VERIFICATION
COUNCIL

Merrifield
GARDEN CENTER

Add July 4th Sparkle To Your Garden –
**Annuals • Perennials
 Flowering Tropicals
 Container Gardens
 Hanging Baskets
 and so much more!**
*Plus bright and beautiful
 flags and home décor*

**Merrifield's
TENT SALE**

**SAVE
50-75%
and more!**

Great bargains on selected
gardening supplies, plants,
containers, statuary,
ribbon, home décor,
Christmas items & more

Stop by often to see what's been added!

Enjoy delicious food
in a gorgeous setting

**Merrifield's
GARDEN CAFÉS**
at our Merrifield and
Gainesville stores

We offer a menu of
hearty breakfasts,
specialty sandwiches
and tasty treats

MERRIFIELD
703-560-6222

FAIR OAKS
703-968-9600

GAINESVILLE
703-368-1919

Hours: Monday - Saturday 8 am - 8 pm • Sunday 8 am - 7 pm • July 4th 8 am - 5 pm

merrifieldgardencenter.com

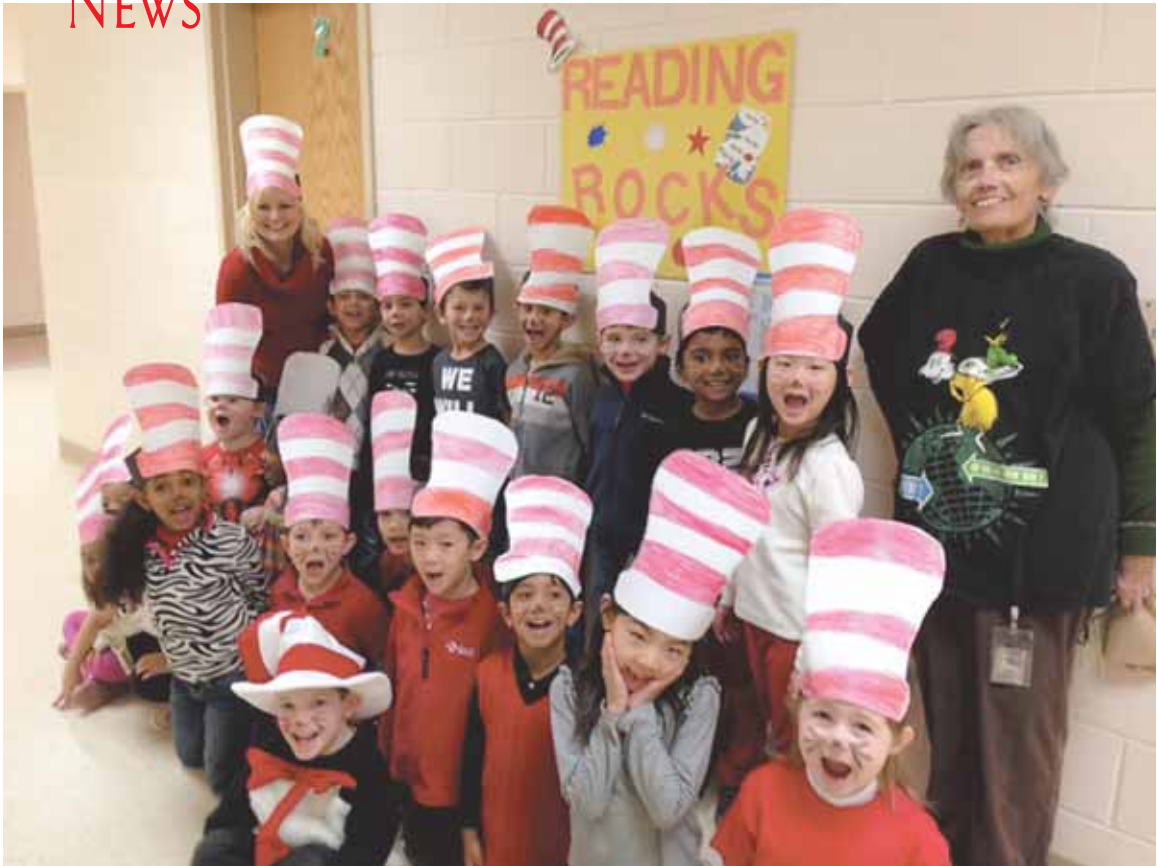


PHOTO CONTRIBUTED
 Agnes Gordon with kindergarten teacher Meghan Himmelrich’s class on Dr. Seuss Day.

Colleagues Mourn Loss at GBW

FROM PAGE 1

could serve as a volunteer in a school closer to her [Gainesville] home,” said Cleveland. “She said to me, ‘I’m not going to just sit at home.’ She had spirit and determination; I can only aspire to be like her when I am 78 years old.”

School counselor Jeanne McKinley said Gordon was also a huge help in the parking lot as the children arrived at school. “Every week, I spend half an hour stopping parents’ kiss-and-ride traffic so our buses can turn into the school parking lot,” said McKinley. “There are so many buses, cars and children at the crosswalk that we can’t keep track of them all. Thank goodness Agnes did.

“We couldn’t wait for her to yell, ‘All buses!’ and wave her arms at us from afar, so we didn’t have to be out in the freezing cold, wind, snow, driving rain or wilting heat for one minute longer than we had to. Of course, she was out there with us, standing guard faithfully, with humor and calm graciousness. We’ll miss Agnes.”

Kindergarten teacher Meghan Himmelrich was new to GBW, this past school year, and initially didn’t know very many people there. “But I did get to know Agnes a little because we sat together at lunch,” she said. “I knew she was a cool lady early on because

she drank a root beer every day for lunch, and root beer is the best.”

“She shared lots of interesting stories about her life and family and would always ask me about my upcoming wedding,” continued Himmelrich. “She brought me a wedding magazine one day and shared tips from her son’s wedding. Agnes made me feel very welcome here at GBW and I am going to miss our chats together.”

Second-grade teacher Chris Yardley worked with Gordon at GBW for 11 years and is mourning her loss, along with everyone else who knew and loved her. “Every child should be so lucky to know someone like Agnes Gordon,” said Yardley. “She had a genuine love for children, and it showed with every encounter she has with a child.”

“That being said, Agnes has always been a positive ray of sunshine with everyone – students and adults. She had an incredible memory for names and specific events, and she always made you feel special.”

Saddened by her death, Yardley called Greenbriar West “so fortunate to have had the pleasure of Agnes’s involvement with students and staff at our school for all these years. I know that hundreds of kids will fondly remember Mrs. Gordon as they continue through life’s challenges, successes and all the twists and turns in between. What a special lady.”

GOOSE CREEK COACHING

Are you struggling? **Not getting results?**
Not feeling like yourself? **Need help meeting goals?**
We Can Help.

Our coaches are here to help with:

Life Coaching	Substance Abuse
ADHD/ADD	Wellness Coaching
Depression/Anxiety	General Mental Health

Stuck in Your Career? **Trying to Grow at Work?**
No job Post-Graduation? **Looking for a Career Change?**

Career Coaches who Specialize in:

Career Assessment	Resume Writing
Leadership Development	Interviewing Skills
Career Testing	Career Transition

(703) 574-6271 www.goosecreekconsulting.com

Redefining Help | Children • Teens • Adults • Families
 Life Coaching • Mental Health Coaching • Career Coaching

New Graduate

Samantha Mullen graduated summa cum laude from the University of Pittsburgh with a Bachelor of Arts in political science. She also earned minors in U.S. History and Legal Studies. Samantha is the daughter of Mark and Kathy Mullen of Little Rocky Run in Clifton. She is a graduate of Centreville High School.

2 ❖ CENTRE VIEW ❖ JULY 3-9, 2014

WWW.CONNECTIONNEWSPAPERS.COM

Police Seek Robbers

Fairfax County police are seeking the group of teens who assaulted two other teens and robbed one of them. The incident occurred Monday, June 30, in the Sunset Ridge/Little Rocky Run Court area of Centreville.

Police say a boy, 17, and girl, 16, were walking on the sidewalk when they were approached by four or five teenage boys. One of them struck the male victim, knocking him to the ground. The other assailants also struck him and took property from him. The girl ran away. Neither victim required medical treatment. The suspects were described as black and in their late teens.

Burglary in Centreville

Fairfax County police are also looking for a man who recently burglarized a Centreville home while the occupants were in it. The incident occurred Tuesday, July 1, in the 14900 block of Rydell Road.

According to police, the residents were awakened by a man inside a room. But when they challenged him, he jumped off the balcony and fled with an undisclosed amount of cash he'd taken from the home. The suspect is described as white, about 5 feet 8 inches and 135 pounds.

July 4th Safe Rides

WRAP will provide safe rides home during the Fourth of July holiday. Those needing one may call 1-800-200-TAXI (AT&T customers dial #WRAP) for a free ride home, up to a \$30 fare, from Friday July 4, at 10 p.m. through Saturday, July 5, at 4 a.m. People must be 21 or older to use this service. Some restrictions apply; see www.soberride.com for further details or call WRAP at 703-893-0461.

Farmers Market on Thursdays

Each Thursday, from 3-7 p.m., the Fairfax County Government Center hosts a farmers market in its parking lot. The Government Center is at 12000 Government Center Pkwy. in Fair Oaks, and the next markets are slated for July 10 and July 17.

Host a WFCM Food Drive

WFCM needs the community's help over the summer months when it has a critical shortage of food. "For instance, of the 24 schools that we serve, one has over 900 students who count on free and reduced lunches during the school year," said WFCM Community Outreach Manager Jennie Bush. "This creates a financial strain on families looking for food help."

But she said local residents can make a tremendous difference by hosting a food drive with their sports team, camp, swim team or place of employment.

To arrange a food drive for WFCM, contact the organization's summer intern, Annie Cecil, at intern@wfcma.org.

2014 Fairfax 50+ Plan

Fairfax County projects a dramatic increase in its older population. Between 2005 and 2030, the county expects the 50-and-over population to increase by 40 percent and the 70-and-over population by 88 percent. So the Fairfax County Board of Supervisors, together with the Fairfax Area Commission on Aging and local residents, has been working with the community to create the 2014 Fairfax 50+ Plan.

What's proposed is at <http://www.fairfaxcounty.gov/dfs/olderadultservices/fairfax50plus.htm> under the topic headings of Safety & Health, Housing, Transportation, Community Engagement, Services for Older Adults & Caregivers, and Long-Range Planning & Trends Analysis. Comments may be emailed to DFSCommunity@fairfaxcounty.gov until June 30.

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry urgently needs

SEE ROUNDUPS, PAGE 11



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

The memorial outside the Fair Oaks District Station tells Thor's story.

Memorial to a K-9 Hero

Thor, a Fair Oaks firefighters' search-and-rescue dog, is honored.

BY BONNIE HOBBS
CENTRE VIEW

When the Fair Oaks District police and fire station renovations were dedicated June 14, part of the ceremony was for a dog named Thor and service dogs like him. A memorial to Thor now stands outside the entrance to the police station.

An all-white, German shepherd, Thor is described on the memorial as "a beloved and highly respected search-and-rescue canine for the Fair Oaks Volunteer Fire & Rescue Company." His handler, Blair Miller of Oak Hill, called the recognition "quite an honor" and thanked Fairfax County for honoring Thor in such

a special way.

Miller, also a volunteer with the Fair Oaks fire station, said that station has always been involved with Virginia Task Force One, FEMA's urban search-and-rescue team. He learned to officially become a K-9 handler and Thor was certified by the Virginia Department of Emergency Management as a search-and-rescue K-9 at age 2.

"Thor was trained for disaster," said Miller. "He retired at age 12, so he had a long tenure. I'd get called by the county — especially by law enforcement — to help find missing persons, suicide victims and occasionally homicide victims, looking for remains. And in areas where people had covered up a crime scene, the dog could hit on it."

Miller and Thor also did educational work in the schools. "I taught kids what to do if they were ever lost," he said. "And I told them the dog would come find them."

With Virginia Task Force One, Miller and Thor de-

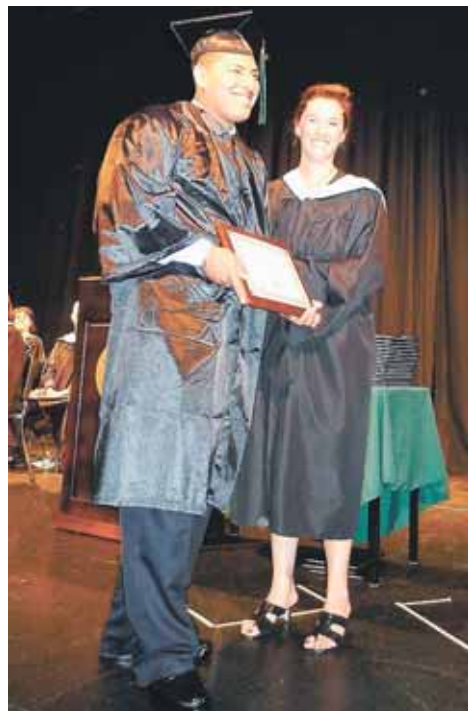
SEE MEMORIAL TO A K-9, PAGE 11



From left: Wade Miller, dad Blair Miller, Michael Frey and Board of Supervisors Chair Sharon Bulova applaud after the memorial's unveiling.



Karla Bolanos receives the Citizenship Award from math teacher Anne Hoffman.

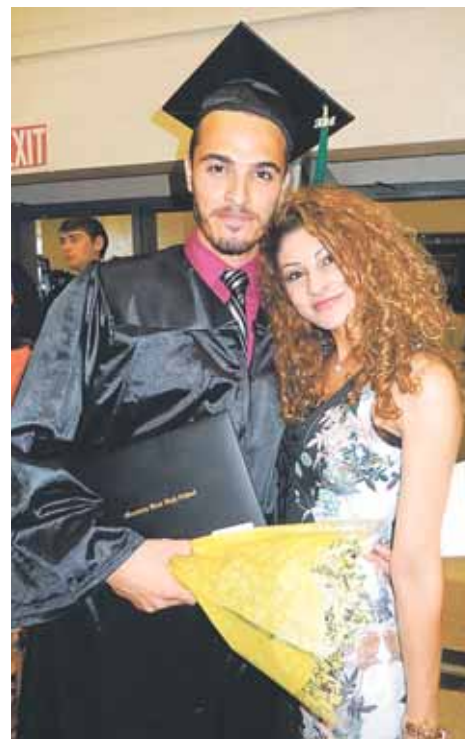


Antonio Perez receives the Personal Achievement Award from Math Department Chair Emilie Woolard.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW



Chantilly's Ray Chavez and fellow grad Janna McKnight.



Syed Ali Shah of Fair Lakes and girlfriend Zubeyda Tebra, a junior.

'Thank You to Everyone Who Believed in Me'

FROM PAGE 1

"When I didn't believe in myself, they believed in me. I stopped hanging out with friends who'd get me in trouble, and I stopped worrying about things I couldn't change." As a result, his grades improved, his relationships became stronger and he participated in school events.

Now, said Shin, "I want to go to law school and become a defense attorney and help other people because they helped me. My parents and girlfriend supported me and pushed me to do my best. I've matured and I'm proud of myself today. Graduating high school has given me confidence, and I'm looking forward to the challenges ahead."

"Mountain View has been a blessing to me," he continued. "If I hadn't come here, I don't know what I would have done. Thank you to everyone who believed in me and gave me the confidence to believe in myself."

MEANWHILE, Karla Bolanos wasn't just getting used to a new school, she was adjusting to a whole, new country where the English language was foreign to her. "I left my family in El Salvador and had to get used to a new life, new culture, new language and a new environment," she said.

She attended a Chantilly school, but it might as well have been on Mars. "My first day of school, I was terrified," said Bolanos. "I didn't know any English; I practiced, but couldn't answer when people just asked me my name. I soon became frustrated and depressed; people talked to me and I couldn't understand."

"School was so hard for me," she contin-

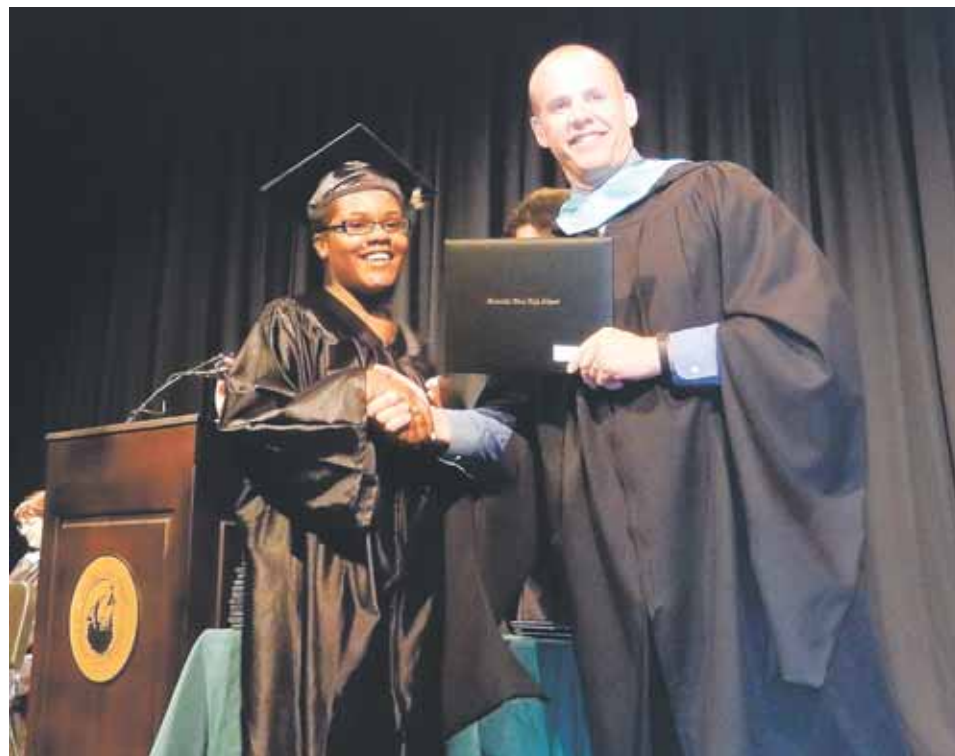


Elizabeth Scarcella (left) and Olga Perez of Centreville's Sully Station community.

ued. "I wanted to communicate with people, but couldn't, so I was angry at myself for not learning English quickly. I started skipping classes and my counselor said it would take me five or six years to graduate." But that summer, she heard about Mountain View. Her sister was transferring there and Bolanos decided to join her.

"My mother said Mountain View was where the bad kids went," she said. "But I came here three years ago and it was the best decision of my life. The teachers gave me extra help and told me to study hard and believe in myself. I made honor roll and read my first book here."

The ESOL teacher and librarian helped Bolanos improve her English, and she said reading was a big factor in her success at school. "I had to work extra hard," she said.



Shawnea Owens gets her diploma from Principal Dave Jagels.

"But Mountain View gave me hope that I could graduate from high school and be the first person in my family to attend college."

Referring to the school motto, she said Mountain View gave her "family, love and respect." Bolanos, an honor graduate and scholarship recipient, then thanked counselor Michael Todd, Assistant Principal Amy Parmentier and all her teachers "who were there to push me whenever I gave up hope. This is not only my victory, this is all of our victories, Timberwolves!"

After those two speeches, Assistant Principal Susan Lee said, "This is what keeps Mountain View teachers coming to school every day. We hear stories like these about

students who won't quit."

Next, graduating student Elizabeth Scarcella sang such an outstanding rendition of Frank Sinatra's "That's Life" that she received a standing ovation. Then school staff presented three special awards.

Math teacher Anne Hoffman gave the Citizenship Award to Bolanos. It recognizes students who help build a positive school community, and Hoffman said Bolanos was involved in Mountain View's reading buddies and environmental programs and praised her tenacity and drive.

Receiving the Personal Achievement Award was Antonio Perez. "He had a past

SEE MOUNTAIN VIEW, PAGE 9

NEWS

'Go Lead a Life Of Inspiration'

Principal Dave Jagels offers words of wisdom to the graduates.

BY BONNIE HOBBS
CENTRE VIEW

When students first come to Mountain View, they often tell Principal Dave Jagels that they "hope" to graduate. But hoping, alone, won't make it happen. Hope, he told his school's almost-graduates, is a function of struggle.

And in the case of Mountain View students, he said, it's a struggle like "having a child, trying to complete high school and ending an abusive relationship; being homeless and utilizing county/community resources to finish high school, learning English to be able to pass the classes you need to earn your diploma. It's also working a 40-hour week [while] going to school full time, or enduring a trauma early in adolescence that changes one's path in life."

Jagels said hope happens when people are able to set realistic goals and figure out how to achieve them, even if alternative routes are necessary. It takes persistence, the ability to tolerate disappointment and try again, and a belief in one's strength to reach the finish line.

Quoting author Shane Lopez's book, "Making Hope Happen," Jagels said when people feel overwhelmed, they need to remember who makes them feel like they matter and what really matters to them. Doing so reminds them what they have to offer the world and helps them reconnect with their sense of identity and purpose – which can spur them to action.

Thinking of these things, Jagels told the students, makes him realize that "the magic of Mountain View might be some of the difference in where you are today. In those three little words of 'family, love and respect,' Mountain View has helped you realize your own

potential."

He said this school helps students see what they may not be able to see, themselves. "When I think of Mountain View, I think of hope," said Jagels.

Quoting from "Lessons Learned in Life," he said, "People come into our lives for a reason, a season or a lifetime."

"When someone is in your life for a reason, it's usually to meet a need you have," he said. "They've come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. Then, when our need has been met, they're gone and it's time to move on."

"When people come into our life for a season, they bring you peace or make you laugh. They may teach you something you've never done. They usually give you joy or encouragement and belief in yourself. It's usually short and sweet."

"Lifetime relationships teach you a lifetime of lessons you must build upon to have a solid emotional and academic foundation."

Accept the lessons, love the people and put what you've learned to use in all other relationships and areas of your life."

Jagels said some

of Mountain View's seniors have only been at the school for a short time, a reason; some for a semester, a season; and some for much longer. "It is my hope that the impact Mountain View has had on your lives will last a lifetime," he said. "Your impact on us, the staff, certainly will."

"Seniors, go be the hope and lead a life of inspiration," he continued. "Take some of the values of 'family, love and respect' and apply them to your life."

"Have hope and be the person you want to be. Thank you so much for being part of Mountain View; we are so very proud of you."



LISA
CLAYBORNE

703-502-8145

703-675-5461

E-mail:

Claybornelisa@aol.com



Clifton

\$979,000



Stunning home sits on 2.38 acres in a cul-de-sac backing to parkland. Relaxing in-ground salt and fresh water pool with three waterfalls and a raised slate hot tub. Open and bright two-story family room and front foyer. Hardwood flooring on the first floor and dual staircases. New carpet. Full finished basement with a double wide walk-up. The LL has guest suite and a full bath. Westfield Golf! 7408 Clifton Quarry Drive, Clifton, VA 20124.

Call Lisa for a private showing at 703-675-5461
claybornelisa@aol.com



Patient First. The name fits.

Opening JULY 23 in CHANTILLY

Chantilly

3918 Centreville Road
(703) 657-6925



Patient First

prchan061914pre

Non-appointment, walk-in urgent care for routine injuries and illnesses. 365 days a year, 8 am to 10 pm.

- Staffed by physicians
- X-rays, lab tests, and prescription drugs on-site
- 54 locations in the mid-Atlantic region
- All major insurance plans accepted – your claims filed for you

County Falling Behind on Its Housing Goals

BY MICHELLE KROCKER
EXECUTIVE DIRECTOR
NORTHERN VIRGINIA AFFORDABLE
HOUSING ALLIANCE

On June 9, the Residential Studio Committee of the Fairfax County Planning Commission voted to recommend that the review of the Zoning Ordinance Amendment for Residential Studio Units be tabled. This recommendation will be voted on by the full Planning Commission at its July 24 meeting and it is almost certain that it will be adopted. After months of committee hearings and community meetings throughout the county, the RSU amendment will be quietly put to rest.

COMMENTARY

What were the factors that defeated this proposal? They were many and varied, including:

- ❖ virulent community opposition;
- ❖ fear of overcrowding, which is a real issue in some parts of the county;
- ❖ an abject lack of knowledge by the larger community about the issue of housing affordability — who needs it, current housing costs, income levels of the workforce, the impacts on our quality of life;
- ❖ a zoning ordinance that didn't allow the flexibility needed to develop these units;
- ❖ absence of leadership from the Board of Supervisors in communicating the county's growing unmet housing needs and helping to shepherd a community discussion that was balanced and respectful.

Is Fairfax County committed to providing housing that is affordable for all its residents?

While the Board of Supervisors unanimously adopted the Ten Year Plan to End Homelessness in 2007 and the Blueprint for Housing in 2010, they have done very little in the ensuing years to provide the resources needed to implement these plans. In 2009, when the county reduced

the Penny Fund for Housing to a half cent, the financial resources to leverage private capital to preserve and develop new affordable housing were lost (the remaining half cent is used to pay the debt service on the bonds issued for the Wedgewood Apartments acquisition). From 2005 to 2009, the One Penny Fund preserved over 2,200 units of affordable housing. Since 2009, the number of new or preserved units serving households earning less than \$64,000 or 60 percent of area median income has declined significantly.

The FY2015 Housing and Community Development budget provides \$5 million for new construction or a preservation project of 120 units, and approximately \$3 million for Bridging Affordability, a rental subsidy for households moving out of homelessness. This is a paltry amount of funding for a county of this size and wealth. As has been famously said, "show me your budget and I'll show you your priorities."

Other policies to provide funding for housing have been studied and tabled by the Board of Supervisors, the most recent being the "3-2-1 policy" which would secure a contribution from commercial development in transit and high density areas of the county to support the development of workforce housing. This policy is currently in place for the Tysons redevelopment area, but board members felt that if applied to other areas of the county, it could deter new commercial development which has slowed down in the last few years. However, both Arlington and Alexandria have commercial development fee policies in place, and the result has been a significant increase in resources for affordable housing with no apparent impact on commercial development.

The unwillingness to adopt new, proven funding strategies, combined with minimal local investment in housing programs means that the county is falling farther and farther behind in meeting the goals for the 10 Year

Plan and the Blueprint for Housing. How can homelessness be addressed in a meaningful way if the stock of affordable housing isn't growing? How does Fairfax County ensure that there is housing in its communities for the workforce in the retail, hospitality, health care, public sector and entry level jobs? How does the county promote the development of stable, affordable housing for homeless children, youth aging out of foster care, persons with special needs, seniors on fixed incomes and low wage working people?

The final motion on the RSU amendment at the June 9 meeting included a recommendation stating that "there be a broader community dialogue about affordable housing, including a discussion on how best to provide for a range of housing opportunities that will serve the county's current and future residents at all income levels." The Alliance enthusiastically endorses this recommendation, and believes the time for discussion is now. An honest community discussion would hopefully break down some of the barriers of mistrust and misunderstanding surrounding housing, and engage more members of the community in building consensus for solutions.

The growing shortage of affordable housing and the severe cost burden for an increasing percentage of the county's population is not unique to Fairfax County. This is a challenge that threatens the vitality and sustainability of the entire region, and some jurisdictions have made progress in increasing their affordable housing stock through a variety of financial and land use tools.

As the largest jurisdiction and the engine of job growth for the region, Fairfax County should be the leader in addressing the housing issue.

Instead, they are lagging far behind due to negligible investments and the absence of vision to address the unmet housing needs of its residents both today and in the future.

vide guidelines to schools on hosting drug and alcohol free graduation celebrations. Thus began the tradition of PTSAs hosting All Night Grad Parties, which Westfield High School adopted from its start. Although the event has changed in venue and activities over the years, the one thing that hasn't changed is the amount of community involvement needed to make this event a success.

For the past few years, Westfield's ANGP has been held at Fast Eddies' Sports & Billiards in Centreville. Though Fast Eddies' recently changed ownership and the soon-to-be-named "The Revolution" was not yet open to the public, the new owners embraced their community by continuing as Westfield's ANGP venue and hosting the graduates in style, mechanical bull included.

In addition to a DJ, dancing and a laser light show, graduates enjoyed casino tables, a live "Jeopardy" game, photo booths, airbrush tattoos, a "blizzard of bucks," games, food and much more until 4 a.m. ... when a large number of graduates left with their arms full of fabulous prizes. Thanks to the generosity of our Centreville, Chantilly and extended com-

munity, more graduates than ever were able to win raffled prizes donated by the following local businesses: Ace Hardware – Westfield; Alex Sax, Allure Salon and Spa; Amazing Nails Centreville; Applebee's Chantilly; Avion Drycleaning, Inc.; Baskin Robbins Centreville; Buffalo Wing Factory; Chick-Fil-A Chantilly; Catalina D'Italia Restaurant; Chipotle Corporate; Cinemark Theaters – Centreville; Dulles Golf Center; Dunkin Donuts – Greenbriar; El Fresco; Fosters Grille Chantilly; FirstWatch, The Daytime Café; Genghis Grill; Giant – Stone Road; GNC Live Well – Fair Lakes; Go Vacuum Outlet; H.H.Gregg Appliances & Electronics – Fair Lakes; Hair Cuttery – Chantilly; Jersey Mike's – Chantilly; Lids – Monmouth Mall; Lifetime; Marshalls – Greenbriar; Minerva Indian Cuisine; Modell's; Mr. Juan Valdez; Mr. Keith A. Harrison; Mrs. Green's Natural Market; Noodles and Company; Om Spices – Indian Grocery Store; Paisanos; Pho Aura – Centreville; Picante Restaurant; Plato's Closet; Radio Shack; Santini's New York Style Deli; Sears – Centreville; Soccer Post D.C – Fairfax;

SEE LETTER, PAGE 7

www.ConnectionNewspapers.com

@CentreView

Newspaper of
Centreville
Little Rocky Run
A Connection Newspaper

An independent, locally owned weekly
newspaper delivered
to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to
your email box. Go to
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
To discuss ideas and concerns, Call:
703-778-9410
e-mail:
centreview@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9438
bhobbs@connectionnewspapers.com

Jon Roetman
Sports Editor, 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Kim Taiedi
Display Advertising, 703-778-9423
ktaiedi@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

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

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

A Connection Newspaper



LETTERS



PHOTOS CONTRIBUTED



Graduates from Westfield's Class of 2014 celebrate at their All Night Grad party on June 18.

LETTER TO THE EDITOR

FROM PAGE 6

Starbucks – Fair Lakes; Sweet Frog – Chantilly; Texas Roadhouse Chantilly; Tony's NY Pizza; UFC – GYM; VA Tech Bookstore; Victoria's Secret, and Walmart – Fairlakes.

The Westfield High School PTSA would like to ex-

tend our deepest gratitude to these businesses and all the individuals whose generosity and hard work made a safe and sober All Night Grad Party a sensational event for the WHS Class of 2014.

Westfield HS PTSA/ANGP Committee

MIAMORE

BEAUTY CITY

my love...

HAPPY HOURS

Mon. – Wed. 10 a.m. – 3 p.m. (By Appointment Only)

20% OFF ALL SERVICES

HAIR • NAIL • SKIN • BODY

(Expires 9/25/14)

14104 Lee Highway, Centreville, VA 20120

571-522-6669

www.miamorebeautycity.com • Open 7 Days A Week!

FREE ESTIMATES!

Patios, Walkways, Retaining Walls, Landscaping and so much more!

Bonsai, Orchids & Cactus 25% Off	New Shipments Annuals & Perennials, Hanging Baskets!	Fountains, Benches & Statues 25% Off
60-75% Off Pottery <small>Lowest Prices Since 2008!</small>	Playground Chips & Organic Compost \$29.99 cu. yd.	Bulk Mulch \$24.99 cu. yd. FREE Fill

35% OFF Japanese Maples

Over 150 varieties

9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)

703-573-5025
Open 7 days a week

Visit our new Web site: www.cravensnursery.com



PHOTO CONTRIBUTED

Community Service Project

Members of the Lane's Mill Daughters of the American Revolution Chapter participated in a community service project in the Sully Station II neighborhood during May. Members placed plastic decals on storm drains that read, "No Dumping, Drains to Occoquan Reservoir." The labels remind residents not to dump any pollutants down storm drains, which are part of watersheds.

Turn your House into a Home

Ajax

Gillian

Val

Buffy

Bella

How can you help?

Adopt

one of our lovable cats or dogs.

Volunteer

your time or services.

Donate

money or supplies for the Shelter.

www.foha.org

Libertarian Challenge

Robert Sarvis to tap statewide contacts in race for U.S. Senate.

BY MICHAEL LEE POPE
CENTRE VIEW

This fall, Republican Ed Gillespie is facing a two-front campaign for the U.S. Senate. To his left, he faces incumbent U.S. Sen. Mark Warner, first elected in 2008, who will be able to raise vast sums of money and use the power of his office against the Republican challenger. To his right, he will face Libertarian candidate Robert Sarvis, fresh off his 2013 campaign for governor. In an interview, Sarvis dismissed criticism that his candidacy will do nothing more than act as a spoiler in favor of the incumbent Democrat.

“If people are worried about the spoiler effect, well then they should support me in calling for changes to our electoral system. We should have instant runoff voting and easier ballot access and term limits.”

— Robert Sarvis

“There’s a real palpable sense among voters that the two parties have become pretty much the same,” said Sarvis. “So absent Libertarians getting on the ballot, we have no one to vote for who will decrease the government’s intrusion into our lives.”

If elected, Sarvis said, he would seek to legalize marijuana and move away



Libertarian candidate Robert Sarvis greets voters at the Annandale campus of Northern Virginia Community College last year during his campaign for governor.

from a criminalization approach to drugs. He also wants to loosen restrictions on immigration, allowing more people into the country. He also wants to lower taxes and decrease regulation, an approach Sarvis hopes will resonate in a commonwealth known for its distrust of executive power and excessive taxation.

“Sarvis can be a deal-breaker for Republicans in this election,” said Stephen Farnsworth, political science professor with the University of Mary Washington. “Gillespie now basically has to fight a two-front war, the people who might support Sarvis and the people who might support Warner.”

UNLIKE GILLESPIE, Sarvis is not a first-time candidate. His first campaign was in 2011, when Sarvis ran as a Republican against longtime incumbent state Sen. Dick Saslaw (D-35). Saslaw won with 62 percent of the vote, but Sarvis was able to get more than 9,000 votes in that election — about 36 percent of the electorate. Last year, he was the Libertarian candidate for gover-

nor. In the race against Democrat Terry McAuliffe and Republican Ken Cuccinelli, Sarvis took more than 146,000 votes, about 7 percent of the electorate.

“The reason Sarvis performed so well in the governor’s race was largely because conservatives and Republicans were not happy with Ken Cuccinelli,” said Quentin Kidd, professor at Christopher Newport University. “That unhappiness doesn’t seem to exist with Gillespie.”

Sarvis says the Democrats and Republicans should not have a lock on American politics in general or the U.S. Senate in particular. He says both have increased the size of government, as well as the amount of federal spending as well as the amount of what he calls “intrusion” into the private lives of Virginia citizens. Sarvis wants to join the U.S. Senate and work for smaller government that he says would be more responsive to the people. “If people are worried about the spoiler effect, well then they should support me in calling for changes to our electoral system,” said Sarvis. “We should have instant runoff voting and easier

Robert Sarvis, 37

A native of Springfield, Sarvis graduated from Thomas Jefferson High School for Science and Technology before receiving a bachelor’s degree in mathematics from Harvard University. He studied mathematics at the University of Cambridge, has a juris doctor from New York University School of Law and a master’s degree in economics from George Mason University. His professional background includes being an entrepreneur, a small-business owner, a software engineer, a mobile-app developer and a math teacher. Sarvis lives in Annandale.

ballot access and term limits.”

NO THIRD-PARTY candidate has been elected from Virginia to the U.S. Senate in modern times, although the Reconstruction era saw the election of a senator from the Readjuster Party. Aside from whatever influence the libertarian might have on the debate over federal policy, the real impact Sarvis is likely to have on the race would be attrition of Republican votes. If Cuccinelli had been able to capture 40 percent of Sarvis voters last year, he would have won the election for governor.

“Some of those conservative Republican voters were casting protest votes for Sarvis, so he might not have the fissure in the Republican base to use like he did last year,” said Kidd. “The difference is that Gillespie spent nine months going around the state talking to everybody who would talk to him and essentially went into the convention in Roanoke with a lot of support among conservatives and even the Tea Party side of the Republican Party.”

Nevertheless, the Sarvis campaign is likely to be a drag on the Republican candidate for Senate. The most recent poll, conducted by from Quinnipiac University in March, had Warner with 46 percent and Gillespie with 31 percent. Sarvis was polling at 6 percent. The poll of 1,300 Virginia voters had a margin of error of plus or minus 2.7 percent. “What we are talking about is an uphill challenge that has gotten even more steeply uphill since Sarvis qualified for the ballot,” said Farnsworth.



Union Mill Elementary School’s student council officers.

Starting a Tradition

On Tuesday, June 24, Union Mill Elementary held its first Outdoor Opening to the school day. After students arrived at school, all students, faculty, and staff gathered in front of the school for a school-wide morning assembly. To start the program, members of the Union Mill chorus sang the “The Star Spangled Banner.” Following the National Anthem, students and staff said the Pledge of Allegiance, and the school’s morning broadcast team read the morning announcements. Next, the student council officers were installed for the 2014-2015 school year. After each officer was installed, the new outdoor school bell was rung. To close the assembly, the student body sang the school song and Principal Kathy Case gave the closing remarks. Even though it was the last week of the school year, Union Mill hopes to make the Outdoor Opening a new school tradition, holding them periodically throughout the school year.



Students participate in UMES’s first Outdoor Opening program.

PHOTOS CONTRIBUTED



Grad Karla Bolanos of Centreville's London Towne community, with her sister, Carolina Bolanos, and mom, Sandra Mejia.



Grad Byong Hyuk Park with dad Chon Hwan Park and mom Mikyong Park, of Centreville's Singleton's Grove community.

PHOTOS BY
BONNIE HOBBS/
CENTRE VIEW

Mountain View High Holds Spring Graduation

FROM PAGE 4

filled with negative choices, anger and poor behavior," said Math Department Chair Emily Woolard. "But he comes here today as the definition of determination and resilience – and as someone who's transformed himself into a respectful young

man."

The Faculty Award for achieving academic and personal success, despite significant obstacles, went to Wana Chiwevu. "She's been an exemplary student – hard-working, independent, kind, funny, disciplined and determined," said chemistry teacher Ana

Rose Tuszka. "She completed 1-1/2 years of classes in one year, attending both day and night classes, and taking public transportation to get there."


"She read extra books and researched topics at home," continued Tuszka. "She's a classroom leader, helping others, and sup-

ported women in need through the Brave Girls Club. She's found a family here at the View, and it's been a joy and a pleasure watching her relentlessly pursue her education."

After that, Jagels presented the diplomas and the graduation celebrations began.



Not Your (Grand)father's Temple



**A growing Reform congregation serving
Northern Virginia communities in Fairfax,
Loudoun, and Prince William counties.**

<ul style="list-style-type: none"> • Sunday-only Hebrew school • Small, welcoming, non-judgmental • Many interfaith families • More affordable than larger temples 	<p>Build friendships Have fun Embrace learning Nurture faith Support community service</p>
--	--



TEMPLE
BETH
TORAH

703.217.8938
www.bethtorah.net

Join the FUN this Summer!



All NEW Camps!

Ages 3-12 Years
Half or Full Day Camp Options

Lil' Diva's

Me & My Doll

Fairy Princess Fun

Dance MANIA



Register TODAY!

FREE T-Shirt For Every Camper!

Register your child today for a summer they won't forget! With all new camp themes and activities, your dancer is sure to have a great time with us at Centreville Dance Academy!

SAVE \$50 when you bring in this AD!

Register Online VIA our Parent Portal at
www.CentrevilleDance.com

14215-J Centreville Square 703.815.3125 tel office@centrevilledance.com

SPORTS



PHOTO CONTRIBUTED

Triumphant in Maryland

The 13U DeMarini Stars Prime team won the Cal Ripken tournament in Aberdeen, Md. June 21-22. The Stars won five straight games to win the championship. Their spring season will conclude with an attempt to win the state tournament in Fredericksburg and nationals in Myrtle Beach, S.C.



PHOTO BY SYDNEY SAWYER

Capital Cup Tournament Winners

The SYA U14 Cardinals White soccer team won the Capital Cup Tournament in Hanover, Va., over Memorial Day weekend. The team went undefeated in four matches to bring home the trophy. Front row, from left, are Patrick Cole, Hayden Aspesi, Nick Fisher, Thomas Griffin, William Lisenby, Daniel Cymes and Jason Le. In the back row are Assistant Coach Jano Cymes, Sam Alhussaini, Nathan Stroh, Pablo Najarro, Russ Steinhilber, Kyle Jenkins, Zachary Torres, Aidan McCarthy and Coach Kieran McCarthy.



PHOTO CONTRIBUTED

SYA Majors Division Champs

The SYA West Little League Dodgers were crowned the champions of the SYA Majors division with a 4-3 victory over the SYA West Phillies in the championship game on June 14 at Cub Run field. The Dodgers entered the end-of-season tournament as the #5 seed, but reeled off four straight playoff victories to win the Majors championship. The Dodgers finished with an overall record of 12-6 on the year.



Sully Station II Piranhas 9-10 girls (from left) Callie Ver Planck, Caroline Li, Angela Cai, and Maddie Stalfort.

Sully II Piranhas Versus Poplar Tree

Achievements include 59 personal bests.

The Sully Station II Piranhas swam their best against a strong Poplar Tree squad on Saturday, June 28. There were many highlights over the course of the meet, including 59 personal best times, several outstanding finishes, and a sweep in the girls 11-12 fly by Taylor Smith (35.92), Delaney Kennedy (37.13), and Juliet Chiapello (38.56).

The 11-12 age group was anchored by double event winners Aidan Crisci in breaststroke (45.59) and fly (39.83) and Faith Alston in backstroke (36.61) and breast (37.97). Alston out-touched her opponent by .06. The boys relay brought home the win and showed depth with solid swims from Anthony Kang, John Henry Stamper, and Colin Brown.

The girls followed suit with a dominating relay win and excellent performances by Daeun Lee and Isabella Ibrahim.

The 9-10 girls once again proved themselves to be powerhouses in the pool. Caroline Li captured the first Piranha vic-

tory of the meet with a freestyle swim of 37.67. Maddie Stalfort blew away the competition with a 45.30 in backstroke. Angela Cai brought home the remaining two events with a 45.86 in breast and 17.75 in fly. The girls combined their talents with Callie Ver Planck to take home the relay crown.

Four more Sully II swimmers notched victories for the team, including Caitlin Campbell in fly (33.06) and breaststrokers Harrison Saint Germain (51.83), Flynn Crisci, (37.58) and Georgia Stamper (37.58). Crisci combined with teammates Kellen Campbell, Harmon Saint Germain, and Max Morris to dominate the 13-14 boys relay race. Many other Piranhas added points on the board with key swims, including 8&U standouts Hayley Norris, Summer Franconeri, and Emerson Saint Germain, 13-14 swimmers Karena Hall and Brody Campbell, and 15-18 leaders Madisyn Graham, Michael Jiang, Jack Jiang, Connor Pangman, Kevin Jiang, Nick Jiang, and Jocelyne Amos.

Special congratulations go out to Swimmers of the Week Ehma Stalfort, Gabriel Quitugua, and Kelly Elson. This new award recognizes SS2 swimmers who demonstrate perseverance, dedication, and sportsmanship.



PHOTO BY REENA SINGH / CENTRE VIEW

The School Board approved full-day Mondays for elementary schools for the upcoming year.

Full-Day Mondays Start in September

Teachers promised planning time.

BY REENA SINGH
CENTRE VIEW

Full-day Mondays for all. After 40 years, Fairfax County Public Schools will give all elementary students “full Mondays” for more learning time — and more recess. During a School Board meeting Thursday, June 26, Superintendent Karen Garza said Mondays were cut in half for elementary students since 1972.

“While not everyone tonight will embrace the change, we will engage the stakeholders,” she told the board.

Mondays were originally cut to give elementary teachers more planning time. Garza said she promised teachers would still be given enough planning time.

“We will be ready in September,” Garza said.

When Monday was chopped in half, recess time was also cut. Students had 10 minute recess breaks to make up for lost time in the classroom.

Because the week will be more uniform, she said, it will also be easier on parents.

Sully district board member Kathy Smith was the only person to vote against the action. Lee district board member Tammy Derenak Kaufax was absent.

“There’s a lot of pressure on me to vote yes,” she said. “I need to

be a voice for the teachers who are concerned.”

She said Kaufax would have voted against the action for the same reasons. Smith said she would feel more comfortable if the board voted to have full-day Mondays begin in fall 2015 to give teachers more time to adjust to the change.

Others felt like elementary students this year deserve to benefit from the extra time full-day Mondays would give back to them.

“We can’t continue to educate children in 2014 and beyond as we did in the 1970s,” said Springfield district board member Elizabeth Schultz.

Schultz was in the second grade when her family moved — resulting in her moving to a Fairfax County elementary school. She said she remembers not understanding why Mondays were cut in half. During the past two years,

she asked administrators how the elementary schools were meeting accreditation standards with the hours missed and was dissatisfied with their answers.

She said 94 percent of parents who answered a recent survey about the topic said “do it and do it now.”

Dranesville district board member Jane Strauss said some members of the county Board of Supervisors — including Dranesville supervisor John Foust — promised to pour extra money into the school system to support the move.

“Parents have been hoping for the change for a long time,” said Hunter Mill district board member Pat Hynes.

“We’re asking for a leap of faith from the teachers, which is absolutely true,” she said. “With every conversation, we get closer and closer to their comfort level.”

Memorial to a K-9 Hero

FROM PAGE 3

ployed to the Pentagon on 9/11, at the FBI’s request, and were involved in recovering all the remains.

“And since Thor was a resource for the Virginia Department of Emergency Management and the FBI, we went on searches throughout the country,” said Miller. “He was also a member of my family.”

Thor died in 2010, at age 14; and after the memorial’s unveiling, Miller was both touched and over-

whelmed that, “four years after his death, they’re still acknowledging him.”

It’s a testament to the fact that they still remember him and he made an impact. He was something special that they cared enough about him to erect a memorial.”

Indeed, the last line of the memorial sums it up: “Thor’s strong spirit and enormous contributions made him a pillar of the fire and rescue community.”

ROUNDUPS

FROM PAGE 3

donations of canned vegetables (no green beans), vegetable oil; dry pasta, flour, canned fruit and meat, white or brown rice (1- or 2-lb. bags), cold cereal, pancake mix, powdered and evaporated milk. Also needed are toilet paper, diapers, shampoo 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, food-pantry volunteers are needed Tuesdays, 11 a.m.-2:30 p.m., and Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or abosley@wfcmlva.org.

Citizens Police Academy

People interested in law enforcement and who’d like to learn about the Fairfax County Police Department and meet many of those who serve in it may now do so. They may apply to join the Sept. 11-Nov. 15 session of the Citizens Police Academy. It’s a free, 10-week program put on by the Police Department and is open to people who live or work in this county.

Participants complete some 40 hours of learning to gain a better understanding of and appreciation for police via a combination of lectures, tours and hands-on activities. Topics covered include the 911 Call Center, patrol, traffic stops, Adult Detention Center, gangs, financial crimes and SWAT team.

To apply, go to <http://www.fairfaxcounty.gov/police/services/citizens-police-academy.htm> or email CPA@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.



If we can't reach you, we can't alert you!

Fairfax County's FREE alert system sends you important information during an emergency

- Choose alerts for up to 5 locations
- Choose from up to 10 delivery methods
- Receive weather and traffic updates

www.fairfaxcounty.gov/alerts



Virginia Run Riptide Wins Second Meet

The Virginia Run Riptide traveled to Hollin Meadows in the far south eastern corner of Fairfax County and tamed the Barracuda's, winning the meet 239-181. Energized by their Pasta Potluck Pep Rally Friday evening, the Riptide embraced their Tribal Warrior meet theme and battled to an exciting victory.

Double first places were achieved by 8&Under Riptide swimmers William Whitton in free and back and Charles Beamon in breast and fly. Davis Collinsworth took second in free and fly, Natalie Orwat won two second places in back and fly and Griffin Osterhout took second in breast. Jack Kelly claimed a second in back and a third in fly and Logan Dahm took a third in both breast and fly. And to finish off their performance, the boys 8U relay of Whitton, Collinsworth, Kelly and Beamon won their race in convincing fashion.

For the 9-10's Maddie Whitton captured two first in girls free and fly, Michael Hart swam to a first in breaststroke and Caitlin Kelliher took a first in girl's back. Jason Cheifetz won a second place in free and a third in fly, and Andrew Boyle achieved a second in fly and a third in back. Gabriella Borsato was second in breast and third in fly while Caitlin Kelliher took a third in free. The girls relay of Caitlin Kelliher, Gabriella Borsato, Maddie Whitton, and Emily Jon won their race and remain undefeated for the season.

Outstanding swims were made by the 11-12s with Anthony Arcomona winning free and back, William Beamon winning fly, and Chelsea Nguyen winning girl's back. William Beamon also took a second place in



The Beamon brothers as tribal warriors.

breast, while those all-important third place points were earned by Noah Schettini in free, Anthony Thonat in back, Mathew Guidash in fly, Chelsea Nguyen in breast and Catie Gunn in fly.

The Riptide 13-14 year olds asserted their dominance winning 8 out of 8 races. Geoffrey Eisenhart won first in backstroke and butterfly, with Jordon Banzon winning freestyle and Thomas Beamon winning breaststroke. Didi Pace won girls free and breast while Sarah Boyle won back and fly. The depth of the group was demonstrated with multiple second place finishes: Charlie Gunn in free, Joel Cheifetz in breast, Lauren Stovall in back and Chanel Cogan in fly. The third place finishers were Charlie Gunn in back, Scott Pisarcik in breast, Bobby Monroe in fly and Chanel Cogan in free. The 13-14 Boys Medley Relay of Geoffrey Eisenhart, Thomas Beamon, Bobby Monroe, and Jordan Banzon won their race by over six seconds and the Girls Relay of Lauren Stovall, Didi Pace, Sarah Boyle and Chanel Cogan won by more than three seconds.



The undefeated 9-10 relay team of Whitton, Jon, Kelliher, and Borsato.

Against a strong Barracuda group the 15-18 year olds swam with energy and enthusiasm. Joey Castro took first place in breaststroke posting a new personal best. The ladies won four of four races: Mia Newkirk took first in breast and fly, Serna Emanuel first in freestyle, and Alexa McAnally first in backstroke. Second place finishes were achieved by Joey Castro in back, Alison Meredith in back, and Skyla Davidson in free. Six swimmers won third: Patrick Kearney in free and fly, Brian Pisarcik in breast, Alexa McAnally in free, Skyla Davidson in breast and Serena Emanuel in fly. The ladies relay of Alison Meredith, Skyla Davidson, Mia Newkirk, and Serena Emanuel cruised to a win with a 10 second gap.

Even though the Riptide had already secured the meet victory, the mixed age relays created winning waves in the Barracuda pool. The boys team of Anthony Arcomona, Jason Cheifetz, Geoffrey Eisenhart, and Joey Castro powered to a victory and the girls team of Chelsea



Lauren Stovall powers through the breaststroke.

Nguyen, Maddie Whitton, Didi Pace and Mia Newkirk finished off the meet with a decisive win.

On Monday evening the Virginia Run Riptide hosts the Sully Station SSTs for a regional meet. A busy holiday week awaits the Riptide with the Pasty Green Midsummer Relays on Wednesday, an away meet at Mosby Woods on Saturday, and a team trip to the Washington Nationals Game on Sunday.

SSTs Celebrate

The Sully Station SSTs turned 25 this week.

The celebrations continued throughout the weekend, with carnival games for the swimmers on Friday night, a home meet on Saturday, June 28, followed by a picnic with alumni and current swimmers, games and relay races. The festivity of the picnic was the perfect way to finish off the weekend and celebrate the team's second straight win, in a home meet over Crosspointe, 231-189. The SSTs swam hard with six sweeps, wins in more than half of the individual swims, seven out of 12 relay races and 58 percent of the swimmers earning personal best marks for a total of 69 time crushes.

Sully Station's younger swimmers started off with a sweep in the 8U Freestyle. Carter Kimmel and Tommy Townsend both beat their own last week's 1st Keira O'Neail also beat her

previous win time, again securing the top spot. With 1st place finishes in Freestyle by Lily Render, Allison Hickey and Katie Stulga and a sweep by the 15-18 boys, Danial Okhvatgilani, Collin Fiala and Michael McPherson, the SSTs set the tone for the rest of the meet.

The 15-18 boys won the SSTs a sweep in Backstroke with Collin Fiala triumphing over teammates Sam Wilson in 2nd and Matthew McPherson in 3rd. Tyler Whitacre, Kennedy O'Neail, Madison Moon and Bryan Patten reached the wall first in their own races while Elise Mozeleski, who beat her own 2013 11-12 Backstroke record last week, won her race only .03s shy of breaking her record again. In her final individual swim for the SSTs, Logan Haddock won the 15-18 Girls event.



Logan Haddock (center) takes her ceremonial final walk across the Sully Station pool deck, Saturday June 27, in her final meet as an SST. Also pictured are Keira O'Neail, Kennedy O'Neail, Natalya Hamluk and Parker Brooks.

Breaststroke proved more difficult for the SSTs, with only a handful of top finishes. Keira O'Neail out-swam Crosspointe, by 6.47s easily grabbing 1st while Gonzalo Lopez Olan had a similar swim, beating the 2nd by 5.79s. Allison Hickey tied for 1st Moore, Grace Robinson and Adriana Stockel posted a sweep for the 13-14 girls.

the SSTs took a moment to honor Logan Haddock. Haddock a 2014 graduate of Chantilly High School, where she served as captain and MVP of the Swim & Dive Team, reported to the University of Tennessee this week to start training for her freshman swim season. An NVSL swimmer for 15 years, Haddock swam for the SSTs for four

Sam Wilson won for the 15-18 boys.

The SSTs rebounded in the Butterfly events with Tyler Whitacre and Kennedy O'Neail winning the 8u events. Leah Mozeleski, Bryan Patten and Elise Mozeleski won their races, while Danial Okhvatgilani, Michael McPherson and Carl Gerland brought home the 15-18 boys second sweep of the day.

Before the relays, the SSTs took a moment to honor Logan Haddock. Haddock a 2014 graduate of Chantilly High School, where she served as captain and MVP of the Swim & Dive Team, reported to the University of Tennessee this week to start training for her freshman swim season. An NVSL swimmer for 15 years, Haddock swam for the SSTs for four

years. Haddock finished out her years with the SSTs with wins in both her relay events. First for the 15-18 girls in the 200m Medley along with Sophie Wilson, Zoe Hemmer and Megan Hickey and then the 18U 200m Mixed Age Relay with Allison Hickey, Leah Mozeleski and Payton Moore.

In Monday's B meet at Virginia Run, the SSTs swam hard with 22 first place finishes and 89 personal best marks. The younger swimmers in particular came together and slashed huge chunks of time from their previous best swims.

Luke Campet started the meet off with a win in the 6u Freestyle, followed by Connor Moon in 2nd and Harrison Brooks in 3rd. Campet and Moon both shaved time off. Six year olds, Kate McArthur and Charlotte McGonigle each improved by more than 7% during their 1st and 3rd

place wins, but it was team

SEE SSTs, PAGE 15

PHOTO BY STACEY HUSE

Summer Health and Safety Hazards

Keeping danger at bay during warm weather months.

BY MARILYN CAMPBELL
CENTRE VIEW

Summer comes but once a year. From picnics and days at the pool to backyard barbecues and day-long hikes, many people spend the season outdoors. Danger, from water-related illnesses to heat stroke, often comes with the fun. Public safety officials say people can prevent accidents and illnesses by taking safety measures and staying informed.

"One of the core messages with public health is that we can't be everywhere all the time," said Glen Barbour, public safety information officer for the Fairfax County Health Department. "It is really in the hands of the public to take precautionary measures and protect themselves."

Celebratory sparklers are popular during the summer, but they're a source of danger. The U.S. Consumer Product Safety Commission reports that 60 percent of fireworks injuries occur around July 4. Hand, eye and face injuries are among the most common.

"The first thing that we recommend is viewing fireworks displays in a public place that has been permitted and checked for safety," said Dan Schmidt, spokesman for the Fairfax County Fire and Rescue Department. "It saves them money and provides a safe environment to view fireworks."

Other safety officials agree. Fireworks are banned in the City of Alexandria. "We have close to 100 percent compliance, so we don't see many injuries," said Tony Washington, spokesman for the City of Alexandria Fire Department.

For those who decide to use consumer fireworks, there are a few safety considerations to keep in mind: "Fire them from a flat surface and make sure there are no combustible materials near the fireworks," said Schmidt. "Have bystanders at least 25 feet away, read the directions and don't let chil-



PHOTO BY MARILYN CAMPBELL

Water-related injuries and illnesses increase during the summer. Among the best defenses against such hazards are awareness and good safety practices like teaching children how to swim.

dren handle or light fireworks."

OTHER SUMMER HEALTH HAZARDS are equally preventable. From recreational water illnesses to sunburns, staying informed about potential hazards and strategies for keeping them at bay can lead to a more fun and relaxing summer for everyone.

"The best way to prevent recreational water illnesses is to keep germs, pee and poop out of the water," said Kurt Larrick, spokesman for the Arlington County Department of Human Service. "Check diapers frequently and take a shower with soap before going into the water."

Fairfax County issues the same message. "The main thing that we at the health department emphasize is gastrointestinal illness caused by feces in the water," said Barbour. "We encourage people, especially the parents of small children, to not go to a public pool when they have diarrhea."

Barbour warns of factors that might give the public a false sense of security. "We want parents to be mindful that not all germs are killed right away, even in chlorinated water, and that leak-proof diapers don't always keep feces out of the water."

Other preventative measures include frequent hand washing, taking a shower before entering a public pool, discouraging children from drinking water that is used for swimming and giving young children

bathroom breaks at least every 60 minutes.

IN ADDITION TO ILLNESSES, other water-related dangers spike during the summer. "There are a lot of accidents like drowning," said Barbour. "Teach kids how to swim, watch young children very carefully when they are near water."

Swimming with a partner and wearing a life vest when boating are also important. "Should someone fall in the water and injure their head, the life vest will keep them floating," said Barbour.

Heat-induced ailments like sunburns, heat rashes, heat exhaustion and heat stroke are other hot-weather culprits. "The three most important things to do to prevent them are drink enough fluids, wear proper clothing and choose the best times to be outside," said Caroline Sutter, RN DNP-BC, assistant professor of nursing, George Mason University. "Avoid the extreme heat of mid-day."

Wearing sunscreen, staying hydrated and avoiding alcohol when in the heat are also good ideas. "Most of the research shows that you should drink water before going out into the heat, even if you don't feel thirsty. Thirst is the last warning sign of dehydration," said Sutter. "After you come in, you can add back water with sports drinks that have electrolytes."

Know the warning signs that it is time to get out of the heat: "Heat cramps are the first thing that you'll feel," said Sutter. "Your muscles will get tired and cramp easily because they aren't getting enough blood flow."

Nausea, vomiting and headaches are also clues. "Your body is good about giving you warning signs," said Sutter. "If you listen to your body you can avoid some of these major complications."

The elderly and very young children are at greatest risk of heat illnesses.

"Children in sports camps or outdoor camps should wear sunscreen and have regular rest breaks in the shade," said Rosemarie Berman, RN, Ph.D., chair, B.S.N. program; assistant professor of nursing, Marymount University in Arlington. "A well-regulated camp will have regulated rest periods."

More on Summer Safety

Fairfax County Emergency Information Blog
fairfaxcountyemergency.wordpress.com/

Fairfax County Health Department
www.fairfaxcounty.gov/hd/

Barbour said, "Parents of infants and small children should be aware because a baby can't tell you when they're sick. Check on elderly neighbors who don't have air conditioning."

Avoid leaving the elderly, young children and pets in small, enclosed spaces like cars. "They could die even after a short period of time like when you're running to get gas," said Sutter.

Stay informed about potentially dangerous weather like heat waves. "We have cooling centers open on really hot days," said Barbour. "You can also go into an air conditioned public space like a library."

BITES FROM MOSQUITOES and ticks can also pose health threats. "People should be mindful that we do have West Nile virus and Lyme disease in our area," said Barbour. "When summer comes, people are outside and are exposed to insects that cause people to get sick."

Heavily foliated spaces, like those with tall grass, are where such bugs hide. "If you're in an area where the grass is high, on the fringes of a park or even your backyard, be aware," said Barbour.

When hiking or working outside, wear light-colored, loose fitting clothing, long sleeves and long pants. "Ticks are sneaky," said Barbour. "They will crawl up your leg without you knowing it."

Other precautionary measures include checking your body carefully for ticks after coming inside and eliminating standing water from around a home. "At least once a week, we encourage people to walk around their house and dump water from places like bird baths and your dog's water bowl."

Health and safety officials say that most summer hazards are avoidable. "Summer safety pretty much all boils down to common sense and reducing your exposure to risks," said Larrick.



Be Part of The **Pet** Connection in July

Send Your Photos & Stories Now to
centreview@connectionnewspapers.com

or complete our online form at centre-view.com

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 17.

LOUIS C. FILIPPONE, D.D.S., P.C.
ORTHODONTIST

**DIPLOMATE
AMERICAN BOARD
OF ORTHODONTICS**

WE OFFER TWO CONVENIENT LOCATIONS
Both of our beautiful, modern offices use the latest technology in orthodontic treatment for children and adults.
Flexible interest free payment plans are available
Most insurance plans are accepted
Convenient Saturday and evening hours
**BOARD CERTIFIED DIPLOMATE
OF THE AMERICAN BOARD
OF ORTHODONTICS**
Call for your FREE Initial Consultation

Centreville
6138 Redwood Square
Center, Suite 103
703-815-0127

Gainesville
7521 Virginia Oaks Dr.,
Suite 120
703-754-4880
www.nvaortho.com

EMPLOYMENT

ZONE 4:
• CENTREVILLE

CLASSIFIED

703-917-6400

ZONE 4 Ad DEADLINE:
MONDAY NOON

BUSINESS OPP

TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

BUSINESS OPP

TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

Computers

Oberthur Technologies of America Corp. has an opportunity for a **Computer Systems Analyst** (Technical Marketing) to analyze customer and market applications and system needs, and facilitate new product introduction and manage key industry relationships. Reqs. incl. degree in Electronic or Communications Engrng. or rlted. as follows: Masters & 3 yrs. rlted exp. or Bachelors and 5 yrs. rlted. exp. Exp. w/ Java card applets; card mngmnt systems; and, RFP. Job site: Chantilly, VA. Applicants please mail your resume to Oberthur Technologies of America Corp., Attn. S. Mykulyn, 2014-200-CH, 4250 Pleasant Valley Rd., Chantilly, VA 20151. Must be legally authorized to work in the U.S. without sponsorship. EOE.

Nysmith School for the Gifted Herndon, VA

**Nysmith School Preschool through 8th Grade
Hiring for 2014-2015 academic year**

College Degree Required:

- Preschool Co-Teachers – \$26.67
- Middle School Co-Teachers
 - Part time 7th Grade Earth Science (7.5 hours per week)
 - Latin
 - Spanish
 - French

Extended Care Counselors:

Bachelor Degree preferred/Min. high school diploma plus 6 months childcare experience. \$8-\$11/hr. based on experience.

Flexible after school hours

Join our Playground Team!

Looking for several people to assist teachers in monitoring children at recess on the playground. Fun and friendly environment – Flexible Hours. \$12/hr.

Send resumes to resume@nysmith.com
Fax: 703-713-3336

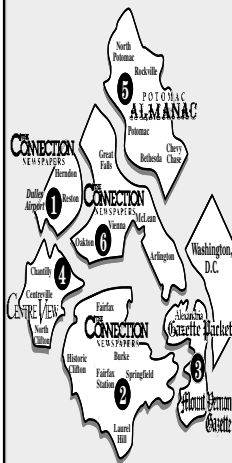
Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

Employers:
Are your
recruiting ads
not working in
other papers?

Try a better
way to fill
your
employment
openings



• Target your best job
candidates where
they live.

• Reach readers in
addition to those
who are currently
looking for a job.

• Proven readership.
• Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers
Great Results!

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email: theschefer@cox.net

I'm a
slow walker,
but I never
walk back.
-Abraham Lincoln

101 Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed up Slow Computers
- Troubleshooting
- Virus Removal
- Computer Setup

(571) 265-2038

jennifer@HDIComputerSolutions.com

21 Announcements

ABC LICENSE
Sol Robles, LLC trading as Vesuvio Ristorante Italiano, 5653 Stone Rd, Centreville, VA 20120-1618. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises, Mixed Beverages Restaurant license to sell or manufacture alcoholic beverages. Marvin Sol, 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 or 800-552-3200

101 Computers

3 RE for Rent

WayneWood School District, Fort Hunt, Five miles south of Old Town, off Parkway

* Walk, jog or bike to river, Hollin Hall shopping center, private pool parks, public parks playgrounds, tennis courts*
Drive, metro or bike to work

\$2950/mo with bank wire, negotiable lease term, available 7/22, one mo deposit, credit check, house trained dog considered with deposit, no cats due to allergies.

4BR/3BA/Country kitchen/Family room, double garage & patio room with swingset behind privacy fenced back yard. Partially finished basement with private entrance, updated bath, sink, small fridge and microwave, Modest brick exterior on wooded and fenced 3/4 acre lot disguises roomy interior with many unique features

. Located in the heart of the Fort Hunt section of Alexandria. 4 bedrooms, 3 full baths, country kitchen, family room with fireplace, hardwood floors and ceiling fans throughout, gas radiator heat, ac, covered porches front and rear, plus basement with updated 3rd bath, sink, small fridge, microwave and private entrance, washer/dryer, privacy yard with swing set off patio room and double garage separated from house with breezeway. Storage plus in attic, basement, garage, patio room.

Easy drive, bike or metro to Old Town Alexandria, Fort Belvoir, Pentagon, Fort Myer, Navy Yard and DC. Conveniently located less than a mile from the George Washington Parkway for easy access to 495, Old Town Alexandria, Reagan National Airport, and Arlington.

*Call 703-862-7240

3 RE for Rent

21 Announcements

21 Announcements

21 Announcements

STORM PROOF! LIFETIME METAL ROOFING
1-800-893-1242
www.metalroofover.com
VaCarolina Buildings - Licensed & Insured - Free Inspection

21 Announcements

21 Announcements

21 Announcements

PRIME ROANOKE PROPERTY

3.2± ac. located directly across from Roanoke Civic Center at an I-581 interchange. Views of Downtown and mountains. Great visibility from I-581. AVD: 39,000. Entrances on two streets. Improved with 3 buildings: service garage with office, garage/warehouse/office bldg and retail sales/warehouse building. Currently occupied by Roanoke Auto Spring Works. Great development potential. \$3,500,000. Contact Jonna McGraw, REALTOR at 540-309-3560 (mobile) or visit www.woltz.com for information. Woltz & Associates, Inc., 800-551-3588.

21 Announcements

21 Announcements

21 Announcements

Driver/Class A DEDICATED \$1,500 SIGN ON BONUS

Jacobson Transportation is currently seeking full-time Class A drivers For our dedicated customer account on the East Coast. \$1000-\$1200/wk. Home Weekly. Additional Incentive Based Bonus Pay. No touch freight. Great Family Benefits (BCBS) Jacobson Companies
Call Today! 866-511-1134
Or apply online at www.DriveJTC.com

21 Announcements

21 Announcements

21 Announcements

Outer Banks, NC Vacation Homes!

Brindley Beach
VACATIONS & SALES

Book Online at www.brindleybeach.com
1-877-642-3224

"SERVICE FIRST... FUN ALWAYS!"

Over 500 Vacation Homes,
from Duck to Corolla,
Oceanfront to Soundfront,
Private Pools, Hot Tubs,
Pets and More...

21 Announcements

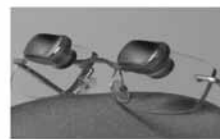
21 Announcements

21 Announcements

Help for people with

MACULAR DEGENERATION

Find out if special glasses can help you see better.



Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville
Learn more at: www.VirginiaLowVision.com
Dr. David L. Armstrong (866) 321-2030

ZONE 4:
• CENTREVILLE

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.COM

703-917-6400

ZONE 4 Ad DEADLINE:
MONDAY NOON

ELECTRICAL

ELECTRICAL

HAULING

LANDSCAPING

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc....

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

AL'S HAULING

Junk & Rubbish
Concrete, furn., office,
yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

JUNK HAULING

Junk, Rubbish,
Homes, Offices,
Commerical,
Yard/Construction
Debris, Lot Clear
out, 24 hrs day,
General Hom Work.

703-520-4338 N-VA

ANGEL'S HAULING

Junk Trash Removal,
Yard/Construction
Debris, Garage/Base-
ment Clean Out,
Furniture & Appl.

703-863-1086
703-582-3709
240-603-6182

PAVING

Joseph Sealcoating Specialist

PAVING

35 Years
Experience! Free
Estimates!
703-494-5443

LANDSCAPING

A&S LANDSCAPING

Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions

703-863-7465

TREE SERVICE

ANGEL'S TREE REMOVAL

Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

IMPROVEMENTS

IMPROVEMENTS



R&N Carpentry

♦BASEMENTS ♦BATHS ♦KITCHENS
Foreclosure specialist/Power washing
♦Exterior Wood Rot More!

Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

Picture Perfect Home Improvements (703) 590-3187 www.pyhonline.com

Remodeling Bathrooms, Kitchens & Basements

- FREE Estimates Exterior & Interior Repair,
- FAST & Reliable Service Painting, Carpentry, Wood Rot,
- EASY To Schedule Drywall, All Flooring, Decks
- NO \$\$\$ DOWN!

Handyman Services
Available

"If it can be done, we can do it"

Licensed — Bonded — Insured

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!

Proudly serving Northern VA - 46 yrs. exp.

Licensed We Accept VISA/MC
Insured 703-441-8811

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia

Look Out Below



By KENNETH B. LOURIE

I think I know what a rampaging bull feels like; and I don't mean one on Wall Street, either. I mean one in the figurative sense: when one has a need, an overwhelming, unstoppable-type urge, to scratch that itch, to gratify that which has been delayed. What am I talking about? (You sound like my wife, Dina.) I am talking about food. More specifically, I am talking about a side effect I've been experiencing of late from the chemotherapy drug Alimta, with which I've been infused every three weeks since late September, 2013 (successfully I may add, given the shrinkage noted in my most recent CT Scan).

I would say that sometime within the last three months, for seven to 10 days immediately after my Friday infusion, food doesn't taste right; it doesn't feel right (its texture in my mouth), it doesn't digest right, its after-taste is not right; it doesn't do anything right. In fact, it's downright wrong. Oh, I still have an appetite, but the idea of actually eating doesn't appeal to me, almost instinctively, if that makes any sense. And when I do think about eating now/eating later, it's way less than thrilling and way more than simply distressing. You see, I'm an "oral-fixator" and not being able to gain any pleasure from eating is making me feel null and void.

Apparently, according to my oncologist, (If I understand him correctly, and there's a huge chance that I don't), my taste buds are being adversely affected by the Alimta, doing the same kind of damage to them that chemotherapy, generally speaking, does to hair: eliminating it/slowing its growth/changing its properties. Consequently, my taste sensation is not sensational. It's quite the opposite. Throw in some lingering post-chemotherapy nausea and related burping, and another side effect: hiccuping, and you have a recipe not for food/eating. Not that I'm thin as a result; hardly, but I am not exactly bursting at my seams, either. Certainly I could stand to lose a pound or two, but I'd rather pick my own battles, if you know what I mean.

Fortunately, (so far) my taste issues seem to resolve themselves within the time frame I've mentioned. And oddly, therein lies a problem. After not eating much – or deriving any pleasure from eating during the previous week or so, once food regains its appeal and I can eat "normally" – for me, it's Katie bar the door. I might as well be Dan Aykroyd as Beldar from the Saturday Night Live Conehead sketches eating "mass quantities." It's not merely a slippery slope I'm on, it's more like an avalanche threat with "falling rocks." Once I start eating, I'm not stopping – until I hit bottom; of the bag, the box, the plastic container, the carton, anything. I'll admit, it's not a pretty sight, but as yet, it's a sight unseen by either man or beast. (At present I'm eating my way through a bag of Starburst Fruit Chews; I'm not proud, just hungry.)

At least I'm smiling again, and feeling more positive, which of course is a must as a cancer patient. However, that pent-up demand from a week of not eating is a killer. I wish I could stop it, but being interested in eating again feels so good – for which I'm exceedingly grateful – and so far, there's seems to be very little I can do to slow down the train. (I imagine Nabisco and M&M/MARS are grateful, too. At least now they won't have to declare bankruptcy.)

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

SPORTS

SSTs

FROM PAGE 12

mate Brooke Long reaching the wall in 5th, who enjoyed the biggest improvement of the meet, crushing her best time by an unbelievable 36.14 percent. Rhea Maran also amazed, dropping 18.71 percent of her time in the Girls 7-8 Freestyle, while Alexis Kowalewski earned a 15.89 percent personal best mark for the 9-10s and Cayman Johnson, 16.85 percent for the 11-12 Boys. Finishing up the wins in the Freestyle events were Bryce Brown, Avery Moon, Jose Artieda and Matthew McPherson, Brown, Moon and Artieda each dropping time.

With six first place finishes in Backstroke the SSTs enjoyed significant improvement across the board, with five swimmers improving by more than 10 percent.

Connor Moon reduced his time by 11.83 percent, with a 3rd place finish in the boys' 6u event. Cameron Strawderman cut 13.50 percent from his previous time in this event. Winning for the 6u girls, Charlotte McGonigle slashed 17.22 percent from her time, while Kylie Brown, finishing 4th, noted an 11.50 percent improvement. Jacob Myers dropped 10.30 percent from his previous best swim. Nate Hamluk, Parker Brooks, Jose Artieda, Adison Moore and Dominic Huffman were victorious in their respective age groups, with Hamluk and Brooks netting faster swim times.

In Breaststroke, 20 SSTs earned personal best marks. Tucker Whitacre started it all off crushing his previous swim time by 18.55 percent and securing the 3rd finish. Jakob Huse and Olivia Southerly achieved the first wins in Breaststroke for the 9-10s, Natalya Hamluk improved by 12.59 percent. Also winning in Breaststroke were Lara Zanotti for the 11-12 girls and Jack Tyskowski for the 15-18 boys.

Butterfly also resulted in notable improvement among swimmers, with four realizing improvement in the double digits. Nine year old Andrew Zanotti shattered his best time by 23.75 percent finishing 3rd unofficial brought her swim time below the 20 second mark, with an improvement of 16.64 percent. With her second win of the night, Olivia Southerly chopped 13.76 percent from her time. In the 11-12 races AJ Hamluk took 3rd place improving 16.60 percent, while Lara Zanotti won for the girls. Matthew McPherson winning for the 15-18 boys, also cut time.

Despite the late hour, the IM events were lively and competitive. Tyler Whitacre started it off with a win for the 8u boys setting a new best time of 1:53.41s. The girls' race was tight as twins Kennedy and Keira O'Neil kept each other close for most of the race. Kennedy picked up steam on the third turn, ultimately winning, with a personal best mark of 13.42 percent, with Keira close behind in 2nd place.

The 11-12 races had Bryan Patten winning for the boys. In the girls' event the SSTs grabbed the top six spots, led by Elise Mozeleski in 1st, Allison Hickey in 2nd, Jessica Dickinson in 3rd, Lara Zanotti in 4th, Adison Moore in 5th and Jessica Molloy in 6th. Marie McPherson and Emily Huse also had great swims in this event. Finally, Danial Okhovvatgilani won for the 15-18 boys, with a time of 1:06.08s.

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

Fine Arts Open Exhibition. Through Aug. 19. at Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The Jewish Community Center of Northern Virginia will be opening its annual art exhibition to highlight the work of new members, staff and the community. All media will be represented, from drawing to ceramics. Entry fee is \$10 for members and \$18 for nonmembers. Contact 703 323-0880 or visit www.jccnvarts.org for more information.

Evenings on the Ellipse Summer Concert Series. Thursdays through Aug. 28. 5:30-7:30 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Whether you like jazz, big band, bluegrass, or Latin pop, there is sure to be something for everyone. Rain or shine. Free. Visit <http://www.fairfaxcounty.gov/parks/performance/ellipse.htm> for more.

Fairways-Fore-FREEdom. Through Sept. 1. 3 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Military golf program in honor of the armed forces. Only for those with valid with military ID. \$29 - \$69. Visit www.marriottgolf.com, or call 703-631-3300.

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. Centreville High School will host summer basketball camp for girls age 8-16 July 14-17 from 6-9 p.m. The camp will emphasize teaching players how to understand the game, skills development, defense fundamentals and more. Takes place at the Centreville High School gym. \$120 before July 1 and \$150 after. Call 703-815-3362.

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.

Boys Basketball Camp. Centreville and Westfield High School work together to offer three sessions of basketball camp for ages 7-15. Session I runs from July 7-11, session II July 14-18 and session III July 28-Aug. 1, 9 a.m.-3 p.m. daily. Cost is \$150 per session for May registrants, \$160 per session for June registrants and \$170 in July. Discounts available. Camps feature free throw contests, a daily raffle, championship tournament and more. Contact coach Doug Ewell at 703-488-6406 or DPEwell@fcps.edu or Coach Patrick Hally at patrickthally@gmail.com.

Girls Lacrosse Camp. Centreville High School will host a girls lacrosse camp July 7-9 from 9 a.m.-noon for players age 8-17. The goal of the camp is to improve skills through drills, scrimmages and instruction. Held at the Centreville High School athletic fields. \$100 per player. Participants should bring a lacrosse stick, mouth guard, cleats or tennis shoes, goggles and a water bottle. Free equipment rental is also

available. Visit <http://cvhsboyslacrosse.weebly.com> or contact Coach Griel at 703-915-2068 or cvhsglax33@gmail.com for more.

Whodunit? Mystery Workshop and Performance. Monday-Friday, July 21-Aug. 1, 6:30-8:30 p.m. Center for the Arts, 9419 Battle St., Manassas. Teens and adults can hone their mystery skills at this performance camp. Register at www.center-for-the-arts.org or call 703-330-2787.

Sizzlin' Sully Summer Workouts. Tuesdays and Thursdays, 7:30-8:30 a.m. and 9:45-10:45 a.m. Sully Community Center Parking lot, 5101 Sequoia Farms Dr. Centreville. A total body conditioning workout. \$10 Drop in fee, or \$90 for 10 classes. Visit www.benefitness.us/ for more.

SATURDAY/JULY 5

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

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

SUNDAY/JULY 6

Summer Concert Series. 6-7 p.m.

at Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. The United States Air Force Singing Sergeants will play a concert. Free. Visit <http://airandspace.si.edu/events/calendar/?month=7&year=2014> for more.

MONDAY/JULY 7

Books: The Magic Is Real. 2:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Magician Joe Romano magically brings books to life, for ages 6-12. Call 703-830-2223.

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

TUESDAY/JULY 8

Reptiles Alive. 2:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. See how these animals cling, climb and chase in the wild. Presented by Reptiles Alive. For ages 6-12. Call 703-502-3883.

Magic and Mayhem. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. A sci-fi and fantasy book discussion group for grades 6-8. Call 703-502-3883.

Ravenous Readers. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Book discussion group for teens in grades 7-12. This month: "The Fault in Our Stars." Call 703-830-2223.

Teen Writers Workshop. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Writing workshop for teens to inspire creativity and improve writing skills. Participants can bring work to read out loud or just attend. Call 703-502-3883.

WEDNESDAY/JULY 9

Read, Build, Play Duplo Storytime. 10:30 and 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Duplo play storytime to help develop early literacy skills. Age 18-35 months with adult. Call 703-502-3883.

"Flights of Fancy" — Stories for Children. 11 a.m. at Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. Free. Visit <http://airandspace.si.edu/visit/udvar-hazy-center/things-to-do/story-times.cfm> for more.

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

Book Discussion Group. 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Book group for adults. Call 703-502-3883.

WEDNESDAY-FRIDAY/JULY 9-11

Learn to Sew. 9:30 a.m.-12:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Suited for children 8-12. \$90 for in county, \$105 for out of county. Call 703-437-1794 to sign up.

THURSDAY/JULY 10

Fairy Tale Writing Workshop. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Learn to write a fairy tale, for grades 3 and 4. Call 703-502-3883.

"Flights of Fancy" — Stories for Children. 11 a.m. at Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. Free. Visit <http://airandspace.si.edu/visit/udvar-hazy-center/things-to-do/story-times.cfm> for more.

Balloon Sculpting. 2 p.m. Centreville Regional Library, 14200 St. Germain Drive. Learn the art of balloon twisting, for ages 12-18. Call 703-830-2223.

CENTREVILLE

Communities of Worship
To highlight your faith community, call Karen at 703-917-6468

The Anglican Church of the Ascension



Traditional Anglican Services
1928 Book of Common Prayer
1940 Hymnal

Holy Communion 10 A.M. Sundays
(with Church School and Nursery)

13941 Braddock Road, (north off Rte. 29) Centreville, VA
703-830-3176 • www.ascension-acc.org



many peoples, one body

We invite YOU to come connect with God this Sunday.

SUNDAY WORSHIP SERVICES
9:15 am Celebration Service
11:00 am Contemporary Service

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

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



Centreville
PRESBYTERIAN CHURCH

All Summer One Service 10am
Radical Encounters with Jesus

15450 Lee Highway
Centreville, VA 20120
703.830.0098

www.CentrevillePres.com

