Adapting to Special Needs


By Steve Hibbard

Last year, Margarita Benavides started C.A.T.S. — Children’s Adaptive Team Sports, whose mission is to provide children with special needs the opportunity to play in structured sports in their communities. It began in February of 2013 with a soccer league at the nZone in Chantilly, and has expanded to basketball, cheerleading and flag football – at four locations, including the YMCA in Reston, Courage Sports Center in Woodbridge, and the Shenandoah Soccer Academy in Winchester.

“This was my dream,” said Benavides, the founder and director who has a special education degree from GMU. “My two passions are sports and serving people with disabilities … It provides team sports for kids who are not able to participate in other programs.”

The goal is to expand to swimming, volleyball and track and field to Arlington County and Maryland. For now, people are driving from as far away as the District, Gainesville, and Prince George’s County, Md., to attend.

The cost is $115 for eight weeks of one-hour sessions on weekends, and includes uniforms, trophies and a party at the end of the season. The fall season begins on Sept. 27 and runs through Nov. 16. For details and to register, visit www.cats-sports.com or call 703-597-4310 or email mbenavides@cats-sports.com.

“We individualize our instruction for the child’s goals,” said Benavides. For some children, it’s just having the opportunity to participate, while for others, it’s individual sports goals. She said they can also learn about following directions, turning turns, proper manners and waiting.

“It’s an environment where we can teach and stimulate what they need,” she said. And the best part? “Just for the kids to be able to have fun,” she said. “It helps in their quality of life, confidence and leadership.” And after the season ends, almost all of the youngsters return for another go-round, she said.

See Providing Sports, Page 5

Meet WFCM’s New Director

With a background in community service and mission projects, Lauren Weaver Sterling was born for this job.

By Steve Hibbard

Lauren Weaver Sterling, 32, of Fairfax was named on June 25 the new executive director of the Western Fairfax Christian Ministries (WFCM), replacing Melissa Jansen who resigned. The daughter of a Baptist pastor, Sterling graduated from West Springfield High School, the College of William and Mary, and has a master’s in social work from Virginia Commonwealth University where she studied social service programs, fundraising and nonprofit management. She’s has experience in grant-writing, fundraising and development, and worked at nonprofits for 10 years.

“I’ve grown up in the church, and it was really in the church that my desire to serve others was developed – through mission projects and community service projects throughout my life,” said Sterling. “It’s always been my desire to serve others, to help the community however I can. I really see that as a tangible way to show the love of God.”

Her goal for WFCM, which has a $653,000 yearly budget and eight part-time staff members, is to continue to partner with churches and community groups, and individuals on food drives and the backpack program, which is currently underway.

“We are collecting 2,000 backpacks to distribute to schools in the area, with 23 elementary, middle and high schools that will be the recipients of these backpacks,” she said.

Lauren Weaver Sterling is the new executive director of WFCM, the Western Fairfax Christian Ministries.

See Mett WFCM, Page 3
Inside advice on buying antiques

By Marilyn Campbell

Yes Davis sat cross-legged in the library of her Centreville home. A hand-embroidered gold locket that once belonged to her great-grandmother dangled from a heavy chain around her neck. Her engagement ring — a diamond and ruby Edwardian ring — complemented the dark red pattern her vintage Gucci dress. To say that Davis is an aficionado of antique and vintage pieces would be an understatement.

“I love antiques because of the sentimental value and history that they hold,” said Davis, a jewelry consultant who helps private collectors build collections and antique pieces. She holds a degree in art history with a concentration in period jewelry. “Antique pieces must be at least 100 years old and are generally one-of-a-kind pieces.”

Davis and other antique jewelry consultants and dealers say there are many reasons to love antique pieces of jewelry. They do, however, caution consumers that many pieces of jewelry that look like antiques are often reproductions. They tell their clients that there are certain factors you must understand when purchasing antique jewelry. That way you know you’re getting an authentic period piece, rather than an item that was mass-produced last year.

David Popolousus, an Alexandria-based estate sale consultant who helps private collectors build collections and antique pieces, said Popolousus. You just have to do your homework before buying.”

Local antique consultants say pieces that were made by famous designers hold their value much more than well-made pieces by craftsmen who don’t have name recognition. Even faux pieces that were made or owned by a person of note can be more valuable than their authentic counterparts.

The price of an item can also be a clue as to its authenticity. “If the price of an item seems too good to be true, it probably is,” said Isenberg. “Antique jewelry is well made and has an impressive history. You won’t find it being sold at bargain basement prices.”

“Look for craftsmanship as well as wear and tear,” added Davis. “It is important to examine each piece looking for loose stones, worn prongs or clasp or other defects.”

Estate sales and reputable jewelry stores are among the best places to look for antique jewelry. “That doesn’t mean that you can’t find quality antiques at garage sales or even online,” said Popolousus. “Just

Consuelo (Connie) Soto Trafford, 97, of Springfield, Va., died at home on Saturday, Aug. 2, 2014. She was the mother of Beatrice Serrano Carvajal, the late Eddie Serrano, Antonina Serrano, and Glenn Trafford; sister to the late Aurora Chavez, and late Gaudalia (Gayo) Soto Mojica. Funeral services were held on Saturday, Aug. 9 at Fairfax Memorial Park in under-served countries.

Christian Siding, of Chantilly, received CertainTeed Corporation’s 5-Star Siding Contractor certification. The program provides contractors with training and tools to improve skill.

Bellezza Spa, in Centreville, joined Open Arms Worldwide’s gala, donating a $230 spa package to support the enrichment of children in under-served countries.

HomeAid Northern Virginia, which builds and renovates homeless shelters and other facilities that help homeless families and individuals, announced that Heritage Contracting has won its Trade Partner of the Year Award.

The Fairfax County Park Authority Board approved three Mastenbrook grants, a program which provides up to $25,000 in matching funds for individual volunteer projects in Fairfax County. These grants will enable three organizations including West Springfield Little League (WSSL), Chantilly Youth Association (CYA), and Fort Hunt Little League (FHL) to improve three different parks, Byron Avenue Park, Sully Highlands, and Hollin Hall Park, respectively. For more information or to apply, call 703-324-8591 or visit http://www.fairfaxcounty.gov/parks/mastenbrookgrant.htm.
The 10th year of Sully District Starlight Cinema is already under way with free, family-friendly, drive-in movies. They're presented Saturday evenings in August at 5860 Trinity Parkway in Centreville. Gates open at 6 p.m. The fun includes music, food and children's activities provided by New Life Christian Church.

Each Thursday, from 3-7 p.m., the Fairfax County Government Department of Transportation is working to determine what caused the markings to peel.

Residents concerned about speeding in your neighborhood may take the Neighborhood Speeding Survey at: http://svy.mk/703-543-6272, Monday through Saturday, 6 a.m.-noon, or Foltz.

The food pantry is unique in that it's "client choice," which means the client can shop for his or her family. New clients are screened by staff to see if they are eligible.

The majority of our clients are employed, but they are unable to find full time work, so many don't have benefits," said Sterling.

For more information call CLRC Director Roberto Fernández at 703-543-6272, Monday through Saturday, 6 a.m.-noon, or Foltz at 703-546-6030.
W hether customers are looking for juicy peaches, ripe tomatoes, coconut cupcakes or homemade ice cream, they’ll find all those things and more at the farmers market at the Fairfax County Government Center.

Run by the county, it’s held each Thursday, 3-7 p.m., in the parking lot of 12000 Government Center Pkwy. in Fair Oaks. It runs through Oct. 30 and often, there’s a food truck, too, with the cuisine varying from week to week.

Board of Supervisors Chairman Sharon Bulova wanted a market here and this is its first year in this location. And the reception has been welcoming.

During a recent market, Duan Shankle got two lobster rolls from the food truck and bread from Great Harvest Bread Co. “It’s great that the market’s here and that they have fresh produce,” she said. “And it’s convenient for the Government Center employees.”

Co-worker Bobane Dogomangue agreed. “I can’t stop buying peaches,” he said. “I can’t stop buying peaches, cantaloupe, zucchini and eggplant.”

The Lamb’s Quarter, plus cantaloupe, squash and eggplant from Toigo Orchards and made a cobbler – and I bought more peaches today.”

Her husband Tom said they also got dog treats from Great Harvest Bread, and her sister, Linda Fogle of Chantilly’s Brookfield community, was also glad they went to the market. “I come here to support the small farmers,” she said. “I got tomatoes, corn, cantaloupe and peaches. Having had my own garden for many years, I know how much work goes into it and how wonderful everything tastes when it’s fresh.”

Fair Lakes resident Jan Reimer was there for her second time and purchased corn, tomatoes, peaches, zucchini and cucumbers. “Everything looked really good,” she said. “I also got a salted-caramel cupcake from Soul Cakes by Tanya. Last week, I had a mixed-berry trifle from her and it was very good. I come to the farmers market because the vegetables can’t be beat and its nice to shop outdoors here and meet all the different vendors.”

At the Soul Cakes by Tanya stand, vendor Tanya Logan offered a tempting array of scratch-made cakes, cupcakes, pastries and cookies. Flavors included coconut, red velvet and carrot cakes, plus chocolate, vanilla and Nutella chocolate truffles. “The lemon pound cake is our signature cake,” said Logan. “And one of our best sellers here is a trifle in a Mason jar. It’s made out of lemon pound cake, peaches from the farmers, whipped cream and spice.”

On the whole, she said, “Business is good. The market is catching on – not just to the Government Center employees, but also to people from the neighborhoods, so that’s really helpful. People continue to rotate through to check it out.”

Other non-produce vendors include Nitro’s Creamery and Kylie’s Pop Shop. At Nitro’s, owner June McMullen uses liquid nitrogen to make quick and creamy, homemade ice cream on the spot. Favorite flavors are vanilla and Nutella chocolate but, on any given day, could also include blueberry, mango or strawberry.

At Kylie’s, owner Kylie Carey offers whimsical cake pops in flavors such as red velvet, dark chocolate, orange Dreamsicle, vanilla, lemon, chocolate chip and Heath bar. Cost is $3 each, $5 for two or $25 for a dozen.

Customer Joel Bittorf was buying grass-fed meat from The Lamb’s Quartet, plus cantaloupe, squash and eggplant from Three Way Farm. “The market has grown by word of mouth,” he said. “And people like the different food trucks, too. One week, there was a chicken-and-waffle truck, and last week’s truck had Korean food and kimchi hot dogs.”

As for the market, he said, “It’s a good idea; it lets people buy local and helps the farmers. And it allows people to see where their food comes from.”

Whitney Kazragis of Fair Lakes also had fun buying cantaloupe, zucchini and peaches.

“Now that the weather’s better, I’ll come here more often,” she said. “I think it’s really important to support Virginia agriculture and the location’s great. Having the market weekly, at a regular time and a central location, is important; and it’ll be really neat to watch it grow.”

Duan Shankle (left) and Bobane Dogomangue hold the lobster rolls they got from the food truck. Tanya Logan, of Soul Cakes by Tanya, holding her red-velvet cupcake and peach trifle. Sarah Keally (left) and Whitney Kazragis with their produce purchases. June McMullen of Nitro’s Creamery holds a cup of vanilla ice cream that she made on site in minutes. Sisters Angelica (left) and Esther Medina with colorful tomatoes and basil at the Westmoreland Produce stand.
Providing Sports for Special Needs

The program teaches social skills, gross motor skills, behavior skills, and confidence. The 100 children who participate are grouped based on abilities, not age range, where socialization and making friends is stressed. “We try to focus on giving high-fives and making friends. They’re with the same peers every week,” she said.

She added: “We always make sure everybody scores a basket or a goal and that they get cheered on by the other players … It’s easy for us to follow through because they already have an interest in what they’re playing.”

She said parents have reported that they’ve seen improvements in their child’s gross motor skills, behavior, and flexibility.

Will Plath of Centreville, whose son Alex, 11, is autistic, said he is very impressed with the program. “This is a very good fit for our son,” a fifth-grader at Union Mill Elementary who is not very verbal, he said. “He always wants to come every week.” They tried out the soccer but it wasn’t a fit.

Narayan Athreya, whose daughter Sneha, 20, of Clifton attends, is also impressed with the program. “She’s very interested in playing basketball,” he says of Sneha, who attends the Davis Career Center. “She likes basketball. This program gives her the chance to do what she likes to do; it’s an opportunity to play with a group.”

Gwen Sparks, whose son Wade, 5, of Springfield, plays basketball and attends Laurel Ridge Elementary, is happy that she found the program. “It’s a great resource; I had no idea it existed,” she said. She said her son is learning good skills and is happy that it works with each child’s different abilities.

Dwayne Brodie of Maryland, whose son Drew, 11, plays basketball, calls it an excellent program. “It teaches children about following instructions, teamwork and commitment,” he says. “I like it because it shows that all children can learn to compete regardless of skill level.”

Lori Allred, whose son Sammy, 11, of Reston plays soccer and basketball, likes the attention that her son gets, calling it affordable. “A lot of times programs for special needs children are expensive,” she said. “This one is affordable and convenient. He learns all aspects of the game.”

Senior Citizens’ Crime Prevention

Fairfax County police will present a series of free seminars about senior citizens and crime prevention. The schedule is as follows: Sept. 10, Personal Safety and Crime Prevention; Oct. 8, Financial Crime Prevention; and Nov. 12, Cons and Scams Prevention.

Seminars will be held at the Sully Senior Center, 5690 Sully Road, Centreville. Each one is on a Wednesday at 12:30 p.m. No registration is required. The goal is to give senior citizens the power to prevent crime at home, to prevent financial crimes and detect scam artists. Contact PFC Tara Gerhard at 703-814-7051 or FCPSULCPO@fairfaxcounty.gov.
Back to School: Good Steps, Good Intentions

What’s Best For Students?

To the Editor:

A new school year is beginning, and from day one teachers, parents, and students will start preparing for and worrying about SOL tests. Teachers will sit in endless meetings struggling to lower SOLs standards, trying to improve scores in order to “raise the bar” or “close the gap” so the state will quit breathing down their necks. Parents will complain among themselves about how SOL tests force teachers to “teach to the test.” And kids, who ought to be concerned about how SOL tests force teachers to “teach to the test” — for high school and middle school students. It’s not impossible although some school systems would have you believe that it can’t be done. It’s time to make that change in Fairfax County. The science is undisputed. From the abstract: “A substantial body of research has now demonstrated that delaying school start times is an effective countermeasure to chronic sleep loss and has a wide range of potential benefits to students with regard to physical and mental health, safety, and academic achievement.” The American Academy of Pediatrics strongly supports the efforts of school districts to optimize sleep in students and urges high schools and middle schools to aim for start times that allow students the opportunity to achieve optimal levels of sleep (8.5—9.5 hours) and to improve physical (e.g., reduced obesity risk) and mental (e.g., lower rates of depression) health, safety (e.g., drowsy driving crashes), academic performance, and quality of life.” You can read the report here: http://pediatrics.aappublications.org/content/early/2014/08/19/peds.2014-1697.full.pdf

Back to school nights begin this week and run into October. For parents and students, there is no more important event than to turn up at Back to School Nights for your children, introduce yourself to teachers and open the lines of communication.

Here is a link to a daunting list of Back to School Nights in Fairfax County:
http://www.fcps.edu/news/backtoschool/bts-chronological.html

— Mary Kimm, mkimm@connectionnewspapers.com

Mark Daugherty
8th grade science teacher at Stone Middle School.

Contrast in Candidates

To the Editor:

There’s quite a contrast between the major candidates for the 10th District Congressional seat. Barbara Comstock is an intelligent, accomplished person who has been a serious and pragmatic member of the House of Delegates focused on solving her constituents’ problems. As a candidate she’s focused on the serious issues affecting our community. Of special concern to her is economic growth that is too slow to sustain our current level of federal spending or to generate the jobs and higher incomes that our families need. She has specific proposals to address these problems as well as issues such as human trafficking, high gas prices, the problems at the Veterans’ Administration, and more. She’s run a positive campaign that focuses on her accomplishments, her record, and her commonsense solutions.

Opposing her is a candidate who spends his time raising a lot of special interest money and repeating the tired talking points of his national party and of special interest groups. We need a successor to U.S. Rep. Frank Wolf who will continue his record of engaging the entire community, working tirelessly to solve difficult problems, and remaining a positive and independent voice looking out for the future of the 10th District. We need Barbara Comstock as our next congressman.

Robert Carlson
Centreville

Letters to the Editor

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Editorial

OPINION

The first day of school in Fairfax County is Tuesday, Sept. 2, but Monday, Sept. 8 is the beginning of something important. For the first time in decades, elementary school students will have a full day of school on Mondays instead of being sent home early hours. This action was much welcome in families with children in elementary school. The ability of Superintendent Karen Garza to facilitate this change to go into effect right away is remarkable, and we hope a promise for more changes ahead.

Earlier this week, the American Academy of Pediatrics issued a policy statement calling for later start times — not earlier than 8:30 a.m. — for high school and middle school students. It’s not impossible although some school systems would have you believe that it can’t be done. It’s time to make that change in Fairfax County. The science is undisputed. From the abstract: “A substantial body of research has now demonstrated that delaying school start times is an effective countermeasure to chronic sleep loss and has a wide range of potential benefits to students with regard to physical and mental health, safety, and academic achievement.” The American Academy of Pediatrics strongly supports the efforts of school districts to optimize sleep in students and urges high schools and middle schools to aim for start times that allow students the opportunity to achieve optimal levels of sleep (8.5—9.5 hours) and to improve physical (e.g., reduced obesity risk) and mental (e.g., lower rates of depression) health, safety (e.g., drowsy driving crashes), academic performance, and quality of life.” You can read the report here: http://pediatrics.aappublications.org/content/early/2014/08/19/peds.2014-1697.full.pdf

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Letters to the Editor
Collingwood. With him is Jerry Coffee, AFA Head Varsity Basketball Coach. Berlin, a 6’10” center for the Falcons, was named #50 in the AllMetSports.com Area Basketball Leaders 2013-14 averaging 18.8 ppg; selected as one of the Washington Metro Area “All Stars” Top 50 Prospects (Rank 43 Overall, 10 in Center Position); a DMV Elite Class 2014 Pre-Season 2nd Team All-Northern Virginia player; three time NVIA All League Player 2010-11, 2011-12, 2012-13; MaxPreps Team Player of the Year 2012-13.

Combining Talent and Hard Work

Aasa Dommalapati, 10, of Centreville, won the silver medal in the Girls Under 10 category at the 2014 Pan-American Youth Chess Festival held in Mexico. Dommalapati played nine rounds between July 10 - 17. Her friend Martha Samadashvili, of New York, took first place.

Dommalapati has a FIDE ranking of 1622. The number one ranked player is Yifan Hou, of China, with a FIDE rating of 2629. FIDE — which stands for Federation Internationale des Echecs and also known as the World Chess Federation — acts as a governing authority for international chess competitions.

The rising Greenbriar West elementary fifth grader is preparing for the FIDE World Youth Chess Championship, which will be held in Durban South Africa from Sept. 18 - 30. Her young chess career has taken her to many countries for competitions. She competed in Slovenia in 2012, Brazil in 2013, and this year, Mexico and South Africa.

She was inspired by her brother Abhinay, 15, who is also a player. But they don't play together anymore. “They fight a lot. As soon as you get out the board they start fighting,” said their father.

She plays a lot on the Internet. She also develops strategy by studying the openings of other players, which are published in several websites, such as chessdb.com.

V. Kameswara Rao and Vijaya Soradhi, from India, coach her online. Paul Swaney, of Arlington, is her local coach.

Swaney said that she is a combination of talent and hard work. He gives his players exercises and homework and Dommalapati solves them and writes everything out in her notebook. “She works extremely hard,” said Swaney.
Sports

Centreville Field Hockey Falls to Robinson

Starting four freshmen and two sophomores is likely to lead to growing pains. For the Centreville field hockey team, those pains were evident Tuesday.

One day after beating Stuart and tying West Springfield on the opening day of the Under the Lights tournament on Aug. 25 at Lee High School, Centreville suffered a 3-0 loss to Conference 5 foe Robinson.

A Charlotte Clark goal gave the Rams a 1-0 lead in the first half, and freshman Lisa Saffin added a pair of goals in the second half.

Along with a young starting lineup, Centreville was without junior Nicole Kang.

“"This is a good tournament for us to start out with,” Centreville head coach Demby Banbury said. “I saw some great things yesterday, not so much today. It’s a learning curve.”

Against Stuart on Monday, freshman Paige Richbourg and senior Kelcie Greenfelder each scored two goals for the Wildcats. Juniors Caroline Kelly and Lauren Potts each scored one. Against West Springfield, senior Brynn Doyle scored one.

Banbury said freshmen Richbourg, Sidney Kiefaber and Emily Marciano will be key contributors this season, along with sophomore goalkeeper Kylie LeBlanc, senior Greenfelder and junior Potts.

Centreville will travel to face Annandale at 4 p.m. on Friday, Aug. 29. The Wildcats will host McLean at 7:30 p.m. on Sept. 2.

— Jon Roetman

Six World Championships at Star Dance Alliance

The Chantilly-based Creative Dance Center Competition Team (CDC*CT) crowned its award-winning season at the Star Dance Alliance World Dance Championships held at the Meadowlarks Exposition Center in Secaucus, N.J. from Aug. 5-7. The CDC*CT made it to the finals, securing six first place championships and two second place championships in various divisions. The Star Dance Alliance is a coalition of five international dance competitions that come together for a World Championship.

Nine of Creative Dance Center’s dances advanced from the World Dance Championship semi-finals to the WDC finals, earning the six championship titles. Visit http://www.ccedance.com, email info@ccdance, and/or call 703-378-1800.
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And Another Thing I’m “Righting” On

By KENNETH R. LOURIE

Not only did last week’s CT Scan indicate shrinkage, where necessary — and stability, where hoped for — it also accomplished these hoped-for goals after only two months of chemotherapy (still infused every three weeks) rather than the normal three months of chemotherapy. So depending on how Radiation Oncology schedules actually tell, I probably received two fewer infusions than usual, yet all the radiological indications and clinical symptoms to continue to be encouraging, after five and a half years, no less. I think I’ve entitled to see the word amazing — and lucky, too.

Certainly I’ve made lifestyle changes, as you regular readers know, though I’m harder the poster child for outliving your terminal-stage IV non-small-cell lung cancer-diagnosis. I haven’t incorporated all the suggestions made to me, but I have listened — and learned, of course. Still, I’m proud of the path I’ve traveled, which wouldn’t have happened without the help and guidance of friends and family who I trusted — and who I knew had my best interests at heart. And I have survived, thrived almost, because of their persistence.

But change is not, and has not been easy for me. In fact, “change” might as well be a four-letter word, although I do use my share; never in print, and less frequently in public probably wouldn’t kill me. But I’m also good at rationalizing my behavior — both good and bad, so doing and avoiding doing and providing double, semi-defensible explanations (maybe even denial) has become one of my best mechanisms. Ultimately, my bottom line is all any of these attempts at modifying my behavior is stress reduction — which equates to self-preservation, if you want to know the truth — and doing so in a way that is consistent with my personality, allowing me to maintain the effort. I don’t suppose starting and stopping would solve much. It’s sort of like a placebo effect. If I think something I’m doing is working, then maybe it is. The mind is a terrible thing to waste and I want to give every opportunity to bring me back to “normal” health. For all I know, some new pill I’ve started, some new hardware I’ve improved, something (like sugar!) I’ve reduced is all working together to make me whole again. And since I generally don’t look for trouble — considering that trouble has already found me, I try to leave well enough alone until a little birdie tells me otherwise (anybody, anywhere; any source, anyhow, any medium, any way). Now I don’t want to knee-jerk myself into a decision. I’ll make a few inquiries, I’ll do a little research, but overall, I won’t make the pursuit of my life’s work.

In spite of it all, and in spite of me and my peculiarities, I approach this week’s five-and-a-half-year, post-diagnosis aniversary with less fear and trepidation than perhaps I should. But as I’ve said many times previously, and again in this column: “What happens? I should. But as I’ve said many times previously, and again in this column: “What happens? Or is it not possible that I wouldn’t be here for this. For all I know, some new pill I’ve started, some new hardware I’ve improved, something (like sugar!) I’ve reduced is all working together to make me whole again. And since I generally don’t look for trouble — considering that trouble has already found me, I try to leave well enough alone until a little birdie tells me otherwise (anybody, anywhere; any source, anyhow, any medium, any way). Now I don’t want to knee-jerk myself into a decision. I’ll make a few inquiries, I’ll do a little research, but overall, I won’t make the pursuit of my life’s work.

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Kenny Lourie is an Advertising Representative for The Reston Connection and The Burke Connection newspapers.
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Road Changes Are on the Horizon

By Bonnie Hobbs
Centre View

On the horizon for local residents are transportation projects, some school-boundary changes and several fun-filled, family events to enjoy.

Save These Dates

Area residents may attend a variety of upcoming, family-friendly events:

Monday, Sept. 1, Custom Cruisers of Northern Virginia 15th Annual Car Show, in the Town of Clifton. Event features classic, new and hot rod cars, motorcycles, food and music; proceeds go to charity.

Saturday, Sept. 13, Clifton KidFest, in the Town of Clifton. Children’s games and vendors, plus food and fun.


Saturday, Oct. 11, Fairfax Fall Festival, downtown City of Fairfax. Crafts, food, vendors, music.

Sunday, Oct. 12, Clifton Day, in the Town of Clifton. Crafts vendors, food, music and fun throughout the town.

Saturday, Oct. 25, Clifton Haunted Trail, 8-Acre Park, Town of Clifton.

School Boundary Changes

In May 2013, the Fairfax County School Board approved boundary changes to alleviate overcrowding at Fairfax High and Lanier Middle School. And this September, some of them will affect Chantilly students who attended those schools.

The changes move students in the Greenbriar West Elementary attendance area east of Stringfellow Road from Lanier Middle and Fairfax High to Rocky Run Middle and Chantilly High, eliminating the former split-feeder assignment for Greenbriar West.

The boundary changes are being phased in during the 2014-15 school year. This fall’s rising eighth-grade students, juniors and seniors will be allowed to remain at their current schools.

In addition, students living in the Penderbrook and Fairfax Farms areas of the Waples Mill Elementary attendance area were reassigned last year from Lanier Middle to Franklin Middle. Starting in September, these students will also shift from Fairfax High to Oakton High.

Transportation Projects

The Fairfax County Board of Supervisors in January approved $1.4 billion to fund transportation projects for FY 2015 to FY 2020. As a result, many of these much-needed improvements will transition from the planning stage to the construction phase over the next six years. Below are some of the local-area projects — some fully funded, some partially funded — that may now move forward.

❖ 1-66 and Route 28: Portions of the existing interchange will be reconstructed, and four traffic signals on Route 28 will be removed to enhance safety and improve capacity. A VDOT study is underway. VDOT already has $5 million programmed for this project. Cost estimate: $322 million. Six-year funding recently approved by VDOT: $54.5 million.

The work also includes widening and reconstructing the westbound I-66 off ramp to northbound Route 28. Braddock/Walney roads will be realigned, and an overpass with ramp connection from northbound Route 28 to the new bridge will be constructed. New connections will go from Braddock to eastbound and westbound I-66, from Braddock to and from southbound Route 28, and from southbound Route 28 to eastbound I-66 (flyover).

This project extends Poplar Tree Road across Route 28 from Stonecroft Boulevard to Walney Road. It also involves construction of a new access road to E.C. Lawrence Park and reduces congestion on both I-66 and Route 28. Construction is expected to begin by 2017.

❖ Route 29 from Union Mill Road to Buckley’s Gate Drive:

This project provides pedestrian facilities on the north side of Route 29 and widens Route 29 in this area from four to six lanes. It complements the VDOT bridge-replacement project at Little Rocky Run. It also completes the widening of Route 29 from Shirley Gate Road to Centreville.

It’s currently the last segment of Route 29 between the City of Fairfax and Centreville that’s not six lanes, so this work would eliminate the last remaining bottleneck on Route 29.

Cost estimate: $32.7 million; approved: $25 million.

❖ Stone Road Overpass over I-66 from Route 29 to Route 28:

This project provides an alternative to Route 28 that goes from Centreville to the Westfields Corporate Center. It received partial funding for an alignment study, environmental analysis and preliminary engi...
Schools Prepare for Students’ Arrival in September

School will be starting next week and our teachers, principals and school staff are busy preparing for the students return. As the Sully District representative on the School Board I have highlights from some of the Region 5 schools serving Sully district students.

Westfield High School is excited to bring back We-STEP a senior internship program for eligible seniors. More than 40 seniors took advantage of this unique opportunity in its debut at Westfield last year and the feedback from students, staff, parents and internship hosts was very positive. Seniors who qualify for We-STEP have met grade, discipline, and attendance standards to utilize the two weeks leading up to end-of-year senior activities to participate in real-life work experiences off campus. They hope to double the number of participants this year.

On Aug. 28, the Cub Run Elementary staff will meet students by dropping by each student’s home for a brief “door visit” to welcome each family to the new school year. The purpose of the Welcome Walk is to further strengthen school, home and community relationships as well as support Responsive Classroom practices.

Virginia Run Elementary will also be hosting a Welcome Walk on Aug. 28. Students will meet their teachers for the new school year when the teacher drops by their house for a brief door visit.

Deer Park Elementary is excited to celebrate its 20th year and added a beautiful new mural to the school library.

The Chantilly High School pyramid will have its Fourth Annual Chantilly Pyramid College Day on Friday, April 24, 2015. College Day supports the pyramid-wide initiative to work collaboratively on the topic of college and career readiness in grades K-12. Survey data indicates that the Chantilly Pyramid continues to have a strong college-going culture that is apparent at every level.

Fairfax County Public Schools was named a Center of Excellence for its emphasis on cyber security and development of the workforce of tomorrow. Chantilly High School’s Governor’s STEM Academy offers a robust program in information technology which includes a total of 28 dual enrolled credits in Cisco, Network Administration, and Oracle as well as Computer Systems Technology (A+). The academy has a 25-year partnership with Northrup Grumman.

The Rocky Run Middle School PTA is hosting a Back-to-School Fair for seventh (Aug. 26) and eighth (Aug. 27) grade students. The fair is a fun way for students and families to accomplish tasks related to the beginning of school and to explore Rocky Run before the first day of school.

Brookfield Elementary is opening its second FECEP/Head Start class this school year. The staff believes in developing literacy and school readiness skills while strengthening partnerships with families and the community.

Greenbriar West Elementary will continue to provide strong differentiated instruction to each of their students. Last year the school earned the prestigious Governor’s Award for Academic Excellence for the fourth consecutive year. They also designed an effective outdoor science learning classroom space in the courtyard. The school will continue to expand the use of technology as an integral aspect of instructional practice.

Poplar Tree Elementary is starting a Local Level IV Advanced Academic program in grade 3 this year.

The school has many exciting events planned for the students, such as fourth grade Colonial Days and the fifth grade Medieval Fair.

Franklin Middle School looks forward to cultivating its community with 21st century learning for the 2014-2015 school year, with BYOD (Bring Your Own Device) practices and a celebrated local Level IV Advanced Academics Program, as it builds the students’ skills as communicators and collaborators.

Oak Hill Elementary will further integrate its Teaching Garden with all grade levels through the use of project-based learning utilizing FCPS Get2Green resources.

I urge you to get involved with your child’s school and to sign up for Keep in Touch messages from the school board so that you will be aware of issues that the board will be voting on. I can be reached at klsmith1@fcps.edu.
Welcome to Fairfax County

By Sharon Bulova/Chairman 
Fairfax County Board of Supervisors

Welcome to Fairfax County, the best place in the country to live, work and play. Fairfax County is home to a fantastic public school system, top tier business and shopping opportunities, compassionate human services, and some of the best parks and open spaces in the D.C. Metropolitan region. This summer featured the long-awaited opening of the WMATA Silver Line, which connects the Reston and the Tysons areas of the county to the entire Metrorail system.

Last June, I cut the ribbon to open a new segment of our Fairfax County Cross Country Trail, named after former Chairman (now Congressman) Gerry Connolly. It was his vision, while serving on our board, to build and connect trail sections to make it possible for someone to hike through all nine county magisterial districts. The northern end of the trail begins in Great Falls National Park at the breathtaking Potomac River and travels south to the historic Occoquan River.

The trail passes through stream valleys and meadows, then winds through fascinating Laurel Hill, site of the former Lorton Prison. In addition to parkland and a golf course, these grounds are now home to the Workhouse Arts Center where visitors can watch artists in action and enjoy plays, performances and community events such as Springfest every April.

Fairfax County has something for everyone. Northern Virginia Community College offers more than 160 degrees at the associate’s level and numerous certificate programs. Its partnership with George Mason University provides families and students with a seamless, cost-effective path to a four-year degree.

George Mason University, recently named one of the top five “Up-and-Coming Universities” by U.S. News and World Report, is also recognized as one of America’s Best College Buys by Forbes magazine. Under the presidency of Dr. Angela Cabrera, Mason is fast taking its place as a university for the world.

Fairfax County is known for its business-friendly climate that fosters the success stories of our time. Over 32,000 businesses, and top companies that are Asian-, woman- and veteran-owned, are Asian-, woman- and veteran-owned.

Today Fairfax County is the second-largest suburban office market in the United States. Almost no matter where you live, you can see how the county continues to evolve as a business location. The first phase of Metro’s Silver Line rail service further enhances the attractiveness of Tysons Corner and Reston, while the second phase will link Herndon and Washington Dulles International Airport to the rest of the Washington region in 2018.

See Welcome, Page 7

Fairfax County’s Success Story

By Gerald L. Gordon, Ph.D.

If you are a newcomer to Fairfax County, allow me to welcome you to one of the most dynamic communities anywhere in the world to live and work. It was the vision of many people to create this kind of community, so please allow me to offer a quick history lesson.

The Capital Beltway was completed in 1964. The same year the iconic highway opened, the Virginia General Assembly passed a law that created what is now called the Fairfax County Economic Development Authority. In the last 50 years, creation and growth of a diversified business community and local economy transformed a sleepy bedroom community in the shadow of the nation’s capital into what Time magazine has called “one of the great economic success stories of our time.”

How much of a success story? Fairfax County was home to no Fortune 500 companies in 1964, and today 10 of those businesses are based here. That’s more than 30 states. Today more than 400 foreign-owned businesses have a presence here, as do four companies on Black Enterprise magazine’s list of the 100 largest African American-owned companies, three companies on HispanicBusiness.com’s list of the 100 largest Hispanic-owned companies, and top companies that are Asian-, woman- and veteran-owned.

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See Fairfax, Page 7
Road Changes Are on the Horizon

From Page 3

In addition, the downhill curve on north-south Walney will be smoothed out significantly to make it descend gradually. The road will also be raised 10 feet higher in the area where it currently dips down as drivers leave the bridge, for better sight distance.

Utility relocation should begin in September or October, with construction slated to start in January 2015, in hopes of a December 2015 completion. Because of the work, the bridge will be closed from May 1, 2015 to Aug. 30, 2015. Estimated cost is $15.5 million.

❖ Route 50 Widening West of Chantilly: Construction began in fall 2011 to widen 3.7 miles of Route 50 from four to six lanes between Poland Road in Loudoun County and Route 28 in Chantilly.

Currently, Route 50 narrows from six lanes to four just west of Route 28 in Chantilly. But increased development and congestion in Loudoun County creates backups during much of the day on the existing four-lane segment, especially during morning and evening rush hours.

When completed, traffic-clogged Route 50 will have three lanes in each direction, improved turn lanes and traffic signals, curb and gutter on the outside lanes, crosswalks and pedestrian signals, widened and upgraded bridges, and pathways on both sides of the road. The road will also be more level and provide wider buffers between travel lanes and roadside hazards.

This $100 million improvement project should have three lanes open in both directions by May 2015. All the construction work, including permanent traffic signals, should be finished in November 2015.

❖ Stringfellow Road: The part of Stringfellow between I-66 and Route 29 was four-laned in the 1990s by Fairfax County’s Department of Transportation. Now, the section from I-66/Fair Lakes Boulevard to Route 50 will also go from two to four lanes, providing a faster conduit between Route 50 in Chantilly and Route 29 in Clifton/Centreville. Planned are four travel lanes — two, 12 feet wide, and two, 14 feet wide; a 10-foot multipurpose trail, a 6-foot sidewalk and a raised, 16-foot, grass median. And bicyclists will not only share the trail with pedestrians, but also pedal side-by-side with cars, trucks and buses on each outer, 14-foot lane. Utility relocation has already been done and construction is now under way; it’s expected to be done in mid-summer 2015. Estimated cost is $63 million.

❖ Stringfellow Road Park and Ride Expansion: Adjacent to I-66, the existing park-and-ride lot on Stringfellow Road has 378 parking spaces. A 2007 bond referendum funded an additional 300 spaces, plus a bus-transfer facility with a climate-controlled waiting room, benches, restrooms, drinking fountain and bike racks.

The costs are $4 million for the parking expansion and $1.5 million for the bus-transfer building, and they’ve been combined into one project. The goal is to enhance bus ridership and promote carpooling and, ultimately, the use of Metrorail when it’s some day extended to this area. The county’s Department of Transportation will construct and maintain the building, and VDOT — which owns the land — will maintain the parking spaces. Cars will enter and exit the lot from the Stringfellow/Fair Lakes Boulevard intersection, and the existing entrance on Stringfellow will be for buses only. Construction begins this summer and should be completed in spring 2015.

❖ Route 29 Bridge Replacement: VDOT is currently replacing the Route 29 bridge over the Little Rocky Run stream in Centreville. Besides improving the bridge, itself, the project will also result in a new sidewalk and shared-use path. The new bridge will go from .2 miles east of Pickwick Road to Union Mill Road and will be just under a half-mile long.

It will be built six lanes wide to accommodate future traffic, but will initially be striped for four lanes. A 16-foot-wide, raised, grass, median strip will separate north- and southbound lanes. Each outer lane will be 15 feet wide, with the outermost three feet earmarked for bicycle riders. On the bridge’s south side, a path will connect to existing trails. The north side will have a 5-foot-wide sidewalk connecting to the Faircrest community and existing sidewalks. Estimated cost is $16.3 million and anticipated completion is October 2015.

❖ Lee Road Widening/Culvert: The box culvert there will be extended, and Lee Road will be widened over Schneider Branch. Construction began in March and should be finished in May 2015. Estimated cost is $4.2 million.

❖ Roundabout at the Braddock/Pleasant Valley roads intersection: In June, the Commonwealth Transportation Board greenlighted a VDOT-supported plan to build a controversial roundabout to improve traffic flow at the Braddock/Pleasant Valley roads intersection by Cox Farms in Centreville.

Although Loudoun County commuters are thrilled, many local residents are opposed to it. They say the steady stream of basically unimpeded Loudoun drivers flooding Braddock and Pleasant Valley roads will prevent them from leaving their neighborhoods.

They’re also worried about safety and the environment. Just east of Braddock Road is the notorious S-curve, so improving that intersection could cause dangerous backups there, instead. In addition, three land quadrants surrounding the intersection contain sensitive parkland. Current estimated project cost is nearly $6 million.

From Page 3

Stringfellow Park and Ride Expansion:

VDOT’s diagram of the proposed roundabout at Braddock and Pleasant Valley roads in Centreville.
Welcome to Fairfax County

Fairfax County’s Success Story

Southeastern Fairfax County (Springfield, Lorton and the Richmond Highway corridor) are becoming important office centers thanks to growth at Fort Belvoir. The Mosaic District in Merrifield is a popular destination, and the Springfield Town Center opening this fall promises to be a magnet for that area.

As I suggested earlier, this evolution of Fairfax County has been no accident. It has been a strategy driven by a consistent vision: A strong and consistent economic development program that attracts companies and helps them stay and grow here creates job opportunities, builds a strong commercial tax base that holds down residential taxes, and allows the Board of Supervisors to provide high-quality public services that enhance the quality of life here.

Yes, Fairfax County has changed tremendously since 1964. But, even with all the progress that has happened, we believe even better times lay ahead.

Gerald L. Gordon, Ph.D., is president and CEO of the Fairfax County Economic Development Authority.
National Parks

Great Falls National Park
9200 Old Dominion Drive, McLean
www.nps.gov/wotr/
Great Falls Park is open daily from 7 a.m. until dark. The Visitor Center and bookstores are open from 10 a.m. until 5 p.m. daily, spring through fall seasons. Picnic, hike along the Potomac River. Swimming and wading in the Potomac are prohibited.

Hemlock Overlook Regional Park
1551 Trap Road, Vienna
www.dcr.virginia.gov/state_parks/
This 95-acre complex of large ornamental gardens is open year round and include walking trails, lakes, more than 20 varieties of cherry trees, irises, peonies, an extensive shade garden, native wildflowers, gazebos, birds, butterflies, seasonal blooms and foliage. The Antinous indoor tropical garden setting is a popular meeting, reception, wedding and workshop location. Interpretive displays accompany a restored 18th-century cabin. A picnic area beside the Gardens is available to visitors. Meadowlark presents gardening and horticulture workshops, tours, field trips, concerts and volunteer programs.

Pohick Bay Regional Park
7315 Ox Road, Fairfax Station
www.nvrpa.org/park/pohick_bay/
The only national park dedicated to preserving the performing arts. From May through September, multiple amphitheaters in the park present musicals, dance, opera, jazz, and popular and country music. Explore the park without the crowds from October - April. The Barns at Wolf Trap offer indoor entertainment through the winter months.

State Parks

Mason Neck State Park
7301 High Point Rd, Lorton
www.dcr.virginia.gov/state_parks/mas.shtml/
The park’s visitor center was expanded in 2010 to include a new exhibit room, gift shop and meeting room. There are several exhibits in the center, and with a view of Belmont Bay. Visitor center staff can answer questions and provide information on park trails, facilities and local points of interest. Pond study, bird watching, canoe trips, nature walks and talks, and GPS adventures are just a few of the exciting programs offered by park rangers.

Regional Parks

Bull Run Marina Regional Park
7700 Bull Run Drive, Centreville
www.nvrpa.org/park/bull_run/
Main park open all year for picnicking, hiking and family camping. Bull Run Public Shooting Center open all year. Group Camping open daily Jan. 7 through Nov. 11. Mini and disc golf open April through October. Hours vary.

Atlantis Waterpark
(at Bull Run Marina Regional Park)
7700 Bull Run Drive, Centreville
www.atlantisbullrun.com/703-631-0552
Atlantis Waterpark features pools, a giant dumping bucket, water slides, and fun-filled activities for all ages. Atlantis is open from Memorial Day weekend through Labor Day, and is a member of the Northern Virginia Regional Park Authority Family of Waterparks. Atlantis also features picnic pavilions, a deck great for sunning and playing, as well as plenty of shade. Neptune Reef snack bar sells food, beverages and sweets.

Belmont Bay provides a beautiful backdrop as Scott McAllan jogs beside his daughter Lucy, while she gains confidence riding without training wheels at Mason Neck State Park.
Pohick Bay offers canoes, kayaks, paddle boats and jon boats for rent on the weekends, as well as family and group camping, biking, picnic areas and a large play area for children. For those interested in swimming, the park offers one of the largest, outdoor freeform pools on the east coast. Pohick Bay Regional Park, located on Mason Neck Peninsula is an ecologically fragile land that shelters an abundance of wildlife, including the bald eagle. Nature lovers can expect to see blue birds, osprey, heron, deer, beavers and rare sightings of river otters.

Pirates Cove Waterpark
(at Pohick Bay Regional Park)
6501 Pohick Bay Drive, Lorton
www.piratescovepohick.com
703-339-6102

Pirates Cove Waterpark is located at Pohick Bay Regional Park. Visitors can cool off under the 300-gallon dumping bucket, fire the water cannons and splash down the waterslide or search for buried treasure at Buccaneer Beach sand play area. Pirates Cove also features picnic pavilions, a deck for sunning and playing, as well as plenty of shade. Captain’s Galleys snack bar features food, beverages and sweets. Pirates Cove is open from Memorial Day weekend through Labor Day.

Pohick Bay Golf Course
10301 Gunston Road, Lorton
www.nvrpa.org/park/pohick_bay_golf_course
703-339-8585

This scenic golf course is located on the Mason Neck Peninsula in Lorton. Pohick Bay’s practice facility features a driving range with practice putting and chipping greens, as well as lessons from PGA pros. A full-service pro shop features an array of name brand golf clubs, equipment and apparel. Other services include club making, custom club fitting, regripping, reshafting and tournament coordinating.

Sandy Run Regional Park
10450 Van Thompson Road, Fairfax Station
www.nvrpa.org/park/sandy_run/
703-690-4392

The park is open to the public for the purpose of education, training, practice, and racing for competitive and recreational sculling and rowing. Only shells and other boats authorized by the Northern Virginia Regional Park Authority may be launched from the docks or shoreline of Sandy Run. Sandy Run offers a facility for team training and competition for Olympic, college, high school and club canoe, kayak and crew athletes.

The Meredith family came to the Mason Neck Peninsula, from Arlington, to do some exploring and wildlife spotting.

A stunning spot to fish, found in the middle of Great Falls National Park.

Major Fairfax County Parks

Burke Lake Park & Golf Course
7315 Ox Road, Fairfax Station
volleyball, driving range, 18 hole, par 3, minigolf, trails, playground, campgrounds, fishing
883.4 acres, multiple resource park

Clemmyjonzi Park
6317 Georgetown Pike, McLean
fitness, picnic areas and playgrounds
18.6 acres, special purpose park

Ellanor C. Lawrence Park
5040 Walney Road, Chantilly
baseball, soccer/football (unlit), basketball (unlit), community center, nature center, amphitheater, trails
650 acres, multiple resource park

Frying Pan Farm Park
2737 West Ox Road, Herndon
historic structure, biking/equestrian/hiking trails, open areas, playground
135.5 acres, multiple resource park

Green Spring Gardens
4603 Green Spring Road, Alexandria
Community Center, historic structure, biking/hiking trails, open areas, gardens
80.9 acres, special purpose park

Hidden Pond Park
8511 Greeley Boulevard, Springfield
tennis (lit), nature center, amphitheater, biking/hiking/nature trails, playground, fishing
25.6 acres, community park

Huntley Meadows Park
3701 Lockheed Boulevard, Alexandria
nature center, historic structure, biking/hiking/nature trails, observation tower, boardwalk
1444.8 acres, natural resource park

Lake Accotink Park
7700 Accotink Park Road, Springfield
basketball, volleyball, minigolf, trails, picnic
448.1 acres, multiple resource park

Lake Fairfax Park
1400 Lake Fairfax Drive, Reston
softball (lit), soccer/football (unlit), amphitheater, carousel, campgrounds, tour boat, picnic shelters
479 acres, multiple resource park

Lee District Park
6601 Telegraph Road, Franconia
softball, soccer/football, tennis, basketball, volleyball, trails, treehouse, sprayground, accessible playground
138 acres, district park

Mason District Park
6621 Columbia Pike, Annandale
softball (lit), soccer/football (unlit/lit), basketball (lit), tennis (lit), shuffleboard, dog park, amphitheater, biking/hiking/fitness
121.2 acres, district park

Nottoway Park
9537 Courthouse Road, Vienna
baseball (lit), soccer/football (unlit/lit), basketball (lit), tennis (lit), trails, picnic
90.9 acres, district park

Riverbend Park
8700 Potomac Hill Street, Great Falls
nature center, historic structure, biking/equestrian/hiking trails, picnic areas, craftroom
411.2 acres, multiple resource park

Scotts Run Nature Preserve
7400 Grovetowner Pike, McLean
historic structure, historic/hiking/nature trails, fishing
384.3 acres, natural resource park

South Run District
7550 Reservation Drive, Springfield
basketball, soccer/football, basketball, tennis, rec center, equestrian, playground, swimming
196 acres, district park

Wakefield Park & REC Center
8100 Braddock Road, Annandale
softball, soccer/football, basketball, tennis, rec center, biking, fitness trail, skate park
292.6 acres, multiple resource park

The Workhouse Arts Center consists of seven studio buildings, the main galleries and the recently opened Youth Arts Center. Visitors are encouraged to interact with artists. In addition to visual arts, the Workhouse Arts Center is home to performing arts, including theater, film, music, and dance performances. The education department supports both the visual and performing arts, offering classes and workshops in a variety of disciplines. Future plans for the Workhouse include an event center, amphitheater, Workhouse Theatre, restaurants, apartments, music barn and garden/horticultural area. Other buildings on site, yet to be renovated, may provide for other activities such as a Visitors center, a blacksmith shop, theatre scene shops and rehearsal space.
### Parks

#### A Guide to Fairfax County Parks in the Centreville, Chantilly & Clifton areas

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Chalet Woods is a popular neighborhood park with a lot to offer, including swings, a hiking trail and a basketball court.

The Brewczaks came to their local park for a family game of basketball.

Chalet Woods is a popular neighborhood park with a lot to offer, including swings, a hiking trail and a basketball court.

Anthony tries out the slide at his neighborhood park.

Photos by Renée Ruggles
Welcome to the 2014-15 school year. The start of a new school year is always an exciting time for students, parents, and educators. Our dedicated staff has been working hard to prepare for another school year that builds on our tradition of excellence at Fairfax County Public Schools (FCPS). Fairfax is a community that embraces its newest residents and the cultural diversity that makes our county such a desirable place to be. For many families and businesses, the decision to relocate to a new area is often dependent on the quality of the local public schools. FCPS has a well-deserved national reputation for excellence.

As we enter a new school year, we are projecting an enrollment of 186,785 making FCPS the nation’s 10th largest school district. Fairfax County high schools are among the most academically rigorous in the U.S. and are cited every year as among the top high schools in the country. Our classrooms are led by teachers who inspire, motivate, and prepare students with the knowledge and skills they will need for the future.

Our dedicated teachers promote the success of every student and create a caring learning environment where every student is valued and recognized as an active learner.
August 2014

Friday/August 29
Daisy Days 1, 2 or 3 p.m. at Sully Historic Site, 3650 Sully Historic Site Way, Chantilly. Make cream and butter the old fashioned way at the Historic Dairy Exhibit. $5 for county, $7 for out of county. Visit www.fairfax.gov/parks/sully.

September 2014

Experience Peru. Through Thursday, Sept. 18, at 7:30 Fair Oaks Mall, Fairfax. If Machu Picchu, one of the New Seven Wonders of the World, is on your must see list, take a guided tour to Fair Oaks Mall for an interactive glimpse of Peru. The centerpiece of the interactive exhibit will feature a 20 x 20 foot exhibit of famed Machu Picchu. Photograph and enjoy. Free, open to the public during Fair Oaks business hours. Visit shopfairoaks.com.

Monday/Sunday, Sept. 1-7

Monday/Sunday, Sept. 1
Herndon Labor Day Festival. 12-6 p.m. Herndon Town Green, 777 Lynn Street, Herndon. Downtown Herndon celebrates Labor Day with an annual festival — great music, a craft show, food, wineries, micro-brews and culinary demonstrations will all be there. Visit www.herndon-va.gov.

Saturday/Sunday, Sept. 6-7
Thursday/Sept. 11-18
16th Annual Fall for the Book Festival. George Mason University, 4400 University Drive, Fairfax. A week-long, multiple-venue, regional festival that brings together people of all ages and interests. Visit www.fallforthebook.org.

Saturday/Sunday, Sept. 13
Lorton’s Fall Festival. 11 a.m. Lorton Station Town Center, 8998 Lorton Station Blvd., Lorton. Enjoy a magic booth, pumpkin painting, photo booth, games, prizes and more. Visit www.lortonstationtowncenter.com/CALENDAR-calendarevents.html for more.

18th Annual CCE Irish Folk Festival. Noon-8 p.m. Sherwood Community Center, 3740 Old Lee Highway, Fairfax and The Auld Sheeben Irish Pub, 3977 Chain Bridge Road, Fairfax. All are invited to enjoy, free of charge, the beauty and depth of Irish music, dance, language and sport. Visit www.fairfaxva.gov/about-us/special-events/fairfax-irish-folk-festival.

Saturday/Sunday, Sept. 20
5K/10K Dolles Day on the Runway. 7:30 a.m. 14390 Air and Space Museum Parkway, Chantilly. The full length of the runway will be closed off for runners to experience a flat, fast and scenic 5K road race and many more. $12 per person. Visit www.5k10krun.com.

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Monday/Saturday, Sept. 27

Dulles Plane Pull. 10:30 a.m. - 4 p.m. Dulles International Airport. Teams of 25 are pulled against one another to see who can pull a 164,000+ pound Airbus 12 feet the fastest in Special Olympics Virginia’s ‘heaviest’ fundraiser. Visit www.planepull.com.

Paint Herndon Celebrate the Arts. 9 a.m. - 3:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The annual Paint Herndon event is a celebration of the arts and the anniversary of the opening of ArtSpace Herndon, complete with a painting competition. Visit www.artspaceherndon.com/paint-herndon.

Sunday/Saturday, Sept. 21
Herndon Kids Triathlon. 7:30 a.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. This kids triathlon gives youngsters an opportunity to compete in one of the fastest growing sports in the United States. The event is designed for any youth, regardless of indicators of athletic ability or prior triathlon experience. Visit www.herdonaugusta.gov.

Sunday/Saturday, Sept. 28
NatureFest. 1-5 p.m. Runnymede Park, 195 Herndon Parkway, Herndon. Explore various nature stations throughout the park including butterflies, bees, life in the meadow, web of life and much more with live animal shows throughout the day. Visit www.herdonaugusta.gov.

October 2014

Sunday/Sept. 5
19th Annual Paws for a Cause 3K Walk, 10 a.m-2 p.m. Pre-Supermarket, 11,021 Lee Highway, Fairfax. Fees for a cause benefits Fairfax Pets on Wheels, Inc., an all volunteer organization dedicated to providing pet visitation to residents of nursing homes and hospitals since 1987. Visit www.fpw.org/event/855795.

Saturday/Oct. 11
Fall Festival in Old Town Historic Fairfax. 10,209 Main Street, Fairfax. What started out as a small market for artisans has grown to a festival with over 400 arts, crafts and food vendors, children’s activities and entertainment for all ages. Visit www.fairfaxva.gov/about-us/special-events/fall-festival.

Centreville Day. 10 a.m. - 5 p.m. Historic Centreville Park in the Centreville Historic District, 5714 Mt. Gleichen Road, Food, crafters and other vendors, parade, entertainment and more. Visit www.centrevilleday.org.

Friday/Sunday, Oct. 17-19
19th Annual Craftsman’s Fall Classic Art & Craft Festival. 10 a.m. - 5 p.m. Exhibit, 4320 Chantilly Shopping Center, Chantilly. Features original designs and work from hundreds of talented artists and craftsmen from across America. Visit www.craftsmenclassicschantilly.com.

Saturday/Oct. 18
Historic Hallowes Eves. 4 p.m. Sully Historic Site, 3650 Sully Highway, Chantilly. Experience the traditions of Virginians in the 18th and 19th centuries by celebrating All Hallowes Eve with storytelling, fortune telling, fall foods and family gatherings. Visit www.fairfaxcounty.gov/parks/sully/historic-site.

Friday/Oct. 24
Spooktacular. 6:30-8:30 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Enjoy ghoul games, a spooky craft and a children’s show. Visit www.herdonaugusta.gov.

Saturday/Oct. 25
Clifton Haunted Trail. 7-10 p.m. 195 Clifton Parkway, Clifton. Experience the annual Halloween event that winds through Clifton’s 8 acre Park. Visit cliftonhauntdtrail.com.

Air and Space. 2-7 p.m. Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. See the world’s largest collection of military and space artifacts. Visit www.nationalairandspacemuseum.org.

February 2015

Tuesday/Feb. 3
Community Tax Assistance Day. Fairfax SkillSource Center, 7611 Little River Turnpike, Suite 300 West, Annandale. The IRS Volunteer Income Tax Assistance (VITA) program offers free assistance with 2015 Federal and state tax returns for households with a total income of $52,000 or less. Visit www.volunteerfairfax.org/individuals/vita.php.

March 2015

Chantilly Egg Hunt. 26469 Ticonderoga Road, Chantilly. Join the Easter Bunny and search for candy and toy-filled eggs. Visit www.ticonderogaroad.com/about.

Thursday/Wednesday, Nov. 19 - Sunday/Jan. 4
The Robinson Marketplace. Herndon. The annual Paint Herndon event is a celebration of the arts and the anniversary of the opening of ArtSpace Herndon, complete with a painting competition. Visit www.artspaceherndon.com/paint-herndon.

November 2014

Saturday/Nov. 1
The Runnymede Marketplace. 10 a.m.-4 p.m. 3050 Sideburn Road, Fairfax. Shop at over 80 vendors at the holiday market for art and silent auction sponsored by the Robinson Secondary School PTSA. Visit www.robinsonptsa.org.

Wednesday/Nov. 19 - Sunday/Jan. 4

April 2015

Late April - Mid-May
Destination Fairfax: Annual Spotlight on the Arts Festival. Dedicated to showcasing the very best of the visual and performing arts in the City of Fairfax. Visit www.visitfairfax.com/2014/the-city-of-fairfax-spotlight-on-the-arts/.

Third Saturday in April
Herndon Easter Egg Hunt. Frying Pan Farm Park, 2797 West Ox Road, Herndon. Join the Easter Bunny and his helpers for an eggrasptacular event—including games, craft projects and egg hunts. Visit www.herdonaugusta.gov.

May 2015

Thursday/Sunday, May 28-31
Herndon Festival. 10 a.m. - 6 p.m. Herndon Station Blvd., Lorton. Celebrates Labor Day with an annual festival — great music, a craft show, food, wineries, micro-brews and culinary demonstrations will all be there. Visit www.herdonaugusta.gov.

June 2015

Friday/Sunday, June 5-7

Fourth Saturday in June
Clifton Wine Festival. 7150 Main St., Clifton. Virginia’s vineyards and wineries come together for a day of wine, food, arts and crafts. Visit www.cliftonwine.com.

July 2015

Saturday/July 4

August 2015


First Weekend in August
County 4-H and Flying Pan Park 5K/10K. Flying Pan Farm Park, 2797 West Ox Road, Herndon. A 5K and 10K in honor of fireman backgrounds and carnival rides. Visit www.flyingpanpark/4k-10k-run-virm.

A Sampling of Annual Community Events.
Working closely with our school board, parents, teachers, and community stakeholders, we have made a number of positive and exciting changes for our system during my first year as superintendent.

We developed the FCPS Portrait of a Graduate that will serve as a foundation on which to build a long-range strategic plan for the school system and will lessen the focus on standardized, high-stakes testing and place greater emphasis on engaged students, project-based learning, and authentic assessments of student learning. The Portrait of a Graduate will ensure that our students are collaborators, communicators, creative and critical thinkers, global citizens, and goal-directed and resilient individuals when they leave FCPS.

Other significant changes that we have made include:

❖ The launch of full-day Mondays for all elementary students. The change will increase instructional time for students and dedicated planning time for teachers. The change to full day Mondays received overwhelming support in our community and will benefit students, teachers, and our families.
❖ A new standard school calendar that eliminates the need to make up inclement weather days at the end of the school year if fewer than 13 days are missed while providing two full weeks for winter break.
❖ The new Bailey’s Upper Elementary School for the Arts and Sciences. A first of its kind for Fairfax County, this new school is being converted from a five-story office building at 6245 Leesburg Pike to provide enrollment relief for the overcrowded Bailey’s Elementary School for the Arts and Sciences. The new campus will house grades 3-5, while the existing campus will house preschool to grade 2.
❖ A new CrisisLink text messaging tool for students and parents needing mental health support and resources. Crisis line staff respond to the text messages 24 hours a day. The text number is 703-997-5444.

The future remains very bright for FCPS families, students, and employees. I look forward to welcoming your children to our schools on Sept. 2 and making this year an exciting and rewarding year for all of our students.

Fairfax County high schools are among the most academically rigorous in the U.S.
Sports

Getting To Know … Centreville Sports

Football team won 6A state title, finished undefeated.

School: Centreville High School.
Mascot: Wildcats.
School Colors: Columbia blue, black and silver.
Athletic Director: Jimmy Sanabria, 703-761-7228.
Football Coach: Chris Haddock (fifth year).
The Wildcats went 15-0, including a 35-6 victory over Oscar Smith in the 6A state championship game. After the win, USA TODAY ranked Centreville No. 15 in the nation.
Field Hockey Coach: Demby Banbury.

Boys’ Basketball Coach: Patrick Hally.
Girls’ Basketball Coach: Tom Watson.
Baseball Coach: Scott Findley.
Rival Schools: Chantilly, Westfield.
What Happened Last Year:
The girls’ basketball team went 22-5, finished Conference 5 runner-up and reached the region semifinals. Then-junior wrestler Tyler Love won the 195-pound state title. The girls’ soccer team finished state runner-up.

Quotable: “It’s certainly the best team that I’ve ever been around in 21 years of coaching high school football. … We actually talked to our kids a lot about our place in history and setting a higher standard and that’s something that the kids wanted to do. They wanted to make history. I don’t know where you place us in the all-time teams, but we’re certainly one of the best in Northern Virginia and we’re definitely the best at Centreville.” — Football coach Chris Haddock after winning beating Oscar Smith in the state final.

... Chantilly Sports

Boys’ cross country team repeated as state champion.

School: Chantilly High School.
Mascot: Chargers.
School Colors: Purple and white.
Athletic Director: Corey Bowerman, 703-222-8160.
Football Coach: Michael Lalli (10th year).
The Chargers lost their final three games of the 2013 season by a combined six points and finished with a 5-5 record.
Cross Country Coach: Matt Gilchrist.
Volleyball Coach: Charles Ezigbo.
Boys’ Basketball Coach: Jim Smith.
Girls’ Basketball Coach: Kurt Sporkmann.
Baseball Coach: Kevin Ford.

Boys’ Lacrosse Coach: Kevin Broderick.
Girls’ Soccer Coach: Melissa Bibbee.
Rival School: Centreville.
What Happened Last Year:
The boys’ cross country team repeated as state champion. The golf team won the 6A state title. The baseball team won the 6A North region championship and finished state runner-up. The boys’ lacrosse team reached the region semifinals.

Quotable: “It was a lot different from last year, because going in to the 2012 race, we knew that we would win, as long as we didn’t implode. This year, winning by only two points, and with only four points separating first from fourth, it was almost a feeling of disbelief that we actually pulled it off.” — Cross country coach Matt Gilchrist, whose boys’ team repeated as state champion.

... Westfield Sports

Field hockey and girls’ lacrosse teams won 6A state championships.

School: Westfield High School.
Mascot: Bulldogs.
School Colors: Black, gold and white.
Athletic Director: Terri Towle, 703-488-6400.
Football Coach: Kyle Simmons (fourth year). The Bulldogs went 11-3 in 2013 and finished region runner-up for the third consecutive season.
Field Hockey Coach: Starr Karl.
Volleyball Coach: Jim Bort.
Boys’ Basketball Coach: Doug Ewell.
Girls’ Basketball Coach: Maggie Endler.
Wrestling Coach: Chuck Hoskins.
Girls’ Lacrosse coach: Katie Ruch.
Rival Schools: Centreville, Chantilly.
What Happened Last Year: The field hockey team won the 6A state championship. Gymnast Katie Freix placed third at states in the all-around. The girls’ lacrosse team won the state title. Wrestler Justin Yorkdale won the 126-pound championship.

Quotable: “When the whistle blew and the game was over it was a sense of pride for a group of young ladies that started off the season fragmented and little by little as the season progressed bought into ‘TEAM.’” — Field hockey coach Starr Karl.
Serving Older Adults

Serving older adults, age 50 and better, the Shepherd’s Center of Fairfax Burke provides services and programs to promote healthy independent living. More than 1,000 free rides to medical appointments and shopping were provided this past year by Shepherd’s Center volunteers to older adults who no longer drive, and live in the Burke and central Fairfax area. Programs, such as the Shepherd’s Center’s bi-monthly Lunch N’ Life, provide a meal, speakers, and social networking. The next Lunch N’ Life is Sept. 18, from noon to 2 p.m. and will feature weatherman Brian van de Graaff from ABC’s channel 7. The luncheon will be held at the Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. All are welcome to attend the luncheon; cost is $10. Make a reservation by calling 703-620-0161 by Sept. 12. www.scbvs.org.

Friends of Guest House

Offers structure, supervision, support and assistance to female ex-offenders who sincerely want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia, and receives countless inquiries every year. http://friendsofguesthouse.org/.

Nonprofits

Friends of Historic Centreville
A recently formed 501(c)3 non-profit dedicated to historic preservation and educating the public about the history and historic resources of western Fairfax. The Friends are particularly interested in working with the Fairfax County Park Authority to make the new Historic Centreville Park a success. http://centreville.patch.com/listings/friends-of-historic-centreville

National Capital Food Bank
A group of food banks serving all of Northern Virginia seek monetary donations and general volunteers. 703-541-3063 or www.capitalareafoodbank.org.

Boys and Girls Clubs of Greater Washington Fairfax Area
Aims to help youth become confident, civic-minded, responsible adults through programs focused on education, career development, health and life skills, leadership, the arts, sports and recreation, and mentoring. http://www.bgchw.org/ Fairfax.

Northern Virginia Family Services
Offers employment and job training, health care, housing, mental health, foster care and home visitations to new parents. 703-385-3267 or www.nvfs.org.

Special Connections Calendar

Advertising Deadlines are the previous Thursday unless noted.

SEPTEMBER
HomeLifeStyle .................................................................9/10/14
A+ Camps & Schools .................................................9/17/14
Fall Fun & Arts Preview ..............................................9/24/14

OCTOBER
Wellbeing ...........................................................................10/1/14
HomeLifeStyle Pullout Deadline is 9/25/14 ......................10/8/14
A+ Camps & Schools ....................................................10/15/14
Election Preview I .........................................................10/22/14
Election Preview II .........................................................10/29/14

NOVEMBER
Election Day is Tuesday, November 4.
Wellbeing ..........................................................................11/5/14
HomeLifeStyle ...............................................................11/12/14
Holiday Entertainment & Gift Guide I .........................11/19/14
A+ ................................................................................11/25/14
Thanksgiving is November 27.

DECEMBER
Wellbeing ...........................................................................12/3/14
HomeLifeStyle: Home for the Holidays .......................12/10/14
Hanukkah begins December 16.
Holiday Entertainment & Gift Guide II .......................12/16/14
A+ Camps & Schools ....................................................12/16/14
CHILDREN’S CONNECTION ......................................12/24/14

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The SOUTHWESTERN YOUTH ASSOCIATION (SYA) would like to

Welcome you to the Community!

Founded in 1973, a non-profit youth organization offering 15 different sports to the families of western Fairfax County, including Centreville and Clifton.

Baseball, including Tee Ball, Little League & Babe Ruth, Basketball, Cheerleading, Field Hockey, Football, Flag Football, Lacrosse, Rugby, Soccer, Softball, Track & Field, Volleyball, Wrestling

Ages 4–18 • Varies by sport

Come out and visit the SYA Sports Park located at 6626 Bull Run Post Office Road, Centreville. For more information on the Sports Park, visit the Sports Park page on our Website.

Visit our Website at: www.syasports.org
Call us at: 703-815-3362
E-mail us at: admin@syayouthsports.org

* Join the SYA family by becoming a volunteer