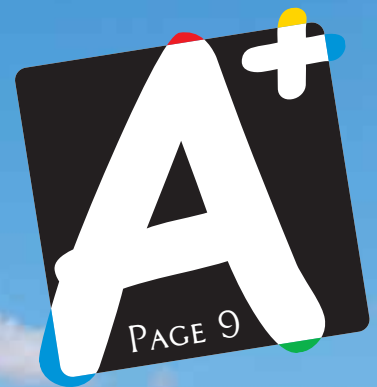


Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes



CALENDAR, PAGE 7 ♦ CLASSIFIEDS, PAGE 10 ♦ SPORTS, PAGE 12

PHOTO BY BONNIE HOBBS/THE CONNECTION

The SYA Lady Tigers players and coaches before last Saturday's girls softball opening-day parade.

Play Ball

SPORTS, PAGE 8

Seeking GOP Nomination

NEWS, PAGE 3

Moving for Academic Excellence

A+, PAGE 9

APRIL 15-21, 2015

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BULLETIN BOARD

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

THROUGH APRIL

Kindergarten Registration. Greenbriar West Elementary School, 13300 Poplar Tree Road, Fairfax, is now accepting information for next year's Kindergarten classes. Parents of students within Greenbriar West's boundaries, who will turn 5 years of age by Sept. 30, 2015, should call the school office at 703-633-6700.

THURSDAY/APRIL 16

Kindergarten Registration/Orientation. 2:30 p.m. at Greenbriar East Elementary School, 13006 Point Pleasant Drive, Fairfax. Contact the school office at 703-633-6400.

Kindergarten Orientation. 3 p.m. at Colin Powell Elementary School cafeteria, 13340 Leland Road, Centreville. Newly registered kindergarten students and parents are invited to attend orientation. Parents will receive an overview of the curriculum. Since this is a special time for new kindergarteners, other babysitting arrangements should be made for siblings. Call 571-522-6000 for more.

SATURDAY/APRIL 18

Gospel Music. 6 p.m. at Olive Baptist Church, 6600 Old Centreville Road, Centreville. The 8th Annual Erin Peterson Fund Gospel Celebration of Life this year will feature the Canton Spirituals with special guests, Patrick Lundy and the Ministers of Music. General seating is free. Visit www.eventbrite.com/e/the-erin-peterson-fund-gospel-celebration-of-life-concert-tickets-15530583393.

SATURDAY-SUNDAY/APRIL 18-19

Bonsai Society Spring Show. 9 a.m.-4 p.m. at Merrifield Garden Center, 12101 Lee Highway,

Fairfax. The Northern Virginia Bonsai Society will hold their spring show showcasing Bonsai trees. Free. Visit www.facebook.com/NorthernVirginiaBonsai.

MONDAY/APRIL 20

Member Meeting: Financial Fitness. 7 p.m. at the Cale Community Center, 4615 Stringfellow Road, Chantilly. GFWC Western Fairfax County Woman's Club will host Susan Shockey, who will present a program on financial planning. Free and open to the public. Visit www.wfcwc.org.

"The Space Between Grandchildren." 7-8:30 p.m. at St. John's Episcopal Church, 5649 Mount Gilead Road, Centreville. Attend a session covering the basics of seniors who live with their adult children and grandchildren. Free. RSVP with meglawless@cox.net.

THURSDAY/APRIL 23

"Sacred Search." 7-9:30 p.m. at Centreville Baptist Church, 15100 Lee Highway. "Scared Marriage" author Gary Thomas will host two sessions: "What if Being in Love Isn't a Good Enough Reason to Get Married" and "Eight Essential Traits." Tickets are \$10 before April 13, \$15 after. Visit www.cbca.org/sacredsearch.

FRIDAY-SATURDAY/APRIL 24-25

Sacred Marriage Conference. 6-9 p.m. on Friday, 8:15 a.m.- 2:30 p.m. on Saturday at Centreville Baptist Church, 15100 Lee Highway. "Scared Marriage" author Gary Thomas will provide information on having the "heart" for marriage. Tickets start at \$40. Visit www.cbca.org/sacredmarriage.

SATURDAY/APRIL 25

Vietnam War 50th Commemorative Event. 10:30 a.m.- 12:30 p.m. at Sully District Police community room, 4900 Stonecroft Blvd.,

SEE BULLETIN BOARD, PAGE 12

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Or to mail photo prints, send to:
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Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

NEWS

Seeking GOP Nomination To Replace Frey

Guevara, Litzenberger and Schoeneman seek Sully District supervisor seat.

Three Republican candidates are seeking their party's nomination to run for Sully District supervisor. The nominee will be selected April 25, between 10 a.m. and 4 p.m., at a Firehouse Primary at Westfield High. The winner will face Democrat School Board member Kathy Smith to replace the retiring Michael Frey (R) as Sully District supervisor.

John Guevara

Neighborhood you live in: Fair Oaks (Navy Precinct)

Occupation: Manager, Professional Services, for a large telecommunications Company

Family information:
John Guevara has lived in Sully for the last 15 years with his high school sweetheart, Marilyn. They have two sons, Peter, and Nathan, who both attend Fairfax County public schools.

Accomplishments in the community:

John Guevara was on the PTO Board at Navy Elementary for two terms and was president of his HOA for several years. Recently, he was selected as vice president of the board for Western Fairfax Christian Ministries, a nonprofit charitable organization dedicated to supporting local families in need with emergency food and financial assistance. He has also volunteered his time as a youth sports coach and Cub Scouts Den Leader. He is a war-time veteran of the U.S. Army.

Organizations (volunteer or otherwise) served on:

Local HOA
Chantilly Youth Association
Cub Scouts of America
Navy Elementary PTO
Fairfax Church of Christ
Western Fairfax Christian Ministries

Why running for supervisor?

I am running to promote an effective and sustainable county government that serves our community without further burdening us as residents.

Platform – What do you believe are the important issues facing the Sully District and what would you do about them?

Sully District has changed in all regards since it was created in 1991. Homes have sprung up in places where farms used to exist, roads now connect neighborhoods where forests once stood, and our neighbors speak one of at least 14 languages represented in our community.

Many of these changes have been positive and have served to enrich our community both culturally and monetarily. While businesses and homes in our district have been flourishing our roads and infrastructure tell a different story.

Our education budget is in disarray. Seventy-five percent of the school budget is earmarked for salaries and benefits much of which only feeds the bloated bureaucracy that is burdening our teachers. In recent reports, only 20 percent of African-American county residents and 30 percent of Hispanic county residents who took the ACT were deemed to be ready for college. This is a travesty. And yet, year after year, the answer from our local government to any of these problems is to throw more money at them. Isn't the definition of insanity is to do the same thing again and to expect different results?

There is no doubt that our local government is caught in a seemingly unbreakable cycle of taxing and spending. The only way to get out of this vicious and unsustainable cycle is to self-audit and identify the areas where program budgets need to be adjusted and in some cases eliminated. But this takes leadership and a new kind of candidate that is beholden not to union bosses or special interest groups but instead to the people and the community they serve. This is the definition of civil service.

Our district needs a leader that is in tune with the needs of the community and not one who seeks this position for selfish reasons. The next district supervisor must be able to empathize with and relate to their constituents and work with their fellow supervisors to apply private sector solutions. I will work to ensure that residents have the services they need, opportunities for prosperity and are



Guevara

John Litzenberger

Neighborhood – I have lived in Virginia Run for 27 years.

Occupation - Aviation business owner, USAF retiree

Family information – My wife Barbara and I have three children and six grandchildren.

Accomplishments in the community:

- ❖ 1980 - Helped form the West Fairfax County Citizens Association (WFCCA)
- ❖ 1982- 1983 – Organized a comprehensive voter registration drive – 2000 signed up.
- ❖ 1987 - Lord Fairfax Award for outstanding volunteer service
- ❖ 2007 - Celebrate Fairfax "Volunteer of the Year Award"
- ❖ 2008 - 2015 Helped obtain over \$20 million of amenities for the Sully District with no taxpayer dollars

Organizations (volunteer or otherwise) served on:

- ❖ 1983 - 1988 – Member- Centreville Core Study
- ❖ 1983 - 1994 – Member-WFCCA Land Use Committee
- ❖ 1983 - 1994 - WFCCA Education Committee
- ❖ 1986 - 1988 – President, WFCCA
- ❖ 1991 - 1993 - Vice President, Virginia Run HOA
- ❖ 1991 - 2008 – Youth and High School Lacrosse Coach: CYA, SYA, Centreville HS, Westfield HS
- ❖ 1992 - CYA initial coach's cadre for lacrosse
- ❖ 1995 - SYA lacrosse instructor
- ❖ 2004 – 2008 – Sully District Housing Commissioner
- ❖ 2008- Present – Sully District Planning Commissioner
- ❖ 1980 – 2013 Centreville United Methodist Church – Chairman of the following committees: Long Range planning, Finance, Trustees, Planning and Policy, Building Committees

Why running for supervisor?

I am running to preserve the quality of life in the Sully District. I am the only candidate who has demonstrated his commitment to work with the Sully residents and has the results to show for it. I am not new to the Sully District or new to politics; I know what the people deem important and will work tirelessly to listen to community concerns and take action to deliver results. I have the contacts within the Government Center, business community and homeowner associations to get things done quickly and satisfy residents' needs.

Platform – What do you believe are the important issues facing the Sully District and what would you do about them?

The current tax policies of the Board of Supervisors are driving both homeowners and businesses out of the county. The taxes have risen over 140 percent during the last 16 years. The taxes need to be reduced and be more consistent and predictable.

The Board of Supervisors allocates over 50 percent of the budget to the School Board. The School Board members voted to give themselves an 85-percent pay raise, yet voted for a 1 percent raise for the teachers. The BOS needs to pressure the School Board to stop focusing on itself and start focusing on the students, their parents and teachers.

I am the only candidate running who has experience with the proffer system. I will continue to obtain amenities from the business community to improve life in the Sully District such as athletic facilities, road improvements, school donations, parkland, etc., with no tax dollars. I have already obtained \$20 million of improvements for athletic fields and road improvements with no tax dollars.

Why should people elect you? Why are you the best person for the job?

I am the best-qualified candidate for the job. As all the Sully community leaders have said, "John listens and John delivers."



Litzenberger

Brian W. Schoeneman

Neighborhood – Virginia Run, Centreville

Occupation – Attorney, small business owner

Family information – Married to KayAnn Schoeneman, one son, Nicholas Schoeneman (age 4)

Accomplishments in the community –

- ❖ Electoral Board - Ran nine elections during tenure on Electoral Board;
- ❖ Managed the closest recount in Virginia history;
- ❖ Successfully completed the purchase and implementation of a new voting system for the county, including state-of-the-art equipment for disabled voters, and brought the project in on-time and under budget;
- ❖ Expanded absentee-in person voting;
- ❖ Expanded voluntary translations of voting material into Korean and Vietnamese;
- ❖ Implemented the General Assembly's new photo ID law smoothly with no evidence of voter suppression or intimidation;
- ❖ Innovative use of social media in election administration;
- ❖ Coordinated with law enforcement on investigation and referrals of alleged instances of voter fraud;
- ❖ Wescott Ridge Homeowners Association - Successfully cut our budget and kept community assessments from increasing for entire tenure on Board (5 years);
- ❖ Fairfax County Economic Advisory Commission - Worked with the commission to develop the EAC's economic strategic plan; currently serve on the Implementation Committee;
- ❖ Served on Fairfax County Bi-Partisan Election Process Improvement Commission, created to address concerns after the 2012 Presidential election;
- ❖ Fairfax Bar Association President's Award, 2013
- ❖ Ran for Virginia House of Delegates, 37th House District 2011

Organizations (volunteer or otherwise) served on

- ❖ Secretary, Fairfax County Electoral Board (2 years);
- ❖ Vestryman, St. John's Church Lafayette Square (1 year);
- ❖ President, International Propeller Club of the United States DC Chapter (7 years);
- ❖ Fairfax County Economic Advisory Commission (4 years);
- ❖ Vice President, Wescott Ridge Homeowners Association (4 years);
- ❖ Fairfax County Bi-Partisan Election Process Improvement Commission;
- ❖ Board of Directors, George Washington University Alumni Association (2 years);
- ❖ Founder and President, GW Graduate School of Political Management Alumni Association (2 years);
- ❖ Fairfax County Republican Committee (8 years);
- ❖ American Bar Association;
- ❖ Fairfax Bar Association

Why running for supervisor?

I love Fairfax County. Fairfax is the best place in American to live, work and raise a family, and I want to do my part to help keep it that way. Working together, we can keep taxes low, create economic opportunity, support our schools and keep government open and transparent.

Platform – What do you believe are the important issues facing the Sully District and what would you do about them?

❖ Keeping taxes low – We need to ensure that taxes aren't pushing homeowners out of their homes. When the values of our homes rise, the tax rate should be reduced to keep revenue steady and to ensure that taxes don't rise. We should work to expand economic development, revitalization and redevelopment to create jobs and expand our tax base, which raises revenue we need for core government functions without requiring tax increases.



Schoeneman

SEE GUEVARA, PAGE 5

SEE LITZENBERGER, PAGE 5

SEE SCHOENEMAN, PAGE 5

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NEWS

Never Forget

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www.jccnv.org
www.jccouncil.org/Holocaust

Holocaust Remembrance

'One of the most important things we do.'

BY KEN MOORE
THE CONNECTION

Holocaust survivor Michel Margosis spoke before the Board of Supervisors, Tuesday, April 7, when the Board of Supervisors made a proclamation declaring April 16 as Holocaust Remembrance Day in Fairfax County.

The proclamation serves "to urge all residents to not bear silent witness to injustice and remain always vigilant to the principles of individual freedom and a just society," said Sharon Bulova, board chairman. "It is so important that we not ever forget."

Six million Jewish women, men and children were killed by the Nazis.

"The spark of evil flared into a raging fire that swept over much of Europe, the residual embers of discrimination, bigotry and intolerance have never been extinguished and have been reinvigorated," said Margosis.

Margosis said he joins in mourning the millions of others murdered by the Nazis including gypsies, priests, homosexuals, Jehova Witnesses and political prisoners.

"We must embrace our expanded diversity," said Margosis.

"At some point, there won't be anybody left who actually experienced the horrors of the war at that

particular time, but that is part of your legacy to pass that along and to pass that along to younger people so nobody ever forgets," said Supervisor Penelope "Penny" Gross. "What you do makes sure we will always remember and never forget."

MARGOSIS INVITED the Board and entire Fairfax County community to an observance at the Jewish Community Center on Sunday, April 19 from 5 to 8:30 p.m.

"We have a responsibility to those who perished as well as those who survived to educate future generations and rededicate ourselves to the history of the Holocaust and its impact on the world," said Chairman Sharon Bulova.

More than two dozens synagogues, houses of worship and nonprofits, plus Holocaust survivors, youth and interfaith leaders will join the Jewish Community Center of Northern Virginia Sunday, April 19 for the annual observance.

The program includes a reading of names of those murdered in the Holocaust, "Unto Every Person There is a Name," a youth workshop and an adult seminar on "The Psychology of Scapegoating."

"I always try to participate in that observance, it is one of the most powerful things we do," said Gross.

THE EVENING is scheduled to culminate in a community commemoration with readings, poetry, a community interfaith choir, recitation of the Holocaust Kaddish and the intergenerational candle lighting and pledges of the children and grandchildren.

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POLITICS

Guevara

FROM PAGE 3

not hindered by onerous regulations and perpetually increasing taxes and fees that are disproportionate to population growth and inflation.

I am willing to do the hard work of leading us to a path of sustainability and prosperity and I am confident that with your support we will bring about the changes that will keep our district a great place to live.

Why should people elect you? Why are you the best person for the job?

I am the best qualified candidate with a proven record in the district of service to my country, community, and neighbors. I am the only candidate who will:

❖ Hold the line against and roll back increases in taxes and fees.

I believe in smaller government. Our local taxes have been steadily increasing for years, a common side effect of big government.

Our representatives have refused to exercise the ability to manage out-of-pocket costs to residents by reducing the tax rate when assessed values increased.

Even worse, they have created fees for services once covered by our taxes leaving residents and business with higher living and working costs.

Litzenberger

FROM PAGE 3

My two opponents are very nice people. However, my 35 years of living in Centreville give me the clear edge in knowing what is needed and how to get it.

It took me 12 years on the WFCCA Land Use Committee, four years on the Housing Authority and eight years on the Planning Commission to master the proffer system. My opponents are where I was in 1983 when it comes to this process.

❖ Employ time-tested private sector solutions to correct the county's fiscal mismanagement. My experience in the private sector has taught me how to set priorities, develop a plan to meet them, and execute on those objectives, all while remaining within budget. We can't, in good conscience, pass on the debt from our excesses to our children to settle.

I will take a stand against the forces that call for the status quo, especially those that would negatively affect our county's AAA Bond Rating.

❖ Establish a long-term plan for budget sustainability.

My vision for the community is to ensure a sustainable economic landscape that attracts businesses and in doing so brings prosperity in the form of jobs and tax relief to our residential tax base. Long-term planning is the key to achieving fiscal sustainability.

❖ Preserve the excellence of our public school system. We have a responsibility to the children and teachers of our community to provide them with the tools they need for success. For too long bureaucratic bloat and red tape have stifled our teachers' ability to make good on the sacred trust we bestow to them.

❖ Promote better investment of transportation funding toward reducing congestion. We must prioritize congestion relief as an essential requirement for funding "transportation" projects. Too often our transportation dollars are used to pick winners and losers, this must stop.

Most importantly, I will be a full-time supervisor. My opponents want to continue their full-time jobs and be a part-time county supervisor. I have seen this problem while sitting on the Planning Commission. Those part-time supervisors cannot represent their constituents adequately. This is why the Board of Supervisors voted 6 to 4 to make the position full time.

❖ Transparency – Thanks to technology, we can provide more and better information to the public than ever before. I want to work to ensure that as much information as we can is put out before the public, who have a right to know what government is doing. I will work to be the most accessible Supervisor on the Board, and ensure that every Sully resident has the information they need and deserve. Good government must be open, honest and transparent and I'm committed to good government.

Why should people elect you? Why are you the best person for the job?

Since my family chose to move to Fairfax County nearly 10 years ago, I have been working at the local level, in the community, and within the Republican Party to help keep Fairfax a great place to live. My background, my experience, and my willingness to take a positive message that emphasizes what I want to do in office make me stand out from the Republican field in this campaign.

No campaign has been as forthright, accessible and honest about the issues than mine has been throughout this campaign. We've focused on the positive, refused to sling mud against our opponents, and talked about the issues that matter here in Sully.

That's not just how I campaign — that's how I intend to govern. We need a fighter, but we also need someone who will get things done. I am both, and that's why I'm the best candidate for Sully supervisor.

Schoeneman

FROM PAGE 3

❖ Economic Development – Fairfax is sitting on almost 20 million square feet of vacant office space, and Sully accounts for a portion of that. Having served on the Economic Advisory Commission for four years, I've worked with leaders in government and the community to develop a strategic plan to expand economic opportunity in Fairfax, persuade businesses to relocate here, and help entrepreneurs create the jobs of the 21st century here. I will also work to reduce red tape and obstacles in the planning and permitting processes that deter businesses from locating here.

❖ Transportation – Sully District is plagued with transportation snafus and areas where we need to focus resources to get people moving again. Whether it's chronic problems with I-66, the expansion and development of the Route 28 corridor or any of our other transportation concerns, it's critical that we focus our attention and our resources on three things – congestion relief, safety and reliability.

❖ Education – Fairfax schools are some of the best in the nation, and we need to keep them that way. Working with the School Board, we need to focus our scarce resources where they do the most good — in the classroom. We also need to recognize that solving our education problems doesn't have to involve throwing money we don't have at the problem. We need to make students and teachers our priorities, and ensure the School Board is held accountable for the budgets they propose.

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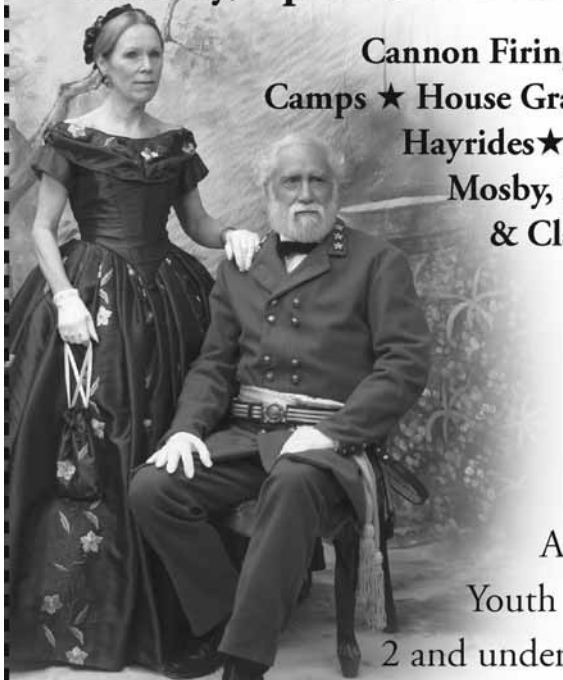
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Counting Homeless; Solution Is Housing

Results of the annual census of homeless show progress, persistence of the problem, and some worrying trends.

On the night of Jan. 28, 2015, there were 1,204 people who were literally homeless in the Fairfax County area. Of those, 715 were people in 213 homeless families, with 431 homeless children; 347 of those children were under 12. Sixty-two percent of the adults in these homeless families are employed, but don't earn enough to avoid becoming homeless. Domestic violence was identified as the cause of homelessness for 41 percent of the people counted in homeless families. Women made up 78 percent of the adults in homeless families.

Men accounted for 77 percent of the single homeless people.

Of the single homeless people, 55 percent, 268 people, are identified as having serious mental illness; 203, or 42 percent were identified as chronically homeless.

Twenty-five percent of the single homeless individuals were employed.

Eight percent were veterans. Four percent, or 21, were former foster children.

Some troubling trends:

This year, 123 or 25 percent of the single homeless people were over 55.

This year, 52 or 11 percent of the single

homeless people were transitional adults, aged 18-24.

This year, 58 percent of homeless individuals in families and 43 percent of single homeless people counted were African American. This is disproportionate to the overall African American population of 9.7 percent.

This year marks a reduction of 21 homeless people, or approximately 2 percent reduction over the previous count in 2014. It is a decrease of 34 percent since 2008 when there were 1,835 literally homeless people counted, including 1,091 in families.

The Fairfax County Office to Prevent and End Homelessness credits adoption of housing first and rapid rehousing models, heightened prevention efforts and prioritizing housing for longest and most vulnerable homeless for continuing decrease.

What's needed is more affordable housing, more housing affordable to those with very low income, more affordable housing designated for formerly homeless people with the supports they need. Without a commitment to more affordable housing, it will be impossible to continue to reduce the number of homeless people in the region.

It's critical to note that those who are

literally homeless are a small part of the problem. In terms of preventing homelessness, literally thousands of families live at risk of becoming homeless in our region. Very high housing costs combined with the growth of low-wage service jobs mean that many families are one unexpected bill away from homelessness. Nonprofits in the county play a huge role in preventing homelessness by responding to crises.

As the development of the Silver Line brings a wave of new residential construction in the county, we must insist that affordable housing be a part of that growth.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM.

@MARYKIMM

Mother's Day Photos

Mother's Day is May 10 and, every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.

EDITORIAL

LETTERS TO THE EDITOR

Inappropriate 'Choices'

To the Editor:

My name is Donna McHugh and I am writing in response to your article ["Moving: From Institution to Community"] printed on April 2 regarding the Northern Virginia Training Center. I am the sister and co-guardian of my 58-year-old brother Joseph F. McHugh (Joe) discussed in the article. He lives at the Northern Virginia Training Center (NVTC). Joe is minimally verbal, non-ambulatory, has serious digestive issues with spasticity and without continual preventative medical routines, performed by others at NVTC, he would be dead.

The article states that we have been provided a multitude of community placement choices. The choices presented to me and Joe's other legal guardians have been inappropriate. The community does not have the skills or supports necessary for his real medical needs for his survival. We are actively investigating and reviewing choices — but nothing is available. There are not comparable and appropriate choices in Northern Virginia like we were promised. Currently, my only choice is the Central Virginia Training Center in Lynchburg, Va., which is slated to close in 2020 and go through the process of placement/discharge all over

again which is stressful and full of anxiety.

No one can predict the future of the state-funded a-la-carte waiver, currently funded at 60 percent, which is being offered as my brother's source of funding while currently he has a fully-funded (100 percent) Medicaid/Medicare federal waiver which means whatever his needs are they are met, so from a fiduciary standpoint as a legal guardian why would I change that? I can't predict how he will react to a new home, staff and routine. My hope is this will be a positive transition. But, I strongly feel that the impending closure date is unrealistic and makes me wonder if the department/state is more interested in "discharge" and closure than fostering the correct and appropriate placements.

Finally, the Commonwealth of Virginia has had 40 years to develop community homes and resources. Virginia has the solution to serve many of its citizens including the medically fragile by using the property they already have and renovating it to meet individual/group needs. This is a solution that involves compromise and cooperation and would have Virginia leading the country.

I fear that my brother as well as many of the remaining residents will not find good, appropriate placements.

Donna McHugh
Centreville

Education Is for All

To the Editor:

After the horrific terrorist attack on a university in Kenya which left 147 students dead, Christian and Muslim leaders in Nairobi have joined together in preaching unity and discouraging division between faiths. As an Ahmadi Muslim, I also condemn this barbaric attack on innocent university students.

The students, who were mostly Christians, were apparently beheaded for not being able to recite verses from the Quran. It makes no sense to me that the so-called Muslims responsible for this attack are carrying out such atrocities in the name of Islam, when in fact, education and the acquisition of knowledge is given great importance in Islam.

The very first verses of the Quran revealed to the Prophet Muhammad were: "Read in the name of thy Lord who created; created man from a clot of blood. Read in the name of thy Lord who taught by the pen: taught man what he knew not." (Ch 96: 1-5).

Education is not just for Muslims, education is for all.

Rabia Iqbal
Chantilly

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ENTERTAINMENT

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

ONGOING

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.

Singing. 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubilaires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

"Creating Across the City."

Through June at Dulles International Airport. Three organizations; Critical Exposure, The National Building Museum and ARTLAB+ have teamed up for "Creating Across the City: A Teen Art Showcase," which provides an outlet through art and design for creative local teens.

CAMPS, CLASSES & WORKSHOPS

Young Actors' Workshop. Rising students in grades 2-6 may participate in a workshop 9 a.m.-12 p.m., July 20-24 at Westfield High School, 4700 Stonecroft Blvd, Chantilly. The fee is \$125. Visit www.westfieldtheatreboosters.com.

2015 Summer Programs.

Registration is now open for the following Fairfax County Public Schools summer camps. Students should register for programs based on the grade they are in during the current 2014-15 school year. Visit www.fcps.edu/is/summer/index.shtml for more.

❖ **Tech Adventure Camp** will be held July 20-31 at Robinson Secondary School from 8:30 a.m.-2 p.m. for students currently in grades 5-7. This camp allows students to explore careers and technology by rotating through eight areas including graphic design, automotive technology, culinary arts, television production, robotics, and computer technology.

❖ **STEM Camp.** Held in two sessions at Robinson Secondary School: July 6-10 and July 13-17 both from 8:30 a.m.-2 p.m., daily. STEM (science, technology, engineering, and math) Camp is a one-week camp for students currently in grades 3-5 to explore careers and technology as they rotate through activities focused on science.

❖ **Elementary Institute for the Arts.** Held July 13-24 at Robinson

Secondary School from 8:30 a.m.-2 p.m. daily, Monday through Friday. Designed for students currently in grades 3-5, E-IFTA offers participants a total immersion in the arts as they rotate through classes in dance, drama, music, and visual art.

❖ **Institute for the Arts.** Held July 6-30 at Robinson Secondary School from 8:30 a.m.-2 p.m. daily, Monday through Friday. Designed for students currently in grades 6-11, IFTA allows students to explore music, dance, visual art, and theatre.

❖ **Robinson Extended Day Adult and Community Education Enrichment.** Programs will be held July 6-31 at Robinson Secondary School and will begin after Tech Adventure Camp, STEM Camp, IFTA and E-IFTA end. These programs are for students currently in grades 1-11 and will provide a continuum of activities for students who want additional programs and activities. Programs will include the Foreign Language Experience Program (FLEX), Culinary Adventure Camp, Language Immersion Camp, Creative Writing, Computer Graphics, and Chess.

❖ **Credit Recovery Academy.** This program will be held at Fairfax High School for students seeking credit for high school level courses. Students will be able to take one course during each of the two sessions from June 29-July 16 and July 20-Aug. 4.

❖ **Online Campus.** For credit recovery, acceleration, and enrichment for middle school and high school students. Health, Physical Education, and Geometry Honors run June 29-Aug. 4; all other courses run July 6-Aug. 4.

❖ **SOL Remediation.** For FCPS high school students who passed an SOL course but did not pass the SOL test. Held at Fairfax High School.

❖ **SOL Test Only.** This program is for FCPS seniors who plan to graduate by Aug. 28 and passed an SOL course but failed the SOL test.

❖ **ESOL Numeracy and Literacy.** The ESOL Numeracy and Literacy class provides currently enrolled FCPS high school ELP Level 1 students with the opportunity to develop their numeracy and literacy skills. Students will meet face-to-face with their teachers daily. This is a noncredit class. Held at Fairfax High School July 6-24.

❖ **Online ESOL.** Through this three-week class, students will continue developing their academic and reading and writing skills in an online discussion with an ESOL teacher. This is a noncredit class. Held July 6-24.

SATURDAY/APRIL 18

Tree Trek. 9:30-11 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road,

Chantilly. Jim Dewing will lead a tour of the biggest, oldest and rarest trees in the park. Tickets are \$6. Call 703-631-0013.

Earth Day. 11 a.m.-12 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Learn about the changing environment and how to recycle household items. Tickets are \$5. Call 703-631-0013.

Vinyasa in the Vineyard. 11 a.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. The Winery at Bull Run is offering a "Stretch & Sip." Tickets are \$15. Visit www.wineryatbullrun.com.

SUNDAY/APRIL 19

Bluegrass & Barbecue. 11 a.m. The Winery at Bull Run, 15950 Lee Highway, Centreville. Bluegrass bands will accompany barbecue provided by Bad to the Bone. Free. Visit www.wineryatbullrun.com.

Washington Wedding Experience. 11 a.m.-5 p.m. at Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly. Find fashion shows, vendors, and workshops. \$10. Visit www.weddingexperience.com.

Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum. The Northern Virginia NTRAK Members will hold an N gauge model train show. Admission for museum members is free; \$4 for adults 16 and up; \$2 for children. Visit www.fairfax-station.org.

Annual 5K and Candlelight Vigil. 4:30 p.m. at 4100 Monument Corner Drive, Fairfax. Find a resource fair, live music, walk, and vigil in honor of crime victims. Free. Visit www.ovc.gov.

Austrian Takeover. 5 p.m. at Trummer's on Main, 7134 Main St., Clifton. Enjoy wine and food from the Austrian culture by partaking in a wine tasting and five-course Austrian meal. Tickets are \$45-135. Visit www.trummersonmain.com/events.

MONDAY/APRIL 20

Centreville Garden Club. 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Discover the influence of Scottish Gardeners on Mt. Vernon's horticulture. Free. www.centrevillegardenclub.blogspot.com.

FRIDAY/APRIL 24

Book Signing. 6-8 p.m. at Barnes & Noble Booksellers, 12193 Fair Lakes Promenade Drive. Author Joe Tennis will be signing copies of his new book, "Virginia Rail Trails: Crossing the Commonwealth." Free to attend. Call 703-278-0300 for more.

FRIDAY-SATURDAY/APRIL 24-25

"Shrek: The Musical." 2 p.m. and 7



PHOTO CONTRIBUTED

Fashions shows are a highlight of the 'Wedding Experience.'

Washington Wedding Experience

The Washington Wedding Experience is Sunday, April 19 from 11 a.m.-5 p.m. at the Dulles Expo Center, 4320 Chantilly Shopping Center. An opportunity to find a wide variety of vendors in one place, those prepping for nuptials may choose to partake in workshops on the principles of wedding planning led by field experts. Fashion shows featuring formal wear, and the "Wedding Inspiration Gallery" are designed to spark creativity. Tickets are \$10. Visit www.weddingexperience.com for more.

p.m. at the Hylton Performing Arts Center, 10690 George Mason Circle. Pied Piper Theatre presents the familiar Shrek Tale set to music. Tickets are \$15 for adults, \$12 for children. Visit www.hyltoncenter.org.

FRIDAY-SUNDAY/APRIL 24-26

Chantilly Library Used Book Sale. 10 a.m.-6 p.m. Friday, 10 a.m.-5 p.m. Saturday and 1-4 p.m. Sunday. Large selection of fiction and non-fiction books for adults and children, plus DVDs, CDs and audio books. Visit www.fairfaxcounty.gov.

SATURDAY/APRIL 25

Centreville International Showcase. 6-9:30 p.m. at Centreville United Methodist Church, 6400 Old Centreville Road, Centreville. Find international food, music and dancing from around the world. Admission is free. Visit www.centrevilleinternationalshowcase.org.

USO of Metropolitan Washington-Baltimore's fundraiser. 6 p.m. at Marriott Dulles Airport Hotel, 5020 Aviation Drive, Sterling. This annual event raises funds to support the USO Lounge which supports military families as they travel. Find a full course dinner, cash bar, silent auction, raffles, dancing and more. Individual tickets are \$45, tables are \$400. Visit www.uso.org.

"Curtains." 7:30 p.m. at Mountain

View High School, 5775 Spindle Court, Centreville. The Alliance Theatre presents "Curtains." It's the promising year of 1959. Boston's Colonial Theatre is host to the opening night performance of a new musical. When the leading lady mysteriously dies on stage the entire cast and crew are suspects. Visit www.thealliancetheatre.org for more.

SUNDAY/APRIL 26

"Images of Rails." 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Visit a photo exhibit of Virginia railroad sites. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit www.fairfax-station.org.

"Shrek: The Musical." 3 p.m. at the Hylton Performing Arts Center, 10690 George Mason Circle. Pied Piper Theatre presents the familiar Shrek Tale. Tickets are \$15 for adults, \$12 for children. Visit www.hyltoncenter.org.

THURSDAY/APRIL 30

Sushi Night at Bull Run. 6:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Learn to make your own sushi while drinking Bull Run Wine. Tickets are \$59. Visit www.wineryatbullrun.com.

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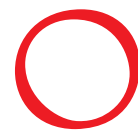
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SPORTS

Time To Play Ball



Opening day for SYA girls softball was Saturday, April 11, at Colin Powell Elementary. Before playing, teams paraded around the field.

PHOTOS BY
BONNIE HOBBS
THE CONNECTION



The Wildcats



SYA Screamers



Jaguars



Centreville High girls softball players welcome SYA's Cheetahs.



The Wolverines show their spirit.



Killer Bees



Blue Devils



Flames



Blue Rockets



Vipers



Orange Crush

Moving for Academic Excellence

Researchers say frequent physical activity can lead to success in school.

BY MARILYN CAMPBELL
THE CONNECTION

Inside an elementary school classroom in Bethesda, Md., a class of third-grade students is divided into small groups and given a task: to cross a desert using a limited supply of tools that often include a jump rope, a foam noodle or a scooter. Their mission is to devise a plan to cross the desert without touching the sand.

This classroom exercise at Norwood School requires cohesive collaboration, quick analytical skills and, most of all, creative physical movement.

"This type of activity is so much more than who has the most points on the scoreboard or how to kick a football," said Jane Martens, physical education coordinator at Norwood School. "It shows the direct relationship between movement and academic success, particularly when it comes to focus. Twenty minutes is long enough for little ones to sit and focus on academics. After that they need movement to refocus their attention."

Martens and other educators and researchers cite substantial evidence that physical activity can boost academic performance, including grades and test scores. In fact, many say the recent trend of sacri-



Students at Norwood School engage in a movement exercise during the school day. Researchers say physical activity can boost academic performance.

ficing physical education for the sake of academics is counterproductive.

"Unfortunately, with an increased focus on academic standards of learning and bud-

get dilemmas, physical education and outdoor play have often been among the first things to be cut," said Ivy Beringer, Ph.D., assistant dean, early childhood education

and substance abuse, Northern Virginia Community College in Alexandria. "Based on research findings this appears to be counterproductive to the development of the whole child. Even when there is limited time in the daily schedule for physical activity and outdoor play, teachers can engage children in classroom activities designed to get them moving."

Experts say aerobic exercise has the greatest effect on academic performance, and elementary school students benefit most from being physically active.

"Some of the largest cognitive benefits were linked, in order of importance, with mathematical achievement, IQ and reading achievement, all critical components of the standardized testing movement," said Dominique Banville, Ph.D., director, division of health and human performance at George Mason University in Fairfax. "Physical education is the only subject in school specifically dedicated to not only make students move during class time, but also to provide them with knowledge that will allow them to be active outside of school."

"Based on the most recent research, the more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read or that essay they need

SEE MOVEMENT, PAGE 11

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Up and Down and All Around

By KENNETH B. LOURIE



No. That's not my stomach talking. Nor is it the recurring effects of the six-plus years of chemotherapy. Fortunately, nausea has rarely been a part of that experience. However, like so many others, I have endured my share of side effects: I've lost my hair, lost weight, lost interest in food/lost taste, lost energy, lost sleep and a few other things I can't remember I've lost ("chemo brain"), but amazingly, I've not lost my life. Neither have I lost my will to live. Still, living with cancer is hardly the stuff of which dreams are made; more likely, they're nightmares. And though living is its own reward, for a cancer patient/survivor, it's not a given; you sort of have to take it.

To say that "living with cancer" – meaning you're the one afflicted – is like being on a roller coaster, would be unkind to all roller coasters. I can't really see that there are any thrills to being on board for this emotional/physical ride. Aside from there not being a safety bar, there are no guarantees that you'll survive the trip/ordeal; and unlike the ride at the amusement park, it's unlikely you'll want to go on again. For cancer patients, being diagnosed once is more than enough. And if your diagnosis is the terminal kind, once really is all there needs to be.

Because if there's one thing that cancer has proved to be beyond a reasonable doubt, is an indiscriminate killer with reach beyond many a grasp.

Ergo; assimilating, integrating, processing this fact into your daily existence is hardly the pause that refreshes. It's more of the premature finish that you worry about. Immediately, your outlook on life changes. Whatever plans/expectations you may have had for a long life may have to be modified. I had a modest plan, more like a presumption: that I would live into my mid eighties, as both my parents had. Learning at age 54 and a half that my presumption turns out to be an assumption I shouldn't have made, is unsettling to say the least, and extremely disappointing to soften the most. Finding a level, a mechanism, a rationalization, a sense of purpose in the midst of such a devastating change of plans is the axis on which your life – with its cancer-related fits and starts – twists and turns.

As difficult as this challenge is, it is particularly difficult during the weeks leading up to your CT Scan and the days following, until your appointment with your oncologist when the results are finally discussed. Then you'll know where you stand or whether you should be sitting; whether your life hangs in the balance or whether the balance is completely out of whack. It's rare that you'll be pardoned; realistically speaking, all you can hope for is lighter duty. But that's the problem, there's nothing light about it. It's all heavy and often very unpredictable. And there's very little that's amusing about it. And unlike a roller coaster which has a beginning and an end with a middle to die for, cancer's beginning, middle and end is all to die for.

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

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Movement

FROM PAGE 9
to write."

The effect is physiological as exercise increases one's energy level, increasing one's capacity for cognitive activity. "Exercise increases blood flow to the brain and has been shown to increase one's ability to focus," said Beringer.

The lessons that students learn from physical education are life-long and extend beyond an elementary school spelling test or a middle school science project.

"In addition to promoting concentration in the classroom, it gives children an opportunity to develop competence in using their growing bodies," said Christine Pegoraro Schull, Ph.D., professor, early childhood education, Northern Virginia Community College in Alexandria. "Everyone needs to learn how to run, stretch, climb, be agile and use rules in a group. In a fundamental way, it teaches children to not be sedentary."

ONE SOLUTION for a lack of time or space for activity is melding it with academic subjects.

"Teachers and school leaders need to see movement and play more through an interdisciplinary lens," said Glenn Whitman, director, Center for Transformative Teaching and Learning and girls' varsity soccer coach at St. Andrew's Episcopal School in Potomac, Md. "Teachers need to recognize that regardless of the length of a class period, students need to move."

"Simple solutions are to have students move among different workstations in class or to collaborate with their peers while standing up," Whitman added. "Students can recreate the movements of historical battles. Before an assessment, students can do some jumping jacks or stretches, which elevate dopamine levels in the brain and have been shown to lead to increased academic performance. Building movement into class is only limited by the level of a teacher's willingness to be creative."

Parental involvement is critical, say educators, particularly in schools where physical education is limited. For example, parents can suggest ideas for brief movement activities that are interspersed with academics, volunteer to lead such activities or form focus groups to brainstorm ideas to increase movement.

"Movement is so important that parents need to be more vocal about it," said Martens. "Parents need to be informed about what they're losing when they take away physical activity and movement."

Resources for Movement Activities

Recessitate, a box of cards that have movement activities can be used quickly during breaks and transition times. Visit <http://oranda.org/products/recessitate>.

"10 Simple Ways to Encourage Physical Activity in the Classroom." These suggestions do not require equipment and are easy to incorporate throughout the day. Visit www.yourtherapysource.com/10simple.html.

COMPILED BY IVY BERINGER, PH.D.

NORTHERN VIRGINIA COMMUNITY COLLEGE

SPORTS

Centreville Boys' Lax Adds Three Wins

The Centreville boys' lacrosse team opened its Conference 5 schedule with an 11-8 win at Oakton on April 8.

Quick starts by the Cougars in the first and third quarters forced the Wildcats to fight from behind for much of the game. Facing a two-goal deficit, Centreville's Pat Fuller opened the fourth quarter with a quick goal, followed by two goals from Matthew Laurence to take the lead. Additional goals by John Tarver, Carson McEver, and Kyle Richbourg contributed to the final total.

The Wildcats visited Arlington County on Saturday, April 11, playing back-to-back games in Washington-Lee's Crease Clash. Both games resulted in 15-5 Centreville wins. Centreville seized control of the first game with a six goal barrage against the host Generals. Washington-Lee managed two goals at the end of the first quarter, but Centreville goalie Josh Tarver had already recorded seven saves by then. The shooting slowed in the second quarter, but the Wildcats led at halftime 9-2 and dictated the pace for the balance of the game.

The second game of the day pitted Centreville against West Potomac. Both teams opened with deliberate approaches



Centreville's Kyle Richbourg advances the ball against Oakton.

and the Wildcats held a 2-1 lead after the first quarter. Three more Centreville goals came over the next six minutes, but the Wolverines rallied with three goals in a 75-second span to bring the score to 5-4.

Winning the subsequent faceoff, the Wildcats stormed back with a furious burst of their own. With just 68 seconds left in the first half, Fuller and Richbourg each scored

goals, seizing the momentum and propelling the Wildcats through the second half for their seventh victory of the season.

Westfield Girls' Lax To Host Robinson

The defending state champion Westfield

girls' lacrosse team will host Robinson in a key Conference 5 contest at 7 p.m. on Thursday, April 16.

Westfield is off to a 4-1 start and has won three straight since losing to St. Anne's-Belfield. Robinson entered Tuesday's contest with a 7-1 record.

Chantilly Baseball Beats Centreville

The defending 6A North region champion Chantilly baseball team improved to 7-2 with a 3-2 victory over Centreville on April 10.

Two days prior, the Chargers defeated McLean 2-1 in a rematch of last year's region final.

Chantilly will travel to face Herndon at 6:30 p.m. on Wednesday, April 15.

Over-40 Men's Softball Team Looking for Players.

Games are throughout the summer on Sundays in Herndon. Lots of fun. Experience preferred.

Contact dtazbin@aol.com or call 703-406-4711.

BULLETIN BOARD

FROM PAGE 2

Chantilly. Vietnam War Veterans and their families are invited to a Welcome Home "Celebration of Honor" open house. Veterans of the Vietnam War will be honored. Free. Visit www.vietnamwar50th.com.

MONDAY/APRIL 27

Financial Counseling Clinic. 6-7:30 p.m. at Chantilly Computer Learning Center Partnerships, 4101 Elmwood St., Chantilly. Volunteer financial planners will help participants tackle pressing financial problems during a 45- to 60-minute session. A free credit report will be run, immediate financial situations considered, and a course of action recommended to address concerns. Free. Contact Lillian Diaz at Ldiaz@wfcma.org or 703-988-9656 x108.

MONDAYS, WEDNESDAYS/ APRIL 29-, MAY 4, 6, 11, 13, 18, 20 CERT 94.

7-10:30 p.m. at the Fairfax County Fire and Rescue Academy, 4600 West Ox Road, Fairfax. Through Community Emergency Response Team classes, learn about disaster preparedness and receive low-impact training in basic disaster response skills such as fire safety, light search and rescue, and disaster medical operations. Classroom instruction also incorporates some hands-on skill development and experience in conducting a search and victim assessment. Contact the Fire and Rescue Department Volunteer Liaison's office at 703-246-4683, TTY 711 or visit www.fairfaxcounty.gov/contact.

THURSDAY/APRIL 30

AARP Home Fit Workshop. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Learn how small changes can make life easier for independent seniors. Free. Visit www.helpingyouhome.com.

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