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NEWS

Countdown to Cappies

Directors react to high-school theater nominations.

BY BONNIE HOBBS
THE CONNECTION

Celebrating the best in high-school theater, the 16th annual Cappies Gala will be held this Sunday, June 7, at 7 p.m., at The Kennedy Center in Washington, D.C. Westfield High is up for nine awards for its musical, "Pajama Game;" Chantilly High, seven, for the play, "Radium Girls;" and Centreville High, four, for the musical, "Beauty and the Beast."

Chantilly's nominated for Marketing and Publicity, Lighting, Sets, Makeup, Creativity: Music composition, Lead Actress in a Play and Best Play, and Theater Director Ed Monk couldn't be happier.

"We are very thrilled and honored by our nominations," he said. "The competition is so hard that just to get nominated is more than enough. We were especially pleased that we got nominations in both the acting and technical categories because that means that everyone involved in the production was recognized."

And now, said Monk, "All of the kids are looking forward to getting dressed up and having a wonder-

ful night at The Kennedy Center. We are so blessed to have such talented, dedicated and really nice kids as part of our department."

Centreville Theater Director Mike Hudson is also proud of his talented actors and tech crew that made their production of "Beauty and the Beast" one of the most popular and successful plays in the school's history. And he thanked everyone who had a hand in bringing it to the stage.

Centreville's Nora Winsler received two Cappie nominations, for Featured Actress and Comic Actress in a Musical. Joshua Ewalt also received two nods, for Male Vocalist and Supporting Actor in a Musical.

At Westfield, Theater Director Susie Pike congratulated all the participating schools on their "wonderful productions." Westfield's nominations are for: Returning Critic, Graduating Critic, Choreography, Featured Actor, Female Dancer, Male Dancer, Female Vocalist, Comic Actress in a Musical, and Critic Team.

"My students worked hard on our show, 'The Pajama Game,' and I know all schools did the same," said Pike. "I am so proud of our nine nominations. I am especially proud of our critics team, Elizabeth Coe, Catherine Crossett, Zoe Hawryluk, Eni Oyeleye, Morgan Perigard, Andrew Sharpe, Ruby Tippl, Alexa Tucker and Diana Witt.

This group truly showed how working together and supporting each other resulted in a positive and stronger team. The critics are the heart and foundation of the Cappies program."

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'Long Time Coming, But Worth the Wait'

Celebrating Stringfellow Road's reconstruction.

BY BONNIE HOBBS
THE CONNECTION

As a major conduit between Chantilly and Centreville, Stringfellow Road is heavily used by area residents. It's also the gateway to four elementary schools, a middle school and a high school, a regional library, two parks, several athletic fields, churches, shopping centers and highly populated neighborhoods.

And now, thanks to a project that began nearly five years ago, people may travel seamlessly on four lanes between Routes 50 and 29. And a ceremony last Tuesday, May 26, at Greenbriar Park officially marked that milestone.

"Stringfellow Road is virtually complete in its reconstruction and we're here to celebrate that," said Bill Cutler, VDOT's district construction engineer for Northern Virginia. "We're here to cut the ribbon on a \$62 million improvement project along two miles of Stringfellow Road. It connects Routes 50 and 29 and the I-66 HOV lanes and involves seven signalized intersections and many major utilities, including Fairfax County Water, Verizon, and Colonial and Plantation gas pipelines."

The section of the road between I-66 and Route 29 was four-laned in the 1990s by Fairfax County's Department of Transportation. Now, the portion from I-66/Fair Lakes Boulevard to Route 50 has also been widened from two to four lanes.

The project also includes a 5-foot sidewalk on the west side of Stringfellow, a 10-foot-wide path on the east side, signal improvements at seven intersections, wide curb lanes to accommodate bicyclists, a new



PHOTO BY BONNIE HOBBS/THE CONNECTION

With the snip of several scissors, the ribbon is officially cut to mark the completion of Stringfellow Road's widening.

bridge over Rocky Run, new left-turn lane northbound to Route 50, a modified southbound approach to Route 50 to facilitate traffic flow, drainage improvements and landscaping.

"It's already made our lives easier," said Chantilly High Principal Teresa Johnson. "It improved people's ability to get on and off school property, especially for large events, and helps our kids get to school on time."

"Ditto for Rocky Run," said the middle school's principal, Anthony Terrell. "And the partnership with FCPS, VDOT and the contractor, Fort Myer [Construction Corp.], has been great. We met every two weeks and they've been responsive to the needs of the schools. And now, I'm glad to see it done."

Cutler said everyone appreciated "the local schools, parks, library and all the residents and drivers along Stringfellow road for their patience and willingness to adapt to temporary traffic patterns for the [work] crews. This is also a significant improvement for cyclists and pedestrians."

Stressing that the two, new lanes opened in December, six months ahead of sched-

ule, he said the road now carries 23,000 vehicles per day and that number is expected to increase. He praised Fort Myer and its subcontractor for completing the work on budget and said the project also improved the parking lots at Poplar Tree and Greenbriar parks, the entrance to the Greenbriar Civic Assn. building and the stream connections at the new bridge crossing the Rocky Run stream.

Cutler thanked Fairfax County police for controlling traffic detours and lane changes during construction, the county Board of Supervisors for funding the project, VDOT personnel, plus KinderCare, the Shenandoah Crossing and Villages of Fair Lakes communities and St. Paul Chung Catholic Church for their cooperation. He also noted that "almost 100 parcels needed some land obtained from them, and it took a tremendous amount of community involvement."

Del. Jim LeMunyon (R-67) thanked VDOT for everything it did, and Del. David Bulova (D-37) reminisced a bit. "As a new driver, I wasn't allowed to drive on Stringfellow be-

cause it was narrow and winding," he said. "And as traffic increased, it became a major bottleneck. Thank you to everyone who made this project a reality, and congratulations."

"We've sought for a lifetime to make Fairfax County accessible between north and south," added state Sen. Chap Petersen (D-34). "As a high school kid, I came out here with my baseball team, and it was like driving to the end of the world from Fairfax."

State Sen. Dave Marsden (D-37) called the revamped roadway "a significant improvement to traffic congestion" and said everyone involved did "a wonderful job."

Board of Supervisors Chairman Sharon Bulova said it's a good thing that Stringfellow can now handle more traffic because, by 2034, it's projected to carry 33,000 vehicles a day. "It'll be a safer road," she said. "And it's a real tribute to partnerships between the community and different levels of government to make something good happen."

Supervisor Michael R. Frey (R-Sully) explained some of the history. "When I worked for [former Supervisor] Jack Herrity [in the late 1970s-early '80s], we did the 50/66 study," he said. "I came to a Greenbriar Civic Association meeting, and they didn't want Stringfellow widened. Poplar Tree [Estates] didn't exist then."

He said the improved road "took a lot of people working together, and there were huge utility issues with these pipelines that run through here. When you think about the magnitude of the problems, it really is amazing that we got it done." Frey then thanked county staff for its work and the supervisors for "their courage" in putting transportation bonds to raise money to fund Stringfellow on the ballot.

Also thanking all the stakeholders, Supervisor Pat Herrity (R-Springfield) said, "This was a long time coming, but it was worth the wait."

Remembering, Honoring Reema 8th annual cabaret is Saturday, June 13.

BY BONNIE HOBBS
THE CONNECTION

Reema Samaha was one of the victims killed April 16, 2007 at Virginia Tech, but the Westfield High graduate will always be remembered by her friends and family. And each year, a cabaret is held in her honor.



The 8th Annual Remembrance Cabaret is set for Saturday, June 13, in Westfield's theater. It begins with a silent auction at 6 p.m., followed by a variety show at 7 p.m. Coproducers are Janet Dueweke; Reema's sister, Randa; and sisters Ashley and Phoebe Dillard.

Besides providing entertainment, it's also a fundraiser. The event is free, but all do-

nations made that night, plus the proceeds from T-shirt and baked-goods sales, will help deserving students attend college.

"One hundred percent of the donations will go to the Reema J. Samaha Memorial Scholarship Fund, administered by the Community Foundation for Northern Virginia," said Dueweke. "The foundation awards non-renewable scholarships annually to eligible Westfield and Herndon high school seniors who'll be attending an accredited college in Virginia."

"The cabaret will feature music, dance and comedy," she continued. "There'll be great entertainment for the whole family. We'll also have some fabulous baked goods provided by the Westfield and Herndon theater boosters."

Ashley Dillard organized the performers and is excited about the upcoming program. "This year's talented artists are from around



Virginia Tech's Contemporary Dance Ensemble performs "Andaloosia" at last year's cabaret.

PHOTO BY
BONNIE HOBBS
THE CONNECTION

the Washington Metropolitan area, New York and Chicago," she said. "Our hosts are professional improv artists — and Westfield alumni — Branson Reese and Jesse Leahy."

The performers include: Shu-Chen Cuff, founder and artistic director of Gin Dance Company; Westfield grads and vocalists Taylin Frame and Kevin Clay; Virginia Tech's

Contemporary Dance Ensemble; dancers and choreographers Lauren De Vera, Michelle Murgia and Ahmad Maaty; Ashburn Academy of Dance; actor and singer Nick Cirillo, on tour with "Sister Act, The Musical;" and singers Samantha Dempsey and Sarah Overton.

SEE REMEMBERING, PAGE 5

Hot Songs and Cool Jazz

Chantilly High's 29th annual Jazz & Pizzazz was May 27-30.



Chris Singleton conducts the Chantilly Jazz while Palavi Swarup sings "America, the Beautiful."



ShowStoppers perform "Rhythm Nation."



Guitarist Joey Lisko.



Corey Ries and Nathan Rhodes on trumpet.



Cory Carter plays tenor sax.

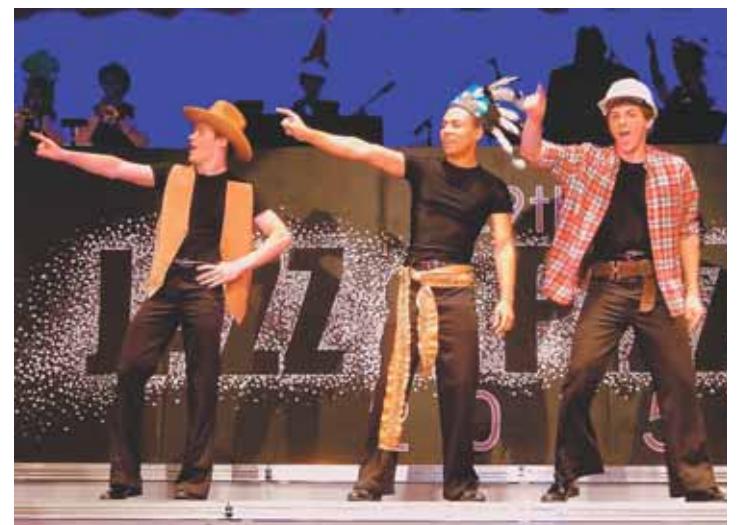
PHOTOS BY
BONNIE HOBBS



Sax player
Seika
VanKeuren.



The seniors sing "I Lived."



The boys perform "YMCA."



ShowStoppers sing "Love is Here to Stay."



Singing "Heaven is a Place on Earth."

Remembering, Honoring Reema with 8th Annual Cabaret

FROM PAGE 3

Contemporary Dance Ensemble of Virginia Tech will be performing a tap dance called "Of the Night," featuring Rachel Bastianelli, Ellie Green, Maya Gantt and Sarah Toler. "We are very fortunate to have them perform every year," said Dillard.

Eli Pafumi will sing and play guitar on an original piece called "Scarlett McQueen." It's an award-winning song that he performed at this year's Bring It! talent competition,

the finals of the Bernard/Ebb Songwriting Contest and other competitions around the area. The son of Westfield's first theater director, Scott Pafumi, Eli will be attending this year's Summer Residential Governor's School for Vocal Performance at Radford.

Ashburn Academy of Dance is bringing a lyrical, group number called "Ring the Bells." And Westfield grad Megan Meadows is coming from New York to perform in a comedy sketch with our Reese and Leahy, who'll be here from New York and Chicago,

respectively.

Dueweke's in charge of the silent auction and, she said, "We've got some great items. They include gift cards to restaurants, so people could even get their Father's Day presents here." The restaurants providing gift cards include: Ciao Osteria, Sweetwater Tavern, IHOP, Cheesecake Factory, Carrabba's, PF Chang's and Famous Dave's.

Other things up for bid include gift cards to other area businesses, framed original art, jewelry, pillows, matted photography,

a handmade rug, 3D photo-box bookends, hand-crocheted items, a spa gift basket with a gift card from Sully Nails, and a signed copy of "Primal Kitchen," a cookbook just published by 2005 Westfield grad Sarah Dueweke.

All in all, said Dillard, "It's a great night for community, entertainment and to raise money for a great cause. Everyone should come and enjoy the silent auction, the refreshments and an evening of extremely talented performers."

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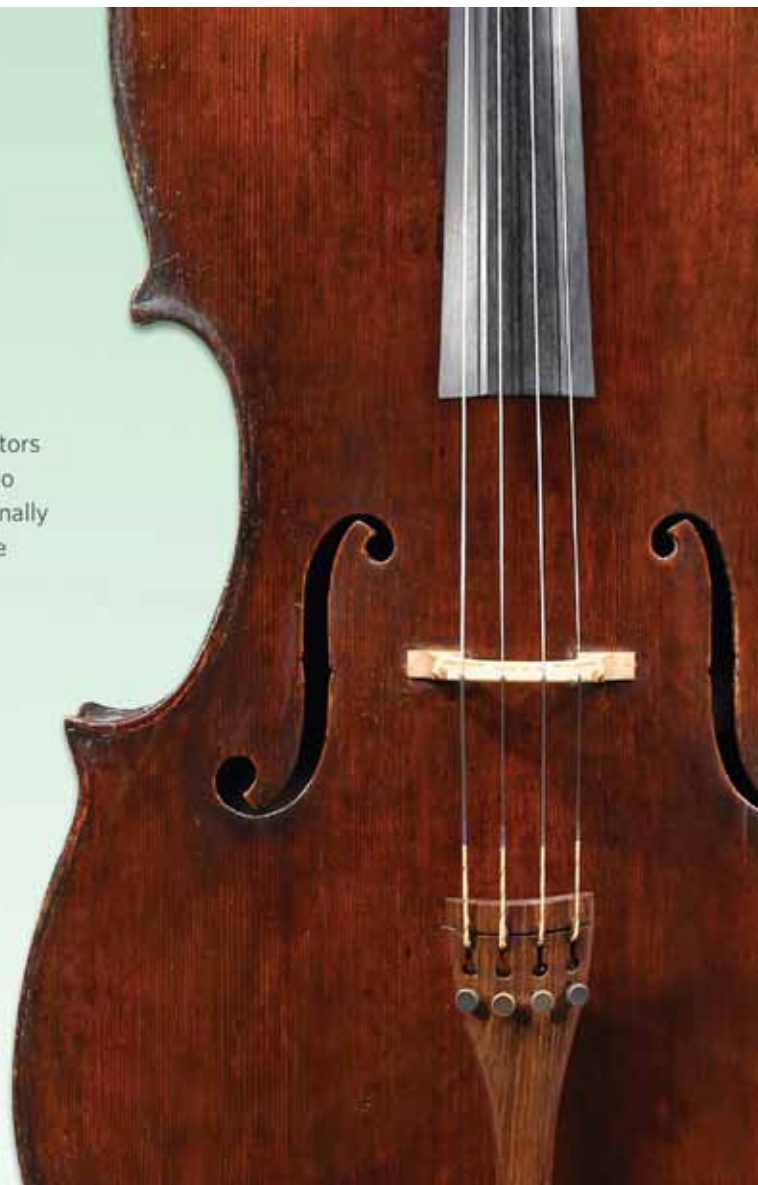
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OPINION

Overdose Deaths Are Preventable

New “safe reporting” law encourages people to seek help in time.

The death rate due to heroin overdose more than doubled between 2010 through 2013, according to the Centers for Disease Control (CDC), with an average increase of 37 percent per year in the United States.

What the statistics don't say is that most of these deaths are preventable nearly to the last breath. Heroin and other opioids affect the part of the brain which regulates breathing, and opioids in high doses can cause respiratory depression and death.

Naloxone, which is effectively an antidote to opioid overdose, will completely reverse the effects of an opioid overdose if administered in time.

Emylee Lonczak, a McLean teenager who died of an overdose in what was reported to be her first encounter with heroin, might still be alive if the people with her at the time had taken her to a hospital or called 911.

New legislation designed to protect people seeking help for friends experiencing overdose should make it simpler to do the right thing.

State Sen. Chap Petersen sponsored the bill, Safe Reporting of Overdoses, which was signed

by Gov. Terry McAuliffe last week.

“The next step is to get the word out to young people: If a friend is in distress, you have a responsibility and now you have legal protections. Do the right thing. Make a call to save a life,” said Petersen said after the Governor signed the bill.

The law also applies to alcohol overdoses. Petersen collaborated with a Fairfax High School classmate, Gerald Lawson, now a professor at Virginia Tech, in pressing for protection for Good Samaritans in these circumstances.

The Food and Drug Administration last year approved a hand-held auto-injector designed for family and caregivers who might be witness to an overdose to administer a single dose of the drug naloxone.

EDITORIAL Safe reporting of overdoses SB 892, summary as passed.

Establishes an affirmative defense to prosecution of an individual for (i) simple possession of a controlled substance, marijuana, or controlled paraphernalia; (ii) intoxication in public; or (iii) the unlawful purchase, possession, or consumption of alcohol if such individual sought or obtained emergency medical attention for himself or for another individual because of a drug-related or alcohol-related overdose and if the evidence for the charge was obtained as a result of the individual seeking or obtaining emergency medical attention. The bill provides that the affirmative defense may only be invoked by an individual who (a) remains at the scene of the overdose or at any location to which he is transported for emergency medical attention until a law-enforcement officer responds to the report of an overdose or, if no law-enforcement officer is present at either the scene or the other location, cooperates

with law enforcement, (b) identifies himself to the responding law-enforcement officer, and (c) cooperates, upon request, with any criminal investigation reasonably related to the drug or alcohol that resulted in the overdose. No individual may assert this affirmative defense if the emergency medical attention sought or obtained was during the execution of a search warrant or during the conduct of a lawful search or a lawful arrest.

Send Photos for Father's Day

Father's Day is Sunday, June 21, and once again the Connection will publish a gallery of Father's Day photos.

Every year at this time, the Connection puts out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos as soon as possible, with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 15.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Illuminating ‘Radium Girls’ at Chantilly High

BY YVONNE NGUYEN
HAYFIELD SECONDARY SCHOOL

Eerily stoic faces emerge from the darkness, hauntingly illuminated by a sickening green glow. Ghostly, detached eyes stare blankly ahead, sitting passively in front of a backdrop of shocking news headlines, outlining the sensationalized scandal of the decade.

Thus begins Chantilly High School's production of “Radium Girls.” In a simultaneously heart-wrenching and captivating performance, Chantilly High School unravels the enthralling tale of Grace Fryer, victim of radiation poisoning at the hands of the U.S. Radium Corporation.

Detailing a resilient fight for justice, the U.S. Radium Corporation's attempt to suppress evidence, and the American public's demand for answers, “Radium Girls” by D.W. Gregory is an engrossing play based on a true story of morality and guilt.

Set in the 1920s, “Radium Girls” premiered in 2000 at the Playwrights Theatre. Gregory was inspired by the story of factory workers in New Jersey who sued the U.S. Radium Corporation after discovering that the paint they used to supply the military with glow in the dark watches was essentially toxic.

Already exposed to the radiation poisoning, these workers developed anemia, necrosis, and bone fractures. Following the corporation's

attempt to bury evidence, the factory workers took to the media, in what would become an iconic turning point for the worker's rights movement in America.

The role of the protagonist Grace Fryer was played by Mia Rickenbach. Filling an incredibly emotionally-demanding role, Rickenbach showed excellent character development throughout the show.

In the climax of the play, Rickenbach delivered a haunting monologue, that would surely be remembered by all present due to the piercing quality of Rickenbach's quiet intensity.

Opposite of Rickenbach was the perceived antagonist of the play, Mr. Roeder (Ryan Rickard). Rickard's ability to highlight the humanity in his character certainly paid off and his expertise in capturing Roeder's struggle with his own morality showed theatrical maturity well beyond Rickard's years.

In contrast, Diego Encarnacion's portrayal of Mr. Markley as a cold and calculating villain was also chilling.

Encarnacion's body language and small mannerisms helped immensely in establishing his commanding presence on stage. From the way he buttoned his suit jacket, to the way he pulled down his cuffs, Encarnacion seemed to radiate confidence and dominate every scene that he appeared in.

Chantilly High School's greatest achievement was their ability to capture the overall atmosphere and mood of “Radium Girls.” From the

intriguing headlines painted onto the wall, to the distressed paint on the set, the audience was immediately able to recognize the toxic nature of the environment.

Furthermore, the ingenious use of crates instead of furniture provided a minimalistic feel to the show, a choice that worked well with the plot.

Perhaps the most noticeable aspect of the stage was the array of cast members sitting on stage.

Rather than waiting backstage when not involved in a scene, the actors sat around the stage and simply watched the action that ensued. This choice, along with the dissociated expressions on the actor's faces made for an unsettling but ultimately thrilling effect.

Overall, Chantilly High School proved able to comprehend the spirit of the play and translate that onto the stage. No weak link could be spotted, as each actor was equally committed to his role and the illuminating stage presence of the ensemble was an essential aspect of the play.

Tackling mature themes, such as the poisonous effects of sickness and poverty on relationships, Chantilly High School put on a truly gripping performance, leaving the audience riveted.

The Cappies, “Critics and Awards Program,” is a program through which high school theatre and journalism students are trained as critics, attend shows at other schools, and write reviews.

Chantilly
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ENTERTAINMENT

Email community 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

Family Fridays Movie Series.

Fridays at sunset through June 26, at The Manassas Campus of Northern Virginia Community College, 6901 Sudley Road, Manassas. Admission is \$3, free with NOVA ID. Visit www.novamanassas.wix.com/movies.

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 Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

Art Exhibit. Through June 30, 10 a.m.-8 p.m. at the Clifton Wine Shop, 7145 Main St., Clifton. Art Guild of Clifton presents Davi D'Agostino, Artist of the Month Exhibit. Includes classic fine art oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-830-8466 for more.

"Creating Across the City."

Through July at Dulles International Airport. Three organizations; Critical Exposure, The National Building Museum and ARTLAB+ have teamed

Celebrate Fairfax! Festival Returns

The Celebrate Fairfax Festival is expected to bring 70,000 people to the Fairfax County Government Center this weekend. Guests will find carnival rides, a community market, a silent disco, and fireworks. Also, more than 100 performances on eight stages will be dispersed across the 25-acre site. Artists performing will include 3 Doors Down, Kongos and The Amish Outlaws. Admission is \$15 for adults, \$5 for youth, and free for children 2 and younger. Visit www.celebratefairfax.com.



PHOTO CONTRIBUTED

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.

Young Actors Workshop. July 20-24 9 a.m.- 2 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. Students will participate in theatre games, improvisation, acting exercises, songs, and dances. The week culminates with a show for friends and family featuring songs and scenes from musical comedy classics. The workshop fee is \$125. Visit www.westfieldtheatreboosters.com.

FCPS 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

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A SALUTE TO SUMMER RECEPTION | Thursday, June 11 | 4 to 6:30 pm
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UNDERSTANDING VA BENEFITS | Thursday, June 25 | 6:30 to 8 pm
Saul Cardona, M.Div., Community Veteran Liaison, VITAS Healthcare.
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Westfield freshman Nicki McNamara scored five goals against Robinson during the 6A North region semifinals on May 30.



Westfield sophomore Olivia Markert scored four goals against Robinson on Saturday.

Young Players Shine in Postseason for Westfield Girls' Lacrosse

Frosh McNamara, sophomore Markert combine for 9 goals in region semis.

BY JON ROETMAN
THE CONNECTION

The Westfield girls' lacrosse program graduated eight seniors from its 2014 state championship team, including all-state athletes Molly O'Sullivan, Meghan Heick and Rachael Ulsh.

While the loss of talent and experience led to some struggles during the 2015 regular season, the Bulldogs managed to qualify for the state tournament with a 14-13 victory over Langley on May 28 in the 6A North region quarterfinals.

On May 30, Westfield fell short in its effort to advance to the region championship game, losing to Robinson 19-13 in the semifinals at Robinson Secondary School. Despite the defeat, several young Bulldogs showed why Westfield has a bright future — and could make some noise at states this year.

Freshman attacker/midfielder Nicki McNamara scored a team-high five goals for Westfield and sophomore midfielder Olivia Markert added four during the Bulldogs'

loss to Robinson on Saturday morning. The young duo helped keep Westfield close against a Rams team that entered the game with a 17-1 record, including a 21-5 victory over the Bulldogs in the regular season and a 20-15 win over Westfield in the Conference 5 tournament semifinals.

McNamara scored Westfield's first three goals of the second half. Her fifth goal of the morning cut Robinson's lead to 12-10 with 20:06 remaining in the contest.

Markert scored two goals in each half. Her third goal of the morning cut Robinson's lead to 14-11 with 15:57 remaining, but the Rams scored five of the next six goals to pull away.

"A lot of our young players have really stepped up," Westfield head coach Katie Ruch said. "Olivia, a sophomore, had four goals, Nicki had five. They're continuing gaining confidence and experience through all this, as well."

McNamara has been Westfield's go-to goal scorer late in the season. Along with a season-best eight goals during the Bulldogs' loss to Robinson in the conference tournament, the freshman scored seven goals dur-

ing Westfield's region semifinal win over Langley, which secured a state berth.

"Everyone let me in," McNamara said of her teammates' acceptance during her freshman season, "and then once I got a little comfortable I started realizing how I could help and I just do everything that I can to help the team."

What makes McNamara an offensive threat?

"I think her vision of scoring opportunities and also she's fast and she can also adjust to whatever position we put her in," Ruch said. "... She's coachable and that makes a big difference in her wanting to get better because she wants to see how she can improve and change for next game."

Junior midfielder Angela Stevenson scored three goals for Westfield and junior defender Sarah Horgan added one.

The loss dropped Westfield's record to 9-7, but the Bulldogs' season remained alive. Westfield faced Centerville in Tuesday's region consolation game, after The Connection's deadline.

The Bulldogs will compete in the 6A state tournament, which begins June 9 at Lake Braddock Secondary School.

"I know a lot of people looked at us like, 'Westfield's lost all their talent, they won't be able to make it back,'" Ruch said, "and that was a real motivator to be able to return and defend our title."

"I know a lot of people looked at us like, 'Westfield's lost all their talent, they won't be able to make it back,' and that was a real motivator to be able to return and defend our title."

— Westfield girls' lacrosse coach Katie Ruch

SPORTS BRIEFS

Chantilly Boys' Lacrosse Headed to States

The Chantilly boys' lacrosse team qualified for the state tournament with a 9-7 win over Woodson on May 28 in the 6A North region quarterfinals.

Two days later, the Chargers beat Battlefield 11-4 in the semifinals, earning a trip to the region championship game.

Chantilly hosted Robinson in the region final on Tuesday, after The Connection's deadline.

The state tournament is scheduled for June 9-13 at Lake Braddock Secondary School.

Chantilly Girls' Soccer Reaches Region Semis

The Chantilly girls' soccer team will travel to face Patriot at 6 p.m. on Wednesday, June 3 in the 6A North region semifinals. The winner will advance to the championship match and secure a state berth.

The Chargers defeated South County in the quarterfinals on May 29.

PHOTO BY LOUISE KRAFFT/THE CONNECTION



Brett Norwood, seen during the Conference 5 championship game on May 22, and the Chantilly baseball team beat South County 7-5 on Monday in the 6A North region quarterfinals at Chantilly High School. The Chargers are scheduled to face the winner of West Springfield and Centerville on Wednesday, June 3 in the region semifinals.

WELLBEING

Summer Fun, Summer Safety

Tips for averting summer danger.

BY MARILYN CAMPBELL
THE CONNECTION

It's a familiar call. The sun beams down from mid-summer sky. Temperatures rise above 95 degrees Fahrenheit, but safety conditions start to plummet.

"People will have been walking on the mall all day and then go to Arlington National Cemetery to watch the Changing of the Guard and they start to feel light-headed and dizzy," said Lt. Sarah-Maria Marchegiani, spokeswoman for the Arlington County Fire Department. "The times that I've responded, they usually have only one small water bottle with them and they've been in the heat all day. It's often tourists, but people who live here, too."

While summer ushers in vacations, trips to the pool, barbeques and fireworks it also brings the potential for safety hazards. From recreational water illness to heat-related illnesses, summer fun can turn into a nightmare. Public health and safety officials have several tips for lessening summer safety risks.

WHEN THE TEMPERATURE SPIKES, so does the risk of heat-related illnesses. Lengthy exposure to 90-plus degree heat can lead to heat stroke, heat exhaustion cramping and, in extreme cases, death.

"Heatstroke can occur when the ability to sweat fails and the body temperature rises quickly," said Kenya Fluellen, associate professor of nursing at Northern Virginia Community College. "The brain and vital organs are affected as the body temperature rises to a dangerous level."

In addition to wearing loose-fitting clothes that are light in color and taking breaks from the heat and drinking two to four glasses of water for every hour one is exposed to high heat, health officials say applying sunscreen, limiting physical activity and wearing a hat or using an umbrella to block direct sunlight should also be added to the list of summer safety precautions.

"People can underestimate the power of the heat. Safety is always our number one priority," said Marchegiani. "If you have an elderly neighbor or anyone with mobility issues, check on them, especially when we have a storm and the power goes out."

WHILE STRATEGIES for beating the heat include trips to the pool and water parks, these cool-down activities come with health precautions. Being aware of the potential for spreading germs can prevent recreational water illnesses, which can occur as a result of swallowing or having other contact with contaminated water.



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Health officials are reminding the public how to stay safe while swimming or engaging in other popular summer activities.

Health officials advise swimmers to shower with soap before entering a pool, take bathroom breaks once per hour and take a rinse shower before returning to the water.

Washing your hands after changing diapers or using the restroom and checking a child's diapers every half-hour to an hour are tips that are also advised.

Water safety is another summer concern. "Enroll children over the age of three in swimming lessons," said Fluellen. "Don't rely on lifeguards to watch over your children."

INSECTS ARE ANOTHER summer sighting that can be a prelude to danger. In fact, the Fairfax County Board of Supervisors proclaimed June as Fight the Bite Awareness Month. One bite from a disease-carrying mosquito or tick can lead to life-changing illnesses such as West Nile virus or Lyme disease.

"Anyone can get infected with these illnesses, but people over the age of 50 are at greater of developing more severe forms," said Joshua Smith, Fairfax County environmental health supervisor. "We can find mosquitoes with West Nile virus anywhere in the county that is why we encourage people to take precautions."

Those safety measures include eliminating standing water, treating standing water and spraying your yard. Using an insect repellent containing DEET, remaining indoors at dawn and early evening, and installing, repairing or replacing screens on both windows and doors to keep insects outdoors are also recommended.

"It is important to use common sense, stay hydrated and respect Mother Nature," said Kurt Larrick, spokesman for the Arlington County Department of Human Services. "And some groups are more at risk [such as] infants, teens, older adults, and those with certain health conditions."

"Safety is always our number one priority."
— Sarah-Maria Marchegiani,
Arlington County Fire Department



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Weight For It; Wait



By KENNETH B. LOURIE

Given some post-chemotherapy eating challenges I've experienced during the past few months, and the subsequent weight loss which has occurred, my oncologist has prescribed Dronabinol, common brand name: Marinol. Dronabinol, a.k.a. THC, is "a man-made form of the active natural substance in marijuana" synthesized to stimulate my appetite. It's been my observation over the six-plus years that I've been a chemotherapy patient, that weight loss is a particularly worrisome indicator. Steps are often taken to make sure that the patient – especially during the six-hours-per-day, three-days-a-week, heavy-duty chemotherapy often infused at the beginning of treatment – eats regularly and ingests sufficient vitamins and nutrients. Though I haven't suffered too much of late, other than the eating/tasting problem I've described, my oncologist was quick to this fix. No eating is no good. And even though the potential side effects: "dizziness, drowsiness, confusion, feeling 'high,' an exaggerated sense of well being, lightheadedness, nausea, vomiting or stomach pain," don't exactly turn me on; neither do they bum me out. I need to eat – doctor's orders – so if marijuana pills are the ticket, then I'm ready to buy. Someone has to do it, and as a cancer patient/survivor trying to stay in the game, these pills are a much appreciated resource to help fend off an evil adversary.

This is a road I have been down before – in the 70s, but that was more of a pleasure trip. This is a completely different road – and trip, and therefore one that requires thinking and treating outside of the box, if necessary. And since I don't want to be boxed, I need to remain open to remedies and alternatives that might offer a glimpse into a future that six years ago was not assured. In fact, assurances were the last thing I was given. What I was given, as you regular readers know, was a "13-month to two-year" prognosis with a corollary admission from my oncologist: "I can treat you but I can't cure you." Having successfully navigated an extremely bumpy road since February, 2009, I am still afraid for myself and fearful of my circumstances. Nevertheless, giving in is not an option. Nor is giving up. These pills are just another addition to my ever-expanding arsenal (most recent additions: wheat grass, beta glucans, dandelion root, milk thistle). This is a dynamic time in cancer research and when one considers the conventional along with the non-conventional, there are reasons for hope and dare I say, excitement, for our respective futures.

It's ironic to consider that back in the day, smoking marijuana was thought to possibly contribute to or even cause lung cancer and now, decades later, it is being prescribed by oncologists for their lung cancer patients to help them cope with the side effects of their treatment. When we first met my oncologist, it was mentioned that I smoked pot in the 70s and perhaps that was a cause of my current diagnosis. The doctor's response was that he wasn't interested in the past; he was only interested in the present/future and treating me forward. And so too have I embraced that philosophy. My life now is about securing a future, not explaining a past.

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

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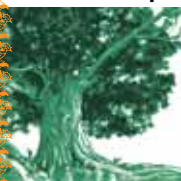
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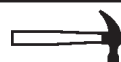
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ENTERTAINMENT

FROM PAGE 7

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 create, perform, experiment, and explore—all in various music, dance, visual art, and theatre venues.

❖ **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.

❖ **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.

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FRIDAY-SUNDAY/JUNE 5-7

Celebrate Fairfax! Festival. Various

times at the Fairfax County Government Center, 12000 Government Center Parkway. Family activities include carnival rides, live music by 3 Doors Down, The Amish Outlaws, Kongos and more. There will also be nightly firework showcases and hundreds of vendors. Admission is \$15 for adults, \$5 for youth, and free for children 2 and younger. Visit www.celebratefairfax.com.

SATURDAY/JUNE 6

Born to Run Memorial 5K and Fun Run. 8:30 a.m. at the Chantilly Highlands neighborhood. Franklin Middle School will dedicate this race to Jannine Parisi who died on Nov. 20, 2013 as the result of a domestic incident. Registration starts at \$15. Visit www.prracing.enmotive.com.

Relay for Life. 2 p.m.-12 a.m. at The nZone, 14550 Lee Road, Chantilly. A fundraiser featuring games, prizes music and other opportunities to gain awareness and help support The American Cancer Society. Contact Mary Saunders at mary.saunders@cancer.org.

"The Homegrown Medicine Chest." 1-4 p.m. at the Sully Historic Site, 3650 Historic Sully Way, Chantilly. Learn about the preparation of home remedies and their uses. Visit www.fairfaxcounty.gov.

SATURDAY-SUNDAY/JUNE 6-7

Arlington Rose Foundation's 59th Rose Show. 1-6 p.m. at Merrifield Garden Center, Fair Oaks location, 8132 Lee Highway. The Rose Show includes more than 50 categories of rose including photography, fragrance and a silent auction. Show

is open to public. Free admission. Contact 703-371-9351 or pam1powers@aol.com.

SATURDAY/JUNE 7

Wine, Whiskers and Wags. 1-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. A wine tasting, food, silent auction and other events will benefit the Fairfax County Animal Shelter. Tickets are \$35 in advance and \$40 at the door. Visit www.fccas.org.

THURSDAY-SUNDAY/JUNE 11-14

White Elephant Sale. 5-8 p.m. on Thursday, 10 a.m.-7 p.m. on Friday, 9 a.m.-7 p.m. on Saturday and 8 a.m.-12 p.m. on Sunday at St. Mary's, 5222 Sideburn Road, Fairfax. A white elephant sale features used items of special interest to collectors. There is a \$5 fee to attend the preview sale on Thursday, but is free all other days. Call 703-978-4141 for more.

THURSDAY/JUNE 11

Art Walk. 5 p.m. at Virginia Run Elementary, 15450 Martins Hundred Drive, Centreville. Virginia Run Elementary PTA will be hosting its annual art walk which will include a display of artwork by 5th grade students. There will also be ice cream, a PTA election and more. Free. Call 703-988-8900.

The Second Annual Juried Exhibition Reception. 6-8 p.m. at the Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. The winners, including Best of Show, Best Runner-Up and Honorable Mention recipients, will be honored at a reception. Free. RSVP is required. Contact Hylton@gmu.edu

to RSVP. Visit HyltonCenter.org.

SATURDAY/JUNE 13

Touch a Truck. 2-5 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Vehicles will be available for children and adults to learn about. Free. Visit www.fairfaxcounty.gov.

Remembrance Cabaret. 6-7 p.m. at Westfield High School Auditorium, 4700 Stonecroft Blvd., Chantilly. This event is fundraiser for the Reema J. Samaha Scholarship Fund which provides scholarships to local students. Find music, dance, art, a silent auction, and a bake sale. Admission to the event is free. All proceeds from bake sale and silent auction will benefit the scholarship fund. Call 703-919-2941 or email janetkohler@cox.net.

THURSDAY/JUNE 18

"Indoor Picnic." 6 p.m. at the Sully Government Center, 4900 Stonecroft Blvd. Liberty Republican Women's Club hold their annual "Indoor Picnic" with Linda Bartlett, President of the VFRW as guest speaker. Everyone welcome. Admission is free. Contact 703-378-4190.

SATURDAY/JUNE 20

Clifton Wine Festival. 11 a.m.-6 p.m. at 7150 Main St., Clifton. Local wineries will bring their goods to the festival. Also find a wide variety of arts and crafts vendors and live entertainment. General admission to the festival is \$15 at the gate. The "Taster Ticket," for attendees 21 and older includes admission, a souvenir wine glass and choices to sample is \$25. A children's ticket is \$5. Visit www.cliftonwine.com.

SATURDAY-SUNDAY/JUNE 20-21

NoVa Summer Brewfest. 11 a.m.-7 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. Find seasonal craft beer from local and regional breweries alongside vendors, exhibitors, music, and food. Tickets are \$35 for adults on the day of the event, \$25 in advance and \$10 for designated drivers. Children under 16 may attend at no cost. Visit www.novabrewfest.com.

SATURDAY/JUNE 21

Antique Car Show. 10 a.m.-3:30 p.m. at 3650 Historic Sully Way, Chantilly. Celebrate Father's Day at Sully's 42nd Annual Antique Car Show co-sponsored by the FCPA and The Model A Ford Club of America. Find 400 antique and classic cars, cars for sale, a flea market, food and music. Admission is \$10 for adults, \$8 for seniors and \$7 for children. Visit www.fairfaxcounty.gov.

SATURDAY/JUNE 27

The Ice Cream Race. 8 a.m.-2 p.m. at Bull Run Regional Park Special Events Center, 7700 Bull Run Drive, Centreville. The Ice Cream Race is a fundraiser for the Leukemia & Lymphoma Society in the form of an ice cream-themed obstacle course. Find Chocolate Syrup Water Slide, Whipped Cream Foam, Sticky Steeplechases and more. Registration starts at \$49 for individuals. Visit www.theicecreamrace.com for more.

SUNDAY/JUNE 28

Summer Concert. 5 p.m. at The National Air and Space Museum Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Parkway, Chantilly. The U.S. Air Force Band's Max Impact will perform. Free. Visit www.airandspace.si.edu.

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