



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Playing chimney sweeps are (from left) Karin Hoelzl, Nora Winsler, Cammy Fischer, Connor Rudy, Morgan Perigard and Sarah Damers.

‘Spoonful of Sugar’ Plus Magic

Westfield Summer Stage presents “Mary Poppins.”

BY BONNIE HOBBS
CENTRE VIEW

Featuring a cast and crew of nearly 50, Westfield Summer Stage is bringing the Disney musical, “Mary Poppins,” to life. This production also marks 15 years of summer musicals for this local, theater group.

In 1910 London, a woman becomes the nanny for a family in crisis, and she and the children have fun-filled adventures which teach them life lessons. And through the wonder of theater, the audience gets to go along for the ride.

“At the end of the show, the Banks family has learned to operate as a healthy family unit,” said Director Pat Mitchell. “And it’s because of Mary Poppins — she’s the catalyst.”

Show times are Friday-Saturday, July 17-18, at 7:30 p.m.; Sunday, July 19, at 2 p.m.; Friday, July 24, at 7:30 p.m.; and Saturday, July 25, at 2 and 7:30 p.m., at Westfield High. Tickets are \$15 at the door and \$12 in advance via www.westfieldtheatreboosters.com; seats are reserved.

There’s a live, student orchestra, plus a crew of

all Westfield alumni. Mitchell’s a graduate, as are music director Laura Walsh, choreographer Rachel Shirley and assistant vocal director Melanie Robison. “I was in Westfield’s first graduating class in 2002, so it’s a nice homecoming to be back here again,” said Mitchell.

Furthermore, he said, “I can’t say enough about the parents — including alumni parents — who’ve put in their time to build and paint the set and create the costumes. It shows how much community is in this place.”

The sets depict the Banks’s house and nursery, a park and the bank where Mr. Banks works. And, said Mitchell, “As the show goes on, the scenes get more magical, culminating in a show-stopping, rooftop, tap-dance number, ‘Step in Time.’”

Middle- and high-school students, and new grads, comprise the cast, and Mitchell’s also “proud of their hard work. They show up with a positive attitude every day and are always excited to be here.” As for the show, he said, “It’ll make every adult feel that fondness of being a child again. These classic songs will get stuck in their heads, and I guarantee they’ll be whistling, humming and singing them for weeks to come.”

In the title role of Mary Poppins is Robinson Secondary senior Madyson Hanton. “She’s a magical nanny who cares about the Banks family,” said Hanton. “She’s prim and proper and doesn’t take any backtalk from the children. She’s sassy and is

‘SEE A SPOONFUL OF SUGAR’, PAGE 2

‘It’s Been A Good Run’

Frey’s final “State of Sully” address.

BY BONNIE HOBBS
CENTRE VIEW

With Supervisor Michael R. Frey (R-Sully) opting not to run for reelection, his recent State of Sully address may well be his last one. He gave it June 24 to the Sully District Council of Citizens Association.

He began by thanking the council members for all they’ve done for the community in matters of land use and transportation. “It’s been a good run,” he said. “We’ve worked together on an awful lot of things and I’ve valued your input.”

The World Police & Fire Games are now over but, at the time of his speech, they were just about to start, and Frey was looking forward to Fairfax County hosting them. “We went to Vancouver in 2009 to make our presentation and were awarded the games for this year,” he said.

Aside from the international sports competitions, he noted the many thousands of friends and family members of the athletes who’d be “staying in our hotels, eating in our restaurants and visiting our sights.” Furthermore, said Frey, “We thought we needed 4,000 volunteers but, as of last week, we had over 5,800 names in the volunteer data base, so the community has embraced it.”

Meanwhile, he’s still busy with the demands of his job. “I’m trying to wrap up 37 years with Fairfax County and 24 years as



BONNIE HOBBS/CENTRE VIEW

Michael Frey discusses the upcoming Fairfax County budget.

supervisor, in my last six months, especially some of the large, land-use cases,” he said. For example, he said the Board of Supervisors approved the Akridge amendment to the county’s Comprehensive Plan for the Westfields area and, on July 28, it’ll hear Akridge’s rezoning proposal.

Likewise, Frey said the Wegmans Comprehensive Plan amendment will go before the county Planning Commission in July and the supervisors in September. “I understand there’s tremendous, public support for the Wegmans [also proposed for Westfields], but it still has to go through the process,” he said. “And we have to be careful because it’ll have a tremendous impact [on the surrounding area].”

SEE FREY GIVES, PAGE 11

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'A Spoonful of Sugar'

FROM PAGE 1

practically perfect, and she changes the family's life drastically — for the better."

Calling it her "dream role," Hanton said, "I love the movie and it's written for a soprano like I am. She has so much depth and I get to have fun showing her different sides — caring, wacky, fun, energetic — and I also show that she's not just a nanny, but a woman, too." Hanton's favorite song is "Supercalifragilisticexpialidocious," which she sings to the children. "The whole cast is in it," she said. "You have to put a lot of work into that song, so I'm happy to be a part of it and see it all come together."

Hanton said the audience will enjoy the show because "it's a spectacle. The set is so intricate, while being gigantic, and the costumes are colorful and also help with characterization. The choreography is something you'd expect from a Broadway musical, and every song has five-part harmony. And it's great for all ages; people will definitely leave smiling."

New Centreville High grad and George Mason University freshman Joshua Ewalt portrays Bert, who's also a bit magical. "He's the narrator and sings about what's happening and how the characters are feeling," said Ewalt. "He's also a jack-of-all trades — a street artist, a chimney sweep, a street cleaner, etc., and he's tons of fun to play."

Bert speaks in a Cockney accent and, said Ewalt, "Most of the role is singing and dancing. He's one of the funnier characters and gets to move around and do some tumbling during the musical numbers. It's a very energetic role."

Ewalt especially likes the song, "Step in Time," one of the biggest numbers in the show. "It has the hardest dancing, but is really cool," he said. "There's tap, people are jumping over each other, and others are sliding across the stage, so people will look forward to seeing it."

He added, "They're going to love the big musical numbers and our colorful costumes, and the sets will be awesome. We'll have some cool special effects, especially with Mary Poppins, so there'll be lots of things to see in this fun musical. And it's a good story about a family trying to work together and find ways to spend time together. Through Mary Poppins's influence, they start to look at things from a different perspective."

Playing Robertson Ay, a servant in the Banks house, is Westfield senior Connor Rudy. "He's clumsy and is always messing up, dropping things and forgetting Mr. Banks's briefcase and umbrella," said Rudy. "He's pretty nervous and is scared of Mr. Banks reprimanding him. He's fun to play because it's a high-energy role. I love run-



PHOTO BY BONNIE HOBBS/THE CONNECTION

Portraying Bert and Mary Poppins are (back row) Joshua Ewalt and Madyson Hanton, and (front row) John Henry Stamper and Lauren LeVine as the Banks children.

Rudy's favorite number is "Cherry Tree Lane," sung by the whole Banks family and staff. "It introduces the show," he said. "You get to meet the family and see how chaotic their lives are and how Mr. Banks is trying to keep order; it's really fun."

He said both children and adults will enjoy the show. "We have a great cast, and people will like the vocals — especially when the ensemble sings a capella during the song, 'Feed the Birds.' It makes for a beautiful, choir effect."

Westfield senior Meredith Mehegan plays Neleus, a statue in the park. "When Mary Poppins comes to the park, the statues come to life," she said. "My statue is lonely because her father is the Greek statue of Poseidon, who's far away. I come to life, talk to the kids and show them around the park. I also dance with penguins and other statues. Since Neleus just suddenly comes to life, like Frosty the Snowman, she's energetic and happy to be alive again. It's cool to stay frozen in a scene, and it's challenging because you can't blink or twitch."

Mehegan likes the song "Jolly Holiday" best because she's featured in it as a dancer. And, she said, "I like how it incorporates so much of the cast in it, plus the statues and penguins in the park." Overall, she said the audience will appreciate the "amazing voices and great talent" of the leads. "They'll also like 'the magic of this show,'" said Mehegan. "And since so many people have seen the movie, it'll be nice to see it come to life in front of them."

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ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, July 16, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed. Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice, canned fruit (all types), canned pastas, canned meats (tuna, ham, chicken), cold and hot cereals, spaghetti and sauces, peanut butter, canned vegetables (including spinach, collar greens, beets) and cooking oil.

Toiletries needed, which WFCM clients cannot purchase with food stamps, include facial tissues, toothpaste, shampoo and solid deodorant. Bring all items to WFCM'S food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center. A volunteer stocker/bagger is needed Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or abosley@wfcma.org.

Learn about Police Department

Throughout the year, the Fairfax County Police Department will host a series of lectures as part of its 75th anniversary.

♦ July 23 – The Departments growth in relation to the county's development, 11 a.m. at the Criminal Justice Academy <https://www.eventbrite.com/e/the-departments-growth-in-relation-to-the-countys-development-tickets-15374059225>

♦ Aug. 10 – SWAT – Tools, Tactics, and Technology, 11 a.m. at the West Springfield District community room <https://www.eventbrite.com/e/swat-tools-tactics-and-technology-tickets-15374108372>

♦ Sept. 16 – Helicopter Division, 10 a.m. at the Criminal Justice Academy <https://www.eventbrite.com/e/fcpd-helicopter-division-tickets-15374129435>

♦ Oct. 2 – Early days of Diversity, 11 a.m. at the Massey Building A Level conference room <https://www.eventbrite.com/e/early-days-of-diversity-tickets-15374156516>

♦ Nov. 4 – Criminal Justice Academy, 11 a.m. at the Criminal Justice Academy <https://www.eventbrite.com/e/criminal-justice-academy-tickets-15374248792>

♦ Dec. 14 – Crisis Negotiations Team, 11 a.m. at the Criminal Justice Academy <https://www.eventbrite.com/e/fcpd-crisis-negotiations-team-tickets-15374274870>

How to Hire CLRC Workers

The Centreville Labor Resource Center (CLRC) serves businesses and homeowners needing help with just about any home remodeling or maintenance project. And local residents who'd like to hire a worker from the CLRC may do so easily. Either call 703-543-6272 or go to www.centrevilleLRC.org and click on the "How to Hire" link. Tell what kind of work is required, how many workers are needed and when.

The CLRC will match the needs to its registered workers' skills and set up the job. The price for work will be negotiated. After the job is completed, employers are encouraged to provide the CLRC with feedback to ensure that the work was done well and to their satisfaction and to make sure the workers are fairly paid.

Meals on Wheels Volunteers

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

NEWS

Carrying Special Olympics Torch

Centreville resident carries torch in Crystal City for Special Olympics World Games.

BY STEVE HIBBARD
CENTRE VIEW

Alexis Guillett, 33, of Compton Village in Centreville had the thrill of her life when she got to participate in the Special Olympics Torch Run on May 28 in Crystal City. The torch was lit in Greece and carried from city to city where it will end up in Los Angeles for the Special Olympics World Games starting on July 25. There, Michelle Obama will be kicking off the ceremonies featuring 7,000 athletes from 26 different sports, including swimming, track and field and bowling.

Alexis, the daughter of Warren and Sharron Guillett, was part of the central track across the U.S.; there were three different tracks starting in the eastern portion of the U.S. Their segment was half a mile long Jefferson Davis Highway near 27th Street in Crystal City.

The night before the Torch Run, her family stayed at a hotel in Crystal City; they wanted to be sure to find a red circle on a lamp post where they were supposed to meet up with the torch.

"There was a police escort and truck with cameras and water," said Alexis Guillett of the actual Torch Run. "They call it kissing the torch and the flame has never been extinguished. The same flame is passed from torch to torch. It is kept going until it reaches its home in Los Angeles."

"What was so thrilling was the response of the people as we walked by," said mom Sharron Guillett. "At one point we went by the Metro bus station and the drivers all came out and cheered. It was more than I was expecting. It was exciting."

A man named Joseph Carlone has been accompanying the torch from the time it came to the U.S. He helped Alexis Guillett hold it steady during her turn so that it would be safe. "It's heavy and hot," she said. "They attached the apparatus to my foot plate (on her wheelchair) and put the torch inside the holder."

"My friend Joseph, he was next to me the whole time. He never let go. He kept asking me if I was OK, or if I needed to stop. But I wanted to just keep going," said Alexis Guillett. "I wanted to keep it going as much as I could. It was a once in a lifetime opportunity."

"I was really proud because she earned the money herself," said Sharron Guillett. "I think it takes courage to do something that you haven't done before with people you don't know that involves rolling down a busy highway carrying flames."

After an exciting day in 95 degree weather, Alexis Guillett and her family went off to dinner to celebrate at Joe's Crab Shack. It was her mom and dad and the police officers on motorcycles who were blocking off the intersections.

To secure her spot on the Torch Run, Alexis Guillett



Alexis Guillett of Centreville with her framed Special Olympics Torch and medals.

had to raise \$1,000. She actually raised \$1,200 by calling a bunch of her friends. "I called my sister Amanda in Florida and her group from work raised money for me," she said. "They created a website to donate and half of her money came from Florida State University where Amanda works."

Since she was age 13, Alexis Guillett has been participating in bowling.

She started by bowling on Mondays after school with her mom and sister. Her friend and coach Doris Crawford helped her get started with Special Olympics bowling three years ago with Area 26 from Fairfax County, which meets every Sunday in Annandale Lanes. Teams of four people bowl in three games once a week. They compete against other bowlers from different districts throughout the region. Alexis Guillett's highest bowling score ever is 155.

"It's a mix of people with different abilities," said Sharron Guillett of Alexis's bowling team ("The

Four Gals") consisting of friends Shannon, Kelly, and Jennifer. "They're so friendly and supportive. When one person gets a strike, everyone's cheering. Even though it's competitive, they all enjoy each other and want each other to do well."

She added: "It's an opportunity for them to socialize because most of them don't have the same opportunities to get out in the community. This is a chance to get out and have some fun with people like themselves."

An avid sports enthusiast, Alexis Guillett used to play Challenger Baseball and Therapeutic Rec Traveling Basketball. These days, she mainly watches her favorite teams, the Detroit Redwings in hockey; the Baltimore Orioles and the Washington Nationals. She also enjoys watching tennis and golf.

Alexis Guillett graduated from Centreville Elementary, Falls Church High School and Davis Vocational School.

"I wanted to keep it going as much as I could. It was a once in a lifetime opportunity."

— Alexis Guillett

PHOTO BY STEVE HIBBARD/CENTRE VIEW

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OPINION

Yes to Nonpartisan Redistricting

Politicians shouldn't
be choosing voters.

Virginia's Congressional map is unconstitutional because African American voters are packed into District 3, according to the U.S. District Court for the Eastern District of Virginia. The problem will have to be remedied by drawing new boundaries.

The issue could be appealed to the U.S. Supreme Court.

In statewide elections, Virginia voters have chosen Democrats in the last two presidential elections, for U.S. Senate, for Governor, Lieutenant Governor and Attorney General. Every single official elected statewide is a Democrat.

Democrats won by a comfortable margin in most cases, but elections were close. In one case the margin was razor thin. (Attorney General Mark Herring beat Republican Mark Obenshain by 165 votes out of more than 2.2 million cast, and that was an election that had serious and immediate consequences, if you ever need an argument for the importance of your vote.)

It's reasonable to assume that a state so clearly leaning blue, but close to evenly divided would be about evenly divided in political representation.

But in fact, the Virginia House of Delegates consists of 67 Republicans and 33 Democrats. Virginia's delegation to the U.S. House of Representatives consists of eight Republicans and three Democrats.

Virginia's 11 Congressional districts should be split about evenly. You could understand a split five Dems and six Republicans; or five Republicans and six Democrats. A four and seven split would smack of some unusual cir-

cumstance. But three and eight?

The problem is gerrymandering.

The solution, which the Supreme Court just OK'd, is allowing the lines to be drawn by a non-partisan commission.

Both political parties have been guilty of this when in power, although new technology and better data have made the process more egregious, the effects more damaging.

Political parties should not control the drawing of political districts. Gerrymandering thwarts the will of the electorate. It is especially damaging in a Dillon rule state, like Virginia, where localities have only the power explicitly granted to them by the General Assembly. This is particularly unfair to localities like Fairfax County, Arlington and Alexandria, whose electorate

and local officials have views that differ greatly from those of the majority of Virginia's General Assembly.

The reason Virginia's Congressional map has been ruled unconstitutional is about race; packing all the African American voters in one district and conceding that district to Democrats in order to reduce the power of African American voters in the adjacent districts. A similar challenge is in the works concerning districts in Virginia's House of Delegates.

It's long past time to take these decisions out of the hands of the officials who use the redistricting process to choose their own voters and effectively grant themselves lifetime appointments.

— MARY KIMM

EDITORIAL

Pet Photos for the Pet Centre View

The Pet Centre View, a twice-yearly special edition, will publish on July 22, and photos and stories of your pets with you and your family should be submitted by July 15.

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Legislation Combats Sex Trafficking

BY TIM HUGO
STATE DELEGATE (R-40)

On July 1, legislation that I sponsored, HB1964, went into effect. This new law is Virginia's first stand-alone human trafficking statute and creates stricter penalties for traffickers, greater protections for sex trafficking victims, and provides needed tools for prosecutors and law enforcement to stop human trafficking in Virginia.

At a recent forum on human trafficking at George Mason University, Det. Bill Woolf of the Fairfax County Police Department Human Trafficking Unit shared a bit of startling news. Woolf stated that without the passage of HB1964, only 11 of the 120 or so open cases dealing with human trafficking could be pursued. According to Woolf, because of this new law, almost all of these cases can now be pursued.

Until today, Virginia was the only state in the nation without a dedicated human trafficking law and was one of only two states that

did not specifically criminalize sex trafficking. The enactment of this law marks another goal reached for Virginia's many organizations and individuals engaged in stopping this abhorrent crime. Thanks to the efforts of many, the General Assembly has established laws to combat the scourge of sex trafficking in Virginia; as a result of these long-term efforts, Virginia finally has a strong sex trafficking law in place.

COMMENTARY

This new section of the Virginia Code establishes the new offense of sex trafficking, which provides substantial penalties, including a Class 3 felony when the victim is a minor — regardless of whether the child was forced, intimidated or coerced. This distinction reflects the disturbing reality of how traffickers prey on the vulnerability and trust of young victims and ensures greater protections for Virginia's children. The new law also closes a gap in Virginia law by criminalizing the recruitment of minors and adults for commercial sex. Further, the law provides for the use of multijurisdictional grand juries and includes sex trafficking as a predicate crime under

Virginia's racketeering and criminal street gang statutes — ensuring that prosecutors and law enforcement can use these laws to combat criminal enterprises that engage in sex trafficking across jurisdictional lines.

I would like to thank the many people, elected officials, and community groups that had a hand in crafting this legislation; particularly, the Kids Are Not For Sale in VA Coalition and the Richmond Justice Initiative. The threat of sex trafficking is closer to home than many realize, and in the General Assembly we are committed to eradicating this crime against our young people. This stand alone statute will now send traffickers the message that they are not welcome here and that our kids are not for sale in Virginia. Not now, and not ever.

This will be the fourth piece of legislation in four years introduced by Hugo aimed at human trafficking. HB1898, introduced by Hugo in 2011, passed into law, making abduction for the purposes of child prostitution a felony. HB1606, which became law in 2013, increased the punishment for those soliciting minors for prostitution. Most recently in 2014, he passed HB485, which empowers law enforcement to better track down and arrest suspected traffickers.

Observing Ramadan

Muslims congregate to break daily fasts together.

BY TIM PETERSON
CENTRE VIEW

One voice carries a melody in Arabic through the two-story hall of the Islamic Center Northern Virginia Trust, as over a hundred men bow their heads to the carpeted ground. Women and young children are in a designated area at the back and on the second floor. It's 8:39 p.m. on July 2 and this "Maghrib" is the last group prayer before breaking a daylong fast from food and water.

The group is observing Ramadan: a month of sacrifice and discipline on the Islamic lunar calendar. Typically, it includes fasting from dawn till dusk each day, additional praying and reciting from the Muslim holy book the Quran, and moral introspection.

"I just focus on myself and put down my goals," said Mubashera Chaudhry of Fairfax. "Ramadan means purifying thoughts and goals as a human, and finding new ways to really connect with God."

Chaudhry's daughter Aishah is having an easier time with the fasting than last year. As she learns to ignore her hunger during the day, it helps her focus on personal improvements. "I try to be honest, clean, a good listener," Aishah said. "Ramadan is about reconnecting to God and purifying your heart."

Each night of the week, between two and 300 people come to the mosque for evening prayers and



PHOTO BY TIM PETERSON/CENTRE VIEW

Syeed Hsnai (right) of Centreville serves fried chicken to Muslim men for the "Iftar" fast-breaking meal during Ramadan.

to break the day's fast together, for unity, strength and fellowship. Though dates are a traditional favorite food for the meal "Iftar" — they're a good source of fiber and sugar — tonight's menu also includes a mix of fried chicken, pizza, hearty chicken soup and spiced potato samosas.

The fast-breaking meals take on a festive atmosphere, culminating in a larger celebration at the end of the month, called "Eid." This year, that date falls on July 17.

For Rashid Moin of Centreville, the fasting isn't just about not eating and drinking. "It's fasting from bad actions," he said. "People are greedy for money, power and fame. If we can control our desires in the physical realm, we can control our thoughts, feel

SEE BREAKING DAILY, PAGE 11

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CENTRE VIEW



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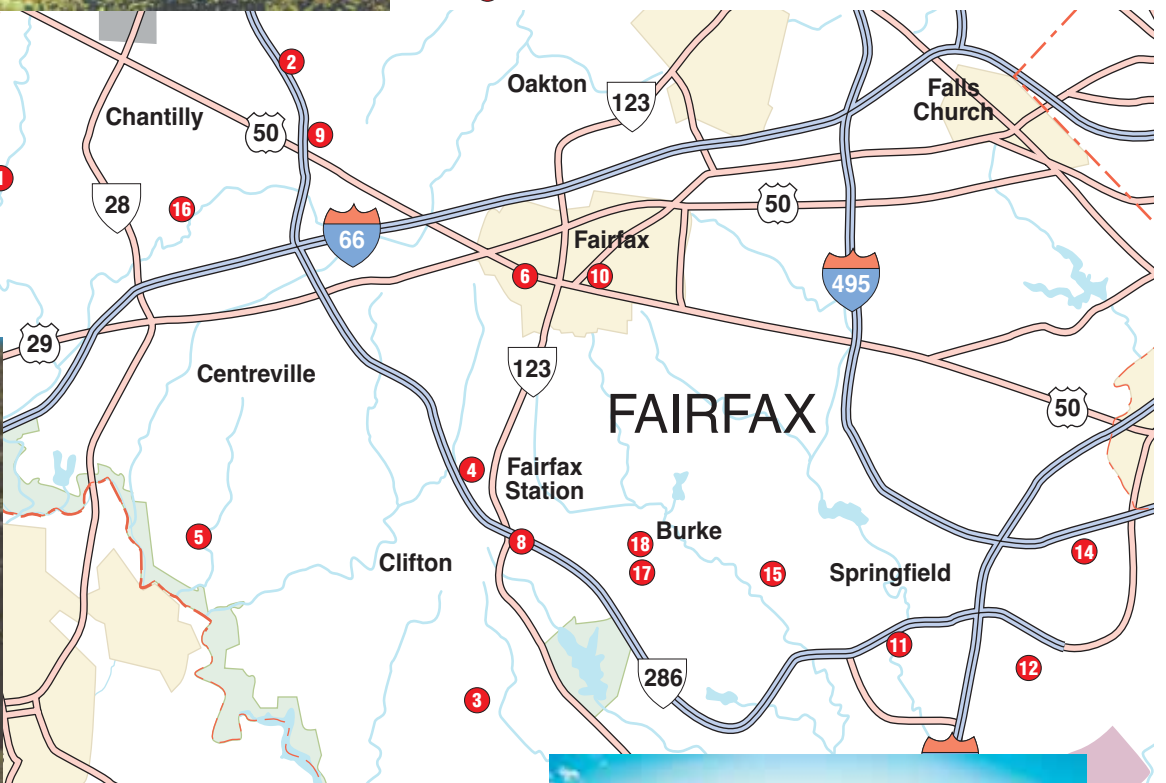
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HomeLifeStyle

A House by the Sea

Design ideas for beach homes.

BY MARILYN CAMPBELL
CENTRE VIEW

As the sweaty days of summer slog on, many are dreaming about a home by the sea, a wistful retreat where cares flow as freely as an ocean breeze. A few local designers share seaside secrets for an idyllic hideaway.

When a Bethesda, Md., family decided to update and expand their vacation home on the shores of the Chesapeake Bay, functionality and style were top priorities.

Doug Roberts and Jessica Parker Wachtel of GTM Architects in Bethesda added more than 1,400 square feet, but kept many of the existing features of the 3,792-square-foot beach house, which was built in 1985.

"What was unique about this project is that the family's father had originally designed this home himself," said Roberts. "It's modern with lots of glass and cathedral ceilings. The family didn't want to change that. They just wanted to expand it."

The home now has an open floor plan, including a kitchen that flows into the family room, an exercise and recreation room, glass garage doors, an outdoor shower and a wet bar. The windowsills are lower, allowing in more light and expanded water views. The home's bathrooms and five bedrooms were updated, adding a balcony with views of the bay to a rear bedroom.

AN ALEXANDRIA COUPLE wanted their second home on the Eastern Shore to exude a calm serenity. They achieved that feel with white walls and furniture at the recommendation of interior designer Grace Nelson of Nelson Design Lab in Arlington.

"White exudes peace and quiet," said Nelson. "They wanted their beach house to be the opposite of the chaos of Washington, but they didn't want it to be too far removed modernity. They still wanted their luxuries."

Among those amenities are a kitchen equipped with a Bosch dishwasher and a built-in Subzero refrigerator. The kitchen's white cabinetry is accented with natural pine knobs and pulls that match the pine flooring.

When the owner of a Rehoboth Beach, Del., con-



PHOTO COURTESY OF GTM ARCHITECTS

This Chesapeake Bay vacation home with renovations by Doug Roberts and Jessica Parker Wachtel of GTM Architects has an abundance of windows that allow in sunlight and offer views of the water.

dominium decided to rent her property to beach goers, she wanted to marry casual elegance and durability.

Designer Sallie Kjos of Grey Hunt Interiors in Chantilly helped the homeowner, whose primary residence is in Great Falls, choose furnishings that created a relaxed, modern look.

"When you're designing a beach property that is also used as a rental, you want to find something that is durable and can be cleaned easy and can stand up to the sand," said Kjos. "You don't over accessorize a beach property, especially if it's a rental."

They created an office space "because a lot of people have to work even when they're on vacation," said Kjos.

A chandelier made of natural capiz shells, with an easy-to-clean lacquered finish, hangs over the wooden dining room table. The result is a beach feel, but with a modern twist, says Kjos.

"We tried to get away from the stereotypical beach décor with motifs like seagulls and driftwood," she said. "We wanted to use water-like colors because it makes for a relaxing environment, but we mixed the city with the ocean and created a flow throughout the house so that it connected visually."

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ONGOING

Summer Reading Program.

Through Sept. 5 at all regional libraries. Come to the library for books and other fun events. All ages welcome. Free. Visit www.fairfaxcounty.gov/library/branches/ for locations and information.

Kid/Teen Summer Reading Program.

Through Sept. 5 at the Centreville Regional Library, 14200 St. Germain Drive. Summer reading program aimed at children and teens. All ages. Free. Call 703-830-2223 for more.

Toddlin' Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

Storytime for Three to Fives.

Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children aged 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

English Conversation Group.

Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

English Conversation Group.

Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain

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Plant Clinic.

Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

ESL Book Club.

Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

ESL Book Club.

Every other Saturday, starting June 27, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning english are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

THURSDAY/JULY 9

Silly Sleuths Day. 10 a.m.-12 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Learn history and make a craft. The topic will be "Weather-Wise." There is a \$10 fee. Visit www.fairfaxcounty.gov.

Book Swap and Board Games.

5 p.m. at the Chantilly Library, 4000 Stringfellow Road. Swap out unwanted books and challenge others to a favorite board game. Light snacks provided. Rising grades 7-12. Free. Call 703-502-3883 to reserve a space.

Civil War Lecture. 7 p.m. at the Centreville Regional Library, 14200

St. Germain Drive. Lecture by authors and historians from the Mosby Panel. All ages. Free. Call 703-830-2223 with questions and to reserve a spot.

FRIDAY/JULY 10

Sipping & Painting. 6-8 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Drink wine and paint on a canvas to take home. Admission is \$45. Visit www.wineryatbullrun.com.

FRIDAY-SUNDAY/JULY 10-12

Collectors' Showcase of America.

2-8 p.m. on Friday, 9 a.m.-5 p.m. on Saturday, and 10 a.m.-4 p.m. on Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find sports collectibles for show and for sale. A weekend pass is \$15, regular tickets are \$8 for adults and free for children 12 and under. Visit www.csashows.com for more.

SATURDAY/JULY 11

Sheep Dog Detectives Puppet

Show. 2:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Puppet show where Dudley Dog and friends solve crimes in a fun and fast paced manner. All ages. Free. Call 703-502-3883 to reserve a space.

SATURDAY-SUNDAY/JULY 11-12

World War II Living History. 10 a.m.-4 p.m. on Saturday and 10 a.m.-3 p.m. on Sunday at 3650 Historic Sully Way, Chantilly. Sully Historic Site hosts Allied and Axis reenactors for a weekend of demonstrations. Get a look at what life was like for

soldiers and civilians throughout the war and talk to them about their jobs, living quarters, food and life in the 1940s. House tour included. This event is free for veterans and active duty military, \$8 for adults and \$6 for seniors and children. Visit www.fairfaxcounty.gov.

MONDAY-FRIDAY/JULY 13-17

All-American Girl Living Dolls

Camp. 9 a.m.-12 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Children are invited to bring a doll friend and experience the life of an American girl growing up in the most interesting eras in history. They will practice the life skills girls needed in the past and relate them to the present. Attendees will find activities, costumes, crafts and themed games. The camp will cost \$190. Visit www.fairfaxcounty.gov.

MONDAY/JULY 13

Robin and His Merry Band. 2:30 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Musical story of Robin Hood. Ages 6-12. Free. Call 703-830-2223 with questions and to reserve a space.

Fireflies Musical Yoga. 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Join Kira Willey for yoga, songs, and movement. Age 2-8 with adult. Free. Call 703-502-3883 to reserve a spot.

WEDNESDAY/JULY 15

Bouncin' Babies. 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Rhymes, songs, stories, and other activities for 1 year olds and caregiver. Free. Call 703-502-3883 to

reserve a spot.

Small Wonders. 4 p.m. at the Chantilly Library, 4000 Stringfellow Road. Rhymes, songs, stories, and other activities for 2 year olds and caregiver. Build an early literacy foundation. Free. Call 703-502-3883 to reserve a spot.

THURSDAY/JULY 16

Hunger Games Kit. 2 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Make a Mockingjay necklace, armband/cuff, keychain, arrow pillow and even a fiery cupcake with Shannyn Snyder. Teens. Free. Call 703-830-2223 with questions and to reserve a space.

FRIDAY/JULY 17

Ice Cream and Butter Making. 1-2 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Churn butter, crank ice cream and play historic games. There is a \$7 fee. Visit www.fairfaxcounty.gov.

Ready For School Storytime. 2 p.m. at the Chantilly Library, 4000 Stringfellow Road. Get preschool-aged children ready to be on their own with this early literacy storytime program. Call 703-502-3883 to reserve a space.

Brewery Spotlight Beer Class. 6:30-8:30 p.m. at Total Wine, 13055-C Lee Jackson Highway, Fairfax. Learn about beer styles and cheese pairings at this class featuring Samuel Adams. \$5 per person. Register at www.totalwine.com/eng/event/84091.

FRIDAYSUNDAY/JULY 17-19, JULY 24-25

"Mary Poppins." 7:30 p.m. on July 17-18, July 24-25 and 2 p.m. July 19 and 25. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. Students perform the popular musical. \$12 in advance, \$15 at the door. Visit www.westfieldtheatreboosters.com

SATURDAY/JULY 18

Uno, Dos, Tres Sing and Dance. 2:30 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Sing and move with music and dance with Andres Salguero. All ages. Free. Call 703-830-2223.

Clifton Film Fest. 7-11 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. Listen to live music and eat great food before watching original films made by amateur and professional filmmakers at this annual festival. \$10 admission. Visit www.cliftonfilmfest.com/.

MONDAY/JULY 20

Preschool Science. 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Fun and amazing experiments for ages 3-6 with adult. Free. Call 703-502-3883 to reserve a spot.

Book Nerds Club. 3:30 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. A book club for fifth and sixth graders. Copies of book available. Free. Call 703-830-2223.

Writers Workshop. 6:45 p.m. at the Chantilly Library, 4000 Stringfellow Road. Share writing, as well as give and receive feedback in a supportive setting. Free. Call 703-502-3883.

TUESDAY/JULY 21

Sci-Fi/Fantasy Book Discussion. 4:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Book discussion focused around sci-fi and fantasy titles. For students in grades 6-8. Free. Call 703-502-3883 with questions, to find out book title, and to reserve a space.

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SPORTS

UNC-Bound Wakefield Plays in All-American Game

Caroline Wakefield spent four seasons on the Centreville varsity girls' lacrosse team and earned the opportunity to play in college at the University of North Carolina.

By the end of her high school career, Wakefield had become one of the best players in the country.

Wakefield finished with 81 goals, 42 assists, 39 caused turnovers, 67 ground balls and 93 draw controls in 2015, leading the Wildcats to the 6A state semifinals. She was a US Lacrosse first-team All-American, and on July 3 played in the Under Armour All-America game in Towson, Md., helping the South team to a 14-12 victory.

Wakefield, a 2015 Centreville High School graduate, recently took part in a Q&A via email.

Q&A

Q: You'll be playing lacrosse at the University of North Carolina next season. What made UNC the right choice for you?

Wakefield: It is a highly competitive school, I knew I would get a good education, I fell in love with the campus, it felt like home, and the colors were an easy transition [from Centreville], but the team chemistry was what I liked. Loved the coach and it wasn't too far from home.

Q: What position(s) will you play?

Wakefield: I will play be playing midfield and [defense], or maybe a D mid.

Q: What are you most looking forward to about going to college?

Wakefield: Having the opportunity to compete with the top-notch players and making connections and friends that will last a lifetime. Looking forward to the challenges that await me.

Q: How was the experience of playing in the Under Armour All-America game?

Wakefield: It was definitely an experience of a lifetime. The talent that I was surrounded by was exceptional. I got to play with some of my buddies from former teams and future UNC teammates.

Q: At what age did you start playing lacrosse?

Wakefield: I was 8 when I started to pick up a lacrosse stick.

Q: When did you realize playing college lacrosse was an option for you?

Wakefield: About seventh or eighth grade. I played for M&D [Lacrosse Club], a top notch lacrosse program out of Columbia, Md., and our team competed up and down the East Coast, winning many tournaments. But I knew I wanted to play a sport in col-



CONNECTION FILE PHOTO

Centreville graduate Caroline Wakefield, right, will play lacrosse at the University of North Carolina.

lege, so I was determined to do so.

Q: You were also a standout basketball player at Centreville. At what age did you make the decision lacrosse would be your primary sport?

Wakefield: Ninth grade, when I started to get offers for lacrosse. I decided I would have to focus on one to really get the best

offer I could get. But I love basketball, so it was a difficult decision, but I'm glad I got to play my high school seasons.

Q: What is your favorite memory of playing lacrosse at Centreville?

Wakefield: Beating Oakton my freshman year by one goal while playing three men down. Also, getting to play on the same team as my cousin Reagan [Newell].

SWIM NOTES

Sully Station II Beats Fox Mill Woods

Piranha Nation captured their second win in a row on July 4 at Fox Mill Woods, 224.5-189.5.

The meet started in the pouring rain once again, but eventually the sun shined on Sully Station II in their red, white, and blue team colors. One record fell, one sweep was completed, 59 personal best times were posted, and seven relay teams sealed the victory.

Ten-year old Angela Cai inspired her teammates with an exciting 25-meter butterfly race and shattered the 2001 team record in a blistering 16.23. She also took first in breaststroke (41.93) and was joined in victory by double event winners Faith Alston (11-12 freestyle and breaststroke), Anthony Kang (11-12 freestyle and backstroke), and Caitlin Campbell (15-18 freestyle and butterfly). First-place finishes were also notched in freestyle by Collin West (posting a 2-second drop in 37.27) and Elijah Post in fly (31.65).

The team started to pull away during the backstroke events, with crucial points scored in every age group and a 15-18 boys sweep led by Austen Bundy (32.06), Connor Pangman (33.46), and Michael Jiang (34.12). Touching the wall in first were Caden Seng (31.81), Lilly Wilson (24.84, dropping 6.33 seconds), Caroline Li (41.87), Kellen Campbell (32.36), Daeun Lee (37.23), and Madisyn Graham (34.46). Joining them with strong second- and third-place finishes were Elijah Post (dropping 3.14 seconds), Ethan Wilson, Callie Ver Planck, Madison Stalfort, Dorothy Cervarich, Brantley Cervarich, and Georgia Stamper.

SS2 had a strong showing in breaststroke, with wins by Harrison Saint Germain (49.89, a drop of 3.16 seconds), Delaney Kennedy (41.78), and Scott Baxter (35.31). The team showed depth with close second- and third-place finishes by Emerson Saint Germain, Caden Seng, Ehma Stalfort, Hayley Norris, Charles Tai, Madison Stalfort, Max Morris, Brantley Cervarich (a 2.85 second drop), Hope



Sully 2's Angela Cai (center) broke the 9-10 girls' butterfly record and celebrated with teammates Cecilia Aquinta, Caroline Li, Callie Ver Planck, and Hayley Norris.

Alston, Michael Jiang, Georgia Stamper, and Sydney Baxter.

The win was a team effort with many Piranhas putting points on the board, including Jason Li, Hannah Kang (-2.58 in butterfly), Isaiah Quitugua (-2.84 in freestyle), Brody Campbell, Carson Saint Germain, Jessica Han (-2.47 in butterfly), and Nick Jiang. Among the highlights were 6-year-old AJ Sexton in freestyle (-4.22), 12-year old Jacob Susko in butterfly (-4.21), and 10-year old Amanda Stalfort who posted a 9.72 second drop in backstroke followed by a 5.38 second drop in breaststroke.

Riptide Swims On the Fourth of July

Hosting their first Division 4 "A" meet of the NVSL season, the Virginia Run Riptide posted multiple personal best times and two new team records by Cheris Roundtree for 6U freestyle at

19.45 and Leo Wang for 15-18 breaststroke at 32.38. But on a rain-soaked Fourth of July, the Tide came up short and the Langley Wildthings, prevailed winning the meet 244-176.

The always smiling 8& Unders swam with their usual enthusiasm. Davis Collinsworth was second in freestyle and fly while Cheris Roundtree was second in free, and Ryder Hicks was second in back. Third-place points were earned by Ginny Fitch in back, Laney Zimmerman in breast, and Megan Marco in fly.

For the 9-10s, Caitlin Kelliher continued her undefeated season with wins in free and fly with teammate Victoria Davila winning in backstroke. Charles Beamon captured a second in free and back with Griffin Osterhout a second in breast. William Whitton earned a third place in back while Isabelle Cogan was third in back and breaststroke. The 11-12's worked hard for their points. Jack Liskey was first in breast. Chelsea Nguyen was second in back and Maddie Whitton second in fly. Jason Cheifetz and Chelsea Nguyen swam for third in free and Alan Turflinger was third in breaststroke.



PHOTOS CONTRIBUTED

Pictured is the victorious Virginia Run girls' mixed age relay: Caitlin Kelliher, Maddie Whitton, Chloe Hicks, Sarah Boyle.

The 13-14 squad won seven out of eight their races. Sarah Boyle was first in free and back, Olivia Masterson first in breast and fly, Anthony Arcomona first in free and fly, and Charlie Gunn first in back. Joel Cheifetz captured a second in breast while Charlie Gunn was second in freestyle. Jacquelyn Hart secured third in free and breast, with teammates William Beamon third in breast and Harry Schlatter third in fly. The 15-18 year old swimmers competed with passion. Chloe Hicks won free and back, Mia Newkirk won breast and fly and Leo Wang won breast. Second place finishes were achieved by Geoffrey Eisenhart in back, Patrick Kearney in breast, Joey Castro in fly, and Didi Pace in free and fly. Nick McGrath was third in free and back and Meredith Matz was third in breaststroke.

The rain had stopped and the sun had started to break through as the meet moved into the relays. The Wildthings started in dominating fashion with a sweep of the first six races. The Riptide responded by winning the final six races to earn a split of the relay part of the meet.

My Manifesto, Sort Of



By KENNETH B. LOURIE

Being diagnosed with a terminal form of cancer (no, they're not all "terminal") is "a heck of a thing," to extrapolate a bit from Jim Valvano's memorable 1993 ESPY Awards speech given a few months before he succumbed to his cancer. It's not as if there's anything you can do in life, beforehand, to prepare for a cancer diagnosis; and there's even less you can do to prepare for a "terminal" diagnosis, as in my case, when my oncologist – whom I had met 10 minutes earlier – first told me that he "could treat me but he couldn't cure me," followed by a "13-month to two-year prognosis." Surreal is the word I used to describe then what I heard/what I felt, and is also a word I've often heard other cancer patients use in recounting the details of the moment when their lives changed forever: when the diagnosis of cancer is confirmed by the oncologist sitting directly across from them. Perhaps you think (hope) that age, experience, education, etc. will carry you through that appointment and the many other cancer-related appointments to follow; the reality is, at least it was for me, you'll never know how you're going to react until after you've reacted.

With respect to "beating" the cancer; anticipating success, expressing confidence, taking control, hoping and praying, laughing and crying; how it all plays out is somewhere between anybody's guess and why not? Unbridled optimism may be a great start, but accepting your new reality and reacting/planning accordingly is often a road far less traveled. Having to travel that road because of an unexpected cancer diagnosis (I was a lifelong non-smoker, basically asymptomatic with no family history of cancer) is a trip fraught with danger and unimaginable hurdles: mentally, physically, emotionally and spiritually. You really don't know what's around the next corner, and what's worse, you really won't know until you get there – and then it might be too late. Let me summarize it this way: it won't be a walk in the park unless you derive pleasure from doing so, and if you do, walk a lot. Finding calm ("serenity now") in the midst of a cancer diagnosis, and likewise attempting to eliminate stress and anxiety is much easier said and written about than actually done. Managing that stress (and anxiety) is the challenge. And if one can somehow traverse, navigate, manipulate even, this path of least resistance; at least on paper, potentially, there might be some light at the end of your tunnel that's not an oncoming train. That being said, once a malignancy is confirmed, there are no more guarantees. Actually, there is one: you'll be changed forever in ways you can't imagine.

Surviving a cancer diagnosis/"terminal" prognosis is a work in progress, literally; except, you might not make any progress, and statistically speaking, you might not survive. Nevertheless, thinking you have no future is the quickest way to not having one. Whether it's delusions or illusions or just plain confusion, moving forward with a smile on your face and a bounce in your step will help create the kind of positive energy necessary to survive this ordeal. It's not exactly a recipe for success, but it might be a way to avoid disaster – for a while, anyway.

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

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Frey: 'State of Sully'

FROM PAGE 1

Also on the table is an application for a residential development in Centreville's Trinity Centre. As with Akridge, he said, "The common theme is a developer seeking to convert property planned for offices to residential use. We have to be careful not to undercut the [county's] tax base; but all of [these areas] are long-standing office zones that haven't developed after many years. So I think it's appropriate to look at it."

Regarding the current plans to revamp and improve I-66, Frey said there's "no more important project in this region, and I understand and empathize with the residential communities adjacent to this corridor. One option reserves the median for future transit, retains a rapid bus program and includes HOT lanes. We need to work with communities, but we also need to do what has to be done. This is a \$3 billion project and this is our chance to do it right."

Currently, he said, "The Board [of Supervisors] is split on this [matter]. Some don't want to touch any homes, and others believe I-66 is the lifeline of Northern Virginia and tough decisions have to be made."

Also important, said Frey, is the Bi-County Parkway. "We need to pick up Prince William [County] traffic and put it on a new, North-South corridor before it gets to Fairfax County," he said. "Otherwise, communities like Virginia Run will continue to be inundated with this traffic. The jobs are in Reston-Herndon and Tysons-Fairfax County, and that's why people are driving through here — because there's no other way to go north."

In another transportation matter, Frey said, "We're working on widening Route 28 and the board has made it a priority for NVTAA [Northern Virginia Transportation Authority] funding. But widening all the roads won't solve the transportation problems." He said next year the supervisors will be dealing with county and school budget shortfalls, and "the economy isn't rebounding fast enough to make up for them. Schools continue to grow populations, such as special-needs and ESOL students, that are expensive to educate, so I fully understand why they ask for more money. But there's a limit to what we can do when the bulk of our revenue comes from property tax."

Saying that the county wants people to be able to grow old here, Frey said their ability to do so also has to do with the amount of property taxes they pay and the

levels of service they receive. So, he said, "The next board will have a tough job. The budget will dominate for the first five months and it'll affect everything we do."

He said the state is selling the Northern Virginia Training Center — 78 acres in the heart of the county. "Some board members want to buy it, but how do we get the money?" asked Frey. "It falls in the 'nice to have' category, not the critical." He also noted that the county recently having to pay a \$27 million lawsuit further added to the budget problems.

"Body cameras for the police are a no-brainer for transparency," he said. "But it costs \$4 million to \$10 million a year to store the data. So there are things we'll have to take a hard look at. But once I'm gone, I won't be watching the board hearings and budget meetings on channel 16."

Frey said the county could sell bonds to raise money for projects, but "we have to have a balanced budget. Interest payments can't exceed 10 percent of the General Fund; we're hovering around 9 percent now. Our General Fund budget is \$3.8 billion, so we could pay debt payments of about \$380 million a year."

He said school and public-safety bonds will be on this year's ballot, and the county believes they'll pass. "We have a triple-A rating from all three, major, bond-rating agencies, but we're on watch from Moody's," said Frey. "So we're gradually going to take our cash reserves from 5 percent to 10 percent."

Following his remarks, Sully District Council member Mark McConn asked simply, "Michael, why are you leaving?" And Frey replied candidly.

"I thought about my life and what I've accomplished," he said. "I thought about it four years ago, but I wanted to be on the board when we had the Police & Fire Games. And eight years ago, it was creating the Centreville Historic District and also the Sully Woodlands. But looking ahead, I don't have anything like that coming up, so it's time."

"I love kids' sports and animals, and I don't have to be on the board to stay involved in them," continued Frey. "And the county won't lack for leadership. I've been out, four or five nights a week, for 37 years, and it'll be nice to just stay home and watch a Phillies game." After announcing his retirement, he said, "I've gotten emails from people thanking me for different things I've done, and I realize I've touched some lives and hopefully made them better."

Breaking Daily Fasts Together

FROM PAGE 5

ings and mental desires. Ramadan is great disciplining."

Like the physical reward of fried chicken and water at the end of a day of fasting, Ramadan is also about individuals receiving spiritual rewards for doing good in the world.

"The main purpose is to make Allah

happy," said Moshir Rahman of Fairfax. Rahman moved to Northern Virginia from Bangladesh just nine months ago to study at Virginia International University.

"Things are not good all year — this is a time to do all things at our best," Rahman said. "When we do that we receive gifts directly from Allah. Ramadan is remembering to keep aware of these things."

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