



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Bottom row, from left: David Zaldana, 13, Chantilly, Franklin Middle School; Matthew Zoaquria, 12, Alexandria, Holmes Middle School; Jagath Mukkamal, 13, Chantilly, Mercer Middle School; Ethan Tran, 13, Reston, Herndon Middle School; David Ariunna, 13, Centreville, Liberty Middle School. Top row, from left: Bryce Kaplan, 14, Fairfax, Robert Frost Middle School; Kevin Zeng, 13, Ashburn, Trailside Middle School; and Camila Orr, 12, Great Falls, Cooper Middle School. Students prepare to launch rockets they created during Middle School Tech Institute by TJHSST.

Summer Fun: Building Rockets, Apps

TJHSST offers STEM courses to middle schoolers.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Inside W.T. Woodson High School in Fairfax, Jacob Parker is watching a cartoon on the computer, while his teacher Dan Trau walks around the room, answering questions from students. But the rising Lake Braddock Middle School eighth-grader is actually watching his own creation in action.



From left, MSTI program manager Craig Lewis assists Westfield High School ninth-grader Connor Martin and Centreville High School ninth-grader Edward Kim debunk a myth about soda and Mentos.

Got an App for That? is one of the most popular classes being taught at the Middle School Tech Institute, a program of the Thomas Jefferson High School for Science and Technology. MSTI enables rising eighth and ninth grade students to explore numerous topics in STEM (science, technology, engineering and math) fields during one-week sessions. The program started on July 13 and ends Aug. 7.

Parker's app is a cat-and-mouse game, inspired by Tom and Jerry cartoons he used to watch. Rising ninth-grader at Chantilly High School Arjun Nachiappan's app is also game. It is not something he would play but he's learned a lot so far. "If I didn't come to this class, I wouldn't know how to do it," he said. Luther Jackson Middle School eighth-grader Fernanda Molina, of Fairfax, designed an app that was inspired by seeing her parents being stressed out.

One app that Trau said shows a lot of potential is a baseball app idea from one of the students. The premise of the app is to predict if the baseball is going to be a strike once it is over home plate. "It's in the beginning phases but that could be really interesting ... It's simple but it's challenging at the same time," he said.

BUT NOT EVERYONE is going to come up with a home-run winning product, especially in the span of one week. Trau said that the focus should not be on whether the product failed or succeeded.

"They may struggle but if they struggle and seek growth, then now they learn how to grow and that's infinitely more valuable than a particular discipline." Trau said that students do better in all their classes when they shift from a "failure mindset."

SEE WHAT I DID. PAGE 2

'Crisis of Confidence'

Ad hoc commission subcommittees report on police policy review.

BY TIM PETERSON
THE CONNECTION

"It is well past time for the Fairfax County Police Department to start providing timely, honest and effective communications with everything it does."

When former director of Fairfax County public affairs Merni Fitzgerald delivered the final report and recommendations of the communications subcommittee of the Fairfax County ad hoc commission to review police practices, commissioner Joseph Cammarata responded immediately to those words in report's introduction.

Cammarata wondered aloud at the commission's July 27 meeting if the police members of the subcommittee had read the report themselves. He said if they agreed that the department had been "dishonest" in its past communication, "We've got a real problem. Whoever was giving dishonest communication, those people should be fired."

Some heated exchanges among commissioners followed, including over the fact that the word "dishonest" wasn't technically used.

Fitzgerald, chair of the Communications subcommittee, answered that the report "reflects the views of the subcommittee."

"We're not here to assign blame," said Michael Hershman, chairman of the commission.



TIM PETERSON/CENTRE VIEW

Lt. Col. Tom Ryan with the Fairfax County Police Department said police recognize "the need to get better at release of information," during the July 27 meeting of the ad hoc commission to review Fairfax County Police policies

"That was never the intention."

"Communications in recent high-profile use-of-force and critical incident cases were mishandled, inadequate and untimely, leading to loss of public trust and questions about the legitimacy of police actions," the report said. The most recent incident was the Aug. 29, 2013 shooting death of John Geer standing unarmed in the doorway of his Springfield home.

It continued: "The failures in both communications and its Freedom of Information Act policies have created this crisis of confidence for the Fairfax County Police Department. If the department had policies that fostered real

SEE REVIEW. PAGE 2

ATTENTION
POSTMASTER:
TIME SENSITIVE
MATERIAL
REQUESTED
IN HOME
8-6-2015

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

CIRCULATION
VERIFICATION
COUNCIL

What I Did on My Summer Vacation — Built Rockets, Apps

FROM PAGE 1

“It’s a ‘I can’t do it right now but I will be able to do it if I do this, if I keep working at it, if I talk to people, if I look at it from different points of view,’” he said.

Some 600 students from Fairfax, Prince William and Arlington counties and Washington, D.C. have participated in the institute. Two hundred students from underrepresented and economically disadvantaged groups won scholarships from Northrup Grumman and the Jack Kent Cooke Foundation.

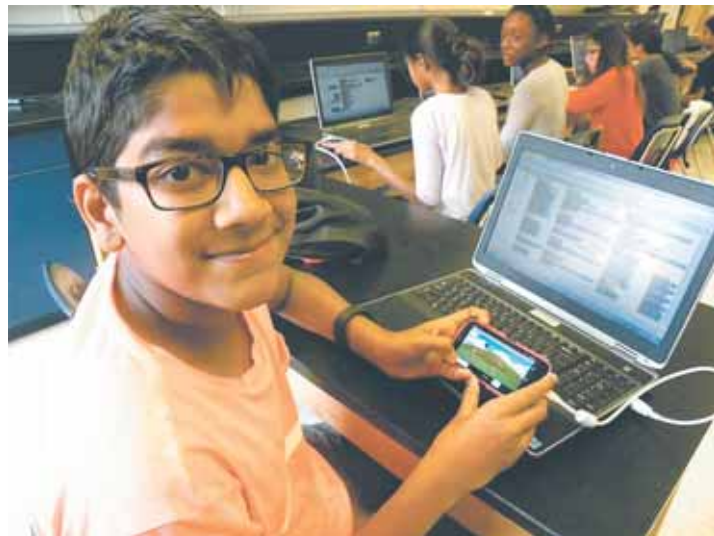
TJHSST principal Evan Glazer said that it is “extremely important” to do everything to attract students from a broader pool to STEM fields.

STEM professions will only improve from having a variety of perspectives, he said. He added that diversity is needed in all fields, as it creates a richer perspective.

Trau makes an active effort to engage girls in computer science classes. At Falls Church High School, his class had over 40 percent girls.

“In computer science it’s about 10 to 12 percent girls taking computer science courses and a lot of that has to do with perceptions of society and their intimidation,” he said.

Creating an environment where girls feel that they fit in and they belong is a way to encourage them to computer sci-



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION
Chantilly High School ninth-grader Arjun Nachiappan tests his app at the summer Middle School Tech Institute by Thomas Jefferson High School for Science and Technology.

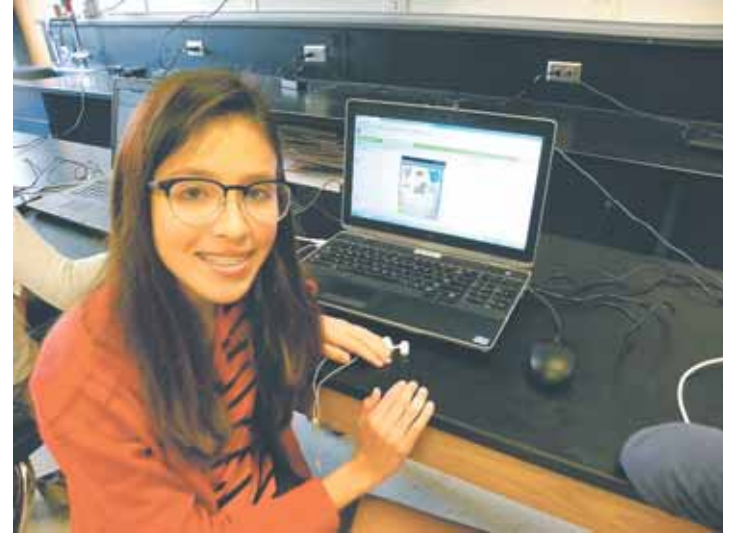
ence, said Trau.

OUTSIDE THE CLASSROOM, Camila Orr, 12, of Great Falls, the only girl in the IT IS Rocket Science class, is about to test the rocket she built. It broke during the transport but she feels confident that it will launch successfully once she reattaches the broken piece.

“I thought that maybe the only girl that was there might have been late at first and

that maybe she was coming the next day. But no one else came,” she said. The Cooper Middle School student signed up for the class because she thought it was interesting.

MSTI program manager Craig Lewis said that 85 to 90 percent of students taking the classes have no prior knowledge of the course they are going into. “They may have an interest but they may not know exactly what they’re doing.”



Fernanda Molina, 12, of Fairfax and an eighth-grader at Luther Jackson Middle School, creates an app that helps reduce stress for the summer Middle School Tech Institute by Thomas Jefferson High School for Science and Technology.

He said that teachers are able to teach students at any level and be able to get them the knowledge to be proficient. “It can get as intricate as you want ... You get out of it what you put into it.”

Classes offered at the institute include: Design for Disaster, Exploring the Night Sky, 3D Printing and Animation, Infectious Biological Outbreak, Fun with Electronics, a myth busters class, web page design and science writing.

Commission’s Subcommittees Report on Police Policy Review

FROM PAGE 1

transparency, it’s unlikely the controversies in recent years would have lasted so long and there likely would not have even been a call to form this Commission.”

“It is strongly worded,” said Board of Supervisors chairman Sharon Bulova. “We suffered from a lack of candor, that enraged a segment of the community. Not just in the Geer case, but that really brought it to a head.”

Commissioner and Lt. Col. Tom Ryan with the Fairfax County Police department said, “The words don’t hurt us. We recognize the need to get better at release of information.”

“It isn’t easy to have your profession laid open,” Ryan continued, “we welcome that. We want to hear where we’re failing.”

The subcommittee’s recommendations fell under the categories of Maximum Disclosure, Minimum Delay; Community Engagement; Policies, Procedures and Personnel; Freedom of Information Act; Culture of Transparency and Moving Forward. It also proposed future regular review dates for the Board of Supervisors to the recommendations and implementation of input from the commission.

Shirley Ginwright, chairman of the Communities of Trust Committee, president of the Fairfax County NAACP and chairman of the commission subcommittee on diversity, recruitment and vetting of police officers, also shared that group’s final report and



Christian Klossner, deputy director of the Washington, D.C. Office of Public Complaints and at-large member of the National Association for Civilian Oversight of Law Enforcement board of directors, was the guest speaker at the July 27 meeting of the ad hoc commission to review Fairfax County Police policies.

recommendations.

Ginwright said that subcommittee appreciated the chief of police’s existing diversity council that “is paying off,” but thought the department could do more outreach into community forums. The subcommittee, among its recommendations, called for a “diversity goal” for each district commander that would make them independently responsible “for enhancing diversity within the department.”

Once each subcommittee has filed a final report, the commission will assemble a comprehensive final report and recommenda-



Mike Curtis, Manassas resident and vice president of the Mount Vernon area-based Virginia Citizens Coalition for Police Accountability, asked guest speaker Christian Klossner if an officer-involved death would automatically trigger an investigation by the Washington, D.C. Office of Police Complaints.

tions to submit to the Board of Supervisors later in the fall.

Christian Klossner, deputy director of the Washington, D.C. Office of Public Complaints and at-large member of the National Association for Civilian Oversight of Law Enforcement board of directors, was the guest speaker that presented first at the meeting.

“Things are moving away from reactive models,” Klossner said during his presentation, “moving towards more proactive, addressing causes and not just the symptoms.”

When asked about the effectiveness of his



PHOTOS BY TIM PETERSON/CENTRE VIEW
Fairfax County Chief of Police Edwin Roessler reminded members of the community and ad hoc commissioners that he now has a personal scorecard through the Fairfax County website for citizens to rate his performance.

organizations, Klossner responded there needs to be better data collection on use of oversight. “The key is building trust,” he said.

The next full meeting of the ad hoc commission is scheduled for Aug. 17 at the Fairfax County Government Center. For the Sept. 14 meeting, commissioners will be at Walt Whitman Middle School in the Mount Vernon area of Alexandria.

More information on the police policies review commission, including the full text of final reports and proposals from the communications and diversity, recruitment and vetting subcommittees is available at www.fairfaxcounty.gov/policecommission.

ROUNDUPS

Support School Backpack Program

The not for profit Western Fairfax Christian Ministries (WFCM) is seeking donations from the community of new backpacks for students in need who attend schools in the Fairfax County area as part of its Collect for Kids Back to School Program.

For the fifth year, WFCM is collaborating with Fairfax County, Fairfax County Public Schools and a variety of local non-profit organizations to provide high quality school backpacks through a partnership with the county's Collect for Kids program.

WFCM's goal is to provide backpacks for 2,300 qualified low income children who attend schools in the Centreville High School, Chantilly High School and Westfield High School pyramids. In 2014, WFCM assisted 2,019 children in those schools. Due to continued demand, WFCM is looking to increase its program capacity this year in hopes of assisting every child who needs a backpack in western Fairfax. The most needed backpack size is a large one with at least two compartments to hold multiple books and binders for middle and high school students. Backpacks should be of good quality, approximately \$15-30 in cost.

Community members interested in helping support WFCM's backpack program, may donate a new, large backpack, but no character backpacks, backpacks with wheels, or only one shoulder strap. The greatest need is for large backpacks for older students; more than 1,000 large backpacks are needed for students in middle and high schools (dimensions 18-19 inch high x 13in wide x 8-10 inch deep, with two main compartments). Donated backpacks may be brought to WFCM's Client Services Office and Food Pantry (13888 Metrotech Drive, Chantilly, next to Papa John's Pizza) until Aug. 14, Monday – Friday, 9 a.m. - 2 p.m., and most Wednesday and Thursday evenings from 4 p.m. - 7 p.m. See www.WFCMVA.org.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Aug. 13, 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.

CLRC Seeks Fall Interns

The Centreville Labor Resource Center (CLRC) is currently seeking bi-lingual (English/Spanish) fall interns to help with the daily operations of the worker center, its new labor-justice projects and with producing a worker-created community newsletter. Contact CLRC Director Molly Maddra-Santiago at director@centrevillelrc.org for more details.

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@wfcmv.org.

NEWS



AMC Sensory Friendly Films Promo

Now Showing: Sensory-Friendly Films

Dancing, shouting, singing welcome at special screenings for children, families affected by autism.

BY VICTORIA ROSS
CENTRE VIEW

July is the hottest month for Hollywood's cavalcade of blockbuster films, as studios compete for audience dollars and crash into each other to be the first to release their tent pole films, such as "Avengers," "Jurassic World," "Mission Impossible – Rogue Nation," and "Fantastic Four."

Smuggling in snacks, snagging a ticket and finding parking are typically the biggest hurdles for those who clamor to see these blockbusters in a cool, dark theater.

But for children with autism and their families, the summer movie experience can be a daunting array of sights, smells and sounds. And with sensory overload comes the chance for an emotional meltdown.

"My 9-year-old son Jason can't be exposed to overpowering or sudden noises, and he doesn't do well in very dark rooms," said Marjorie Williams of McLean. "When he gets excited, he likes to jump around and flap his arms, so he needs a good amount of personal space."

Fortunately for children like Jason, AMC Theatres (AMC) and the Autism Society of America have teamed up to offer the "Sensory Friendly Films" program — an effort to give special needs children a chance to enjoy their favorite films in a safe and accepting environment.

"As a leading theatrical exhibition company, we are so proud to be making a difference in the estimated 1.5 million Americans living with an autism spectrum disorder by

offering families a chance to see a movie together — often for the very first time," said Ryan Noonan, public relations director for AMC.

Noonan said the concept of Sensory Friendly Films began in 2007 at the request of a Maryland mother, who took her young daughter to a matinee of "Hairspray," a film her daughter was excited to see.

When her daughter began flapping her hands, dancing and jumping up and down, her family was asked to leave the screening.

The next day, the mother called her local AMC

Theatre in Columbia, Md. and asked the manager if he would be willing to set up a special screening for children on the autism spectrum. He readily agreed, and AMC hosted its first sensory-friendly film in Columbia, Md. in 2007. The demand was so high, the theater sold out all 300 seats.

AMC's corporate office took note of the success of the screenings, and contacted the Autism Society of America to join forces and mobilize affiliates and theatres in towns around the country. AMC now offers monthly sensory-friendly screenings at 152 theaters throughout the U.S. and Canada.

"The lights are turned up, the sound is turned down, and the 'silence is golden' rule is lifted — singing and dancing along is encouraged," said a promotion for "Sensory Saturdays" on the website of The Autism Society of Northern Virginia (ASNV), located in Oakton. ASNV promotes the sensory-friendly films series to their community of more than 5,000 individuals and families affected by autism throughout Northern Virginia.

Currently, AMC Theatres is the only national theater chain that offers these sensory-friendly screenings.

In Northern Virginia, sensory friendly movies are held monthly on Saturday mornings at AMC Tyson's Corner 16 in McLean, AMC Potomac Mills 18 in Woodbridge, and AMC Rio Cinemas 18 in Gaithersburg, AMC Georgetown 14, and AMC Capital Center 12 in Washington.

Movies are typically rated G or PG, and they start promptly at 10 a.m. Previews and advertisements are eliminated. The lights are dimmed, but not turned off, and the surround sound is muted. Because some children may have strict, special dietary needs, families are permitted to bring their own gluten-free, casein-free snacks from home.

"Being able to relax and enjoy quality family time without worrying if someone will complain or be disturbed by noise of movement is a wonderful experience," said Ken Chan of Fairfax, whose entire family enjoys the screenings, along with his 7-year-old daughter, Emily, who has sensory-integration issues.

Best of all, children are allowed to be themselves. They can shout out their thoughts, clap whenever they feel like it, dance in the aisles or twirl in their seats. For once, parents of children with autism can sit back, enjoy the show and trade smiles instead of criticism.

"No one complains and no one is thrown out," Chan said. "We never hear a single 'shhh' from other parents. It's such a relief."

Human Trafficking: 'No One is Immune'

Teenage leaders warned, asked to educate themselves and peers against sex trafficking.

BY KEN MOORE
CENTRE VIEW

Detective Bill Woolf described how human traffickers use all tools possible, including social media, to lure victims anywhere and everywhere, including Tysons Corner, Great Falls and McLean.

"Traffickers don't discriminate. They are looking for someone they can lure in," said Woolf, of the Fairfax County Police Department and Northern Virginia Human Trafficking Task Force.

Even a Fairfax County public high school was recently used by traffickers as a hub for recruiting; traffickers even used female students to help recruit.

Once someone is befriended on something like Facebook, or their recruiters find out all they can, somebody's likes and dislikes, favorite music, favorite books, favorite stores and favorite places to go.

And by the time there is that "chance encounter" somewhere in the community, such as a musical event, "He knows all the right things to say," said Woolf.

The victim thinks she, or he, is falling in love.

"You think, look at this connection. He gets me," said Woolf. "But it's really that he just did his homework."

Two hundred teenage girls from U.S. Rep. Barbara Comstock's Young Women Leadership Program filled Great Falls Library conference room on July 20. None is immune from being targeted for human trafficking, said Woolf and Beth Saunders, president of Just Ask Prevention Project: End Teen Sex Trafficking.

"They are posing as someone you can relate to. They are luring you in with that four letter word, love," said Woolf.

Saunders urges everyone to look at her website, JustAskVa.org.

"The best way to prevent it is to educate people about what a healthy relationship is," said Saunders.



U.S. Rep. Barbara Comstock (R-10), Dr. Ludy Green, Deepa Patel, Beth Saunders, and Det. Bill Woolf spoke to Comstock's Young Women Leadership Program at Great Falls Library on July 20 about human trafficking.

"Everybody sitting here is a target. If you're not sure what's going on, ask someone. It's not necessarily normal if a stranger is reaching out," she said.

THE YOUNGEST VICTIM Deepa Patel has worked with is 6 years old.

Patel, a clinical social worker at the Multicultural Clinical Center in Springfield, specializes in working with both victims of and perpetrators of sexual exploitation cases.

"It's horrific that I have a job," said Patel.

"Ask questions, ask somebody, 'Are you OK? Is there anything you need?'" she said.

Traffickers, recently, made a Fairfax County High School a place to recruit, a "large case," said Woolf.

"Recruiting was actually going on in a high school. Girls would do recruiting for them," said the detective.

Woolf asked the 200 teenagers in Great Falls Library how many times police were called.

Because of fear of parents, fear of judgment from peers, because of fear of police and law enforcement, potential victims don't seek help.

Officials use the term human trafficking;

they are victims, not "prostitutes."

They may first be offered the opportunity to make "good quick money" by simply undressing, Woolf said, but "things spiral out of control fairly quickly."

"All of a sudden they are labeled, but, in fact, they were victimized over a period of days, months, years, whatever the time period might be," said Woolf.

"There are deep insidious, long term effects. Lifetime effects," said Patel.

When lured into being a victim, victims live, on average, seven years, said Woolf.

Woolf says the youngest victim he has worked with is 9 years old. "I've seen the horrific effects, essentially stealing their lives away from them," he said.

GANGS HAVE USED human trafficking as a means for making money, said Woolf, formerly on the gang task force.

"We started to see how many young people, not just girls, that are being exploited in the human trafficking industry," he said.

Saunders once worked for a well-known international hotel company and learned about human trafficking; how traffickers used bell hops, taxicab and other person-

Get Help

The Polaris Hotline, 1-888-373-7888

The National Human Trafficking Resource Center is available to answer calls toll free anywhere in the country, 24 hours a day, seven days a week, 365 days a year.

Or text Help or Info to BeFree (233733).

More than 375 calls were made to the hotline in 2013 regarding cases in Virginia.

"It's a myth that it does not happen here. It is going on here," said Det. Bill Woolf, of the Fairfax County Police Department.

See JustAskVa.org

"The Just Ask Prevention Project is a public awareness campaign designed to expose the growing prevalence of Teen Sex Trafficking in Northern Virginia and to inspire our community to end the scouting, manipulation and recruitment of our teenagers," according to the website.

"This is the shot we have to end this. We don't want to be doing this in three years. We want to put ourselves out of business," said Beth Saunders, president and CEO of Just Ask: End Teen Sex Trafficking.

nel to promote their underground exploitation.

"I read an article about a brother who sold his sister into human trafficking," she said. "I could not believe my eyes."

She taught employees to learn warning signs about human trafficking.

She eventually left her position, returned to Northern Virginia and turned her attention to other endeavors, but she learned how human trafficking has infiltrated the local area.

"A friend whacked me on the side of my head," she said. "She said, 'What aren't you doing? Why aren't you involved?'"

More than 375 calls were made to The Polaris Hotline in 2013, according to her website.

"No one has the right to exert power over another individual. We as women have our own voice," said Dr. Ludy Green, president and founder of Second Chance Employment Service which provides employment for battered and abused women and is the author of "Ending Domestic Violence Captivity: A Guide to Economic Freedom."

Saunders told each of the girls in Comstock's Leadership Program that she is in a position to do something, too.

"This is the shot we have to end this. We don't want to be doing this in three years. We want to put ourselves out of business," said Saunders.

"It's a myth that it does not happen here. It is going on here," said Woolf. "Your peers are going to listen to you before they listen to me. My plea is to take this message, educate yourself and educate those around you."

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 8/26/2015.....Newcomers & Community Guide Pullout

SEPTEMBER
 9/2/2015..... Wellbeing
 Labor Day is Sept. 7
 9/9/2015.....HomeLifeStyle Pullout – Real Estate & New Homes
 9/16/2015....A+ Camps & Schools Back to School, Open Houses

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CRIME REPORT

The following incidents were reported by the Sully District Police Station.

WEAPON DISCHARGE: 14900 block of Rydell Road, Aug. 1 at about 8:50 a.m. A citizen reported hearing a gunshot and then saw a neighbor with a gun. Officers located the suspect inside an apartment. Upon investigation the gun was located and the suspect was arrested.

CONCEALED WEAPON / LARCENY FROM VEHICLE / POSSESSION OF STOLEN PROPERTY: 5100 block of Castle Harbor Way, Aug. 1 at about 5:45 a.m. Officers located subjects who were suspected of breaking into vehicles. Two juveniles were detained and interviewed. One of the juveniles had a handgun in his possession that was taken from a vehicle. One juvenile was charged with possession of a firearm and carry a concealed weapon. A 26-year-old man of no fixed address was charged with violation of a protective order, possession of a firearm by a convicted felon, possession of ammunition by a convicted felon and grand larceny of a firearm.

BURGLARY: 14500 block of South Hills Court, Aug. 1 at about 11:08 a.m. A resident reported that an unknown person entered the home and took property.

INDECENT EXPOSURE: 13800 block of Braddock Road, July 31 at about 9:15 p.m. A subject walked up to the victim and exposed himself. The suspect was described as a Hispanic or Asian male, 40s, 5 feet 8 inches, 170 pounds with dark hair wearing a white T-Shirt and khaki pants. The suspect fled prior to police arrival.

BURGLARY: 5400 block of Chandley Farm Road, July 30 at about

11:36 a.m. A resident reported someone entered the home and took property.

DESTRUCTION OF PROPERTY: Paddington Lane and James Harris Way, July 25 about 10 p.m. Officers responded to numerous vehicles in the area being spray painted. No suspect information could be provided and these are still under investigation.

BURGLARY, 6800 block of Colonel Taylor Lane, July 26. A resident reported someone entered the residence and took property.

BURGLARY, 13600 block of Forest Pond Ct., July 25 at about 10:11 a.m. A resident reported an unknown male entered a home and took property. When a neighbor yelled at the suspect, he dropped a bag and fled.

BURGLARY, 12500 block of White Drive, July 24 at about 3:04 p.m. A resident reported that someone entered the residence and took property.

PEEPING, 6400 block of Summer Pond Drive, July 20, at about 3:36 p.m. A resident looked out the window and saw a man looking into the room. The suspect fled prior to police arrival. The suspect was described as having medium build, wearing a hat and glasses.

LARCENIES
15100 block of Bernadette Court, property from residence

14700 block of Bonnet Terrace, property from vehicle

6300 block of James Harris Way, merchandise from business

6400 block of McCoy Road, wallet from vehicle

4100 block of Meadowland Court, property from residence

5800 block of Post Corners Trail, property from vehicle

11100 block of Robert Carter Road, wallet from vehicle

6800 block of Ridge Water Court, cell phone from vehicle

6300 block of Saint Timothy's Lane, bicycle from residence

5800 block of Trinity Parkway, purse from business

13800 block of Wakley Court, property from vehicle

5100 block of Woodfield Drive, property from vehicle

6300 block of Generals Court, electronics from vehicle

14100 block of Roamer Court, property from vehicle

14200 block of Stone Chase Way, property from vehicle

14300 block of Stonewater Court, property from vehicle

14100 block of Winding Ridge Lane, property from vehicle

14200 block of Autumn Circle, money from vehicle

13900 block of Baton Rouge Court, property from residence

13900 block of Lee Jackson Memorial Highway, property from vehicle

6300 block of Mary Todd Court, money from vehicle

6500 block of Palisades Drive, property from vehicle

6500 block of Palisades Drive, property from vehicle

6800 block of Ridge Water Court, property from vehicle

5800 block of Waterdale Court, property from residence

14700 block of Flint Lee Road, tools from business

STOLEN VEHICLES
14400 block of Golden Oak Road, 1985 Mercedes 380

13900 block of Braddock Road, 2013 Chrysler 300.

4100 block of Auto Park Circle, 1974 Chevy Blazer.

BULLETIN BOARD

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

MONDAY-THURSDAY/AUG. 10-13

Vacation Bible School. 9:30 a.m.-12 p.m. at Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. The presentation is titled "Unknown to us, known to Him." Call 703-631-1799.

SUNDAY/AUG. 23

Red Cross Blood Drive. 12-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Donors will receive free admission to Summer Activities Day at the museum. Donors may sign up in advance by calling 1-800-REDCROSS. Visit www.fairfaxstation.org for more.

SATURDAY/AUG. 29

"Navigating the Caregivers Maze: Finding Support and Planning for Your Caregiving Journey." 8:30 a.m.-12 p.m. in the Board Auditorium of the Fairfax County Government Center, 12000 Government Center Parkway. AARP and the Philippine American Foundation for Charities will present a program geared toward educating people about options for senior caregiving. Listen to a lecture, participate in a discussion and have questions answered by experts from Fairfax County Services for Older

Adults. Free. RSVP requested but not required. Call 1-877-926-8300 or sign up online at aarp.cvent.com/Fairfax829VA.

SUNDAY/AUG. 30

Blood Drive. 8:30 a.m.- 1 p.m. at St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton. Visit www.inovabloodsaves.org/index.cfm?group=op&step=2&opid=15209 to register.

THURSDAY/SEPT. 10

Registration For ESL Classes. 7 p.m. at Lord of Life Lutheran Church, Fairfax Campus, 5114 Twinbrook Road, Fairfax; or Clifton Campus, 13421 Twin Lakes Drive, Clifton. Register for beginning, intermediate or advanced ESL classes starting on Sept. 15 and running through Nov. 19. Classes will be held Tuesdays and Thursdays, 7-9 p.m. There is a \$15 registration fee and the textbook costs \$25. Visit www.lordoflifeva.org.

ELECTRONICS RECYCLING

Residents Can "E-cycle" at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm for more.

SEE BULLETIN, PAGE 6

Drive-In Movies!

AUGUST 1 "THE STING"
AUGUST 8 "HOW TO TRAIN YOUR DRAGON 2"
AUGUST 15.. "FROZEN"
AUGUST 22.. "BIG HERO 6"
AUGUST 29.. "PADDINGTON"

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LETTERS

Morally Wrong And Counter-Productive

To the Editor:

Thanks to Mary Kimm of the Connection (Editorial — “Backpacks for All,” Connection, July 15-21, 2015) and Ronald Baker’s letter to the Connection for highlighting the need for backpacks and the way to support this initiative. However, your readers also need to know about the “Virginia Back to School Supplies and Clothing Allowance” (aka: Backpacks for All) that was introduced in the Virginia General Assembly in 2014 and 2015.

The Connection article noted that we live in an affluent area with these needs, however, in other areas of the state, less affluent areas, the need is greater.

For example, the Richmond International Raceway, seating capacity of 107,097, could be filled more than twice with the number of Virginia Children living in poverty, most of which are in families experiencing the deepest poverty.

In addition to the Connection appeal to support the backpack program via charitable contributions, an approach that SALT also embraces, there is also need to advocate for efforts by the state to address the issue. The article calls for partnership, but the state is absent, not a part of the needed partnership. Funds are already available for government support of backpacks for impoverished students via the federally funded TANF Block Grant. What is missing is public awareness and support to tap these funds and use them for the intended purpose.

Support has come from students, with the leadership of Rae Moar, a freshman at Thomas Jefferson High School. In her seventh and eighth grade years of school and in her freshman year at Thomas Jefferson, she collected over 800 signatures from students at her school, her church and community to help give impoverished children a strong start in school and give them a learning boost. These signatures were sent to members of the General Assembly, and Del. Scott Lingamfelter and Sen. Chuck Colgan (now retired). The legislation requires support from your readers. Readers that do not know who represents them can go to this web site: <http://viriniagenassembly.gov/>.

SALT is proud to have advocated for the “Virginia Back to School Supplies and Clothing Allowance” and promoted support for smart policies for kids and their families.



STEVE ARLEY/CENTRE VIEW

Failing our children today is not only morally wrong; it is also counterproductive, ultimately leaving us less competitive in the global community.

John Horejsi
SALT Coordinator
Vienna

Slavery in ‘the Land of the Free’

To the Editor,

America, “the land of the free.” I have always considered it necessary for a land of free people to assist in freeing the enslaved.

Yet 36,000,000 men, women, and children throughout the world are enslaved through human trafficking, according to the Global Slavery Index. That is more than there have ever been at any point in time in the history of humanity.

How can a world that is supposedly improving socially also have

a constant increase in slavery? The two cannot coexist, and it breaks my heart to see the number of human beings forced into slavery increase each day.

Human trafficking is the use of force or fraud to control someone to labor without payment or engage in sexual activity. This crime occurs all over the world, from Malaysia to Northern Virginia.

In Northern Virginia alone, from October 2013 through January 2015, 290 victims of trafficking have been identified, according to the NOVA Human Trafficking Initiative.

Malaysia, also a center for modern day sex-trafficking and slavery, is a popular destination for men, women, and children subjected to forced labor and sex trafficking. Though the Government of Malaysia proposed amendments to help decrease trafficking, these amendments have yet to pass through Parliament. Furthermore, despite Malaysia’s significant increase in

trafficking investigations, the government only convicted three traffickers in 2014, a sharp decrease from the nine convicted in 2013 prior to the increase in investigations. Crime does not dissipate naturally. Significant investigations and convictions are necessary if there is any hope for a decrease in human trafficking in Northern Virginia, Malaysia or worldwide.

Congress currently is reviewing the End Modern Slavery Initiative Bill. If passed, the U.S. Government will authorize the formation of a non-profit grant-making foundation to fund projects and programs outside of the United States in hopes of putting an end to slavery. The passing of this bill is a crucial step in the fight to end slavery.

Olivia Grady
Fairfax
Rising senior at Woodson High.

BULLETIN BOARD

FROM PAGE 5

DONATIONS

The **student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

Cell Phones for Soldiers is accepting donations of old cellphones so that troops can call home. Patrons may

drop off donations at 14215E Centreville Square, Centreville.

SUPPORT GROUP

Telephone Support Group for Family Caregivers of Older Adults. 7 p.m. every second Tuesday of the month. This telephone support group is designed to help caregivers of older adults share experiences, gain support and get important information without having to travel. These are one-hour free sessions. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on Caregiver Telephone Support Group. **Fair Oaks Parkinson’s Support Group** for people living with Parkinson’s disease, caregivers and family, meets on the fourth Saturday

monthly, 10 a.m.-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-378-7221 or visit www.fairoaksparkinsons.com for more.

VOLUNTEERS NEEDED

Shepherd’s Center of Fairfax Burke serves those 50+ and who no longer drive. Volunteer drivers are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. Contact Barry Wickersham at 703-359-2918 or aowbrw@verizon.net or contact John Taylor at 703-239-2898 or jajt7@verizon.net. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults.

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A Connection Newspaper



SPORTS

Clifton Resident Jacoby Commits to Naval Academy

Rising sophomore attackman/midfielder plays for Episcopal.

BY JON ROETMAN
CENTRE VIEW

After taking a visit to the Naval Academy, Clifton resident and Episcopal rising sophomore lacrosse player Connor Jacoby realized he didn't want to take a "regular college route."

Jacoby recently committed to play lacrosse at the Naval Academy. He plans to first spend one year at the Naval Academy Preparatory School after high school.

"I never really thought about going to the academy until they recruited me and I visited," Jacoby said. "When I compared it to other colleges I visited, I realized I didn't want to take a regular college route ... I wanted to challenge myself academically. I wanted to challenge myself as in ... being a part of something that's huge. I really wanted to be part of the brotherhood in the Navy."

Jacoby said he spoke with Chapman Jasien, a 2015 Robinson graduate who won two state titles with the Rams and will play for Navy, about his college choice.

"He kind of talked to me about the opportunities you would miss if you didn't go to the academy," Jacoby said.

Jacoby played midfield for Episcopal as a freshman, but could play attack as a sophomore.



PHOTO CONTRIBUTED

Episcopal rising sophomore and Clifton resident Connor Jacoby is committed to play lacrosse at the Naval Academy.

VOLUNTEERS NEEDED

The **Northern Virginia Long-Term Care Ombudsman Program** needs volunteer advocates for residents in assisted living and nursing facilities. Training is provided in March. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/ltc for more.

Homeless Animals Rescue Team is looking for volunteers to hold dogs at adoption events, Saturdays noon-3 p.m. Volunteers must be 18 or older.

Events will be held at Petsmart, 13866 Metrotech Drive, Chantilly. Call 703-691-HART or visit www.hart90.org for more.

Sully Historic Site needs volunteers to help plan and present programs. Volunteers who enjoy gardening, working with children, learning new recipes and cooking methods, or just like to be around interesting people are needed both weekdays and weekends. Sully is a historic house museum owned and operated by the Fairfax County Park Authority.

Volunteer at Sully can choose an aspect of historic interpretation, event support or any other area to make a difference for visitors. Call 703-437-1794 for an interview. Visit www.fairfaxcounty.gov/parks/sully-historic-site for more.

Fairfax County. Looking for volunteers to oversee the safety of the older adult for a few hours each month while family caregivers are given a well deserved break. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or

Kristin.Martin@fairfaxcounty.gov.

The Fairfax Station Railroad Museum needs volunteer docents on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and the its railroad and Civil War history. Opportunity for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. The Museum is located at 11200 Fairfax Station

Road in Fairfax Station. Call Michael at 703-945-7483 for more information, or see Fairfaxstation.org
Northern Virginia Family Service is seeking volunteers to organize collection drives of toiletries products for clients in need. Requested items include such things as shampoo, soap, lotion, deodorant, hand sanitizer, toothbrushes and toothpaste. Learn more about Northern Virginia Family Service at www.nvfs.org and contact Colleen Ross cross@nvfs.org if interested.

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CENTRE VIEW



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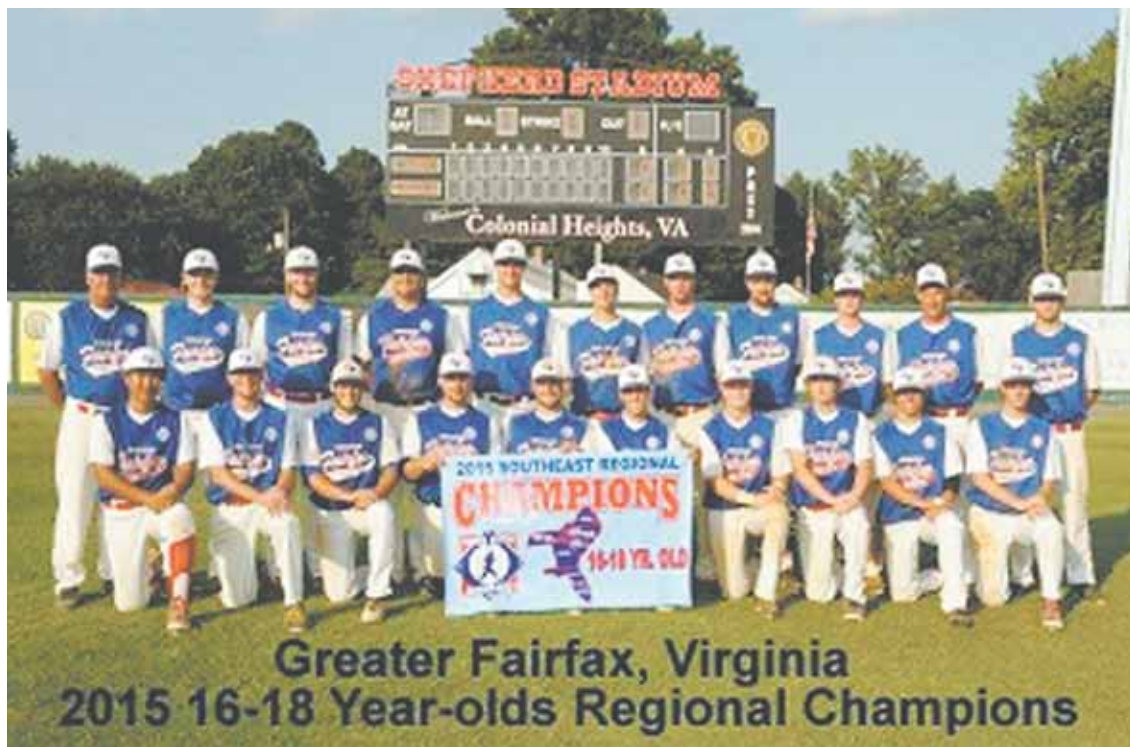
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SPORTS

SYA Senior Babe Ruth Team Advances to World



The SYA Greater Fairfax Senior Babe Ruth team will play in the World Series Aug. 8-15 in Klamath Falls, Oregon



The SYA 13-15 year-old tournament team reached the Southeast Regional final.

BY BONNIE SCHIPPER
CENTRE VIEW

After losing 4-1 to Lumber River in the third game of the double-elimination Southeast Regional tournament, the SYA Greater Fairfax Senior Babe Ruth baseball team knew they had to fight back in order to avoid being sent home by a second loss.

"In regionals, we knew the best competition we would face would be Northern Fairfax and Lumber River. On the third day we faced Lumber River . . . We ended up losing and made a bunch of errors," Centreville graduate and pitcher/second baseman Nate Nguyen said. "Our coach kept reminding us that the only team that could beat us was ourselves . . . The next day we had to play Northern Fairfax in an elimination game."

With a home run from Roanoke College pitcher/first baseman Joe Larimer, Greater Fairfax went on to beat Northern Fairfax 2-1, bringing them to once again face Lumber River in a win-or-go-home game. Larimer got the start on the mound, and hit a 3-run home run to help lift the team to a 5-4 win, allowing them to advance to the championship game against Lumber River. After jumping to an early lead, Greater Fairfax won 5-2, earning a berth to the 2015 Babe Ruth League World Series in Klamath Falls, Oregon.

"This is the first SYA team in recent memory that has advanced to a World Series," coach Brian Seeley said.

The SYA 13-15 year-old tournament team nearly advanced to

their age group's World Series as well, but fell just short, losing in the Southeast Regional final to Florida 2-0 on Saturday.

With games starting Aug. 8, the SYA Greater Fairfax Senior Babe Ruth team will compete in four pool play games, with the top three teams in the pool advancing to a single-elimination tournament.

"The team will continue to focus on the fundamentals and our approach will be the same. One game at a time," Seeley said.

Pitcher/outfielder Matthew Blaise is one of several team members for whom this will be their first trip to the West Coast.

"I love traveling. It will be fun," Blaise said. "[The teams on the West Coast] will be competitive but we won't really know [what to expect] until we get there."

For many of the players, though the trip will be full of "firsts," it is also a significant "last."

"A bunch of [my teammates] were on my All-Star and travel teams [through Little League]," Nguyen said. "With us going off to different colleges, this would be the last time we would get to play on the same team . . . I am excited and a little anxious to play on a big stage like the World Series."

ESPN 93.3 FM will provide complete radio coverage of the Babe Ruth World Series from Aug. 8-15.

"It means a lot to be on a team that is really special. We are all really excited for the opportunity to play and represent Virginia," Nguyen said. "We know the competition will be tough and more experienced, but we believe in our abilities and hope to bring a championship to Virginia."

Young Swimmers Make Splash at Annual All-Star Swim Meet

Watts, Cruz set NVSL records.

BY BONNIE SCHIPPER
CENTRE VIEW

Hundreds of swimmers, 94 teams, 50 events, and two broken records.

On Aug. 1, Clifton's Little Rocky Run pool hosted Northern Virginia Swimming League's 59th annual Individual All-Star meet. Commencing at 9 a.m., the 5.5-hour-long meet highlighted the best young swimmers in the area.

The participants in Saturday's meet qualified by swimming in one of the league's 17 divisional meets. At these meets, each of the 102 NVSL teams can enter two swimmers in each event. The swimmers with the top 18 times in the league earn a spot in

the All-Star meet.

"If [one of the swimmers] has a bad divisional meet for some reason, unfortunately they may not make All Stars even when they've been one of the top swimmers in the event for the entire season," Records Coordinator Linda Klopfenstein said. "Divisionals is the like the preliminary meet and All Stars is the finals."

In her first race of the day, 9-year-old Courtney Watts of Highlands Swim Club set the NVSL record for the 9/10 girls' 50-meter backstroke. Her time of 34.16 beat Janet Hu's 2006 time of 34.32.

"It's cool [to have set the NVSL record] because I've been trying to get [that time] all season," Watts said. "I just felt good. I've been trying to go to as many practices as I

can and work hard at those practices and it helped a lot."

Watts also holds the record for the 8-and-under girls' 25-meter backstroke, with a time of 17.70, which she set during the 2014 All-Star meet.

In the 13/14-year-old boys' 50-meter backstroke, California resident Max Cruz also set his second NVSL record with a time of 27.28, just breaking Jaya Kambhampaty's 2014 time of 27.31. He also holds the record for the 11/12 boys' 50-meter butterfly, which he set during the All-Star meet last year.

"I've focused a lot on my main two strokes, the back and fly, and I've trained a lot harder and worked for long amounts of time to prepare for this meet," Cruz said. "My hard work paid off today, and I'm grateful that I could [set a record]."

Cruz, swimming for the Holmes Run Acres Recreation Association, also took first

place in the 50-meter butterfly.

Other standout performances of the day were those of Lincolnia Park's Lukas Wuhner, who took first place in both the 8-and-under 25-meter butterfly and the 25-meter freestyle, Fair Oaks' Anthony Grimm, who won both the boys' 11/12 50-meter backstroke and the 100-meter medley, and Highlands Swim's Maggie O'Shaughnessy, who won the 8-and-under girls' 25-meter butterfly and the 25-meter backstroke. Wakefield Chapel's Nicholas Parker, Fairfax's Leah Rogers, McLean's Victoria Valko, and Mosby Woods' Leaya Ma also took first place in multiple events.

"[NVSL] is part of the reason this area produces such successful swimmers," Springboard Pool's Sarah Weinstein said. "It's fun but it's also super competitive and I love being a part of a league that teaches kids to love swimming fast."

WELLBEING



PHOTO COURTESY OF LYNNE O'BRIEN

The LOL team in training crosses the finish line at the Nike Women's Half Marathon in Washington, D.C. McLean residents (from left) Chris Fraley, Mary Ellen Overend, Barbara Overstreet, Dorothy McAuliffe (McLean and Richmond, First Lady of Virginia), Lynne O'Brien, Beth O'Shea, Lauren O'Brien (Denver Colo.), Kim Aubuchon and Terry Lineberger.

Teams in Training

Getting in shape while raising money for charity.

BY MARILYN CAMPBELL
CENTRE VIEW

Rain poured from a gray March sky. Drenched racers wound their way through Washington, D.C. before spilling across the finish line at R.E.K. Stadium, their running shoes heavy and soaking wet.

"We were freezing cold and shivering the entire time," said Ann Goettman of McLean. "We looked like we'd been through a car wash."

Goettman and others on her team of would not let the elements deter them from completing the 2015 D.C. Rock'n'Roll Half Marathon. They'd spent the last four months running, walking and lifting weights as part of a

Team in Training (TNT) fundraising effort to support the Alexandria, Virginia-based Leukemia & Lymphoma Society (LLS). Participants pledged to raise money for a charity in which they believe by training for and competing in marathons, triathlons, cycling and hiking. In turn, they get access professional fitness coaches who guide them as they set fitness goals, boost their endurance, lose weight, and get toned taut.

"You have an opportunity to give back from a philanthropic perspective, but you're also putting yourself out there to get in the best shape," said Jaclyn Toll, Deputy Executive Director of the Leukemia & Lymphoma Society.

"It brings you together with other like-minded individuals, people who are into the combination of philanthropy and health and wellness."

A central figure on Goettman's team is Lynne O'Brien. In fact, the group came together in O'Brien's honor after she was diagnosed with leukemia three

years ago. Daunted by the challenge, but motivated by the prospect of hope, she ran her first half marathon in 2013.

"A huge benefit is that we were all getting in shape and were uniting around a cause," said O'Brien. "I lost weight and it was great for my stamina and overall health. I'm 53 and it's great to know that I can run a half marathon."

The coaching staff, says O'Brien, has an effective program that whips racers into shape before each event. Lessons range from using proper form during a workout, stretching to prevent injury and hydration and nutrition to sustain the level energy necessary to complete race.

"They break it down into small parts, and on one day we'll fast run for shorter distance and the next day," she said. "They get pretty specific. They're telling you how to move your arms and hold your head and even how you should step."

The metamorphoses are often beyond the physical. "In terms of their outlook on exercise and their new found love of long distance exercise and endurance, the transformation unbelievable transformation," said Skye Donovan, Ph.D., department chair and associate professor of Physical Therapy at Marymount University in Arlington volunteers as coach for TNT.

One of the factors in the evolution of the mindset of the team members is camaraderie and the knowledge of a higher cause.

"New drugs are coming down the line," O'Brien said. "Doctors say it's an exciting time for them. Since I was diagnosed three years ago, five new drugs have come into the market."

Many train for and endure physical fetes that seemed unattainable at first thought. "I am not an athlete, I'm a busy, 53-year-old mom of five kids. I'm busy," said Beth O'Shea of McLean. "But the next thing you know I'm getting myself in shape, meeting new people and going on long walks."

"You have an opportunity to give back from a philanthropic perspective, but you're also putting yourself out there to get in the best shape."

— Jaclyn Toll,
Leukemia & Lymphoma Society

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Back On Track



By KENNETH B. LOURIE

Having reread last week's column a time or two now, I've realized that I neglected to update you regular readers - especially those of you who read my most recent pre- and post-scan columns: "Abyssful" Ignorance and Scant Know For Sure Anymore - on the previous week's scan results. Once again, I have defied the odds - maybe statistics would be a better word? Nevertheless, my tumors remain stable, as do I, and I remain amazingly lucky as well. As to the reasons why I continue to "thrive," perhaps it's due to the marketing campaign of the HMO that is responsible for my care.

Certainly I'm living proof that all is not lost when lost is where you seem to be. Six and a half years ago at my diagnostic ground-zero: 2/27/09, my oncologist offered little hope. Though he was honest and direct in his presentation of the facts, statistics, treatment, etc., he was not particularly encouraging. To invoke a quote from Lt. Col. Henry Blake from a long-ago M*A*S*H episode: my oncologist didn't exactly "blow any sunshine up my skirt." It was quite the opposite, in fact. When we questioned him further about my chances of living beyond two years or even beyond five years (two time frames he cited), he did acquiesce and agree that sure, it's possible I could be the one (almost literally) that could survive beyond the rather grim prognosis of "13 months to two years" that I was given.

Not that I doubted him, but when you're a lifelong non-smoker, asymptomatic with no immediate family history of cancer; being told at age 54 and half that you have late-stage lung cancer and have maybe two years to live, is not simply a hard pill to swallow, it's an impossible pill to swallow and yet swallowing now becomes the least of your problems, especially considering that heavy-duty chemotherapy was scheduled to begin in six days. That's when you realize you're not in Kansas anymore, and when your hair falls out a few weeks later and you start to look ashen gray in the face and hollow in the eyes - and feel even worse than you look, it's easy to start believing the extremely discouraging news given to you by your oncologist.

But somehow you must - not believe, because believing can be very disheartening. And "disheartening" leads to and creates negativity, and negativity is almost as harmful as the chemotherapy itself. Cancer may have a mind of its own (figuratively speaking), but so do you, and using it to "laugh, think and cry" as Jim Valvano encouraged ("a full day" as he called it) in his ESPY speech in 1993 while accepting the first-ever Arthur Ashe Courage and Humanitarian Award, is perhaps what makes one stronger - or possibly strong enough, emotionally. And given the ravaging effects of chemotherapy, you're going to need that emotional strength to compensate for the physical weakness you're likely to experience during your treatment. Cancer is difficult enough on its own; you don't need to make it any worse.

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

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21 Announcements

21 Announcements

SUMMONS By Publication

TO: **Renz Shoars**

You have been sued by Sebron Jones IV, the Petitioner in the District Court in and for ADA County, Idaho.

The nature of the claim against you is for Divorce.

Any time after 20 days following the last publication of this Summons, the court may enter a judgment against you without further notice, unless prior to that time you have filed a written response in the proper form, including case number, and paid any required filing fee to the Clerk of Court at 200 W. Front St, Boise ID 85702 ph. 208-287-6900 and served a copy of your response on the other party, whose mailing address and telephone number are 663 E. State St. Apt F205 ph 573-418-5453. A copy of the Summons and Petition/Motion can be obtained by contacting either the Clerk of the Court or the other party. If you wish legal assistance, you should immediately retain an attorney to advise you in this matter.

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Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431.

THE CONNECTION
NEWSPAPERS

WELLBEING

Helping Aging Parents

Event will highlight resources available for long-term care planning.

BY MARILYN CAMPBELL
CENTRE VIEW

Antonio M. Taguba says his life changed forever during a family reunion in 2006, starting with an announcement from his mother.

"She said she wanted to have a family meeting," said Taguba, a retired Army major general, who lives in Alexandria. "We thought she was healthy ... but all of a sudden she told us that she was dying of cancer."

The family, which also included seven children and a physically disabled father with dementia, had not thought about long-term care for the aging parents who lived in Hawaii. Suddenly Taguba and his sibling were thrust in the role of caregivers.

"My siblings and I were in constant arguments," he said. "I was going home to Hawaii every other month. Eventually I had to quit my job. Care giving is exhausting and can be very turbulent."

In an effort to raise awareness of the need for advanced long-term care planning and the resources available to assist both caregivers and the elderly, Taguba, who is an AARP community ambassador, is sharing his story. He will speak at an event sponsored by AARP, Inc. and the Philippine American Foundation for Charities (PAFC) called Navigating the Caregiver's Maze: Finding Support and Planning for Your Caregiving Journey on Aug. 29. The forum will bring together experts in geriatric care and representatives from organizations that serve the elderly and the disabled.

"The goal of this event is that participants will walk away with knowledge of all the resources that are available for them to help them on their care giving journey," said Amber Nightingale Sultane, associate state director of Community Outreach, AARP Virginia. "Whether it's support groups for caregivers or adult day care, this area is rich in resources."

Those in the field of geriatric care says that like Taguba, many caregivers can be unprepared for the undertaking and unsure of where to turn for help. "Sometimes you're dealing with a caregiver who doesn't know how to make an assessment of the needs of the person in their care," said Grace Lynch, communications manager for the Fairfax County Division of Adult and Aging Services. "Sometimes you know you need



COURTESY OF FAIRFAX COUNTY

Margaret Estrada spends time with Afua Yankobah, an adult day health care staff member at the Herndon Harbor Adult Day Health Care center.

help but you don't know what you need, or you have a diagnosis but don't know how it translates into a specific service." Representatives from Fairfax County Division of Adult and Aging Services will be on hand at the Aug. 29 long-term care event.

Lynch says one tool that can help caregivers begin the task of sorting out needs is the county's Aging Disability and Caregiver Resource Line: 703-324-7948.

SAFETY and health issues are often the first sign that a parent or loved one needs help with self-care. "When you see that they're losing weight or having trouble remembering things. When you see that the house is falling down around them. These are the basic symptoms," said Andrew Carle, executive-in-residence, Program in Senior Housing Administration at George Mason University. "The biggest factor I always start with is whether or not they are safe?"

Denial and resistance, among both the caregivers and the person in need of care, are common hindrances in the creation and implementation of a long-term care plan. "The biggest thing we see and what takes the biggest emotional toll is the parent/child role reversal that takes place. This can be difficult to cope with," said Amy E. Coren, Ph.D., J.D., assistant professor of psychology at Northern Virginia Community College in Alexandria. "What we really stress is understanding that the old relationship is finished and a new relationship must be established, where the previous parent is now an individual under your care."

Taguba believes that dynamic is one reason why the issue of long-term care is avoided, often until it is too late. "It's a topic that we don't want to touch because we think our parents are going to live forever," he said. "But it's part of a family cycle. Its never a good time to have to conversation, but it starts with a four letter word: love."

"There's a wide availability of resources," said Taguba. "But it's about having the motivation to use them and not waiting until the last minute."

Details

Navigating the Caregiver's Maze

Saturday, Aug. 29, (8:30 a.m. - noon)
Fairfax County Government Center (Board Auditorium)
For more information and a complete list of participants and vendors, visit: <http://states.aarp.org/aug29/>

Other resources:

Fairfax County: fairfaxcounty.gov/olderadults
Arlington County: <https://aging-disability.arlingtonva.us/>
Alexandria: <https://alexandriava.gov/Aging>
Montgomery County: www.montgomerycountymd.gov/senior/

ENTERTAINMENT

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

ONGOING

“Evenings on the Ellipse” Concert Series. Thursdays, 5:30-7 p.m. at the Fairfax County Government Center Ellipse (Backyard), 12000 Government Center Parkway.

Chairman Sharon Bulova of the Fairfax County Board of Supervisors hosts weekly live music events. Relax to the music and enjoy complimentary samples of local wines. Free. Visit www.fairfaxcounty.gov/parks.

Sully District Starlight Cinema.

Saturdays through Aug. 29, gates open at 6 p.m. at 5860 Trinity Parkway, Centreville. Evenings begin with programs for children provided by New Life Christian Church and movies start at dusk. Find “How to Train Your Dragon 2,” “Frozen,” “Big Hero 6” and “Paddington.” Admission is free.

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.

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.

MONDAY-FRIDAY/AUG. 17-21

Wilderness Survival Camp. 9 a.m.-4 p.m. at Cub Run RECenter, 4630 Stonecroft Blvd., Chantilly. Campers will learn to read maps, catch critters, hike trails, fish, start a campfire, cook over a campfire and how to pitch a tent. \$295 for Fairfax County residents and \$310 for out-of-county participants. Call 703-817-9407 or visit www.fairfaxcounty.gov/parks/camps/rec-camps.htm

WEDNESDAY/AUG. 5

Balloon Sculpting. 2 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Learn the art of balloon twisting and make cool creations. Ages 12-18. Free. Call 703-830-2223 with questions and to reserve a spot.

Mystery Book Club. 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Book discussion group focused on a mystery novel. Free. Call 703-502-3883 with questions, to learn title, and to reserve a spot.

THURSDAY/AUG. 6

The Living Rainforest. 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Meet animals from the rainforest. Ages 6-12. Free. Call 703-502-3883 to reserve a space.

Small Wonders. 11 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Rhymes, songs, stories, and other activities for 2 year olds and caregiver to help build an early literacy foundation. Free. Call 703-830-2223 with questions and to reserve a spot.

Ask an Expert Series: 70 Years

Ago. 12:30-12:45 p.m. at Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Parkway, Chantilly. Learn about the flight of the B-29 Enola Gay from Air and Space Museum staff member Jeremy Kinney. Free admission. \$15 parking. Visit airandspace.si.edu/events/

FRIDAY-SUNDAY/AUG. 7-9

Super Smash Con. Friday, 3-8 p.m., Saturday, 10-8 p.m., and Sunday, 10-6 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. All ages are welcome to attend this video-game convention featuring vendors, exhibits, competitions, music and more. Admission is \$25-34. Visit supersmashcon.com.

SATURDAY/AUG. 8

Book Swap and Board Games. 3 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.

MONDAY-FRIDAY/AUG. 10-14

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/AUG. 10

Sheep Dog Detectives Puppet Show. 2:30 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Puppet show where Dudley Dog and friends solve crimes in a fun and fast paced manner. All ages. Free. Call 703-830-2223 with questions and to reserve a space.

TUESDAY/AUG. 11

Magic Book Club. 2:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Magic, music, and fun with magician Brian Curry. Ages 6-12. Free. Call 703-502-3883 to reserve a space.

WEDNESDAY/AUG. 12

Painting Tees. 2 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Create a unique tee using fabric paints and stencils. One XL tee is provided. Bring additional clothing. Teens. Free. Call 703-830-2223 with questions and to reserve a space.

THURSDAY/AUG. 13

Time for Tots. 11 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories and activities for those aged 2-3 with an adult. Free. Call 703-830-2223 with questions and to reserve a spot.

Ask an Expert Series: Roger Goddard’s Rockets. 12:30-12:45 p.m. at Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Parkway, Chantilly. Learn about rockets from Air and Space Museum

staff member Michael Neufeld. Free admission. \$15 parking. Visit airandspace.si.edu/events/

Civil War Lecture. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Lecture by author and historian Ed Bearss. All ages. Free. Call 703-830-2223 with questions and to reserve a spot.

FRIDAY/AUG. 14

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.

SATURDAY-SUNDAY/AUG. 15-16

Civil War Encampment Weekend. 10 a.m.-4 p.m. on Saturday and 10 a.m.-3 p.m. on Sunday at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Federal and Confederate troops recreate Civil War daily life. Visit the weekend encampment and discover a soldier’s lifestyle during the Civil War. Also find live music and a fashion show. House tour includes artifacts rarely on exhibit belonging to the Haight family, mid-19th century residents at Sully. Tickets are \$9 for adults and \$7 for children and seniors.

SUNDAY/AUG. 16

Civil War Day. 11 a.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Watch a war reenactment and eat barbeque. Admission is free. Visit www.wineryatbullrun.com.

MONDAY/AUG. 17

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 with questions and to reserve a space.

WEDNESDAY/AUG. 19

Baby and Me! 11 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories and activities for 1 year olds and adult. Free. Call 703-830-2223 with questions and to reserve a space.

White Glove Tour. 11 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Take a behind-the-scenes tour with a curator and learn more about specialized furniture at Sully. Look in cabinets and the old clock and see the special door that leads to hidden storage areas. There is a \$7 fee. Visit www.fairfaxcounty.gov.

SATURDAY-SUNDAY/AUG. 22-23

Greenberg’s Train and Toy Show. 10-4 p.m. at Dulles Expo Center, 4320 Chantilly Center, Chantilly. Take workshops, admire displays and shop at vendors at this model railroading expo. \$7-9 admission for adults. Visit www.greenbergshows.com/.

SUNDAY/AUG. 23

Summer Activities Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Find crafts and other hands-on activities. Tickets are \$4 for adults 16 and older; \$2 for children 5-15, and free museum members and children younger than 5. Visit www.fairfax-station.org for more.

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