

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

Not Alone with Fragile X Syndrome

NEWS, PAGE 6

CELEBRATING
SPRING IN THE
AREA
PAGE 9

Neighborhood Development Outlook Update

NEWS, PAGE 3

Meeting 'Bomb Squad' at St. Bernadette

NEWS, PAGE 7

From left, Brooke, Elyssa and Tatum Pinkard of Springfield are friends and supporters of the Grande family of Fairfax Station that organized the 2016 Northern Virginia Fragile X Family Fun Walk at Burke Lake Park.



NEWS

Interstate Receives Americanism Award

Interstate Moving Relocation Logistics, one of the country's largest independent moving companies, was awarded with the Veterans of Foreign Wars (VFW) Post 7327 Community Americanism Award for its participation in Wreaths Across America. Each year, an organization is chosen for its service in furthering the aims and ideals of the Veterans of Foreign Wars.

"We are pleased to receive this accolade from the VFW," says Arthur E. (Bud) Morrissette, IV, Interstate's chief executive officer. "Our company is proud to have the opportunity through Wreaths Across America to honor those who have lost their lives fighting for our freedom," adds Morrissette.

In December 2015, Interstate driver and U.S. Army veteran, Chuck Corbin volunteered his time, logging over 700 miles transporting more than 5,000 wreaths from Columbia Falls, Maine to Arlington and Baltimore National Cemeteries. Corbin and Interstate played a critical role in the more than 900,000 remembrance wreaths placed on the gravesites of fallen service men and women on Wreaths Across America Day.

Interstate was also instrumental in managing the packaging waste in order to reduce the carbon footprint of this monumental event. Following the wreath-laying ceremony, Interstate's Springfield headquarters served as the recycling staging area and

transfer depot for the packing and debris used to keep the wreaths safe during transport. In total, 100,000 pounds of cardboard and shrink-wrap was recycled.

Some thirty Interstate team members volunteered more than 250 hours to support this event.

The Interstate Family of Companies, headquartered in Springfield, encompasses a worldwide group of moving and storage, warehousing, relocation management, supply chain logistics and real estate services, and partners with government, corporate, and individual clients. For information, visit MoveInterstate.com or contact media@invan.com.

Interstate Moves to End Hunger

Interstate Moving Relocation Logistics is making a move to tackle hunger. Interstate recently announced that it is participating with Move for Hunger, a 501(c)3 organization that works with the relocation industry to encourage their customers to donate non-perishable food items and canned goods that would otherwise be discarded during a move. Participating companies collect the food items from their customers on moving day and transport them to local food banks.

"We are pleased to have Interstate Moving Relocation Logistics, one of the nation's leading independent moving companies,

SEE INTERSTATE, PAGE 5

HARD TIMES CAFE

Mother's Day Buffet!

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Neighborhood Development Outlook Update

BY TIM PETERSON
THE CONNECTION

1 Kingstowne Town Center 5920

Kingstowne Town Center, Alexandria

The Bonefish Grille parking lot area has been approved by the Lee District land use committee and Fairfax County planning commission for construction of several new mixed use structures: Ground level would be retail with residential above. There are also plans for an ice-skating rink, making the area into a multi-faceted plaza for residents and others to enjoy being outdoors.

2 Corbet Manor subdivision

Around 7717 Gambrill Road

Seven single-family homes are going into 4.5 acres of what were previously unconsolidated parcels of land. The site plan for the project is still under review.

3 Corridor study of Van Dorn Street

From Kingstowne to Alexandria city

Supervisor Jeff McKay (D-Lee) is interested in tapping into an Alexandria study of the corridor, extending it to Kingstowne and potentially bringing a bus rapid transit system to Van Dorn. The County is working with Alexandria to make sure the stretch is part of the conversation.

4 GSA Warehouse

6808 Loisdale Road, Building A

The large warehouse off Loisdale Road in Springfield is still a candidate for future home of FBI headquarters. The building, owned by the General Services Administration (GSA) is competing with sites in Greenbelt and Landover. Environmental impact statements for the three sites have been completed and the final contract is scheduled to be awarded around fall 2016.

5 Keene Mill Elementary School Renovation

6310 Bardu Ave.

An 18-month renovation of the school includes a two-story addition on the left side of the building in the rear, an addition for administration in the front and an addition for a cafe-kitchen in the rear on the right side. The project is estimated to be finished by summer 2016.

6 Liberty View

13.45-acre site near Beulah Street and the Fairfax County Parkway

This still-vacant site was approved for single family home neighborhoods, four office buildings and fifth structure that would be either a hotel or office building. It was rezoned in 2011 and previous structures have been demolished.



10 Safford Car Dealerships on Loisdale

Loisdale Road

Following the 2015 opening of Jennings Toyota at 7601 Loisdale and a new artificial turf field at Loisdale Park, Safford Hyundai has now opened, along with Safford Chrysler/Jeep/Dodge/Ram.

11 Springfield Town Center

6500 Springfield Mall

Next to open at the 1.35 million square-foot revitalized shopping center is Zinburger Wine & Burger Bar, scheduled to part its doors. Later stages of redevelopment planning for the area include residential, office and hotel space — the timing of which is all market-dictated. A release from PREIT said another 73,000 square-feet of tenant space was committed for 2016.

12 Topgolf

6625 South Van Dorn St.

It's likely the driving range and restaurant business is leaving the Van Dorn Street location, though according to the Lee District land use aide they still have the option to stay. One possible next step for the property is townhouses, which would require an amendment to the Fairfax County Comprehensive Plan.

13 U-Haul Warehouse

5285 Port Royal Road

U-Haul is repurposing a previously vacant personal storage facility for a truck rental business. The renting is underway and renovations to the self-storage area are nearing completion, possibly to open by summer, 2016.

14 West Springfield High School

Renovation is planned with an estimated cost of \$82,958,090, according to the Fairfax County Public Schools Comprehensive Plan and Capital Improvement Program.

7 Long Branch development

Within the Island Creek Community on Beulah Street corridor

The plan for 35 new townhomes has passed the planning commission.

8 Park Pointe subdivision

East side of Gambrill Road, near the Fairfax County Parkway

Eighteen single-family homes on 7.7 acres have been approved; the plan is still under site review.

9 Piney Run by Elm Street Development

Area of Telegraph Road and Piney Run Drive, Alexandria

Demolition of the Hill Top Golf facility is set to begin soon, making way for a 259-unit residential development specifically for individuals 55 and older. When completed, the development should include 32 single family units, 103 townhouses and 124 multi-family condominiums and apartments — all age-restricted, not assisted-living. The site plan for the development has been submitted.



PHOTO BY TIM PETERSON

The vast underground arcade and restaurant Dave & Buster's opened at Springfield Town Center the week of Christmas 2015.

SOURCES: SUPERVISOR JEFF MCKAY (D-LEE) AND LAND USE AIDE, SUPERVISOR PAT HERRITY (R-SPRINGFIELD) AND LAND USE AIDE, SUPERVISOR JOHN COOK (R-BRADDOCK) AND LAND USE AIDE.

More Voters Might Not Mean Much More Voting

Governor's action brings Virginia in line with 39 other states.

Last week, Gov. Terry McAuliffe (D) restored the voting and civil rights of more than 200,000 Virginians who were convicted of felonies, served their time and completed any supervised release, parole or probation requirements.

This moves Virginia into the mainstream; only 10 states have more restrictive policies about voting for people who have been convicted of felonies. Previously, Virginia had been one of the most restrictive states in terms of restoring voting rights. Fourteen states automatically restore voting rights once the individual's term of incarceration is over, and two states allow absentee voting from prison.

While some claim partisan motivation, with most of those affected presumed to be Democrats, getting these men and women registered to vote and to the polls is unlikely to result in 100,000 new voters in November. Studies show that people who were previously convicted of felonies who are eligible to vote register and

vote at lower levels than the general population, according to the New York Times <http://nyti.ms/26kNrS2>, with a registration rate of around 30 percent and about 20 percent actually voting, although some suggest voting rates of between 10-15 percent. If, as the studies suggest, 55 percent of those would vote Democratic, then likely new Democratic voters would be around 22,000.

While that's a lot less than 200,000, it's also more than the margin of victory in quite a few statewide races. Consider that Attorney General Mark Herring (D) won his race by about 900 votes out of more than 2 million cast. These new voters could have an impact on statewide races.

Districts for members of Virginia's General Assembly are so gerrymandered, it's hard to imagine that the impact of these new voters will be huge in terms of local representation.

In a Democracy, it's better when more people vote.

McAuliffe said: "If we are going to build a stronger and more equal Virginia, we must break down barriers to participation in civic life for people who return to society seeking a second chance. We must welcome them back and offer the opportunity to build a better life by taking an active role in our democracy."

Again, this action brings Virginia into line with 39 other states, with more than 20 states

having less restrictive policies. For example, on Feb. 9, 2016, the Maryland General Assembly overrode the Governor's veto and restored the vote to all convicted felons immediately upon their release from prison. Previously, people convicted felonies in Maryland had to complete all parole and probation before they were able to vote. In Virginia, such individuals have to complete their term of incarceration and their term of probation or parole before voting rights are restored.

— MARY KIMM

EDITORIAL

Send in Mother's Day Photos

Mother's Day is May 8 this year and every year at this time this newspaper calls for submissions to our Mother's Day photo gallery.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, ages of children, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your contact information, just names and town of residence.) You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to south@connectionnewspapers.com.

Attending the April 13 working group meeting on the Springfield Senior Center, from left: Christopher Leonard and Evan Braff of the Neighborhood and Community Services; Corazon Sandoval Foley, Founding Chairman of the Burke/West



PHOTO CONTRIBUTED

Bulova Leads Progress Toward Springfield Senior Center

To the Editor:

On April 13, 2016, Fairfax County Chairman Sharon Bulova chaired a working group meeting that laid the foundation for concrete progress toward building a permanent facility for a senior center in Springfield District, the only district without a permanent senior center in Fairfax County. This issue has been the focus of civic activism over several years by the Burke/West Springfield Senior Center Without Walls, including petition with 1,000 signatures; election (with 4,228 or 19 percent of Springfield votes); Nov. 21, 2015 senior demonstration; and senior testimonies/folk dance per-

formance at the April 7, 2016 public hearing on the budget by the Board of Supervisors.

More working group meetings will be held to finalize agreements among the stakeholders of this important community project in Springfield District. I will continue to update your readers and thank you very much for your support of fairer treatment toward Springfield senior taxpayers and families. Many thanks go to Chairman Sharon Bulova for her outstanding leadership on this important issue.

Corazon Sandoval Foley
Burke

LETTERS TO THE EDITOR

Clean Energy Creates New Opportunities

To the Editor:

This Earth Day, April 22, the United States signed the Paris Agreement, which required unprecedented international cooperation to address climate change by reducing carbon pollution. Even before the agreement is formally signed, countries have been taking action by investing in clean, renewable energy - a necessary step to meet commitments of carbon reduction.

The United States current contribution to climate action includes policies like the Clean Power Plan. Renewable energy innovation has created good jobs here in Virginia to supply clean, reliable power to our communities. Governor Terry

McAuliffe has repeatedly confirmed he will take strong climate action and cut harmful pollution. Gov. McAuliffe recognizes the risks of sea level rise that is already flooding Virginia's coast, threatening military assets, and cultural gems like Tangier Island.

The dirty fossil fuel industry is influencing our representatives in state governments and Congress to try to block the Clean Power Plan and other lifesaving public protections. Our smart economic, political and community leaders are seizing the opportunity that climate action provides to create thousands of jobs, drive innovation, and foster economic growth. This Earth Day, with the signing of the Paris Agreement, I celebrate the chance to protect our economy and our public health in Virginia.

Kelsey Crane
Reston

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: south@connectionnewspapers.com



NEWS

Interstate

FROM PAGE 2

join forces with Move for Hunger,” says Adam Lowy, founder of Move for Hunger.

By collecting food items from customers on moving day, and from employees who donate canned goods, Interstate makes regular trips once a month to the Capital Area Food Bank, which distributes to 129 food pantries in the area. To date, Interstate has already donated 1,000 pounds of food, or enough to provide 825 meals to families in need—and that’s just for starters.

“In this modern day, many people don’t really think about hunger. In fact, more than 429,000

people in the D.C. Metro area are at risk for hunger, and 36 percent are children,” says Arthur E. [Bud] Morrissette IV, Interstate’s chief executive officer. “We’re proud to help raise awareness about hunger in our area, and to be a part of the more than 600 moving companies implementing the nation’s largest, year-round service programs with Move for Hunger,” adds Morrissette.

Interstate is no stranger to philanthropy. It has received many awards for giving back. If you would like to join Interstate in its effort to reduce hunger, drop off your non-perishable or canned food donations at any of Interstate’s three locations: 5801 Rolling Road, Springfield; 22455 Powers Court, Sterling; 3901 Ironwood Place, Landover, Md., Monday through Friday, 8 a.m.–5 p.m.

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PHOTOS BY TIM PETERSON/THE CONNECTION

Supporters begin the 2016 Northern Virginia Fragile X Family Fun Walk at Burke Lake Park.



From left, walk organizer Buffy, Jimmo and Jimi Grande of Fairfax Station pause a moment during the 2016 Northern Virginia Fragile X Family Fun Walk at Burke Lake Park for Jimo to toss a stick towards the lake.

Not Alone with Fragile X Syndrome Fourth annual walk raises \$55,000 for molecular bank for research.

BY TIM PETERSON
THE CONNECTION

Jimi Grande of Fairfax Station may never get to teach his ten-year-old son Jimmo to throw a baseball. Jimmo was born with effects from an inherited genetic mutation called Fragile X that can cause moderate to severe mental impairment and learning disabilities, and is linked to autism spectrum disorder.

Instead, Jimi and his wife Buffy have become involved with the Northern Virginia Fragile X Families organization, supporting other parents and families with children like Jimmo and helping connect them with resources.

“It’s motivating when you have a child that’s impacted by it,” Jimi said during a mile-long Fragile X families fun walk at Burke Lake Park on April 24. The \$55,000 raised by the walk will help fund a new national molecular bank of blood samples from individuals with the Fragile X mutation syndrome.

Occurrence of Fragile X syndrome affects around 1 in 3,600 males and 1 in 4,000 to 6,000 females.

With more readily available samples from these individuals, it will hopefully encourage researchers to conduct more experiments in search of a cure.

AS A FATHER, Jimi said, “This is something I can do and feel good about.”

Jimi’s wife Buffy who organized this walk, the fourth annual Fragile X walk in Northern Virginia, described the experience many families with children with the mutation have gone through as “a stage process.”

“There’s accepting,” Buffy said, “help the child, then help the greater good.”

Up to this walk, the Northern Virginia Fragile X Family group has raised more than \$130,000 in support of the National Fragile X Foundation and establishing a special-



From left, Teresa Treires, Lori Troutman, Jim Troutman, Herndon High School Senior Kevin Troutman, Jessica Troutman, Ryan Kelly, Brandon Bilewski and Kristen Rollman — all members in support of “Team Kevin” in the 2016 Northern Virginia Fragile X Family Fun Walk — go for a train ride at Burke Lake Park.

ized clinic in Washington, D.C.

Last year’s money raised from the walk helped establish the national molecular bank. No such bank existed before, and lack of access to samples from people with Fragile X was a deterrent to researchers, Jimi said. “We wanted to shake the scientists.”

In addition to raising money, a major component of the annual walk at Burke Lake Park is a celebration for families at the end of the walk in the park’s playground and train station area. Princesses from Disney’s



From left, members of Team Jimmo and Zachary included Charlotte, Oliver and Fairview Elementary School teachers Victoria Sciulli, Audrey Bressler, Spider-Man, Buffy Grande, Fairview School Health Aide Gilda Rodriguez, Jimmo Grande and Jimi Grande.

“Frozen,” Elmo from “Sesame Street” and Spider-Man walked around and took pictures with children while others went on train rides, had their faces painted or received mermaid-shaped balloons with surprising anatomical detail.

“It’s nice for families to come and be themselves,” said Andrea Creighton of Oak Hill. Three of her four children live with effects from the Fragile X mutation, including her 17-year-old son Jeffery who is more on the social and interactive end of the spectrum and manager of the Chantilly High School varsity football team. Normally out

in public, she said, “There’s an awareness, you always have to adapt: Crowds can be overstimulating.”

But with more than 200 people who understand the spectrum of effects Fragile X can have, from loud outbursts to just impatient shirt-tugging, the post-walk celebration is a safe environment, the National Fragile X Foundation Mid-Atlantic Region Leader Joe Garera said.

“You just don’t worry about it,” Garera said. “Someone has a meltdown, you give them space.”

Garera also praised the “great model” the Grandes and the Northern Virginia Fragile X families have established with their walk and celebration for bringing families together.

“Their tagline is ‘You’re not alone,’” he said. “That’s really what families feel like when they’re leaving here.”

FAMILY AND SUPPORTERS of Kevin Troutman, a senior at Herndon High School, learned about the walk on Facebook and show up en masse for their first walk.

“I’m happy to have people support me,” Kevin said. “I liked the walk, it was interesting and fun.” Kevin benefits from Herndon’s special education program and work transition program, which helped him to become a volunteer at Falcon’s Landing Military Retirement Community in Sterling and the Herndon Library.

Kevin’s father Jim said, “It’s refreshing to see this number out here and the things they do for the kids.”

Neither of Eylssa Pinkard’s daughters have Fragile X, but the Springfield residents came to support their friends the Grandes and the other families.

“It’s great for our girls to learn to support Jimmo their friend,” Pinkard said, “and to serve others in the community, to think outside themselves.”

For more information, visit www.fragilexnorthernvirginia.com.

SCHOOLS

Meeting 'Bomb Squad' at St. Bernadette

By JUDY CHO
THE CONNECTION

On Friday, April 22, a group of second- and seventh-grade students gathered in the gym at St. Bernadette School in Springfield to hear from guest speakers Christopher Bonneau and Chris Pares, who are explosive ordnance disposal technicians at Joint Base Andrews.

Often tasked with one of the most dangerous jobs in the U.S. Air Force, Bonneau and Pares took a break from an often physically demanding task to speak with students of the Catholic school. "Our official title is we are the bomb squad guys. We are part of the first responder units," Bonneau told the students. "Anything made with explosives, we take down and one of the tools we use is robots."

In an effort to relate students to his job, Bonneau asked the crowd "Who has played Xbox or Call of Duty," to which some seventh-grade boys raised their hands. "We have Xbox controllers, so half of our job is playing and the other half is kind of working; so when-

ever your parents say don't play video games, it pays off sometimes," Bonneau said.

However, he stressed the importance of education, stressing that they "do a lot of math, a lot of science and physics" and that his job requires rigorous academic and physical training, in which trainees "work 16 hour days, [beginning with] waking up to go to school, eating for 15 minutes, shower, and go to sleep," all for a year and a half.

Furthermore, Pares discussed his particular role in the OED. "Our particular mission at this base is we do presidential support missions," Pares said. "We go ahead of the President, Vice President, or Secretary of State, and we search every room he's going through or search his motorcade and anything he's going to touch."

DURING THE PRESENTATION, seventh-grade student Lucas Patoir demonstrated the process of putting on a flat jacket and helmet in front of his peers. "It was really heavy and it got hot in there," Patoir said. "If you're getting chased, you can't run."



Christopher Bonneau and Chris Pares, explosive ordnance disposal technicians at Joint Base Andrews, discuss their training process with students at St. Bernadette School.

When asked if this presentation has led him to consider a future in the armed forces, Patoir responded "I like how they get to play video games, but I'm not that great at math and science, and I don't understand a lot of the formulas." However, when asked if he might enjoy his STEM courses if he were taught math in ways that forced him to apply such concepts, he responded "probably."

His school counselor Eve Montavan, who is also the coun-

selor to every other student at St. Bernadette School, was responsible for organizing this event among other monthly initiatives. "As a school counselor, one of my roles is to be aware of the special challenges and needs of all the students and one group of students I focus on are military kids, 130 among 450 students," Montavan said. "We have a virtue every month that kids are working on; this month, it's forgiveness so probably not the best thing for bombs."



Seventh grade student Lucas Patoir puts on a flak jacket and helmet in front of his peers.

In order to accommodate the needs of the students, Montavan began initiatives and events that catered towards and welcomed military kids. "Last Friday we had a special event for military kids, an ice cream social, where each student got a certificate," Montavan said. "Many of the students have to move very often and face the challenge of making new friends, so we wanted to focus on what they bring to their community."




PHOTO GALLERY!

"Me and My Mom"

To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To send digital photos, go to: www.connectionnewspapers.com/mothersday

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Junior catcher Mitchell Clarke and the Woodson baseball team had their three-game win streak snapped by West Potomac on Tuesday.



Woodson pitcher Tyler Becklund and others will need to step up while staff ace Randy Prosperi is out after suffering a broken jaw during a win over Lake Braddock on April 21.

Woodson Baseball Runs Into Hot West Potomac Lineup

Cavaliers drop to fifth place in Conference 7 with 5-5 record.

BY JON ROETMAN
THE CONNECTION

The Woodson baseball team entered Tuesday's game at West Potomac having won three straight games and five of its last six, including a 10-7 victory over Lake Braddock on April 21.

The Cavaliers' streak of success came to a crashing halt, however, as the Wolverines teed-off on Woodson pitching for nine extra-base hits.

West Potomac tallied seven doubles and a pair of home runs and took over sole possession of fourth place in Conference 7 with a 7-2 victory over Woodson at West Potomac High School.

The Wolverines blew the game open with four runs in the bottom of the third inning. West Potomac used four doubles — including three straight to start the frame — and a solo home run to take a 5-1 lead.

Woodson left-hander Tyler Becklund suffered the loss, allowing five earned runs in 2 1/3 innings pitched. Senior Clayton Jackson pitched in relief.

While Woodson head coach Brett McColley praised the efforts of Becklund and Jackson from a season standpoint, he said they didn't have their best stuff on Tuesday.

"[West Potomac is] a team that can hit mistakes," McColley said. "We left some pitches up, obviously. They had a ton of extra-base hits tonight."

Third baseman Peter Donohue was Woodson's most productive hitter on Tuesday, finishing 2-for-3 with a double and a solo home run. Donohue's solo shot came in the second inning and tied the score at 1.

The Cavaliers' other run came in the sixth on an RBI groundout by Jack Donohue. Mitchell Clarke led off the inning with a double.

The loss dropped Woodson's record to 8-7 overall and 5-5 in Conference 7, and moved the Cavaliers into fifth place behind Annandale (8-2), West Spring-



Woodson shortstop Kyle Adie attempts to tag a West Potomac baserunner during Tuesday's game at West Potomac High School.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Members of the Woodson baseball team congratulate Peter Donohue (23) after the third baseman hit a solo home run in the top of the second inning Tuesday against West Potomac.

field (8-2), Lake Braddock (8-2) and West Potomac (6-4).

Woodson also suffered a blow during its win over Lake Braddock, when starting pitcher and staff ace Randy Prosperi suffered a broken jaw when he was hit by a line drive. McColley said Prosperi is out at least three weeks, putting his return for the postseason in doubt.

McColley said the Cavaliers were "looking for [Prosperi] to carry the team into the playoffs."

Woodson was scheduled to face McLean in a non-conference matchup on Wednesday, after The Connection's deadline. The Cavaliers will travel to take on Annandale at 6:30 p.m. on Friday, April 29.

South County Softball to Face TC, Northern

The South County softball team will travel to face T.C. Williams at 6:30 p.m. on Friday, April 29 before hosting Northern at 1 p.m. on Saturday, April 30.

Northern is a powerhouse program located in Owings, Md. The Patriots entered Wednesday's action with a 13-0 record, according to maxpreps.com.

South County improved to 12-3 overall and 8-2 in Conference 7 with a 7-1 victory over West Springfield on Tuesday. The Stallions have won three straight after suffering back-to-back losses against Lake Braddock and West Potomac.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Senior pitcher Aubrey Bates and the South County softball team are 12-3 entering this weekend's action.

Lake Braddock Baseball Blanks Mount Vernon

The Lake Braddock baseball team bounced back from a loss to Woodson with a 16-0 road victory over Mount Vernon on Tuesday.

The win improved the Bruins' record to 12-3. Lake Braddock is in a three-way tie with Annandale and West Springfield for first place in Conference 7 with an 8-2 record.

The Bruins were scheduled to face Riverdale Baptist on Wednesday, after The Connection's deadline. The Bruins will host West Potomac at 6:30 p.m. on Friday, April 29.

Robinson to Honor Girls' Soccer Coach Rike

Robinson Secondary School will honor its girls' soccer coach, Jim Rike, prior to the Rams' home game against Potomac Falls at 7:15 p.m. on Monday, May 2.

Rike is in his 35th season with Robinson and 41st as a coach in Fairfax County. He has a career record of 525-152-61, placing him atop the list for career coaching wins for Virginia public school soccer coaches.

Rike led Robinson to state titles in 1984, 1994, 1996, 2002 and 2008.

Robinson Boys' Lax to Face Landon

The two-time defending state champion Robinson boys' lacrosse team will close its regular-season schedule with a road game against private school power Landon at 7:15 p.m. on Tuesday, May 3.

Landon, located in Bethesda, Md., is ranked No. 16 in the latest Nike/Lacrosse Magazine national poll. The Bears are 13-3 heading into Friday's action.

Robinson improved to 12-1 overall and finished undefeated in Conference 5 play with a 10-1 victory over Herndon on Tuesday.

Local Athletes to Compete at Capital Classic

Lake Braddock senior James Butler and West Springfield senior Lewis Djonkam will compete in the 43rd Annual Capital Classic on Thursday, April 28 at Catholic University.

Butler, the 6A North Region Player of the Year and a first-team all-state selection, and Djonkam, a second-team all-state selection, will play for the Suburban All-Stars, who will face the District All-Stars at 6 p.m.

The main event, which features the U.S. All-Stars against the Capital All-Stars, is scheduled for an 8 p.m. tipoff.



Celebrate Fairfax! Fairfax Festival will be in the Fairfax County Government Center from June 10-12.

Celebrating Spring in the Area

ONGOING

Fleeting Grace: Teachings of Cherry Blossoms.

Through May 1. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Campus-wide exhibit inspired by the ephemeral nature of the Cherry Blossoms. Spanning six galleries, artists explore the symbolism behind the flower, including the exquisite transience and volatility in life and beauty. workhousearts.org.

Spotlight on the Arts Festival. April 15-May 9. Various locations. Celebrates three decades of arts in the City of Fairfax. fairfaxspotlight.org.

SATURDAY/APRIL 30

Springfest Fairfax 2016. 10 a.m.-4 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Earth Day and Arbor Day event. Family-friendly games, hands-on activities, bounce house, pony rides, farm animals and more. Free. workhousearts.org.

SATURDAY/MAY 21

Observe the Moon Night. 7:30 p.m. Burke Lake Park, 315 Ox Road, Fairfax Station. Observe the moon through a scope; see ancient lava flows; enjoy a campfire and stories; and go on a moonlit night hike. Children must be accompanied by an adult registered in the program. Canceled if rain. \$8/\$10. <http://www.fairfaxcounty.gov/parks/park-events-calendar.htm>.

SATURDAY-SUNDAY/JUNE 4-5

Springfield Days. 8 a.m.-8:30 p.m. Multiple locations in Springfield. Springfield Days is a community wide celebration that includes a 5K run, "Pet Fest" and car show. Visit www.springfielddays.com for more.

SUNDAY/JUNE 5

Cardboard Regatta. 2 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Witness the cardboard



PHOTO CONTRIBUTED

In Living Color headlines the Fairfax Festival on Sunday, June 12 at 4:30 p.m.

boat creations race along Lake Accotink's shoreline at 2 p.m. Visit www.springfielddays.com for more.

THURSDAY-SUNDAY/JUNE 2-5

Workhouse Carnival and Arts Party. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Rides, games, music, vendors, food and family fun and will take place on the south side of the Workhouse campus. This event will raise funds in support of the Workhouse's arts, education and history programs. Admission to the carnival is free, including the live entertainment and film screening, however rides and vendors will require additional fees and tickets. Parking fee may apply. Contact the venue for updates, <http://www.workhousearts.org/get-involved/special-events/>.

FRIDAY-SUNDAY/JUNE 10-12

Celebrate Fairfax! Festival. Friday, 6 p.m.-midnight. Saturday, 10 a.m.-midnight. Sunday, 11 a.m.-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Musical performances, rides, games and food. Call 703-324-3247 or visit www.celebratefairfax.com/.



Hundreds of spectators cheer on the participants in the 23rd Cardboard Boat Regatta at Lake Accotink Park in June 2013. This year's event will take place on May 31.

PHOTO BY DEB COBB/
THE CONNECTION



PHOTO CONTRIBUTED

Encore Chorale will perform romantic pieces, blues and Broadway favorites on Tuesday, May 3 at the Stacy C. Sherwood Center.

CALENDAR

Send notes to the Connection at www.connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

Plant Clinic. 9 a.m.-noon. Sundays till end of September. Lorton Farmers Market, 8990 Lorton Station Blvd., Lorton. Conducted by Master Gardeners. Answer gardening question, identify plants and insects, soil tests, etc. fairfaxgardening.org.

People's Choice Exhibit. Through April. Monday-Friday, 11 a.m.-6 p.m. Sunday, noon-5 p.m. Workhouse Arts Center, W-9, 9601 Ox Road, Lorton. Eighteen artists will display their artistic disciplines.

First Tee Life Skills. 5-6:30 p.m. May 10-June 21. Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. The Fairfax County Park Authority is partnering with The First Tee of Greater Washington, DC, to offer The First Tee Life Skills Experience Certifying Program, designed for young people ages 7-18. <http://www.fairfaxcounty.gov/parks/press/html/ir040-16.htm>.

"Disembodied." 5 p.m.-midnight. April 16-June 11. Epicure Cafe, 11104 Lee Highway, Fairfax. Epicure's spring exhibit invites artists to explore the concept of disembodiment. epicurecafe.org/.

FUN-Exercise. Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. Contact Chris Moore at moorefitt@yahoo.com or 703-499-6133.

Adventures in Learning. Mondays, 8:30 a.m.-2:45 p.m. April 4-May 9. Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. community, personal development, finance, and more. Afternoon breakouts are book club, bridge, and canasta. Bring a brown bag lunch. \$30. www.scfbva.org. 703-426-2824.

"Reflections of the Spirit" Art Exhibition. April 3-May 1. Workhouse Arts Center, 9601 Ox Road, Lorton. Exhibit by artist, Kathy Strauss. workhousearts.org. 703-492-8215.

THURSDAY-SUNDAY/APRIL 28-MAY 1

"The Wedding Singer." Thursday-Saturday, 7 p.m. Sunday 2 p.m. West Springfield High School, 6100 Rolling Road, Springfield. West Springfield High School's spring musical based on the movie of the same name. \$10. Age 13 and up. www.spartantheatre.com.

FRIDAY/APRIL 29

Lee High School Clean-up. 8 a.m.-3 p.m. Robert E. Lee High School, 6540 Franconia Road, Springfield. Building beautification; plant trees, flowers and general Earth Day clean-up. <http://fcp.edu/LeeHS/>. 571-283-3279.

FRIDAY-SATURDAY/APRIL 29-30

"Shrek the Musical JR." Check for times. Burke Community Church, 9900 Old Keene Mill Road, Burke. Come see this talented group of young actors ages 8-18 as they travel Far Far Away with everyone's favorite ogre, a wise-cracking donkey, and a cast of fairy tale misfits. \$14. www.nvplayers.com.

SATURDAY/APRIL 30

Both Sides Tour. 8:15 a.m. Franconia Museum, 6121 Franconia Road, Alexandria. The Both Sides tour will follow Stuart from Rowser's Ford on the Potomac River north to Gettysburg, making strategic stops at the sites of major skirmishes along the way. \$100, includes bus, lunch and a fast-food value card and site fees. For information, contact Don Hakenson, 703-971-4984 or dhakenson@verizon.net.

Classical Ballet Theatre Children's Series. 2 p.m. 4 p.m. Ernst Theater, Northern Virginia Community College, 8333 Little River Turnpike, Annandale. "Day on the Ranch" and "Les Jeunes Filles" will be performed. \$10. <http://www.cbntva.org/childrenseries>.

Fun Fair at Canterbury Woods Elementary. 11 a.m.-3 p.m. 4910 Willet Drive, Annandale. Carnival games, crafts, face painting, bounce houses, raffle prizes/baskets, a bake sale, food trucks, activities for Cubs (4 years and younger), and much more. 703-403-4898. cwespta.org.

Touch-a-Truck. 10 a.m.-2 p.m. Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. children can see,hear, touch — even climb — on trucks of all shapes and sizes. \$5. Free to children under 2. facebook.com/springmartouchatruck.

Book Signing. 2 p.m. Barnes and Noble Springfield, 6646 Loisdale Road, Springfield. Meet author Jake Russell and have your copy of "100 Things Nationals Fans Should Know & Do Before They Die" signed. Free. 703-971-5383.

SUNDAY/MAY 1

CroppMetcalf 5K Bug Run. 9 a.m.-3 p.m. Pohick Bay Regional Park, 6501 Pohick Bay Drive, Lorton. The warm weather means both the running and swarming bug seasons aren't far behind. \$25. croppmetcalfe.com/burgrun.

Mother's Day Marketplace. 1-5 p.m. 6001 Rutledge Drive, Fairfax Station. Catered event featuring 20+ vendors will take place in a gorgeous \$1.2 million dollar Fairfax Station estate. Event sponsored by the new ridesharing company for women, SafeHer. Free shuttle service. www.mothersdaymarket2016.eventbrite.com.

SEE CALENDAR, PAGE 11

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21 Announcements

ABC LICENSE
Concept Restaurant Group, LLC trading as The Block, 4221 John Marr Dr, Annandale, VA 22031. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverages Restaurant license to sell or manufacture alcoholic beverages. Arturo Mei, Owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

21 Announcements

ABC NOTICE
Anita's "New Mexico Style" Mexican Food, Inc. trading as Anita's "New Mexico Style" Bar & Grill, 8015 Braddock Rd, Springfield, VA 22151. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Restaurant, (Fast & Casual) license to sell or manufacture alcoholic beverages. Thomas Joseph Tellez, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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FRI & SAT 10-4. For Details
703-303-4324

21 Announcements

ABC NOTICE
Siam Food, LLC trading as Yindee Thai, 8412 Old Keene Mill Rd, Springfield, VA 22152. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises/Mixed Beverage license to sell or manufacture alcoholic beverages. Waraphan Srikongyos Member/President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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21 Announcements 21 Announcements

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-Werner Heisenberg

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21 Announcements

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-Albert Einstein

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AREA ROUNDUPS

Lake Braddock Student Dies after Being Found Unresponsive in Bathroom

Sixteen-year-old Brenda Carina Soto of Burke was found unresponsive in a bathroom at Lake Braddock Secondary School on Wednesday, April 20, just before 6 p.m. First responders from Fairfax County Fire & Rescue were performing CPR on her when police officers arrived, a release from the Fairfax County Police Department said.

Soto was pronounced dead after she was taken to Inova Fairfax Hospital.

Major Crimes Division detectives are investigating the incident.

A vigil for Soto is scheduled to take place at the Lake Braddock Secondary School

main entrance at 6 p.m. on Sunday, April 24.

—TIM PETERSON

Public Comment on Bike Lanes Deadline May 3

Fairfax County Department of Transportation hosted a community meeting to discuss proposed bike lanes in the Braddock District on Tuesday, April 12 at Canterbury Woods Elementary School in Annandale. Representatives from FCDOT and VDOT talked about the plans for the project, which not only included bike lanes, but also safety, road diets and more.

Public can comment on the proposal till Tuesday, May 3.

For more information, go to <http://www.fairfaxcounty.gov/fcdot/bike/braddockdistrictbikelanes.htm>.

Mother's Day Marketplace in Fairfax Station

Shop for that special woman in your life at free Mother's Day Marketplace. This catered event featuring some 20 vendors will take place in a \$1.2 million dollar Fairfax Station estate. The event is sponsored by the new ridesharing company for women, SafeHer - Driving women towards safety.

Shop a variety of gift options including custom jewelry, essential oils, beauty, makeup, skincare, spa services, home and kitchen products, fashion, photography, art

services and much more. Gift bags and giveaways will be available for guests.

Date: Sunday, May 1, 2016 from 1 to 5 p.m.

Venue: 6001 Rutledge Drive, Fairfax Station

Parking: Free shuttle service provided by SafeHer. Park at the Burke Centre Library on Freds Oak Road in Burke.

About the home: Luxury 7600 plus square feet private estate on five wooded acres in

Fairfax County Presents Creative Aging Festival

Fifty free activities and events are planned at fourteen senior centers throughout Fairfax County during the month of May. County residents and visitors will be able to access a wide variety interactive arts offerings ranging from African drumming polyrhythms, improv theatre demonstrations, to American acoustic blues history. The Festival is presented by the Fairfax County Neighborhood and Community Services in collaboration with the Arts Council of Fairfax County and the National Alliance of Community Economic Development Associations. To find an event near your senior center, visit http://www.fairfaxcounty.gov/ncs/news/ni2016/2016_creative_aging_festival.htm.

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Contact: BrandyandAlia@gmail.com with inquiries.

CALENDAR

FROM PAGE 9

TUESDAY/MAY 3

Interpreting Historic Maps and Aerials. 7-8 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Historical maps and aerial photographs can be informative as well as beautiful. Learn how to find and interpret them for a wealth of historical clues. Presenter: Jon Vrana. Presented by the Burke Historical Society. Free. For registration information, contact slawski_brian@yahoo.com.

THURSDAY/MAY 5

Historic Maps and Aerials. 7-8 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Historical maps and aerial photographs can be informative as well as beautiful. Learn how to find and interpret them for a wealth of historical clues. Presented by Jon Vrana. Free. slawski_brian@yahoo.com.

National Day of Prayer Event. Noon-1 p.m.

BULLETIN BOARD

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/APRIL 28

Access to Capital Conference. 8 a.m.-1 p.m. Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church. Small businesses and entrepreneurs can connect with funders. Find out more or register at <http://www.atc2016.com/>.

FRIDAY/APRIL 29

Annual Spring Event: Luncheon & Silent Auction. 11 a.m.-2 p.m. International Country Club, 13200 Lee Jackson Memorial Highway, Fairfax. Hosted by Assistance League of Northern Virginia to benefit its Operation School Bell programs. Event will feature a presentation on Identity Theft and Personal Safety. \$65, \$30 is tax

Fairfax County Government Center, 12000 Fairfax Government Center Parkway, Fairfax. Pray for America and its leaders. 703-383-1170. jccag.org.

FRIDAY/MAY 6

Maranatha Singers. 7:30 p.m. St. Stephen's United Methodist Church, 9203 Braddock Road, Burke. Evening of music. The theme of the concert will be "Songs of Spring." Refreshments will be served after the concert in the Welcome Center. <http://www.ststephensfairfax.org/>.

FRIDAY-SATURDAY/MAY 6-7, 13-14

Guys and Dolls. 7 p.m. South County High School, 8501 Silverbrook Road, Lorton. In this Broadway classic, we follow the story of two high rolling gamblers that go head to head looking for cash, but end up finding love. \$7. 703-585-7321.

SATURDAY/MAY 7

deductible. lindamshilts@gmail.com or 703-424-6652. www.northernvirginia.assistanceleague.org.

Understanding Mood Dysregulation in Students with Autism Spectrum Disorder. 10 a.m.-noon. Dunn Loring Center for Parent Services, Entrance 1, Room 100, 2334 Gallows Road, Dunn Loring. Dr. Sajjad Khan, an experienced clinician and researcher at NeuroScience Inc., will cover assessment, and treatment of mood dysregulation in students with Autism Spectrum Disorder. Register at 703-204-3941 or <http://www.fcps.edu/dss/osp/prc/resources/events/documents/UnderstandingMoodDysregulationinASD.pdf>.

Lee High School Clean-up. 8 a.m.-3 p.m. Robert E. Lee High School, 6540 Franconia Road, Springfield. Building beautification; plant trees, flowers and general Earth Day clean-up. <http://fcps.edu/LeeHS/>. 571-283-3279.

SATURDAY/APRIL 30

NVTA Pop-up. 10 a.m.-4 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. In-person

Concerts from Kirkwood-Washington Saxophone Quartet. 3 p.m. Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. Free. www.kirkwoodpres.com. 703-451-5320.

Spring Cleaning/Shredding Event. 9 a.m.-1 p.m. Re/Max 100, 5501 Backlick Road, Springfield. Clear out your closets, make room in the garage, shred old paperwork. Free. 703-642-3380.

Love, Laughter and Song. 7:30 p.m. St. Marks Lutheran Church, 5800 Backlick Road, Springfield. Presents a collection of folk songs, Broadway hits and spirituals all done with distinctive Robert Shaw arrangements. Stay for dessert and coffee following the performance. \$10/\$15/\$20. 703-239-2180. www.northernvirginiachorale.org.

SUNDAY/MAY 8

Mother's Day at the Fairfax Station Railroad. 1-4 p.m. 11200 Fairfax Station Road, Fairfax Station. Mothers get in free. Free-\$4. fairfax-station.org. 703-425-9225.

meetings are designed to capture feedback from a broad range of participants. <http://www.thenovaauthority.org/>.

Blood Drive. 9:30 a.m.-3 p.m. Presbyterian Church, 12748 Richards Lane, Clifton. <http://www.inovabloodsaves.org/index.cfm?group=op&hlc=8025&hostlookupcode=8025>.

SATURDAY/MAY 7

Spring Cleaning/Shredding Event. 9 a.m.-1 p.m. Re/Max 100, 5501 Backlick Road, Springfield. Clear out your closets, make room in the garage, shred old paperwork. Free. 703-642-3380.

THURSDAY/MAY 12

Understanding VA Benefits. 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn to navigate the VA's system of paperwork and phone calls to get the services you need. Free. Call 703-204-4664 to RSVP or visit InsightMCC.org for more information.



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Summer Camps
Education & Activities

Preparing for Sleep Away Camp

BY MARILYN CAMPBELL
THE CONNECTION

A child's first residential summer camp experience can be fraught with emotions that run the gamut from excitement to terror. While glee at the thought of a summer filled with sports, swimming, crafts and new-found friendships can be the dominant feeling, the thought of an extended period of time away from home can cause sadness and anxiety for both parents and their children.

An American Camp Association study showed that 96 percent of children who attend sleep away camps experience homesickness at some point during their stay. While these emotions are normal, parents can help children tame the pre-camp jitters. The life-long lessons gained from such camps make it worth the effort.

"Becoming comfortable with your child being away at summer camp, perhaps the first extended separation you have had, is a matter of trust," said David Kaplan, Ph.D. of the American Counseling Association in Alexandria, Va.

"Trusting your child that they can handle themselves without your supervision. Trusting that they can handle relationships with other children. Trusting that they can get up in the morning, take a shower, wash their clothes, and change their sheets without your prodding."

ACKNOWLEDGING THAT HOMESICKNESS is normal and many campers experience it, can

SEE PREPARING,
CAMPS PAGE 7

"Remind your child they are stronger than they feel in the moment and that engaging in camp activities can be helpful."



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From Colonial History to Future Entrepreneurs

Campers can explore diverse interests in specialty summer camps.

BY MARILYN CAMPBELL
THE CONNECTION

This summer dozens of elementary school-aged children will travel back in time to the Colonial Era where, among other things, they'll learn to spin cotton into cloth for garments.

Learning how to run a lemonade stand like a Fortune 500 company and use the profits to invest in the stock market will be on the agenda for other local children. Both activities are offered by local specialty camps aimed at giving children opportunities to explore their interests in a way that they cannot during the school year.



PHOTO COURTESY OF VISIT FAIRFAX

Camp Washington at Mount Vernon gives campers a glimpse of early American life.



“During the school year, there is so much emphasis on testing that the creative and collaborative nature of children gets lost.”

— Carolyn Lorente, Ph.D.

“I think summer camps are a great way to promote thriving if it is done right,” said Carolyn Lorente, Ph.D., Professor of Psychology at Northern Virginia Community College in Alexandria and a camp consultant. “During the school year, there is so much emphasis on testing that the creative and collaborative nature of children gets lost. A great camp can create space for our children to flourish.”

SPECIALTY CAMPS offer young campers a chance to focus on a specific area of interest such as cooking, financial literacy and even gaming.

For example, Spark Business Academy, a Northern Virginia based organization that teaches financial literacy to young students, is offering its Future Millionaires Camp in Arlington. Students learn about money concepts that range from setting up a lemonade stand that makes a profit to understanding the stock market.

“The name is definitely tongue in cheek,” said Chuchi Arevalo, the organization’s founder. “We teach personal finance, leadership and innova-

tion. We give them life skills that they aren’t learning in school and promote financial literacy that is fun even for students in first and second grade.”

RISING FIFTH- and sixth-grade students will get a chance to take a trip back in time this summer at Mount Vernon’s Camp Washington. During each of the three one-week sessions, campers explore the history of George Washington’s estate and learn about his legacy.



PHOTO COURTESY OF MASON GAME & TECHNOLOGY ACADEMY

Students in the Mason Game & Technology Academy Summer Camp will be offered classes in Game Design, Creation and Entrepreneurship, Minecraft and Cyber Defense.

From farming and spinning fibers into cloth to making ice cream and meeting the estate’s heritage breed animals, hands-on activities will give campers a glimpse of many aspects of early American life at Mount Vernon.

“The summer camp is designed to help engage students while having fun,” said Melissa Wood, spokeswoman for Mount Vernon. “[It] gives kids the opportunity to go behind the scenes and experience history in their own backyard.”

For More Information

Game and Technology Summer Camps

potomacacademy.gmu.edu/mgta/summer/

Future Millionaires Bootcamp/ Stock Market Acres

moneynewsforkids.com/

Camp Washington and more at Mount Vernon

www.mountvernon.org/plan-your-visit/calendar/events/camp-washington-summer-day-camp-at-mount-vernon/

YOUNG GAME DESIGN aficionados can spend the summer with Mason Game & Technology Academy’s (MGTA) camps. Students take classes such as Game Design, Creation and Entrepreneurship, Minecraft and Cyber Defense.

“We run our classes at Mason in Fairfax, Loudoun, and Prince William,” said Vera Lichtenberg, Director of the Mason Game & Technology Academy at George Mason University.

“We also do a great deal of community outreach to train teachers, engage underserved students, and generally, help students realize that Game Design is a STEM field that not only engages those who love technology, but also those on the artistic side: writers, music composers [and] designers.Ó

MGTA is part of the Mason Computer Game Design Program and the Community Outreach Youth Program for the Virginia Serious Game Institute.

Academic Camps Combine Education and Fun

Local camps help students maintain school skills in a relaxed environment.

BY MARILYN CAMPBELL
THE CONNECTION

One summer Ana Lado created a summer camp activity for students at her neighborhood pool. The Marymount professor set up a picnic area, and included activities and books. Her plan was to engage the students and give them the opportunity to read and build reading skills while still enjoying fun activities traditionally associated with summer.

"I got six kids who were older to read to six kindergartners. I chose kids who had potential, but who were at risk," said Ana Lado, Ph.D., professor of Education at Marymount University in Arlington. "Reading with a kindergartner or first grader for 15 minutes got the students reading and built their confidence."

This summer Lado and her colleagues at Marymount are offering "3E: Explore, Enrich, Enjoy," one of several area camps with an academic component. Their goal is to enable students to brush up on, gain or maintain academic skills in a relaxed environment.

Marymount's 3E camp enables campers to choose what they focus on at camp. In addition to traditional camp activities, the camp will include academic projects like exploring science through nature and electronic gadgets, studying math by making boats, language arts by writing their own stories and fine arts by creating plays and cartoons.

For those who want an in-depth review of a school subject and the chance to participate in hands-on summer camp activities, academic camps fill both needs.

"[Academic camps] supplement what students are getting during the school year and allow them to experience subjects and topics that they're not getting in public school," said Dan Stalcup, Associate Director for Fairfax Collegiate, a Herndon-based organization that offers summer programs for students entering third through ninth grade.

Programs at Fairfax Collegiate run the gamut from filmmaking and robotics to engineering and classic children's literature. For example, third and fourth grade students can learn to craft their own short stories during a Story Writing course in Alexandria, Chantilly and Ashburn.

Campers who enjoy reading and want to delve into award-winning novels by authors such as Madeleine L'Engle or Rebecca Stead can take "Reading Newbury Winners" with sessions in Chantilly, Ashburn, Fairfax, McLean and Reston. Students can spend two weeks reading books that have been



PHOTO COURTESY OF MARYMOUNT UNIVERSITY

Kara Dedon, a Marymount University graduate student, will be the director of the school's camp.

awarded the Newbery Medal for excellence in literature for children.

Fifth and sixth graders who love math and want to hone their analytical and logical thinking skills can spend their time engaging in chess, Stratego and

other mind-bending activities in the "Brain Games" camp, which will be offered in Chantilly, Reston, Herndon, McLean, Alexandria and Oakton.

Future detectives might enjoy taking a forensic science class in Alexandria, Chantilly, Herndon, Ashburn, Falls Church and McLean. "Students learn about the science in criminal justice, like blood-typing and fingerprinting by actually doing the experiments and seeing them in action," said Stalcup.

"Students get a lot of personal attention because the classes are small, and the instructors either have or are pursuing a degree in the topic they're teaching," said Stalcup. "They're all very passionate about the subject they're teaching."

Academic camps might be a good fit for students who are curious about a particular area of study. "Many parents want something that is both fun and educational, meaning it will help their child keep [busy] and develop skills needed during the school year," said Tina M. Morris, Child Development Programs Consultant at George Mason University. "I think both parents and



PHOTO COURTESY OF FAIRFAX COLLEGIATE

A fifth grade student learns about the structure of the human heart during a Human Biology and Anatomy at Fairfax Collegiate.

educators realize that summer vacation does not have to be a break from learning."

The decision to send a child to a camp that focuses on reading, science, math or another school subject instead of a purely recreational camp is a personal one, says Lado. "There are some kids who can visit their grandparents in Maine all summer and they come back to school in the fall and pick up where they left off," she said. "Then there are other kids who can't pick up easily. Those are the kids who would benefit from an academic program."

Students appreciate the ability to focus on one subject in a relaxed atmosphere in an academic camp. "If kids are taking a subject at a fast-clip pace, but they don't do well, they miss key skills. The next year they

"I think both parents and educators realize that summer vacation does not have to be a break from learning."

— Tina M. Morris, Child Development Programs Consultant at George Mason University.

move to a higher level class, but the same problem still exists," said Lado. "When they take a week or two during the summer and immerse themselves in a subject, they go stronger into the next school year. In camp, it's the only thing they're doing academically and they can concentrate on it."

For example, The Madeira School in McLean is offering summer programs in Trigonometry and Geometry. "These courses are intended for advancement into higher level math classes, and based on our classes taught during the academic year," said Ashley Smith, Associate Director of Communications

at Madeira. "A student who is interested in math and wishes to advance to higher levels will benefit, as well as students who need a refresher or a better understanding before moving ahead."

When choosing an academic camp, parents should look for camps that are not all work and no play. "I want to make sure it has a healthy balance of recreational and educational enrichment activities," said Morris. "If the campers are enjoying the activities and the counselors are skilled, the program should, as a natural effect, promote the building of positive relationships with their peers and their counselors."

Providence Elementary STEM Lab Wins Excellence Award

Providence Elementary School's STEM Lab was recognized as one of 24 programs worldwide as a program of excellence from the International Technology and Engineering Educator Association (ITEEA).

Sponsored by the ITEEA and Paxton/Patterson, the Program Excellence Award is one of the highest honors given to Technology and Engineering classroom programs on the elementary, middle or high school levels. It is presented in recognition of outstanding contributions to the profession and students. The award was presented at the ITEEA annual conference earlier this month.

The Providence Elementary STEM Lab began in 2012. With two teachers dedicated to the lab, it welcomes all students in over 40 classrooms from grades K-6 throughout the year to solve challenging projects using the engineering design process. Each class rotates throughout the lab and spends five continuous days with each rotation solving a different challenge. The students work in teams and collaborate to find the best possible solution to their problem. Failure is encouraged to teach resilience, creativity and determination.

PVI's Scott Allen Named Girls Basketball Coach of the Year

Scott Allen, the Varsity Girls' Basketball Coach at Paul VI Catholic High School in Fairfax, has been selected as the 2015-16 American Family Insurance ALL-USA Girls Basketball Coach of the Year.

Coach Allen has coached at PVI for 14 years. During the 2015-2016 season, Coach Allen led the Panthers to a 33-1 finish. The Lady Panthers won the Naples Shootout tournament, their 10th consecutive Virginia Independent Schools Athletic Association title and third consecutive Washington Catholic Athletic Conference title.



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www.PotomacAcademy.org (Summer Programs)

Sail Away the Summer

BY SHIRLEY RUHE
THE CONNECTION

Amy Zang says this year all of the Flying Scots were painted in the fall and are looking beautiful. “We’re now doing the bottom paint and then will check all of the boats to be sure they are ready to sail.” Zang is the Director and Owner of the Youth Sailing Day Camp at the Washington Sailing Marina. This year sailing camp begins May 31, the Tuesday after Memorial Day and ends the week of August 15-19th. “There won’t be many kids the first week because some schools are still in session, but we’ll have it anyway.” The classes run from 9:30 a.m.-4:30 p.m. and are open to rising third graders through 15 years of age.

Zang says the Sunfish is for beginners and the Flying Scot for intermediates. “But we’re going to continue the Skippers Club this year for those kids who have received their Sunfish license and are ready for a less structured class. It’s more like a club, more get out and play games and have fun on the boat.” She says this really started by accident two years ago and became so popu-



Sailors rig the Sunfish in preparation for beginning the day’s lesson at Youth Sailing Camp at the Washington Sailing Marina.

lar that they have added another class this

year. It is a small class of nine kids who have mastered sailing with instructors hopping on and off.

Sailing campers can move to the intermediate stage with a skipper or crew license. The Flying Scot is a 17-foot boat with five campers plus an instructor. It is a bigger boat than the Sunfish with two sails and heads out to the river. “Some kids learn better with the constant reinforcement of an instructor or they like the immediate feedback.”

“The advanced class sails a Hobie Cat that is harder to sail or some students choose

racing 420’s.” Four weeks out of the summer, Adventures on a Big Boat is offered on Catalina 25. “The bigger the boat, it reacts differently.”

Classes are already more than 50 percent full for the summer. “Last year we had the best summer ever in my 24 years here or even the 56 years the camp has been in operation.” She continues, “we had just over 1,200 kids. Fantastic. It was due to my staff. If the kids are having fun, they want to sign up for more weeks.” Zang estimates that more than 50 percent of the camp attendees come back, often bringing a friend.

Looking back over the years Zang says she makes constant adjustments. One of these is to have enough instructors to keep up with populations such as learning disabled. Zang is a special education teacher during the school year.

“A number of instructors return every year so we can fine tune their training which makes new instructors this year. “ Although Zang has 65 staff on the rolls, on any one day she is juggling 40 sailing counselors, 70 boats and 130 campers in sailing classes. “I tell my instructors everything has to be in its place to make the camp run smoothly.” Zang says, “I feel blessed and lucky. We are like a family.”

Zang says she is going to four weddings this year of previous counselors—in Argentina, Richmond, Alexandria and British Columbia.

“The kids do it all. They put the boats together and take them apart.” Zang says on the days they can’t go out because it is too too windy they have come up with ways to occupy 130 kids on land by setting up stations where kids rotate from boat building, to flag making, to other things related to sailing. Zang adds there were only two of those non-sailing days last summer.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Summer counselors at National Marina Youth Sailing Day Camp give the sailors a safety lesson each day before heading for the Potomac.

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For detailed camp descriptions and dates, instructor bios, and registration information, visit our website at www.thelittletheatre.com and click on "Education" or call the business office at 703-683-5778, ext. 2. Camps run from Jun. 6 - Sep. 2. Camps fill up fast, so don't delay.

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Preparing for Sleep Away Camp

FROM CAMPS PAGE 2

help children accept and cope with their emotions.

“Expecting to miss home and feel somewhat anxious helps children feel less surprised and overwhelmed when it occurs,” said Barbara Meehan, Ph.D., executive director, Counseling and Psychological Services, George Mason University in Fairfax, Va.

A child’s apprehension can be eased when parents share their own camp experiences, particularly positive memories.

“Don’t let your child get caught up in your own anxiety about leaving for camp,” said Linda McKenna Guly, Ph.D., professor of psychology at Marymount University in Arlington, Va. “Kids sometimes worry about the parents they left behind. Be positive, but not sad that your child is leaving.”

Meehan says that developing a few self-soothing activities like playing outdoors or reading is one strategy for helping children deal with feelings of missing home. Identifying people with whom

young campers can share their emotions is another means for dealing with homesickness.

“Talking to a camp counselor and even peers can help ease the difficult feelings and often they will learn they are not alone,” said Meehan.

Encouraging a child to make friends and become involved in camp activities will put the focus on the positive aspects of camp. Packing letters and stamped envelopes and developing a plan for letter exchange can help a child feel connected to their families.

“Isolating and avoiding what feels hard can often worsen anxiety and homesickness,” said Meehan. “Remind your child they are stronger than they feel in the moment and that engaging in camp activities can be helpful.”

There are times however when a child might not be ready for residen-

tial camps. The American Camp Association reports that while most cases of homesickness subside, there are cases — if a child is not eating or sleeping, for example — when it could be time to seek help. “Consult with camp professionals about resources if your child’s anxiety worsens or persists,” said Meehan.

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PHOTO GALLERY!

"Me and My Mom"

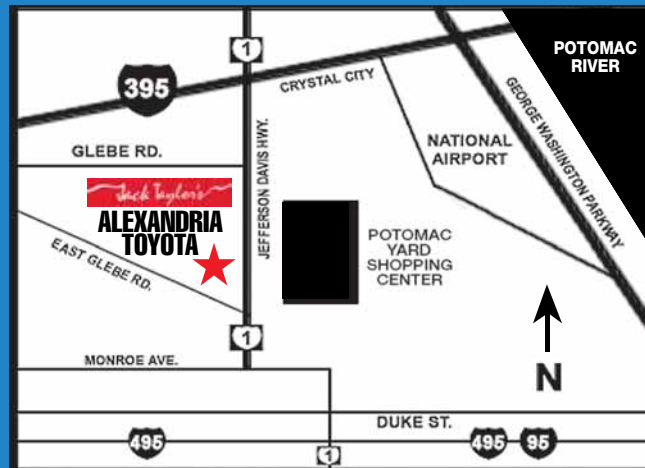
To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To send digital photos, go to:
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