

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

WELLBEING

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The O'Neill-James School of Irish Dancing performs during the Sixth-Annual Centreville International Showcase on Saturday, April 30 at the Korean Central Presbyterian Church in Centreville.



Celebrating International Diversity

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NEWS

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The Nysmith School Odyssey of the Mind Team won the state title at the Virginia State Odyssey of the Mind competition in Newport News.

PHOTO CONTRIBUTED

Advancing to World Finals

Nysmith Odyssey of the Mind Team wins state title.

The Nysmith School for the Gifted's 6th Grade Odyssey of the Mind team (the Nysmith Brainy Bunch) triumphed in the Virginia State Odyssey of the Mind Competition in Newport News on April 16.

The team comprised of Ashley Nguyen, Christian Schipma, Sean Gillen, Emma Jing, Spencer Huang, and Chandler Wimmer, will advance to the World Finals in Ames, Iowa in May. The team previously placed first in the Region 12 Competition, earning them a spot at State Finals.

The problem entitled, "Something Fishy" required the team to design and operate a technical solution

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'Booster Shot'

Supervisors approve county budget and tax hike.

BY KEN MOORE
THE CONNECTION

When the Board of Supervisors approved the budget on Tuesday, April 26, they increased taxes by about \$300 for the average homeowner and increased funding for schools by 5 percent.

The property tax rate will increase four cents from \$1.09 to \$1.13, per \$100 of the assessed value of a home.

Board members had a chance to explain their reactions to the budget and in some cases, their vision for the future at the budget markup on April 19.

For most the budget was a successful and important step, but others found much to worry about, now and in the future.

"This budget provides a needed booster shot to support our excellent school system and to ensure the quality services our residents expect and rely upon. Our board heard from thousands of residents advocating for an increase in taxes to address our community's needs," said Chairman Sharon Bulova.

She appointed Lee District Supervisor Jeff McKay to spearhead the board's budget process.

"This was not an easy budget," said McKay, chairman of the budget committee. "It funds schools and puts an investment in the county-side, and parks and libraries and human services and public safety that was vitally needed."

"I will repeat what I always remind folks,"

he said. "The Commonwealth of Virginia is in the top 10 states in income and the bottom 10 in education funding. ...

"The one disappointing thing for me in the discussion of the school budget that we didn't hear about was our special needs, ESOL, and Title I schools and our challenged academic schools and students who are living in poverty," said McKay.

"It is my hope that we will continue to see academic improvements for kids who are struggling in our system and schools that are at risk of losing accreditation and that we are making proper investments in our Title I schools and that we are making a proper investment in all kids' education."

NOT ALL SUPERVISORS supported the budget. Supervisors Pat Herry and John Cook, the board's two Republican members, voted against the budget, which passed 7-2.

"I was dismayed at the pre-budget markup meeting," said Herry, "to hear some of my colleagues congratulating themselves on tackling a difficult budget with a six percent tax increase on our residents."

"I'm certain most Fairfax County residents won't be jumping up for joy or congratulating you when they receive their tax bill next year. As most of you know, their salaries aren't going up by six percent," he said.

"My biggest disappointment is this year's budget does absolutely nothing to address long-term budget issues," said Herry, Springfield District Supervisor.

Herry has advocated for the board and

the school board to meet on the budget throughout the year, something a few supervisors voiced agreement with on April 19.

"A year ago, we were sitting in the same place we were today. I moved budget guidance that we begin to address the budget shortfall in the summer. Well, those meetings never happened," Herry said.

Braddock Supervisor John Cook said he couldn't reconcile the burden the budget places on homeowners with the obligations the county has to pay for needed and important services.

"It's not just education, it's human services. We are in the bottom 10 in state funding for education, but we are in the bottom five in state funding for human services," he said.

"I can't close that gap between an unsustainable burden on residential taxpayers and a lot of legitimate government functions that we are trying to fund," he said.

"So I reached the conclusion, reluctantly, but properly so, that we need another source of revenue in this county to fund our services," said Cook.

He said his preference is for increases in an alcohol and cigarette tax.

"Remember we have to either convince the General Assembly or the taxpayer," he said. "We have to convince someone that we cannot continue to increase the property tax any longer."

DRANESVILLE SUPERVISOR John Foust supported the budget.

TAX DOLLAR BREAKDOWN

Here's how the newly approved budget allocates each dollar:

- ◆ 53 cents for Fairfax County Public Schools
- ◆ 17 cents for Public Safety and Courts
- ◆ 13 cents for Health and Welfare
- ◆ 7 cents for Debt Service, Capital and Transfers
- ◆ 4 cents for General Government, which includes operations, elections, IT
- ◆ 2 cents for Public Works
- ◆ 2 cents for Community Development
- ◆ 2 cents for Libraries, Parks and Recreation

"I believe it advances many of this board's priorities and more importantly, I believe it advances the priorities we heard from our constituents," said Foust. "I think it represents the board's commitment to our county employees who have made tremendous sacrifices over the past eight years. It reflects our commitment to preserving essential services and the things that make Fairfax county great, from parks and libraries to mental health and transit and housing."

He said the budget shows the board's commitment to good fiscal responsibility that will preserve its Triple-A Bond rating.

But Foust also called the residential tax increase unsustainable in the long-term.

"We must find ways to fund the programs and services that residents both need and expect without being so dependent on residential property taxes. It's especially important to find ways to mitigate the impact of property taxes on seniors, many of whom were on fixed incomes," he said.

"We're also too dependent on property taxes to fund county and school operations. I'm pleased the board will be looking at ways to allow county residents to vote on whether they want to diversify our revenue stream and provide some relief to homeowners," said Foust.

Fire Chief Moves to Address Department Cyberbullying

Announcement on heels of funeral for Nicole Mittendorff.

BY TIM PETERSON
THE CONNECTION

After the suicide of Fairfax County firefighter-paramedic Nicole Mittendorff and suspected cyberbullying of the 31-year-old that came to light after her death, Fairfax County Fire & Rescue is cracking down on workplace harassment, bullying and discrimination.

Mittendorff, a member of Fire Station 32 in Fairfax Station, went missing April 13. An extensive search and investigation led by Virginia State Police resulted in her remains being found a week later on April 21, one mile from the Shenandoah National Park Whiteoak Canyon trail entrance parking lot where her car was found abandoned. Inside was a suicide note.

Virginia State police have released neither the content of the note nor the manner of Mittendorff's suicide.

A visitation and funeral service for Mittendorff was held April 28 at McLean



PHOTO BY TIM PETERSON/THE CONNECTION

Fire engines parked outside the McLean Bible Church pay tribute to firefighter-paramedic Nicole Mittendorff, 31, who Virginia State Police believe died of suicide in Shenandoah National Park.

Bible Church in Vienna and attended by hundreds of friends, family and first responders from Fairfax County, Virginia State Police and neighboring jurisdictions.

Sexist, derogatory posts about Mittendorff on the independent online message board Fairfax Underground surfaced after State Police announced they found female remains they "preliminarily identi-

fied" as the three-year Fairfax County veteran.

"Fairfax County Fire and Rescue maintains a 'zero tolerance' policy in regards to bullying and harassment of any kind," Fire Chief Richard Bowers said in an April 29 statement. "I will hold any county employee or volunteer accountable for these hostile Fairfax Underground postings, which could

include termination."

The chief initially announced an investigation of the posts was underway to determine their sources, and whether they made by other Fairfax firefighters.

Along with Bowers' latest statement, the release said the preliminary investigation found "there was no departmental knowledge of any bullying or harassment regarding Firefighter-Paramedic Mittendorff prior to her disappearance."

Investigators were able to verify that the website had not been accessed or posted to by a Fairfax County computer, but have not yet concluded whether any of the posts were made by Fairfax County Fire & Rescue employees.

With the internal investigation continuing, Fairfax County Fire & Rescue announced the department will establish a task force to implement additional "zero tolerance" harassment training and look for any other discrimination or workplace bullying issues.

The task force will also draw from the IAFF Local 2068 firefighters union, Female Firefighters of Fairfax County and other employee groups.

Additionally, Bowers will bring about a department-wide suicide education and prevention training program.

Annual Home Tour To Benefit Local Charities

Clifton Community Woman's Club's event set for May 19.

The 44th Annual CCWC Homes Tour, Silent Auction & Book Signing, hosted by the Clifton Community Woman's Club, will be held Thursday, May 19. Tour hours are 9:30 a.m. - 4 p.m.

The silent auction and book signing with local authors is 9:30 a.m. - 5 p.m. the Clifton Presbyterian Church, with additional authors at Clifton's Acacia Masonic Lodge.

Proceeds from the tour and silent auction

benefit local charities and scholarships through the club's 501(c)(3) Charitable Trust. Enjoy guided tours of four homes in Clifton and Fairfax, including the historic Mathy House, home of George Mason University's president.

Tour tickets are \$25 in advance, \$30 the day of the tour, \$10 for one home. Free admission to Silent Auction and Book Signing. For more information, visit www.cliftoncwc.org or call 703-609-3479.

Paravano. The Brauns love his "chalk paintings" of African wildlife, so meticulously rendered they appear to be photographs. In the lower level is a bar, pool table, double L shaped sofas, a game room, a fitness area, and a theater room where a crowd of friends can enjoy a movie or the big game.

The second level bedrooms feature adjoining studies for each of their sons and a screened porch connecting the boys' bedrooms, and looking over the pool, tennis and basketball courts.

Jane Elizabeth Braun has designed a "Get Fit" class for her friends in her exercise studio on the top floor. There is a sitting area at one end, where she also meets with her Bible study friends.

The pool house invokes the Braun's sense of fun and friendship. They have an annual "Pirates and Mermaids" party, where their guests come decked out in full regalia. There is a pirate painting and lots of mermaid renditions in the poolhouse, and a mermaid fountain by the pool.

which has garnered the maximum five stars on Amazon.

Entering the foyer, one can note the staircase and the Mathy monogram over the door. There is a small bronze statue of George Mason which was created as a prototype to be carried from place to place to show to prospective donors during the fundraising drive to erect the life-sized statue in the center of the GMU campus. The only difference is that the sculptor corrected the girth — made George fatter — in the finished work. Traveling from room to room one can see the grand spaces for entertaining large parties. Thanks to the original owners' love of cooking, the kitchen is ample for catering such events.

The Queen Anne banquet table in the dining room can seat 20, or be broken down so the Cabreras can enjoy family dinners. The living room has Waterford chandeliers, lighted cabinet displaying a collection of Lalique crystal donated by the Mathys, Chinese Chippendale tall case clock, and Steinway grand piano. GMU is proud of the fact that they are an "All Steinway school," and this piano was purchased by the Mertens, predecessors to the Cabreras, and donated to the Mathy House. Made from a rare west African timber, it is a classic Steinway Kewazinga Bubinga.

Parking: Drive up past the house and park in the lot behind.

tive rider. She keeps a horse in Clifton. There are many different saddles in the downstairs rec room, English and Western, for different types of riding and different size horses.

As a horse lover, Beth Giorgiani was sympathetic to a young woman who was trying to use her artistic talents to earn enough money to keep a horse. So Beth Giorgiani paid her to paint scenes on some of her furniture.

Six years ago the Giorgianis renovated their kitchen and built an addition to it. The result is a kitchen with hand-scraped floors, English cabinetry, a granite island with a hammered nickel sink in it and a farmhouse sink under the window looking out over their parklike backyard. On the walls are a hand-painted cardinal, turtle, and the almost hidden bluebird. Adjoining the kitchen is the new addition — a cozy sitting area where two wing chairs face a stone fireplace.



PHOTOS BY GINNY AX

The Braun Home, Fairfax

When Richard and Jane Elizabeth Braun purchased this property in 2003, it came with a two-story log cabin which has stood here since the days of the founding fathers, and in fact was used by Lawrence Washington, George's half-brother. Now used as a guesthouse, it recalls that bygone era with antique furnishings, a stone fireplace, a simple Amish log bed tucked under the eaves, and a charming cottage garden outside.

The main house is a stately Georgian brick style. They redesigned their expansive country kitchen choosing finishes that glow with a worn and rustic patina. Hewn posts and beams reclaimed from old barns, Civil War-era brick, hammered copper sinks and terra cotta floors all recall the property's historic past.

Adding character and visual interest are four types of cabinetry: distressed cherry, reclaimed barnwood, golden painted beadboard, and knotty butternut with leaded glass doors. Countertops are variously distressed concrete, honed granite and polished granite.

The floors throughout the house are reclaimed random plank heart pine. In the soaring family room there is a massive stone fireplace (one of seven in the house). The Brauns collect art and antiques. There is a large carved antique Spanish chest, and a 17th century carved icon from a church in Spain hanging above the fireplace.

The dining room is lit by a 200-year-old French chandelier and features a French country sideboard and cupboard, and a silver service which belonged to Richard Braun's grandfather. Here too is the oldest and most unusual antique in the home, a late 15th to early 16th century French vestment table. It would have been found in a private home, where its sliding cover concealed liturgical vestments and communion vessels from disapproving authorities.

Over the last few years the Brauns have completed a multi-story addition. The "vestibule" is an intimate dining space under a dome, overlooking naturalistic waterfalls tumbling over rocks, under bridges and into koi ponds.

In the new first floor master suite, all of the furniture is constructed of rare West Virginia wild black cherry, a sentimental nod to Jane Elizabeth Braun's childhood home. Her bath is a study in femininity, while Richard Braun, an alumnus of the University of Southern California, has a mosaic of the "Trojan" inset into his shower. Richard's study features a painting of African lions by Dino



The Cabrera home (the historic Mathy House), Fairfax

This brick home of the president of George Mason University with pillars set atop a hundred rolling wooded acres was built by the Mathy family in 1964.

The "Mathy House" won the architectural award for individual home construction the following year. It was designed to be occupied by Mrs. Mathy, her son John, her sister, and her niece. Mrs. Mathy was fond of European chandeliers and used them throughout. All four members of the household enjoyed cooking, so the kitchen was designed to allow them to work together with two sinks and ample prep space.

The property and many of its furnishings were sold to George Mason University in 1983, as a home for the university president. In subsequent years, the Mathys donated more land and buildings, enlarging the estate. The first president to live here was Dr. George Johnson and his wife Joanne.

Since 2012, the current residents have been GMU President Dr. Angel Cabrera and his wife Dr. Elizabeth (Beth) Cabrera. They met while pursuing Ph.D.s at Georgia Tech, married, and spent years in academia, including a 10-year stint in Spain, Angel Cabrera's native country.

Now, while he serves as president, she is a "Senior Scholar" at GMU's Center for the Advancement of Well-Being. She has just published her first book, "Beyond Happy: Women, Work and Well-Being,"



The Giorgiani Home, Clifton

Beth Giorgiani is a lifetime quilter and collector of antiques and Americana. Every room in the brick Colonial that Bob and Beth Giorgiani built in 2000 will delight anyone who has enjoyed the "hunt" for treasures from the past. There are charming pie safes, washstand, baker's tables, dough boxes and bowls, iron kettles, antique chests, old animal troughs and tool boxes.

Apparently the lure of the hunt goes back a few generations. Bob Giorgiani's mother passed on needlepoint covered stools stuffed with horsehair, and an old dental cabinet which she purchased from the University of Pennsylvania dental school. There are a cross-stitches done by his great-great grandmother when she was a girl. Look for her picture in the family room by her work.

Beth Giorgiani's grandmother's kitchen table and chairs are in the lower level, reminders of time spent with her. Beth Giorgiani has a knack for repurposing. The antique tool boxes make perfect jewelry boxes, and the dental cabinet provides storage in the dining room.

Almost all of the quilts have been stitched by Beth Giorgiani. There are a couple of exceptions: one in the Sun Room which was done by their daughter when she was 10, and one in Beth Giorgiani's downstairs sewing room which is made up entirely of her many equestrian ribbons.

Beth Giorgiani took up horseback riding in her 30s and she has become an accomplished competi-



The Waldrop Home, Clifton

Taste and talent. A person of good taste will create a beautiful home, while a person of talent will create an interesting one. Amy and Jon Waldrop combine both in their home.

Taste. Amy and Jon Waldrop customized their Balmoral home with fine architectural details which are evident in the foyer with its columns, wainscoting and staircase. Here the floors are Brazilian cherry with a chevron design banded by black walnut. Sunshine pours in through windows in the morning room and bright white kitchen with natural stone travertine floors, and into the soaring family room.

Adjacent to the family room is Amy Waldrop's office, with a soft cream color on the walls, complemented by silk drapes and creweled silk upholstery, and a needlepoint rug. By contrast, Jon Waldrop's adjoining study is quintessentially masculine. Wine red walls serve as a backdrop to mementos of an Air Force flying career, and a second career with Lockheed Martin.

The furniture throughout is scaled to the home, with a handmade Chippendale-inspired walnut breakfront in the family room and the hand-planed walnut dining room table.

Talent. What enriches this home is Amy Waldrop's talent as a self-taught artist — painter, sculptor, photographer, interior designer, and landscape architect. Visitors will walk down a brick path to enter the house from the rear by design, so that visitors will enjoy the full impact of the yard and patio with flowering trees, pots, garden beds, roses and window boxes. Amy Waldrop designed this space.

Imagine the comfort of a summer's evening in front of the outdoor fireplace as the rich wood smoke mixes with the floral scented air. Inside the house, every room is made more enchanting by Amy Waldrop's artwork, often inspired by her travels, and by her photographs of foreign scenes and intimate family moments.

The entire lower level offers a look into a working artist's studio. Brick walls and slate floors add to the artistic ambiance of this open space filled with easels, paints and brushes set upon large tables where Amy Waldrop and her students can create the fine art that adds heart to any home.

Parking: On the street.

PEOPLE

Centreville High Student Competes in Pageant

Next stop: College and another contest.

BY BONNIE HOBBS
THE CONNECTION

Selected as a finalist in the Miss Teen 2016 pageant, Centreville High senior Shaylan Ferguson participated in early April in Southern Virginia. And while she didn't win, she enjoyed the experience, learned a few things along the way and plans to keep on competing.

In school, she maintains A/B grades and has been accepted to VSU, beginning this fall. "I plan on majoring in accounting and minoring in marketing," she said. "My hope for the future is to use my marketing skills in the entertainment world."

The past two years, Ferguson has become interested in fashion, so fashion marketing is now one of her favorite subjects. She's also played basketball since the first grade and, for the last three years, has played small forward for the Centreville Wildcats.

"I genuinely enjoy being involved in my community and school," she said. "This is my last year and I have decided to focus more on my modeling. I began it two years ago and developed a love for expressing my inner beauty by modeling. Going to college,

I needed a way to pay for it, so I wanted something that could help me, but also teach me."

So Ferguson figured that entering the Miss Teen 2016 pageant would lead to success and also link to her modeling. And despite the various activities she does, both in and out of school, she hoped to win the contest and take on additional responsibilities.

Before heading into the competition, Ferguson said, "I feel very confident and excited for this adventure. I had to go through a mini interview and training to get to this point; my next step is the actual pageant. Winning would mean everything to me, a step closer to my dreams. I hope to walk away with many friendships and learning experiences. I plan to give back to my community and help others to achieve their dreams, as well."

Afterward, she said the pageant went really well.

"I was nervous at first because, like everyone else, I didn't know what to expect,"



Shaylan Ferguson

said Ferguson. "I met with the judges and they were all really sweet. They asked me a few questions and I told them about myself

and my hobbies, like modeling. The interview only lasted about one minute, but it was something that I would do again."

"Sadly, I wasn't selected to move on to the next step of the competition, but I loved everything about it," she continued. "I was able to meet with a lot of the other girls and got to network with them and make new friends. Even though I wasn't chosen, it was a life-changing experience. I gained more public-speaking skills and more confidence along the way. I would recommend any girl who wants to make new friends and gain a little more confidence and self-esteem to sign up for the Miss Teen pageant, the next go-round."

She called the pageant staff "amazing and helpful." About 600 people came to watch the show's production and, for Ferguson, that was the most exciting part. "You basically got to show off your personality to the judges through your walk and outfits," she said. "I plan

on doing this again next year; I even plan on running for Miss Virginia State in the fall when I leave for college."

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Celebrating International Diversity

Sixth-annual Centreville International Showcase draws several hundred.

Several hundred people attended the Sixth-Annual Centreville International Showcase on Saturday, April 30 at the Korean Central Presbyterian Church in Centreville. Highlighting the diversity of Northern Virginia, the celebration included international foods from local restaurants, music and dancing. The event was sponsored by the Centreville Immigration Forum.

When it began in 2010, the Guatemalan workers wanted to showcase their art, music, and dancing, but it has expanded since then.

“We’re really excited to be at the Korean Central Presbyterian Church enjoying their wonderful space and hospitality,” said Alice Foltz, president of the board of

directors of the Centreville Immigration Forum. “We have more international food and performers than ever. We know this will be a wonderful expression of Centreville’s international community.”

The food selections came from Citimart International Grocery & Convenience Store, Two Amigos Restaurant, Ciao Osteria, Chicken Latino, Tandoori Village, El Quetzal Grill and Restaurant, Guapos, Cuna del Sol, Alpha Delta Kappa and Nick’s Taverna.

The entertainment included Irish Dancing from the O’Neill-James School of Irish Dance, Tinkuy Music from the Andes, music from the Washington Area Senior Harmonica Group, music from Jayati Dasgupta, members of



PHOTOS BY STEVE HIBBARD/CENTRE VIEW

The MaeHwa Dance Team from Kyungi High School performs.

the MaeHwa Dance Team, members of the Korean drummers of the JUB Cultural Center, Honduran and Salvadoran dancers, mu-

sician Benito Chavez, Guatemalan musician Alberto Ramirez, and the Azucar GMU Salsa Club.

— STEVE HIBBARD



Benito Chavez, “Suave Voz” performs.



Alberto Ramirez from Guatemala performs.



The Central American Dancers from London Towne Elementary School.



Alice Foltz, president of the Centreville Immigration Forum.



Glennys Warsocki, the chapter president of the Rotary Club of Centreville and Chantilly, presents the 2016 Community Service Organization of the Year Award to Pastor Cho from the Korean Central Presbyterian Church.



Sara Berrios sings the “Star Spangled Banner.”



Jayati Dasgupta who performed a selection of traditional Hindi and Bengali vocal music.



The JUB Cultural Center dancers perform.



The JUB Cultural Center drummers perform.



Advancing to World Finals

FROM PAGE 2

that simulated multiple styles of fishing. A “Fisher Character” was required to work from a designated area to “catch” three different objects outside of that area. The catches were required to be on the move and included something expected, something unexpected, and a new discovery. The performance also required a change of weather created by manipulation of set pieces, and a humorous character that portrayed a potential catch that avoids being caught

by the Fisher.

The team created their devices, set, and costumes primarily from trash and recycled items that were collected from friends and neighbors. These items were repurposed into devices, backdrops, costumes, and other required items. The cost limit for items utilized in the presentation was \$145.

The Nysmith School is located in Herndon, and the team members are residents of Oak Hill, Vienna, McLean, Fairfax and Oakton and Chantilly.

SCHOOL NOTES

Email announcements to chantilly@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Rocky Run Middle’s Model United Nations (Model UN) team recently traveled to Richmond to participate in the Model Congress hosted by Maggie Walker High School. Committees at this conference included Senate and House simulations, the CIA crisis committee, a throwback Eisenhower cabinet, and the Republican National Committee (RNC). Four Rocky Run students participated in the RNC representing presidential candidates Marco Rubio, Ted Cruz, Mike Huckabee, and Rand Paul. In all, 25 Rocky Run students participated in the Model Congress. The following students received commendations: **Faiz Memon, Varun Yadev, and TJ Maher** earned best delegate commendations for their respective committees; **Jessica Chen, William Hughes,** and

Koi Pham received outstanding delegate designations; and **Divjot Bedi, Joy Chung, Kapil Krishna, Tanya Kurnootala, Sean Nguyen, Ramzy Saffarini, Karthik Prasad,** and **Gaytri Chintala** earned honorable mentions.

David Salmon, of Chantilly, was named to the dean’s list at Salisbury University (Salisbury, Md.) for the fall 2015 semester.

A total of 324 students from 21 Fairfax County Public Schools (FCPS) high schools and the Fair Oaks Classroom on the Mall were recognized at the Virginia DECA State Leadership Conference held March 4-6 in Virginia Beach. Three state officers were elected from FCPS. **Meghan Chudasama** of Chantilly High School was elected region 2 vice president.

FCPS students placed first in 28

events, and 218 students earned the right to attend the DECA International Career Development Conference April 23-26 in Nashville.

First place winners from Chantilly High School are: Joseph Reidl, principles of business management and operations; Arun Maran, principles of finance; and Aakash Mehtal, principles of marketing.

Fairfax County Public Schools students earned 15 national medals in the 2016 Scholastic Art and Writing Awards program. National medalists will be celebrated at an awards ceremony at Carnegie Hall in New York City in June. Select national award winning work will be included in an exhibition in New York, and a traveling exhibition over the coming year. FCPS winners include:

❖ **Jamie Jeong** of Rocky Run

SEE SCHOOLS, PAGE 9

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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 10-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 Grande 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 Grande 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 encour-

age researchers to conduct more experiments in search of a cure.

As a father, Jimi Grande said, "This is something I can do and feel good about."

Buffy Grande who organized this walk,



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.



Back row, from left, Taylor, Andrea, Jeffery, Bill, (bottom from left) Ava and Samantha Creighton of Oak Hill enjoy some family time among other families who also have children with the Fragile X mutation.

PHOTOS BY TIM PETERSON/THE CONNECTION

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 a 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 showed 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.

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 Grande 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 specialized 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 Grande 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 "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



A balloon artists entertains children following the 2016 Northern Virginia Fragile X Family Fun Walk at Burke Lake Park.



PHOTO CONTRIBUTED

Appreciating Volunteers

April was National Volunteer Month. Hundreds of volunteers converged on the Fairfax County Government Building on April 16 to spotlight people in the region who lend their time and talents on behalf of non-profit organizations. The focus of the event was "Aging Well and Living Well." Seen here, from left, George Williams with Fairfax Family Services, Norma Ferman of Hunterwood Fellowship House, Emily Thomas with Volunteer Solutions of Fairfax and Mimi Castaldi and Jo Sabel Courtney (seated), both with Cabot Creamery Cooperative, here to help feed and thank volunteers at a number of events across the region.

SCHOOL NOTES

FROM PAGE 7

Middle School, Silver Medal for drawing and illustration.

The Scholastic Art and Writing Awards, presented by the Alliance for Young Artists and Writers, is the largest, longest-running recognition program of its kind in the United States. More than 300,000 students participate in the program across the country.

Fairfax County Public Schools students earned top honors at the 61st annual Fairfax County Regional Science and Engineering Fair held March 11-13 at Robinson Secondary School. Individual grand prize winners included **Nicholas Lin** of Westfield High School in Animal Sciences, Intralipid's Effect on Bupivacaine-Induced Cardiac Activity in Daphnia.

Rocky Run Middle held its sixth annual Science Night on Thursday, April 7. Science Night is an evening of STEM (science, technology, engineering, and math) presentations by more than 20 scientists, including engineers, forensic scientists, statisticians, and astrophysicists. Seventh and eighth grade students are invited to listen to three presentations from any of these professionals; each scientist has prepared a 20 minute presentation and demonstration to show the students the tasks they perform at their jobs. They also discuss the oppor-

tunities available as well as the requirements to become a professional scientist in their field.

Fairfax County Public Schools students won 10 first place awards at the regional competition for National History Day held last weekend at Mount Vernon High School. First and second prize winners in each category and in each age division have qualified to compete in the Virginia History Day contest on Saturday, April 23.

First place winners included **Jesus Neyra** and **Nicholas Lin**, of Westfield High School, in Senior Group Website for "The Silk Roads Impact on the Han Dynasty."

Second place winners included:
 ♦ **Zoe Seal**, of Westfield High School, in Senior Historical Paper; and
 ♦ **Aislin Carpenter**, of Westfield High School, in Senior Individual Performance.

Wolf Trap Foundation for the Performing Arts honors six outstanding high school performing arts teachers and their one-of-a-kind programs with grants as part of the organization's annual Wolf Trap Grants for High School Performing Arts Teachers. Awardees for the 2015-2016 school year include **Ed Monk** of Chantilly High School. The annual grants recognize the instruction and performance achievements of public high school music, dance and theatre

teachers. Awardees receive a grant of \$3,500 to support special projects that parallel Wolf Trap's performance and education priorities.

Monk used his Wolf Trap grant to produce an in-school performance of "Jack and Jill and the Beanstalk" for 3rd and 4th graders from Intensive Schools. Guest Artist Puppeteer Matt McGee taught students in the Technical Theatre and Theatre Arts classes how to build a professional children's theatre production.

Fairfax County Public Schools (FCPS) student journalists were recognized with five Pacemaker Awards at the National Scholastic Press Association-Journalism Education Association (NSPA-JEA) spring convention held in Los Angeles last weekend. Of the 42 high school yearbooks honored, five were from FCPS, including:

♦ **Odyssey**, Chantilly High School;
 ♦ **Stephanie Dugan** and **Rachel Palmer**, editors, and Mary Kay Downes, adviser.

♦ **The Guardian**, Westfield High School; **Nick Alexander-Goldsmith**, **Elis Kim**, **Crystal Park**, and **Heather Ren**, editors, and Anthony Whitten, adviser.

Three FCPS student publications were recognized in the Best of Show competition, including Yearbook 337 or more Pages: ninth place – **Odyssey**, Chantilly High School.

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Virginia Department of Transportation

Transform 66 Outside the Beltway Fairfax County and Prince William County Public Hearings

All hearing times are 6:30 – 8:30 p.m.
 A brief presentation at each hearing will begin at 7:00 p.m.

Monday, May 23, 2016
 Oakton High School Cafeteria (Entrance #1 or #14)
 2900 Sutton Road, Vienna, VA 22181

***Tuesday, May 24, 2016**
 VDOT Northern Virginia District Office
 4975 Alliance Drive, Fairfax, VA 22030
**Visit Transform66.org to view a live stream of this hearing at 7:00 p.m.*

Wednesday, May 25, 2016
 Piney Branch Elementary School Cafeteria/Gym (Entrance #1)
 8301 Linton Hall Road, Bristow, VA 20136

The Virginia Department of Transportation (VDOT), in partnership with the Virginia Department of Rail and Public Transportation (DRPT), will host hearings, pursuant to § 33.2-1820(B) of the Code of Virginia, to present the complete set of draft Request for Proposals (RFP) documents for the Transform 66 Outside the Beltway project and provide an opportunity for public comment on the draft comprehensive agreement. In addition, VDOT will provide information and receive comments from the public regarding its intent to change the existing High Occupancy Vehicle (HOV) designation on Interstate 66 from HOV-2 to HOT-3 (High Occupancy Toll or Express Lanes, where vehicles with three or more occupants travel for free) when the Express Lanes on I-66 Outside the Beltway open to traffic in late 2020.

Stop by to learn more about the project, discuss your questions with VDOT staff, and attend the formal presentation.

Review the latest project information and schedule at www.Transform66.org or at the hearings.

Give your written or oral comments at the hearings or submit them to Susan Shaw, Megaprojects Director, at the VDOT District Office address above. You may also e-mail comments at any time to Transform66@VDOT.Virginia.gov. Please reference "Transform 66 Outside the Beltway" in the subject line. Comments must be postmarked, emailed or delivered to VDOT by June 10, 2016 to be included in the public hearing record.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights at 703-259-1775 or TTY/TDD 711.

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Stone Middle School: A Quarter Century Later

Current and former staff share their stories.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Just over 25 years ago, then-Fairfax County Public Schools Principal Susan DeCorpo was interviewing potential teachers for what would be the first staff of Ormond Stone Middle School.

In a speech she delivered at the school's 25th anniversary event on Thursday, April 28, she recalled when Stone was just "heaps and piles of earth," and she was conducting interviews in trailers in the midst of a construction zone.

Now, two and a half decades after the first students roamed the halls of Stone, current and former faculty, other staff members and students put on a special event to commemorate the milestone.

"Wonderful, wonderful staffs have ensured that over the years, students have succeeded and gone on to do some great things — and they've had some fun while doing it," DeCorpo said. "May the school always be as beautiful as it is tonight."

In addition to speeches by both former principals, the anniversary event included musical performances by the Stone Middle School orchestra and chorus as well as The VaDeatles, a rock band composed of Stone teachers.

Current Stone Middle School Principal Amielia Mitchell and Director of Student Services Zena Chapman also honored four teachers who have taught at the school since its opening in 1991: Social Studies teachers Liz Deal and Natalie Kauffman, Resource teacher Sandy Lombard and English teacher Sarah Curtin.

Deal, also one of the lead singers of the VaDeatles, taught U.S. History to 7th grad-



Current and past faculty of Stone Middle School.

ers for her first 21 years at Stone. As the 2015-2016 school year approaches the end, Deal is currently wrapping up her fourth year teaching 8th grade Civics. While times have changed certain things about Stone over the last two and a half decades, she said that the school has remained the same in the most important way.

"The community around the school has changed, so we have gotten much more diverse," Deal said. "Technology has also changed all the subjects and has evolved how we teach the kids. What's stayed the same, though, is the family feel. All of the staff is so connected. We really are a family."

Lombard also said that what has kept her at Stone has been the tight-knit community that the teachers have forged over the years.



Director of Student Services Zena Chapman (with Stone Middle School Principal Amielia Mitchell behind her) honored four teachers who have taught at the school since its opening in 1991: Social Studies teachers Liz Deal and Natalie Kauffman, Resource teacher Sandy Lombard, and English teacher Sarah Curtin (not pictured).

While she said it's hard to believe 25 years have already passed, the fellowship has undoubtedly played a major role in keeping her at Stone.

"Through the years, with big classes and small classes, we have remained a family," Lombard said. "We look after each other." Even those newer to Stone find that the support both in and around the school makes it a special place to work.

"The best thing about Stone is the community," said Principal Amielia Mitchell, who has been at the school for three years. "We have a wonderful teaching staff, amazing students and supportive parents."

While middle school isn't always the easiest time in a student's life, Mitchell said that Stone is unique in that it offers a full spectrum of services and programs to ensure that every student has the opportunity to maximize their academic potential.

"We are fortunate to have so many great schools in Fairfax County and I absolutely love Stone," she said. "At Stone, our goal is to 'keep the dream' alive for every student by providing learning opportunities that

promote academic excellence. We are dedicated to developing the whole child by providing a productive learning environment, one in which all students' physical, emotional, social and cognitive growth is fostered."

After the VaDeatles sang their last song on Thursday night and Mitchell invited everyone in the audience to the cafeteria for cake, all of the teachers and administrators present gathered for a group picture on the same bleachers that the chorus had stood on just an hour earlier.

Scott Phillips, the principal of Stone from 2008 through 2013, summed up the aura of Stone in his address earlier in the evening: "Middle school is the time that kids never want to return to. We just hope they get one little seed here that helps make them the people they turn into, or that they find something while here that they really love. I myself am truly grateful for my time here. There were lots of babies, marriages and even retirees. Everyone here supported me as my own family grew. I'm very proud to have been a part of Stone's history."



Current Stone Middle School Principal Amielia Mitchell with her predecessors Susan DeCorpo and Scott Phillips.



The VaDeatles perform at the school's 25th anniversary celebration.



PHOTO COURTESY OF ALZHEIMER'S ASSOCIATION

Teams work to raise money for the Alzheimer's Association during the annual Longest Day event.

Working to End the Longest Day

Event to raise awareness and funds for research programs of Alzheimer's Association.

BY MARILYN CAMPBELL
THE CONNECTION

Emily Rusch says her mother died a slow and heartbreaking death from Alzheimer's Disease. The experience felt continuous and excruciating.

"Caring for someone with Alzheimer's is really like one never-ending day," said Rusch, office manager for Strength & Performance Training, Inc. (SAPT) in Fairfax.

This June, she and her team of SAPT colleagues will join with teams of people around the world to participate in The Longest Day, a sunrise-to-sunset challenge to raise awareness and funds for research programs of the Alzheimer's Association. The name of the event honors the strength, passion and endurance of those facing Alzheimer's.

Held annually on the summer solstice, The Longest Day symbolizes the challenging journey of those living with the disease and their caregivers. Teams are encouraged to create their own experience as they fundraise and participate in an activity they love to honor someone facing the disease.

SAPT will hold a fundraising event on June 18 by offering free workouts and classes for 16 continuous hours. "We're open for all of the daylight hours on the 18th, and in return, we're asking for donations that will go to support the Alzheimer's Association's mission," said Rusch.

The SAPT team is also taking donations in advance and has raised nearly \$1,000 of their \$5,000 goal.

The Longest Day: June 20

To learn more and to start or join a team, visit alz.org/thelongestday or call 800-272-3900.

SAPT Strength
act.alz.org/site/TR?team_id=325449&fr_id=8480&pg=team
Bridge Heroes United
www.facebook.com/BridgeHeroesUnited/

Rusch hopes to do her part to halt the disease's cycle which she has experienced first-hand.

"My daughters were 8 and 11 when my mother died. They never really knew because she was in the advanced stages of Alzheimer's," she said. "When I was a child, my grandmother had Alzheimer's so I never knew her either. I'm doing the Longest Day because research is important to finding a cure or viable treatment."

Yen DeAnda of Alexandria, whose father has Alzheimer's, is participating in The Longest Day and is the captain of Springfield's Team Bridge Heroes United. The team, which is based out of a retirement community in Springfield, is intergenerational. There are high school students who play alongside seniors.

This June will be their fourth year participating in the event. In the last three years, the team has raised more than \$58,000 for the Alzheimer's Association. In 2013, the team's first year, they finished in the top 20 teams in the nation. In 2014 and 2015, they finished in the Top 10.

"The [seniors] need exposure to different people to stay engaged and alert. The kids light up the room when they are there," said DeAnda. "Some kids have brought their grandparents to play."

The bridge club helps seniors in two ways. Club members raise money for Alzheimer's research by playing the game, and the game itself is an activity that keeps seniors engaged.

"You're forced to interact with other people and that helps you keep your sanity," said DeAnda. "Social connection is huge."

While June 20 is the official date for The Longest Day event, the Alzheimer's Association encourages activities and fundraising around this date.

Cindy Schelhorn of the Alzheimer's Association says that teams across the nation develop creative ways to raise money. "We've seen ... Rocking Chair Marathon ... writing letters to loved ones, yard sales [and] yoga."

For information, visit alz.org/thelongestday or call 800-272-3900.

"Caring for someone with Alzheimer's is really like one never-ending day."

— Emily Rusch



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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

MAY

Mother's Day is May 8

5/18/2016.....A+ Camps & Schools, Proms, Summer Planning

Memorial Day is May 30

5/25/2016..Summer Fun, Food, Arts & Entertainment

JUNE

6/1/2016.....Wellbeing

6/8/2016.....Father's Day Dining & Gifts

6/8/2016.....HomeLifeStyle

6/15/2016.....A+ Graduations & Summer Learning

6/15/2016.....Father's Day Dining & Gifts

Father's Day is June 19

6/22/2016.....Independence Day Preview

6/29/2016.....A+ Adult & Continuing Education

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Paige Richbourg, seen against Chantilly on April 25, scored five goals against Robinson on April 28.



Emily Marciano and the Centreville girls' lacrosse team will be the No. 3 seed in the Conference 5 tournament.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Centreville Girls' Lax Hoping to Learn from Robinson Loss

Wildcats earn No. 3 seed in Conference 5 tournament.

BY JON ROETMAN
THE CONNECTION

The Centreville girls' lacrosse team received a wake-up call before entering the postseason. The Wildcats had won eight of their last nine games prior to their Conference 5 finale against Robinson on April 28. The defending state champion Rams entered the game undefeated and proceeded to hand Centreville its most lopsided loss of the season, 20-11.

The loss dropped the Wildcats' record to 9-4 overall and 3-2 in the conference. A win would have given Centreville a top-two seed

in the conference tournament, which comes with a first-round bye and an automatic regional tournament berth. Instead, the Wildcats are the No. 3 seed and will host No. 6 Herndon at 6 p.m. on Friday, May 6. Prior to the Robinson loss, Centreville had not lost a game by more than two goals. The Wildcats' three previous defeats came by a combined four goals.

"We came out with [a lot] of energy in the beginning but did not sustain it throughout the entire game," Centreville head coach Ashley Kimener wrote in an email. "Robinson has always been a big rival for Centreville, so the girls are used to getting up for this game. We made a lot of unforced

errors and did not capitalize on their mistakes as much as they did to us. ... The girls were disappointed after the game but took out the lessons from that game that will help us to improve as a team for the rest of the season."

What did the Wildcats take away from the game?

"We can take away from this loss that we need to put together a full team effort in order to beat great teams," Kimener wrote. "We also need to learn to not get too down on ourselves after a few mistakes."

Paige Richbourg led Centreville with five goals against Robinson. Jamie Chang, Jaimi Pollack and Elizabeth Murphy each scored

two goals for the Wildcats.

Centreville was scheduled to face Lee on Monday, but the game was cancelled due to inclement weather. The game will not be made up. Robinson, which hasn't lost to a public school opponent since 2014, will be the No. 1 seed in the Conference 5 tournament. Westfield, which defeated Centreville 15-14 on April 19 and lost to Robinson 14-13 on April 12, will be the No. 2 seed.

Chantilly is the No. 4 seed and will host No. 5 Oakton at 5:30 p.m. on Friday, May 6.

Centreville finished conference runner-up last season, losing to Robinson in the tournament final.

SPORTS BRIEFS

Chantilly Baseball Extends Win Streak to Eight

The Chantilly baseball team blanked Robinson 6-0 on April 29, extending its win streak to eight games.

The Chargers improved to 14-2 overall and 7-0 in Conference 5.

Chantilly, which finished state runner-up each of the last two seasons, faced Oakton on Tuesday, after The Connection's deadline.

The Chargers will conclude the regular season with a road game against Herndon at 6:30 p.m. on Friday, May 6.

Westfield Baseball Wins 3 of 4

The Westfield baseball team beat Herndon 3-1 on April 29, giving the Bulldogs three wins in their last four games.

Westfield improved to 10-6 overall and 4-3 in the conference. The Bulldogs won four of five conference games after an 0-2 start.

Westfield faced Robinson on Tuesday, after The Connection's deadline.

The Bulldogs will travel to face Centreville at 6:30 p.m. on Friday, May 6 and will host Oakton on Tuesday, May 10.

BULLETIN BOARD

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

KINDERGARTEN REGISTRATION

Children who will be 5 years old on or before Sept. 30, 2016, are eligible to attend kindergarten. Find the correct neighborhood school by entering your address at <http://boundary.fcps.edu/boundary/>. Complete a packet of registration forms found at www.fcps.edu/it/forms/enroll.pdf or in the school office. Gather supporting documents: proof of residence in the school boundary, a certified copy of the child's birth certificate, parent/guardian photo ID, and any custody orders. Certificate of physical exam and immunization will be required before the student may start school, but is not required for registration. Parents who choose to delay enrollment in kindergarten by one year are required to notify the school in writing of their intent.

Greenbriar West Elementary School is now accepting information for next year's Kindergarten classes. Parents of children who live within

the school's boundaries should call the school office at 703-633-6700 as soon as possible.

Poplar Tree Elementary. Call 703-633-7400 for more.

Greenbriar East Elementary School. Call the school office at 703-633-6400 with questions.

Union Mill Elementary is currently registering new students for the 2016-17 school year. Call the registrar at 703-322-8500 or email sheri.brown@fcps.edu to make an appointment to bring completed registration forms and supporting documentation to school.

Centre Ridge Elementary School in Centreville is open for Kindergarten Registration for the school year 2016-17. Call 703-227-2600.

SOBER-RIDE FOR CINCO DE MAYO

Free Cab Rides. Thursday, May 5, 4 p.m. through Friday, May 6, 4 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. AT&T wireless customers can dial #WRAP for the same service. Visit www.soberride.com.

SATURDAY/MAY 7

Flea Market. 8 a.m.-1 p.m. at Oakton

Baptist Church of Chantilly, 14001 Sullyfield Circle and Route 50, Chantilly. Members of Oakton Baptist Church of Chantilly will be having a flea market with something for everyone. Rain date is Saturday, May 14.

FRIDAY/MAY 13

Application Deadline. The Fairfax County Police Department is accepting application for two programs aimed at high school students.

❖ Teen Police Academy runs July 18-23 for students considering a career in law enforcement. Limited to 25 students. Free. Visit www.fairfaxcounty.gov/police/services/teenpoliceacademy.htm to apply.

❖ Future Women Leaders in Law Enforcement runs Aug. 1-6 for students who want to explore careers in law enforcement for women. Limited to 40 students. Free. Visit www.fairfaxcounty.gov/police/services/062215fwlle.htm to apply.

FRIDAY-SATURDAY/MAY 20-21

2016 Women's Conference. 7:15-3 p.m. at Grace Covenant Church, 4598 Brookfield Corporate Drive,

SEE BULLETIN BOARD, PAGE 15

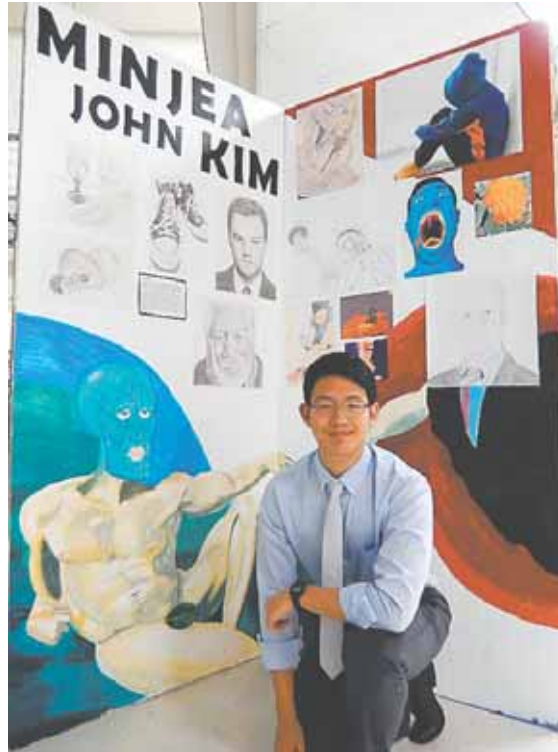
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Work of Young Artists on Display

Centreville High's Pyramid Art Show was April 14.



Grace Chung, Centreville senior.



Minjea (John) Kim, Centreville senior.



Laura Smith, Centreville, freshman.



Taylor Zlab, Centreville junior.

PHOTOS BY BONNIE HOBBS



Sarah Dickover, Centreville senior.



Alexia Chenevey, Centreville senior.



Talia, Centreville Elementary, kindergarten.



Nene Sylla, Centre Ridge Elementary, grade 1.



Sienna Nguyen, Union Mill Elementary, grade 1.



Keona Park, Bull Run Elementary, grade 6.



Anvita Narla, Bull Run, kindergarten.

Straight-on Effects



By KENNETH B. LOURIE

As a seven-plus year chemotherapy "infusee," I believe I'm fairly well qualified to address some of the side effects of the treatment. Side effects my a--! The effects are hardly indirect or on the side. They are direct and to the point. Whether it's hair loss, memory loss, nausea, vomiting, diarrhea, risk of infection due to low white blood cell count, low energy/high fatigue due to low red blood cell count, loss of appetite/lack of taste; and on and on and on – and I'm not even addressing the psychological, emotional and spiritual issues which themselves are nearly overwhelming – the results: "Danger, Will Robinson." Because it seems as if you're lost in your own space. Wishing and hoping and praying may mitigate some of the suffering. Unfortunately, there's still plenty to go 'round.

Is there relief in sight for those cancer patients so regularly affected? Yes. There is medication. Although, generally speaking, my oncologist has been hesitant to prescribe additional medication to treat the effects of treatment/previously prescribed medication, regardless of its effectiveness. It's not exactly akin to a cat chasing its tail, but prescribing medication to treat the "side" effects of an already prescribed medication – which in turn may have been prescribed to treat the effects of yet another previously prescribed medication, seemed somewhere between redundant (sort of), ridiculous and irresponsible somehow. If solving one problem/symptom simply caused a new and different symptom/problem that required medication, then all we were accomplishing was whacking a mole, so to speak. And as a cancer patient, compounding the underlying problem didn't seem to make sense; so rarely, if ever – and my oncologist and I talked about this – did we decide to throw good money after bad, if you know what I mean. Mostly we decided to leave well enough alone – within reason, even though I might not have been all that well.

Please don't infer from this rationalization that I've suffered unnecessarily. I don't think I have. Although I certainly don't know for sure. But in reviewing today decisions made in the past, I still think, to quote my deceased father, that "The idea had merit." No second-guessing here. The decision seemed logical and prudent then and it still does today, even in arrears. Perhaps managing my "straight-on effects" as I've discussed has contributed to my overall good health/unexpected survival. Who's to say? Obviously, prescription and/or over-the-counter medication is a reasonable course of action/treatment, all things considered. But sometimes, too much of a good thing may simply be too much. The human body does have its limits. Specifically, I refer to the Immune System, our internal fighter. Though it works in many strange and mysterious ways, many more of those ways are understood now after years of research. Unleashing it rather than medicating/obfuscating it might very well be the missing link in treating not only cancer but other dreaded diseases. In fact, Immunotherapy is an entirely new field/class of drugs created/ designed to harness the power of one's own Immune System. Now that's a "straight-on" effect I would embrace.

Fortunately, or not, my non-Immunotherapy chemotherapy is keeping my tumors "stable" (my heretofore favorite word), so rather than stop what's working – despite the eating/taste issue I experience during my post-chemo week – we're going to stay the course, but remain open to course corrections. It may not be ideal, because the "straight-on" effects can be difficult. Nevertheless, even though it's not exactly my idea, I do think much of it.

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

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Fairfax County Board of Supervisor Chairman Sharon Bulova with daughter Karin in 1976.



Dr. Tammy Cashion, D.C. of Centreville and daughter Alyssa serving at the National Charity League with its philanthropic initiatives. Alyssa recently received an endorsement from U.S. Sen. Mark Warner for 200 hours of volunteer service for 2015.



Kari Pewett and daughter Ellie, 5 years old, hoping for a Bryce Harper homerun at Nationals Park in September 2015.

BULLETIN BOARD

FROM PAGE 12

Chantilly. The Women of Grace Covenant Church present the 2016 Refresh Women's Conference: Transform. The speaker will be writer Sharon Jaynes, Vice President of Proverbs 31 Ministries. \$80 before May 1st; \$95 thereafter. Contact Shamika Shahid at sshahid@gracecov.org or 703-318-7073. Visit www.tinyurl.com/WOG-2016TRANSFORM.

FRIDAY/MAY 20

Bike to Work Day 2016. Join more than 17,000 area commuters for a celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. Register or locate specific start/end times for all pit stops at www.biketoworkmetrodc.org.

TUESDAY/MAY 31

Nomination Deadline. Each year, the Fairfax County Environmental Excellence Awards recognize county individuals and groups that dedicate time and energy to benefit the environment and support county environmental goals and initiatives. Award recipients are selected by the Environmental Quality Advisory Council. Visit <http://www.fairfaxcounty.gov/dpz/eqac/awards.htm> for more.

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.

SUPPORT GROUP

Support Groups. Jubilee Christian Center of Fairfax is having its "Living Free" support groups for the Spring on Wednesdays, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "The Image of God in You," and "Handling Loss and Grief." There are also support groups meeting on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

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.

ENTERTAINMENT

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

ONGOING

Tai Chi for Beginners. Through May 17, Tuesdays, 10 a.m.-11 a.m. at King of Kings Lutheran Church, 4025 Kings Way, Fairfax. Learn slow, fluid movements to promote relaxation, balance, strength, and flexibility. Workshop fee is \$115. Visit www.inova.org/creg for more.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilaires.org for more.

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

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

English Conversation Group. Thursdays, 7 p.m. at the Chantilly

Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

English Conversation Group.

Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for more.

English Conversation Group.

Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

Plant Clinic.

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

ESL Book Club.

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

ESL Book Club.

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

Lego Block Party.

Every other Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime.

Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for

reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Live After Five.

Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.

Singing.

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

Legos Kids Club.

Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime.

Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

THURSDAY/MAY 5

National Day of Prayer Event.

12-1 p.m. at Fairfax Government Center, 12000 Fairfax Government Center Parkway. The public is invited to come and pray for America and its leaders. Call 703-383-1170 or see www.jccag.org.

THURSDAY-FRIDAY/MAY 5-6

"The Man Who Came to Dinner."

7 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly. This spring, the Chantilly Drama

Department will present Kaufman and Hart's "The Man Who Came to Dinner," a comedy set in the late 1930s. Famous radioman, Sheridan Whiteside, slips outside the house of the well-to-do factory owner, Ernest Stanley and his family. Whiteside is confined to the Stanley's house until he recovers. Tickets are \$10 in advance, \$12 at the door. Visit www.chantillyhsdrama.com.

SATURDAY/MAY 7

Flea Market. 8 a.m.-1 p.m. at Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. Members of Oakton Baptist Church of Chantilly will be having a flea market in the church parking lot. Free to attend. Call 703-631-1799 for more.

Children's STEM Fair.

10 a.m.-2 p.m. at Lord of Life Preschool Clifton, 13421 Twin Lakes Drive, Clifton. Enjoy a family day of STEM fun with interactive exhibits, math crafts, experiments, music, magic show, and more. Tickets are \$5, free for children under 2. Visit www.stemfairclifton.com for more.

SUNDAY/MAY 8

Worship Service: "A Journey to Hope."

8 a.m. and 10 a.m. at King of Kings Lutheran Church, 4025 Kings Way, Fairfax. The Sanctuary choir sings "A Journey to Hope." Free. Visit www.kofk.org for more.

Mother's Day at the Fairfax Station Railroad Museum.

1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Mom's get in for free. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit www.fairfax-station.org.

SUNDAY/MAY 15

May Week Luncheon. 1-3 p.m. at Waterford at Springfield, 6715 Commerce St., Springfield. Chantilly-based Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority hold annual May Week Luncheon. May Week is a national program of Delta Sigma Theta Sorority, Inc. created in 1920. A week in May is set aside for programs highlighting academic and professional achievements and the events emphasize the importance of higher education in the community, especially for African American women. Tickets are \$50. Visit www.fcacdst.org for more.

N Gauge Model Trains.

1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The NTRAK Model Train group will have a display of running N Gauge Model Trains. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit www.fairfax-station.org.

WEDNESDAY/MAY 18

Republican Women of Clifton Meeting.

6:45 p.m. at Fairview Elementary School, 5815 Ox Road, Fairfax Station. The Republican Women of Clifton (RWC) welcomes author Peter G. Pollak at its May meeting. Attendees are invited to contribute \$5 at the door for the Tragedy Assistance Program for Survivors of our fallen heroes, a 2016 RWC charity partner. Visit www.CliftonGOP.com.

National Air and Space Society Lecture.

8 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Join the National Air and Space Society for commentary on the recent documentary film, "Flying the Feathered Edge," which chronicles the career of aviator Robert A. "Bob" Hoover. Members only, memberships available for \$35. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

THURSDAY/MAY 19

Band Spring Concert. 7 p.m. at Centreville High School, 6001 Union Mill Road. The Band Program was rated an Honor Band, this year, through a rigorous assessment program. Free. Call 703-476-3536.

SATURDAY/MAY 21

Clifton Caboose Twilight Run. 6 p.m. at The Barn, 7139 Main St., Clifton. 5k Run & 1 mile Fun Run/Walk. Course begins just a few feet from the Triangle (intersection of Clifton, Newman and Main Streets) and ends at the starting point. The scenic course winds down a gently rolling country road, across a creek and past a horse or two. Water provided on course. Registration is \$21 for 5K, \$15 for 1 Mile. Visit www.SignMeUp.com/113094.

SATURDAY-SUNDAY/MAY 21-22

Fairfax Ballet: "Coronation of the Fairy Princess." 7:30 p.m. Saturday, 4 p.m. Sunday at Centreville High School, 6001 Union Mill Road, Clifton. The Fairfax Ballet Company presents "The Coronation of the Fairy Princess," a story ballet, featuring a fairy named Lily and her three sisters, Nixie, Fay, and Blossom, as they prepare for Lily's upcoming coronation. Just before the coronation on Lily's 16th birthday, the magic scepter is stolen by the sinister Wicked, and it is up to the trio to recapture the scepter. Tickets are \$22, plus a service fee. Visit www.ffxballet2016.bpt.me for more.

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