

15 Units Respond To House Fire

NEWS, PAGE 3

WELLBEING

PAGE 9

Trash Bins Remind People: 'Drive 25'

NEWS, PAGE 4

Emergency vehicles
line Sacred Lane in
Centreville's Gate
Post Estates.

Chantilly Pitcher DiCesare Earns Nine-Inning Postseason Win

SPORTS, PAGE 8



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PHOTO COURTESY OF JANET GREENTREE

A past tour of the Civil War forts on the Potomac River.

Bringing History to Life

Bull Run Civil War Round Table celebrates 25 years.

BY BONNIE HOBBS
THE CONNECTION

The Bull Run Civil War Round Table invites the public to a special program to help celebrate its 25th anniversary on Thursday, June 9, at 7 p.m., at the Centreville Regional Library.

"The group's goals are to educate our members and the public about the American Civil War, preserve local historical sites and share fellowship with

people having this same, common interest," said Round Table member Jim Lewis, a historian, author, public speaker and tour guide. "I've been involved in it, six or seven years, and it's an extremely vibrant group."

The members study the Antebellum and post-war Reconstruction periods, as well as the military, political, economic and social history of both the United States and the Confederacy. For more information, go to www.bullruncwrt.org/.

During the celebration, a panel of past presidents will briefly recall their leadership days, some of the historical obstacles they faced and the achievements

SEE GROUP BRINGS, PAGE 11



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ROUNDUPS

Charge Follows Drug-Related Death

As a result of an ongoing investigation in the March 1 drug-related death of Alexia Springer, 17, by detectives from the Organized Crime and Narcotics Division and from the Major Crimes Division, David Evers, 18, a student of Centreville High School, and resident of Clifton, was charged with manufacturing, selling, giving, distributing, or possessing with intent to manufacture, sell, give, or distribute a controlled substance or an imitation controlled substance prohibited. On Thursday, May 19, Evers turned himself in at Fairfax County Adult Detention Center. The investigation is ongoing.



Evers

Patrol officers from the Sully District Station were called to a residence in the 13800 block of Coleman Court on Tuesday, March 1, around 10:45 a.m. for a report of an unresponsive 17-year-old female. On April 15, the Office of the Chief Medical Examiner determined that the cause of death was acute combined morphine, alprazolam, oxycodone, and ethanol poisoning and manner of death was deemed accidental.

CIF Fundraiser on June 2

The Centreville Immigration Forum (CIF), which runs the Centreville Labor Resource Center, is participating June 2 in the annual, 24-hour, Do More 24 fundraiser powered by United Way of the National Capital Area.

"This is our first year participating in this event," said CIF Executive Director Terry Angelotti. "The funds raised that day will allow us to continue to support our Labor Resource Center, Labor Justice Commission, Grupo Maya Cultural and other CIF programs." Anyone wishing to donate to the CIF this Thursday, June 2, may do so at www.centrevilleimmigrationforum.org/donate.

Hear about Gang Life

Gangs will be the topic at the next meeting of the Sully District Police Station's Citizens Advisory Committee. It's set for Wednesday, June 8, at 7:30 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Attendees will learn about gang life, what makes people join a gang and how to prevent a child from joining one.

Comment on Transit Study

Fairfax County Department of Transportation (FCDOT) is accepting comments on the Countywide Transit Network Study (CTNS) through June 3. The Draft Final Report recaps the purpose and need for the study, its process, how transit concepts were developed and documents the final recommendations of the study. FCDOT has been working on the Countywide Transit Network Study since 2012, in an effort to determine the type of transit systems needed to accommodate desired growth throughout the county over the next several decades. The study has developed recommendations for where Metrorail should be extended, where light-rail or bus rapid transit systems are appropriate, and where express bus connections would help meet the transportation needs of the future growth.

Residents may comment using the online form at <http://www.fairfaxcounty.gov/fcdot/2050transitstudy/>.

Flame of Hope

Join the Fairfax County Police Department as officers park the cruisers and run on foot with the Flame of Hope in support of the Special Olympics VA. The route will be illuminated with glow sticks, police emergency lights and a police helicopter spotlight. Gates open at 6 p.m. on June 4 at FCPD Emergency Vehicle Operations Center, 3725 Stonecroft Blvd, Chantilly. Fun run starts at 8:30 p.m. The run is approximately 1.25 miles. Register online at www.firstgiving.com/torchrunva/LETR-Fairfax-Light-the-Night no later than June 3.

News

CHANTILLY CONNECTION EDITOR STEVEN MAUREN
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PHOTOS BY BONNIE HOBBS/THE CONNECTION

Fire engines from Station 21 in Fair Oaks line an adjoining street.

'I'm Doing OK; No One's Hurt'

Two-alarm, Centreville house fire does \$82,810 damage.

BY BONNIE HOBBS
THE CONNECTION

A two-alarm house fire in Centreville last week displaced a family of three and caused nearly \$83,000 damage, according to fire officials. Meanwhile, temperatures in the mid- to upper 80s made it difficult for the firefighters battling the blaze and sent one of them to the hospital.

The fire broke out shortly before 5:40 p.m., on Thursday, May 26, in the 15000 block of Sacred Lane in the Gate Post Estates community. The home's residents were gone at the time.

"They came home from dinner, saw their house engulfed in smoke and called the fire department," said neighbor Howard Borst, who lives across the street. "I came home from work about 6 p.m. and the neighborhood was blocked off. There were 15 fire trucks, and nobody else was allowed in or out. Residents had to park on Route 29 or at Centreville Presbyterian Church [and walk to their homes]."

Fairfax County Fire and Rescue Department Battalion Chief Patrick Kelly said 15 units and 80 personnel responded from Centreville Fire Stations 17 and 38, plus Station 21 in Fair Oaks and Station 15 in Chantilly. A unit from Prince William County provided mutual aid.

"Because of the heat, we called for a second alarm and more people," said Kelly. "Since the firefighters were doing strenuous work in high heat and humidity, we wanted to be able to rotate them."

Indeed, said Borst, "At one time, they were doing 'triage' on a lawn for the firefighters and giving them icepacks. And one firefighter was transported." According to the Fire Department, that person was taken by ambulance to Inova Fairfax Hospital for a "heat-related medical emergency."

The home's smoke alarms had gone off, and the first units on the scene saw "smoke everywhere," said Kelly. "Station 17 was the first to arrive because [the geographically closer] Station 38 was busy on another call. A vehicle had turned over on Route 29."

Firefighters had the flames in the two-story, single-family home under control within a half hour. But

they stayed on the scene for several hours afterward to make sure there were no flare-ups.

When Borst was trying to make his way home and saw the streets blocked off, he said, "I realized that, obviously, there was a fire or major emergency. So I called my wife to make sure she was OK and find out what happened."

Ray Broussard, retired from the military, owns the house where the fire was. He lives there with his daughter, Andi Smith, who works in administration in one of Westfield High's subschools, and her younger daughter, 22, who just graduated from Longwood University. Smith's older daughter lives in Reston and had gone to dinner with them.

"They're a wonderful family," said Borst. "They have an absolutely impeccable home and yard, and the kids are really nice." Referring to the fire, he said, "It's a terrible situation."

Paul Grinups, another neighbor across the street, has lived on that block for 28 years. "I came outside to get something from my car and saw Ray moving his car," he said. "Smoke was coming out of the roof of his house and the upstairs windows were broken. Fire engines were coming up the street and, before I knew it, there was a lot of chaos."

"Kudos to the Fire Department," continued Grinups. "They came in and went right to work. Everybody knew their job and they were very well-organized."

SEE FIRE CAUSES, PAGE 5



Both fire engines and the mobile canteen play vital roles during fires.

CHANTILLY CONNECTION ♦ JUNE 1-7, 2016 ♦ 3

Trash Bins Remind People: 'Drive 25'

Speeding in residential neighborhoods is a common problem throughout Fairfax County, and the local area is no exception. So officers from the Sully District Police Station partnered with American Disposal Services employees and residents of the Virginia Run community to try a new approach

toward slowing down these drivers.

Last Monday, May 23, they participated in "Trash Talks." Volunteers affixed "Keep Kids Alive Drive 25" stickers to residential trash bins to help educate and remind drivers to slow down for children's safety. Twice a week, the stickers will be rolled out to the

curb and provide a regular reminder to all passing drivers to watch their speed.

Furthermore, many people don't realize that trash collection is listed as the fifth most dangerous job in the country, with about 40 percent of trash-collection worker injuries and fatalities occurring due to transportation-related inci-

dents. So this traffic initiative will help them, too.

"We have received a lot of positive feedback about America's Trash Talks, Keep Kids Alive, Drive 25' program," said Sully District Station PFC Tara Gerhard afterward. "We appreciate the kind

words and support. At this time, we're only piloting the program on one street. [However], we're working with community leaders to expand the program to other neighborhoods in the district soon."

— BONNIE HOBBS



Sully District police officers, residents and American Disposal Services employees participated in "Trash Talk."



PFC Tara Gerhard places a speed-limit sticker on a trash bin in Virginia Run.

PHOTOS COURTESY OF TARA GERHARD

Tessema Named Sully Officer of the Month

Police Officer Robel Tessema has been recognized as the Officer of the Month for March. He was honored at the April 13 meeting of the Sully District Station's Citizens Advisory Committee. The station's assistant commander, 1st Lt. Matt Owens, presented Tessema with a certificate.

"Even though he has only been on his own since March of 2015, Officer Robel M. Tessema has consistently been a top performer on his squad," wrote Lt. Brian Calfee in his memo nominating Tessema for this honor. "Officer Tessema

currently leads his squad in criminal arrests, field contacts and incident reports."

Calfee said the officer recently assisted on a traffic stop where he observed the passenger trying to conceal something. And his sharp eye proved significant. "Tessema's attention resulted in the recovery of two grams of heroin, divided into 20 individual doses [packaged for sale] and the suspect working with OCN [Organized Crime and Narcotics]," wrote Calfee.

Tessema works on the midnight team, and Calfee said he "does a great job every night and is relentless in his patrol efforts. He always writes very detailed reports which recently assisted our domestic violence detective in keeping an offender in jail when his bond motion was denied by the judge."

Overall, wrote Calfee, "Tessema demonstrates great police work and great initiative on his part to learn. He is most deserving of this recognition."

— BONNIE HOBBS



PHOTO COURTESY OF TARA GERHARD
Officer Tessema

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COMMUNITY FEEDBACK

Fairfax County Public Schools
(FCPS) is soliciting public review and comment on instructional materials (media, print, and lesson objectives) under consideration for Family Life Education (FLE). Recommendations affect grades 9, 10, 11, and students with low incidence disabilities in grades 3-10. The comment period continues through close of business on June 24. All comments received during the comment period will be shared with School Board members prior to their vote on the

SEE BULLETIN, PAGE 8



PHOTO BY BONNIE HOBBS/CHANTILLY

Firefighters, with some of their gear on the ground, stand outside the house after the blaze is out.

Fire Causes \$82,810 damage

FROM PAGE 3

Agreeing, his wife Charlene added, "Wow, the firefighters were very impressive. These guys did an amazing job."

Although the exact cause of the fire is still under investigation, fire officials say it originated within the ceiling space above the garage on the right side of the house. After talking with fire investigators on the scene, Smith said it was apparently electrical in nature. "The fire started in some wiring between the bedroom floor joist and the

garage," she said.

Besides the smoke and water damage the house sustained, Smith said one bedroom was also damaged by the fire. She and her family have lived there since 2000, but she said they'd be staying in a hotel, at least temporarily, while their home is being repaired.

Before leaving with her family around 9 p.m., she said, "Tonight I'll probably have a little breakdown; but right now, I'm doing OK — no one's hurt."

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OPINION

Talk to Your Teens

So much at stake as teens approach graduation, summer.

It's hard to talk to your teens and young adults about alcohol and drugs.

But consider this.

Last year, more people died in Virginia of heroin overdose than in car accidents, more than 700 in all. There have been multiple overdoses of high school students in the last few months, high school students like

EDITORIAL yours. At this point in the opiate epidemic, you also need to talk about heroin and pills.

On graduation day in 2007, West Potomac High School endured the unimaginable tragedy. Two young women who had graduated just hours before died in a car driven by another young woman who had alcohol in her system. The driver and another passenger, a 2005 West Potomac graduate, also died in that

crash.

More recently, in June, 2015, Alex Murk and Calvin Li, shortly after graduation from Thomas Wootton High School in Rockville, Maryland, died in a car accident after leaving a party where alcohol was served. The owner of the house where the party took place, the father of the student hosting the party, was fined for knowingly allowing underage drinking. A newly passed law in Maryland, named for Alex and Calvin, means parents who knowingly host underage drinking parties in Maryland could face the possibility of up to a year in jail if an underage drinker leaves their home and is injured or killed in a car crash. The driver recently pled guilty to two counts of vehicular manslaughter.

Summer is the most dangerous time of year for teenagers.

Many teenagers will be celebrating, or possibly self-medicating, with alcohol. Many will engage in binge drinking.

While drinking and driving, or getting into a car with a driver who has been drinking, can

kill, there are many other problems that come along with binge drinking. The question of consent and sexual activity looms. Young men and women need to hear from their parents that they are expected to respect the idea of consent, all the more so in circumstances where alcohol or drugs might be involved. The potential consequences are enormous.

Parents owe it to themselves to talk to their teens about it, even as the teen turns away, rolls eyes, and otherwise indicates he or she is ignoring everything you say, some information will go in. They do hear you. They can't hear what you don't say.

Keep talking. Tell them you love them. Tell them it's been too much work to get them to this point to risk losing them now. Tell them not to text and drive. Tell them not to drink and drive. Tell them not to get in a car with anyone driving who has been drinking or otherwise under the influence. Tell them to wear their seatbelts.

Tell them you'll come pick them up anytime that they need a safe ride home, with the only consequence that they have to talk to you about it the next day.

— MARY KIMM

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SCHOOLS

eCybermission Team Heads to Nationals

Students submit project on RSI awareness and hand-stretching exercises.

BY STEVE HIBBARD
THE CONNECTION

Four sixth-graders from Greenbriar West Elementary School have been selected as national finalists for the eCybermission competition, sponsored by the U.S. Army and administered by the National Science Teachers Association.

The web-based science, technology, engineering and math (STEM) program is designed to cultivate student interest in STEM by encouraging students in grades six through nine to develop solutions to real-world problems in their local communities.

"At first we were kind of shocked, because we assumed that we wouldn't win anything," said team member Aarav Bajaj of winning the regionals. "We were really excited that we could take our idea to the next level."

The GBW team called Pandanet is comprised of students Aarav Bajaj, Aryan Kumawat, Siddharth Krishnan and Siddharth Tibrewala. They were selected from 60 regional finalists by a panel of judges consisting of U.S. Army STEM professionals.

Each team presented a live, four-minute presentation on their project and then participated in a Q&A. The judges looked at how well the teams identified problems in their community using STEM to propose a solution. The eCybermission's national judging event will be held June 20-24 in Leesburg.

Team Pandanet worked with advisor Meera



PHOTO CONTRIBUTED

From left: Greenbriar West Elementary School Language Arts and Social Studies Teacher Kasey Personius, Math and Science Teacher Brian Wiseman, students Siddharth Tibrewala, Aryan Kumawat, Aarav Bajaj, Siddharth Krishnan, Math and Social Studies Teacher Amy Krejcar, and Principal Lori Cleveland.

Krishnan to advocate the Healthy Hands Movement. Pandanet's project focused on bringing RSI awareness — Repetitive Strain Injury — amidst the youth by performing finger, thumb and hand stretch exercises during the course of a school day to alleviate hand pain. Sometimes known as writer's cramp, RSI is a result of overusing the upper extremities and causing injuries to the muscles, tendons, and nerves.

According to Sidharth Krishnan, "We started brain-storming about back problems, but then one of us decided about pain in the hand because at our school, we have a period where we write for 15-20 minutes, called Writer's Workshop, and people were complaining about hand pain and cramps, so we were interested in trying to find out what the problem is and how to fix it."

He added: "We found out there are flexor tendons and extensor tendons, and we found the flexor tendons were being overworked. We found out that microscopic tears can injure your synovium. And the synovium produces fluid, and when this is injured, it will fail to

produce fluid. In this case, your joints might be less lubricated because synovial fluid is a lubricant for your joints."

So they contacted many specialists, including hand therapist Bharat K. Vallurupalli and hand surgeon Dr. Paul Mecherikunnel, who proposed exercises to give rest for the hands and stretch out the tendons.

The team started working on the project last September, doing research and interviews, making posters, a video, brochures, creating a web page and polishing their presentation. When it was ready, they made a mission folder and submitted it to eCybermission; it was due at Regionals in February. Here is Pandanet's webpage: <http://pandanetmission.weebly.com/>

They also met with the Fairfax County Schools Health Advisory Committee, who said they might implement their ideas into classrooms in the coming years.

After winning the regionals and advancing to the nationals, the team has won a total of \$16,000 in U.S. Savings Bonds so far; \$4,000

SEE HEADING TO NATIONALS. PAGE 11

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Newspaper of
Chantilly
Fair Oaks / Fair Lakes
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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SATURDAY/JUNE 4

Civil War Living History Day. 10 a.m.-5 p.m. at Fairfax Station Railroad Museum, 1200 Fairfax Station Road, Fairfax Station. This Living History Day will introduce visitors to the life of the common soldier during the American Civil War. Demonstrations will include the essentials of camp life. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$5. Visit www.fairfax-station.org.

Reema Samaha Remembrance Cabaret. 6 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. The Cabaret features professional and up and coming dancers, singers, and comedy sketch artists from around the DMV, New York and Chicago. This event is in memorial of Virginia Tech massacre victim Reema Samaha. Free, but donations accepted. Visit www.angelfundva.net for more.

“Light the Night” Fun Run. 6-10 p.m. at Fairfax County Police Department Emergency Vehicle Operations Track, 3725 Stonecroft Blvd., Chantilly. Run in support of the Special Olympics Virginia. Free. Visit www.firstgiving.com/torchrunva/LETR-Fairfax-Light-the-Night.

SATURDAY-SUNDAY/JUNE 4-5

Vintage Virginia. 11 a.m.-6 p.m. with VIP admission, 12-6 p.m. general admission at Bull Run Special Events Center, 7700 Bull Run Drive, Centreville. The wine festival will bring together chefs, artists, musicians, as well as wine from Virginia wine producers. Guests will be able to sample all of the varieties as well as purchase them by the glass and the bottle, on-site at special event-only prices. Tickets include a VIP Admission One Day Pass for Saturday \$69 or Sunday for \$59 and a General Admission One Day Pass for \$30 in advance/\$40 onsite. Visit www.vintagevirginia.com for more.

SUNDAY/JUNE 5

Wine, Whiskers and Wags. 1-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Wine, Whiskers and Wags is a wine tasting fundraising event hosted by the Friends of the Fairfax County Animal Shelter to raise funds for shelter pets in need. The event will feature wine, food, a silent auction, and meet-and-greets with shelter pets. Tickets are \$30 in advance, \$40 at the door. Visit www.fccas.org for more.

WEDNESDAY/JUNE 8

Barbershop Harmony Open House. 7:30-9 p.m. at Lord of Life Church, 13421 Twin Lakes Drive, Clifton. Visit the Fairfax Jubil-Aires and hear four-part a cappella harmony. Free. Call 703-991-5198 or visit www.fairfaxjubilaires.org.

FRIDAY/JUNE 10

Sipping & Painting. 6:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Instructors provide step-by-step instructions. Tickets are \$40-45. Visit www.wineryatbullrun.com for more.

Author Event. 7 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Teens are invited to a pre-event for Thomas Jones, author of “Ask the Astronaut: A Galaxy of Astonishing Answers to Your Questions on Spaceflight.” Free, but registration required. Email CRM2937@bn.com.

FRIDAY-SATURDAY/JUNE 10-11

Combo Classic Golf Tournament. 11 a.m. Friday and 8 a.m. Saturday at Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. The 2016 Combo Classic is for paired golfers where one or both have a disability. Registration is \$300/team for two days, \$185/disabled individual for two days, \$180/team for one day, \$130/disabled individual for one day. Visit www.fairfaxcounty.gov for more.

FRIDAY-SUNDAY/JUNE 10-12

Teen Book Festival. 7 p.m. Friday, 2 p.m.

Saturday, 11 a.m. Sunday at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Book signings, readings, and more. Free. Call 703-278-0300 for more.

Celebrate Fairfax! 6 p.m.-12 a.m. Friday, 10 a.m.-12 a.m. Saturday, 11 a.m.-7 p.m. Sunday at Fairfax County Government Center, 12000 Government Center Parkway. Northern Virginia’s largest annual three-day festival and community-wide celebration at the Fairfax County Government Center. Tickets are \$18 for weekend pass, \$10 for adults, \$8 for adults on Sunday, \$4 for children. Visit www.celebratefairfax.com.

SATURDAY/JUNE 11

Barnes & Noble Book Fair. 9 a.m.-11 a.m. at 12193 Fair Lakes Promenade Drive, Fairfax. The Fairfax Station Railroad Museum will participate in the Barnes and Noble Book Store Book Fair. The Museum will receive a percentage of net sales during the day for most purchases when patrons present a voucher from the Museum web site or just mention the Station at the check-out. Free to attend. Visit www.fairfax-station.org.

Stretch & Sip. 11 a.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Take a yoga class, followed by a glass of wine. Tickets are \$13.50-15. Visit www.wineryatbullrun.com.

SATURDAY-SUNDAY/JUNE 11-12

Relay for Life. At Westfield High School, 4700 Stonecroft Blvd., Chantilly. Relay day includes a reception for cancer survivors and caregivers, a spirited Opening Ceremony, a beautiful Luminaria Ceremony, and throughout the day there will be a DJ, live entertainment, games, and more. Visit relayforlife.org/chantillyva.

SUNDAY/JUNE 12

Joy Gala. 6-9 p.m. at The Waterford at Fair Oaks, 12025 Lee Jackson Memorial Highway, Fairfax. The Joey Pizzano Memorial Fund is hosting an opportunity for individuals with special needs ages 18 and up to enjoy dinner, dancing, games, and more. Free. Register at www.jpmpf.org/events. Call 703-549-4444.

MONDAY/JUNE 13

Author Event: Rachel Renee Russell. 7 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Russell celebrates the launch of “Max Crumbly: Locker Hero” with a reading, discussion, illustration demonstration, and book signing. Free. Call 703-278-0300 for more.

SATURDAY/JUNE 18

Family Day and Outdoor Aviation Display. 10 a.m.-3 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. See military, recreational, and home-built aircraft as well as classic automobiles. Enjoy presentations, demonstrations, special tours, and hands-on activities for all ages. Free. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

Touch-A-Truck. 1-4 p.m. at the Chantilly Library, 4000 Stringfellow Road, Chantilly. Children and adults will have the opportunity to explore a wide variety of vehicles including (weather permitting) helicopter Fairfax One. Free. Call 703-502-3883 for more.

SATURDAY-SUNDAY/JUNE 18-19

Northern Virginia Summer Brewfest. 12-7 p.m. Saturday, 11 a.m.-7 p.m. Sunday at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. The biannual Northern Virginia BrewFest returns for its summer installment presented by Mad Fox Brewing Company. Call 703-631-0550, visit www.nvrpa.com/park/bull_run, or www.novabrewfest.com for more.

SUNDAY/JUNE 19

Annual Antique Car Show. 10 a.m.-3 :30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Free. Visit www.Fairfaxcounty.gov.

Father’s Day Gourmet Cuban Pig Roast. 3 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Menu to include La Caja China roasted pork, black beans and rice, yucca, salad, fried plantains, and tres leches for dessert. Tickets are \$75, \$65 for wine club members, \$45 for children. Visit www.paradiseparkwinery.com for more.

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DiCesare Earns Nine-Inning Postseason Win

Chargers survive stellar effort from West Potomac's Sara.

BY JON ROETMAN
THE CONNECTION

Chantilly pitcher Jared DiCesare might have saved the Chargers' season with two fingers and a thumb. With the bases loaded and two outs in the sixth inning of a tied game, West Potomac first baseman Matt Gill hit a DiCesare offering back up the middle. DiCesare, a senior right-hander, reached out and snagged the line drive with his bare hand, catching it with his thumb, pointer finger and middle finger for the third out of the inning.

"That play, it's just something you dream about," said DiCesare, the 6A North region Player of the Year. "You dream about those types of plays you see in [Major League Baseball]. It was something I didn't even believe myself. I kind of like looked at it, I was like, 'Wow, I can't believe I caught that.'"

DiCesare's highlight-reel catch was symbolic of his performance as a whole: a tremendous effort with a touch of good fortune.

DiCesare, a George Mason signee, tossed a complete game, left fielder Garrett Snedeker drove in the winning run with a single and the Chantilly baseball team defeated West Potomac 2-1 in nine innings in the opening round of the 6A North region tournament on May 25 at Chantilly High School. Two days later, the Chargers beat McLean 6-0 in the region quarterfinals.

Chantilly faced Patriot in the semifinals on Tuesday, after The Connection's deadline.

DiCesare tossed a complete game against West Potomac, throwing 133 pitches in nine innings — the maximum number of innings the VHSL allows a pitcher to throw in one day. DiCesare said it was his highest pitch count in one outing at any level.

DiCesare allowed one earned run and six hits while walking two (one intentionally) and striking out 12. He threw 96 of 133 pitches for strikes and hurled a first-pitch strike to 26 of the 33 batters he faced.

Even when he ran into trouble, DiCesare was able to make a memorable play to get himself out of a jam.

"[West Potomac] did a good job early of putting the ball in play," Chantilly head coach Kevin Ford said. "But, Jared, that's who he is. He toughens up when we need



PHOTO BY WILL PALENCAR

Chantilly pitcher Jared DiCesare threw a nine-inning complete game and earned the win against West Potomac on May 25 in the opening round of the 6A North region tournament.

it. He makes incredible plays — catching the ball with his bare hand. ... I don't think anything he really does shocks me. He's that kind of guy. That's two runs. They had ... bases loaded and that's probably the ball game right there because that's a base hit."

While DiCesare earned the win with a stellar performance, he was fortunate in that his counterpart on the mound, arguably, was even better.

West Potomac senior Jamie Sara, who will play for William & Mary, finished his high school career with a memorable effort. On the mound, the 6-foot-4 right-hander received a no decision after allowing two hits — one of the infield variety — and one unearned run in 7 1/3 innings. He walked two, struck out 10 and threw 106 pitches, including 71 strikes. He threw a first-pitch strike to 15 of 26 batters.

"[DiCesare is] a great competitor," Sara said. "I had a ton of fun pitching tonight. It's going to be [one of] my best memories from high school baseball."

In the batter's box, Sara, a first-team all-

region selection as an outfielder, went 2-for-3 with a walk and a pair of doubles. He led off the top of the fourth inning with a double and, three batters later, designated hitter Daniel Jimenez gave West Potomac a 1-0 lead with a two-out RBI single.

In the bottom of the fourth, Chantilly countered by plating an unearned run — the only run the Chargers would score against Sara. Chantilly right fielder Jared Enders led off the frame with an infield popup that a West Potomac player dropped for an error. After a flyout, a groundout and an infield single, Enders scored on a wild pitch.

Sara then struck out eight of the next 11 batters he faced and the game went to extra innings tied at 1.

"He's really big and he throws hard," Ford said about Sara. "Tonight, he located." West Potomac head coach Jim Sullivan took Sara out after seven innings and 102 pitches. However, a mistake would lead to one more opportunity on the mound for No. 22.

Chantilly loaded the bases with two outs

in the bottom of the eighth inning against West Potomac reliever Gus Leyden when the Wolverine coaching staff made its second mound visit of the inning. By rule, in extra innings, if a coach makes multiple mound visits in the same frame, the pitcher must come out of the game. Sullivan said he made a mistake and was forced to go with the team's only other pitcher who was warm at the time — Sara.

Despite entering a two-out, bases-loaded pressure cooker of a situation, Sara needed just four pitches to strike out Chantilly clean-up hitter Matt Padeway and keep the Wolverines' season alive.

"First thing I asked coach, I said, 'Is this allowed?'" Sara said. "I knew I struck out the kid a couple times before and I'm going after him — my best against his best. ... I knew before I was going in, all right, I'm going to strike this guy out. Bases loaded, bottom of the eighth, biggest game of my high school career, he's getting my best."

Padeway would be the last batter Sara would face. Senior right-hander Brandon Floyd, West Potomac's No. 2 starter, pitched the bottom of the ninth. With two on and two out, Chantilly left fielder Snedeker delivered a walk-off RBI single.

After the game, Sara said his arm felt "fine" and he "could go out there and toss another 30" pitches. Sullivan, however, said he didn't want to jeopardize Sara's career by having him continue to pitch.

"He's been pitching great," Sullivan said. "I wish we could go another game with him. I'd loved to have gotten through this one — we would have had to win [in the quarterfinals] — but then we could have used him again next week. He's pitching lights out right now. He's pitching great."

How did Sullivan feel about the Wolverines battling against a team that reached the state championship game each of the last two years?

"We should have [beaten] them," he said. "We gave them one unearned run; otherwise we would have [beaten] them 1-0."

West Potomac finished the season with an 11-12 record. The Wolverines were competitive most nights, but finished 0-8 in one-run games.

"First thing that I thought was, 'How in the hell do you lose eight one-run ball games?'" Sullivan said.

While the loss was disappointing, Sara did what he could to keep West Potomac's season alive.

"I'm feeling pretty great," Sara said. "Good way to go out, but we should have [come] out with that win."

BULLETIN BOARD

FROM PAGE 4

- recommendaions Thursday, June 30.
- Two evening opportunities for the community to review the two recommended media titles and book have been scheduled at Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church, on Tuesday, June 14, and Wednesday, June 15, from 6-8 p.m. in rooms

2050 and 2051.

- FLE instructional materials may be accessed online through Friday, June 24, for public review and comment at www.fcps.edu/is/hpe/fle.shtml.
- Citizens can submit comments on the recommendations via e-mail to FLEcomments@fcps.edu. The comment period continues through close of business on June 24. All comments received during the

comment period will be shared with School Board members prior to their vote on the recommendations Thursday, June 30.

THURSDAY/JUNE 2

Do More 24. Online. Do More 24 is United Way of the National Capital Area's 24-hour online giving day. Visit domore24.org to donate.

MONDAY/JUNE 6

Community Forum. 6-8 p.m. at Chantilly Library, 4000 Stringfellow Road, Chantilly. The Fairfax Area Disability Services Board is hosting a community forum to hear about the barriers people with disabilities are facing. Visit www.fairfaxcounty.gov/dfs/disabilities.

MONDAY/JUNE 13

Marijuana Awareness. 7:30-9 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Marijuana awareness movie and panel discussion. Learn about the negative effects of cannabis on youth. Free. Space limited, reserve online at upcfilmjune13.eventbrite.com.

WELLBEING

Staying Safe This Summer

Tips and precautions for avoiding warm-weather hazards.

BY MARILYN CAMPBELL
THE CONNECTION

The start of summer means pools and backyard grilling. It also means an increased risk of accidents and injuries. Local safety officials are offering safety tips during June, which is National Safety Month.

With warm weather come health threats posed by ticks and mosquitoes. In addition to the Zika virus, which is not currently a local threat, mosquitoes can carry the West Nile Virus, while ticks can spread Lyme disease.

Recommended defenses against these pests include using insect repellent to protect against mosquito bites and eliminating potential mosquito breeding sites like pools of standing water or heavily foliated spaces such as tall grass, where bugs often hide.

"We ... have to be prepared and be ready in the event that we get local spread of [the Zika virus]," said Mary Anderson, a spokeswoman for Montgomery County. "The information on preventing bites and ridding your property of mosquitoes is good whether we have Zika or not."

Local county health departments, including Montgomery and Fairfax, have established websites with current information on the Zika virus. Anderson also recommends a Zika virus webpage, created by the Centers for Disease Control, which includes a map with updated information on areas where Zika is spreading: <http://www.cdc.gov/zika/index.html>

"We're taking the Zika virus seriously and preparing as though as though it could be a potential threat," said Kurt Larrick, spokesman for the Arlington County Department of Human Services.

In addition to insect bites, time spent outside in hot weather can lead to heat-induced illnesses like sunburns, heat rashes, heat exhaustion and heat stroke, and the elderly and very young children are at greatest risk. Health officials say that the best lines of defense include limiting sun exposure, especially between 10 a.m. and 4 p.m., the period considered

the peak intensity hours. Wearing a hat and sunglasses that provide 97 -100 percent protection against both UVA and UVB rays, and applying sunscreen even on cloudy days and reapplying it every two hours or after swimming or sweating are also advised.

"You want to dress lightly and intake a lot of fluid, but avoid alcohol and sugary, sweet drinks when you're in the heat," said Captain Troy Gibbs, a spokeswoman for the Alexandria Fire Department's Community Services Unit. "Staying hydrated by drinking a lot of water is your best bet."

Health officials recommend checking on elderly neighbors who don't have air conditioning and avoiding leaving pets, small children and older adults in small, enclosed spaces like cars, where conditions can turn deadly even after a short period of time in extreme heat.

Local county facilities, including libraries and community centers, are air conditioned and open to the public. Know the warning signs that it's time to get out of the heat, says Gibbs.

"If they stop sweating, that can be a bad sign," she said. "Profuse sweating can be an indicator that the body is trying to compensate, but if a person stops

sweating totally, that is usually not a good sign." While spending time at the pool is a popular cooling method during hot weather, residents should be aware of the potential threat of recreational water illnesses (RWI). Taking a shower with soap and checking the diapers of small children frequently can help keep germs that lead to RWI out of pool water. Health officials say that chlorinated water doesn't kill all germs, diapers sometimes leak and both adults

and children should stay out of the public pool when they are sick. Other preventative measures include frequent hand washing, discouraging children from drinking water that is used for swimming and giving young children bathroom breaks at least every 60 minutes.

"We take safety seriously all the way across the board from pools to barbecuing to riding bikes and even walking," said Larrick.

In addition to RWI, other water-related dangers spike during the summer. Ensuring that children know how to swim, watching young children very carefully when they are near water, swimming with a partner and wearing a life vest when boating are important safety precautions.

"We're taking the Zika virus seriously and preparing as though as though it could be a potential threat."

— Kurt Larrick, spokesman,
Arlington County Department of
Human Services

Summer Safety Tips

From the Centers for Disease Control
Water Safety

- ❖ Learn how to prevent recreational water illnesses (RWI)
- ❖ Always supervise children when in or around water.
- ❖ Teach kids to swim.
- ❖ Learn CPR

❖ Install a four-sided fence around home pools.

Boating Safety

- ❖ Wear a properly fitted life jacket every time you and your loved ones are on the water

Heat Safety

- ❖ Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- ❖ Dress in loose, lightweight, light-col-

ored clothing.

- ❖ Schedule outdoor activities carefully, for morning and evening hours.
- ❖ Stay cool with cool showers or baths.
- ❖ Seek medical care immediate if you or your child has symptoms of heat-related illnesses

Sun Safety

- ❖ Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
- ❖ Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

Protection from Mosquitoes and Ticks

- ❖ Use an effective insect repellent when

spending time outdoors.

- ❖ Make your backyard a tick-safe zone.
- ❖ Check yourself and your children for ticks.

Prevent Injuries

- ❖ Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained.
- ❖ Supervise young children at all times around fall hazards, such as stairs and playground equipment.
- ❖ Use stair gates, which can help keep a busy, active child from taking a dangerous tumble.
- ❖ Learn concussion signs and symptoms and what to do if a concussion occurs.
- ❖ Make sure kids and teens wear the right protective equipment for their sport or recreation activity.



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Just a Regular Guy, Hopefully



By KENNETH B. LOURIE

As a long-time cancer patient (seven-plus years), I have heard much cancer talk. I have not read nearly as much, as I was advised early on by my primary care physician to try and refrain from going online too often to research my condition/treatment because the information provided can sometimes be misleading; given my own unique set of medical circumstances, it might not pertain to me, exactly. Mostly I have followed his suggestion. One time, I remember, I couldn't resist and "Googled" my chemotherapy drug. Nine to 12 months was the prognosis. I've lived three-plus years ever since. And though I certainly understand and appreciate the relevance and availability of the "information super-highway," I have, generally speaking, tempered my enthusiasm for such investigative pursuits.

However, as much as I've followed my doctor's advice, I have not been a total blockhead. And one of the concerns I've come to believe is, that with many cancer patients, it's not the actual cancer that kills them but rather the collateral damage the treatment causes to other vital organs, systems, areas of the body, etc. As a matter of fact, I'm living proof, sort of. Presumably, because of seven-plus years of chemotherapy, I have irreparable kidney damage and some unspecified liver damage. Accordingly, every four weeks when I go in for my pre-chemotherapy lab work, my levels of creatinine (kidney) and bilirubin (liver) are measured (among many others) to determine if my treatment can proceed or if waiting a week for a retest would be more prudent. At some point, I think (fear) that I'll have to stop treatment because the damage to certain major organs (as indicated by the levels of bilirubin and creatinine) will pose such a risk/complication that continuing the previous/current course of treatment would be irresponsible (heck, maybe even malpractice, for all I know). The cancer, then untreated, could potentially cause further life-threatening problems. Consequently, I'm always mindful of, and sensitive to, changes/deficiencies I'm experiencing that might indicate a bodily function is no longer working properly: "collateral damage."

Recently, I've had such an occurrence. It's nothing major, so far as I know, and I certainly don't have any supporting lab work to corroborate anything since I'm between infusions, but I've had some difficulty eliminating. Now I don't know if this is a function of age, something I ate and/or drank, something I didn't eat and/or didn't drink or fearfully the cancer doing what it often inevitably and destructively does, but it's atypical, and from what little I've learned over these years, new problems/conditions are noteworthy, generally. As such, this past weekend has been particularly challenging, emotionally as well as physically, not to go to a bad place when you're not able to go all. I wish I could take it all in stride, but left to my own thoughts and chronic discomfort, I find it difficult not to wonder if I have crossed some sort of Rubicon and moreover, worry that the amazing good fortune I've experienced since being diagnosed in late February, 2009, has finally begun to give way to reality. Perhaps, I just need to remember what my Auntie Irene used to say: "This too shall pass," and think ahead, not behind.

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

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21 Announcements

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Dedicating a historical marker, fall 2014, at Wolf Run Shoals.

Group Brings History to Life

FROM PAGE 2

they attained, and free cake, cookies and soft drinks will be served. This event is also intended to kick-start a three-month program of high-profile lecturers and customized local tours, also at no cost.

The Round Table has evolved significantly since founder Bill Miller laid out his original vision in May 1991.

"Since that time, it's become a nonprofit organization, increased its membership to more than 200, supported an active annual lecture and tour program, established a scholarship, created an award-worthy newsletter and regularly provided advice to local governing bodies," said Lewis. "In many ways, the Round Table has not only fulfilled his vision, but greatly expanded its outreach and influence."

He said at least 80 people, including members and the public, show up every second Thursday of the month, at 7 p.m., at Centreville Regional Library "for our world-class lectures by experts in their fields." All tours and lectures are free and open to the public. The July and August lectures will focus on the battles of First and Second Manassas.

In addition, on July 14, historian and lecturer John Hennessey will talk about the Battle of First Manassas Campaign. And on July 16, in support of that lecture, Civil War experts Rob Orrison and John DePue will lead a customized tour of the battlefield, featuring locations of special interest. Go to www.bullrunwrt.org/_ and click on "Marching Orders" for further details. That tour gathers at 8 a.m. and lasts until about 4 p.m.

On Aug. 11, Civil War historian Ed Bearss will present his views on the Battle of Second Manassas. Then on Aug. 20, Manassas National Battlefield Park Ranger Hank Elliot will lead another customized tour referring to that battle. Jon Hickox, manager of the local Bull Run Winery, will be the guest speaker on Sept. 8. He'll lecture about and share his many artifact finds on nearby Bull Run.

The following month, on Sunday, Oct. 9, at noon, the commemorative festivities will culminate with a picnic at the Bull Run Winery. It's free for Round Table members and their families; guests are welcome for a nominal fee. For more information, see the Website and "Marching Orders."

Heading to Nationals

FROM PAGE 6

for each student. They also receive an all-expenses paid trip to Leesburg for the nationals.

This year's nationals event features a live-streamed showcase and awards luncheon, tour of Washington, D.C., and a STEM Challenge featuring demonstrations and hands-on activities. As a state winner, they were one of 60 teams from 4,381 teams that submitted projects that moved on to the regional final where they emerged as the Northeast region winners to advance to the nationals.

Friends for about four years, together the boys participate in GBW's Math Club, Science Club, Chess Club, Science Olympiad, Science Fair and ACSL (computer programming).

Team member Siddharth Krishnan, 11, of Centreville, is the son of Meera and Ram Krishnan. For his strategy, he said: "I always try my best to achieve a goal, and if you have a goal, work towards it and some day

you will accomplish it. My strategy is I always put in extra effort to plan more and do more research. I try to be the best I can be."

Aarav Bajaj, 12, of Point Pleasant in Chantilly, is the son of Rashmi and Amit Bajaj. He said: "My strategy is to plan ahead to know what I want to do so that it makes everything that I want to do easier. My other strategy is not to give up when I'm doing something."

Siddharth Tibrewala, 12, of Centreville is the son of Ajay and Shreya Tibrewala. He added: "I like to work hard, practice and achieve. For example, when I play basketball, I practice and then I achieve my goals. I just like to put in all my effort and do as good as I can."

Aryan Kumawat, 12, of Chantilly is the son of Rajendra Kumar and Manta Kumawat. His strategy is: "I say, when I fail, then I try, try, try again. Every time I get a math problem wrong, I get it wrong again, then I get it right, and then I continue to get it right."

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