

Chantilly CONNECTION

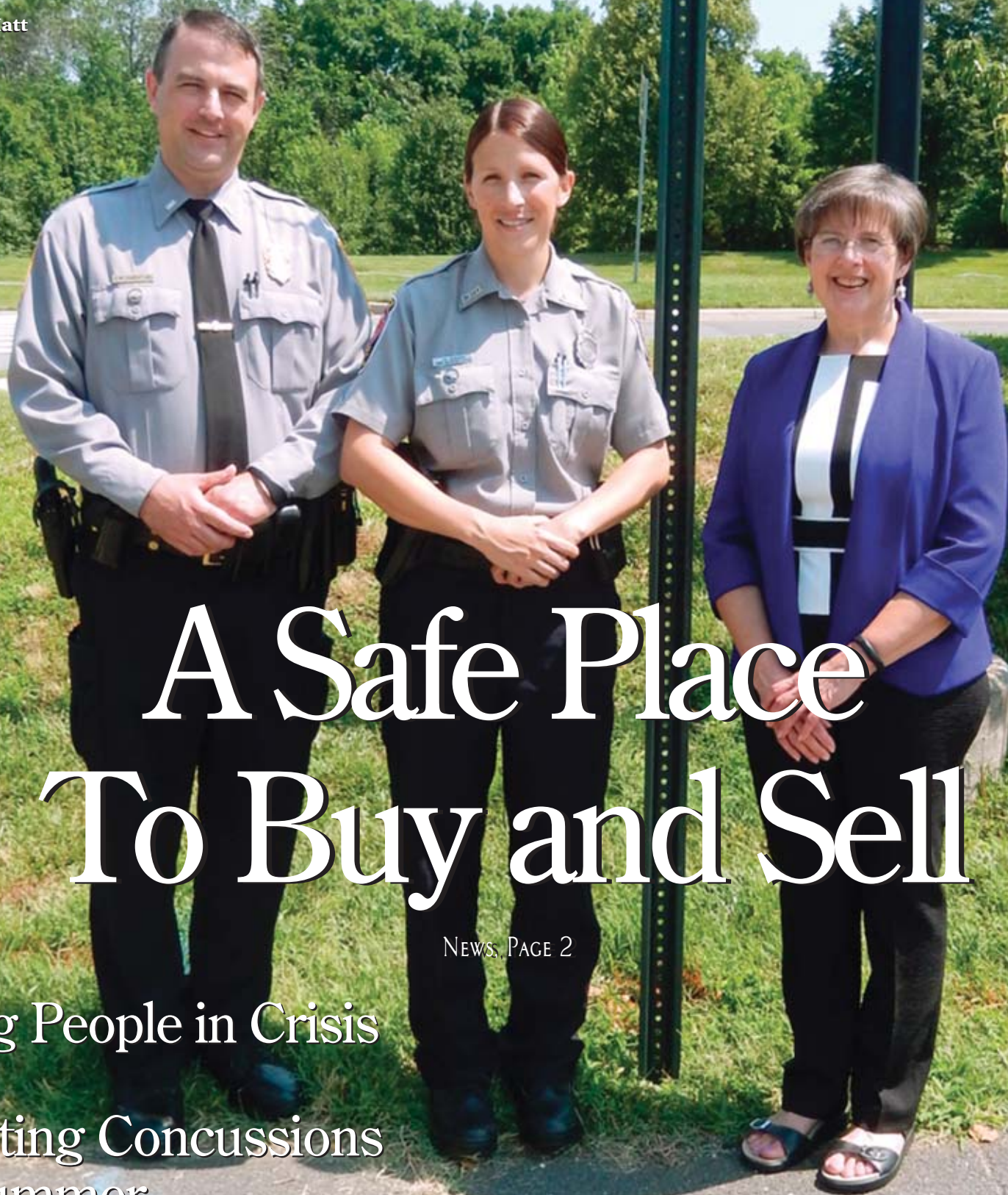
Fair Oaks ♦ Fair Lakes

WELLBEING

PAGE 9

From left are Lt. Matt Owens, PFC Tara Gerhard and Supervisor Kathy Smith at the Exchange Zone outside the Sully District Police Station.

RESERVED PARKING
EXCHANGE
ZONE
15 Min Parking
This Area is Under
24 Hr Video Surveillance
Emergencies Call 911
Non-Emergencies Call 703-691-2131



A Safe Place To Buy and Sell

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PHOTO BY BONNIE HOBBS/THE CONNECTION

A Safe Place To Buy and Sell

Sully District Police Station now has an Exchange Zone.

BY BONNIE HOBBS
THE CONNECTION

Purchases made online can some times be a dicey proposition. When it comes time to meet an unknown buyer or seller to exchange an item for money, it's best to do so in a safe environment.

So the Sully District Police Station has just established Fairfax County's first-ever Exchange Zone, right in its parking lot. Two parking spaces marked with "Exchange Zone" signs are now in front of the station and under 24-hour surveillance.

"My dad's a police chief outside Pittsburgh and they do this there," said PFC Tara Gerhard. "The community loves it, so we took the idea from him. It's also an opportunity for the police to make the community feel safe, and it builds good relationships between them."

The Exchange Zone was officially dedicated on Monday, June 27, and Supervisor Kathy Smith (D-Sully) was on hand for the

ceremony, as was Lt. Matt Owens, the station's assistant commander/acting commander.

"I'm happy they were pro-active about it here," said Smith. "It's a great resource for the community and creates safety for them when they do exchanges with people they don't know."

Besides that, said Gerhard, "It's also an opportunity for families with child-custody arrangements to exchange children, if the situation between them isn't good. People behave better if they know they're under video surveillance."

Often, items purchased on Craigslist, for example, require a face-to-face interaction for the exchange, and meeting with a stranger can put consumers in a vulnerable position and create opportunities for criminals. Things don't always go smoothly and, throughout the year, police respond to numerous reports of robberies, thefts and assaults.

Many times, people who just wanted to get a good deal on an item they'd hoped to buy become unsuspecting victims of crimes.

In Mount Vernon, "There were lots of robberies and larcenies of cell phones during exchanges. So that made us endorse this idea even more."

And Owens couldn't be happier to have the Exchange Zone right smack in front of the police station.

"We're very pleased to offer this to the public," he said. "It enables them to make business transactions that began over the Internet in a safe place. As opposed to bringing a c o m p l e t e

stranger into their home or meeting them in an unfamiliar location, here the exchange is being captured on video."

"And it's a good lead for officers to use, should anything go wrong," he continued. "If people are here using the Exchange Zone and an emergency occurs, they can call 911 so an officer can respond. Or if they prefer, they may come inside the building and make a report or ask to speak to an officer. Even if they just have a feeling that something isn't right, they're welcome to come inside the station."

"It's a great resource for the community and creates safety for them when they do exchanges with people they don't know."

— Supervisor Kathy Smith (D-Sully)

CRIME REPORT

The following incidents were reported by the Sully Police District.

TRESPASSING / DESTRUCTION OF PROPERTY: 6200 block of Singletons Way, June 24, 6 a.m. An employee reported that someone entered the property and destroyed property.

VEHICLE TAMPERING/POSSESSION OF MARIJUANA/ARREST: 14400 block of Four Chimney Drive, June 16, 5:12 a.m. A resident reported to police that she observed someone near her vehicle. Police saw a man who matched the description and upon seeing the police, he fled. Officers were able to make an apprehension and further investigation revealed that the man was intoxicated and in possession of marijuana. A 19-year-old man from Centreville was arrested, transported to the adult detention center and charged with drunk in public and possession of marijuana.

COMMERCIAL BURGLARY: 13800 Lee Highway, June 18, 5:18 a.m. Officers responded to a burglary alarm and found an unsecured door. Further investigation revealed that property had been taken from the business.

UNLAWFUL ENTRY/ASSAULT/ARREST: 14400 block of Saguaro Place, June 18, 5:31 p.m. Officers responded for a report of a man who had entered the victim's residence, assaulted her, and would not leave. The victim did not know the man. A 37-year-old man of no fixed address was arrested, transported to the adult detention center, and charged with assault and battery and unlawful entry.

BURGLARY: 6400 block of La Petite Place, June 11, 11:13 a.m. Resident reported someone broke into his home through a sliding glass door. No property was taken and no suspect information.

SHOOTING INTO AN OCCUPIED DWELLING: 4100 block of Meadowland Court, June 5, 10:22 p.m. Officers responded to the report of shots fired into a residence. An investigation determined the victims were inside their home when they heard several gunshots. No one was injured and this incident is under investigation. Detectives do not believe that this is a random event.



GE APPLIANCES

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Help Flood Victims

Members of the Fairfax County Police Motor Squad are collecting items for victims of the flooding in West Virginia. To make a donation, visit the Sully District Police Station, 4900 Stonecroft Blvd, Chantilly, where the drop off boxes are located. They are accepting the following items; canned foods, cleaning supplies, bottled water, baby items and diapers, pet food and toiletry items. The boxes will be picked up on Saturday, July 9 and delivered to West Virginia communities affected by the recent flooding.

Summer Parent Clinic Returns

The Fairfax County Public Schools Office of Intervention and Prevention Services will again be offering Summer Parent Clinic. Parents will have an opportunity to schedule a 45-minute consultative appointment with a school psychologist or school social worker.

Supportive consultation is available for parents when children are experiencing social-emotional, behavioral, or academic challenges such as anxiety, attention, poor school performance, bullying, and poor peer or family interactions. School psychologists and school social workers will be available to parents for assistance in identifying community resources, guidance on how to manage challenging behaviors, as well as how to work collaboratively with school teams around issues of academic or behavioral concern.

This summer, Parent Clinic appointments will be available now through Aug. 19. To schedule an appointment, call the FCPS Parent Clinic at 703-503-2506 or email the Parent Clinic at <http://www.fcps.edu/dss/parentclinic/mailform.html>.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, July 7, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust it, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000 to confirm dates and times.

Volunteer Drivers Are Needed

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406 or go to www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Interested in Citizen Corps Council?

There is an opening for a Sully resident to serve on the Citizen Corps Council. The Citizen Corps is FEMA's grassroots strategy to bring together government and community leaders to become involved in all-hazards emergency preparedness and resilience.

For additional information, follow the link to its website: <http://www.fairfaxcounty.gov/oem/citizencorps/>.

If you're interested in volunteering, contact Laura Floyd at laura.floyd@fairfaxcounty.gov.

Moving Equipment Sought

The Centreville Labor Resource Center is in need of moving equipment to add to its tool supplies. Requested items are back braces, lift belts, sliders and straps that are used for moving jobs.

This equipment can be checked out by workers and brought back when they complete jobs. It will ensure that they're able to complete moving jobs more safely. In addition, the CLRC is seeking Spanish-speaking people to fill a number of volunteer positions. Contact Molly Maddra-Santiago at director@centrevillelrc.org.

Helping People in Crisis

Police learn to de-escalate situations.

By BONNIE HOBBS
THE CONNECTION

Mental illness is a bigger problem in the U.S. than most people realize, and police come in contact with many people suffering from some form of it. So Fairfax County police officers undergo training to prepare them to deal with these people and make sure they receive the services they need.

At a recent meeting of the Sully District Station's Citizens Advisory Committee, the topic was crisis intervention. The speakers were Lt. Ryan Morgan, the station's Crisis Intervention Team (CIT) coordinator, and Sgt. Dave Kuhar, a supervisor at the station.

"A lot of guys with low-risk behavior and mental-health problems don't do well in jail," said Morgan. "We try to reduce the stigma of mental illness, but you can't always see the symptoms until they're manifested through actions."

On average, he said, those with mental problems are no more violent than other people. And sometimes, they become victimized in jail because they lack coping skills. Morgan also noted that people with severe mental illness will live about 25 years less, largely due to treatable medical conditions caused by smoking, obesity, substance abuse and inadequate access to medical care.

"An estimated 26.2 percent of U.S. adults 18 and older — about one in four — suffer from a diagnosable mental disorder in a given year," he said. "These include bi-polar disorder, schizophrenia and depression. For example, a divorce or the death of a loved one could put someone in a crisis."

Actually, said Morgan, "Mental disorders are the leading cause of disability in the U.S. for people ages 15-44. As a police department, we're just trying to de-escalate situations quickly and safely." He told the audience that "when criminal activity is happening and you're afraid someone's going to get attacked, call the police. But we also get crisis-stabilization calls that are medical-related; and in those cases, you should ask for a CIT-trained officer."

Morgan teaches eight, 40-hour, crisis-intervention classes a year to other officers, with some 22 officers per class. "They get a background in mental health and a schizophrenia simulation so they understand what it's like to hear voices," he explained. "It's uncomfortable for them to get into a stranger's business, but it's what they have to do to serve the community."

"The state wants 25 percent of the offices trained [in this

field], but our chief wants everybody trained," continued Morgan. "Alzheimer's patients fall into this category, too, so they also receive training on it." Kuhar added that stress is "one of those un-diagnosable things," but may also lead to mental problems.

"There are more than 2,200 people identified in the criminal system as suffering from mental illness," he said. "And this number is very much underrepresented. There are 3,200 to 3,500 inmates in Virginia jails on any given day with mental illness — and they regularly have a recidivism rate of 70 percent."

In Fairfax County, said Kuhar, involuntary mental commitments can consume a police officer's entire shift. "And these commitments are often ineffective in getting long-term resolutions. The Adult Detention Center has an average population of 1,050, and about 25 percent have mental illness."

He said a small number of people often account for a large number of calls to the police. And in this county, "The number of mental-health incidents goes up each year," said Kuhar. "So the Crisis Intervention Team educates and prepares officers to come into contact with people in crisis, recognize the signs of mental illness and respond appropriately."

To simulate schizophrenia, he said, "We'll make the officers wear headphones so they 'hear voices' while I'm asking them questions and belittling them. We'll also simulate real-life scenarios to see how the police use their active-listening skills and patience. The ob-

jective is to reduce injuries to the officer and the person for a safe outcome for everybody in the community."

Kuhar said the police call-takers and dispatchers take this training, too, but it takes a long time to get everyone trained. "We want officers not just to react, but to slow down and think first," he said. "It goes a long way when dealing with these people. CIT is a way to divert people needing assistance, instead of or before incarcerating them, and officer safety is never jeopardized."

"By no means are we mental-health professionals," said Morgan. "But when we believe someone is a danger to themselves or others, we can take them to receive the help they need." He said the police can take the person to a mental-health center or, if the person has committed a violent crime and is in jail, they'll seek treatment for them there.

"As police officers, we're trying to help a vulnerable population, as best we can, and keep them out of jail," said Morgan. "To house one person in jail for one year costs the taxpayer \$67,000. The treatment cost for one year is \$2,500 — and that's not pocket change." Basically, he said, "CIF training is about recognizing how that person's feeling, trying to put yourself in their shoes, talking with them and helping them."



Lt. Ryan Morgan teaches crisis-intervention classes.



Sgt. Dave Kuhar discusses mental illness.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Bite Me Cancer Presents Thyroid Cancer Research Grant

Bite Me Cancer, a national nonprofit based in Fairfax that supports teenagers with cancer and raises funds for thyroid cancer research, named Dr. Irene Min of Weill Cornell Medicine in New York as the recipient of the group's third research grant.



Dr. Irene Min

founded Bite Me Cancer six years ago.

Min received her BS in biology from Sogang University, Seoul, South Korea and her M.Phil from the Department of Physiology, from Cambridge University in England. She earned a

Ph.D. in Genetics from Tufts University School of Medicine in Boston.

An experienced basic research scientist with a focus in stem cell biology, genetics and genomics, Min's research program will focus on specific immune therapeutics that can loosen the immune suppressive environment to reach a greater level of improvement in thyroid cancer tumor targeting.

Bite Me Cancer's first grant funded a thyroid cancer research project at The University of Texas M. D. Anderson Cancer Center in Houston. The group's second grant supported thyroid cancer research at Memorial Sloan Kettering Cancer Center in New York.

Bite Me Cancer is close to securing a majority of the funding needed to fund a fourth thyroid cancer research grant.

Thyroid cancer is the third most diagnosed cancer among children between the ages of 15-19 in the U.S., according to the National Institutes of Health in Bethesda.

Ferraro was diagnosed with a rare form of thyroid cancer in 2010 when she was 17. She started raising money for cancer research just weeks later even before her first major cancer surgery.

Along with raising funds for thyroid cancer research the group provides support, encouragement and understanding for teenagers who have been diagnosed with cancer. Bite Me Cancer provides Teen Support Bags to teenagers in treatment for all cancers through their 70-plus hospital partners across the country.

The American Thyroid Association, headquartered in Falls Church, is devoted to thyroid biology and to the prevention and treatment of thyroid disease



PHOTOS CONTRIBUTED

From left, Bobbie Smith, executive director of the American Thyroid Association; Bite Me Cancer founder and board member Nikki Ferraro, and Nikki's mom Sharon Ferraro (who also is on the Bite Me Cancer board of directors) pose with a check for \$57,000 from the Bite Me Cancer Foundation that will fund a thyroid cancer research grant being administered by Bite Me Cancer and its partner, The American Thyroid Association. This is the third research grant Bite Me Cancer has funded.

The \$57,500 grant is being administered in conjunction with Bite Me Cancer's partner, The American Thyroid Association.

"It is my great honor to be awarded for the thyroid cancer research," Min said. "This means a lot to me because I have been trying hard to establish a new project on thyroid cancer and to obtain funding that supports the project with independence."

"We are very excited about the research Dr. Min will be doing and that Bite Me Cancer and its wonderful supporters can help further her work," said Nikki Ferraro, a thyroid cancer survivor who

through excellence in research, clinical care, education, and public health.

To learn more about Bite Me

Cancer to or find out how to contribute time or money to support the foundation, visit

www.bitemecancer.org.

UPC Presents Hardison Award

Oakton High School junior Matt Bocharnikov and Westfield High School junior Avaanti Sridhar were presented with the third annual Cliff Hardison Youth Leadership Award established in memory of the late West Potomac High School principal.

Hardison was a member of the Unified Prevention Coalition (UPC) of Fairfax County board of directors and committed to the nonprofit's mission to keep youth and young adults safe and drug free. His mother Patricia Lotane and sister Karen Hardison were on hand for the presentation made by UPC Interim Executive Director Diane Eckert.

Matt has served as the Youth Council's vice president this year, and Avaanti was the group's treasurer and will serve as vice president next year. Eckert also recognized 15 members of the Youth Council for their



Avaanti Sridhar with Patricia Lotane.

dedication to the vision of a community where youth grow up healthy, safe and drug free.

OBITUARY

John "Jack" Carroll Stinson

John "Jack" Carroll Stinson, former president of the Stuart-Mosby Historical Society, died on June 28, 2016; he was 85.

He is preceded in death by his parents, Dewey Lee and Bessie McDearman Stinson; brother, Dewey Lee Stinson Jr.; and son, John Carroll Stinson Jr.

Jack is survived by his wife, Betty Ann Stinson, two sons: Frederick Ashby Stinson and Donald Gilman; seven grandchildren: Laura, Patrick and Katie Gilman; Trey and Cole Dickerson; Ashton and Turner Stinson; and one great granddaughter, Savannah Dickerson.

Jack was born in Newport News, Va. on Sept. 16, 1930. He met his sweetheart, Betty Ann Wright, in high school. They were married in 1952 and enjoyed 63 years as "the love of each other's lives."

In 1953, Jack graduated from Randolph Macon College in Ashland, Va. He worked for Reynolds

Metals Company immediately out of college and remained there for 39 years. Jack had a passion for history, his library was full of books on "the war between the states" and he frequently visited historical memorials, reenactments, and battlefields. He was a member of the Sons of Confederate Veterans, Freemason Society, past president of the Stuart-Mosby Historical Society and past commander of The Military Order of the Stars and Bars.

He and Betty Ann loved horses and taught their sons to ride at an early age. In 1995, Jack and Betty Ann moved to Midlothian to be closer to family; they were both members of Bethel Baptist Church. Jack was very handy, his grandchildren always said, "Papa can fix anything." The funeral service was held at Bethel Baptist Church, Midlothian, Va. on July 1. Graveside service will be held at Dale Memorial Park on July 6 at 11 a.m.



From left are Joseph Randiki, Laurel High School; Charles M. Coffin, Jr., ZUL Chapter mentor, and DaSean Gallishaw, Westfield High School, at Hampton University.

Becoming Leaders

The Zeta Upsilon Lambda (ZUL) Chapter, Fairfax County, of Alpha Phi Alpha Fraternity, Inc., through its Joyce Gillespie Harrington Educational and Charitable Foundation, Inc., sponsored two area high school students, DaSean Gallishaw of Westfield High School and Joseph Randiki of Laurel High School, to participate as Alpha Ambassadors in the 2016 Leadership Development Institute (LDI) program. LDI was held on the campus of Hampton University, in Hampton, Va., June 23-

26. The theme for the program was "The Resilience of Leadership."

Prior to and while attending LDI, these Alpha Ambassadors demonstrate maturity, character, scholarship, and service. At LDI, members of Alpha Phi Alpha Fraternity, Inc., institute faculty and mentors nurture the leadership potential of each ambassador, which, in turn, supports the personal growth of each ambassador.

To learn more about the foundation or to make a donation, go to <http://jghfdn.org>.

CRIME

The following incidents were reported by the Fair Oaks Police District

BURGLARY: 4200 block of Lauries Way, June 29. A resident reported someone entered the residence and took property.

BURGLARY: 11000 block Fair Oaks Shopping Center, June 25, 11 p.m. Officers responded to an alarm and discovered someone had entered the store and stolen property.

BURGLARY: 3300 block of Fern Hollow Place, June 19, 10:19 a.m. A resident reported that someone entered their garage and took property.

TRESPASSING/POSSESSION OF DRUG PARAPHERNALIA/OBSTRUCTION/ARREST: 12100 Pine Forest Circle (Pine Forest Apartments), June 13, 9:08 a.m. An employee at this location notified police that three men were trespassing on the property. Officers arrived and further investigation determined the men did not have a valid reason to be on the property. Additionally, upon a search incident to arrest, drug paraphernalia was found and one suspect allegedly resisted arrest. A 23-year-old of no fixed address, and a 28-year-old from Fairfax were arrested and transported to police headquarters for an interview. The first was subsequently charged with trespassing, possession of controlled paraphernalia, and resisting arrest. The second was charged with trespassing and possession of controlled paraphernalia. They were both taken to the adult detention center. Additional charges may be pending.

COMMERCIAL ROBBERY: 11700 block of Fair Oaks Shopping Center (Sunglass Hut), June 13, 9:13 p.m. The police responded to a report of two men who entered a business and began removing property. An employee

approached the men, and they allegedly assaulted her and fled with the property. The victim did not require medical attention. The suspects were described as black, approximately 17 to 19 years old, one wearing a blue hooded sweatshirt, and the other wearing a gray jacket and black pants.

PURSUIT/FELONY SPEEDING TO ELUDE/CHILD ENDANGERMENT/ARREST: Route 28/McLearen Road. June 21, 7:08 p.m. Detectives in Fairfax County attempted to locate a suspect in an investigation. Loudoun County deputies assisted in furthering the investigation, when the subject fled in a vehicle. A pursuit ensued with both agencies involved. The pursuit ended in Fairfax County when the fleeing vehicle crashed. The driver, a 51-year-old of no fixed address, was arrested, transported to the adult detention center, and charged with felony speeding to elude, child endangerment, and grand larceny. She was also treated for minor injuries.

JULY 1 LARCENIES
13900 block of Metrotech Drive, property from business

JUNE 30 LARCENIES
2900 block of Blue Holly Lane, phone from business

13300 block of Franklin Farm Road, beer from business
10100 block of Valentino Drive, jewelry from business

STOLEN VEHICLES
3000 block of High Tower Place, 2008 Jeep Grand Cherokee

JUNE 28 LARCENIES
4500 block of Market Commons Drive, purse from business

JUNE 24-27 LARCENIES

2700 block of Clarkes Landing Drive, property from residence
2300 block of Dulles Corner Boulevard, purse from business

12300 block of Lee Jackson Memorial Highway, license plate from vehicle
4000 block of Majestic Lane, beer from business

4900 block of Pheasant Ridge Road, wallet from business
5000 block of Stringellow Road, items from vehicles

STOLEN VEHICLES
6500 block of Nevitt Way, 2013 Toyota Corolla

JUNE 24 LARCENIES
12500 block of Fair Lakes Circle, merchandise from business

13600 block of Salk Street, cash from vehicle
JUNE 23 LARCENIES

5400 block of Ashleigh Road, mailbox from residence
12100 block of Fair Lakes Promenade Drive, phone from business

13000 block of Fair Lakes Shopping Center, merchandise from business
12200 block of Price Club Plaza, wallet from business

JUNE 22 LARCENIES
13000 block of Fair Lakes Shopping Center, merchandise from business

9900 block of Oak Plank Court, cash from vehicle
4500 block of West Ox Road, cash from business

STOLEN VEHICLES
9900 block of Longford Court, 2015 Toyota Corolla

JUNE 21 LARCENIES
4100 block of Chain Bridge Road, phone from business

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OPINION

Hungry in Summer

There are hungry children in Northern Virginia, more so in summertime.

Summer for most children in Northern Virginia is a time of fun and activities, camp and vacation, trips to the pool and possibly to the library. Specialized camps and activities tuneup sports skills and academic skills. Parents try to ensure snacks are at least somewhat healthy.

In this environment, most of us don't come into much contact with families that might be having trouble feeding their children. We can't imagine that there are children who are hungry in summer.

But many children in our region don't know what their next meal will be in summer. During the school year, many have depended on school to provide breakfast and lunch during the school year. Volunteers have stepped in to provide backpacks to go home with hungry students on the weekend.

In the City of Alexandria, 60 percent of students in public schools qualify for subsidized meals at school.

In Fairfax County, that overall number is

lower at 27.5 percent, but in many areas, more than 50 percent of students qualify for subsidized meals at school.

In Arlington, more than 30 percent of students qualify for subsidized meals at school.

But most of the students who counted on school meals during the school year are not in school for the summer.

Submit Photos to Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature,

Locations for Summer Meals

http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_open_sites.pdf
http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_closed_sites.pdf

Fairfax County operates more than 20 open sites in areas where more than 50 percent of students qualify for free or reduced meals where students can go in summer for breakfast and/or lunch. These locations are along the Route 1 corridor, in Herndon, Reston, Fairfax, Chantilly, Lorton, Falls Church and more. See links above for locations.

It also falls to many nonprofits and food pantries to fill the gaps, and those organizations need help keeping food available.

identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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LETTERS TO THE EDITOR

Reading Begins At Home

To the Editor:

As a current teacher, I observe children who develop literacy skills at home achieve in school. Studies show home environment has an impact on children's beginning reading skills. One way to develop literacy skills is to ask questions while reading (e.g., what will happen next? How did the story end?) One study found 92 percent of first graders were stronger readers because of literacy skills fostered at home.

You may be thinking, "What skills should we work on?"

Your child's teacher is a resource for suggesting beginning reading skills. Many children need letter/sound recognition, and rhyming skills. Letter/sound recognition can be reinforced by writing letters

on cards, mixing them, and practicing 6-8 cards daily. Also, sing nursery rhymes to ; stress the rhyming pattern. If your child doesn't enjoy reading independently, ask him/her to read aloud, or take turns reading.

Having access to books helps children practice, and research shows when students read at home their reading achievement and motivation increases. Visiting the local library and/or having a book swap (i.e., where children trade/share books) can provide

children multitude of books at little/no cost. As parents, it is important to understand that children need to be motivated to read. A study revealed reading engagement is directly linked with reading achievement.

There are activities to motivate your child to read: Visiting the library; choosing daily time to read; having a bookshelf for your child's books; choosing magazines to be delivered.

Reading is a skill beginning in early childhood and developing throughout schooling. Research shows if children are exposed to a variety of literature early, they are more motivated to read difficult material in adolescence.

When children are exposed to literacy skills early, they are more likely to be successful. As a parent, remember that supporting literacy skills begins at home.

Carla Richter
Fairfax

Celebrating Being American

To the Editor:

"You don't celebrate Easter?"
"No ..."

"What about Memorial Day?"
"Yes. I am an American just like you!"

The script above is the dialogue I would usually encounter with other classmates on the play-

ground growing up. As an American Muslim, I would not partake in Easter since it is a Christian holiday.

As I rushed home after school some days I would ask my parents or siblings which holidays we could get excited about and celebrate. I was slightly puzzled since my family and I didn't celebrate every holiday listed on our calendar. Other students in my class would get hyped about certain upcoming holidays and I was then informed that some of these events were celebrated by those of different faiths. All I knew at the time as a young child was that I was a member of the Ahmadiyya Muslim Community. I thought of Eid as being the Muslim community's Christmas since as a kid I would get presents on that day. My family explained to me that we did celebrate Thanksgiving, Memorial, Independence and Veterans' Day because those were holidays that could be enjoyed by every American citizen. It was exciting to know that I could sport red, white, blue attire on patriotic holidays. Having such holidays gave me purpose and identity of who I am and to which country I could preach my loyalty to. Prophet Muhammad (peace and blessings be on him) had said that, "Loyalty to one's homeland is a part of faith."

America has given its citizens religious freedom whereas in many countries people are not free to practice what they believe. Why

shouldn't I be loyal to my country?

A country that has never exposed me to darkness seen in other countries today. A country that has given me free education as a child and has given me the ability to be taught alongside other children of diverse backgrounds.

Woody Guthrie's, "This Land is Your Land," still plays in my head till this day:

"This land is your land, This land is my land

From California to the New York island;

From the redwood forest to the Gulf Stream waters

This land was made for you and me."

This song didn't mean much to me in music class in elementary school but as an adult, I appreciate and understand the strong message it can enforce in the minds of young Americans.

Marium Sadia Sosan Malik
Chantilly

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Send to:

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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

Evenings on the Ellipse Summer Concert Series. Thursdays through Aug. 25, 5:30 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. In addition to different music each week, find wine tastings. Free. Visit www.fairfaxcounty.gov for more.

Government Center Farmers Market. Thursdays through Oct. 27, 3-7 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov for more.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes classic fine art oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 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.fairfaxjubilaire.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. Selected 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 a list of dates.

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.

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.fairfaxjubilaire.org for more.

PET ADOPTIONS

Adopt a Cat or Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

FRIDAY/JULY 8

Sipping & Painting. 6:30 p.m. at The Winery at Bull Run, 15950 Lee

Highway, Centreville. Instructors will help guests create their own masterpiece. Tickets are \$40-45. Visit www.wineryatbullrun.com for more.

SATURDAY/JULY 9

Stretch & Sip. 11 a.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Bring a yoga mat and a glass of wine will be included at the end of the session. Tickets are \$13.50-15. Visit www.wineryatbullrun.com for more.

Dairy Delights. 12-3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Help hand crank ice cream and enjoy flavors such as vanilla, peach, strawberry and even asparagus. Listen to music, play period games and make a memento. Train rides also available for \$2. Admission is \$8. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully.

MONDAY/JULY 11

"How to Throw a Rockin' Facebook Party." 7-9 p.m. at Gunned House at Truro Church, 10520 Main St., Fairfax. Facebook can be a marketing tool for authors. Capital Christian Writers presents tips on throwing a successful Facebook party with Heather Gray, vice president of Virginia's American Christian Fiction Writer and the founder of The Inspired Inkpot, a co-op street team for authors writing Christian fiction. Free. Visit www.capitalchristianwriters.org.

FRIDAY/JULY 15

Summer Wine Pairing Dinner. 7 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Eat a five-course dinner paired with Bull

Run wines. Tickets start at \$115. Visit www.wineryatbullrun.com.

FRIDAY-SUNDAY/JULY 15-17

Collectors' Showcase of America. 2-8 p.m. Friday, 9 a.m.-5 p.m. Saturday, 10 a.m.-4 p.m. Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find sports collectibles and celebrity autograph guests. Tickets are \$8 for adults, \$15 for a weekend pass, free for children 12 and under. Visit www.dullesexpo.com for more.

WEDNESDAY/JULY 20

Civil War Author Book Signing. 6 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Join Civil War enthusiast and author William Connery for a book signing of his new book, "Civil War Northern Virginia 1861." Free. Visit www.wineryatbullrun.com for more.

SATURDAY-SUNDAY/JULY 23-24

D.C. Big Flea Market. 9 a.m.-6 p.m. Saturday, 11 a.m.-5 p.m. Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find period and antique furniture. Tickets are \$10 for both days. Visit www.thebigfleamarket.com for more.

SUNDAY/JULY 24

Book Sale. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Books of all genres will be offered for sale with an emphasis on books concerning history and the Civil War. Regular admission rates apply but

discounts may be given for purchases. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit www.fairfax-station.org.

MONDAY-FRIDAY/JULY 25-29

Westfield Theatre Young Actors' Workshop. 9 a.m.-12 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. This high-energy, educational summer musical theatre camp is open to elementary students in rising grades 2-7. Tuition is \$125. Westfield Theatre Boosters is now accepting registrations for Young Actors' Workshop. For an enrollment form and more information, visit www.westfieldtheatreboosters.com.

SATURDAY/JULY 30

Bull Run Bargains. 8 a.m.-1 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. A flea market and vendor fair. Free to attend, prices vary for vendors. Visit www.novaparks.com/parks/bull-run-regional-park.

SUNDAY/JULY 31

Nation's Capital Model T Ford Club. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will host the Nation's Capital Model T Ford Club (NCMTFCI) to commemorate Fairfax Station's brief fame as a movie star in the 1924 silent film, "The Road To Happiness." Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit www.fairfax-station.org.

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SPORTS

Riptide Defeats Pinecrest

At their first home meet of the NVSL season, the Virginia Run Riptide tested the nerves of their fans with a “nail-biter” of a morning meet, narrowly nipping the Pinecrest Piranhas by a score of 215 to 205. It took 59 personal best swims and five new team records by Nicholas Harris (6 & under backstroke), Anthony Arcomona (13-14 free and fly), Nick McGrath (15-18 free), and Leo Wang (15-18 breast) to secure the win on the day.

Summer swimming is unique in that an eight year old can earn points equal to an 18 year old and the Riptide under 8's carried the day winning more points than any other age group. Kevin O'Connor swam for first in free and breaststroke, while Nicholas Harris took first in back and fly. Jack Jeffries was second in free and back, Tyler Dahm was second in fly, and Andrew Harkins was third in back. Charis Roundtree captured a first

in girls free and fly, while Lauren Fitch was first in backstroke. All-important third place points were won by Mary Shaad in back, Jenna Van Buren in breast and Anna Kelliher in fly.

The 9-10's earned the second most points for an age group with Charles Beamon first in free, William Whitton first in back, Griffin Osterhout first in breast and Davis Collinsworth first in fly. There were supporting second place finishes by Davis Collinsworth in free, Charles Beamon in back and Griffin Osterhout in fly, and third place swims by Jay Rennyson in breast and William Whitton in fly. For the 9-10 girls Megan Margo swam for a second in free and fly, Grace Ramey a second in back, Neha Srinivasan a second in breast and third in free, while Natalie Orwat was third in back, Sara Van Buren a third in breast, and Teresa Seraphin a third in fly.

Strong performances in the 11-12's were turned in by Owen Thomas who won back and breast, Andrew Boyle who was first in fly and third in back, and Jackson Blansett third in free. Maddie Whitton won the girl's fly and place second in free, while Alana Turflinger was second in back and breast.

Points for the 13-14's were hard to come by with Anthony Arcomona winning free and fly. In backstroke William Beamon swam to second and Jack Liskey captured third, while in breaststroke Jack Liskey captured a second a David Barron a third. Chelsea Nguyen took second in free and back as Becca Matthews claimed third in free and back. Megan Gary was third in breaststroke and Catie

Gunn third in butterfly.

For the 15-18 cohort from the Riptide and Piranhas who compete against each other in high school varsity swimming, the meet was intense. Leo Wang won the breaststroke, Nick McGrath was second in free and Patrick Kearney was third in free and fly. Mia Newkirk won the free and breast, Didi Pace won first in fly and third in free, Meredith Matz was second in breast and Sara Boyle was third in back and fly.

As the meet headed into the relays the Riptide had to capture five relays for a tie, six for a win. The 8 & unders won both boys and girls relays. The undefeated 9-10 boys were victorious and the Riptide fans started the countdown — three down, three to go. Pinecrest won the next race, but the 11-12 boys came through — four down, two to go. Pinecrest won the next race and then the 13-14 boys won — five down, a tie was assured. One more win for the meet victory. Pinecrest won the next two relays — the tension mounted. The 15-

18 girls Mia Newkirk, Meredith Matz, Didi Pace and Sarah Boyle stepped up their effort and won their relay by 2.5 seconds and secured the win for the Tide.

Riptide pride was on display the entire weekend as their own Chloe

Hicks competed at the U.S. Olympic Swim Trials, where her qualifying time placed her at 122nd in the 200 m backstroke. Chloe placed third in her heat and her final place was as 60th fastest in the country in the 200 back.

Piranhas Dominate

The Sully Station II Piranhas were absolutely dominant in their first win of the season on July 2 over Holmes Run Acres. Swimmers captured 31 individual wins, completed four age group sweeps, and worked together to bring home nine of 12 relay victories. Spirits were high as the team sported their finest red, white and blue attire and celebrated Independence Day a bit early with a 259-154 victory.

The 8&U boys set the tone from the start with a freestyle sweep in the first event. AJ Sexton was a double event winner in free (20.02) and butterfly (24.46) and was joined by Gabriel Alquinta (24.34) and Mark McLendon

(25.02) in the sweep. Jason Li also notched two wins in backstroke (24.18) and breaststroke (24.58), followed by teammate Zacchaeus Post with a strong second place showing (32.71).

The 15-18 girls showed spirit and depth with two sweeps en route to tallying 35 out of a possible 41 points on the meet. The freestyle sweep was completed by Karenna Hall (27.44), Carly Logan (29.57), and Georgia Stamper (29.65). Double event winner Caitlin Campbell brought home the backstroke win (30.90) and led the fly sweep (30.48) with Hall (31.41) and Hope Alston (33.86).

SEE PIRANHAS, PAGE 11



PHOTOS CONTRIBUTED

Viewing Party for Chloe Hicks

Chloe Hicks, who is part of the Virginia Run Riptide swim team since she was 5, competed in the 200 Back Stroke at the Olympic Trials in Omaha, Neb. on Friday, July 1. Since her swim team could not all be there to cheer her on, the Riptide held a viewing party in the neighborhood Rio-style. Hundreds of parents and fellow Riptide swimmers packed the community center to cheer on Chloe. She was seeded 122 and finished 60th. Chloe is a recent Westfield High School graduate attending Virginia Tech in the fall with plans to swim for the Hookies. Chloe said, “Swimming in the Olympic trials was one of the greatest experiences I have ever had. I got to learn so much about elite swimming and I met some amazing people along the way. I can’t wait to train hard for the next four years and see what I can do for 2020.”



PHOTO CONTRIBUTED

Leo Wang set a new team 15-18 breast record.



PHOTO CONTRIBUTED

Nicholas Harris getting set to break the team backstroke record for 6U.



PHOTO CONTRIBUTED

Winning 8U relay team of C. Roundtree, A. Kelliher, L. Fitch, and C. Friess.

Preventing Concussions This Summer

Local physician is pioneering traumatic brain injury treatment.

BY MARILYN CAMPBELL
THE CONNECTION

Summer has been dubbed trauma season by health care professionals. Warm temperatures make swimming, biking, hiking, waterskiing and other outdoor activities irresistible during the summer, but this also means a rise in concussions and other injuries. In fact, every 19 seconds someone in the United States sustains a traumatic brain injury (TBI).

The National Institutes of Health define a concussion as a mild traumatic brain injury caused by an external force, such as a blow to the head. Symptoms can include a headache or neck pain, nausea, ringing in the ears, dizziness, or fatigue, while serious symptoms include seizures, trouble walking or sleeping, weakness, numbness, or decreased coordination, repeated vomiting or nausea, confusion, and slurred speech.

Michael Lewis, M.D. is the president of the Brain Health Education and Research Foundation in Potomac, Md. Lewis, who retired from the U.S. Army after more than 30 years of service, is dedicated to improving public health. He spent the last five years of his military career working on nutritional interventions to help prevent and treat brain injuries from physical and psychological trauma.

His interest in brain injury treatment was sparked by the 2006 explosion at the Sago coal mine in Sago, W.Va. The blast and collapse trapped 13 miners for nearly two days.

"Only one guy survived," said Lewis. "They used high dose omega-3 fish oil to help his brain recover from carbon monoxide poison. I wondered if it would help soldiers recover from traumatic brain injury. I put together a program to do that kind of research for the military. How can we improve from the inside out for any soldier or athlete who is at risk for head injury?"

Lewis' focus is on the clinical use of omega-3 fatty acids for the prevention, acute treatment, and rehabilitation of brain injuries from traumatic brain injury and concussions, stroke, PTSD, and other conditions.

On a more personal level, Lewis' 16-year-old son Isaac attends Winston Churchill High School and plays two sports often associated with concussions: football and lacrosse. Lewis says his son has never sustained a concussion, but he is working with the school's athletic staff on strategies to prevent con-



COURTESY OF MICHAEL LEWIS

Dr. Michael Lewis recently opened a medical practice in Potomac, Md. that focuses on concussions and brain health.

ussions among athletes. He also makes sure his son takes fish oil every day. "The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible," Lewis said. "I implement this with my own 16-year-old son." He also advises his patients to "take a fish oil supplement every day or eat good sourced salmon."

Symptoms of a concussion might not be immediately apparent. "The more subtle symptoms are those that appear days or weeks after an injury," said Lewis. "The personality might change, a person might become more irritable, have brain fog or have trouble thinking, or their head feels like it's stuffed with cotton." Among the signs that one might have sustained a concussion are a "loss of consciousness, followed by marked confusion," said Robert Wade, Ph.D., dean of Nursing, Northern Virginia Community College's Medical Education Campus, "Most likely a headache too." No two injuries are the same. "Each concussion is different, which means the same child could have different symptoms during different concussions," said Ryan Wildenhain, head of Sports Medicine at Marymount University.

When students are back in school, parents should watch for another common indicator of concussions in student athletes. "One of my warning signs are grades that are falling off," said Lewis. "A straight 'A' student whose grades drop is a warning sign. A good kid who all of a sudden becomes irritable should prompt questioning. Kids are not always good at telling, they tend to want to play through it — it's part of our culture."

Wearing proper protective equipment is recommended as a way to prevent concussions. "Minimizing the risk of a child sustaining a concussion is extremely difficult and dependent on the type of activities the child does," said Wildenhain. "Every child should be properly educated on how concussions occur, the signs and/ or symptoms of a concussion, and how to avoid dangerous situations for the specific activity they intend to do."

Lewis warns that even protective equipment isn't foolproof.

"Even if you're wearing a football, hockey or motorcycle helmet, when you hit something, another helmet or another head, it causes injury," he said. "If coaches see anything that is any way questionable they should get them off the field and out of harm's way. I think it's a parent's duty to stop the game and pull the kid out of a game if they see something that a coach doesn't see or doesn't respond to."

More

For more information on concussion prevention see www.cdc.gov/headsup/

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Include date, time, location, description and contact for event.

THURSDAY/JULY 14

Volunteer Information and Orientation. 7 p.m. at The Centreville Labor Resource Center, 5956 Centreville Crest Lane, Centreville. CLRC is looking for fun, creative and bilingual people to join its team of volunteers. Volunteer

opportunities include event photographers, special events planners, fundraising committee members, daytime ESOL teachers and Spanish-speaking volunteers to assist with other projects and the daily operations of the Center. RSVP to Wynne Tysdal at volunteer@centrevillelrc.org. Visit www.centrevillelrc.org for more.

AUG. 8-11

Vacation Bible School. 12:30-3:30

p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Jubilee Christian Center is having Vacation Bible School for ages 3-11. There will be Bible stories and crafts, with a theme of "Walk This Way." The cost is \$15 for first child, \$10 for second child and third child, with a family maximum of \$35. There also will be a free family preview on Sunday, Aug. 7, 6-8 p.m. To register, call 703-383-1170, or visit www.jccag.org.

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Stop The Presses!



By KENNETH B. LOURIE

And cancel the third shift. My constant (lifelong) craving for sugar seems to have subsided since my last chemotherapy infusion. Typically, for a week to 10 days after my Friday infusion, food doesn't appeal to me. Even chocolate (in particular) and sweets in general do not affect the eating challenges I experience during this near fortnight. Usually, the pattern, going on 18 months or so now, is after 10 days, give or take, my interest in food returns and it's Katie-bar-the-door as I ravage the house looking for food that I had neglected the previous 10 days. To say I'm hungry after a week of not eating is to disrespect the obvious. There's not a word that accurately characterizes how I'm feeling when the urge to splurge finally returns. Suffice it to say, it's not safe for food to be around me. And the food which is most often around me are from Kenny's four major food groups: cake, cookies, candy and ice cream.

But not this time. Actually, let me be honest: not nearly as much as usual and way below what anyone who knows me would consider normal for me. As of Saturday, two-plus weeks out from my last infusion, in the house I have zero cookies, zero candy, zero cake and some ice cream – from approximately three weeks ago, which remains frozen and untouched in my freezer, which in and of itself is a miracle. In fact, ice cream has probably never been in my freezer longer than a week – cumulatively, in my entire life. Yet, when I open the freezer door now, to check inventory, there sits two Ben & Jerry's pints, one Breyer's quart and a half and two boxes of Dove Bars (six bars total), missing only two bars since its purchase. This kind of availability is foreign to me and speaks to the depth of my distaste and disinterest in all things sweet/chocolate. No doubt, if you believe many of the professional opinions, cancer patients need to reduce their sugar intake. Could it be that after seven-plus years of treatment, my brain has finally gotten the message and taken over – or been affected/instructed somehow, and told my receptors to stop being receptive to sugar?

If so, alert the authorities because there's going to be a bump in the unemployment rate next month. M&M Mars, Nabisco, Entenmann's, Hostess Brands, Tastykake, Little Debbie and NECCO (New England Confectionary Company) among a few other miscellaneous selections will be cutting staff. And if my lack of sugar craving continues, the drop will be precipitous. As Muhammad Ali said back in the day (about his boxing prowess): "It ain't bragging if it's true." Well, I ain't bragging, either.

Now don't get me wrong, when in the supermarket, I'm still making my usual rounds through all my familiar aisles and taking note as I walk. But for some inexplicable reason, this particular post post-chemo week, I don't have – to quote a singing Tom Cruise and Val Kilmer from their 1986 movie "Top Gun," "that loving feeling." It seems/feels as if I've actually lost it. And though not consuming mass quantities of sugar would certainly be bad for the cancer cells – who do crave it (and good for my overall health), it definitely doesn't help the snack food/dessert industry. But I suppose I can't really worry about that. I have bigger problems: stage IV, non-small cell lung cancer. I don't anticipate that my current aversion to sugar will last, but in an odd way I'm enjoying my new-found freedom. Every minute of my life is now spent thinking about eating and/or avoiding chocolate. To invoke a Moe Howard (of The Three Stooges) line from a classic two-reeler: "What an experience!" (Although, he was talking about changing his socks.) So too has this been an experience. One I hope which doesn't continue for much longer.

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

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Sully 2 in red, white and blue. From left are Georgia Stamper, Coach Katie O'Brien, Coach Scott Brown, and Caitlin Campbell.

PHOTOS CONTRIBUTED



8&U boys set the tone for the Sully 2 meet. From left are Mark McLendon, AJ Sexton, Jason Li, Gabriel Alquinta, and Luke Heard.

Piranhas

FROM PAGE 8

Their winning ways continued with Stamper capturing breaststroke in 34.03.

The 11-2 girls were similarly powerful with strong showings in all events and a sweep in fly led by double event winner Caroline Li (32.95) followed by Madison Stalfort (37.56) and Callie Ver Planck (37.59). Li brought home the backstroke win in 34.74 and Angela Cai secured two more victories in free (28.58) and breaststroke (36.24). Mahika Rawat added points to the board with a terrific swim in freestyle, and the girls bonded together to turn in an outstanding relay time.

Six more Piranhas were double event winners on the day. Turning in impressive performances were Ehma Stalfort in free (17.59) and fly (21.59), Collin West in free (29.60) and fly (34.40), Anthony Kang in

free (27.02) and back (32.08), Colin Brown in breaststroke (38.12) and fly (30.57), Faith Alston in free (26.37) and back, and Delaney Kennedy in breaststroke (36.40) and fly (31.12).

Individual event winners also included Simon Campbell in free (35.31), Kellen Campbell in back (28.17), and breaststrokers Caden Seng (48.56), Alyssa Seng (28.30) and Hayley Norris (46.25). Piranhas adding key points to the board included Hannah Kang, Cecilia Alquinta, Jack Jiang, Nick Jiang, Darius Dittmer, Brody Campbell, Elijah Post, Payton Susko, Kelly Elson, Mary Campbell, Lilianna Glancy, Gabriel Quitugua, Charles Tai, Jacob Susko, and Michael Jiang. A special shout out to swimmers Martin Trabal, Casey Glick, and Brooke Franconeri who swam up an age division and competed with heart for their team.

SS2 will travel to Country Club Hills for their next A meet on Saturday, July 9.

Pirates Vanquish Cottontail Cobia

The Pirates of Poplar Tree went fishing for Cottontail Cobia in their NVSL Division 4 season opener on June 25 and, after a several hours-long battle, successfully landed their catch and emerged victorious.

There were 66 best times and three team records set:

8&U Girls Free Relay New Record

1:16.79 Allie Farello, Sara Small, Kathy Nie, Emily Radcliffe 6/25/2016

Previous Record

1:17.53 Haley Alderman, Mary Kominski, Lauren Young, Julia Young 6/20/2009

9-10 Boys Medley Relay

1:17.29 Adrian Coray, Blake Madsen, Ben Farello, Nick Chernisky 6/25/2016

Previous Record

1:18.27 Jonathan Wen, Zachary Cummins, Fletcher Madsen, Steven Longino 7/8/2009

15-18 Girls Medley Relay

2:14.15 Julia Young, Corinne Kominski, Haley Alderman, Lauren Young 6/25/2016

Previous Record

2:15.03 Lauren Hensley, Katie Dingman, Brianna Fridy, Hannah Warnick 7/10/2013

Tyler Fiening started the meet off with a fast first place finish in Freestyle. **Emily Radcliffe** took first in the Girls 8U Freestyle with **Kathy Nie** placing second. **Adrian Coray** placed first in the Boys 9-10 and **Skylar Small** did the same for the Girls 9-10 while **Lauren Radcliffe** took second place for the Girls. **Kellen Nie** brought home third in the 11-12 Boys, while **Neha Balaji** took first place for the Girls. In the 13-14 age group, **Conner Madsen** finished third and **Natalie Farello** took



PHOTOS CONTRIBUTED

Adrian Coray, Blake Madsen, Ben Farello, and Nick Chernisky

second place while **Sarah Radcliffe** placed third. **Marcello Corey** took first place for the 15-18 boys. **Lauren Young** also pulled in first place while **Julia Young** took third.

Blake Madsen kicked off the Backstroke races with the top spot and **Robert Pacifico** pulled in the second spot as well. The girls swept the event with, **Emily Radcliffe**, **Allie Farello**, and **Caeleigh Holl** placing 1-2-3, respectively. **Adrian Coray** placed first in the Boys 9-10 and **Lauren Radcliffe** took first place for the Girls as well. For the 11-12 Boys, **Kai Taft** took first place and **Nicholas Martin** second.

Emma Chernisky, finished second and **Elena Benson** took second place for the 11-12 Girls. **Lucy Chen** and **Mary Kominski** took first and second places for the 13-14 Girls. Fletcher Madsen narrowly out-touched **Jonathan Wen** to go 1-2 in

the 15-19 Boys while **Julia Young** and **Haley Alderman** took second and third place for the 15-19 Girls.

Blake Madsen started off the Breastroke races strong with the top spot and **Robert Pacifico** pulled in the second spot as well. **Sara Small** and **Isabelle Fernandez** continued the Pirate run taking the first and second spots for the U8 Girls. The 9-10 Boys **Ben Farello** and **Nick Chernisky** placed first and third.

The 9-10 Girls swept the event with **Sklyar Small**, **Marissa Erickson** and **Eva Bartnik** taking it 1-2-3.

Kellen Nie took first for the 11-12 Boys while **Josh Thomas** placed second along with **Neha Balaji** for the girls. In 13-14 Girls **Mary Kominski** took first for the girls. **Fletcher Madsen** and **Jonathan Wen** placed second and third while **Corrine Kominski** and **Julia Brunner** took the top spots for the 15-18s.



Allie Farello, Sara Small, Kathy Nie, and Emily Radcliffe

Tyler Fiening flew away with the first place finish in Butterfly. **Sara Small** pulled in first place as well. For the 9-10 Boys **Ben Farello** pulled down first then the **Erickson** sisters, **Marissa** and **Sydney** finished 2-3 for the girls. **Kai Taft** took first for the 11-12 Boys. **Conner Madsen** and **Matthew Benson** placed 2-3 for the 13-14 Boys. The girls swept with Natalie Farello, **Sarah Radcliffe** and **Lucy Chen** bringing home the honors. Marcelo Corey placed second for the 15-18 Boys. **Lauren Young** placed first and **Haley Alderman** second.

The Pirates cleaned up on the relays, winning most of the events.

The final tally was Pirates 237, Cottontail 182. Next Saturday the Pirates be hosting the Crosspointe Cruisers at home.

Complete results may be found at: http://nvsl.nvblu.com/schedules.html?srch_for=div&sel_year=2016&sel_div=118&sel_date=0

BULLETIN BOARD

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

SEPT. 10-21

2016 Northern Virginia Senior Olympics. Online registration will open July 5. Registration forms will be mailed to previous participants in late June and will be available at community and senior centers, senior residences and event venues. The registration fee of \$12, which covers multiple events, remains the same. Three events have an added fee, ten pin bowling, golf and orienteering. Deadline for registering is Aug. 27 (by mail), Sept. 3 (online). Call 703-830-5604 or email nvso1982@gmail.com for more. To volunteer, call 703-403-5360.

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

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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 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. **Fair Oaks Parkinson's Support Group** for people living with Parkinson's disease, caregivers and family, meets on the fourth Saturday monthly, 10 a.m.-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-378-7221 or visit www.fairoaksparkinsons.com for more.

VOLUNTEERS NEEDED

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. **Respite Care volunteers** give family caregivers of a frail older adult a break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the

older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov. **Volunteer Fairfax** invites individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety service options. Visit www.volunteerfairfax.org or call 703-246-3460. **The Shepherd's Center of Western Fairfax County (SCWFC)** needs volunteer drivers for medical/foodbank appointments. SCWFC serves age 50+ residents in Chantilly, Centreville, Clifton, and western Fairfax/Fairfax Station helping them remain independent and age in place at home. Visit www.scwfc.org or contact 703-266-3548 or scwfc.office@gmail.com.

Homeless Animals Rescue Team is looking for volunteers to hold dogs at adoption events, Saturdays noon-3 p.m. Volunteers must be 18 or older. Events will be held at Petsmart, 13866 Metrotech Drive, Chantilly. Call 703-691-HART or visit www.hart90.org for more.

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

museum owned and operated by the Fairfax County Park Authority. Volunteer at Sully can choose an aspect of historic interpretation, event support or any other area to make a difference for visitors. Call 703-437-1794 for an interview. Visit www.fairfaxcounty.gov/parks/sully-historic-site for more.

The Fairfax Station Railroad Museum

needs volunteer docents on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and the its railroad and Civil War history. Docents should possess good people skills. Opportunity for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Call Michael at 703-945-7483 for more information, or visit Fairfaxstation.org

Northern Virginia Family Service

is seeking volunteers to organize collection drives of toiletries products for clients in need. Requested items include shampoo, soap, lotion, deodorant, hand sanitizer, toothbrushes and toothpaste. Learn more about Northern Virginia Family Service at www.nvfs.org and contact Colleen Ross cross@nvfs.org if interested.