

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

CONNECTION FAMILIES

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PHOTO BY BONNIE HOBBS/THE CONNECTION

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GRADUATION 2016

Westfield Graduates: Ready for the Future

Learning to persevere.

BY SEAN JONES AND
ANTONELLA NICHOLAS
THE CONNECTION

Westfield High School's commencement speaker, Ishwarya Sivakumar, selected in a school audition process, gave her 655 graduating classmates "one last ecology lesson" on Tuesday, June 21, in the EagleBank Arena at George Mason University.

Ishwarya explained that she sees the class of 2016 as an ecosystem – some students are "consumers," part of the social class; others are "producers," unique, innovative and eager to make their mark at Westfield; still others are "decomposers" because they do not receive the recognition they deserve.

On the topic of adversity, Ishwarya shared guidance from her father. When her family experienced hardships her father told her: "Knowledge is the characteristic that will make us unbreakable."

Knowledge and adaptability are products of inclusion and "not building walls," she reminded the class of 2016. "Many of us have already faced the harsh realities of



Teachers and faculty file in. Westfield High School held its graduation in the EagleBank Arena at George Mason University.



Students walk to pick up their diplomas from Principal Dr. Anthony E. Copeland.



PHOTO BY ANTONELLA NICHOLAS/THE CONNECTION

At Westfield, Veronica Tu enjoyed robotics, computer science and orchestra. In high school she learned how to interact with new people — "socially, I grew as a person," she said. She will attend Union College where she hopes to pursue a program that combines her interests in electrical engineering and music.



At Westfield, Matt Harris learned that "patience and determination" fuel his success. Drumline was a memorable experience for Matt because it taught him to work toward his goals.



PHOTO BY ANTONELLA NICHOLAS/THE CONNECTION

Meredith Mehegan participated in Westfield musical theater; her favorite school production was "Anything Goes." "I am looking forward to independence and broadening my experiences" she says about leaving Westfield.

life," Sivakumar said, she marveled at how far her "diverse and progressive" class had come.

The faculty presented Maya Anderson with the "Pride" award for exemplifying respect, personal responsibility, integrity, empathy and discipline.

Maya overcame medical obstacles which prevented her from coming to school in her sophomore year and, as a result, was able to graduate with her classmates. The faculty recognized her constant support of others and her refusal to pity herself. The faculty presented the "Leader of the Pack" award to Catherine Crossett for her exceptional leadership as a student activist. Catherine raised awareness for pediatric cancer at Westfield and created a fund for students to donate to the cause.

Before the students received their diplomas, Principal Dr. Anthony Copeland reminded the audience of the many accomplishments of the Westfield class of 2016: Two National Merit scholars, 20 first place winners at the Fairfax County Science Fair, \$3 million in scholarships over four years, 11 Cappies nominations and one Cappies winner, state champions in football and boys basketball (among other sports), and 107 *summa cum laude* graduates – "Westfield honor scholars."

Copeland said he was confident that the class of 2016 is well prepared for the challenges that lie ahead.



PHOTOS SEAN JONES/THE CONNECTION

Student speaker, Ishwarya Sivakumar, says Westfield gave her a solid foundation, forcing her to think on her feet. She says she looks forward to continuing her expansion in college next year. Sivakumar will study molecular cellular biology with a focus public health at Johns Hopkins University. She hopes to one day become a surgeon.

GRADUATION 2016

Farewell to Chantilly High

Graduates look toward the future.

BY MICHELLE BUTCHKO
AND KEMBLE MOUNTCASTLE
THE CONNECTION

Six hundred and thirty Chantilly High School seniors celebrated as they walked across the stage to receive their diplomas at EagleBank Arena located on George Mason University's campus on June 20. Over half of those students belonged to an academic honor society and more than a dozen planned to enlist in a branch of the military.

Twins Megan and Patrick Hern reminisced on their favorite high school memories and accomplishments. "I loved being on the varsity swim team for four years," said Megan Hern who will be attending Mary Washington University in Fredericksburg. Patrick Hern will head off to North Carolina State University in Raleigh.

Excitement seemed to be a common trend among the graduates. When asked if he was happy or sad to have graduated, Andrew Kim '16 replied, "I am ecstatic." Kim will be attending Virginia Commonwealth University in Richmond and plans to pursue a degree in pre-med.

Prior to receiving diplomas, a keynote speech was given by Charles Koch, a history teacher at Chantilly High School. Koch proceeded to list the A, B, C's with each letter representing a different inspirational or meaningful word.

"L, is for listen," Koch said. "One of the most important things a person can do, is be a good listener."

An honor graduate speech was also given by Kristen Popham '16. Within the speech, Popham expressed how life consists of making moments and the importance of making as many as possible.

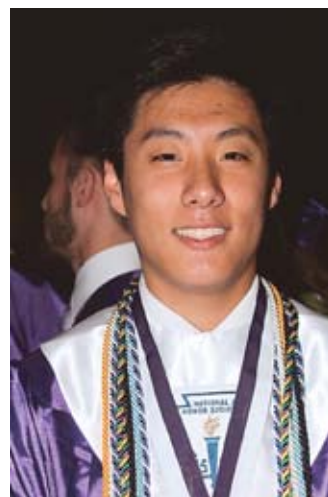
Popham received presidential academic awards and was a member of the French, English and National Honors Society. She will be attending the College of William and Mary in Williamsburg in the fall.

Other class accomplishments included more than \$2 million in scholarship funds and having more than 100 students earning a 4.0 GPA or higher.

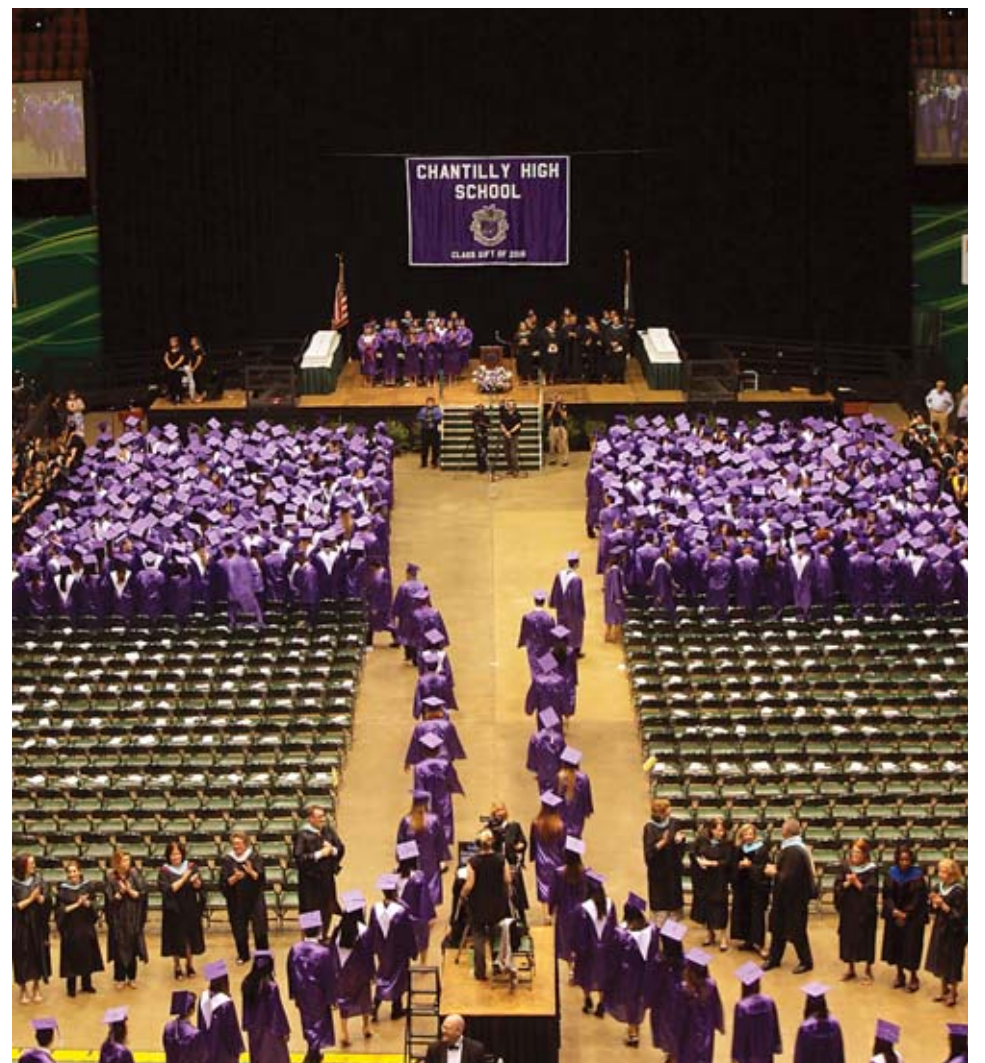


PHOTOS BY KEMBLE MOUNTCASTLE/THE CONNECTION

Chantilly High School graduating class of 2016 toss their caps in the air upon graduating.



Chantilly High School graduate Andrew Kim '16



Chantilly High School graduating class proceeds into the EagleBank arena.

Twin graduates Megan and Patrick Hern.



GRADUATION 2016

'The Struggle Develops Your Strength'

**Mountain View
grads share stories
of perseverance.**

BY BONNIE HOBBS
THE CONNECTION

Mountain View High is a school full of heart, and it's openly on display at every graduation. Teachers, counselors and administrators go above and beyond for their students, and the students, themselves, have each other's backs.

The school's spring commencement was Tuesday, June 21, at Centreville High. And after Principal Gary Morris and the two student speakers shared their personal stories, there wasn't a dry eye in the room.

"June graduates, you've finally made it," said Morris. "Today we celebrate 20 years of seeing students to and through graduation, and it's an exciting milestone."

Two decades ago, he said, he decided to take his talents to Fairfax County "to work with the brightest and the best in the 10th-largest school district in the country. I was coming to establish my roots, and I was scared."

"But at Mountain View, I've become part of a family that put my journey to shame. Some of you made your journey when you were half my age, with no place to live and no employment. Some of you traveled 1,400 and 1,500 miles — and you did that all alone."

Morris said he's also witnessed their journeys in terms of "incredible growth — from saying, 'I can't' to 'I can,' to 'I did' to I will.' And these journeys eclipse any journeys measured only in distance. Physical abuse, substance abuse, health issues and deaths — some of you went through these things, but came out the other side. We're so proud of each and every one of you, and you should be, too."

Furthermore, he told them, "I owe you for the promises you've kept, the tears



Grad Kunal Arora with his mom, Anita Lal, and brothers (from left) Rahul and Abhi Arora.

you've cried, the grit, determination and persistence you've shown and your willingness to come back [from adversity]. I know I'm standing here because of you. I know, if you can do it, I can do it. Hashtag 20, go Timber Wolves!"

Then graduating senior Joel Calix stepped to the podium to share the challenges he's overcome. When he was 14, he lived in Honduras with his parents, sister and two younger brothers. "School was four hours from my village, so my first struggle was leaving my family to attend it," he said.

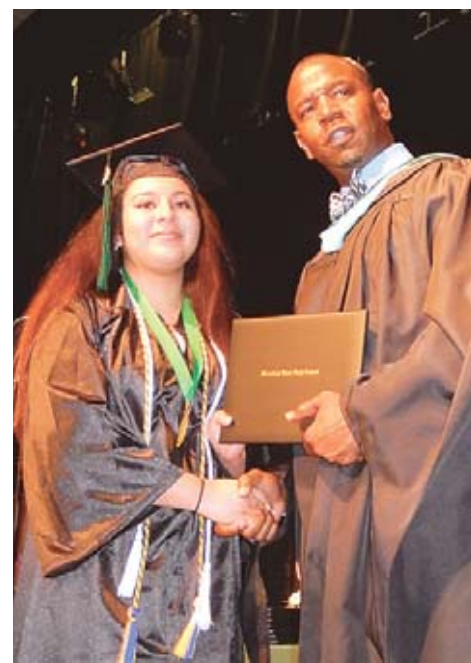
"On May 25, 2009, my mom hugged me, said she loved me and told me to be careful," said Calix. "She later phoned and asked if I was OK. I said, 'Yes,' and she said she'd dreamed I was in a bad car accident. Two hours later, my dad called and said I had to come home because my mom had died. She'd had a heart attack and passed away."

At first, he said, "I asked, 'Why me?' My mom was really important to me. Then I left school because I had to get a job and help support my two little brothers. I went

to the U.S. where my older brother lived, and I worked 10 hours a day in a restaurant. But I couldn't make as much money as my brother because I couldn't speak English."

So Calix came to Mountain View to continue his education. But tragedy still found him. "On Feb. 11, 2011, my sister called from Honduras and said my dad was in a car accident and died," he said. "I was sad and alone, but I found the courage to be the man of my family."

He said school was difficult because he didn't speak the language, his classes were



Student speaker Dannia Contreras receives her diploma from Principal Gary Morris.

hard and everything was new to him. "But I felt I could count on the teachers as friends and family," he said. "Mountain View helped me reach my goals. Working until midnight after school was hard; but I knew, if I didn't continue with my education, my life would stay the same."

"Thanks to my teachers and counselors, I'm graduating today," Calix told his classmates. "The struggle develops your strength. Don't stop when you're tired; stop when you're done. God bless you all."

Speaking next was Dannia Contreras. Her

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PHOTOS BY
BONNIE HOBBS
THE CONNECTION



Cousins Brandon and Taylor Perdue.



From left are Jalissa Chavarria, Karla Hernandez, grad Sara Galindo, Susan Aguilar and Sara's mom, Susan Vilchez.



Grad Marvin Barahona with his family: (Back row, from left) Aleida Funez and Luis, Maria and Jose Barahona, and (front row, from left) Annelyn and Adrian Funez.

GRADUATION 2016

Mountain View Honors Students with Awards

Three seniors recognized during graduation ceremony.

BY BONNIE HOBBS
THE CONNECTION

During Mountain View's spring commencement last week, three graduating seniors were honored with special awards from the faculty. They were recognized not just for their academic accomplishments, but also for their personal character.



Mike Todd (on right) speaks before giving the Citizenship Award to Jose Aleman.



Jude Welling (on right) presents the Faculty Award to Ana Adair.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

CITIZENSHIP AWARD

Counselor Mike Todd presented the Citizenship Award to Jose Aleman. "At Mountain View, it's our goal that all students and staff be respectful and caring of one another," said Todd. "The Citizenship Award is given to those students who have helped to build a positive school community through their example and their work with others."

"In his time at Mountain View, Jose has demonstrated a unique combination of both determination and caring for others," he said. "When I first met Jose, he told me he would graduate this June, even though it looked mathematically impossible at the time. He came to school every day with a huge smile on his face and a strong work ethic."

Todd said Aleman's English teacher said the young man "set an example of positive attitude, help, friendliness and encouragement for all of the other stu-

dents" in his class. And as Aleman's counselor, Todd said he was always in his office, not to talk about himself, but to support his friends and classmates by bringing them there to ask questions.

"Jose also personally brought several students to either enroll at Mountain View or to at least meet with a counselor [to obtain] more information," said Todd. "He is truly a great ambassador for our school. Jose will be working for the next year and plans on starting school at NVCC after that. I know he won't give up on his education."

PERSONAL ACHIEVEMENT AWARD

Joel Calix received the Personal Achievement Award from Math Department chair Richard Chinn. "Many students attending school at Mountain View wrestle with additional responsibilities

of family, job and other adult commitments," he said. "[This] award recognizes those students who have succeeded academically and personally, despite great pressures and obstacles."

Chinn said Calix has already been through many obstacles in life that "would break most people's spirits and will. Rather than surrender, Joel used these experiences to strengthen and motivate himself to do what is best for him and his future." Although Calix came to a new country alone, was in an unfamiliar school and had to learn new things in a language he didn't speak, he never gave up.

"He created his own family by connecting with classmates and teachers, he worked hard to learn [English] and he kept pushing himself in all his classes to be successful," said Chinn. "He found the strength to break through these barriers while holding down a fulltime job and providing financial support to his family in Honduras."

"Joel is now ready to pursue a career in information technology," continued Chinn. "And he has the work ethic, positive attitude and perseverance to achieve whatever personal goals he sets his sights on. In one of his scholarship essays, Joel wrote, 'Nothing is impossible when your potential is bigger than your struggle.' We cannot wait to see where his potential takes him in the future."

FACULTY AWARD

Math teacher Jude Welling presented the Faculty Award to Ana Adair. Recipients have gained the faculty's respect

and admiration by exemplifying the spirit of the school's motto, "Family, Love, Respect," while earning a 3.4 GPA or higher.

"Ana has spent her life as a caregiver for herself and for her parents," said Welling. "After her mother died when she was only a child, Ana helped run her home and [later] kept vigil by her father's side during his final days. And without her grandparents, who helped her transition to a new community, she wouldn't have ended up at Mountain View."

Here, said Welling, "We met a scrappy, spunky, artistic girl not afraid to show tough love to her classmates. She contributed not only to her own success, but to that of other students, whether by lending a tender shoulder or by barking, 'Get out of bed, I'm picking you up for school in 10 minutes.' Ana, you're kind, hard-working and dedicated to your dreams and will let nothing stand in your way."

Welling said Adair will make an "excellent tattoo artist, not just because of your outstanding talent, but also because you understand you're making more than just art. You're helping your clients memorialize loved ones, mark turning points in their lives and permanently change what they see in the mirror. All that takes a heart of service and commitment." Saying the faculty realizes how much Adair had to overcome to reach graduation, Welling told her, "We're so proud of you and we're blessed that you're part of the Mountain View family."

Stories of Perseverance

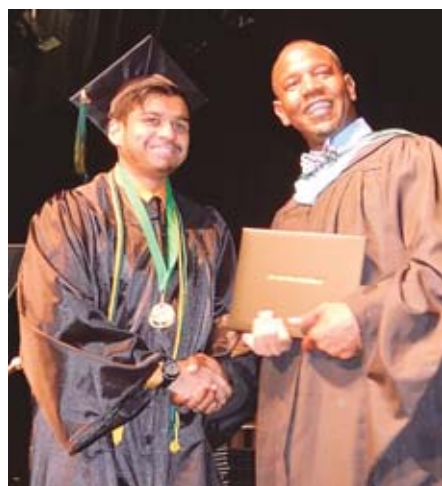
FROM PAGE 4

whole life, she said, people told her there are good and bad mirrors reflecting her decisions and she should choose which ones are the best for her. But during her first two years of high school, she had a tough time doing that.

"I was making bad decisions that affected my schoolwork and my family," she said. "I skipped school and I lost my dad's trust. My grandmother was worried about me, but I didn't want any help. At school, they gave me a list of options and Mountain View was one of them. At first, I didn't want to come here, but I thought of my siblings and didn't want to be a bad mirror for them."

To her surprise, said Contreras, "This was the most accepting school I've ever been to and the teachers were like family. Here, I completed my work and became successful, and I reconnected with my aunts who've been like mothers to me and have shaped me."

"Most important, for the past six years, my dad has been my mother, father and



Shadi Hamadelseed.

best friend," she continued. "My grandma who raised me, my grandpa who worked 12 hours a day and all my relatives are important to me. And after today, we're all mirrors. Our reflections are now what we make of them, from this day forward, so make them the best you can."

BULLETIN BOARD

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

SOBER-RIDE FOR JULY 4TH

Free Cab Rides. Monday, July 4, 10 p.m. through Tuesday, July 5, 4 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. Visit www.soberride.com.

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.

Getting Home Safely on Independence Day

Independence Day is a national celebration, and for many, that celebration includes alcohol. The summer overall and July 4 in particular are times of greater risk for drinking and driving.

This is true for the young adults over 21 living with you, and unfortunately also for many teens who are under 21. More on that below.

For all revelers: Make a plan. Plan to celebrate with access to public transportation. Plan to have a designated driver. Plan to celebrate in a place safe and comfortable to spend the night.

But in case those plans go awry, here is an alternative safety net.

EDITORIAL On the night of Monday, July 4, the Washington Regional Alcohol Program will offer free taxi rides home (up to \$30), beginning at 10 p.m. for six hours until 4 a.m. the morning of Tuesday, July 5. Participants must be at least 21. Call 1-800-200-TAXI.

On July 4, 2015, more than 230 people used WRAP's SoberRide service rather than possibly driving home impaired.

In summer, 44 percent of all U.S. traffic deaths are caused by alcohol-impaired drivers, according to statistics provided by WRAP. SoberRide is a way to help keep local roads safe from impaired drivers during this traditionally high-risk holiday.

On July 4, historically, more than 40 percent

of traffic deaths in the U.S. are caused by drunk drivers; more than 20 percent of the drunk drivers involved in those deaths had blood alcohol concentrations of nearly twice the legal limit, said Kurt Erickson of WRAP.

SoberRide is only available for those over 21. For parents of young adults who may be living at home and parents of those under 21, this is time to talk. Ask about plans, ask spe-

cifically about getting home. Let your younger family members know that you would much rather pay for a cab or come get them yourself than run the risk of losing them.

This is a message important for the tail end of graduation season and good for the whole summer, which is the time of the highest risk for teen drivers.

Visit www.soberride.com for more.

Send 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.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about

pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, 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).

Email to north@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

For advertising, email sales@connectionnewspapers.com or call 703-778-9431.

LETTERS TO THE EDITOR

Gross Misreading of the Second Amendment

To the Editor:

This is in response to U.S. Rep. Gerry Connolly's opinion piece titled "Stem Gun Violence Epidemic" (The Connection, June 22-28).

It frustrates me that so many anti-gun people, including U.S. Sen. Tim Kaine and, most recently, Representative Connolly in his editorial in the Connection, simply do not understand history. Specifically, they either ignore, are ignorant of, or simply don't grasp the truth behind the Founders' intent when they wrote the Second Amendment (2A). Mr. Connolly's observation that "certainly our Founding Fathers did not envision AR-15 semi-automatic rifles when they drafted the Second Amendment" demonstrates a profound lack of understanding of the intent of the 2A. That the Founders didn't have the AR-15 in mind when they wrote the 2A may be true, but it's also totally not relevant to what they did have in mind.

What Democrats and anti-rights [advocates] want is to ban all effective weapons in American hands. Without realizing it (maybe), they pursue and promote Marxist goals of making the public subservient to the government boot. That is the exact opposite of why the 2A is in the Constitution in the first place: it is there to balance federal power.

Ever since the so-called Gun Control Act of 1968, when officials could get all the machine

guns they wanted, but you and I could only get single-shot rifles like the AR-15, we have been sub-armed. The balance of power flipped decisively to government. Ours fire only one shot at a time, and are all we have left. Antis think they're assault weapon machine guns, but they took those from us back in 1968.

Then they yell at the NRA for blocking "reasonable common sense bills." They are nothing of the sort. Banning the AR-15 — the finest defensive rifle made in America, the choice of police who are otherwise outgunned against exactly the same criminals common civilians face — would have no effect against jihadis.

If Americans are sub-armed, limited to bolt-action wood guns, or some other total infringement that leaves America in a completely unbalanced state, the shining light of freedom will have been extinguished. The jihadis will have won. With asymmetrical warfare underway, we should be teaching Americans how to shoot, and arming them better, not passing laws to infringe their gun rights.

The founders were not thinking of muskets and blunderbusses when they crafted the 2A. They said the right to bear "arms" shall not be infringed. "Arms" is a very broad term, deliberately used because they felt the citizenry necessarily must be on equal footing with the government when the need to resist tyranny arises. ... Stated simplistically, if the govern-

ment has howitzers, so, too, should the citizenry have howitzers. ...

Additionally, the founders and framers idea of "well-regulated" had nothing to do with government restrictions on gun ownership (hence the very clear declaration, "Shall Not Be Infringed," at the end of the 2A) or the government's ability to monitor gun owners, but instead had to do with a militia of civilians being well-trained and self-sufficient. (Recall that George Mason stated, "I ask, sir, what is the militia? It is the whole people except for a few public officials.") The 2A's purpose is to protect a free State from government tyranny. The gross misreading that government is supposed to regulate the Second Amendment is like suggesting a burglar ought to have the security code to one's home alarm system. It's ridiculous. ...

Aside from the government, if a violent armed criminal threatens me, my family, and my home, it stands to reason that I should have at my disposal the same level of defensive means that he/she/they has/have at their disposal for offensive means. (Don't think of flintlock muskets!) Targets of violent criminals are entitled to be on equal arms footing if they are to survive. Now that's "common sense!"

Paul Carlock
Fairfax Station

Local Scouts Receive National Honor Medal

Last summer, Boy Scouts of America (BSA) Sully District Troop 577 sent several Scouts and adult leaders on a high adventure trip to Northern Tier, just outside Ely, Minn. During the trip, the Scouts were divided into patrols which would trek and canoe through the Boundary Waters Canoe Area Wilderness (USA), Moose Lake, and the Quetico Provincial Park (Canada) with the help of a guide from the Charles L. Sommers Canoe Base Camp. The Base Camp near Ely has been offering these BSA high adventure camps since 1941. Unfortunately, Patrol D ran into some difficulties during their adventure.

On June 30, 2015 — the fifth day of their back country expedition — Patrol D left its campsite in three Kevlar canoes for a day trip. Because of the high rainfall during previous weeks, the waterfalls they were going to go observe turned into waterfalls they would soon experience firsthand. The guide led them too close to the top of Upper Basswood Falls and the entire patrol inadvertently went over the falls in their canoes with their day trip gear. One Kevlar canoe split in two going over the falls. Another canoe was damaged beyond repair.

While the guide suffered the most severe injuries, two of the boys had to be rescued from the water and everyone involved sustained cuts, bruises and various degrees of



From left: The Scouts of BSA Sully District Troop 577, Northern Tier Patrol D 2015 are James Conard, Garrett Lopes, Albert Pan, Chase Zimmermann, and Noah Desmond.

hypothermia and shock. The Boy Scouts used their first aid skills to patch themselves up and to keep warm after having been in the cold waters. With only one canoe remaining, they managed to get back to their

morning camp site to get the rest of their gear and first aid supplies. There was no way that nine of them could travel back to base camp with all their gear in one canoe, so the boys managed to contact the North-

ern Tier Base Camp and give their exact location so that they could be extracted. The rescue mission lasted most of the day.

Upon returning to Virginia, one of the boys' father's contacted the BSA National Court of Honor committee to tell them of the boys' actions during the rescue. Each Scout involved and all three of the parents who accompanied them had to write up a detailed account of what happened and then present their information to the committee. After an evaluation, the National Court of Honor awarded all five boys with national awards.

On Tuesday, June 21, nearly a year later, the following scouts of Patrol D were presented with the Honor Medal and the National Certificate of Merit for their actions during their Northern Tier trip last summer: James Conard, Noah Desmond, Garret Lopes, Albert Pan, and Chase Zimmermann. According to the BSA website, the Honor Medal is given to scouts who have demonstrated "unusual heroism and skill or resourcefulness in saving or attempting to save life at considerable risk to themselves." The National Certificate of Merit is given to Scouts who have "performed a significant act of service that is deserving of special national recognition." The adults who accompanied Patrol D last summer were Drew Conard, Eric Desmond, and Alex Lopes.

PHOTO BY ERIC DESMOND





GE APPLIANCES

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CONNECTION FAMILIES

Planning Memorable, Meaningful Family Vacations

Tips for turning summer trips into a lifetime of memories.

BY MARILYN CAMPBELL
THE CONNECTION

As summer gets underway, vacation-bound families are packing their bags and heading out of town. Vacations often fly by — months of planning and anticipating can be over in the blink of an eye. With a little advanced planning and forethought, however, even a quick weekend trip or a visit to relatives can become meaningful and memorable.

To begin with, give all family members an opportunity to be part of the travel planning. “Let kids have some input into what the plan is,” said Linda Gulyn, professor of Psychology at Marymount University in Arlington. “For instance, if you want to take them to the beach, let them choose something that they want to do at the beach, something that’s important to them. That creates a balance between each kid’s interests and the family’s interest.”

Allowing children to have a say in the plan sets the stage for a memorable vacation. “You can show them pictures in a guidebook of age-appropriate activities that you would be willing to do as well,” said Karen Prince, LCSW, a Bethesda, Maryland-based psychotherapist. “It’s important to give kids a voice because it’s their vacation, too.”

Indulging in some screen time on a fam-

ily vacation is fine, said Gulyn, as long as there is a balance between screen time and family time, and screen limits are set before the vacation begins.

“Try to be positive about it instead of punitive,” she said.

“Negotiate screen time and make it reasonable. Always get the kids’ input to reduce family stress. You don’t want the family vacation to be dominated by these issues if you can negotiate them ahead of time.”

Don’t rule out allowing a child’s friends to join the family vacation. “I think what happens as kids get into adolescence they want to form an identity outside the immediate family,” said Gulyn. “Including a friend is a nice balance because the family unit gets respected and the family gets to know and spend time with the friend.”

From family group shots to picturesque scenery of mountain tops and oceans, documenting a trip with photographs will help preserve your favorite memories. This is made easier with the ubiquity of smart phones and tablets, and the entire family can participate.

“Encourage kids to take pictures of the event on their phone as opposed to just messing around with it,” said Gulyn. “Social media is very picture oriented. If kids have the job of taking the family pictures, that’s cool.”

“You can give [children] an inexpensive camera that you get for \$10 at CVS,” said Prince. “That way they can capture memories as they go.”

Discuss expectations and hopes for the vacation so each family member can clarify



PHOTO CONTRIBUTED

Allowing children to choose age-appropriate activities from a travel guidebook is one way to include them in the vacation planning process.

his or her own interests and hear other family members’ ideas, and the family can set realistic plans that keep everyone’s needs in mind. “I’d recommend a wish list and perhaps agree everyone gets to have at least one wish fulfilled,” said Amy L. Best, Ph.D., professor and chair of the Department of Sociology and Anthropology at George Mason University.

Make a plan for mediating conflicts that are likely to arise in even the most easy-going families. “It’s easy to get bogged down in small conflicts that can cast a dark shadow,” said Best. “Doing some anticipatory work is a good idea.”

At the end of each day, take stock of how the vacation is going and make adjustments along the way as necessary, said Prince. “That way you don’t have the whole vacation go by and find out that the kids didn’t enjoy it,” she said. “There is often the expectation that a vacation is going to be nirvana the entire time and it doesn’t happen that way. Things come up unexpectedly and you adjust.”

“Family vacations are an opportunity to teach kids how to be part of a team and how to cooperate,” said Prince.

“Be prepared for activities that you enjoy but they don’t,” said child psychologist Stacie Isenberg, Psy.D., “If you love viewing art but your kids don’t, bring drawing pads and books to keep them occupied while you admire the artwork for just a little longer. Create challenges and games for them during less exciting outings, such as ‘I spy’ or scavenger hunts.”

It’s a good idea to create some family vacation rituals, advises Best. “If it’s a place you return to frequently, try some new things, but do the round of traditions,” she said. “This will strengthen kids’ attachments to the place and create lasting positive memories.”

Remember to schedule time for rest and food breaks. “Even the best travelers need some time to replenish themselves,” said Isenberg.

Continuing Education

FROM PAGE 8

fessions, information that we get from the Bureau of Labor and Statistics,” he said.

“We constantly review our programs to ensure the curriculum is current and prepares students to assume appropriate positions in the job market,” said Cathy Anderson, Ph.D., interim associate dean for Academic Programs and Services, School of Continuing and Professional Studies at the University of Virginia. “We recently updated our Leadership and Project Management curriculum based on research, market and competitive analysis.”

Universities strive to make their online classes accessible and relevant. For example, The University of Virginia’s School of Continuing and Professional Studies has academic centers in Falls Church. The George Washington University offers courses on campuses in Arlington, Alexandria and Ashburn, as well as more than 100 degree and certificate programs online.

“Online education remains an extremely high priority for both faculty and administration at GW,” said Geneva Henry, George Washington University’s dean of libraries and academic innovation who oversees the university’s online learning programs. “Because of the success of our current online

offerings, we will continue to grow our online courses as the demand from faculty and students is currently very high.”

Anderson said the university reviews the mode of delivery for its classes and programs to assess whether students’ needs are being met. “For example, we recently converted our accounting program to the online ... to allow us to reach a larger audience and provide more flexibility to current students,” she said.

Advances in technology and a desire to meet student requests have altered the way online classes are offered. “In the past, a lot of online courses were set up where there wasn’t a lot of interaction between students and teachers. We would put the content up and let students access it,” said Bodine. “We’ve moved away from that to let students engage with each other.”

Anderson said the University of Virginia’s School of Continuing and Professional Studies is launching a new graduate certificate in Health Sciences Management launches this fall. “We are also in the process of developing additional offerings in cyber security and data analytics,” she said. “We are also exploring the option of adding Master’s degree options in the area of some of our graduate certificate programs.”

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June 27, 2016



By KENNETH B. LOURIE

Not that this date, in and of itself, is particularly remarkable, but it is yet another monthly anniversary/reminder of the original February 27, 2009 date when I initially met with my oncologist who delivered the devastating news with which all of you regular readers are well-acquainted: stage IV, non-small cell lung cancer (NSCLC); inoperable, incurable, with a "13-month to two-year" prognosis. Yet here I sit and write still another "cancer column," as I call them, seven years and four months later. And who's to say – or know for that matter, if I am getting closer to the end or further from the beginning. As often as I take note of these anniversaries, as much as possible anyway, I try not to focus/obsess on my underlying reality, because living with cancer is bad enough; believing all the bad news associated with that reality is even worse.

My strategy, to the extent one would characterize what I do as a strategy, is to compartmentalize, not stress over things I can't control, live as "normal" – for me, anyway – a life as possible (no bucket list for me), embrace humor and positivity whenever/whenver, follow doctor's orders/be a "compliant" patient (do what I'm told, take the prescribed medications, show up for regular lab work, infusions, diagnostic scans and especially for all face-to-face appointments with my oncologist) and simultaneously remain open to non-Western anti-cancer alternatives – of which there are many; all the while attempting to jump-start/strengthen my body's own natural fighters: my immune system. (This is what Immunotherapy is all about.)

I can still remember my brother Richard's sentiment concerning my diagnosis/prognosis/treatment: try to stay alive until the next new protocol comes along/gets approved. And so I have. Science and medicine is hardly arithmetic. It's not static. It's dynamic. There are changes, revelations, discoveries, all the time. A prognosis which was certainly relevant at the time it was given can't possibly allow for/anticipate the inevitable progress to be gained from research, clinical trials, miscellaneous studies and patient success stories that filter through the medical pipeline. What's true and reasonable today is not necessarily as meaningful tomorrow. I have lived looking forward, never backward, embracing that hoped-for reality. It doesn't matter – to me, what's already happened. What matters to me is the future and the changes/new ideas (genetic testing and DNA profiling as an example) ever present. As Steve Miller wrote and sang in the title track from his 1969 "Brave New World" release: "We're driving fast from a dream of the past to the brave new world where nothing will last that comes from the past." I've loved this song for over 45 years. Now I know why.

So I look forward to tomorrow. I don't look back to yesterday. Nor do I believe science and medicine is looking backward, either. It's all about what happens next. And as I acknowledge June 27, 2016, I likewise prepare to acknowledge July 27, 2016 and beyond. Life is short enough on its own. It doesn't need any help from us. And I'm certainly not about to make any of these matters worse. Just because it started off bad doesn't mean it has to end up bad.

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

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SPORTS

Virginia Run Riptide

On a bright summer morning, the Virginia Run Riptide opened their 2016 summer swim season at the Dunn Loring Dolphin's pool in Vienna. The crowd was hoarse from yelling as the meet was tied through freestyle and backstroke, and while 67 personal bests were recorded by the Riptide swimmers, the Dolphins surfed the tide in breaststroke and fly going on to win the meet by 220 to 200.

Freestyle first places were earned by Charis Roundtree (8U G), Charles Beamon (9-10 B), Jason Cheifetz (11-12 B), Maddie Whitton (11-12 G), Anthony Arcomona (13-14 B) and Olympic trials bound Chloe Hicks (15-18 G). Second place point from Kevin O'Connor (8U B), Will Whitton (9-10 B), Nick McGrath (15-18 B) and third place points from Jack Jeffries (8U B), Neha Srinivasan (9-10 G), Emily Jon (11-12 G), Noah Schettini (13-14 B), Chelsea Nguyen (13-14 G), and Didi Pace (15-18 G) kept the meet tied at 45-45.

Backstroke events were exciting with six year old Nicholas Harris taking a first in the 8 and under boys.

The 9-10 boys Davis Collinsworth, William Whitton and Charles Beamon, the 11-12 girls Alana Turflinger, Caitlin Kelliher and Izzy Cogan and the 15-18 girls Chloe Hicks, Sarah Boyle, and Chanel Cogan swept their events. Carson Coughlin (8U G), Grace Ramey (9-10 G), Owen Thomas (11-12 B) and William Beamon (13-14 B) captured seconds, while Lauren Fitch (8U G), Natalie Orwat (9-10 G), Andrew Boyle (11-12 B), and Jack Liskey (13-14 B) secured third place.

Wins in the Breaststroke were hard to come by with Griffin Osterhout (9-10B), Alana Turflinger (11-12 G), Leo Want (15-18 B) and Mia Newkirk (15-18 G) winning their events. Jason Cheifetz (11-12 B), William Beamon (13-14 B), Patrick Kearney (15-18 B) swam for second and Jenna Van Buren (8U G), Jay Rennyson (9-10 B), Angela Thomson (9-10 G), Owen Thomas (11-12 B), Gabriella Borsato (11-12 B), Lack Liskey (13-14 B), Meghan Gary (13-14 B), and Meredith Matz (15-18 G) captured thirds.

First place swims in fly were captured by Charis Roundtree (8U G), Davis Collinsworth (9-10 B), Andrew Boyle (11-12 B), Maddie Whitton (11-12 G) and Anthony Arcomona (13-14 B). Nicholas Harris (8U B), Griffin Osterhout (9-10 B), and Mia Newkirk (15-18 G) swam to seconds while Valerie Tonnu (11-12 G), Louis Borsato (13-14 B), Becca Mathews (13-14 G), Patrick Kearney (15-18 B), and Didi Pace (15-18 G) swam to thirds.

As the meet moved into the relays the Dolphins has accumulated a 20-point lead.

The ebb and flow of the relay portion of the meet was frantic as the Dolphins would win a relay and the Riptide would answer by winning the next race. Since each team won six relay events the score differential remained 20 and the Dolphins secured their victory when their 15-18 Boys 200 Meter Medley out touched the Riptide by a mere 0.08 of a second.

The coaching staff of the Riptide is led by returning head coach Matt Lear. Emma Savino, a Case Western University marketing and English major who swam in NVSL from the age of 6, is the new assistant head coach.

Senior coaches are Geoffrey Eisenhart, Brook Guidash, Chloe Hicks, and Patrick Kearney and junior coaches Abby Borsato, Chanel Cogan, Luke Emanuel, Nick McGrath, Nia Newkirk, Didi Pace, Lauren Stovall and Leo Wang are back and ready to help the Riptide team of 211 young swimmers improve their skills.

The Riptide is especially proud of their senior coach Chloe Hicks who will be competing at the US Olympic Swimming Trials in Omaha on July 1. A special Riptide Rio Olympic Pep Rally Friday night will mark Chloe's participation and honor her accomplishments.



Chloe Hicks:
Riptide coach and qualifier for the US Olympic Swim Trials.



Sully Station 8-under Katherine McArthur during her winning 25-meter Breaststroke.

Sully Station SSTs

The weather on Saturday, June 25 was warm and sunny, which was topped off with a win of 222 to 198 by the Sully Station SSTs against Villa Aquatic.

The 8-under freestylers set the tone of the meet with first places by Luke Campet and Katherine McArthur. The team continued winning first place with Tyler Whitacre, James Kruk, Leah Mozeleski, and Collin Fiala taking over the freestyle section. In backstroke Sully continued getting better with 8-unders Harrison Brooks, Zayaan Mallik, Pena Marisela, and Charlotte McGonigle all getting new personal records. Matthew Zhang of the 13-14s not only received a personal best, but also a first place in his backstroke event. In the 15-18 boys backstroke, Collin Fiala and Dominic Huffman received 1st and 2nd place respectively. Sully Station SSTs also received a sweep of 1st, 2nd, and 3rd place in the 8 and under girls breaststroke. Eleven-year-old Jakob Huse swam up with the 13-14s, receiving a Personal Best in the event. The SSTs ended breaststroke strong with a 1st place in 15-18 boys by Matthew McPherson. In butterfly, the SSTs started off with Charlotte and Corianne McGonigle dropping 6 seconds each.

Going into relays, tensions began rising as both teams fought for the 5 points rewarded with each relay. It was a race for the points, with the SSTs winning 8-under boys, and Villa Aquatic winning girls. After Villa Aquatic won both 9-10 boys and girls, the SSTs won the 11-12 relays bringing it back to the previous point difference. The meet finished with Sully Station winning 13-14 boys and girls, and 15-18 boys.

Sully Station II Piranhas

The Sully Station II Piranhas welcomed the start of summer on June 25 with a Swim Wars theme. Swimmers showed up in rebel alliance gear ready for battle against the Frogs of Forest Hollow. Control of the Division 10 galaxy came down to the last relay, and despite some gutsy swims, the Piranhas fell to the dark side, 213-205.

The 13-14 boys and 15-18 girls were standouts across the board, with both age groups capturing all individual events as well as team relays. Double event winners Anthony Kang (freestyle and backstroke) and Colin Brown (breaststroke and butterfly) led the way for the boys. Their teammates completed a sweep in fly with Carson Saint Germain and Jacob Susko, and Brantley Cervarich also turned in two strong second place finishes.

Caitlin Campbell secured two wins for the girls in back and fly. She was joined in victory by teammates Karenna Hall in freestyle (30.84) and Georgia Stamper in breaststroke (38.77). Representing the 11-12 age group, Collin West (free and back) and Caroline Li (back and fly) turned in impressive performances with double victories. They cheered on teammates Angela Cai, Madison Stalfort, Dorothy Cervarich, and Gabriel Quitugua who all swam with heart and added points to the Piranha board. Newcomer Simon Campbell made a splash in his first SS2 meet with a victory in freestyle (38.51), joining AJ Sexton (20.98) as winners in that event. Individual victories were also added by Michael Jiang (36.61) and Hayley Norris (51.75) in breaststroke and Emerson Saint Germain (23.64) and Kellen Campbell (30.43) in butterfly. Outstanding swims were turned in by point scorers Jason Li, Harmon Saint Germain, Mark McLendon, Caden Seng, Zacchaeus Post, Elijah Post, Nick Jiang, Max Morris, Brody Campbell, Ella Ammons, Hannah Kang, Delaney Kennedy, Kelly Elson, Liliana Glancy, Ehma Stalfort, Isabella Ibrahim, and Cecilia Alquinta.

SS2 travels to Holmes Run for their next A meet on July 2.

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ONGOING

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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.

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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.

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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.

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

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MONDAY/JULY 4

July 4th in Paradise. 11 a.m.-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Special

events to celebrate the holiday for patrons. Free to attend. Visit www.paradisep Springswinery.com for more.

Independence Day at Sully. 1-3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Challenge your brain this Independence Day with political trivia, games and fun facts. The cost is \$7 for adults, \$6 for students, and \$5 for seniors and children, and a guided tour is included. Visit www.fairfaxcounty.gov/parks/sully-historic-site/.

TUESDAY/JULY 5

Chand Raat Mela. 7 p.m.-2 a.m. at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Chand Raat Mela is a traditional festivity that marks the end of fasting month of Ramadan. Tickets are \$5 for adults, free for children 10 and under. Visit www.dullesexpo.com 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 Gunnell 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 of every variety and numerous 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.

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