

JULY 13-19, 2016

25 CENTS NEWSSTAND PRICE

## 'You're the One that I Want'

Westfield  
Summer Stage  
presents  
"Grease."

BY BONNIE HOBBS  
CENTRE VIEW

**B**reak out the black leather jackets and poodle skirts — Westfield Summer Stage is presenting the musical, "Grease." It features a cast and crew of more than 80 students from middle and high schools across the county, including Westfield, Centreville, Chantilly and Fairfax high schools.

"I'm really impressed with the different kinds of talents this cast brings to the process, and I'm pleased with how well they work together," said Director Rachel Harrington. "A lot of kids auditioned, and I'm thoroughly happy about this group. Things are going great and we've got a lot of awesome musical numbers. It's a revamped, fun, campy and colorful version of 'Grease.'"

The show will burst upon the Westfield High stage Friday-Saturday, July 22-23, at 7:30 p.m.; Sunday, July 24, at 2 p.m.; and Friday-Saturday, July 29-30, at 7:30 p.m. Seating is reserved; tickets are \$12 via [www.westfieldtheatreboosters.com](http://www.westfieldtheatreboosters.com) and with a valid student ID, or \$15 at the door.

It's 1959, and the students at Rydell High are pumped up about the new school year. Cool guy Danny Zuko and new student Sandy Dumbrowski return from a summer romance, but run headlong into high-school peer pressure that derails their budding feelings for each other.

Harrington designed the sets, with the scenes taking place in and around the school, at friends' homes and at a diner where the teens hang out. There's even a jukebox with working lights. Calling it a "fun show for the whole family," she said the song-and-dance numbers are real standouts.

"Laura Walsh conducts a live, 10-piece, pit band, and our choreographers, Nora Winsler and Karin Hoelzl, created high-energy, visually amazing dances which the audience is sure to enjoy," said Harrington. "In addition, Music Director Melanie Robison and Assistant Music Director Jonathan Blank have worked with the kids to help them hone their vocal skills — and it's really paid off."



**T-Birds and Pink Ladies: Standing, from left, are Becca Gustafson, Khalied Bashri, Molly Van Trees, Adam LeKang, Rachel Cahoon, John Henry Stamper and Ruby Tippl. In front are David Johnson and Morgan Perigard as Eugene and Patty.**

Harrington, herself, acted at Westfield and is now its new theater director, replacing Susie Pike, who retired July 1. "Westfield Summer Stage was beneficial to me as a teenager, and it's carried over into my career," said Harrington. "So it obviously impacts the actors." As for "Grease," she said, "The audience is sure to leave the show singing the songs and remembering the characters and all the fun they had."

Chantilly High rising senior Adam LeKang plays Danny. "He has two personalities," said LeKang. "With Sandy, he shows compassion and tenderness and really comes out of his shell. But in public, he's cool. In high school, he fits in with his crowd and tries to keep up the persona of a big, tough, nonchalant guy in front of his friends."

LeKang's having fun with his part. "I've been in 'Grease' before, with Alliance Theatre, so it's really cool to come back to a show I loved and be able to play an even bigger role," he said. "Everyone knows Danny, Sandy and 'Grease,' and it's great to play a character I've known all my life."

His favorite number is "Hand Jive" because "it's challenging choreography, and it'll excite the

SEE 'YOU'RE THE, PAGE 2

## Four Arrested at McKenna Protest

Racial justice group calls for Sheriff Kincaid to fire deputies.

BY TIM PETERSON  
CENTRE VIEW

**F**our protesters were arrested Monday morning at a protest outside the Fairfax Courthouse over the February 2015 in-custody death of Alexandria resident Natasha McKenna.

The demonstration, which was organized by the Northern Virginia Chapter of the national organization Showing Up for Racial Justice (SURJ), began around 8 a.m. and included around 20 protesters.

It coincided with members from SURJ delivering a petition to Fairfax County Sheriff Stacey Kincaid demanding she fire the deputies who handled McKenna's extraction from the jail, which resulted in her death.

McKenna, who was 37 at her death, was diagnosed with mental illness in her youth. As deputies attempted to prepare her for transport to the Alexandria jail, they forced her to the ground, then restrained her limbs in a chair and eventually covered her head with a spit hood. One deputy used a taser on McKenna four times over the course of the incident. McKenna lost consciousness and was transported to Inova Fairfax Hospital where she later died.

Cat Clark of Alexandria, an activist and organizer with SURJ, said the petition was delivered, but not acknowledged by Kincaid's office. Because of the petition's reception, Clark said the demonstrators decided to spread across Chain Bridge Road from the Courthouse to draw more attention.

The Sheriff's office did not respond to requests for comment on the petition prior to going to print.

"When a naked woman who is mentally ill is shackled to a chair, bag over face, basically tased to death and there are no repercussions of any kind," Clark said, "people need to speak up, hold her name in the light, stand up for her."

Commonwealth's Attorney Raymond Morrogh completed an investigation of the incident and concluded there were no grounds for criminal charges. The Sheriff's office has completed its own administrative investigation but has not said whether any of the deputies faced discipline.

SEE FOUR ARRESTED, PAGE 5



PHOTO COURTESY OF  
SHOWING UP FOR RACIAL JUSTICE

**Police warned the protesters they would be arrested if they didn't leave the street, spokesperson Sgt. Natalie Hinesley said.**

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# 'You're the One that I Want'

FROM PAGE 1

crowd because it's also a dance competition." Since this show's comprised of teenagers playing teenagers, said LeKang, "It'll be believable for the audience. These are real-life scenarios and situations for teens. 'Grease' is fun and has the catchy songs and funny characters that everyone knows."

Fairfax High grad Rachel Cahoon portrays Sandy. "She's naïve, sweet and romantic and hopelessly in love with Danny," said Cahoon. "She's really nice and looks for the good in everyone. The Pink Ladies [girls' clique] aren't always nice to her, but she still tries to fit in. And she eventually changes into a more confident person so she can be with Danny."

Cahoon enjoys "switching between Sandy's two sides because it happens fast," she said. "And I like her songs, including 'Summer Nights,' which is upbeat, and 'Hopelessly in Love,' a ballad. So it's a fun challenge to sing songs so different from each other, in multiple styles, throughout the show."

She especially likes "You're the One that I Want" because "it's after Sandy changes into someone sexy and confident, so that's fun for me," she explained. "And everyone knows that song, so it's fun to end the show on such a huge, upbeat number."

Cahoon said the audience will love this musical's singing and dancing. "Much of the choreography is difficult, but everyone's working hard to give 110 percent of their energy during the large, group numbers," she said. "You can feel it coming off the stage. And the songs are really iconic, so everyone will be able to tap their feet or sing along with them. And it's more fun to see a show when you know the songs."

Playing Rizzo, the Pink Ladies' leader, is Westfield rising junior Molly Van Trees. "She's tough and kind of a bully, used to getting what she wants," said Van Trees. "She's fun-loving and does what she wants, no matter what anyone else says. But under the façade, she really does care what people think about her. It bothers her that people don't like her, but she's not going to let them know."

Van Trees likes her part because she's unlike Rizzo and "it's cool to play such an iconic role from an iconic show; it's an honor to try and do it justice." Her favorite number is "We Go Together" because "It's high energy and is fun to sing and dance to it. It involves most of the cast and is the big number at the end of act one."

She said the choreography's intense, but fun to watch, and the actors love doing it. "Everyone's giving their all to make this a fun, collaborative show,"

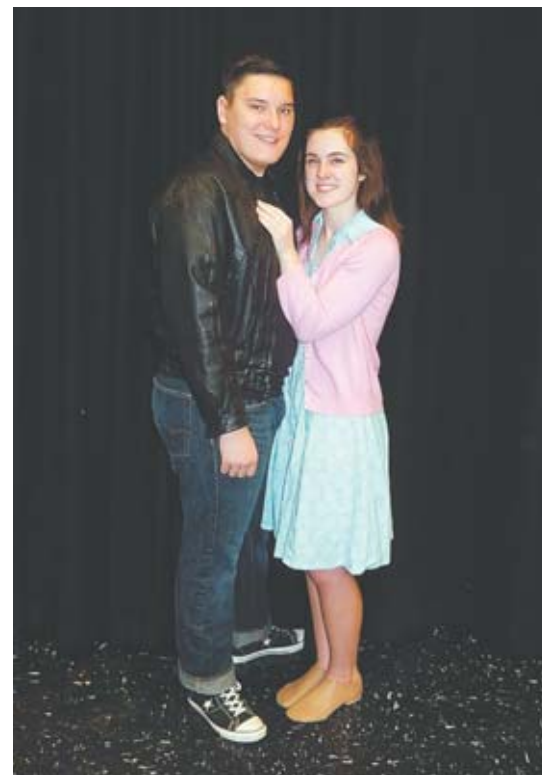


PHOTO BY BONNIE HOBBS/THE CONNECTION

Adam LeKang and Rachel Cahoon portray Danny and Sandy.

said Van Trees. "And I think that'll translate to the audience and they'll have as good a time as we are."

Westfield graduate Morgan Perigard portrays Patty Simcox. "She's head cheerleader, student council vice president and is in love with Danny," said Perigard. "She's energetic and spirited and always knows what's going on in the school; she's involved in everyone else's lives."

Perigard loves playing Simcox because "she's loud and different from me, so it's cool to unlock the annoying side. She's also in lots of dance numbers and has a cool presence onstage and in the high school." Perigard especially likes the song, "Summer Nights," because "it has cute choreography and introduces Danny and Sandy's relationship. Also, Patty and her posse of cheerleaders and student council members sing and dance in that number."

Overall, she said, "People will enjoy all the songs they love from both the movie and musical versions of 'Grease.' There are fun production-numbers and a big ensemble, and it's just a real, feel-good musical."

There'll be a box in the lobby for canned-food donations to Western Fairfax Christian Ministries (WFCM).

## BULLETIN BOARD

Email announcements to [centreview@connectionnewspapers.com](mailto: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.

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](mailto:nvso1982@gmail.com) for more. To volunteer, call 703-403-5360.

with other projects and the daily operations of the Center. RSVP to Wynne Tysdal at [volunteer@centrevillerc.org](mailto:volunteer@centrevillerc.org). Visit [www.centrevillerc.org](http://www.centrevillerc.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](http://www.jccag.org).

### 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

### 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



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# Rocky Run Presents iWitness to History

Learning about the past from those who lived it.

BY BONNIE HOBBS  
CENTRE VIEW

**B**efore Rocky Run Middle seventh-graders headed off for summer, they traveled back to the past via their school's "World War II Oral History Day." And this year's event, the 15<sup>th</sup> annual, even had a new name, "iWitness to History Day."

Spearheaded by history teacher Jamie Sawatzky, the June 9 extravaganza featured more than 130 eyewitnesses to some of the most important moments in U.S. history. When it first began, it focused on just one war. But over time, it grew to include veterans from the conflicts in Korea, Vietnam, Afghanistan and Iraq, as well as those who were at the Pentagon on 9/11.

They gave more than 250 group interviews to the students. Rocky Run also hosted seven, large-group presentations to more than 1,200 students and community members in the school theater. Among those sharing their stories were WW II veterans, plus civilians who were living in eight different countries then, including two Holocaust survivors and people forced to live in Japanese internment camps in America.

Another guest was Robert Shumaker, who



**Air Force veteran Robert McConnell tells about the surveillance missions he flew in Vietnam.**

served 36 years with the Navy, most notably in Vietnam, where his F-8 aircraft was shot down over Northern Vietnam in 1965. He spent the next eight years as a prisoner of war and coined the term, "Hanoi Hilton."

Others included Chris Lovejoy, a Bosnian and Iraq wars veteran and a pilot of Marine One, the helicopter that flies the president; Les Kinsolving, who marched with Civil Rights leader Martin Luther King Jr.; Glen Bayless, who attended King's "I Have

A Dream Speech;" and Stuart Finley and Clayton Powell, who helped desegregate Virginia's schools.

Col. Jim Velezis (ret.) served 30 years in the Army as a combat engineer, from 1963-93. He did two tours each in Germany and Vietnam and one tour in Korea. "We built roads, bridges, airfields and fighting positions — and destroyed the same things belonging to the enemy," he said. "I commanded the largest engineer brigade in the



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

**Guest Linda Bernson and granddaughter Eryn Cohen.**

Army."

At Rocky Run for the first time, Velezis said, "They're doing a wonderful thing, especially for the young kids, because we sit and talk to them. It's important because we end up reliving history; and normally, we don't pass on the impact and real, true meaning of this country's heritage to the younger generation. The real meaning of service to the country isn't transmitted to them, but this program conveys that."

Retired Army Col. James Riffe was a col-

SEE HISTORY, PAGE 4

## Making History Come to Life for Students

BY BONNIE HOBBS  
CENTRE VIEW

**F**or Andrew Dilworth, Rocky Run's "iWitness to History Day" came full circle. "I went to this program as a student here," he said. "I'm a substitute teacher at Rocky Run this year and I was hired full-time as an eighth-grade civics teacher for the coming year."

During the June 9 event, he made sure the interviews in the school library ran smoothly. He's also a big fan of the annual history program.

"It allows kids who don't engage in class as well to really get involved," said Dilworth. "And for all students, it's an awesome experience because they get to see what they've learned about. For example, when you hear from the guys who actually fought in WW II or any war, you get that tangible connection to it."

"The kids see them, hear their words and look at their photos, letters and memorabilia," he continued. "And nobody else does this as comprehensively as we do. This is way better than just reading about history in a book. Instead,

they hear about it from people who were actually there."

Seventh-grader Trosodas Davenport was one of the students who interviewed the guests. "It's really awesome to learn what their experience was," said Trosodas. "It's important to pass on this knowledge to younger generations to know what we did to get here. And it's really cool to meet the people who were in the events we read about in history."

Likewise, the event also made a big impression on classmate Aliza Hayes. She was especially moved by the recollections of Nesse Godin, born into a Jewish family in Lithuania. She was a prisoner of the Nazis from ages 13-17, surviving four labor camps and a death march.

"The Holocaust has never seemed real to me before," said Aliza. "It's hard to imagine something like that happening, even after reading about it in a textbook. But after hearing Nesse Godin speak, it was more real to me — and it shocked me. So it's important for Rocky Run to hold this history event so we can learn from our mistakes, in various wars and throughout history, so these things never happen again."



PHOTO BY BONNIE HOBBS/CENTRE VIEW

**Paul Wilkinson, who flew B-29 missions in the Korean War, is among many guests speaking to students in Rocky Run's media center.**



## ROUNDUPS

### 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 21, 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.

### Softball Umpires Needed

The Northern Virginia Softball Umpires Association is seeking individuals interested in becoming certified umpires for high school and recreational fast pitch softball in the Northern Virginia area. Complete training is provided with in a flexible schedule. For the fall season, training will begin in late August. For more information contact Bob Angeli at [president@nvsua.org](mailto:president@nvsua.org), 703-599-0016, or [www.nvsua.org](http://www.nvsua.org).

### Volunteer Drivers Are Needed

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, go to [www.fairfaxcounty.gov/olderadults](http://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](mailto: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](mailto:director@centrevillelrc.org).

## NEWS



Guest Theda Parrish was interviewed by (from left) Nitish Sreeram, Muhurto Rahman, Kevin Wang and Pratam Gavaravarapu.

PHOTOS BY BONNIE HOBBS/  
CENTRE VIEW

## Presenting iWitness to History

FROM PAGE 3

lege student in North Carolina when the Japanese bombed Pearl Harbor on Dec. 7, 1941. He registered for the draft in February 1942 and, that July, entered the Army as a private. Since he'd attended two years of ROTC and Citizens' Military Training Camp, he was promoted to staff sergeant by December.

He then attended Officers Candidate School and was commissioned a second lieutenant. In 1944, he was sent to the Pacific island of Espiritos Santos with the 27<sup>th</sup> Infantry Division and went to Okinawa as a first lieutenant. He was an infantry platoon leader and company commander, an intelligence officer and a plans-and-operations officer.

"As a platoon leader, I had 35 men, ages 18-19," said Riffe. "Seven got killed and 10 of them plus me got wounded. So what I remember most was my men. I remember standing next to someone who got killed and feeling the bullets whizzing by my head — and those memories are still as fresh to me today as they were in 1945."

As for Rocky Run's history event, he said, "I wish it were expanded throughout all the schools in Virginia and the country. It's important because, the more our young people learn about the wars, the tragedies, the loss and the [human] cost, the greater our efforts will be to avoid war."

Also there was Linda Bernson, 76, whose granddaughter, Eryn Cohen, attends Rocky Run. "This is a wonderful program because the kids are being taught to be interested in history," said Bernson. "And we see that, as much as things have changed, they're still the same — what teens are thinking and feeling and the issues they deal with."

"I lived through the Cuban Missile Crisis and was at Cape Canaveral during the rocket launches — which the kids were unimpressed with because it's something they're used to seeing," she said. "And when I told them that, when I went to college, I wasn't allowed to take a business course because I was a woman, they couldn't relate to that. They also didn't understand why it's so historic that a woman will be a presidential nominee."

However, said Bernson, "They wanted to know my reactions to 9/11. They also wanted my advice to them, so I said, 'Put down your machines and listen.'"

A press aide in Vietnam, Theda Parrish worked for the U.S. Public Affairs office in Saigon from 1966-68, doing a daily briefing for the press corps. "I was working in Washington with the Voice of America and they needed volunteers to go to Vietnam," she said. "We had no electric typewriters or computers; we did everything by hand."



From left are retired Army Colonels James Riffe and Jim Velezis

Vietnamese citizens worked in her office, too. "They told us, 'For 3,000 years, people have invaded our country and forced us to do things we didn't want to do. So we're used to it and we know you'll only be here for a year,'" said Parrish. "But being in Vietnam was life-changing; after that, everything seemed kind of trivial. The Tet Offensive, when the embassy was being attacked, was near my home and I was afraid."

She said Americans remember that war much differently than do the Vietnamese. "We lost 58,000 people, and our wounded got good medical care," she said. "But the Vietnamese didn't have the modern, medical technology that we did, so they lost a million people. And when we said 'collateral damage' because a bomb or something else went wrong, we didn't understand that, to the Vietnamese, it meant the deaths of women, children and old people."

Rocky Run's "iWitness to History" event is significant, said Parrish, because "If you don't study history, you're doomed to repeat it — and it seems like every generation does repeat it. And with an all-volunteer Army — and Congress not having to serve in the military — it's easy to send other people's kids to battle, but not your own. So I believe everybody should have to serve the country some way, in the Peace Corps, military, as a teacher, etc., so everyone has a stake in their country."

She told the students they should learn about history so they could someday be in Congress and "make the decisions about going to war or spending more money on peace. I now work with the severely wounded at Walter Reed [hospital], finding them jobs. Some make it and some commit suicide due to post-traumatic stress. They may not have been physically hit by an IED, but their brain has. The constant deployments and exposure to war have damaged them. So maybe you guys can help stop this."



# Four Arrested at Protest

FROM PAGE 1

Demonstrators chanted and held signs reading “Black Lives Matter,” “Justice for Natasha McKenna” and “You promised you wouldn’t kill me” (which McKenna can be heard saying on a video Kincaid released of the extraction incident).

City of Fairfax Police responded to the incident, as demonstrators in the roadway were illegally obstructing the free passage of others, a city ordinance.

Police warned the protesters they would be arrested if they didn’t leave the street, spokesperson Sgt. Natalie Hinesley said. All but four made their way to the sidewalk. Those that remained were arrested.

Hinesley said the four were taken before the a magistrate immediately and were subsequently released under their own recognizance.

A statement from SURJ said Brendan Orsinger, 34, was one of the four arrested for remaining in the street. “Our silence perpetuates violence,” the statement attributes to him. “Too often we take our privilege and walk away from tough conversations. I don’t want to be complicit in oppression anymore.”

The July 11 protest represented one of seven SURJ chapters around the United States taking nonviolent



PHOTO COURTESY OF SHOWING UP FOR RACIAL JUSTICE

**City of Fairfax Police responded to the incident, as demonstrators in the roadway were illegally obstructing the free passage of others, a city ordinance.**

actions calling for changes in policing on the same day.

An administrative investigation took place within the Sheriff’s Office to determine whether policies had been upheld or violated and if any disciplinary action should occur. The Sheriff’s office wouldn’t comment on results of the administrative investigation: whether any of the deputies had been disciplined in any way, whether any policies had been changed in response.

Following the incident, Kincaid did suspend the use of tasers in the jail.

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# OPINION

## Be Part of Our Annual Community Guide

### Share tips in upcoming Newcomers and Community Guides.

**T**he Connection's annual Newcomers and Community Guides will publish Aug. 24 with a deadline of Aug. 17.

A bevy of interns, plus staff writers and editors, are preparing this year's 15 individual editions, but we need help from our readers.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your

neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites?

What tips do you have for someone getting to know the community?

#### EDITORIAL

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along

with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, information on how to vote and more.

See last year's community guides by going to [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Newcomers.

Email tips and photos to [chantilly@connectionnewspapers.com](mailto:chantilly@connectionnewspapers.com) or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/>.

Send in your Insider's Tips by Wednesday, Aug. 17.

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#### LETTERS TO THE EDITOR

### Support WFCM In Its Move

To the Editor:

*An open letter to the community.*

It is with great excitement that I am writing to announce that WFCM will be moving to our new location on Aug. 1.

We have had a great three years at our current location on Metrotech Drive, but we are delighted to move to a bigger, more flexible space that will better serve our clients. As of Aug. 1, our new address will be 4511 Daly Drive, Suite J, Chantilly, VA 20151. This is just a mile and a half from our current location.

Our last day of service at our current location will be Thursday, July 28. We will reopen at our new location on Monday, Aug. 8. We will do everything we can to meet the needs of our clients before and after our move, so that everyone gets assisted.

Thank you for your support and prayers during this important time in the life of WFCM.

Staying true to our mission, we are working to create a community where everyone is housed and fed and experiences God's love. With better conference room and office space, we will have greater opportunity for financial counseling and budgeting classes.

We will be able to provide more comfortable space for our Pathways to Success program, which helps clients by providing them with financial aid and budget training, along with an accountability partner and mentor.

Our new location will also provide separate and more accessible pantry space, so we can better serve clients with all kinds of needs.

Clients like Helen (name changed for privacy), who says of WFCM, "This place is like my right arm in my life. It motivates me to go on." After working for 23 years as supervisor seamstress, Helen lost her job when the company closed. WFCM provided emergency utility and mortgage assistance so she could keep her home. Now Helen is working again as a seamstress, but makes less than half her previous income.

Cheerfully, Helen affirms, "People are amazed that I am able to support myself and my daughter in college at Virginia Tech. I am thankful for my health, my job and the food

assistance from WFCM — all of which allow me to care for my family."

At this time of positive transition, Helen and other clients need your support more than ever. Please consider making a designated gift to help us cover the cost of our move.

Please make your donation payable to Western Fairfax Christian Ministries, write "relocation" on the memo line, and send it to: WFCMPO, Box 220802 Chantilly, VA 20153.

Thank you for being prayer warriors for us, and for giving generously as you are able. "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope." — Jeremiah 29:11

Peace be with you.

**Rebecca Hanson Kolowé**

Diaconal Minister

Executive Director

Western Fairfax Christian Ministries

### Action on CO2 Emissions

To the Editor:

Gov. Terry McAuliffe's stand on current environment issues seems to have been getting tough criticism throughout his first two years as governor.

In the state of Virginia there are high amounts of carbon emissions and it is important that we get rid of it all. Result of burning fossil fuels was first noted during the Indus-

trial Revolution. Since then the United States has been increasing CO2 emissions by 10 ppm every five years for 50 years after the Industrial Revolution.

Deforestation occurs very frequently in Virginia, forests are cut down to make the push for new development. The main issue with deforestation is that for every tree that gets cut down, it emits lots CO2.

In the Chantilly area, there have been numerous federal declared disasters within five years. This past winter a blizzard dumped up to 3 feet of snow within 24 hours. In 2010 there was a drought that occurred and rainfall in the summer declined by .50 millimeters per day. The following fall season there were more days of intense rainfall.

In the Norfolk area, dangerous storm surges and sea level rise has occurred frequently within the past decade. These changes have affected the lives of the citizens that live along the Hampton Roads area. People that live alongside the Hampton Road area now pay a large amount of money for flood insurance and business have lost about 25 percent of profit due to these unexpected sea levels and sudden flooding. As climate change keeps occurring that will only make the situation worse for the area. The mayor in Norfolk has proposed a solution to lower carbon emissions. This program encourages those who can cheaply cut down on their emissions to do so while also adjusting their industries to cut down on pollution.

**Jose Orellana**  
Chantilly

### Write

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

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Email announcements to [centreview@connectionnewspapers.com](mailto: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.

## 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](http://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](http://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 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](http://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.fairfaxjubilaers.org](http://www.fairfaxjubilaers.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](http://www.wineryatbullrun.com) for a full schedule.

## 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](http://www.lostdogrescue.org) for more.

**Adopt a Dog.** Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit [hart90.org](http://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](http://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](http://www.lostdogrescue.org) for more.

## THURSDAY/JULY 14

**The Uncle Devin Show.** 10:30-11:15 a.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Journey through the land of percussion as you hear and play different instruments. Free. Visit [www.fairfaxcounty.gov/library/branches/ch](http://www.fairfaxcounty.gov/library/branches/ch) or call 703-502-3883.

**Civil War Lecture.** 7-9 p.m. at Centreville Regional Library, 14200

St. Germain Drive, Centreville. Ed Bears discusses "Battle of 1st Manassas." Free. Visit [www.fairfaxcounty.gov/library/branches/ce](http://www.fairfaxcounty.gov/library/branches/ce) or call 703-830-2223.

## 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](http://www.wineryatbullrun.com) for more.

## 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](http://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](http://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.thebigfleaemarket.com](http://www.thebigfleaemarket.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](http://www.fairfax-station.org).

## MONDAY/JULY 25

**Rhythmaya.** 10:30-11:15 a.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Indian dance and music. Free. Visit [www.fairfaxcounty.gov/library/branches/ce](http://www.fairfaxcounty.gov/library/branches/ce) or call 703-830-2223.

## 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](http://www.westfieldtheatreboosters.com).

## WEDNESDAY/JULY 27

**Balloon Sculpting.** 2-3 p.m. at Centreville Regional Library, 14200

St. Germain Drive, Centreville. Learn the art of balloon twisting. Free. Visit [www.fairfaxcounty.gov/library/branches/ce](http://www.fairfaxcounty.gov/library/branches/ce) or call 703-830-2223.

## 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](http://www.novaparks.com/parks/bull-run-regional-park).

**Soul in Motion.** 2:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Enjoy West African drumming, song and dance. Free. Visit [www.fairfaxcounty.gov/library/branches/ch](http://www.fairfaxcounty.gov/library/branches/ch) or call 703-502-3883.

## 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](http://www.fairfax-station.org).

## MONDAY/AUG. 1

**"Sports Heroes: A to Z."** 2:30-3:15 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Bright Star Theatre presents great American athletes in a live theatrical event. Free. Visit [www.fairfaxcounty.gov/library/branches/ce](http://www.fairfaxcounty.gov/library/branches/ce) or call 703-830-2223.

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# Bright White

White kitchens are a trend with staying power.

BY MARILYN CAMPBELL  
CENTRE VIEW

**T**he clean, crisp look of a white kitchen has staying power and versatility, according to the National Kitchen and Bath Association. The organization reports that white cabinetry is the top choice for 67 percent of its members. In fact, the percentage of homeowners requesting white kitchens has increased by 20 percent over the past two years.

The trend is also apparent locally, said designers. When a family of five returned to the Washington, D.C. area after spending 30 years in the U.S. Foreign Service, they settled into their home in Bethesda, a 1960 brick Dutch colonial that they purchased in 1986. They decided to give the home a makeover because, after being a rental for many years, it felt dated and dingy. The family felt that the kitchen was old, dark and closed-off from the living room. They needed a larger space to accommodate their family of five.

The homeowners knew they wanted the new kitchen space to be free flowing and light-filled. They also wanted to incorporate some of their existing furniture, such as an antique table and chairs.

Designed by Bruce Wentworth of Wentworth Inc., the new kitchen is sunny



PHOTO BY STACY ZARIN GOLDBERG

**White cabinetry is contrasted against dark wood in this Centreville kitchen by Case Design Build, Inc.**

and spacious. It includes white cabinetry and an island with dark gray granite countertops. A large stainless sink, dishwasher, pull-out trash and bookcase for cookbooks make the island functional. Facing the dining room is a shallow cabinet with mullioned glass doors.

Granite tops the counters in the remain-

der of the kitchen and white cabinetry houses a sub-zero refrigerator, microwave drawer, small prep sink and a gas range with a stainless steel range hood. "Wall cabinets with clear glass mullioned cabinet doors [give] visual depth and make space feel larger," said Wentworth.

When the owners of an Arlington home decided to update their dark and dated kitchen, they opened the space to the living and dining rooms and added natural lighting and white cabinetry. The result was a room with a crisp and airy aesthetic. The new, open concept allows the homeowners to better interact with family and friends.

"Prior to the remodel, the kitchen was essentially closed off to the rest of the home," said April Case Underwood of Case Design/Remodeling. "I think the grouping of materials the client selected with us are unique, definitely not cookie-cutter, and these make the space really interesting," Underwood said.

Among the fixtures, accessories and materials used are Caesarstone countertops, a marble and granite backsplash and reclaimed shelving, provided by homeowners, which, "made the kitchen look more unique and gave it an eclectic feel," said Underwood.

"I think in general the perfect combination of the various materials, from smooth and glossy to rough and textured, is simple but interesting and shows beautifully," said Underwood.

A large picture window overlooking an expansive backyard is the focal point of a white kitchen in Falls Church. When the homeowners decided to renovate and expand the space, they enlisted the help of designer Keira St. Claire of Anthony Wilder Design Build, Inc. The project included adding additional space to the back of the house



PHOTO BY STACY ZARIN GOLDBERG

**Natural lighting and white cabinetry helped transform this kitchen, by Case Design Build, Inc. into light and airy space.**

and removing a wall between the kitchen and the dining room.

"Although we opened up the wall between the kitchen and dining room, one challenge was maintaining a distinction between the two spaces, which was important to the client," said St. Claire. "In order to create a feeling of separation, while preserving the sense of openness ... [we designed] a custom glass cabinet piece, which is accessible from both rooms," said St. Claire.

The new unit gives the homeowners extra storage and a place to display their crystal. Sunlight from the new picture window in the kitchen reflects off the crystal stemware and refracts, causing both rooms to glisten with radiant, natural light.

White cabinetry was contrasted against dark wood as part of a kitchen renovation in Centreville. While

the basic layout of the kitchen remained the same, the space, which was designed by Allie Mann of Case Design Build, Inc., was brightened with white cabinetry, a built-in pantry and a custom cherry wood island. "The white kitchen is classic and timeless," said Mann. "It can work with most color accent palettes."

A cramped and dark Potomac, Maryland, kitchen was lightened, brightened and redesigned to give the home's owners a connection to their natural surroundings, which included a landscaped yard created for outdoor entertaining.

The kitchen was designed by Jim Rill of Rill Architects who added a working island around which the family can gather and prepare meals. He described the new look as a, "simple clean design with subtle elegance." "

We added functional space with lots of windows and a place for everything, so kitchen could be cleaned up and used an entertaining area," Rill said.

The family wanted a white kitchen, he said, because it, "creates a great backdrop for art and accentuates the exterior colors of spring, winter and fall."

**"The white kitchen is classic and timeless. It can work with most color accent palettes."**

— Allie Mann, Case Design Build, Inc.



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# SPORTS

## Faircrest Cyclones Swim into First Season

Area's newest swim team embraces its community's diversity.

BY AARON LUNDMARK  
CENTRE VIEW

**T**he newest swim team in the area, the Faircrest Cyclones, located between Fairfax, Chantilly, Clifton and Centreville, is gathering a large following of parents and members in its first season. The founder and creator of the swim team is Michelle Wu, who passionately wanted to benefit her community in a positive way.

"My community has been around for about 12 years and is one of the last communities in Fairfax County," said Wu. "We knew we had an underused pool in the area and we wanted to make the best use of it to benefit the community."

The swim team prides itself on its diversity. Wu says they have all kinds of cultural backgrounds, including Indian, Korean, Chinese, and South American on their swim team. Primarily, the ages of the youths range from 5-17 years old.

"We went through many challenges," said Wu. "One of those challenges was handling diversity. This is a very diverse community, so getting as many people involved as we have is great."

It wasn't easy getting the team started. It took Wu and other team board members,



**Coach John Kim**

Lisa Lee and Ravi Vellore, to go door to door recruiting members to come swim.

"There hasn't been a new team in Fairfax County in 20 years or so," said Wu. "So you can imagine the challenge it took for us to get people involved."

The team struggled to obtain any funding from the community. There just weren't enough people volunteering to help out with the start of this swim team.

Wu reached out to sponsors and started to gain some traction and luckily many of those sponsors agreed to help out. Now, there are more than 80 swimmers who are a part of the team, and Wu said that almost every single parent has signed up to volunteer and help at some point.

Wu was motivated to help out the community and the children in it, but once she was able to get more people to join and help out, it only added more fuel to her desire to help.

"What motivated me to form a team for



**Swimmers at their first meet: Justin Chong, Lauren Eng, Alexandria Medina, Ayden Wu, Alex Lee and Abhinav Sankuratri**

the community is to offer our children an opportunity to experience what other communities have been entitled to all along," said Wu. "Summer swim team has been a long-standing tradition for most communities in the northern Virginia area."

The head coach of the team, John Kim, who has coached swimming for six years now, has nothing but praise for how the team was assembled.

"We've progressed heavily throughout this season," said Kim. "[Wu] was so interested and motivated to start this team. In all my time spent around swimming, I've never seen a team rep that has ever cared for their swimmers as much as she does."

Their mission is simple: to strengthen their community and enrich lives through healthy and active lifestyles.

The Cyclones are starting out in a lower league, but down the road into the future, anything can happen.

"In the next five years or so we could grow into a team with 200 plus swimmers and move up a league," said Kim. "I'm excited to see how this team can grow."

The Cyclones are part of the Herndon Swim League along with nine other community swim teams.

Teams practice usually every morning and then they compete once a week, usually on Saturdays.

If the competitors gain the qualifying time needed, they get invited to compete at the All-League meet which will be held on July 23 at Four Seasons at 7:30 a.m.

As hard as everyone has worked to get to this point, the local homeowners association hasn't deemed it part of the community yet, which officially restricts the team from being recognized by the HOA.

"This is a benefit to the community and I hope this will have people realize it," said Wu.

But that fact hasn't stopped community members from reaching out and getting involved with it. The Faircrest Cyclones couldn't be happier helping out the community.

"I love watching the swimmers," said Kim. "You know getting to see them swim across the pool without help for the first time or seeing an older swimmer drop a second off their time is something special to me."

For more information on how to get involved, people are encouraged to visit [www.swimfaircrest.com](http://www.swimfaircrest.com) or email [info@swimfaircrest.com](mailto:info@swimfaircrest.com).

### SWIMMING

## Piranhas Face Country Club Hills

The Sully Station II Piranhas battled Country Club Hills in the third meet of the season on July 9.

Swimmers cheered on teammates throughout the morning and gave a valiant effort in the blazing sunshine before ultimately falling, 241-179.

The 13-14 and 15-18 girls once again led the way with dominating performances across the board. Double event winners Faith Alston (freestyle and backstroke) and Delaney Kennedy (breaststroke and butterfly) captured two victories each and points were added by teammates Liliana Glancy and Kelly Elson. Eighteen-year old Caitlin Campbell was a standout, bringing home wins in back (33.69) and fly (33.71). She was joined in victory by teammate Karenn Hall in free (30.35) and Georgia Stamper in breaststroke (38.95), and points were also tallied by Carly Logan.

The team's littlest hands and feet, 8&U boys and girls, also had noteworthy swims. Double event winner Ehma Stalfort placed first in backstroke (24.41) and butterfly (22.32) and Jason Li won breaststroke in 26.38. Points were added by AJ Sexton, Payton Susko, Alyssa Seng, and Emily



PHOTOS CONTRIBUTED

**13-14 girls continued their dominance in the pool for SS2. From left are Liliana Glancy, Kelly Elson, Delaney Kennedy, Faith Alston, and Isabella Ibrahim.**

Hammond.

Two more Piranhas captured two individual victories: 11-year old Collin West in freestyle (32.56) and fly (38.73), and 11-year old Angela Cai in free (31.45) and breaststroke (40.20). Teammate Caroline Li brought home the win in fly (36.34) and strong swims were also turned in by age group teammates Gabriel Quitugua, Dorothy Cervarich and Madison Stalfort.

The 15-18 boys demonstrated speed and depth with excellent races in individual events and relays. Twins Jack Jiang (27.53)

and Nick Jiang (28.08) completed a 1-2 punch in freestyle and were joined on the leader board by brother Michael Jiang in breaststroke (36.19). Kellen Campbell brought home two second place finishes in competitive races in backstroke (31.02) and fly (30.69). His brother Brody Campbell notched points in back (34.57) and breaststroke (37.85). The boys combined their talents to cruise to an easy 14-second victory in the medley relay.

All Piranhas gave terrific effort in the pool. Nine-year old Alyssa Norris showed a lot of

heart by competing up two age divisions in the 13-14 backstroke. Top 3 finishes were turned in by Simon Campbell, Hannah Kang, Isaiah Quitugua, Caden Seng, Hayley Norris, Anthony Kang, Mary Campbell, Colin Brown, and Cecilia Alquinta. Swimmers worked together to win five of 12 relays and never gave up until the final whistle of the morning.

SS2 has a busy week ahead with the Division 10 Relay Carnival on Wednesday, July 13 and the final home A meet of the season on Saturday, July 16 against Sleepy Hollow.



**9-10 girls turned in another solid effort for the Piranhas. From left are Alyssa Norris, Hannah Kang, Summer Franconeri, Lilly Wilson, Cecilia Alquinta, and Hayley Norris.**



# Penchant for Pills



By KENNETH B. LOURIE

If I have done anything consistently well in my seven-plus years of being a cancer patient, it is to have ingested upwards of 50 pills or so every day. For all I know (and of course, I know very little), the presumptive benefits of these various pills might actually have had a positive effect and extended my life. Or perhaps, it has merely been a placebo-type effect. I think (certainly hope) they should be positively affecting me, so they are.

Swallowing 50 pills a day is not a hardship – for me. In fact, I know of some cancer patients who take hundreds of pills per day (and some protocols that require it). In addition, there are still others who take coffee enemas, spend time in oxygen chambers and saunas, immerse themselves in Epsom salt baths, get infused with massive doses of vitamin C, use essential oils (Frankincense as an example); grow, blend and then drink their own wheat grass; and on and on and on. All in an attempt to stabilize and/or kill the cancer cells.

Am I living proof that what I am doing is working (keeping the cancer cells from growing/moving)? Impossible to say. However, it doesn't seem to be hurting; I will admit to that. But given the fact that the FDA (Food and Drug Administration) doesn't research/analyze/corroborate/dispute the alleged benefits of non-prescription supplements, I may actually be winging and praying my way through life. No matter. I'm happy to live with the consequences of my actions. Quite frankly, it would be naive to think that if I took no action I'd experience similar results. In the cancer-patient world, wishing and hoping likely doesn't make it so. Being proactive, at least for me, has been a path of least resistance. Doing nothing would have been giving in to the disease, which I have no intention of doing. Ergo, to keep my pill inventory fully stocked, I either mail-order them or shop locally. I try to reorder/buy so that I never miss a dose. But if I do, I try not to stress over it. I figure the years-long effort I've made has built up enough pill-equity in my body that it will barely notice a day or two without dandelion root, beta glucons or my newest pill: Chinese wormwood (as but a few examples).

I guess one could characterize my philosophy as mind over matter. I don't mind not knowing – definitively, whether or not any of what I'm doing is helping. Unfortunately, there are very few guarantees in cancer treatment. But so far, according to my quarterly CT scans, semi-annual PET scans and yearly MRI, I see no reason to change horses whether I'm mid-stream or struggling to reach dry land. At this juncture, I seem to have found a balance between what I'm capable of doing and what I'm not capable of, and am not worried about what I'm not doing/have not done. Given my nature and personality, I can only do what I can do. And early on in my cancer experience, I realized my limitations and decided to not beat myself up emotionally over tasks I couldn't complete or strategies I couldn't employ. Moreover, there's a certain amount of control one has to cede to your new reality as well as some you need to maintain – for your own sanity.

Speaking of which, Albert Einstein is alleged to have said: "Doing the same thing over and over again but expecting different results is the definition of insanity." Well, call me crazy if you want but I am happy to continue doing the same thing over and over again and expect similar results.

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

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# SPORTS



PHOTOS CONTRIBUTED

**15-18 Relay Record Setters: G. Eisenhart, L. Wang, P. Kearney, and N. McGrath.**

## Riptide Passed by the Cruisers

**O**n a hot, humid July morning, the Virginia Run Riptide traveled to Fairfax Station for their third NVSL Division 4 meet of the season.

While the Crosspointe Cruisers had the home pool advantage and bested the Tide 230 to 190, the Super-hero theme for the day was amply demonstrated by the Riptide who had 45 best times and five new team records: Anthony Arcomona (13-14 free and fly), Nick McGrath (15-18 free ), Chloe Hicks (15-18 free), and the 15-18 boys medley relay team of Geoffrey Eisenhart, Leo Wang, Patrick Kearney, and Nick McGrath.

Swimming to first places in freestyle were Charis Roundtree (8U G), Charles Beamon (9-10 B), Maddie Whitton (11-12 G), Anthony Arcomona (13-14 B), Nick McGrath (15-18 B), and Chloe Hicks (15-18G). Second place finished by Kevin O'Connor (8U B), Davis Collinsworth (9-10 B) and Jason Chaifetz (11-12 B) and third place points from Becca Mathews (13-14 G), Patrick Kearney (15-18 B) and Sarah Boyle (15-18 G) helped to keep the meet close.

Backstroke wins were few with William Whitton (9-10 B) and Chloe Hicks (15-18 G) taking firsts, Nicholas Harris (8U B), Charles Beamon (9-10 B), Owen Thomas (11-12 B), and Alana Turflinger (11-12 G), placing second and Caitlin Kelliher (11-12 G), William Beamon (13-14 B), and Sarah Boyle (15-18 G) swimming to third.

Kevin O'Connor (8U G), William Beamon (13-14 B), Leo Wang (15-18 B), and Mia Newkirk (15-18 G) won their breaststroke events. Jenna Van Buren (8U G), Griffin Osterhout (9-10 B), Owen Thomas (11-12 B), Alana Turflinger (11-12 G), Megan Gary (13-14 G), and Nick McGrath (15-18 B)



**A. Arcomona flies to new team record.**

swam for seconds, while Cooper Hutt (8U B), Logan Dahm (9-10 B), Angela Thompson (9-10 G), Jason Chaifetz (11-12 B), Gabriella Borsato (11-12 G), David Barron (13-14 B) and Abby Borsato (15-18 G) captured thirds.

The Riptide asserted themselves in butterfly with Nicholas Harris (8U B), Charis Roundtree (8U G), Davis Collinsworth (9-10B), Maddie Whitton (11-12 G), Anthony Arcomona (13-14 B), and Mia Newkirk (15-18 G) swimming to firsts. Griffin Osterhout (9-10 B) and Patrick Kearney (15-18 B) placed second and Tyler Dahm (8U B), Caroline Friess (8U G), Caty Gunn (13-14 G), Leo Wang (15-18 B), and Didi Pace (15-18 G) collected third place points.

The Relay portion of the meet was dramatic with the Riptide swimming strong and winning 7 races with the highlights being the undefeated 9-10 medley relay of William Whitton, Griffin Osterhout, Davis Collinsworth, and Charles Beamon, the undefeated boys 13-14 medley relay of William Beamon, David Barron, Anthony Arcomona, and Noah Schettini, and the new 15-18 medley record holders Geoffrey Eisenhart, Leo Wang, Patrick Kearney, and Nick McGrath.

A busy week awaits the Riptide as they prepare for a developmental meet vs Greenbriar, the Divisional Relay Carnival and Splashdown Water Park Field Trip.

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## SPORTS

# Two State Championship Rings

BY WILL PALENSCAR  
CENTRE VIEW

**J**ust days before the end of the 2015-16 school year, Westfield High School juniors Sean Eckert, Rehman Johnson and seniors Cole Huling, Hank Johnson and Tyler Scanlon gathered for a photo with basketball head coach Doug Ewell and football head coach Kyle Simmons.

The five student athletes played on the Virginia State 6A champion football and basketball teams at Westfield. This was only the second time in the history of Virginia that a high school won state championships in both football and basketball in the same season. They defeated Oscar Smith High School in both.

The athletes' schedules haven't slowed much. The juniors left for a combo camp, and the seniors hurried off to do a walk-through for their high school commencement which was the following morning.

How will this impact future student athletes both at Westfield and in Fairfax County?

"At Westfield we have set the bar extremely high," Johnson said. "With Coach Simmons, and Coach Ewell and all the coaches in place at Westfield, all future students at Westfield have the opportunity to compete for, and eventually become cham-

pions."

Scanlon added, "I think that this year raised the bar for not only Westfield, but for Fairfax County football and basketball in general. Westfield has long had a 'tradition of excellence' and the students there understand that success is expected, as it comes along with the hard work and dedication put forth by the student-athletes there. The rest of the county is now challenged to emulate our achievements, and being complacent coming in second to a tidewater team shouldn't be accepted."

Huling also added, "I think there is a high standard for success now in this area. A lot of state championships were won this year and this drives the athletes to work harder and want to be better so they can match what the class of 2016 has accomplished."

When Johnson, one of the three seniors, was asked which was the most difficult championship to win, he replied, "Both were difficult in their own ways. Football we had so many different setbacks, from our suspensions to our best player (Jack Clancy) being out for the year, we had to re-find ourselves time and time again. At some point I wasn't sure if we could pull it off, that we had been through too much and we had dug ourselves a hole we weren't gonna come out of. In basketball, right before the regional playoffs started, Blake and Tyler, our two best players, were very, very



**Westfield High School juniors Sean Eckert, Rehman Johnson and seniors Cole Huling, Hank Johnson and Tyler Scanlon with their two state championship rings along with basketball head coach Doug Ewell and football head coach Kyle Simmons. The five student athletes played on the Virginia State 6A champion football and basketball teams at Westfield.**

ill and weren't themselves in the opening round. Players had to step up, I had to step up, and, of course, we lost to Battlefield — which crushed us emotionally. I really felt like we had packed it in. But just like football, we found ourselves in ways I would never have imagined. Both seasons were so incredibly draining in so many different ways, and there were so many times I doubted if we could pull it off. I'd give the edge to football. It seemed like every week there was something else that could potentially hinder our success."

Eckert added, "I've learned that you accomplish as much as you put in. The countless hours and green days of preseason work is the foundation to our success and just like in life the amount of work you do will often reflect your success."

Huling will continue his education at East Carolina in the fall and Hank Johnson will attend Radford University and Scanlon will attend Boston University.

Both Rehman Johnson and Eckert look to add to their Westfield championships in the fall.



**The Centreville High School PTSA All Night Grad Party Committee would like to thank ALL of the corporate sponsors and parent and student volunteers for their help in making the 2016 CVHS All Night Grad Party such a success!**



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