

Centreville ♦ Little Rocky Run CENTRE VIEW

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MARCH 29 - APRIL 4, 2017

25 CENTS NEWSSTAND PRICE



SYA lacrosse player Tatum Bulger holds check for \$21,000 raised by 4th Annual Lax 4 a Cause for the non-profit organization, Special Love.

Lax 4 a Cause Delivers

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Lax 4 a Cause Delivers \$22,000

SYA, CYA combine effort to raise funds for nonprofit organization Special Love.

BY ASHLEY CLAIRE SIMPSON
CENTRE VIEW

Last year, SYA lacrosse player Tatum Bulger was diagnosed with Ewing Sarcoma, a rare form of cancer that affects children and young adults. Now, at 11 years old and in sixth grade at Virginia Run Elementary School, Bulger said she feels “awesome” in the face of a shrinking tumor and plans to cheer on her lacrosse team at their regular weekly practices in Centreville.

Already, Bulger has used her personal battle with cancer to benefit the greater good. As a member of the SYA lacrosse community, Bulger and her father recommended that this year’s 4th Annual Lax 4 a Cause, a spring charity event held by the SYA and CYA lacrosse associations, benefit the nonprofit organization, Special Love. Special Love provides support and resources to children in the Mid-Atlantic with cancer and their families.

“I started playing lacrosse when I was in first grade,” Bulger said. “Lax 4 a Cause this year was so cool because, I went to Camp Fantastic last year, a sleep-away camp that Special Love organizes. My dad is on the committee board for SYA, and he saw how happy I was when I came back from Camp Fantastic. It is such a great cause. It was just so cool and it was my first sleepaway camp. I definitely made a lot of life-long friends, and the experience made a difference in my life.”

Lax 4 a Cause is a pre-season tournament between CYA and SYA lacrosse teams that takes place at Centreville High School every spring, the weekend before the official season starts. In the weeks leading up to the tournament, every youth who plays on a CYA or SYA lacrosse team raises money for a chosen charity.

The first two years, all event proceeds went to the Wounded Warrior Project. Last year’s Lax 4 a Cause benefitted the Fisher House Foundation. The 2017 Lax 4 a Cause, held on Saturday, March 18, raised \$22,000 for Special Love. It was a record year.



SYA lacrosse player Tatum Bulger receives a custom-made lacrosse stick.

“We were really looking for something close to home, because we’d like it to stay local,” SYA Lacrosse Commissioner Damien La Ruffa said. “When Tatum asked us to donate the proceeds of our event to Special Love this year, we couldn’t think of a better way to honor her. She’s one heck of a kid, really inspirational. At the end of the day, when we totaled everything after the event, it came to \$22,000. This is the most we’ve ever given. We blew out our goal of \$20,000 by 10 percent, and everyone was really excited.”

Lax 4 a Cause began in 2014, when Scott Stewart, the vice commissioner of SYA Lacrosse, approached LaRuffa with the idea, inspired by a charity tournament that he himself had played in with the commissioner of CYA lacrosse, Chris Saben.

“Together, the three of us brainstormed the idea for SYA,” LaRuffa said. “The first year, in 2014, was such a success that it’s become an annual event. It’s a kickoff to the lacrosse season, every year, a week before the playing season starts. It’s a great way to get the kinks worked out, and do it

for a great cause.”

Lax 4 a Cause lasts all day, during which each SYA team plays its CYA counterpart. Each game, including one for the coaches to face off, are about an hour long. Even though there is a scoreboard, points accumulated in each game aren’t that important.

“We play all of our boys’ teams against their boys’ teams, and all of our girls’ teams plays against their girls’ teams,” LaRuffa said. “We do a scrimmage-like tournament, and everyone gets to play. We don’t really keep track of scores, just who wins more games throughout the course of the day. SYA was the overall winner this year, but it’s all in good fun. The playing of lacrosse is really the icing on the cake.”

Because of the volume of SYA and CYA lacrosse players, a little bit raised by each person goes a long way.

“Our goal is that each kid raises about \$100, and we have 600 kids playing lacrosse between both our organizations,” LaRuffa said. “The kids raise money through family and friends, bake sales, or even going door-to-door.”

The lacrosse kids as well as the surrounding community get excited about raising the funds leading up to the big day.

“All the money the kids raise goes to the charity, and we use corporate sponsors to offset some of the costs of putting on the event,” he said. “We have a lot of vendors and sponsors that donate prizes. We reward the top three boys and the top three girls, as well as the team that raises the most money, so all the kids get excited to fundraise. The lacrosse community is pretty tight, and it’s pretty amazing what our two organizations have been able to accomplish over the last four years. After next year, we will have surpassed more than \$100,000 of charitable donations. It’s all through grassroots efforts. This year, our players got really excited about it because they were helping one of their own.”

The winning team raised \$2,919, and the top two individual fundraisers each raised close to \$1,000.

“One of the big stories was Tatum,” Stewart said. “She was the first place fundraiser among the girls and was touched when I told her that a lot of SYA players pledged their fundraising in her name.”

Bulger was honored by this kind of support, and is still in awe of the turnout.

“It feels really cool, because if you had told me a year ago that I was going to help donate a lot of money to an awesome organization, I wouldn’t have believed it,” she said.

Stewart said that March 18 couldn’t have been a better day for the event, with perfect weather and plenty of entertainment even when youths weren’t on the field.

“Every single team participated, and it’s a whole day of lacrosse and other kinds of fun,” Stewart said. “Glory Days came out with a prize spin wheel. There were all kinds of sponsors that made it possible for the kids to come and run around and watch lacrosse games all day. It was free and open to the public, so all the families could come out and enjoy themselves, too.”

Halfway through the event, at noon on
SEE LAX 4 A CAUSE. PAGE 11

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State Championship for Chantilly High Theater

Director's original play takes top honors at VHSL competition.

BY BONNIE HOBBS

For 17 years, Shannon Khatcheressian played second fiddle to Chantilly High Theater Director Ed Monk. But she was just as involved as he in the school's theater program and productions.

Monk retired last summer; and now, in her first year at the helm, she's proven every bit as talented and capable as him. Underscoring that point, on March 4, her students won the VHSL (Virginia High School League) One-Act Play Competition in Charlottesville to bring home the state championship.

"We were absolutely thrilled," said Khatcheressian. "It had been such a great day of theater — and to end it on such a high note by winning first place really put a beautiful bow on the package."

Actually, Chantilly's victory was the culmination of other outstanding performances along the way. The local thespians took first place over seven other schools at District level and came in second to Fairfax High in Regionals, with both schools advancing to states. There, they vied against the top two regional winners from southern Virginia.

And when the acting was done and the stage lights went out, Chantilly was declared the winner — with an original play written by Khatcheressian. Called "A Moment," it was a dramedy following three people after their deaths. One man died in his 30s; another, in his late 40s; and a woman died in her mid-20s. The play examined what each would have done differently, the day they died and throughout their lives, had they known they would die so young.

"For example, one man talks about how he would have kissed his wife before leaving home, even though he was rushing out the door," said Khatcheressian. "Another person reflected on what he would have said to loved ones and wished he'd told them how grateful he was for everything they did for him."

The show had a 21-person cast and a crew of seven, and the Chantilly students captured three out of the four acting awards presented. Adam LeKang was named Out-



PHOTOS COURTESY OF SHANNON KHATCHERESSIAN

Director Shannon Khatcheressian (front row, far left) and her Chantilly High theater students are all smiles after winning the VHSL theater championship.

standing Actor, and both Adrianna Castillo and Maria Benincasa received Outstanding Actress honors. The other award for top actor went to a Fairfax High student.

"All four Outstanding Actor awards for the state went to FCPS students, which was really cool," said Khatcheressian. "It speaks highly of the level of talent and commitment that we have within our theater programs here in Fairfax County."

Regarding her expectations for Chantilly before the event, she said, "I was just thrilled at the opportunity to see these students go to the state competition because they'd worked so hard. They so beautifully brought to life a piece of work that I wrote that I was so proud of them, no matter what the result was going to be."

Khatcheressian said the judges were "very kind in their remarks" about her play and recommended she publish it. "They commented on how it made the audience re-



From left: Adam LeKang, Maria Benincasa and Jack David perform a scene from the play, "A Moment."

flect on never taking anything for granted because you never know when your last day will come," she said. "But yet, we mixed in so much comedy into such a dark subject that the judges gave us kudos on that, as

well."

Planning to take the judges' advice, she said, "I'm excited to submit it as my first published play, along with the children's play, 'Imagine If,' that I wrote a few years ago."

All in all, said Khatcheressian, having her students perform a piece she wrote was "a wonderful learning process for all of us, in that they were flexible with the changes I made to the show throughout the rehearsal process to get the script finalized." And, she added, "The judges also noted how polished the ensemble was — because it really was an ensemble piece. The students were such a cohesive unit that they intertwined beautifully and understood the other actors' rhythms. They played off each other wonderfully to tell the story."

Next on tap for Chantilly is the musical, "How to Succeed in Business without Really Trying." It'll take the stage May 3-6.

'Another Way to Make a Difference'

Sully District Police Station's commander enjoys helping others.

BY BONNIE HOBBS

Capt. Dean Lay has only been the commander of the Sully District Police Station for six months, but he's been a member of the Fairfax County Police Department for nearly 24

years. And before that, he served in the military.

Originally from Currituck County, N.C., he joined the Air Force at age 19. He was with a K-9 unit guarding Presidents Bush and Clinton, spending two years assigned to Air Force One. He also served three years



BONNIE HOBBS

Police Capt. Dean Lay at his desk at the Sully District Station.

in narcotics detection.

Then in 1993, he applied to the Police Department here. "My dad, a Vietnam veteran, was in the Navy," said Lay. "So after having moved so much, growing up in the military, I wanted to plant my feet somewhere." He also married and became the father of three boys and two girls, now ages 3-22.

His first assignment was as a patrol of

SEE FROM COMMANDER'S, PAGE 5



Babe Ruth Award winners John Pyzdrowski and Bill Dowd (not pictured Mark Kaczmarek); also pictured are the SYA Executive Board Members and Commissioner Brian Seeley.



Cheerleading Award winners Maggie Carmichael, Janinne Dawson, and Virginia Anderson; also pictured are the SYA Executive Board members and Commissioner Tammy McCarron.



Volleyball Award Winners Charles Orth (not pictured Jack Skym and Douglas Middleton); also pictured are the SYA Executive Board members and Commissioner Nick Kokulis.



Wrestling Award Winners Scott Brubaker (not pictured John Douglas and Keith Sholders); also pictured are the SYA Executive Board members and Commissioner Ken Brown.

Southwestern Youth Association Honors Volunteers

The Southwestern Youth Association (SYA) held its annual Volunteer of the Year Awards Casino Night at the Chantilly National Golf and Country Club on MARCH 4. The Executive Board of Directors presented awards to the 2016 volunteers of the year. SYA honored the volunteers from all of its sports for their commitment and service to the youth in the area.



Damien LaRuffa, Lacrosse Commissioner, received the SYA Executive Board of Director's Award, presented by SYA President, Gary Flather, for his Outstanding Service.



SYA Board of Directors, pictured bottom row, Jeff Stein, Vice President and Soccer Commissioner; Bob Woodruff, Little League Commissioner; Tammy McCarron, Cheerleading Commissioner; Damien LaRuffa, Lacrosse Commissioner; and Alonzo Davis, Track & Field Commissioner; top row, Gary Flather, President; Nick Kokulis, Volleyball Commissioner; Bryan Hunt, Treasurer; Brian Seeley, Babe Ruth Commissioner; Will Pickett, Legal Council; Shashana Courtney, Softball Commissioner; and Ken Brown, Wrestling Commissioner (not pictured Pete Cuomo, Secretary; Dave Scanlon, Basketball Commissioner; Starr Karl, Field Hockey Commissioner; Tom Healy, Football Commissioner; and Rob Lymburner, Rugby Commissioner).



Football Award winner Rob Estabrooke (not pictured Jason Mullins and Ted Diacumis); also pictured are the SYA Executive Board members (not pictured Commissioner, Tom Healy).



Lacrosse Award winners Dave Katzen and Mike Fitch (not pictured Michael Norusis); also pictured are the SYA Executive Board members and Commissioner Damien LaRuffa.



Little League Award winners Todd Ruckert, Ben Lorigo and Dennis Pluchinsky (not pictured Scott Bowers); also pictured are the SYA Executive Board members and Commissioner, Bob Woodruff.



Rugby Award winners Susie Hoopes and Pam Martin (not pictured Kathryn Raymond); also pictured are the SYA Executive Board members (not pictured Commissioner, Rob Lymburner).



Basketball Award winner Kevin Susko (not pictured Kristi Purdy and Jon Shields); also pictured are the SYA Executive Board Members (not pictured Commissioner, Dave Scanlon).



Soccer Award winners Kim Mysinger and Jeff Manuel (not pictured Dave Kwieraga); also pictured are the SYA Executive Board members and Commissioner Jeff Stein.



Softball Award winners Edric Carreon and Joe Huber (not pictured Dione Neely); also pictured are the SYA Executive Board members and Commissioner Shashana Courtney.



Track and Field Award winners (not pictured Anthony McGhee, Sr., Nick Ron and Bradley Smith); pictured are the SYA Executive Board members and Commissioner Alonzo Davis.

From Commander's Perspective

FROM PAGE 3

ficer at the Franconia District Station. He then worked fraud and forgery cases with a shopping-center unit. He was also in the Civil Disturbance Unit and was one of the first coordinators of the Police Department's newly formed Gang Investigations Unit.

Lay made detective in 1997. "We worked out of police headquarters in the Massey Building, and it took special techniques and talents to work with the gangs," he said. "Then I went to the Federal Law Enforcement Training Center in New Mexico to learn Spanish to work with the victims of gang violence. And many times, the victims were the gang members, so we made a lot of progress."

In 2002, Lay was promoted to sergeant, assigned to the West Springfield station and then to Franconia again. His career then took another twist. "The federal prosecutor for the Eastern District of Virginia called and asked for me to be assigned to a Public Corruption, Labor Fraud and Immigration Fraud task force," he said. "It was based on one of the cases I'd been working on as part of the gang unit."

"It was rare for them to allow a sergeant to continue working on that case at a higher level on a federal task force," said Lay. "I worked on this case and on a political-asylum case involving human trafficking, along with other federal agencies. They ended up becoming huge cases."

Afterward, in 2005, he was appointed to the National Capital Regional Intelligence Center in Northern Virginia. He described it as a "fusion center" where various federal, state and local jurisdictions shared information to prevent crime.

"I was the supervisor on any cases that could affect public safety, including terrorism," said Lay. "We had lots of interesting cases; I was part of the national effort to combat terrorism and organized crime, and I worked with the FBI and the Department of Homeland Security."

Promoted to second lieutenant in 2006, he then became director of that center, now called the Northern Virginia Regional Intelligence Center, until October 2011. "As rewarding as that was, I wanted to get back to my police roots — because that's the career I signed up for," he said.

From 2011-13, Lay was back at Franconia as that station's bike team and patrol supervisor. "I also managed the Assault Task Force," he added. "Men were assaulting women and running, and people were afraid to go out — and we stopped that."

Next, in 2013, he was promoted to first lieutenant and served as a police liaison commander at the McConnell Public Safety and Transportation Operations Center in Fairfax. As such, he was the liaison between the fire and police departments, Office of Emergency Management, state police and the emergency call-takers.

Then, surprise — Lay returned once more to Franconia in 2014; but this time, he was the station's assistant commander. After just a year, he was promoted to captain and was sent to the Office of the Chief, Planning and Research Bureau. There he commanded the



PHOTO BY BONNIE HOBBS

Police Capt. Dean Lay has received many honors during his career.

Crime Analysis, Intelligence and Crime Prevention programs.

And after county Board of Supervisors Chairman Sharon Bulova established the Communities of Trust Committee in December 2014, Lay worked on it with her, committee Chairman Shirley Ginwright and Police Chief Ed Roessler. The diverse group focuses on strengthening bonds and building positive relationships between public-safety agencies and the communities they serve.

Lay planned Public Safety Days, where residents and police would gather informally to play games and get to know each other as people. He also researched the best practices for the Police Department to follow.

Then in September 2016, he came to the Sully District Station as its new commander. He replaced Capt. Bob Blakley, who became commander of the Police Department's Traffic Division.

"I like serving people and the officers; I enjoy it," said Lay. "As a kid, I volunteered to help children with disabilities. And as an adult, I helped construct an orphanage in Zambia, Africa, with a church group. My kids also helped build a school in Haiti. So for me, being here [at Sully] is another way to make a difference and to give back."

And with 107 officers to cover 70 square miles, Lay said working at this station is never routine. He's also happy to be there. "The citizens are outstanding; they're the reason this community is such a great one," he said. "They're very supportive and thank us for jobs well done, whenever we're out and about." And knowing that this area is home to diverse residents from all walks of life and socio-economic statuses, he believes it's important for police to do all they can to establish trust in the community.

With larceny from vehicles being the district's most-frequent offense, Lay would like to strengthen the station's Neighborhood Patrol Unit and community-outreach efforts. "And I want the officers to feel like they're part of the community," he said. "For example, they should introduce themselves to business owners and residents."

As for him, he's going to start attending homeowners' association meetings. Basically, said Lay, "I want to come to the community, let people hear from the Police Department and listen to people's concerns."



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Expand Medicaid Now

Virginia has missed out on \$10 billion, 30,000 jobs and care for 400,000 citizens.

Virginia's General Assembly has refused to accept one of the key provisions of the Affordable Care Act, expansion of Medicaid at almost no cost to Virginia that could have covered 400,000 uninsured Virginians and would have brought more than \$10 billion into the state. It has also cost lives.

Ironically, the failed bill to "repeal and replace" the Affordable Care Act included changes to Medicaid that would have penalized states, like Virginia, that did not expand Medicaid, permanently reducing federal funding.

On Monday, Gov. Terry McAuliffe proposed a budget amendment restoring his authority

to pursue planning for Medicaid expansion in the wake of the failed repeal effort in Congress.

Kansas and North Carolina are taking steps this week to expand Medicaid, hoping to join the 31 other states plus the District of Columbia that have already done so.

More than 140,000 residents of Fairfax County have no health insurance. More than 40,000 residents of Arlington and Alexandria have no health insurance. That's more than 12 percent of the people who live in one of the wealthiest areas in the nation.

A Harvard Medical School study determined that the decision by 25 states to reject the expansion of Medicaid coverage under the Affordable Care Act would result in between 7,115 and 17,104 more deaths than had all states opted in. In Virginia, the number of deaths due to failure to expand Medicaid: between 266 and 987.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation or education.

In Virginia, 102,000 uninsured people with

a mental illness or substance use disorder could qualify for coverage if Medicaid were expanded under the Affordable Care Act.

As Virginia and the rest of the nation wrestles with heroin and opioid addiction, expanding Medicaid would allow for expanding treatment programs. One of the big obstacles to helping people who are fighting addiction is the availability of treatment when it is most needed.

"The time has come for us to bring our taxpayer dollars back to serve the individuals who need them the most," said McAuliffe. "With this amendment, I'm asking the General Assembly to work with me to pursue Medicaid expansion and put this funding to work for our most vulnerable Virginians."

Primaries for candidates for the House of Delegates plus governor, lieutenant governor and attorney general are in June, with all seats on the ballot in November. An important question as voters choose: What is their position on Medicaid expansion? How did incumbents vote?

— MARY KIMM

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LETTERS TO THE EDITOR

School Libraries Empower Students

To the Editor

April is School Library Month and this year's theme is "Because School Libraries Empower Students." Unfortunately, a large percentage of parents, school administrators, and other community members are unaware of the vital role that school libraries play in students' education, or the resources that they have to offer.

As certified teachers, school librarians empower students every day through information literacy instruction, book talks, author visits, and collaboration with teachers. School libraries are transforming from quiet storehouses of knowledge into vibrant digital centers where students are able to not only access information, but create it. 3D printers, legos, iPads, knitting centers, games and so much more are being infused into curriculum instruction and used to challenge students to creatively develop projects with real world applications.

Although the potential for student learning and empowerment in the school library is limitless, many decision makers have yet to realize the potential and necessity of a fully involved and well-funded school library program. For it is the

school librarians who will help lead students as they step into the information age and it is the school library where students will explore their passions, engage their creativity, and hone their critical thinking skills.

Anna Gerhart
Centreville

Celebrate School Library Month

To the Editor:

Maya Angelou once said, "Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him." Very few things in life are as empowering as reading. Whether "reading" the pictures of a book or reading the text itself, as a first grade teacher and future librarian, I have seen this empowerment first hand.

Promoting a lifelong love of reading is something I am passionate about; so I am writing to inform your readers about School Library Month, which takes place annually every April. Andy Weir, author of "The Martian," is this year's spokesperson. If you have read his book and/or seen the movie by the same name, you know that the main character, Mark Watney, "epitomizes creativity and perseverance" (AASL President A. Church, 2017). In much

the same way, school libraries "empower students to be critical thinkers, enthusiastic readers, skillful researchers, and ethical users of information." (American Association of School Librarians, 2009). This year's theme, "Because School Libraries Empower Students," embraces the mission of the school library program.

The school library is the heart of the school where students, staff, and community members are welcome to gather in a friendly space to access information in traditional print and multimedia non-print formats. The school library provides students a variety of re-

sources that reflect the multicultural community from which they come and the diverse interests they enjoy. The school library empowers students to discover, think, and inquire about the world around them through reading.

As Frederick Douglass once said, "Once you learn to read, you will be forever free." Please join me and School Librarians around country as we celebrate School Library Month.

Leslie A. Dunbar
First Grade Teacher,
Bull Run Elementary

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

DEADLINE APRIL 1

Civil War Research scholarship to a public or private high school senior who resides in Fairfax, Fairfax City, Prince William County, Manassas City, or Manassas Park from the Bull Run Civil War Roundtable in Centreville. Visit <http://bullruncwrt.org> for more.

SUNDAY/APRIL 2

Kick Off National Crime Victims' Rights Week. 4:30 p.m. check in begins at the Fairfax Corner Shopping Center, 4100 Monument Corner Drive, Fairfax. Join the

Fairfax County Police Departments Victim Services Section on Sunday, April 2, 2017 to help launch the 2017 National Crime Victims' Rights Week (April 2-8), with the 5th Annual 5K Walk and Crime Victim Tribute. Crime victims, survivors, family members, friends, and the community are invited to raise awareness for victims' rights in Northern Virginia and show their support for all victims of crime. Free. To register, visit www.surveymonkey.com/r/NCVRW2017.

FRIDAY/APRIL 14

Westfield Mulch Order Deadline.

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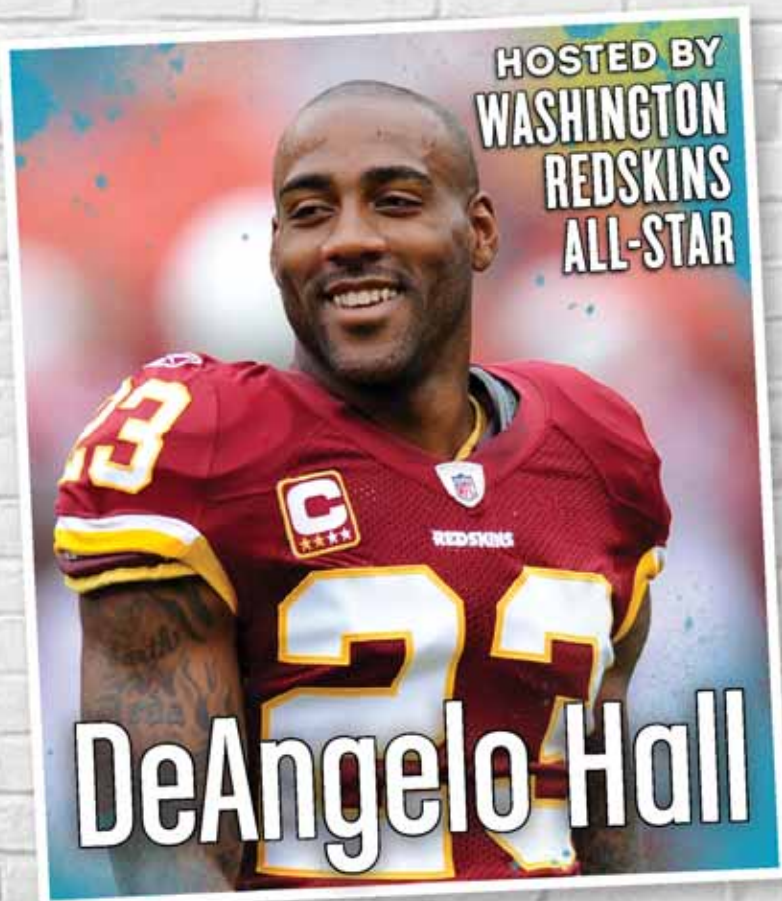
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- Canned Fruit
- Canned Pasta
- Pasta Sauce, Canned Tomatoes
- Canned Meat and Fish (Chicken, Ham, Spam, Tuna, and Salmon)
- Canned Vegetables (Greens, Carrots, Mixed Vegetables)
- Box/bag of Rice (2 lb pkg)
- Dried Beans, Peas, Lentils
- Hot and Cold Cereal
- Small Dish Soap; Laundry Soap
- Deodorant
- Toothpaste
- Feminine Hygiene Pads (Note: Toiletry items can't be purchased with food stamps)

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FAITH



The Mime Team of Chantilly Baptist Church

Children Helping Children

Baptist churches raise money for Children's Home.

BY COYAN LEWIS
 BAPTIST GENERAL CONVENTION
 OF VA. WOMEN'S MINISTRY

The annual Youth Concert, hosted by Chantilly Baptist Church earlier this month, raised funds for the Children's Home of Virginia Baptist, Inc., Children's Development Center in Petersburg, Va.

The Children's Home is a "Legacy of Love," according to the home's director, Dr. Jean Cobbs.

The Youth Concert had more than 100 children and youth who ministered through prayer, song, step and liturgical dance. Youth groups from Baptist churches in Northern Virginia united around the theme of "Children Helping Other Children Who Are in Need."

Founded in 1947 by Dr. Charles Dodd as an orphanage for predominantly underserved children of color, the Children's Home is owned by the Baptist General Convention, and faith based organization, which is comprised of churches, ministries and members throughout the region.

Officially opened on Dec. 7, 1947, the home aims to offer a sense of stability to the children in its care by providing the same educational, social, cultural and religious opportunities afforded to other chil-

dren, according to the Children's Home website.

While the home continues to offer free services to the surrounding communities, such as a daycare and before and after school programs, it struggles with high mortgage and bill payments as well as an inability to repair or replace aging building infrastructure.

Following the 1st annual Youth Concert held in 2016 at the First Baptist Church of Vienna in 2016, the Children's Home of Virginia Baptist received an outpouring of love and support including monetary donations.

These and several other contributions have made it possible for the establishment to keep their doors open to serve those most in need, according Cobbs. She also recognized the Rev. Gregory L. Spurlock, pastor of Oak Grove Baptist Church of Sterling and board chair for the Children's Home, for his continued commitment and dedication to the home. Cobbs encouraged all, to continue to support Spurlock in his efforts to keep the Children's Home in full operation.

Many families depend on the services offered by the home, particularly if there is only one parent or both parents have to work.

Diana C. Hodge, Area D vice president, along with other members of Area D of the Baptist General Convention of VA, Women's Ministry were instrumental in organizing the youth concert.

"We wanted to get everybody involved," Hodge said. "We wanted to let them know about the seriousness of the Children's Home and that we all need to step up and do more."



Sadie E. Hodge, 2-years-old, in Chantilly Baptist Church.



Blu Ari Woods of Oak Grove Baptist Church in Sterling.

FAMILY CONNECTION



PHOTO CONTRIBUTED

Local national parks like Theodore Roosevelt Island are ideal for family staycations, says Lois Stover, Ph.D. of Marymount University.

Backyard Adventure

Ideas for a spring break family staycation.

BY MARILYN CAMPBELL

For Katie Wendel, a spring break vacation this year won't mean loading up the car and driving several hundred miles or waiting in long lines at the airport. While the Bethesda mother of five is planning to enjoy some relaxing downtime with her family, she won't venture far from home.

"We're going to be tourists this year and visit the monuments and museums in Washington. We're also going to try to find every avenue in the city that's named after a state," said Wendel. "If you think about it, there's so much to do in this area that we all take for granted. You really don't have to leave the area to feel like you're in another city."

From museum exhibits to adventure centers, a goldmine of family getaways abounds locally. There are even activities for family bonding available without leaving home.

"Ask the kids what they would like to do. Involve them and give [them] a choice. Whatever it is they suggest, come up with a plan to document their adventure so they can share it with grandparents or siblings away at college, said Lois Stover, Ph.D., dean, School of Education and Human Services at Marymount University. "Let them help plan the Metro route or just look at the Metro map and randomly pick a station and explore that area."

"A lot of adults assume that kids want a big trip, but a lot of times a kid will say, 'I want to blow bubbles in the back yard.' It's important for children to have a say in how the family uses its free time," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College.

Among the recommendations that Stover

offers are activities at one's neighborhood library and trips to indoor public swimming pools. For animal-loving families the National Zoo offers beasts ranging from elephants and eagles to tigers and frogs.

"Get outside and take the family to one of the lesser known national parks, like Prince William, or walk the C&O Canal," said Stover.

There's also Gravelly Point Park near Reagan Washington National Airport in Arlington, which is ideal for family picnics, games of kickball or simply watching airplanes take off and land.

"If it's warm, do a beach day in the backyard [or] set up an indoor mini-golf course with Nerf balls [or use] Wiffle balls and bats," said Stover. "Have a dance party, a science day. Have a 'Today is Blue, or whatever color works, Day,' so everyone wears blue, all foods are blue, you ride the blue line Metro just to see where it goes, [for example]."

The U.S. Botanic Garden Conservatory on the National Mall is where Stephanie Kleinman is planning to take her twin daughters during spring break.

"The girls call it a museum for plants, and it's neat to go from the desert to the jungle all within one building," said Kleinman who lives in McLean. "We'll probably check out some of the other museums while we're downtown."

There are times when a staycation can be more relaxing than travel, says Lorente. "If you look at the list of the top 100 stressors in life, taking a vacation is on the list," she said. "A staycation, when done with purpose, can really be good."

Advanced planning is a key to making that time spent together meaningful, advises Lorente. "A lot of times people say they're taking a staycation and they end up doing chores around the house. And everybody is on their electronics," she said. "But it's really about family bonding and everyone coming together and creating shared experiences as a family."

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How Do I Know Then What I Don't Know Now?



By KENNETH B. LOURIE

Recently I went online to book a trip to Topeka, Ks. to meet our new niece, Sabella Rey. I went to Trivago for the hotel reservations and Expedia for the plane/rental car reservations. That's what I'm supposed to do, right? The process seemed simple enough and without too-much further adieu, I was able to make all the arrangements, including renting a car for the four days we'd need one. And I even booked my father-in-law's hotel reservations as well, almost as if I knew what I was doing. Subsequently, I received all my email confirmations indicating that I had in fact succeeded in one of my least favorite endeavors: computing my way to safe and secure travel plans.

For a few days, especially after receiving the site's emails and reviewing them for accuracy, I thought all was right in my travel-plan's world. Then I started receiving multiple emails and pop-up ads from sites promoting their hotel and flight reservations/rates. Expedia, the site on which I made my plane reservations began bombarding me with flight and rental car deals. Trivago, the site on which I made our hotel reservations, began bombarding me with hotel and rental car deals. None of which I needed. All of which had been completed when I went on their sites originally and made my hotel, flight and car rental reservations.

Given the way in which the Internet has changed the world and provided computerized access to almost everything, I was only slightly surprised by the bombardment. I'm clear on the concept, just not confident in the process. Nevertheless, I realize there really isn't any alternative these days to researching goods and services — and prices. My dilemma arose after the fact when I received all these offers on the exact goods and services I had ALREADY booked. What had I done, and how much extra money — and hassle had I done doing it?

I thought I was solving a problem (travel plans which involved coordinating our flight arrival in Kansas City from Baltimore, with my father-in-law's flight arrival from New York City), not creating one. After receiving all these offers and inducements from Expedia, Trivago and others, I'm now wondering if I missed an opportunity to simplify our travel plans and spend less for having done so? Obviously, I don't have an answer since I never clicked through the ads/opened the emails to see what the solicitation was all about. I didn't have the patience and besides, certainly concerning the airlines, wouldn't there be penalties for changing/canceling a flight? And what about my father-in-law's airline reservations? It was all too much to juggle so I stood pat. Soon, the ads and emails slowed down to a trickle and I was no longer remained — regularly, about my presumptive incompetence.

But I'm thinking about the next trip now, and perhaps that was the point. Maybe there is a better way to minimize travel expenses and maximize benefits? But how do I accomplish that, really? It's not like I can fake hotel/plane/car rental reservations in hopes that the site's artificial intelligence will think I'm still a potential buyer rather than one who's already bought. What good would that do? The solicitations are designed for current action not for a definite maybe sometime in the future, aren't they?

I'm certainly more aware now of how the process sort of works. But I'm less certain how I could actually change my behavior in order to become less of a victim and more of a beneficiary. I imagine it has to do with making my computer more of a friend, which doesn't interest me in the least. Of course, I want to pay less for my travel plans, but I'm not sure if the cost of doing business that way is worth the pain and suffering it inevitably will cause.

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

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FROM PAGE 3

that crisp, clear Saturday, everyone cleared the field for a ceremony, which included the check presentation to Special Love.

"Tatum was there, and she presented the check to Special Love," La Ruffa said. "We also presented her with a custom-made lacrosse stick. There's only one of them in the world and it's hers." Stewart said he is always amazed at how the Northern Virginia lacrosse community rallies together.

"There are lots of volunteers that make this day possible," Stewart said. "This year, there were a good 25-30 volunteers outside the coaches. Parents would run the scoreboard. The Chantilly and Centreville lacrosse communities just really gets together behind this event, and it's awesome to see it all come together."

LaRuffa said that this event will happen for as long as he's a part of the association, and hopefully for many more years to come after that. He said he also hopes that it will grow in scope.

"Our goal is to inspire other clubs to do

ROUNDUPS

Learn about Emergency Response

The next available Community Emergency Response Team (CERT) Class is scheduled to begin on Monday, April 24 at the Fairfax County Fire and Rescue Academy. There are two sessions each week on Mondays and Wednesdays that run until May 17. The class is 28 hours in length, plus the final practical exercise.

The training prepares residents to help themselves, their families and neighbors in the event of a disaster in their community. Through CERT, residents can learn about disaster preparedness and receive training in basic disaster response skills such as fire safety, light search and rescue, and disaster medical operations.

CERT training is free of charge and basic gear is provided. The minimum requirements to participate in CERT training at any level is that residents be 16 years of age or older, and either be a Fairfax County resident, or work in the county. Visit www.fairfaxcounty.gov/fr/cert/cert.htm.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, March 30, 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 them, 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



SYA lacrosse player Tatum Bulger speaks to the crowd.

the same thing, and to join forces," he said. "Think: if teams in Loudoun County, and other areas join, it would be incredible.

You're talking about millions of dollars over the course of the next few years that the northern Virginia lacrosse community could raise for worthy causes."

caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Annual International Showcase Coming

The Centreville Immigration Forum is hosting the 7th Annual Centreville International Showcase on Saturday, April 22, from 5:30-9 p.m. at the Korean Central Presbyterian Church, 15451 Lee Highway, Centreville.

The free event offers international entertainment and food from local restaurants.

The Centreville Immigration Forum is a community volunteer group focused on immigration and diversity in the Centreville area, with goals to implement sustainable programs that: provide immigrants in need with the means to improve their lives and become more integrated into the community; improve communication and cooperation among all groups serving immigrants; and build community recognition of our strength in diversity. See www.centrevilleinternationalshowcase.org.

Several Volunteers Needed

Western Fairfax Christian Ministries at 4511 Daly Dr. Suite J, Chantilly seeks individuals to volunteer for the following:

- ❖ Volunteer(s) to clean office and bathroom, Tuesday or Thursday, either 8:30-9:30 a.m. or 2:30-4 a.m.

- ❖ Volunteer(s) to answer phones and schedule appointments, Tuesday and Thursday, 2 - 4:30 p.m. Requirements: good phone skills, personable, able to conduct pantry tours. Interview and completed application required.

- ❖ Volunteer(s) for Client Services Intake, Monday and Friday, 9:45 a.m. - 1:45 p.m. Requirements: Spanish speaker preferred, ability to work with clients, able to conduct pantry tours. Interview and completed application required.

- ❖ Volunteer for Food Pantry, bagging clients' food choices, Thursday, 10:45 a.m. - 2:15 p.m. Requirements: must be able to stand for long periods of time and lift at least 25 pounds. Interview and completed application required.

See wfcmbva.org/how-you-can-help/volunteer-program/

Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice; fruit juice; jelly; red, white or black beans (can or bagged); canned vegetables (no green beans of corn needed); macaroni and cheese; can pasta; pasta sauce; and pasta (spaghetti, rotini, elbow, etc.).

Toiletries needed, which WFCM clients cannot purchase with food stamps, include diapers, toothpaste, shampoo and solid deodorant. Bring all items to WFCM's food pantry's new location at 4511 Daly Dr. Suite J, Chantilly from 9 a.m. to 1:30 p.m., Mondays through Fridays. Email tkelly@wfcmbva.org to coordinate a food drive.

Volunteer Drivers Are Needed

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

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ONGOING

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.

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. Reserve space at 703-502-3883.

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 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. Call 703-502-3883 for book title.

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. Reserve space at 703-502-3883.

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. Reserve space at 703-502-3883.

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

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

THROUGH MARCH 31

Slave Life Exhibit. Various times at the Sully Historic Site, 3650 Historic Sully Way, Chantilly. \$7 adults, \$6 students, and \$5 seniors and children age 5-15. Artifacts excavated from around Sully's 18th-century slave cabins. Visit www.fairfaxcounty.gov/parks/sully-historic-site/ or call 703-437-1794 for more.

THURSDAY/MARCH 30

"Singin' in the Rain." 7 p.m. at Liberty Middle School, 6801 Union Mill Road. Visit www.fcps.edu/LibertyMS/ or call 703-988-8100.

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"Singin' in the Rain." 7 p.m. at Liberty Middle School, 6801 Union Mill Road. Visit www.fcps.edu/LibertyMS/ or call 703-988-8100.

Singing Bowl Sound Bath. 7:15 p.m. at WheelHouse Mind Body Studio,

12644 Chapel Road. Suites C,D, Clifton. Visit www.wheelhousemindbodystudio.com for more.

SATURDAY/APRIL 1

Watershed Clean-Up. 9-11:30 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Help remove bottles, cans, tires, and other carelessly dumped debris from local streams. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence for more.

Clifton STEM Fair. 10 a.m.-2 p.m. at Lord of Life Preschool, 13421 Twin Lakes Drive, Clifton. A day of hands-on STEM (Science, Technology Engineering and Math) activities including Minecraft modding, Lego robotics, math crafts, experiments and science magic show. Visit www.stemfairclifton.com for more.

Grand Opening. 11 a.m.-2 p.m. at Bowlero Centreville, located at 13814 Lee Highway. Thirty bowling lanes, ping pong, billiards, corn hole toss, and shuffleboard. Visit www.bowlero.com for more.

Medicinal plants in the Civil War. 4-5 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Program includes a guided hike around the Frying Pan Meeting House to learn to spot the plants that were used to heal during scarce times. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

"Singin' in the Rain." 7 p.m. at Liberty Middle School, 6801 Union Mill Road. Visit www.fcps.edu/LibertyMS/ or call 703-988-8100.

SUNDAY/APRIL 2

Japanese Tea Tastings. 11 a.m.-12:30 p.m. and 1-2:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Discover varieties of green tea and sample Japanese sweets. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site/ for more.

TUESDAY/APRIL 4

Annual Veterans Celebration. 5 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly. Arranged by students from Chantilly High School and sponsored by the Chantilly National Honor Society. Email chsnhsveteranscelebration@gmail.com for more/

SATURDAY/APRIL 8

Easter Eggstravaganza Wagon Rides. 10:30 a.m. at Frying Pan Park, 2709 West Ox Road. Start with the egg hunt and then ride around the crop fields. \$2. Ages 2 and older. Visit www.fairfaxcounty.gov/parks.

APRIL 8-9

Mother's Day Art Show. 1-6 p.m. at 6540 Jerome Court, Manassas. Original paintings, photography, fused glass, prints, and hand-crafted jewelry. Visit visitmanassas.org.

SUNDAY/APRIL 9

Festival of Color. noon-7 p.m. at Bull Run regional park, Centreville. Celebration of festival of colors, Holi, with the sensational Bollywood singer Mika Singh. Visit womenmpower.org/ for more.

Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. The Northern Virginia NTRAK members will hold an N gauge T-TRAK model train show. Museum members and ages 4 and under, free; ages 5-15, \$2; 16 and older, \$4. Visit www.fairfax-station.org or call 703-425-9225.

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13941 Braddock Road
Centreville VA 20120
in the "Old Stone Church"
of Historic Centreville

(703) 830-3176

Easter 
AT CENTREVILLE BAPTIST

Easter Celebration Services

Sunday, April 16

6:30 am Sunrise Service

9:15 am & 10:45 am

Worship Services

CENTREVILLE BAPTIST CHURCH

15100 Lee Highway

Centreville, VA 20120

cbcva.org 703-830-3333



Centreville United Methodist Church

Sunday Worship Services
Traditional: 8:15, 9:30 & 11:00 AM
Contemporary: 11:02 AM
Nursery, Children, Youth and Adult
Sunday School at 9:30 and 11:00 AM

Christmas Eve Services
Children's Nativity: 5:00 & 6:30 PM
Contemporary Candlelight: 7:30 PM
Traditional Candlelight: 8:30 & 11:00 PM

Christmas Day Service
11:00 AM

Worshiping God - Serving Others

6400 Old Centreville Road, Centreville VA 20121
www.Centreville-UMC.org ~ 703-830-2684
Corner of New Braddock and Route 28
Christian Preschool for ages 2 1/2 to 6 years old: 571-522-1875



**To highlight your faith
community,
call Karen at
703-778-9422**