

Centreville ♦ Little Rocky Run CENTRE VIEW

WELLBEING
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JULY 4-10, 2018

25 CENTS NEWSSTAND PRICE

PHOTO COURTESY OF SUSAN CORYELL

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with her new
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of Principle."

Local Author's Latest: 'A Murder Of Principle'

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NEWS

Coryell's 'A Murder of Principle'

Former Centreville High teacher publishes fifth novel.

BY BONNIE HOBBS

After 30 years as a teacher, it's no wonder author Susan "Sue" Coryell has set her latest novel, "A Murder of Principle," in a high school. She taught English at Centreville High from 1990 until her retirement in 2001 and has since found success writing novels.

Besides teaching all four grades, she also taught six years of Advanced Placement English Literature. "Centreville High is the all-American high school," said Coryell. "I loved my students, the faculty and the community at large — it was the perfect place to complete my academic, teaching career."

She now lives at Smith Mountain Lake in southern Virginia, and her writing career spans more than two decades. Her first book — a young-adult, anti-bullying novel called "Eaglebait" — won both national and international awards. She also penned a Southern Gothic/mystery trilogy set in Southern Virginia: "A Red, Red Rose," "Beneath the Stones" and "Nobody Knows."

Coryell's fifth book, "A Murder of Principle," was released in March. Although she drew on her many years of teaching for inspiration, she stressed that this novel is complete fiction. "I had so much fun

writing this one, without having to do much research, since teaching has been my lifetime passion," she said. "This also gave me the chance to ask the ultimate, 'What if?' question."

In the story, a new principal takes Harding High by storm, wreaking havoc with every executive order and each decision, tearing down the stellar school, tenet by tenet. "Teachers, other administrators, students, parents and the community at large increasingly react to the tremors shaking Harding High, as Principal Wendy Storme churns a destructive path through their traditions, values and protocol," said Coryell.

"English Department Chair, Rose Lane, and her rookie sidekick, intern Penny Bright, are determined to move the hurricane-force Storme out of Harding for good," she continued. But before they can do it, the principal turns up dead. And," said Coryell, "Everyone seems to have a valid motive for murder."

"A Murder of Principle" is available in e-book and print at all online book stores, including Amazon and Barnes & Noble. Coryell's Website is www.susancoryellauthor.com and her Facebook Author page is https://www.facebook.com/Susan-Coryell-Author-149075331807592/?ref=br_rs.



COURTESY OF SUSAN CORYELL

Susan Coryell with her new book, "A Murder of Principle."



PHOTO COURTESY OF SEAN HUNT

Mustang Sally's head brewer, Ryan Murphy, wearing the gold medal.

Mustang Sally Lager Wins Gold Medal

At the 2018 Virginia Beer Cup — the primary Virginia beer competition for breweries — medals were awarded to the best beers in the commonwealth. And both Mustang Sally and Ono brewing companies in Chantilly came home victorious.

Mustang Sally's Article One Amber Lager won first place in

the Amber Malt and Bitter European Lager category. Ca-boose Brewing Co. of Vienna took second place in this division. In the Irish Beer category, Ono's Black Pearl brew captured third place. Fair Winds Brewing Co. of Lorton took second in the Pale Bitter European

SEE GOLD MEDAL, PAGE 7

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WFCM: Helping Families for Three Decades

Provides food, financial aid and mentoring.

BY BONNIE HOBBS

It's tough for people to make it in this affluent area when their salaries are so low that they can't afford to feed their families, pay the bills or keep a roof over their heads. And that's where the non-profit Western Fairfax Christian Ministries (WFCM) comes in.

It provides Western Fairfax County residents in need with food, plus financial assistance and education. And from time to time, it welcomes the public to open-house tours of its newest location at 4511 Daly Drive, Suite J, in Chantilly.

"We've been here since August 2016," said Executive Director Rebecca Kolowé during the May 30 open house. "This is wonderful for our client services because we now have closed, office space to meet with people in private. And it's so much better for our food pantry because it's larger, has more room to move around in and there's warehouse space. It feels like a real, grocery store."

WFCM was started in 1987 by 12 churches and now has more than 40 providing various levels of services. "We do crisis intervention and give people emergency, financial help to keep them in their homes," said Kolowé. "We get referrals and one-third of our budget from Fairfax County. We're a \$1.2 million/year organization."

She said the food pantry is also important because "There's dignity in people being able to choose their own food. Our pantry is almost entirely donation-based, and we use cash contributions to buy perishable items, such as milk, cheese, butter and vegetables."

Client Services Director Leah Ann Furr said she and bilingual Client Services Specialist Lillian Diaz meet with clients at least four days/week and help them fill out paperwork to obtain assistance. "People can come in on their own, and they don't leave empty handed," said Furr. "Schools and churches also make referrals to us."

She said WFCM can give families up to \$300 for utilities and up to \$600 for rent, but requires people receiving financial assistance from the organization to take a budgeting workshop. It offers resumé-writing and job-skills workshops, too.

"We also run a Pathways to Success, self-sufficiency program," added Furr.



PHOTO BY BONNIE HOBBS

Pantry Manager Terri Kelly (on left) tells a visitor about the food pantry.

Snapshot of WFCM Clients

- ❖ 94 percent have annual incomes of \$30,750 or less for a family of four;
- ❖ 27 percent of families have at least one, unemployed adult in the household;
- ❖ 11 percent are over the age of 55;
- ❖ 19 percent have a disabled family member;
- ❖ 28 percent receive subsidized housing.

"We give clients advice on building a savings account and paying their bills and rent. And we try to get their expenses down. Our families have done very well and have been successful. Some have bought their own homes, and another started their own business."

To receive aid and services, WFCM requires I.D. for people over 18, showing that they live in the county. But, said Furr, "We try to be flexible, knowing that some people are living in their cars and have no address."

"Sometimes people come in, get what they need and leave," said Community Outreach Manager Jennie Bush. "Others might need assistance for a year." A video was then shown to the open-house attendees about one of WFCM's clients. He used to drive school buses for the county, but then had to quit because of Parkinson's Disease. So he came to WFCM to obtain food and school supplies for his own children.

Noting the organization's business partners, Development Director Mary Ellen Walsh said WFCM is fortunate to work with many altruistic companies, which provide both hands-on and financial contributions. "Only 2-3 percent of our revenue comes from businesses, and our goal is to increase it to 5-6 percent," she said. "And then, a few percent more, as time goes on."

"We've been working with Access Bank and we have a new partnership with Northwest Federal Credit Union," she continued. "The Chantilly Wegmans donated 9,000 pounds of food to us from its warehouse, and we were very excited. And we just received funding from Food Lion to buy milk this summer."

Walsh said health-and-wellness representatives visited WFCM, and "We'd like to start a program here for clients' children. While their parents are in financial-counseling and other meetings here, the representatives would teach kids, for example, what can be made from green beans and other food-pantry items."

In addition, Dominion Energy gave WFCM seed money to start its new, community garden at

"We do crisis intervention and give people emergency, financial

Centreville Presbyterian Church, and ALDI food stores provided seed kits for families with children so they could participate in WFCM's Seeds of Hope garden program.

However, WFCM still has several needs of its own to meet the demand for help. It's currently seeking a volunteer to help organize the efforts of its 77 weekly volunteers. "We only have a staff of six," said Walsh. "We couldn't do it without our volunteers. We're fortunate that we're able to help others; and at the end of the day,

that's what it's all about."

Furthermore, added Bush, "We have a wonderful food pantry, but we need money to keep our huge refrigerators up and running. We also need funds to keep paying for people's rent and utilities and to continue helping the Centreville fire victims — who need personal-care items, not just food, as well as money for rent."

And, as always, food donations are needed for the food pantry, especially this time of year when school is out and children who receive free lunches there may now be going hungry. "Summer is a huge challenge for us to keep our shelves stocked," said Bush. "In the summer, they go empty."

"We feed 15 families a day who have ongoing appointments," said Pantry Manager Terri Kelly. "But we can also add another four per day, and more on Tuesday and Thursday nights. We feed 88-100 families a week. If you're a family of four and don't have to spend \$100 a week on groceries, you have that money to spend on bills."

Basically, said WFCM Board member Andrew Casteel, "We're always looking for good people who want to give back. The more you know about this organization, the more you fall in love with it — and it's because of the great staff and volunteers we have."

Anyone wishing to help support WFCM programs may make a donation at www.wfcmlva.org or mail a check to WFCM, P.O. Box 220802, Chantilly, VA 20153. To volunteer, see the Website or call 703-988-9656.



PHOTO BY BONNIE HOBBS

Development Director Mary Ellen Walsh stands in front of a map of the areas served by WFCM and other community organizations.

OPINION

Local Newspapers Under Siege

Need to address restraining orders and gun violence.

One member of Connection Newspapers staff is Kemal Kurspahic, who shares with us his first-hand experience of running a newspaper from a war zone when information was desperately needed by the besieged residents of Sarajevo. Kemal Kurspahic is managing editor for The Connection Newspapers. He was the editor-in-chief of the Bosnian daily *Oslobodjenje* in Sarajevo, Bosnia Herzegovina, 1988-94. Under his leadership the paper published every day from an atomic bomb shelter during the siege of Sarajevo, maintaining high professional standards and Bosnian culture and tradition of ethnic and religious tolerance in the midst of terror. The paper published the names of those killed each day in Sarajevo.

He experienced first hand the horror of having staff members killed while out on assignment. He was critically injured himself when a vehicle taking him to his newsroom crashed as it traveled at high speed down "sniper alley." The International Press Institute named Kurspahic one of its first 50 World Press Freedom Heroes in 2000.

Journalism is a dangerous occupation in many other countries, usually not here in the U.S.

I tell this story now because of the newly minted fear that many journalists feel after the murders of five in the newsroom of the Capital Gazette in Annapolis. Police and survivors say the shooter had long held a grudge against the newspaper, and had sued for defamation. The targeted attack came very close to home.

LETTER TO THE EDITOR

Transportation Realities

To the Editor:

In 2017, I ran against Del. Tim Hugo because I don't believe that his voting record accurately reflects the current reality of the residents of the 40th District, which he was elected over 15 years ago to represent. Unfortunately, this year has been no different from the past, as Delegate Hugo continues to vote against the best interests of his constituents. Why else would he vote to add new tolls on I-66 and cut taxes for golf course owners in neighboring Arlington County while ignoring the transportation needs of his own constituents in Fairfax and Prince William counties?

Earlier this year, it was necessary for members of the General Assembly to develop a budget that provided \$150 million in much-needed dedicated funding for

Metro. A budget solution was developed that would have

fully funded Metro, while still providing the transportation investment that is so desperately needed throughout all of Northern Virginia — and especially in the 40th District.

However, Delegate Hugo voted against this bill, and thus the direct needs of his constituents. He has stated that he didn't vote for this bill because he didn't want to raise taxes, but this solution would not have raised income taxes for Virginia residents. Our leaders came up with a win-win solution to the tough challenges being faced here in Northern Virginia and throughout the Commonwealth, and he voted against it.

Unfortunately, Delegate Hugo has a history of ignoring the transportation realities of the 40th District, which relies heavily on Route 28 and I-66 as our main transportation thoroughfares. His recent decision

The dead were Gerald Fischman, 61, editorial page editor; Rob Hiaasen, 59, editor and features columnist; John McNamara, 56, sports reporter and editor for the local weekly papers; Wendi Winters, 65, a local news reporter and community columnist; and Rebecca Smith, a sales assistant.

The shooter had restraining orders against him because of violent threats made in a different situation, but restraining orders apparently do not result in restricting gun purchases. He was still able to buy the gun he used in the attack. This is a loophole that desperately needs to be closed. A person subject to a restraining order of any type or duration for making threats should certainly not be able to buy a gun.

Every newspaper editor knows the experience of talking to a subject, source or reader who is irate over something the paper published. If we aren't making anyone angry, it's probably because we aren't writing about anything important. But my conversations with people who object to something we've reported have always had a subtext of respect. Many complaints have resulted in greater understanding on all sides that can create more lasting connections. Other times have resulted in agreeing to disagree.

Now, we lock the doors at least for now, knowing that there could likely be copy cat attacks, as school shootings began with one high profile attack. But we are not afraid.

We will continue to publish our 15 weekly papers.

The threat to survival for most local papers is the decline in advertising, compounded now by a tariff on newsprint. Don't forget that if you have an advertising or marketing budget, you should spend some of those dollars with local newspapers.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

to cut transportation funding will directly impact much-needed improvements to not only Route 28 but many other important roads within our district, showing a complete lack of understanding of the arduous commutes faced by his constituents every single day. This was also true in 2013 when he voted against the bipartisan transportation funding bill, designed to address the growing transportation needs in Northern Virginia.

Why does Delegate Hugo consistently choose to vote against transportation improvements, something that our district so desperately needs? The 40th District deserves a leader who will fight for our needs.

If Tim Hugo isn't able to do so, I look forward to doing so myself.

Donte Tanner
Centreville

Donte is running to represent Virginia's 40th District in the House of Delegates.

About This Week's Papers

Our papers go to press a day early due to the July 4th holiday. That means that this week's papers will not contain coverage of July 4th events. Watch for coverage next week.

Submit Your Photos for the Pet Connection Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by Friday, July 20.

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

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

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

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

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

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

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

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

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

CENTREVIEW

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A Connection Newspaper

WELLBEING



A lack of swimming skills is one of the top factors increasing the risk of drowning.

PHOTO BY MARILYN CAMPBELL

Summer Water Safety

Supervision and learning to swim are top ways to prevent drowning.

BY MARILYN CAMPBELL

Blazing heat and sky rocketing temperatures often mean cooling off with a dip in the pool. As the summer is in full swing, safety officials are reminding the public of drowning risks and prevention methods.

"Learning to swim at any early age is all about being safe in and around the water," said Gina Bewersdorf, owner of Goldfish Swim School in Reston, Falls Church and Alexandria. "Undeniably we all will have an opportunity to visit a pool, lake or ocean at some point, and our goal is to equip our swimmers with water safety skills early on."

The Centers for Disease Control and Prevention (CDC) cites a lack of swimming ability, failure to wear life jackets, alcohol use and a lack of close supervision while swimming as some of the top factors that affect drowning risk. According to the CDC, from 2005 to 2014 there was an average of 3,536 unintentional drownings. One in five people who die from drowning are children 14 and younger.

"A person can drown in a matter of seconds," said Aaron Schultz, a lifeguard in Arlington. "When I'm

at the pool, I notice that parents are often texting while trying to watch their children, but even if children look like their playing they could easily go under and be in danger a less than a minute. This is especially important to remember at the beach."

Taking part in formal swimming lessons reduces the risk of drowning among children between one and four years old, but many people lack basic swimming skills, according to the CDC. "Beginning formalized lessons as early as 4 months old has shown benefit in children developing a love for water and foundation upon which to build water safety skills," said Bewersdorf.

American Red Cross swimming safety tips such as always swimming in a designated area attended by lifeguards, avoiding swimming alone, wearing life jackets, securing a pool with barriers and making sure everyone in your family is a strong swimmer, are among those that Mary Anderson of the Montgomery County Office of Health and Human Services says the county is reinforcing.

"There's a website that we put together called 'Summer of Safety', and it's got everything from A to Z with summer safety and swimming pool safety."

Other suggestions include enrolling in courses to learn CPR, having appropriate equipment such as a first aid kit and cell phone to make emergency calls.

"If someone is around water and discovers that their child is missing, it's a good idea to check

the water first because even seconds can make a big difference in stopping a drowning," said Schultz.

"Learning to swim at any early age is all about being safe in and around the water."

— Gina Bewersdorf, Goldfish Swim School

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CENTRE VIEW

Special Edition

PET Centre View

Publishes: July 25, 2018 • Ads close: July 19, 2018

Centre View readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Centre View will publish on July 25, 2018, and photos and stories of your pets with you and your family should be submitted by July 19.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

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SWIMMING



**Nicholas Harris (8) broke his own
pool record in the butterfly with a
new time of 17.69.**



**Charis Roundtree (9) swam to first in the
backstroke.**



**Maddie Whitton (14) shakes hands
after her butterfly.**



**Davis Collingsworth (11) placed first in
Breaststroke with a new personal best
time.**

Riptide Hosts Vienna Woods

BY SARAH BLANSETT

The Virginia Run Riptide hosted its first home meet on Saturday, welcoming Vienna Woods to the pool on a hot and humid morning. The Riptide posted an impressive 71 personal bests but lost to the talented and spirited Vienna Woods team, with a score of 256 to 164.

In the 8 and Under group, Ryan Garcia and Ethan O'Connor finished two and three in freestyle, and it was a sweep in the backstroke with Nicholas Harris, O'Connor and Nathan Tonthat. Garcia also swam for first in the breaststroke with Aidan Bange bringing in a third-place finish. Harris wowed the crowd with a record setting butterfly at 17.69, besting his own pool record set just the week before. Tyler Harris who is only six, swam for third place in the event. Quinn McCrea took third in the freestyle, and Anna Kim swam for third in backstroke and breaststroke.

The 9-10 group swam strong with Charis Roundtree and Anna Kelliher placing first and second in the freestyle, and Roundtree and Lauren Fitch swimming one-two in the backstroke. Jenna Van Buren had a great day placing first in breaststroke and second in butterfly and Kevin O'Connor swam for third in freestyle and first in breaststroke.

In the 11-12's, solid swimming by the boys brought home first place for William Whitton in freestyle with Griffin Osterhout at third. Backstroke was a sweep with Whitton, Davis Collingsworth and Charles Beamon putting much needed points on the board, while Beamon and Collingsworth also swam one-

two in the breaststroke in an exciting and too-close-to-call finish. Neha Srinivasan swam for third in the backstroke and Angela Thompson took second in the butterfly.

The 13-14's saw Jason Chiefetz take third in the freestyle and Jackson Blansett swimming to third in the backstroke and second in the butterfly, while Maddie Whitton took second in the freestyle, Caitlin Kelliher swam for third in the backstroke and butterfly, and Isabelle Cogan placed second in the breaststroke.

The 15-18 age group showed solid leadership, bringing home points in freestyle with a two-three finish by Bobby Monroe and Jordan Banzon, a second-place finish by William Beamon in the breaststroke, and third place finish by Harry Schlatter in the butterfly. The ladies dominated with a one-two finish by Sarah Boyle and Allison Hickey in freestyle, and a powerful sweep in the backstroke by Boyle, Chelsea Nguyen and Didi Pace. Hickey also swam for first in the breaststroke and Pace took home first place in the butterfly.

The relays had the crowd on their feet with wins in the Boys 8 and Under freestyle relay (Nicholas Harris, Ethan O'Connor, Ryan Garcia, and Aidan Bange), the Girls 9-10 Medley Relay (Charis Roundtree, Jenna Van Buren, Lauren Fitch and Anna Kelliher), and Boys 11-12 Medley Relay (William Whitton, Charles Beamon, Griffin Osterhout and Davis Collingsworth). Heading into the final events of the meet, the Girls 15-18 200 Meter Medley was a Virginia Run win with

SEE RIPTIDE, PAGE 7

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News

Gold Medal

FROM PAGE 2

Beer division.

The judging was held May 19 at the Fair Winds facility, but the winners weren't announced until June 4. The event celebrated excellence in independent, Virginia craft beer, with some 375 beers competing in 27 categories. And Mustang Sally founder Sean Hunt was delighted with his lager's first-place showing.

"It's unusual for a craft brewery to commit to having a couple of lagers as part of its core products," he said. "But like most of the mature beer areas around the world, we appreciate how good they are. We put a lot of effort into developing Article One and are very proud that our Virginia brewing community awarded it a gold medal." "We have some great breweries in the commonwealth, so this award means a great deal to us."

Put on by the Virginia Craft Brewers Guild, the Virginia Craft Beer Cup is the largest, state competition of its kind in the U.S. Besides vying for awards, participants obtain critical feedback from certified judges and receive statewide recognition to help build their brands.

— BONNIE HOBBS

Riptide

FROM PAGE 6

Sarah Boyle, Allison Hickey, Didi Pace and Chelsea Nguyen, and the final event was a solid win with a lead throughout in the Girls 200 Meter Mixed-Age Freestyle Relay with the team of Neha Srinivasan, Charis Roundtree, Caitlin Kelliher, and Sarah Boyle.

BULLETIN BOARD

FROM PAGE 4

WEDNESDAY/JULY 4

Free Sober Rides. Wednesday, July 4, 7 p.m. through Thursday, July 5, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 5 p.m. on July 4 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

TUESDAY/JULY 10

Story Time: Focus and Self-Control. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. This Story Time will highlight books and activities to support focus and self-control in young children. Focus and self-control is an evidence-based executive functioning skill that involves paying attention, following the rules, thinking flexibly, and exercising self control. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/parent-resource-center for more.

Rotary Club Meeting. 11:30 a.m.-12:45 p.m. at Eggspectations, 5009 Westone Plaza, Chantilly. The Rotary Club of Centreville-Chantilly meets every Tuesday. Rotary is a service organization open to anyone in the community with an interest in supporting local and international projects. Those who are interested in Rotary are invited any Tuesday as a guest. \$15. Call 703-

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg			

Well Blow Me Down



By KENNETH B. LOURIE

Ah. The whirr of chain saws finally cutting their way through the nearly two dozen trees in my front half acre knocked down during the March 2 wind storm. Given what this cut down and clean up will cost, it is not an expense to be paid out of petty cash. In fact, we needed a little help.

And considering the time allowed by Rigo (the man for the job), to come back and do the work; it's been approximately two months since we shook on the deal, it's enabled us to arrange for payment on a mutually beneficial schedule.

He'll the do the work when he can (not a fixed time and date) and we'll pay him what and when we can; sort of a trade and sort of because he's doing some other regular work in our neighborhood (the adjacent property in fact).

Typically in the past, when I've received knocks on my door by other tradesman saying they're doing similar work in the neighborhood to what I've needed – or appeared to need: yard clean up, tree maintenance, driveway repair/repaving, etc., offering me discounts because they're "working on the street," I've always resisted because I've never had the money (cash) or trust to pay them.

Well, I don't exactly have the money now, but neither did Rigo knock on my door. I had been given his name and number months ago by an extremely reliable former neighbor so I had the trust and the time seemed right. When I spoke to Rigo and told him who I was, he said he had been expecting the call, as my neighbor apparently assured him I would.

And so, almost four months since the trees "thudded" to the ground, Rigo and his men have hit the ground sawing. As Dennis Eckersley, a Major League Baseball Hall of Fame inductee and current member of the NESN/Boston Red Sox television broadcast so often says: "It's a beautiful thing."

And what makes this "treatment" a "beautiful thing" is not just the sense of accomplishment for work which most definitely needed to be started – and finished, but specifically work yours truly is incapable of doing.

As the homeowner of a registered historic property built in 1742 ("Belly Acres" I call it) sitting on two acres, constantly in need of something or other both inside and out, to say that I am – and have been overwhelmed since we took ownership in May of 1992, is an understatement.

The overstatement would be: I am in so over my head that to invoke a childhood expression that still doesn't make any sense: "I need to look up to look down."

Hearing multiple chain saws, even starting at 8:30 a.m., as I had been forewarned two days prior would occur, is music to my ears. Any progress I can make – or others can on my behalf – in stemming the tide of my maintenance malfeasance is huge. It's not exactly a sense of pride, it's more a sense of passing homeowner 101, the entry level course I've mostly failed going on 26+ years.

Needing the kind of help I do – in terms of time, money, tools, skillset and inclination – is an unrelenting burden of incompetence which I readily accept. Unfortunately, time does not lessen the responsibility. Nevertheless, I'm lucky to own such a unique and historic property.

If some maintenance suffers, it's not for lack of concern, it's for lack of ability and knowledge. Moreover, I just can't summon up the necessary fortitude. Throw in a stage IV, non-small cell lung cancer diagnosis and the prospects in the future for home-owning improvement are not great.

It's been my nine+ years experience that a cancer diagnosis (especially a "terminal" one) tends to rearrange your priorities/rewire your brain, so to speak. And even though I'm very happy seeing and hearing the trees being tended to, I'm more concerned about the forest.

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

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Fitness for 50+. Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email lynne.lott@fairfaxcounty.gov or call 703-322-4475 for more.

History Volunteers Needed. Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email volunteers@fairfax-station.org or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. www.fairfax-station.org, 703-425-9225.

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 for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilaire.org for more.

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.

Mondays are Family Night. 5-7 p.m. at Villagio, 7145 Main St. \$45 for a family of four. Call 703-543-2030 for more.

PET ADOPTIONS

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

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

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

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

www.lostdogrescue.org for more.

LIBRARY FUN

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. Call 703-502-3883 to reserve a space.

Lego Block Party. Every other Saturday at 10:30 a.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.

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

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. Call 703-830-2223 to reserve a space.

IMPROVING ENGLISH

One-on-One English Conversation. Various times at Centreville Regional Library, 14200 St. Germain Drive. Spend an hour with a volunteer tutor to practice conversing in English. Various times and days. Reservations are required. Call the library at 703-830-2223 to make a reservation.

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.

English as Second Language Book Club. Mondays, 7-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book

chosen by the group. Call the library 703-830-2223 for book title.

Advanced English Conversation Group. Tuesdays, 10:30 a.m.-12:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop-in conversation group for adult English as Second Language speakers who want to improve their skills. Call 703-830-2223 for more.

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.

Farsi Conversation Group. Thursdays, 7-8 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Practice speaking Farsi with native speakers in this weekly drop-in conversation group. No registration required. Adults. Call 703-830-2223 for more.

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.

Practice English Conversation Group. Saturdays, 3-5 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop in and enjoy casual conversation and learning for adult learners of English. Volunteer led program. Call 703-830-2223 for more.

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.

SUNDAY/JULY 8

Hands On Activities. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Activities may include railroad inspired crafts, demonstrations of railroad artifacts with visitor participation as well as possible history challenges for the whole family. All craft supplies included with admission fees. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

SUNDAY/JULY 15

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

BULLETIN BOARD

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966-6960, email catherine@creativeread.com or visit www.CentrevilleChantillyRotary.com for more.

THURSDAY/JULY 12

Story Time: Perspective Taking. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. This Story Time will highlight books and activities to support perspective taking in young children. Perspective taking is an evidence-based executive functioning skill that forms the basis for children's understanding of their parents', teachers', and friends' intentions. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/

parent-resource-center.org for more.

TUESDAY/JULY 17

Story Time: Making Connections. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. Making Connections is at the heart of learning. This Story Time will highlight books and activities to support this evidence-based executive functioning skill in young children. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/parent-resource-center.org for more.

Rotary Club Meeting. 11:30 a.m.-12:45 p.m. at Eggspectations, 5009 Westone Plaza, Chantilly. The Rotary Club of Centreville-Chantilly meets every Tuesday. Rotary is a service

organization open to anyone in the community with an interest in supporting local and international projects. Those who are interested in Rotary are invited any Tuesday as a guest. \$15. Call 703-966-6960, email catherine@creativeread.com or visit www.CentrevilleChantillyRotary.com for more.

THURSDAY/JULY 19

Story Time: Taking on Challenges. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. This Story Time will highlight books and activities to support taking on challenges in young children. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/parent-resource-center.org for more.

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