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- Associate Director, John L. Thornton China Center at the Brookings Institution
- M.I.A., Columbia University; B.A., University of Virginia; I.B. Diploma, George C. Marshall High School

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Chairman Candidates Debate Heats Up

McLean Chamber hosts Democratic candidates' forum for Board of Supervisors Chair; vote June 11.

BY ANDREA WORKER
THE CONNECTION

Three of the four Democratic candidates seeking the top elected spot in Fairfax County met once again on May 30 at a forum hosted by the Greater McLean Chamber of Commerce at the Alden Theatre in McLean Community Center. Current Lee District Supervisor Jeff McKay, Fairfax County School Board at-large member Ryan McElveen, and Georgetown law professor Alicia Plerhoples took to the stage to express views and solutions to county-wide issues. WUSA – Channel 9's Peggy Fox served as moderator, posing questions composed by the Chamber, as well as those submitted by audience members.

The fourth Democratic challenger for Board Chair, Reston-based developer Tim Chapman, sent his regrets due to family circumstances. It was possibly Chapman's absence that kept the temperature at a simmer rather than a full-on boil such as was reached when all four met recently in a debate hosted by the Fairfax Democrats, the Democratic Business Council and the Northern Virginia Labor Federation. At that event, Chapman and McKay traded verbal punches on issues of leadership and ethics when moderator Julie Carey, NBC4 News Northern Virginia Bureau Chief, brought up an ethics complaint against McKay, alleging that the Supervisor received a discount on a home he had purchased from a developer who had business before the Fairfax County Board of Supervisors.

McKay has vehemently denied the charge, and reiterated his denial at the earlier debate, but Chapman continued to press that hot button, insisting the allegations were "very troubling."

McKay returned fire, accusing Chapman of engaging in a smear campaign with false allegations, replying that to "try and smear me because you are not winning a campaign is a Trump maneuver."

THE ALLEGED VIOLATION wasn't raised at the McLean event that focused heavily on economic and related issues that face the county. The candidates maintained a civil demeanor toward each other, though there were still some politely heated moments.

While McElveen and McKay generally used their response times to expand on each topic (with McKay providing some historical context from his perspective as a current Board member) and offer their recommendations for improvements, Plerhoples frequently included criticisms of the Board's record on many of the issues.

"Once again, we need to play catch up [to other jurisdictions like] Arlington and



PHOTO BY ANDREA WORKER/THE CONNECTION

The Greater McLean Chamber of Commerce hosted the democratic candidates for Chair of the Fairfax County Board of Supervisors in a debate at the McLean Community Center's Alden Theatre. From left: Moderator Peggy Fox from WUSA-Channel 9, candidates Ryan McElveen, currently an at-large member of the Fairfax County School Board; Lee District Supervisor Jeff McKay; Georgetown law professor Alicia Plerhoples, and McLean Chamber of Commerce president Paul Kohlenberger.

D.C. on the issue of affordable housing in our area," Plerhoples said. Plerhoples accused the current Board of over-focusing on workforce housing as opposed to more affordable housing. "We need more, for all [sectors] and need more focus on preservation of existing affordable housing."

While not specifically backing this criticism, McElveen agreed that "some progress had been made," but more could be done. He favors upping the tax percentage of funds set aside for affordable housing to 2 cents per dollar of assessed property value to ward off a "greater crisis coming" and take the strain off all those affected, including younger and older county residents.

When the topic of funding for parks and public libraries was raised, Plerhoples hit back at McKay's response. McKay praised both parks and public library departments for their ability to run effective, much needed organizations on less than 1 percent of the county's entire budget, referencing that number as one way the county had fought those who sought to take funds from parks and libraries to cover other financial shortfalls or fund other priorities. McKay reminded the audience of harder times of the recent past when line items for such services often came under attack.

To this rationale, Plerhoples, who said that those public places "probably got me into Harvard" and who personally experienced housing instability during her youth, replied "if these services are so important, why do they only receive 1 percent of the budget?"

Responding to an audience question of revitalization of some more neglected areas of the county like Bailey's Crossroads, Plerhoples again took exception to McKay's answer.

McKay made the case for "balanced" redevelopment bringing "economic engines to all parts of the county." Giving examples of the work done to bring Springfield Mall and surroundings back to life, and the work being done on the Route One Corridor, McKay said that "sometimes rules had to be broken."

"We don't need to break some rules," shot back Plerhoples. "Actually we want the exact opposite in our Supervisors," she declared.

Before answering the next question concerning support of women and minority businesses as contractors to the county, McKay took the opportunity to make clear any misunderstanding of his previous reply.

Part of the "hard decision-making" of the Board's job, says McKay, is finding ways to make "squares fit in a round hole." The success of the Springfield revitalization required just that type of creativity.

"That's leadership," stated McKay.

SCHOOL BOARD MEMBER McElveen also "corrected" his opponent in a follow-up after a discussion on workforce development, taking exception when Plerhoples spoke about creating internships or other paths for area high schoolers to prepare for the jobs of the future.

McElveen pointed out that Fairfax County Public Schools already does just that, and has expanded their efforts recently by adding stipends for certain IT and related training opportunities.

"Students have a chance to learn and get paid – school-sponsored internships," he said. McElveen also mentioned other areas and partnerships that gave local students more preparation for success after high school graduation.

When Plerhoples cited that Fairfax County was on the verge of becoming a minority-majority jurisdiction and that more emphasis needed to be placed on inclusion of minorities in the governmental conversation, McElveen responded that the school system had already reached that demographic status. FCPS has a school population of more than 187,000 students; 40.7 percent of FCPS students are White, 27.4 percent are Hispanic, 20.8 percent are Asian, 10.6 percent are Black, 5.5 percent are two or more races.

The assurance of diversity and equity "and the reflection of our residents in our school staff" is already in practice, according to McElveen, and is, in fact, incorporated in the system's Strategic Plan.

McElveen also said that he is "the only candidate on this stage to have been part of developing a strategic plan tied to a budget."

There was plenty of agreement by all three on a number of issues and in declaring support for various efforts, actions and agencies, even while they differed in what to do next to protect or improve them.

The "One Fairfax" equity policy is celebrated by all the candidates. McKay called it "one of the most important, if not the most important thing I have done on the Board," referring to his role in authoring the policy. McElveen appreciates it as a "framework" from which to continue to enhance the "equity lens" by which the county's work is done. Plerhoples also applauded the adoption of the policy, but questioned how it could be effective with only one person, Chief Equity Officer Karla Bruce, charged with its implementation and enforcement.

"She needs a team and a direct line to the Chairman" for success, said Plerhoples, "and by-in from the community." She sees herself as "uniquely qualified" to build that

OPINION

Lessons from the Greatest Generation

Reflections on the 75th Anniversary of D-Day.

BY SUPERVISOR JOHN C. COOK
BRADDOCK DISTRICT

Thousands of young American soldiers boarded ships in England destined for the beaches of Normandy, France 75 years ago. Allied leaders planned the first-of-its-kind invasion for months. They designated five main beaches for the attack and named them Utah, Omaha, Sword, Gold, and Juno. On the morning of June 6, 1944 high winds and rough waves made for a difficult journey to Northern France for the 5,000 ships and 11,000 airplanes carrying 150,000 Allied troops.

The weather was far from perfect for an operation, but General Dwight Eisenhower could not risk the Germans spotting the massive military presence on the coast of England. When Allied Forces landed, they were met with a barrage of fire. Nearly 2,500 Americans died in history's largest air, land, and sea invasion. Despite the treacherous terrain and heavy casualties, Allied forces broke through German lines and liberated the Gallic Coast. The pivotal victory allowed the Allies to secure the



At the Board of Supervisors meeting on Tuesday, June 4, 2019, the Board recognized the 75th anniversary of the D-Day Invasion on June 6, 1944. Included here is Rear Admiral Gene Sizemore holding the plaque and other veterans with the members of the Board.

Western Front and begin a liberation campaign towards Germany.

On the 75th anniversary of this momentous military victory, we are compelled to remember not just the heroism of the troops, but also

their virtues of service of sacrifice of that generation. The harrowing actions of these servicemembers deserve the greatest respect and deepest gratitude. They showed courage, tenacity, valor, and honor in the face of incredible dangers and challenges. As Tom Brokaw eloquently put it, "They answered the call to help save the world from the two most powerful and ruthless military machines ever assembled." This anniversary should also prompt all of us to emulate the Greatest Generation's immense sense of duty and willingness to serve. Nearly every American in World War II found a way to support their nation during the conflict. Thousands of men volunteered to serve in the Armed Forces. Women supported the military in many different ways. Families nationwide planted victory gardens and volunteered for local groups that supported the war effort. Women also took industrial jobs in armament factories. In Burke, Va., residents volunteered 24/7 with the Aircraft Warning Service by staying in a watch tower to look out for enemy planes.

Today our nation faces many challenges. But a nation that could win two World Wars can also successfully meet the challenges of today. The spirit of the Greatest Generation is here to guide us.

LETTERS TO THE EDITOR

Gun Violence As Public Health Crisis

To the Editor:

For almost 20 years I have been fighting for better gun laws in Virginia — laws to prevent the unspeakable horrors that we saw in Virginia Beach on May 31, 2019 when a gunman with two .45 caliber handguns with high-capacity magazines murdered 12 people and injured many others.

At times, I have felt like it was an exercise in futility — that I was simply banging my head against the wall. No matter how sensible the proposal introduced, it would be killed in committee by Republicans and a few rural Democrats and never even make it to the floor for a vote.

We might have 20 people testify in support of bills including victims of gun violence, law enforcement, and the medical community; yet the voice of one gun industry lobbyist opposed to the measures would be the only one that mattered.

After the shooting at Virginia Tech, there was a slow movement towards change — at least among Democrats. It was a movement that accelerated in the aftermath of the shooting at Sandy Hook Elementary School that left 26 little children and educators dead. Ru-

ral Democrats aligned with the majority in their party and started speaking out about the need for stronger laws to curtail the carnage. In fact, many Democratic candidates at even the highest levels of government began to run on the issue vowing to fight for sensible gun violence prevention measures if elected. Those Democrats won including most recently, Governor Northam, Lt. Governor, Fairfax and Attorney General Herring. And it should be no surprise. Polling tells us that as much as 90 percent of the public is in favor of stronger gun laws such as expanding background checks.

So, with the public and a Governor who clearly supports gun violence prevention measures, why can't we affect change? Because the GOP is in control of both chambers of the General Assembly and they continue to kowtow to the gun lobby instead of taking the decisive action that would make the Commonwealth safer for us all. Take the 2019 session for example. Democrats introduced dozens of firearms bills including ones to expand background checks, ban assault weapons, limit high-capacity magazines, cap handgun purchases to one a month, and to keep guns out of the hands of domestic violence abusers. Republicans defeated them all.

Gun violence has become a public health crisis in Virginia and

across the country. But it is an epidemic that we know how to treat. Stronger gun laws won't prevent all senseless acts of violence but they will save lives. To get the stronger laws we deserve, we must vote for candidates who are more afraid of another horrific shooting than they are of the gun lobby and at this juncture, only the Democrats can stake that claim.

The proposals already exist. We

know what needs to be done. And once Democrats are the majority party in both chambers we will finally be able to pass bills to make Virginia safer and Governor Northam will gladly sign them into law.

Martina Leinz

Burke
President, Northern Virginia
Brady Chapter, United Against
Gun Violence

Why I Celebrate Eid

To the Editor:

Eid-ul-Fitr is an Islamic holiday which marks the end of the month of fasting, Ramadan. Muslims celebrate Eid by spending time with family and friends, eating good food and exchanging gifts.

I like Eid because I get a lot of presents from my family and friends and I get to wear new clothes. The prophet Muhammad (peace be upon him) told us that on Eid we should take a bath, wear

new clothes or our best clothes, and wear perfume.

On Eid day I wear my new clothes and go to the mosque for Eid prayer. After the prayer I meet my friends and wish them "Eid Mubarak," which means blessed Eid. My favorite part of the day is when I open all my Eid presents, play games with my cousins and eat delicious food with my family.

Hibbatul Bari Iqbal, Age 9
Chantilly

Write

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

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CENTREVIEW

www.ConnectionNewspapers.com

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Newspaper of
Centreville
Little Rocky Run
A Connection Newspaper

An independent, locally owned weekly
newspaper delivered
to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to
your email box. Go to
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A Connection Newspaper

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PHOTO COURTESY OF NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

Equine Therapy can be used to treat those with PTSD, says Olivia Taylor of the Northern Virginia Therapeutic Riding Program.

PTSD: Recognizing and Healing

During PTSD Awareness Month, clinicians work to raise awareness, treatment options.

BY MARILYN CAMPBELL

“They took all my clothes and made me walk naked for two days so I couldn’t escape,” said one woman. “They kill people over nothing,” said another.

These are the descriptions from Latina immigrants of their experiences as they were smuggled from Mexico to the United States. These women and others like them often experience rape, assaults, and gun violence, said Carol L. Cleaveland, PhD, Associate Professor of Social Work, George Mason University.

In a recent paper, “An Exploratory Study of Latina Immigrant Trauma,” she and co-author Cara Frankenfeld, PhD, also of George Mason University, spoke with patients at Mason and Partners Clinic in Springfield, Falls Church and Manassas Park who described events that often left them with Post Traumatic Stress Disorder (PTSD). During June, which is PTSD Awareness Month, mental health professionals are working to raise public awareness of the disorder and a knowledge of the treatments available to those who suffer.

There is often a lack of understanding which makes it difficult to identify said Cleaveland. “PTSD is a shift in how people think, feel and behave in response to a traumatic event they experience. It’s something that induces profound terror,” she said.

“[Symptoms include] intrusive thoughts and memories of the traumatic event, such as thinking about the event when you don’t want to, having flashbacks or having a strong emotional reaction to a something that reminds you of the trauma,” said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

A person experiencing PTSD might avoid people or experiences that remind them of the trauma, said Bagshaw. “You [can experience] negative thinking about yourself and the world, such as having traumatic expectations or detaching from relationships.”

Managing and healing even severe symptoms is possible with the right strategies. “There are several

very good treatments for trauma,” said Bagshaw.

Among these healing methods is Cognitive Behavioral Therapy (CBT), a form of psychotherapy that teaches how to cope with dysfunctional emotions, behaviors, and thoughts. Another therapy is Eye Movement Desensitization Reprocessing (EMDR) which involves a patient briefly focusing on the traumatic memory under the guidance of a trained clinician and ultimately experiencing relief.

“There is research which shows EMDR is highly effective in desensitizing the trauma,” says Cleaveland.

Therapeutic riding is an emerging therapy that has not been studied extensively for PTSD. “[It] is teaching people to ride and work with horses with the goal of improving their physical or mental well-being,” said Olivia Taylor, Program Director of Northern Virginia Therapeutic Riding Program (NVTRP). “One of the biggest benefits we see for our riders with PTSD is that riding puts them in

the moment, focused on creating a bond with their horse. They’re not thinking about past events or being hypervigilant, but feeling peaceful in the moment.”

For those who have strained interpersonal skills related to trauma, such as the ability to trust others, therapeutic riding provides a safe space for working on that proficiency, Taylor said. “Horses are empathetic, non-judgmental creatures, so therapeutic riding provides a great opportunity to work on building a trusting relationship with another living being,” she said.

As an example, Taylor points to one NVTRP rider who suffers from debilitating and life-disrupting anxiety resulting from PTSD. “Over several weeks of riding, she has developed a very strong bond with the horse she rides,” says Taylor. “They share an especially close relationship, and she credits the trust she has in him with her ability to overcome her fears of riding and progress more than she’d ever imagined. We find that this sort of trust and openness to an empathetic relationship carries over into riders’ lives beyond the farm, helping them to rebuild healthy lives.”

“It’s important for people with PTSD to have hope because they can get better.”

— Carol L. Cleaveland, George Mason University

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‘Wonderful to See All the Hard Work Pay Off’

Westfield’s ‘Rock of Ages’ wins eight Cappies.

BY BONNIE HOBBS
THE CONNECTION

Not only did Westfield High’s boisterous, 1980s musical, “Rock of Ages,” receive 24 Cappie nominations, but it won eight of them at the May 27 Cappies Gala at The Kennedy Center in Washington, D.C. The rock musical garnered crystal statuettes in acting, tech and critic categories, as well as capturing the big prize – Best Musical.

“I was pleasantly surprised that we got so many nominations – 24 is highly unusual – we set a school record,” said Director Rachel Harrington. “I was just happy that so many students got recognized. But I was ecstatic about all the wins. I wasn’t sure what the night had in store, but it was just wonderful to see all the hard work pay off.”

Regarding the Best Musical award, she said, “I think this show really catered to the audience, directly talking to them and pulling them into the experience. And it was just fun and a good time. The music is familiar and something the audience members walked away singing. The cast and crew are amazingly talented, and this show gave them the ability to shine.”

Besides that award, Westfield’s Cappie winners were as follows:

Supporting Actor in a Musical: Harry Schlatter;

Comic Actor in a Musical: Alan Gutierrez-Urista;

Male Vocalist: John Henry Stamper;
Stage Crew: Sarah Bourgeois, Hayden Cutler & the Bourbon Room Employees;
Stage Management: Lauryn Bailey;
Sets: Braeden Anderson, Nora Lewis;
Andy Mays Rising Critic: Julia Tucker.

So how does Harry Schlatter feel about winning the Cappie for Supporting Actor in a Musical? “Freaking thrilled,” he replied. “I think it’s so crazy that, out of all these talented actors, I got chosen – especially when I had so much fun doing it.”

He also believes many things made his performance stand out to the Cappie voters. “For one, everyone knows the music and the lyrics, making it easy to have a good time with,” he explained. “Then there are a lot of funny and raunchy jokes – especially for us high-schoolers, who think this show is outrageous to put on stage. My character, Lonny, is the epitome of all the raunchy, ’80s goofiness – the mullet, the stud-ded jewelry, the mustache – and he’s so into being a rocker, it’s his life. He is THE 1980s rocker!”

AS FOR WESTFIELD THEATER and his director, Schlatter said, “It’s awesome that we could all work so hard for the nominations and, at the end of the day, the big win for Best Musical. I know a lot of people weren’t excited about this show because it



Westfield High’s cast, crew and Director Rachel Harrington (right side, third from top) after winning eight Cappies for their musical, “Rock of Ages.”



From left, Westfield’s Harry Schlatter, John Henry Stamper and Hayden Cutler pose with their Cappies outside The Kennedy Center.

doesn’t take itself seriously, like ‘Phantom of the Opera’ did last year. Instead, it was lots of fun, giving the actors the opportunity to flex their improv chops and making for a hysterical performance. I’m really happy Mrs. Harrington picked the show because it gave us actors a great change of pace and something everybody – actors, audience, Cappies critics – could enjoy.”

For John Henry Stamper, it was his second year in a row to win the Cappie for



PHOTO COURTESY OF ALFREDO GUTIERREZ
Alan Gutierrez-Urista is thrilled following his Cappie win for Comic Actor in a Musical.

Male Vocalist, after playing the title role in last season’s “Phantom of the Opera.” And he called his latest victory “a blessing. The Cappies are so competitive, but I always do my absolute best and am passionate about it. It’s just an honor to be nominated and be in the top five, and it’s great to see all the talent in the area.”

Besides that, he said, “It’s always nice to be appreciated by your peers. At the Cappies Gala, I was excited to hear my name called and go up there and give a speech. I think I won because I was singing music hey hadn’t heard before, since ‘Rock of Ages’ isn’t a traditional musical.”

Stamper also has deep roots in this school. “I’ve been doing Westfield Theater camps since I was 7, so it’s fostered a lot of growth for me. I’m honored to call Westfield Theater my home, and I’m excited for what the future holds for the department and for the

Cappies organization.”

Alan Gutierrez-Urista was delighted, as well, to win for Comic Actor in a Musical. “I thought I had a chance,” he said. “I prayed a lot, but all the other nominees worked just as hard. But in that moment [at the awards ceremony] I hoped for it but didn’t expect it. Words can’t describe how I felt. I was very happy with the nomination, so I didn’t need to win. But when they called my name, I was surprised and very excited.”

He attributes his victory to the fact that he “just owned” the part of Franz. “I took a lot of liberties with it,” he said. “I’d seen the show on tour and talked to that Franz and asked him for advice, and he said to just have fun with the role and make it my own. So I wanted to make it about the audience and make sure they were entertained.”

ALSO PROUD to be part of Westfield Theater, Gutierrez-Urista said, “We’re a family here, with all the messiness, but it’s evident that we dedicate ourselves and work really hard. And we’re never at a lack for talent.”

Nora Lewis said she and Braeden Anderson were overjoyed with their Cappie for Sets. “It was amazing; we were completely shocked,” she said. “We’d heard how good some of the other schools’ sets were, so we were completely blown away.”

She believes their set appealed to the Cappie voters because it had a breakable wall that made people take notice when someone broke through it. “And the ex-

SEE WESTFIELD, PAGE 10

'Never Stop Dreaming; Set No Limits on Yourselves'

CPMSAC holds 35th annual student awards ceremony.

BY BONNIE HOBBS
THE CONNECTION

The Chantilly Pyramid Minority Student Achievement Committee (CPMSAC) held its 35th annual Youth Motivation and Academic Achievement Awards Program on Saturday, June 1, at Chantilly High. Honored were middle- and high-school students, and the theme was "Persistence in Pursuing Higher Student Achievement and Academic Excellence."

With their friends and family members cheering them on, the students being honored walked in, as is tradition, to the song, "Celebration." Dignitaries attending included Fairfax County School Board members Karen Keys-Gamarra and Ilryong Moon, FCPS Deputy Superintendent Frances Ivey and Supervisor Kathy Smith (D-Sully).

MASTER OF CEREMONIES was CPMSAC President Johnny Nelson, whose late wife Shirley founded this all-volunteer organization to eliminate the school-achievement gap seen in minority students here. "She saw a need and was determined to do something about it," he said. "The committee originally met at Chantilly Baptist Church until we decided to open it up to the whole community."

Now, said Nelson, parents often come up and tell him their son or daughter is at Duke or Howard universities, Virginia Tech, or some other college, and it fills him with happiness and pride. "And that's the reward for me," he said. "I know it in my heart. Diversity is growing by leaps and bounds in Fairfax County, and diversity is what we're all about. I look out among you and I feel so proud."

Speaking next was Chantilly High Principal Scott Poole. "Our theme this year at Chantilly was 'To connect, engage and inspire,' to allow learning to flourish and encourage students to do the best they can so they can succeed in life," he said. "It's also important to promote equity across all FCPS schools to give all students hope that they can be successful. But it doesn't happen unless students do the work and make the most of their opportunities – and you students here have certainly done so."

Noting that she's been attending CPMSAC's youth-motivation and academic-achievement awards program for many years, Ivey said, "I'm absolutely thrilled to see it grow every year." She then told the students, "We're so proud of your hard work, dedication and success. We salute you and congratulate you for your success today, and we also thank your parents, teachers, principals, counselors, administrators and the Chantilly Pyramid Minority Student



Nyliek Brooks-Allen and Christine Kearney-Ogburn won Shirley O. Nelson Memorial Scholarships at CPMSAC's annual awards ceremony.



Jourdan Farmer and Jesus Neyra won Cameron Guy Dudley Book Scholarships.



Johnny Nelson



Frances Ivey



Scott Poole



Kathy Smith



Ilryong Moon

Achievement Committee. Students, we wish you a bright future – never stop dreaming and set no limits on yourselves."

Proud that she knew Shirley Nelson personally, Smith praised CPMSAC, as well as its tutoring program, STEP (Saturdays Toward Excellence Program), in which local residents help students learn their academic subjects. "This is how we create a community," she said. "It's good to see all your parents here, and thank you, students, for all your hard work today so you'll have a bright future tomorrow."

Moon also acknowledged all the support given by the parents to advance their children's education. And he congratulated the students on the next phase of their lives. "This is an event where we recognize your success and achievement," he said. "And that brings me tremendous joy."

THEN THE GRADUATING SENIORS

received plaques engraved with their names, and the scholarship winners were announced. Also honored were the CPMSAC Humanitarian Award winners for service to their schools and communities. This year's recipients were Chantilly High's Dylan Sparks and Westfield High's Saadig Hinton.

Receiving Shirley O. Nelson Memorial Scholarships of \$1,500 each were Nyliek Brooks-Allen of Chantilly High and Christine Kearney-Ogburn of Centreville High. Brooks-Allen is going to Coastal Carolina University in South Carolina to study biology for one year. He will then transfer to York St. John University, north of London, England, to study international business and play soccer.

Kearney-Ogburn will major in English at GMU and plans to become an English teacher. "I feel really good about winning the award," she said. "I wasn't expecting it,

but I'm happy about it."

In addition, Cameron Guy Dudley Book Scholarships of \$300 each were awarded to Westfield High's Jourdan Farmer and Jesus Neyra. Farmer will attend Old Dominion University to major in marketing and business analytics. "It's really exciting to get something that will help fund my future and my education," she said. "CPMSAC motivated me to always keep my grades up and do well in school."

Neyra is going to UVA to major in biology, chemistry or biochemistry so he can eventually go into medicine. "I'm honored to receive this award," he said. "This is just one of the things that demonstrates my devotion to medicine and my achievement. Since elementary school, I've gone to CPMSAC's awards ceremonies, and they've always been a motivation to push myself academically to pursue my goals and dreams."

ENTERTAINMENT

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

THURSDAY/JUNE 6

Westfield All Night Grad Party. 11 p.m.- 4 a.m. at Uptown Alley, 8300 Sudley Road Suite Unit A-7, Manassas. Westfield High School will be hosting an All Night Grad Party at Uptown Alley. Registration for Seniors and donations is now open (register by May 31). \$75, includes food, drinks, and all activities. Email bocm61@gmail.com or visit www.ptsa.westfieldhs.org/parents/angp-homepage/.

FRIDAY-SUNDAY/JUNE 7-9

Celebrate Fairfax! Festival. Northern Virginia's largest community-wide event, the 38 th annual Celebrate Fairfax! Festival, is set to take place on the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Celebrate Fairfax! Festival features 25 acres of concerts, family programs, exhibits, carnival rides and nightly fireworks. Among the festival's highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit www.celebratefairfax.com.

SUNDAY/JUNE 9

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

SATURDAY/JUNE 15

Live Music: Andy & Judy. 2-3 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Enjoy live folk music with Boston-based musical duo, Andy & Judy. They will perform traditional and folk music with influences of country, gospel and blues. All ages. Free. Call 703-830-2223 or visit /librarycalendar.fairfaxcounty.gov/event/4534779 or www.andyjudyding.com.

SATURDAY-SUNDAY/JUNE 15-16

Father's Day Park Programs. This Father's Day weekend spend time with fathers and grandfathers in a program just for them at a county park.

- ❖ **Golf Tournament.** Saturday, 8 a.m.-noon at Burke Lake Golf Course. Kick off the weekend with the "Father's Day Golf Tournament." Two-player teams compete in an 18-hole scramble format in three divisions: Father/Jr. 7-12; Father/Jr. 13-17; Father/Adult partner with closest-to-the-pin contests and prizes for the top three places in all three divisions. \$75 per team includes lunch. Call 703-323-1641 or visit www.fairfaxcounty.gov/parks/golf/burke-lake.
- ❖ **Wood Carving.** Sunday, noon-4 p.m. at Colvin Run Mill. Celebrate by treating Dad to a free wood carving lesson with the Northern Virginia Carvers. There is a nominal charge for wood blanks. While visiting the mill, take a tour. Dads and grandads tour for free on Father's Day when accompanied by a paying child. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.
- ❖ **"Animal Dads."** Sunday, 1-1:45 at Hidden Oaks Nature Center, Annandale. Children age 2-6 can pretend to be a penguin, doting and beaver dad as they learn about these wofing fathers. Participants will meet live animals and make a craft for their favorite father/grandfather. The program at Hidden Oaks Nature Center runs from 1 to 1:45 p.m. \$8 per child. Children must be accompanied by an adult. Call 703-941-1065 or visit www.fairfaxcounty.gov/parks/hidden-oaks.
- ❖ **Family Fishing.** Sunday, 2-3:30 p.m. and 4:30-6 p.m. at Riverbend Park, Great Falls. If Dad likes to fish, register for the "Father's Day Family Fishing" program at Riverbend Park. Supplies and equipment will be provided, or bring a rod and reel. Pick up some fishing tips. All fish caught will be released. Designed for participants age 4-adult. \$12 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.
- ❖ **Father's Day Campfire.** Sunday, 6-7 p.m. at Ellanor C. Lawrence Park, Chantilly. Wrap up

8 ❖ CENTRE VIEW ❖ JUNE 5-11, 2019



Live Music: Andy & Judy

Enjoy live folk music with Boston-based musical duo, Andy & Judy. They will perform traditional and folk music with influences of country, gospel and blues. Saturday, June 15, 2-3 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. All ages. Free. Call 703-830-2223 or visit /librarycalendar.fairfaxcounty.gov/event/4534779 or www.andyjudyding.com.



Railroad Museum

The Fairfax Station Railroad Museum holds events most Sundays, 1-4 p.m. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. The Fairfax Station Railroad Museum is located at 11200 Fairfax Station Road, Fairfax Station. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

the day with the "Father's Day Campfire." Learn about some of nature's best fathers, take a hike near a stream and eat s'mores. Of course, moms are invited, too. \$8 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SUNDAY/JUNE 16

Sully Antique Car Show. 10 a.m.-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Take Dad for a stroll down memory lane this Father's Day with a visit to the Antique Car Show at Sully Historic Site. Relive a time when chrome was king and V-8 engines ruled the land. Car show tickets are \$10 for adults, \$8 for seniors, and \$6 for children, and will be sold at the gates. Call 703-437-1794.

SATURDAY-SUNDAY/JUNE 16-17

Two-Day NTRAK 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 two day N gauge Train Show. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

SATURDAY/JUNE 22

Sully District Summer Open House and

teach participants how to take pictures with a camera or mobile device on full automatic mode. Teens and adults. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5250981 for more.

TUESDAY/JULY 23

Photography Basics 2. 7:30-8:30 p.m. at Centreville Regional Library, 14200 St Germain Drive, Centreville. "Going Beyond Automatic Features" part 2 of a two-part series. This class will teach how to take pictures with a camera or mobile device with more features than automatic mode allows. Teens and adults. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5251050.

MONDAY/AUG. 6

African-American Genealogy. 7-8:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. An African-American Genealogy study group meets the first Monday of the month (except September and November). Participation in the study group is free but registration is requested. To register, or for more information, visit www.fairfaxcounty.gov/events or call 703-830-2223.

MONDAY/OCT. 7

African-American Genealogy. 7-8:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. An African-American Genealogy study group meets the first Monday of the month (except September and November). Participation in the study group is free but registration is requested. To register, or for more information, visit www.fairfaxcounty.gov/events or call 703-830-2223.

MONDAY/DEC. 2

African-American Genealogy. 7-8:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. An African-American Genealogy study group meets the first Monday of the month (except September and November). Participation in the study group is free but registration is requested. To register, or for more information, visit www.fairfaxcounty.gov/events or call 703-830-2223.

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.fairfaxjubilairs.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 Villaggio, 7145 Main St. \$45 for a family of four. Call 703-543-2030 for more.

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PHOTO COURTESY OF ANDY & JUDY

PHOTO COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

Memorial Golf Tournament Raises Nearly \$4,000

Police Sgt. Ryan Lindenbaum of the Sully District Station was just 30, in August 2015, when he died of a brain tumor. The following year, three of his high school friends – Alex Fetterman, Andrew Donahoe and Brian Beruete – established The Hercules Foundation in his honor. It raises money for college scholarships for law enforcement families and helps them in times of need. Its primary fundraiser is an annual golf tournament, and this year's event – held May 17 at the Pleasant Valley Golf Club in Chantilly – yielded \$3,917.



Ryan Lindenbaum



Pictured is the check presentation from one of the sponsors, Mission BBQ of Chantilly, to the Hercules Foundation. From left, Fran Lindenbaum, Hercules Foundation and Ryan's father; Jon Gridgemen, Mission BBQ general manager; Brian Beruete and Alex Fetterman, Hercules Foundation; Liz McGuirk, Mission BBQ ambassador; Andrew Donahoe, Hercules Foundation; Steve Bernbaum, Mission BBQ operations director; and a Mission BBQ employee.

Board Chair Debate Heats Up

FROM PAGE 3

buy-in as a person who has “experienced many of the hardships faced by our residents.”

FINDING NEW REVENUE sources for funding the county's growing needs also produced general agreement - with divergent solutions.

McKay opposes increasing Business, Professional and Occupational (BPOL) taxes. “We’ve seen that backfire elsewhere” and doesn’t think that further “taxing of our small businesses” is the answer. He vowed to keep fighting and working with his General Assembly allies to gain for Fairfax County the same taxing flexibility that Fairfax City and our region’s towns have. The Supervisor cannot see the reasoning behind a city of some 25,000 inhabitants having greater authority over its taxing methods than the county of more than 1.1 million. “It’s ridiculous.”

Plerhoples looks at expanding the commercial tax base with more businesses, while McElveen simply stated that if more reasonable means to gain more autonomy from the State’s rule did not meet with success, “I will sue the State.”

Speaking on a topic of particular interest to the audience – overcrowding at area schools — all agreed that the School Board needed to step up and address the boundary issues that have McLean High School overburdened by its student population, while Langley High School has untapped capacity.

Even School Board member McElveen agreed with this, pointing out that only he and Jane Strauss, the Dranesville District representative on the School Board had championed the issue within the School Board’s members.



PHOTO BY ANDREA WORKER/THE CONNECTION

Ryan McElveen, Jeff McKay and Alicia Plerhoples prepare to answer questions from hosts, the Greater McLean Chamber of Commerce and the audience, at the May 30 debate. Candidate Tim Chapman was unable to attend.

Plerhoples led the candidates’ closing statement segment, saying again that other municipalities are passing Fairfax County by and that residents are often “asked to settle for less” from their elected officials. She offered statistics that indicate 30,000 more Fairfax County residents have fallen into poverty since 2004 and that “50 percent of students [graduating] in the Lee and Mount Vernon school areas are not college-ready” yet “no one on this Board, including Jeff, have called for expanded Pre-K. This is not the type of results we should be rewarding with a promotion.”

“That’s just not true,” responded McKay in his closing. “I have seen hundreds of slots and millions of dollars added to Pre-K, particularly thorough the One Fairfax initiative.”

McKay said his record includes adding affordable housing units in Lee District, One Fairfax, support of Diversion First, land use adjustments to bring better infrastructure

to underserved areas, and more.

“It’s easy to sit up here and complain. I’m here to tell you I am very proud of this county. We are nationwide leaders in a number of statistical areas. We are still a place where people want to come to live the American Dream ... that doesn’t happen by accident. It happens because you elect the right people.”

McKay said he is the one who has served the county “full time, everyday, for the last 11 years.” Acknowledging there are challenges, he says he believes in the potential of the county and feels his experience and the relationships he has built are core components of his ability to “take us to the next level.” McElveen is “the only one who has been a countywide elected official,” and he feels that helps him best understand the needs of all of the county’s populace.

He also elicited some laughter from the audience when he acknowledged that he was *not* endorsed by the Washington Post (which has endorsed McKay in the Chairman’s race).

“It was a full half sentence that said Ryan McElveen is a school board member who antagonizes supervisors. I would be happy to have that etched on my tombstone,” although he says he would make one correction. “I haven’t antagonized people, I have stood up to them, and that’s what we need in our leaders. Someone who stands up for the needs of the people in our community.” Asking for the public’s vote, McElveen promised that all in the community would have the opportunity to access the American Dream.

The primary is June 11.

Man Charged with Solicitation Of Minor

Fairfax County police have charged a 32-year-old man with several sex crimes. He is Abelardo Daniel Medianero Salazar of Falls Church. He was arrested May 23 at the Chick-fil-A at 11750 Lee Jackson Memorial Hwy. in Chantilly after detectives from the Major Crimes Bureau’s Sex Crimes Squad received a complaint of an alleged sex offense in-

volving a juvenile. Salazar was charged with three counts of solicitation of a minor using a communication device and two counts of indecent liberties with a minor.



Salazar

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WEST VIRGINIA

NEWS

Westfield Wins Eight Cappies

FROM PAGE 6

tended stage that came out into the audience made people feel more involved and invested in the show," she added. "A lot of thought also went into the pictures and posters in the bar. We wanted it to be as detailed as possible, so it felt authentic."

Lewis said working on the "Rock of Ages" set was a great experience. "The people on the set team were so helpful and had so many great ideas that it made things go smoother than I thought they would," she said. "We covered the entire stage, and the curtain never closed, so we had to work around it."

As for the Cappie for Stage Crew, Sarah Bourgeois and Hayden Cutler bubbled with enthusiasm. "At The Kennedy Center, we were all visibly shaking because we were so excited to win," said Bourgeois.

Earlier, the stage crew took a group photo to be displayed on a large screen during the Gala, in case they won. It was funny because, in it, the smallest

boy lifted up Cutler, who is quite tall. So, said Bourgeois, "When we saw it on the screen, it was like, 'Wow, it actually happened - we won.'"

She accepted the award from the presenter, and Cutler thanked Westfield's fire alarm in his speech. It went off in the middle of the show on the night the Cappies critics were there, and everyone had to evacuate before the musical could resume. So, said Cutler, "I thanked the alarm for just working."

He said this was Westfield's first-ever nomination for Stage Crew. Furthermore, said Bourgeois, "This is the first year it's been a separate Cappies category, so we're the first school in the National Capital Area to win it. I think we stood out because we dressed the crew members like Bourbon Room employees, with Guns N' Roses-type bandanas."

Cutler chalked up their win to the crew members doing their jobs so well. "I've done this for three shows now and, this time, we didn't have any mistakes," he said. "Everyone was perfect."

CRIME REPORT

The following incidents were reported by the Sully District Police Station.

JUNE 3
LARCENIES:
4300 block of Chantilly Shopping Center, cash from location
4300 block of Chantilly Shopping Center, license plates from vehicle
4400 block of Chantilly Shopping Center, beer from business
15600 block of Meherrin Drive, property from vehicle
13200 block of Yates Ford Road,

backpack from vehicle
STOLEN VEHICLES:
15400 block of Eagle Tavern Lane, 2018 GMC Acadia SUV

MAY 30
LARCENIES:
4300 block of Chantilly Shopping Center, cell phone from location

MAY 29
LARCENIES:
5700 block of Cedar Walk, cash from residence

MAY 28
LARCENIES:
4000 block of Airline Parkway, wallet from location
14300 block of Johnny Moore Court, cell phone and keys from vehicle
14500 block of Lee Road, cell phone, wallet and keys from location
7100 block of Ordway Road, license plate from vehicle
4100 block of Stonecroft Boulevard, tires from vehicle
4900 block of Stonecroft Boulevard, packages from residence

BULLETIN BOARD

FRIDAY-SATURDAY/JUNE 7-8

2019 SHIFT Men's Conference.
Friday, 5-8:40 p.m.; Saturday, 7 a.m.-4 p.m. at Grace Covenant Church, 4600 Brookfield Corporate Drive, Chantilly. Featuring speakers, Friday evening tailgate, car show and video game arcade. \$65. Call 703-318-7073 or visit bit.ly/2019MENSCONF.

SATURDAY/JUNE 8

Caregiver Workshop. 11 a.m.-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join this Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving challenges. This is a free event, and all caregivers and family members

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

are invited to attend. Lunch will be provided. Visit insightmcc.org, to register or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

considered. Visit www.fairfaxcounty.gov/parks/recpac/jobs or email Recpac@fairfaxcounty.gov.

TUESDAY/JUNE 11

Park Authority Summer Jobs. 10 a.m.-1 p.m. at the Herrity Building, 12055 Government Center Parkway, Fairfax. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug. 8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a DMV photo ID. Only those who are 18 years of age and older will be

FRIDAY/JUNE 14

Application Deadline: Fire Academy. The Fairfax County Fire and Rescue Department is now accepting applications for its Girls Fire and Rescue Academy summer camp, which will take place July 11-13, 2019. The Academy is open to female students who will be in grades 7-12 in the upcoming 2019-2020 school year. Participants must be a Fairfax County resident. Free. Visit www.fairfaxcounty.gov/fire-ems.

SEE BULLETIN, PAGE 11

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BULLETIN

FROM PAGE 10

SATURDAY/JUNE 15

Volunteer Habitat Heroes. 10 a.m.-noon at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Volunteers will remove non-native invasive plants to protect native species and support wildlife habitat and will use tools to pull or cut invasive plants in the natural areas. Volunteers may take part in a small planting of native trees and shrubs to help the forest regenerate. Volunteers must be at least 13 years old, and those 15 years and younger must be with an adult. For more information or to volunteer, contact Kiersten Conley at 703-631-0013.

MONDAY-FRIDAY/JUNE 24-28

Young Actors Workshop. 9 a.m.-1 p.m. at Westfield High School. This camp is for rising 1st-7th grade students. For more than a decade, this dramatic arts camp has offered students the chance to sing, dance and participate in theatre games and performances. Through words, music and movement, students engage in activities that culminate in a presentation of songs and dances from popular Broadway shows.

Visit www.westfieldtheatre.com to register.

SUNDAY/OCT. 6

Low Cost Rabies Vaccine Clinic. Noon-2 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

ELECTRONICS RECYCLING

Residents Can "E-cycle" at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. on Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm for more.

DONATIONS

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

Cell Phones for Soldiers is accepting donations of old cellphones so that troops can call home. Patrons may drop off donations at 14215E Centreville Square, Centreville.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

Support Groups. Jubilee Christian Center of Fairfax is having its "Living Free" support groups for the spring on Wednesdays, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "The Image of God in You," and "Handling Loss and Grief." There are also support groups on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

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From Weak To Week



By KENNETH B. LOURIE

For the next six weeks or so until mid-July when my bi-monthly CT scan reminder arrives in my inbox, I am on easy street/living the life of Riley. The email will confirm time and place when scans – and face-to-face appointments with my oncologist, are scheduled. Reminders which I really don't need.

I mean, my life is at stake here. What kind of moron ("Why? Are there more than one kind?" to quote Curly Howard of The Three Stooges.) forgets/neglects medical appointments related to one's life when death is looming?

And death for me has been looming since late February 2009. That's when an (now my) oncologist dropped the figurative hammer on Team Lourie after a nearly two-month pursuit to determine the truth for just us: "Non-small cell lung cancer, stage IV," with a "13-month-to-two-year" prognosis.

Talk about devastating news. To say we were all stunned does a disservice to the word "stunned."

To invoke Yoda from "Star Wars," speechless we were.

That was a long time ago, however, and much has occurred. The details of which are somewhere between being lost in the ether and lodged in my brain, generally retrievable should the need arise. A need which I often have when writing this column but one which doesn't manifest itself too much in my daily activities.

Yes, I have cancer, but I try not to make a big or central thing about it. To say, "It is what it is" isn't meant to trivialize the overwhelming nature of a "terminal diagnosis;" it's more an attempt to compartmentalize it somehow. (I just hope the compartment has an infinite amount of space. Otherwise, I fear I'll be in trouble fairly soon.)

But not for the next six weeks. For the next six weeks, I am on cruise control. I will be going about my regular business without too much emotional interference.

I wouldn't exactly say I'm on cruise-control/"-passenger" in a self-driving car, but I am able to function without consulting the manual.

This "honeymoon" is as good as it gets for a patient whose life is lived from one diagnostic scan to the next, not knowing, generally, if the you-know-what has hit the fan. It's the sword of Damocles on steroids.

But what else is new?

For a cancer patient? Not much.

This is the life, a life which for us fortunate few, we have to live, despite the initial words to the contrary spoken by our respective oncologists – who were consulting the manual: If patient "X" presents with such and such then his/her prognosis is so-so.

Just last week, my oncologist told me the average life expectancy "for lung cancer patients is one year." And even though I've lived an unexpected life – and met many others who likewise have lived beyond expectations, his assessment of my fellow lung cancer "diagnoses" was still horrifying. (Why not me? I think there's been a misspelling somewhere.)

Misspelling or not, I'll go on pretending life in the cancer lane, as bumpy and in as need of repair as any you can imagine – or have read about in this space, goes on without further adieu, so to speak.

My philosophy has been: "Until they tell me otherwise, and even if they do ... " I have tried, and hope I will continue to try, especially if the future news is not so good, to not become a victim of my own circumstances. And though I have occasionally received some discouraging news, I have tried not to give in to it.

"It's nothing until it's something and even if it's something, it's still could be nothing." That's how I roll.

For the past 10 years plus, I've rolled along managing the "slings and arrows" of my outrageous misfortune: a life-long non-smoker with no immediate family history of cancer diagnosed with an incurable form of lung cancer.

Lucky me. You bet I am.

Alive and reasonably well a decade after the hammer came down.

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



The starting line of the 1-mile fun run at the Clifton Caboose Twilight Run.



The Reston Runners provided the finish-line services and race results.

Clifton Caboose Twilight Race

Between \$5,000-\$6,000 raised for Clifton Betterment Association.

Call it a Clifton tradition. About 300 runners participated in the 22nd Annual Clifton Caboose Twilight 5K and 1-Mile Fun Run/Walk held Saturday June 1, 2019. The money raised, between \$5,000-\$6,000, goes to the Clifton Betterment Association, which managed the race.

The first-place winner of the 5K run was Gavin Camby, 20, of Fairfax Station, with a time of 17.15. Ellen Brosh, 35, of Fredericksburg was the first-place female runner with a time of 21.06. And Petra Gruendel, 9, of Clifton placed first in the 1-mile fun run with a time of 6:40.

According to Gary Anderson, Race Organizer: "It really does bring the community together. Every year there are countless

people who know exactly what they need to do and it all comes together and we see a lot of the same people here every year – kids who grew up doing the one-mile, now they're doing the 5K. It's a great event. We hope to keep doing it for a long time."

Added Michelle Stein, President of the Clifton Betterment Association: "This is an amazing tradition in Clifton; it's especially wonderful to see the small kids run. We had three 4-year-olds running this year, which is an amazing thing. I love the fact that the kids get involved in this so early and they run for many, many years."

To see the complete list of runners and their times, visit www.RestonRunners.org.

— STEVE HIBBARD



The starting line of the Clifton Caboose Twilight 5K Run held Saturday, June 1, 2019, in Clifton.

PHOTOS BY
STEVE HIBBARD/
CENTRE VIEW



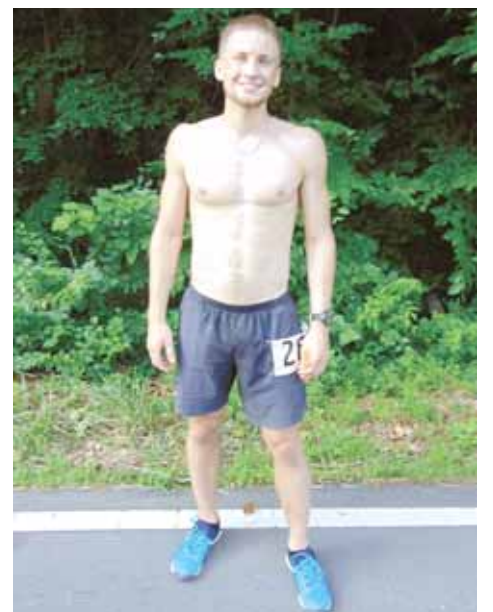
Michael Toobin of Burke with his son Adam, 36, who participated in the race.



Ellen Brosh, 35, of Fredericksburg was the first-place female runner in the Clifton Caboose Twilight 5K Run held Saturday, June 1, 2019, in Clifton. Her time was 21.06.



Petra Gruendel, 9, of Clifton, placed first in the 1-mile fun run of the Clifton Caboose Twilight Run with a time of 6:40. She is a third-grader at Oak View Elementary.



Gavin Camby, 20, of Fairfax Station was the first-place male winner in the Clifton Caboose Twilight 5K Run held Saturday, June 1, 2019, in Clifton. His time was 17.15.