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AD ON
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Senior Living

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Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

Marjorie Mendez receives the Citizenship Award from Erin Chubb during the Mountain View's Class of 2019 graduation ceremony.



'We Are Brave, We Are Strong, We Are Intelligent'

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Principal Speaks from Heart

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Teaching English In Taiwan

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PHOTO BY BONNIE HOBBS/THE CONNECTION ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 7

PEOPLE

Teaching English in Taiwan

Elin Woolf of Centreville receives Fulbright Scholarship.

Elin Woolf of Centreville, a May graduate in psychology and economics distinguished major with a minor in environmental sciences at the University of Virginia, will teach English in Taiwan. While there, she plans to study Mandarin, create an after-school gardening program and teach yoga.

"Taiwanese culture has had a huge impact on my life," Woolf said. "My mom grew up in Taiwan and moved to the U.S. when she was 27. When I learned of Fulbright opportunities in Taiwan, I jumped at the chance to both teach English and explore a part of my heritage that I haven't been able to fully experience here in the U.S." Woolf was a resident adviser for Housing and Residence Life; a research assistant in Charles Holt's experimental economics lab; a Morven Summer Institute Fellow;



Elin Woolf will teach English in Taiwan.

PHOTO CONTRIBUTED

a Morven Kitchen Garden summer intern; and a Cavs in the Classroom volunteer through Madison House. She was involved with the Center for American English Language & Culture through volunteering and moderating with the Volunteers with International Students, Staff and Scholars (VISAS) program and working as an instructional assistant in the English for Academic Purposes program. She is a member of Phi Sigma Pi National Honor Fraternity; Phi Beta Kappa national honor society; Psi Chi, the international psychology honor society; the Accessible Theatre Project, a CIO that partners with local theaters to present

sensory-friendly productions that are open to the public; and the UVA Clay Club, a pottery group. She is a recipient of the Herbert Epes Fitzgerald Jr. and Harvie W. Fitzgerald Scholarship. A graduate of Centreville High School, she wants to pursue a graduate degree in psychology or environmental economics and teach in higher education.

"It became clear that my passion for education has always been influencing me, and this realization made me feel more confident in my decision to apply for a Fulbright grant and my plan to later pursue a professorship," Woolf said.

ROUNDUPS

Sully Soap Project Needs Help

A volunteer group associated with Western Fairfax Christian Ministries (WFCM) is helping people each month do their laundry at a local laundromat. These people are WFCM clients who have no money for laundry, so the Sully Soap project will enable them to have clean clothes, sheets and towels. But the community's help is needed, too. So from now until Aug. 1, a donation box is in the lobby of the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly, and community members may fill it with donations of liquid laundry detergent and dryer sheets to help their neighbors in need.

Stuff the Bus for WFCM

A Stuff the Bus food drive for Western Fairfax Christian Ministries' (WFCM) food pantry will be held Saturday, June 29, from 9 a.m.-4 p.m., outside the Giant grocery store, 14125 St. Germain Drive, in Centreville's Centrowood Plaza. Donations of nonperishable food will help local families in need.

CRIME REPORT

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

JUNE 24
LARCENIES:
14300 block of Gringsby Court, property from vehicle
6100 block of Havener House Way, cash from vehicle
5700 block of Pickwick Road, merchandise from business
STOLEN VEHICLES:
13900 block of Baton Rouge Court, 1986 Buick Regal

JUNE 20

LARCENIES:
5900 block of Trinity Parkway, wallet from vehicle
JUNE 18
LARCENIES:
4100 block of Dallas Hutchison Street, license plate from vehicle
14100 block of Saint Germain Drive, food from business
5600 block of Stone Road, beer from business
STOLEN VEHICLES:
13900 block of Lee Jackson Memorial Highway, 2019 Lexus LX570 SUV

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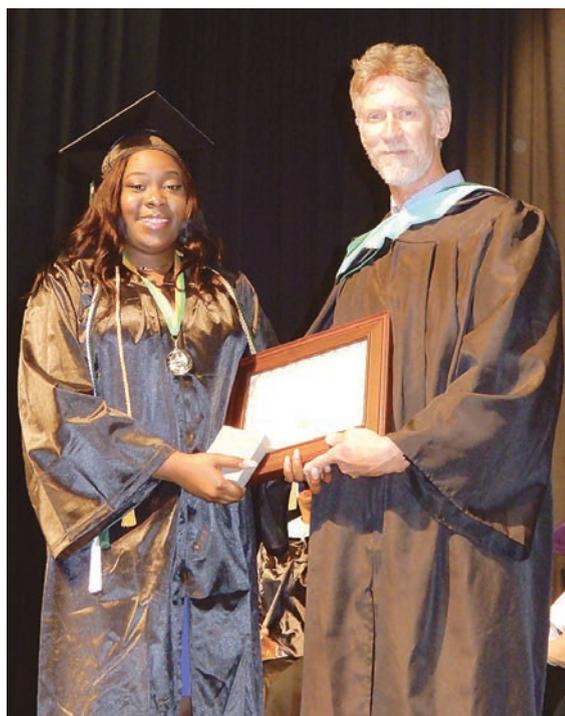
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Mieme Youn is given the Personal Achievement Award from Janelle Lee.



Hawa Sid Camara receives the Faculty Award from Howard Johnson.

PHOTOS BY BONNIE HOBBS



PHOTO BY BONNIE HOBBS

Shogofa Hashim gets her diploma from Principal Joe Thompson.

'We Are Brave, We Are Strong, We Are Intelligent'

Mountain View's Class of 2019 graduates.

BY BONNIE HOBBS
CENTRE VIEW

A Mountain View High graduation is always a mixture of joy, tears and pride – joy because of the students heading toward their future, tears because of the heartfelt speeches describing all they've overcome, and pride because they've succeeded. And the June 11 ceremony at Centreville High was no exception.

"This is our 46th commencement ceremony," Assistant Principal Claudia Pirouzan-Jones told the students. "Since our first one in 1996, thousands of Mountain View grads have walked across this stage. And just like them, you're experiencing pride, excitement, relief and, perhaps, a bit of sadness that high school is over.

"You all share the common bond of being part of the Mountain View family, and our motto of 'Family, love and respect' is living and breathing inside you," she continued. "And you all possess the character traits of perseverance, grit, intelligence and drive." Then, acknowledging their parents and other supporters who helped them along the way, she had the students stand and applaud them.

Next, Principal Joe Thompson addressed the students (see sidebar), followed by two student speakers who shared their own stories of struggle and achievement. The first was Jassiel Prince, who previously attended small, private schools in Bolivia and Costa Rica.

"My dad was the principal, so there was always lots of pressure on me, and I had to change myself to be accepted," she said. "Then when we moved here, I was relieved, but my base school said it would take me two years to graduate. So I came to Mountain View, but worried about fitting in and being accepted and, again, being someone not me."

PRINCE said coming to a new country is difficult, "But at Mountain View, I could be myself and people didn't judge me. The students and teachers made

me feel like a family member. I made incredible friendships, especially with someone in my history class."

Noting that she also needed to focus on her education, she said, "I worried that I wasn't good enough to do well. But Mountain View gives you more opportunities to be successful, and now I'm going to college." Then, speaking directly to her parents, Prince said, "Mom and Dad, I'm honored and blessed to have you as parents. Thank you so much for believing in me. And thank you, Class of 2019."

The second speaker was Marjorie Mendez. "When I first came here and saw the motto, 'Family, love and respect,' I thought, 'Respect? Maybe,'" she said. "But family and love? You don't expect to find family and love in a school. Mountain View changed my life.

"I felt comfortable with my teachers because they listened to me and guided and counseled me," she said. "When I was struggling, they told me I was special, and they showed me by giving me their support and time. And they even checked up on me, asking, for example, 'Why weren't you in school yesterday?' or 'Why did you miss class?'"

At Mountain View, said Mendez, "I learned you can accomplish your goals if you believe in yourself. And I learned I could handle my problems and I could do more if I really tried. We are brave, we are strong, we are intelligent – and we can do anything we set our minds to."

"Many times, we wanted to quit, but we didn't," she told her classmates. "Mountain View gave us the opportunity, but we made it happen. Mountain View became my family and showed me they cared about me and believed in me. I'm truly glad I found Mountain View."

Then, before the diplomas were handed out, the school's Citizenship, Personal Achievement and Faculty awards were presented. The Citizenship Award is given to a student who's helped build a positive, school community. And this year, ESOL Department

SEE MOUNTAIN VIEW, PAGE 7

'You Overcame Obstacles and Achieved Great Success' Mountain View Principal Joe Thompson speaks from the heart.

BY BONNIE HOBBS
CENTRE VIEW

Before addressing the Class of 2019 at graduation, Mountain View High Principal Joe Thompson noted that the Mountain View Foundation was responsible for more than \$60,000 worth of scholarships, this school year. He also acknowledged the community of support – family, friends, faculty and staff – that makes the school such a special place.

He then congratulated the class and thanked its members for all the positive contributions they made to the Mountain View culture. "You have taught me so much about how to be a better leader, a more-focused educator and a stronger advocate for the students in my care," he said. "Most importantly, your accomplishment today inspires me. Through your resiliency and your dedication to meeting your goals of graduation, I've learned to greatly appreciate how hard a person has to work to truly find success."

THOMPSON said it's not easy to get a diploma from Fairfax County Public Schools. "There are no shortcuts and no giveaways – you have to earn it," he stressed. "You've earned this accomplishment, and it cannot be taken away. I know each of you are bound for success in whatever fields of work you choose, the relationships you keep, and the service you bring to your community. I know this because I've watched you succeed here at Mountain View."

"And once you have the for-

mula for success, you can always find ways to apply it to other opportunities in your life," he continued. "Everybody wants to tell fresh graduates how they are poised to be so successful somewhere down the road in life. Well, you made it to graduation – you have already found great achievement. Success then is not some far-off destination that you have the potential to reach. You are immersed in great success right now, so get comfortable with this feeling and allow yourself to reflect on how, exactly, you reached this achievement."

Thompson told the grads to remember the times they felt discouraged, misunderstood or even alone in the educational process. But then, he said, "Remember your resiliency, your resolve to meet your goals, and your decisions to reach out to caring friends and adults to help you. Say to yourself, 'I did it. There were people who didn't think I could – and look at me now.' This is exactly what success feels like, and we want you to replicate it throughout your life."

He also reminded that that success doesn't just happen, all of a sudden. "Success happens when you stack together a bunch of little things you can control to make a huge pile of greatness," said Thompson. "So remember what little things you can control."

One of those things, he said, is how they overcome the fear of failure. "You've all used Mountain View as a tool to turn your failures into opportunity," said Thompson. "If you find yourself stressed out that you

SEE PRINCIPAL, PAGE 5

Senior Living

A Difficult Conversation

Talking to loved ones about Alzheimer's Disease

BY MARILYN CAMPBELL
THE CONNECTION

After witnessing the slow decline of family members with Alzheimer's and other forms of dementia, Ana Nelson knows the importance of early recognition of signs of the disease and enacting a plan as early as possible. During the month of June, Alzheimer's & Brain Awareness Month, Nelson who is Vice President of Programs and Services with the Alzheimer's Association National Capital Area Chapter, is working to encourage family members who notice signs of cognitive decline in a loved one, to have open dialogue, no matter how difficult.

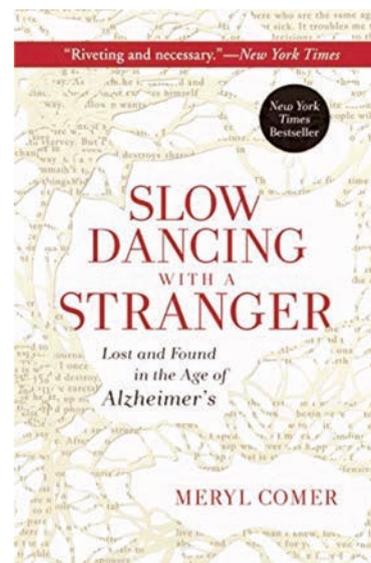
"You're always thinking that your parents or loved ones are going to be around for a long time, but we're talking about a disease where there's no way to stop it or cure it," said Nelson. "Alzheimer's is a progressive and incurable disease. You need to have the conversation as soon as you notice symptoms so that you can plan for it. Families sometimes wait too."

A new survey released by the Alzheimer's Association reveals that nearly 9 in 10 Americans say that if there were experiencing signs of cognitive decline they would want their loved ones to share their concerns. However, nearly three out of four Americans say talking to a close family member about such a decline would be challenging for them.

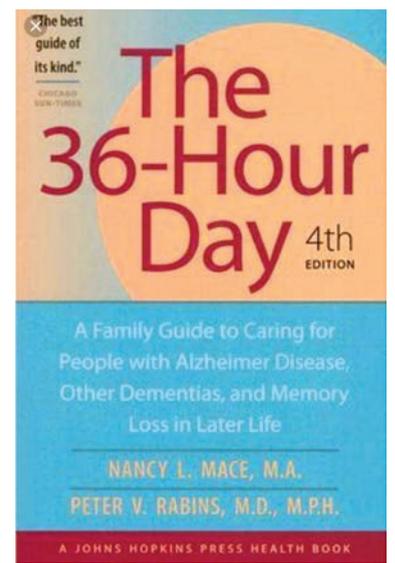
To offer ideas for closing that communication gap, Nelson points to a recently launched national campaign and partnership between the Alzheimer's Association and the Ad Council. The project, called "Our Stories" uses stories from real people who've noticed cognitive changes in a family member and initiated a conversation.

An early diagnosis allows families to plan both financially and legally for the future. Recognizing the signs of mental decline allows for a timely diagnosis. "The most common early symptom of Alzheimer's is difficulty in remembering recent events," said Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "Later symptoms are getting lost, problems with language, mood swings, lack of self-care, impulsivity, or lack of motivation."

Before initiating a conversation, plan the way in which it might begin. "You can share what you have observed," said therapist Carol Barnaby, LCSW-C "For example, 'It seems you are having trouble with remembering some things' and give examples. You can ask, 'Is this frustrating for you? Have you noticed or



Among the resources recommended for those dealing with Alzheimer's are books entitled, "The 36 Hour Day" and "Slow Dancing with a Stranger."



For Assistance:

The Alzheimer's Association offers help to families as they navigate challenges of the disease. They offer face-to-face conversations with local experts and a free 24/7 Helpline 800.272.3900. Additional resources can be found at alz.org.

spoken to your doctor?"

"I recommend being direct, yet warm and caring," added Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Offering comfort and support can make the conversation less daunting, "You might say, 'I'm beginning to feel concerned about your health because I've noticed that you are having some trouble with your memory lately'" said Bagshaw. "Have you noticed that as well? How can I support you?"

Even with advanced preparation the conversation might not go as planned, says Nelson. "This is a delicate issue that might require multiple conversations," she said.

Encourage the family member to seek medical advice for an accurate diagnosis, suggests Barnaby. "Some mental confusion can be caused by certain medications, so it isn't always dementia," she said.

Be flexible realizing the conversation might not go as planned and raise concerns subtly. "Ask them if they have any concerns," said Barnaby. "You might say, 'I have been wondering how you are doing.

You haven't seemed your usual self. I am wondering if you have noticed anything."

The Alzheimer's Association offers resources and assistance to those living with Alzheimer's and their families, says Nelson. "We are just a phone call away," said Nelson. "We offer help 24 hours a day, seven days in week and in more than 200 languages. It doesn't have to be a crisis situation. You can call even if you just need help."

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Principal

FROM PAGE 3

haven't met your goal, remember, you haven't met it – yet. And there's no shame in the path you take to reach your goal, even the stumbles. We've all encountered failures and setbacks.

"At Mountain View, we talk an awful lot about respect," continued Thompson. "The respect you've earned from your teachers and classmates is rooted in the fact that you made the brave choice to not let failures or setbacks define you. You can always control the respect you give others, and you can always rely on your resiliency and grit to earn others' respect."

ALSO UNDER THEIR CONTROL, he said, is asking for help. "There's no better feeling than achieving success with a group of people," said Thompson. What makes graduation special, he said, is having their classmates there with them to share in the joy.

He then urged them to "Find the ones you trust – the ones you have faith in – and then help each other. Those people you count on for help, you should consider family. Here at Mountain View, we talk about family, and we consider each of you part of our family. Succeeding alone can't be nearly as rewarding as celebrating with family."

Thompson further encouraged the grads to "always remember all the amazing things that make up who you are. You can control always knowing that you are loved. When you entered Mountain View – no matter how, why or when you got to us – we believed you were too valuable to fail. You can control remembering you're valuable and you deserve success.

"When faced with difficult times and hard decisions, when you feel like giving in to self-doubt, when fear of failure starts to dominate your mindset, think about your time here at Mountain View. Allow yourself the freedom to appreciate that you built amazing, positive relationships, you overcame difficult obstacles and you achieved great success."

So, said Thompson, "Just as you entered our building hearing about the value of the concepts, Family, Love and Respect, it only makes sense that you'd leave hearing about them again and the value they hold when viewed as little things you can control. Little things that, when stacked together, ensure you'll continue to find success throughout your life. You deserve that success, and we'll be waiting here at Mountain View to hear all about it."

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That of Which I'm Most Proud



By KENNETH B. LOURIE

No ending the title of this column with a preposition?

Not starting either of these sentences with a "so?"

Not beginning any of the first three sentences with an "especially" or an "and" (although I do begin many sentences with "And," just neither of these so far)?

No, of what I'm most proud, at least in the context of the nonsense I've presented so far, is my ability, going on a few months now, to ignore the illuminated warning lights on the dashboards of both of our cars: "Maint Req'd" on one and the low tire pressure icon on the other.

Typically, these kinds of non-stop reminders would have bothered me – like having an itch you can't scratch or a stone in your shoe.

Not anymore. These dashboard reminders barely register a blip on Kenny's radar.

I place the key in the ignition. I turn on the car. I see the various dashboard lights illuminate. And after the engine has begun idling, I see the remaining lights.

No problem. I just place my foot on the accelerator and go.

Though I might give these "idiot" lights a first thought and a second look, I will not be giving them too many more thoughts or looks as I drive around. Nor will they bother me in arrears when I arrive at my destination. Out of sight and out of mind, "totally," to quote my late mother.

As you may have discerned from reading the two preceding paragraphs, as it involves cars, I'm not exactly a hands-on person. More like, hands off.

Granted, this lack of interest and, dare I say, manliness, has no doubt cost me thousands of labor-rate dollars at the dealership/mechanic.

But it's just not me. It's never been me. I'm a sports and chocolate person. The only thing I want my hands on is the television remote or something sweet.

And tools? To quote your favorite Italian mobster: "Forget about it."

Definitely hands off, literally, especially if there's a car in the driveway. As far as I'm concerned, that's the danger zone. Nothing good will ever come from yours truly entering it.

In fact, I'm almost positive the repair will end up costing me more if I do it myself (which I couldn't do anyway). Throw in the frustration and perspiration involved and you have a match made nowhere near heaven.

Heaven will have to wait, I suppose.

Spending the repair dollars I have over the years doesn't thrill me either. But I have no choice. I can't do anything about my lack of abilities.

To quote the great philosopher, Popeye the Sailor Man: "I 'yam what I 'yam." And I have to pay what I have to pay. I remember always dreading the repair cost when a dashboard warning light would appear.

I knew that light (like the wedding invitation George received in a long-ago Seinfeld episode) was going to cost me hundreds of dollars. Hundreds of dollars which I did not have. That warning light, to invoke George from the same episode was "a bill." But as I've proved recently, that's a "bill" I've been able to ignore.

I know, ignoring a warning light seems stupid. Where's the future in that?

The repair is unlikely to fix itself and unless the bulb illuminating the warning light burns out, my negligence/ability to ignore it, is likely making a bad situation worse. Unfortunately – or not – however, I don't have a Pavlovian response to seeing that light. Seeing it doesn't make me instinctively react anymore.

It's not like banging one's knee with a "doctor's hammer." My wallet doesn't just open when the dashboard warns me. I just drive on.

Now if the light starts flashing, that's a different story, and one I haven't written yet, and I hope I never do. Because if that light does start flashing, I won't be able to ignore it, and likely, not be able to afford it, either.

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

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SOBER-RIDE FOR JULY 4

Free Sober Rides. Thursday, July 4, 7 p.m. through Friday, July 5, 2 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 6 p.m. on July 4 on www.SoberRide.com.

VOLUNTEERS WANTED

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

SATURDAY/JUNE 29

Forum on Disability Inclusion. 8:30 a.m.-12:30 p.m. at the Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax. The Fairfax County Board of Supervisors and The Arc of Northern Virginia will host a Disability Inclusion Conference, which will include over 25 display tables, a panel discussion, and community breakout sessions on topics such as employment, housing, public safety, social opportunities, and business-to-business tips for creating inclusive retail spaces. Coffee and a light breakfast will be provided. Free to attend. All members of the community are welcome. More information and registration is available at: www.fairfaxcounty.gov/chairman/disabilityinclusionconference2019.

MONDAY/JULY 1

DiabetesSisters PODS Meetup. 7-9 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Join the first meeting of this brand new PODS Meetup for an evening of sisterhood, encouragement, and peer support. Women living with any type of diabetes are warmly welcome. Free. Email sara@diabetessisters.org or visit diabetessisters.org/pods-part-diabetessisters-meetups for more.

Application Deadline. Each year, the Community Foundation for Northern Virginia provides a grant opportunity to help public schools encourage healthy lifestyles through increased exercise and better nutrition. Grants up to \$2,000 are awarded in a competitive grant process. Public elementary, middle and high schools located in Northern Virginia are all eligible to apply. Visit www.cfnova.org/for-grant-seekers/healthy-kids-grants for more.

TUESDAY/JULY 9

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's topic is After Hospitalization: What's Next? Call 703-324-5484, TTY 711 to register.

WEDNESDAY/JULY 17

Fairfax Commission on Aging Meets. 1-3 p.m. at Mclean Governmental Center, Rooms A & B, 1437 Balls Hill Road, Mclean. The public is welcome to attend and join in the comment period that begins each session. Visit www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging. Call 703-324-5403, TTY 711 for meeting access needs.

THURSDAY/AUG. 1

DiabetesSisters PODS Meetup. 7-9 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Join the first meeting of this brand new PODS Meetup for an evening of sisterhood, encouragement, and peer support. Women living with any type of diabetes are warmly welcome. Free. Email sara@diabetessisters.org or visit diabetessisters.org/pods-part-diabetessisters-meetups for more.

Mountain View's Class of 2019 Graduates

FROM PAGE 3

Chair Erin Chubb presented it to Mendez, noting how much this young woman had helped others, both inside and outside of school.

The Personal Achievement Award goes to a student who succeeded academically and personally, despite having adult responsibilities, such as a job or a child. Career Center Specialist Janelle Lee presented it to Mieme Youn, who, said Lee, "overcame obstacles to succeed."

THE FACULTY AWARD is given to the student achieving the greatest academic and personal success, despite significant obstacles. This time, however, two students were honored. English teacher Howard Johnson presented the first one to Hawa Sid Camara.

"She's from Guinea and she cares deeply about the challenges of the young women there," said Johnson. "When she left, her grandmother told her to bring out the best in herself and in her community, and she took those words to heart. She completed Algebra II in two months and took pre-calculus online to improve her chances of getting into college."

He said Camara's counselor, Mike Todd, noted that, as soon as the school year started, she was in his office, talking about applying to college. "Her writing was strong,

her projects were interesting and her sense of purpose was evident in her work," said Johnson.

"She was a role model for student participation and for students caring about each other. She was student council president and a member of GMU's Dreamcatchers program, and she'll be attending Bridgewater State University in Massachusetts."

Business teacher Michele Rock presented the second Faculty Award to Meseret Metku. "She's originally from Ethiopia and, even though she was still learning English, she learned computers. She helped other students, never missed a class and always had a positive attitude. This young lady is compassionate, has a caring spirit and is always lifting up other students. She also photographed special school events."

"She faced language barriers and the loss of loved ones when she came to the United States," continued Rock.

"Yet in a male-dominated IT field, she shattered ceilings. She was a Dreamcatchers member and received almost \$7,000 worth of scholarships."

She's a young woman of color beating the odds, graduating today, and inspiring and leading the way for others.

Meseret, go forth in courage and know you're encouraging others to go forth and find their dreams."



PHOTO BY BONNIE HOBBS

Grad Elijah Coleman with (from left) aunt Cissy Diew, mom Danielle Diew and sister Daath Coleman.

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INFORMATIONAL OPEN HOUSES FOR THE LOUDOUN-OX 230 kV PARTIAL REBUILD PROJECT

**DOMINION ENERGY PROPOSES TO
REBUILD A PORTION OF TRANSMISSION
LINE BETWEEN LOUDOUN, FAIRFAX AND
PRINCE WILLIAM COUNTIES**

At Dominion Energy, we are committed to keeping our neighbors informed about energy needs where they live and work. We are currently in the conceptual phase of plans to rebuild a portion of aging electric transmission line which is nearing the end of its service life.

We invite the community to one of our two informational open houses to learn more about the project and talk to subject matter experts.

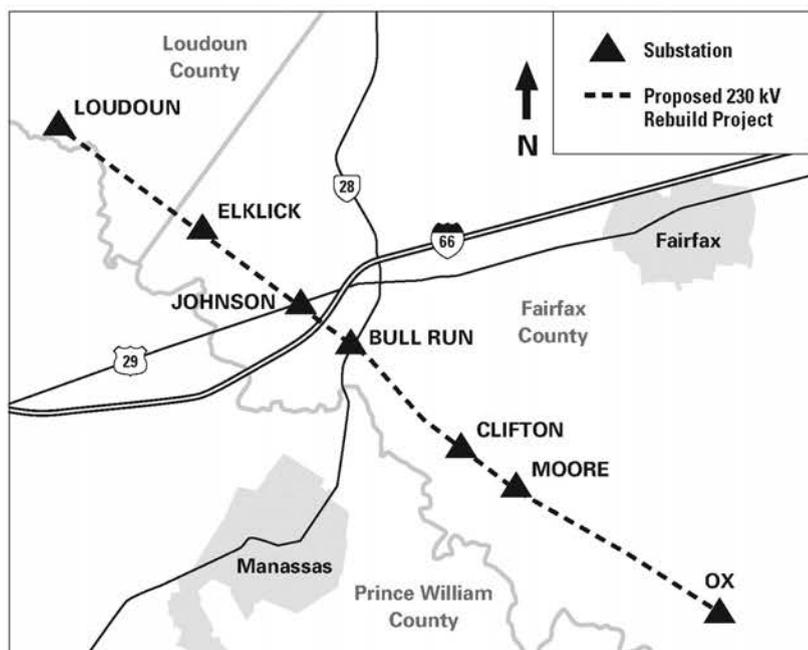
There will be no formal presentations at the events, so please drop in at your convenience between 5:30 p.m. – 7:30 p.m.

OPEN HOUSE EVENTS

Tuesday, July 9, 2019 5:30 p.m. – 7:30 p.m. South County Middle School 8700 Laurel Crest Dr. Lorton, VA 22079	Tuesday, July 16, 2019 5:30 p.m. – 7:30 p.m. John Champe High School 41535 Sacred Mountain St. Aldie, VA 20105
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(drop by anytime during these hours)

For more information, please visit our project website at DominionEnergy.com/l-ox. You may also contact us by sending an email to powerline@dominionenergy.com or calling 888-291-0190.



This map is intended to serve as a representation of this project area and is not intended for detailed engineering purposes.

ENTERTAINMENT

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

ONGOING

Crafters Wanted for 2nd Annual Fall Craft Show.

The Fairfax Station Railroad Museum will hold its 2nd Annual Fall Craft Show and LEGO (TM) Train Show on Saturday, Oct. 12, 2019, 10 a.m.-4 p.m. For crafters interested in joining the event, booth space is enough room for a 10x10 canopy and cost is \$50 per space. Email dmueller@fairfax-station.org for an application and further information. Visit www.fairfax-station.org or call 703-425-9225.

Chantilly Farmers Market. Thursdays, 3:30-7 p.m., through Nov. 11 in the parking lot at St. Veronica Catholic Church, 3460 Centreville Road, Chantilly. The farmers market is a family-friendly weekly event where everyone can access local foods around, and build connections with local farmers, small business owners, and their neighbors. Farmers and vendors bring locally raised fruits, vegetables, breads and baked goods, meats and eggs, local honey, wine, soaps, prepared foods, and more each week. Free admission. Visit www.community-foodworks.org/chantilly for more.

SATURDAY/JUNE 29

Clothes To You. 8 a.m.-10 a.m. at Chantilly Bible Church, 4390 Pleasant Valley Road, Chantilly. Chantilly Bible Church will be having their annual Clothes to You giveaway. There will be clothing for all ages, linens, books, toys and small household items also available. Bags are provided for shopping and Spanish and Mandarin speakers available to help. Free. Visit www.Chantillybible.org or call 703-263-1188.

Stuff the Bus. 9 a.m.-4 p.m. at Giant, 14125 St. Germain Drive, Centreville (benefitting Western Fairfax Community Ministries). Many individuals and families continue to go hungry and the demand becomes more acute in the summer when children no longer get school meals. Area food pantries work tirelessly, but they need help to restock when their shelves run low. Visit www.fairfaxcounty.gov/neighborhood-community-services/stuff-the-bus for more.

Music in the Parks - "Feast for Young Ears."

10 a.m. at E.C. Lawrence Park Amphitheater, 5040 Walney Road, Chantilly. The Fairfax Symphony Orchestra is partnering with Fairfax County Parks to provide free Music in the Parks children's concerts. The performances are engaging and interactive experiences; perfect for young, first-time concert-goers. Each concert offers an introduction to the musicians, their instruments, their roles in creating the music, and features a wide variety of musical selections from classical music to the familiar music of today. Visit www.fairfaxsymphony.org/concerts-in-the-parks.

SUNDAY/JUNE 30

Dairy Days. 1-3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Put arm muscles to work and discover how dairy products were made in the olden days. Come to "Dairy Days-Ice Cream Making & Butter" at Sully Historic Site. Churn butter, crank ice cream, milk a fake cow, play 18th century games, and experience the products of a historic dairy. Designed for participants age 5-adult. Programs run on the hour from 1-3 p.m. \$8 per person and does not include a house tour. Walk-ins are welcome, but preregistration is recommended. Children must be accompanied by an adult. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Dog Days of Summer Craft Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Come celebrate the Dog Days of Summer with local rescue groups and learn about Adopt Don't Shop for finding a new pet. Make pull toys out of old jeans and fleece to be donated to pups waiting for their forever home. Donate old jeans or fleece on any Sunday or bring it along on the 30th. 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.

THURSDAY/JULY 4

4th of July in Clifton. 4 p.m. Join the Clifton Betterment Association for 4th of July in Clifton.

Parade begins at 4 p.m. with a BBQ Potluck (bring a side dish or dessert) and games in the park beginning at 5 p.m. Volunteers needed, sign up at www.signupgenius.com/go/30e0b4fafa92ca57-4thofjuly3. Visit www.cliftonva.org for more.

FRIDAY/JULY 5

Explore Rocky Run on a Wagon Ride. 7-8 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring an adventurous spirit – and some shoes that can get wet – and set off on the "Creek Adventure Wagon Ride" to explore Rocky Run. The program is designed for family members age 2-adult. \$7 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

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.

SUNDAY/JULY 7

How Railroads Changed Life in Northern Virginia. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The introduction of railroads changed life in Northern Virginia in many ways, some of them unexpected. Learn how the "Iron Horse" changed daily life forever. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

TUESDAY/JULY 9

Photography Basics 1. 7:30-8:30 p.m. at Centreville Regional Library, 14200 St Germain Drive, Centreville. "Using Fully Automated Mode" part 1 of a two-part series. This class will 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.

WEDNESDAY/JULY 10

The Clifton Cup. 8 a.m. shotgun start at Westfields Golf Club. The Clifton Cup is back bigger and better than ever. Below are the details and the sign up link. There are great benefits to those who sponsor! All proceeds go to the Clifton Betterment Association. Sign up at www.cliftonva.org/events/clifton-cup.

SUNDAY/JULY 14

Game Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Come play a train game or other games reflecting life during the Civil War. Participants can try their luck with a Scavenger Hunt that afternoon. Fun for the whole family. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, or call 703-425-9225.

Chair Yoga. 3-4 p.m. at Centreville Regional Library, 14200 St Germain Drive, Centreville. Gentle and mindful chair yoga for adults and older adults. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5312868.

SUNDAY/JULY 21

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 N gauge Train Display. 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.

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.