



MAY 6-12, 2015 25 CENTS Newsstand Price



Youths have fun shooting hoops in the sports-themed children's area at last year's Chantilly Day.

Solar Lights For Learning

Meghan Pollard of Clifton wants to purchase solar lights for students in Tanzania.

By Steve Hibbard

Centre View

eghan Pollard, 18, of Balmoral in Clifton is taking a service gap year between graduating from Centreville High School and attending Georgia Tech. So last Fall, she set off for Tanzania in Eastern Africa, a nine-hour car ride from the government capital of Dar Es Salaam. There, she worked for six weeks at the Pomerini Secondary School, teaching English and tutoring in geography, chemistry, physics and English. She also worked in the village health clinic on AIDS projects.

"It was definitely an eye-opening experience to see their focus on education," said Meghan, the daughter of Deborah and John Pollard. "Their students have an appreciation for the opportunity of education because many people do not have the opportunity to attend school beyond a sixth-grade level."

Pomerin Secondary School is a boarding school — the classrooms have 50-60 students each; they share two or three to a desk, two to a chair. She said everything beyond the sixth grade level is taught in English, even though most of the students speak their tribal languages and their national language of Swahili.

"Students are very disciplined and very focused on their education, on studying and passing their exams," she said. "They were all packed into the classroom; they're all cramped in and studying to

SEE SOLAR LIGHTS, PAGE 9



Meghan Pollard volunteered at the Pomerini Secondary School in Tanzania, East Africa.

ATTENTION
POSTMASTER:
TIME SENSITIVE
MATERIAL.
REQUESTED
IN HOME
IN HOME

РРЗРТ STD U.S. Postage PAID Easton, MD PERMIT #322



CONTRIBUTE

PEOPLE

Honoring Veterans

National Society Daughters of the American Revolution (NSDAR), held a Welcome Home Celebration of Honor event for Vietnam veterans at the Sully Government Center on April 25. The chapter is an official partner of the Vietnam War 50th Anniversary Commemoration. See www.vietnamwar50th.com/. Twenty-four Vietnam veterans were recognized for their valor, service, and sacrifice. Each was presented with an NSDAR Vietnam War Veteran Certificate, next to The United States of America Vietnam War Commemoration Flag. Sully District Supervisor Michael Frey attended and thanked the veterans for their service. The chapter thanks the following groups who participated in making the event a memorable

he Lane's Mill Chapter,
National Society Daughters of the American
On (NSDAR), held a Welome Celebration of Honor
r Vietnam veterans at the vernment Center on April chapter is an official part-

Sara Agarwal and her husband and children, along with her cousin and Lane's Mill Chapter member Korrie Tosh. Agarwal accepted a certificate on behalf of her step-father, Jay F. Grams, who served in the Marine Corps during the Vietnam War.



School Notes

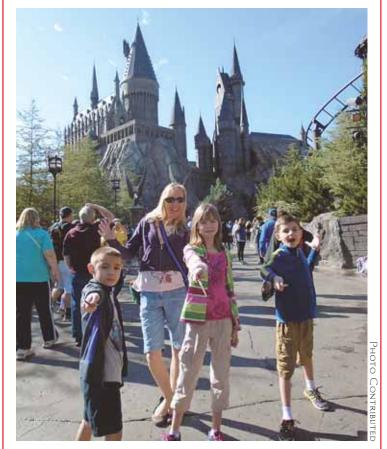
Email announcements to centreview@ connectionnewspapers.com. Photos are welcome

Christina Tuong of Centreville has been named a finalist in the Interiors & Sources "2015 I Like Design" competition. Tuong is a Junior at Marymount University. Her work will now be judged in online voting throughout eight weeks. The competition's winner will earn a paid summer internship with Studio

3877 in Washington, D.C., along with paid housing and costs for its duration.

Tyler Jepson of Centreville has been accepted to Lebanon Valley College (Annville, Penn.) for the fall 2015

Rachel Simons has been inducted into Phi Eta Sigma, a national honor society. Simons attends Coastal Carolina University (Conway, S.C.).



For Mother's Day

Centreville's Gretchen Kiser with her children: Justina, 11; Freddy, 9; and Spencer, 7, on an extended weekend vacation at Universal Studios, Fla., in January 2015.

Virginia Department of Transportation

Transform I-66 Outside the Beltway Fairfax and Prince William Counties

Public Hearings

All hearings are 5:30 p.m. until 9 p.m. A presentation will begin at 7 p.m.

Wednesday, May 27, 2015 VDOT Northern Virginia District Office, 1st Floor

4975 Alliance Drive, Fairfax, VA 22030

Thursday, May 28, 2015

Oakton High School Cafeteria (Entrance #1 or #14) 2900 Sutton Road, Vienna, VA 22181

Tuesday, June 2, 2015
Battlefield High School Cafeteria (Entrance #1 or #4)
15000 Graduation Drive, Haymarket, VA 20169

Wednesday, June 3, 2015

Bull Run Elementary School Cafeteria (Entrance #1)

15301 Lee Highway, Centreville, VA 20121

The Virginia Department of Transportation (VDOT), in partnership with the Virginia Department of Rail and Public Transportation (DRPT), will host hearings for the public to review and provide comments on the Tier 2 Environmental Assessment (EA)/Draft Section 4(f) Evaluation for the Transform 66 Outside the Beltway Project. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information on potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places is included in the environmental document. The EA is being prepared in compliance with the National Environmental Policy Act of 1969, as amended, and 23 CFR 771. The project involves the transformation of 25 miles of I-66 between U.S. Route 15 in Haymarket and I-495/the Capital Beltway, and will provide congestion relief and enhanced safety, as well as new travel choices and reliability.

Stop by between 5:30 and 9 p.m. to view displays, learn more about the project, discuss your questions with VDOT staff and provide written or oral comments. The formal presentation will begin at 7 p.m.

Review project information, including preliminary plans, project schedule, and right-of-way, environmental and civil rights information at www.transform66.org, at the public hearings, or at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax beginning May 12, 2015. Please call 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Written comments may be mailed to Ms. Susan Shaw, Megaprojects Director, at the VDOT Office address above, or emailed to Transform66@VDOT.Virginia.gov. Please reference "Transform 66 Outside the Beltway" in the subject line. Comments must be postmarked, emailed or delivered to VDOT by June 18, 2015 to be included in the public hearing record

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 800-367-7623 or TTY/TDD 711.

State Project: 0066-96A-297, P101 Federal Project: NH-066-1(300) UPC: 105500

2 CENTRE VIEW MAY 6-12, 2015

CHANTILLY DAY GUIDE

Food, Fun, Music and an Astronaut

Fourth annual Chantilly Day celebration is May 16.

> By Bonnie Hobbs Centre View

festival filled with fun and entertainment that's what's in store at the fourth annual Chantilly Day celebration. It's set for Saturday, May 16, at the Sully Place Shopping Center, off Route 50 West in Chantilly.

There'll be live music and dancing, food, children's activities and even an astronaut. The extravaganza runs from 11 a.m.-5 p.m., rain or shine, in the Kmart and Babies R Us parking lots. Admission is free, as are all activities in the Kids Zone.

The Chantilly-Centreville Chamber of Commerce (an offshoot of the Dulles Regional Chamber of Commerce), in partnership with



Kaiser Permanente, is putting on the event. Host sponsor is the shopping-cenowner, Beatty Management Co. And Western Fairfax Chris-

will give out various awards.

Among the highlights will be a

special salute to Supervisor

Michael R. Frey (R-Sully), along

with the presentation of a Lifetime

Achievement Award. The Sully

District's only supervisor, he's re-

tiring this year after serving 23

years in office. Frey's actually

worked for Fairfax County since

1978 - first for former Board of

Supervisors Chairman Jack Herrity

and then as former Centreville

District Supervisor Elaine

McConnell's chief of staff for seven

years before becoming Sully

This year's recipient of the

Chantilly Business of the Year

award, presented by Sandy Spring

Bank, will go to the Westfields

Business Owners Association. The

award for Chantilly Nonprofit of

the Year, presented by Western

Federal Credit Union, will be given

to the Chantilly Youth Association

The Dulles Regional Chamber

will also continue its long tradi-

tion of honoring Educators of the

District's supervisor.

(CYA).

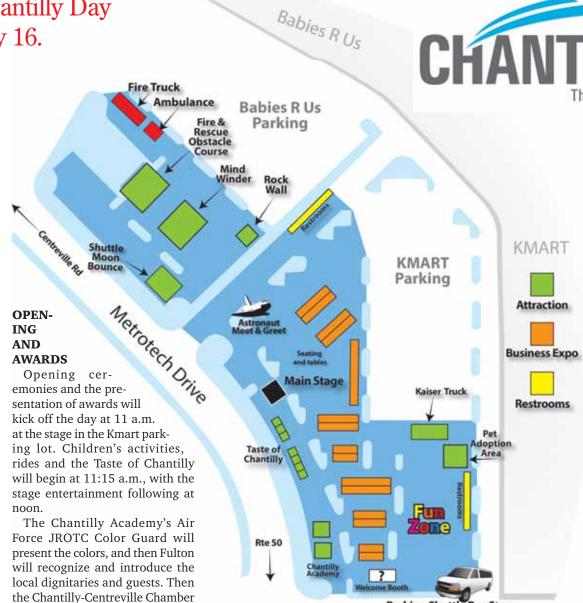
tian Ministries will be on hand all day to accept food donations for local families in need.

"A perfect antidote for our busy, remote-communicator lifestyle is our community gathering that we call Chantilly Day," said Dulles Regional Chamber President Eileen Curtis. "Here is the web of businesses, residents, nonprofits, schools, cultural and sports organizations that together represent the heartbeat of a community. The Chamber invites you to come on out, meet your neighbors, share new experiences and enjoy the wonderful sounds and tastes of Chantilly."

The event chairman is Carl Brown, assistant general manager of Staybridge Suites. He, too, is excited about the upcoming festival and says the goal is to create a sense of community here.

"Chantilly Day is a celebration of our business community, civic and educational organizations, local leaders and all things Chantilly," he said. "It gives everyone an opportunity to gather for a day of free, family fun with lots of activities and great food offerings from the local area."

www.ConnectionNewspapers.com



Year from its participating schools. Sponsoring this year's Educator Awards is Infinity QS.

Awardees include Troy Stevens, Chantilly High; Todd Utter, Westfield High; David McElfresh, Fairfax Christian School; Tammy Jenkins, Centreville High; Lisa Hoy, Goddard School, Chantilly; Jennifer Michael, Goddard School, South Riding; and Cecilia Escobar, Oakcrest School.

DIGNITARIES AND GUESTS

Chantilly Day dignitaries and honored guests will include former NASA Astronaut Daniel Tani, Fairfax County Board of Supervisors Chairman Sharon Bulova; Supervisors Frey, Pat Herrity (R-Springfield) and John Foust (D-Dranesville); state Sen. Dave Marsden (D-37) and U.S. Rep. Barbara Comstock (R-10).

ACTIVITIES AND ATTRAC-TIONS

This year's fun-filled attractions include a climbing wall, Space Shuttle moonbounce, a fire-andrescue obstacle course and 16-person Mindwinder swings. The CYA Fun Zone will offer sports-related games such as basketball and Nerf soccer, plus carnival-type activi-

Parking Shuttle Bus Stop Shuttle bus service will be available every 15 minutes from 10:30 a.m. – 5:00 p.m

Kwon's Champion School and the Northern Virginia Volleyball Association will give exhibitions, and My Gym will have activities for younger children. G & C Automotive is providing an antique fire truck, and Chantilly High is bringing its robotics demonstration. Members of the school's Hispanic Leadership Club will do face paint-

Besides participating in the festival's opening ceremonies, astronaut Tani will be on hand to meet Chantilly Day attendees and sign autographs. And once again, pets will be available for adoption.

ENTERTAINMENT

The professional entertainers will be rising-star, singersongwriter Tommy Gann, who performs original music and popular radio hits, and neoclassical guitarist Matthew Mills, who combines contemporary acoustic music with the influence of Flamenco guitar. And from the local community, there'll be performances by Creative Dance Center and by Chantilly High's Jazz Ensemble, Latin Dance Club and Hip Hop Dance Club.

STAGE ENTERTAINMENT **SCHEDULE**

11 a.m. - Opening Ceremonies -Color Guard

Noon - Creative Dance Center 12:30 p.m. - CHS Jazz Group 2 p.m. - Tommy Gann

SEE FOOD, FUN, PAGE 5



Lindsay **Hyde of Café Rio serves** up some food at last year's event.

Рнотоѕ ву Bonnie Hobbs Centre View



CHANTILLY DAY GUIDE

Meet Astronaut Daniel Tani

an Tani obtained a master of science degree in mechanical engineering from MIT. After working on the STS-51 mission in September 1993, he became launch operations manager for the Pegasus program at Orbital Sciences Corporation in Dulles, Va.

In that capacity, he headed the development of procedures and constraints for the launching of the Pegasus unmanned rocket. He also trained and led the team of engineers who worked in the launch and control room.

Selected as an astronaut candidate by NASA

in April 1996, Tani completed two years of training and evaluation and qualified for flight assignment as a mission specialist in 1998. In 2002, he was a crew member on the Aquarius undersea research habitat as part of NASA's Extreme Environment Mission Operations.

Tani then trained for and qualified as the backup flight engineer for Expedition 11.

After his flight on Expedition 16, he became branch chief of the International Space Station branch. He

also served as a capsule communicator for the International Space Station and for Expedition 26.

Tani flew on STS-108 Endeavour (Dec. 5-17, 2001), the 12th shuttle flight to visit the International Space Station. Endeavour's crew delivered the Expedition 4 crew and returned the Expedition 3 crew to Earth. The crew unloaded more than three tons of supplies and science experiments, and Tani performed a spacewalk.

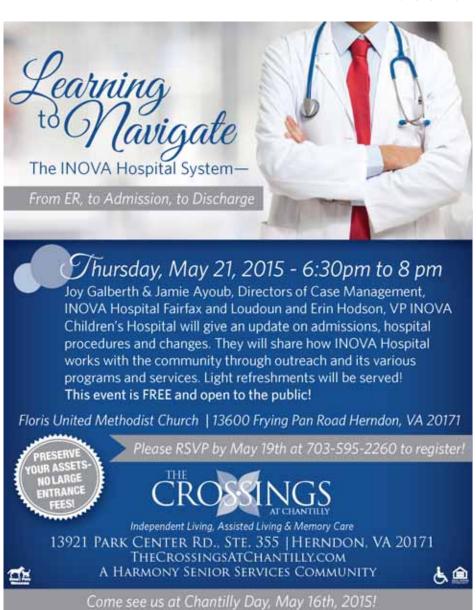
STS-108 did 185 Earth orbits, traveling 4.8 million miles in 283 hours, 36 minutes, including a spacewalk lasting 4 hours,

12 minutes.

On his second spaceflight, Tani served as Expedition-16 flight engineer and spent 120 days living and working aboard the International Space Station. While there, he performed numerous robotic operations in support of the installation, logging 34 hours, 59 minutes during five spacewalks. He left NASA in August 2012 to become vice president of Mission and Cargo Operations in Orbital Sciences Corp.'s Advanced Programs Group.



Tani





CHANTILLY DAY GUIDE

Food, Fun and Music

From Page 3

3 p.m. - Matthew Mills

4 p.m. - Hip Hop, Bollywood and Napalese dancing

Note: Schedule is subject to change.

TASTE OF CHANTILLY

Offering food for a variety of palates will be the Chantilly National Golf Club, Golly Waffles, Chick-fil-A, Paisano's, Bungalow Billiards, Tailgator Toby NOVA, and The Similans Thai Eatery.

BUSINESS EXPO

The Westfields Business Owners Association welcomes everyone to this year's Business Expo. It gives area residents a chance to see what's available to them in their community. And many will be offering giveaways and prizes to people who visit their tables.

"We have a wonderful array of businesses, ranging from home improvements to health organizations and adventure companies," said Chamber of Commerce spokeswoman Patrice Gerideau.

This year's business expo features a myriad of local businesses, including the food vendors," she continued. "The chamber extends special thanks to our presenting sponsor Kaiser Permanente, promotional sponsors 110RPM, TriVision Studios,

the Chantilly Connection and Centre View newspapers, host sponsor Beatty Management and all our sponsors for making Chantilly Day 2015 possible."

DONATE FOOD TO WFCM

Chantilly Day also includes a food drive for Western Fairfax Christian Ministries (WFCM). This Chantilly-based, nonprofit provides food, clothing and emergency financial aid to local families people in need.

But it needs help restocking its food pantry to gear up for summer when the need is greatest. That's when many children who depend on free and reduced-priced breakfasts and lunches in school no longer have food to eat.

So people attending Chantilly Day are asked to bring with them nonperishable food to donate to WFCM. For each food item they contribute, they'll receive a raffle ticket for prizes, so those bringing the most items to the table outside the Kmart entrance will have the best chance to win.

OFF-SITE PARKING, SHUTTLE

Staybridge Suites will run a shuttle from the corner of Centreville Road and Skyhawk Drive to and from the festival throughout the day. The satellite parking lot will be at 3900 Skyhawk Drive, with shuttle service available every 15 minutes during the fes-



CUSTOM WINDOW TREATMENTS | FURNITURE | WALL, FLOOR & BED COVERINGS | LIGHTING | ACCESSORIES



Introducing your neighborhood Decorating Den Interiors by Virginia's Décor. I am devoted to creating both beautiful and functional spaces, by guiding my clients through an easy and convenient design process, all in the comfort of your own home. Whether it's a full room makeover or a few simple items to complete your vision, I have the resources and expertise to make your dreams come true.

VIRGINIA'S DÉCOR

703.395.8515 | virginia@decoratingden.com | virginia.decoratingden.com

Save up to 20% on select bedding and window treatments!



Advertising Deadlines are the previous Thursday unless noted.

5/20/2015...A+ Camps & Schools, Proms, Summer Planning Memorial Day is May 25

5/27/2015.....Summer Fun, Food, Arts & Entertainment

JUNE

6/3/2015 Wellbeing 6/10/2015.....Father's Day Dining & Gifts 6/10/2015.......HomeLifeStyle 6/17/2015.....A+ Graduations & Summer Learning 6/17/2015......Father's Day Dining & Gifts Father's Day is June 21 6/24/2015.....Independence Day Preview 6/24/2015...Professional Profiles & Business in the Community JULY 7/8/2015......HomeLifeStyle

7/22/2015Pet Connection Pullout E-mail sales@connectionnewspapers.com for more information.

7/15/2015......A+ Camps & Schools





703-778-9431

www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

McLean Connection

· Mount Vernon Gazette

 Arlington Connection Burke Connection

. Chantilly Connection

Centre View

- Great Falls Connection
- Reston Connection
 Springfield Connection Vienna/Oakton Connection
- Alexandria Gazette Packet
 Arlington Connection
 Fairfax Station/Clifton/Lorton Connection
 Potomac Almanac Oak Hill/Herndon Connection



OPINION

Hunger Is Widespread

Saturday, May 9, is the postal carriers food drive; put a sturdy bag with food donation next to your mailbox that morning.

ger in every county in the United States, including here in Northern Virginia.

In Fairfax, there are 67,190 people EDITORIAL who are food insecure, (facing hunger at some point monthly) which is more than 6 percent of the population, according to morning. a report by Feeding America.

In Arlington, 8.7 percent of the population is food insecure, 18,750 people. In Alexandria, 10.8 percent of the population faces hunger at least monthly, that's 15,540 people.

You can see the national data by county in an interactive map: map.feedingamerica.org/

ON SATURDAY, MAY 9, as they deliver mail,

here are families dealing with hunpostal carriers will collect donations of nonperishable food left by residents near their mail boxes. They will be joined by retired letter car-

riers, by family members and friends, and by volunteers to help collect and distribute the sacks of non-perishable food items that get left next to mailboxes that

People are encouraged to leave a sturdy bag containing non-perishable foods such as canned soup; canned vegetables; canned meats and fish; pasta; peanut butter; rice or cereal next to their mailbox before the regular mail delivery on Saturday. Carriers will bring the food to local food banks, pantries and shel-

The annual food drive is held in more than

10,000 cities and towns in all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and Guam. Last year almost 73 million pounds of food was collected in the one-day event for people in need throughout the United

CHILDREN ARE AFFECTED by hunger disproportionately, with nearly 30 percent of students in Fairfax County Public Schools poor enough to receive subsidized meals at school, which is an incredible 51,968 students. That percentage is more than 31 percent in Arlington with more than 7,700 students poor enough to get meal benefits. In Alexandria, 60 percent of students are poor enough to get meal benefits; that's almost 8,600 students.

Many of these students go hungry on weekends, during school closures for bad weather and in the summer. More on that soon.

In the meantime, leave a bag of food out by your mailbox on Saturday.

MARY KIMM

Law Enforcement, the Mentally Ill and the Pursuit of Justice

BY STACEY A. KINCAID SHERIFF, FAIRFAX COUNTY

cross the nation, people are having serious discussions about how to alter the dynamic that too often exists between some law enforcement officers and individuals. Out of each case, we learn something that will help us go forward. So, as justice pursues its course in Fairfax County with re-

gard to the tragic death of Natasha McKenna, let's not lose sight of the real underlying problem: the sys-

temic mishandling of mentally ill patients who have few or no resources, and law enforcement's struggle to deal with untreated or undertreated individuals.

There is a teachable moment here for those of us who have dedicated our lives to law en-

forcement and for members of the community who believe in dignity and fairness for those who come into contact with the criminal justice system.

All of us are eager — and many are impatient — for the investigation into Ms. McKenna's death to be concluded. This incident has not been forgotten or ignored. From the beginning, the Sheriff's Office has cooper-

ated with the investigation fully. The recent completion of a report by the Office of the Chief Medical Examiner means the investigation is nearing a

close. I have not offered more than passing comment because, as both a law enforcement official and a citizen, I do not want to prejudice the outcome of an investigation in advance of the facts by answering questions to which I do not have the answers, or by anticipating actions I might take once all the facts are known. I admit to having been disappointed that someone chose to release internal documents — for the same reasons I think anyone interested in justice and fairness would be.

In the meantime, and for the foreseeable future, our jail will continue to be a warehouse for individuals with mental illness who have been unable or unwilling to access effective clinical care, social services and housing in the community.

About 40 percent of the inmates in our jail have been identified as needing some level of mental health care during their incarceration. More than a quarter have a serious mental illness — often combined with a substance abuse disorder — that requires intervention, regular treatment and medication management. The SEE KINCAID. PAGE 11

Garza Calls on Community to Help #saveFCPS

COMMENTARY

Superintendent says FCPS faces deficit of more than \$100 million; FCPS excellence at risk.

Statement from Fairfax County Public Schools Superintendent Karen K. Garza following the Fairfax County Board of Supervisors passage of the Fairfax County Fiscal Year (FY) 2016 budget:

nce again, we find that the Fairfax County Board of Supervisors has failed to fully fund Fairfax County Public Schools (FCPS). This is extremely disheartening — we entered this budget year making a good faith effort to work collaboratively with the Board of Supervisors.

We worked for nearly a year with the County Executive and the Board of Supervisors to develop a reasonable budget that met only the very minimal needs of FCPS, and in the end they did not deliver.

Supervisors are sending a clear message that they are unconcerned about the increasing challenges of our students, our teachers, and our schools. The supervisors refused to fully fund our budget for the 2015-16 school year (FY 2016), when faced with a nominal \$7.6 million deficit. We have grave concerns as to what will happen in the 2016-17 (FY 2017) school year when we face a devastating shortfall of more than \$100 million.

The entire Fairfax County community has a critical decision to make: either we invest the necessary funds in our students and schools, or we will have to work together to decide what to cut — and we cannot cut our way to excel-

Due to years of chronic underfunding coupled with a decade of significant enrollment growth and increasing student needs, we will not be able to sustain the current quality nor the full range of academic programming we currently offer our students. We have sought to protect the classroom to date, but with the scale of the FY 2017 shortfall, we will have to take a serious look at the programs that we must cut starting in the 2016-17 school year. These cuts will likely affect all current academic programming including limiting elective choices, reducing career and technical programs, impacting advanced offerings, and again raising class sizes at all levels. We must make these difficult choices by December 2015 because students begin their course selections in January 2016.

Since 2008, we have cut 2,175 positions and

SEE GARZA, PAGE 11

@CentreView

Newspaper of Centreville Little Rocky Run

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 connectionnewspapers.com/subscribe

NEWS DEPARTMENT:

Steven Mauren

Editor, 703-778-9415

Bonnie Hobbs

Community Reporter, 703-778-9438 bhobbs@connectionnewspapers.com

Jon Roetman

Sports Editor, 703-752-4013 jroetman@connectionnewspapers.com @jonroetman

ADVERTISING:

For advertising information sales@connectionnewspapers.com

Karen WashburnDisplay Advertising, 703-778-9422 kwashburn@connectionnewspapers.com

Classified Advertising, 703-778-9411 asmith@connectionnewspapers.com

Debbie Funk

National Sales 703-778-9444

David Griffin

Marketing Assistant 703-778-9431 dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

Executive Vice President Jerry Vernon

jvernon@connectionnewspapers.com

Editor in Chief Steven Mauren **Managing Editor** Photography: Deb Cobb, Craig Sterbutzel
Art/Design: Laurence Foong, John Heinly
Production Manager:

Special Assistant to the Publisher

Jeanne Theismann itheismann@connectionnewspapers.com @TheismannMedia

CIRCULATION: 703-778-9426

A Connection Newspaper



ENTERTAINMENT



The Heritage India Festival Comes to Chantilly

Rushhi Entertainment's 14th annual festival will celebrate Indian culture with a dance competition, live performances, shopping and food. The Festival will take place at 12-9 p.m. on Saturday, 12-7 p.m. on Sunday at Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly. Admission is \$5 for adults, free for children under 5. Visit www.hifestival.com.

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

ONGOING

Family Fridays Movie Series.

Fridays at sunset through June 26, at The Manassas Campus of Northern Virginia Community College, 6901 Sudley Road, Manassas. Admission is \$3, free with NOVA ID. Visit www.novamanassas.wix.com/ movies.

- Sully Historic Site. 3650 Historic Sully Way, Chantilly. Enjoy guided tours of the 1794 home of Northern Virginia's first Congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/ senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.
- **Singing.** 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit

www.fairfaxjubilaires.org for more. "Creating Across the City."

Through June at Dulles International Airport. Three organizations; Critical Exposure, The National Building Museum and ARTLAB+ have teamed up for "Creating Across the City: A Teen Art Showcase," which provides an outlet through art and design for creative local teens.

CAMPS, CLASSES & WORKSHOPS

Young Actors' Workshop. Rising students in grades 2-6 may participate in a workshop 9 a.m.-12 p.m., July 20-24 at Westfield High School, 4700 Stonecroft Blvd, Chantilly. The fee is \$125. Visit www.westfieldtheatreboosters.com

2015 Summer Programs.

Registration is now open for the following Fairfax County Public Schools summer camps. Students should register for programs based on the grade they are in during the current 2014-15 school year. Visit www.fcps.edu/is/summer/ index.shtml for more.

- * Tech Adventure Camp will be held July 20-31 at Robinson Secondary School from 8:30 a.m.-2 p.m. for students currently in grades 5-7. This camp allows students to explore careers and technology by rotating through eight areas including graphic design, automotive technology, culinary arts, television production, robotics, and computer technology.
- **STEM Camp**. Held in two sessions at Robinson Secondary School: July 6-10 and July 13-17 both from 8:30 a.m.-2 p.m., daily. STEM (science, technology, engineering, and math) Camp is a one-week camp for students currently in grades 3-5 to explore careers and technology as they rotate through activities focused on science
- ***** Elementary Institute for the

703-242-2204

Arts. Held July 13-24 at Robinson Secondary School from 8:30 a.m.-2 p.m. daily, Monday through Friday. Designed for students currently in grades 3-5, E-IFTA offers participants a total immersion in the arts as they rotate through classes in dance,

- drama, music, and visual art.

 * Institute for the Arts. Held July 6-30 at Robinson Secondary School from 8:30 a.m.-2 p.m. daily, Monday through Friday. Designed for students currently in grades 6-11, IFTA allows students to create. perform, experiment, and exploreall in various music, dance, visual art, and theatre venues.

 Robinson Extended Day Adult
- and Community Education Enrichment. Programs will be held July 6-31 at Robinson Secondary School and will begin after Tech Adventure Camp, STEM Camp, IFTA and E-IFTA end. These programs are for students currently in grades 1-11 and will provide a continuum of activities for students who want additional programs and activities. Programs will include the Foreign Language Experience Program (FLEX), Culinary Adventure Camp, Language Immersion Camp, Creative Writing, Computer Graphics, and Chess
- * Credit Recovery Academy. This program will be held at Fairfax High School for students seeking credit for high school level courses. Students will be able to take one course during each of the two sessions from June 29-July 16 and July 20-Aug. 4.
- Online Campus. For credit recovery, acceleration, and enrichment for middle school and high school students. Health, Physical Education, and Geometry Honors run June 29-Aug. 4; all other courses run
- July 6-Aug. 4. **SOL Remediation.** For FCPS high school students who passed an SOL course but did not pass the SOL test. Held at Fairfax High School.
- **SOL Test Only.** This program is for FCPS seniors who plan to graduate by Aug. 28 and passed an SOL course but failed the SOL test.
- **ESOL Numeracy and Literacy.**The ESOL Numeracy and Literacy class provides currently enrolled FCPS high school ELP Level 1 students with the opportunity to develop their numeracy and literacy skills. Students will meet face-to-face with their teachers daily. This is a noncredit class. Held at Fairfax High



YOUR TICKET TO AMAZING!



For a free digital subscription to one or all of the 15 Connection Newspapers, go to

www.connectionnewspapers.com/ subscribe

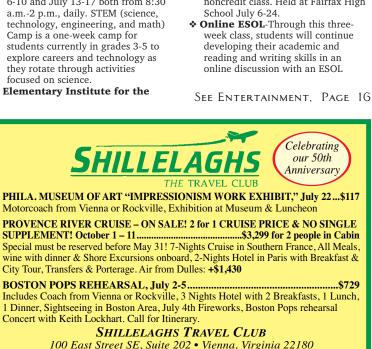
Be the first to know - get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Ouestions? E-mail: goinggreen @connection newspapers.com



_ENTRE /IEW



1-800-556-8646

Please visit our Web site at: www.shillelaghtravelclub.com for a listing of all our upcoming trips and socials.

Centreville Pyramid Art Show Centreville High's Pyramid Art Show was April 23.



Natalie King, Centreville senior.



Maleeha Ahmed, Centreville senior.



Jenny Min Joo Kim, Centreville senior.



Youngjin Shin, Centreville senior.

Photos By Bonnie Hobbs



Maddie Jones, Union Mill Elementary, grade 3.



Scholastic Gold Key winning sculpture by Centreville junior Alexia Chenevey,



Katie Muggleworth, Centreville sophomore.



Tanishi Dasgupta, Bull Run, grade 4.



Joanna Chen, Centre Ridge Elementary, kindergarten.



Darcy Telleen, Bull Run Elementary, kindergarten.



Brittney Holmes, Centreville freshman.



Ivan, Centreville Elementary, grade 6.

www.ConnectionNewspapers.com

News

Solar Lights

From Page 1

gether," she said. "If they need additional time beyond those two hours (of generator time), they have no available light to study with. So many of them will be sitting outside studying by the moonlight."

There is no electricity and no generator at the dorms, so the only way for students to have light is if they have a solar light. One volunteer had brought a solar light with her, and "we realized how useful it was and how crucial it was to have a solar light just to be able to go through typical daily activities," she said.

So Meghan got the idea for her Lights for Learning campaign to raise money to send solar lights to the students. Her goal is to send 644 lights — one for every student at Pomerin to use for studying. Each light costs \$15, which includes shipping to Tanzania. So far, she's collected enough money to send about 50 lights.

The inflatable lights are manufactured by a company called Mpowrd; they are the size of a CD case and deflate to about one inch. They have reflective panels that distribute light to a larger area and come in three settings: low, high, and flashing. Once they're charged, they lasts for six to 10 hours.

Meghan has to buy one pallet of 96 lights at a time, which is a cost of \$1,500 per pallet. Presently, she's raised close to \$1,000.

Visit her website: igg.me/at/

HAR SOME THAT THE PARTY OF THE

Meghan Pollard volunteered at the Pomerini Secondary School in Tanzania, East Africa.

lightsforlearning to make a contribution by a credit card, and the funds will go towards purchasing solar lights.

After her trip to Tanzania, Meghan spent eight weeks in Honduras volunteering at an orphanage for abandoned and abused children. There she taught at the bilingual school and helped them establish a telemedicine program.

Locally, Meghan has also volunteered at the Katherine Hanley Shelter where she's helped organize birthday parties for the children; worked at Habitat for Humanity's ReStore; coached tennis for Special Olympics; and helped organize the food pantry and decorate for Christmas at Fisher House. Before she goes to college in August, she's looking to volunteer in Peru, St. Lucia, and the Cook Islands. She attends St. Mary's Catholic Church in Fairfax.

"Meghan has always had a big heart," said mom Deborah. "And her desire to defer college for a year to pursue a service gap year has been incredible. Her compassion and desire to help other people shines through in her Lights for Learning Project; she set a high goal for herself of getting so many lights, but I believe because of her effort and dedication, she's well on her way to providing a light for every single student."

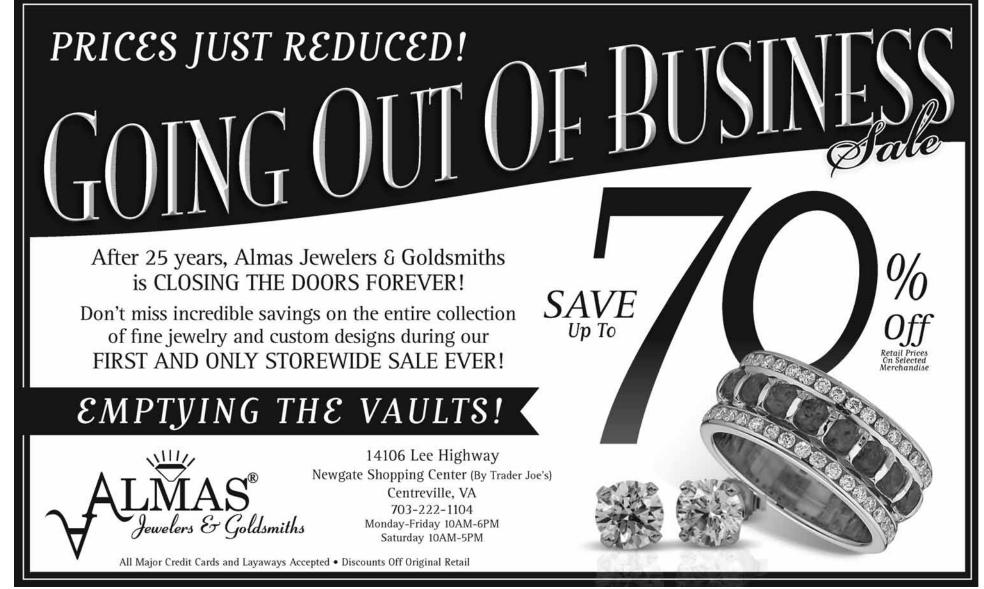


A student holds an inflatable solar light, which costs \$15.

In the fall, Meghan will be a freshman at the Georgia Institute of Technology, where she'll study biomedical engineering. She is considering going to medical school, and working in drug design, prosthetics or medical device development.

While she was at Centreville High School, she was a member of the choir, led the a capella group, played volleyball all four years, involved in the Key Club, and was a member of the National Charity League.

Meghan wrote a blog about her experiences in Tanzania and Honduras, and will continue to blog about her service gap year. Visit Wideningmyworld.wordpress.com.



61 Sports Events over 10 Days



County hosting 2015 World Police & Fire Games.

BY BONNIE HOBBS Centre View

huge event on a scale Fairfax County has never before seen that's the 2015 World Police & Fire Games. It'll run June 26-July 5 and promises to be a once-in-a-lifetime experience for area residents.

"We expect over 12,000 first responders from more than 70 countries," said county police Maj. Rich Perez, who's heading up security. "There'll be 61 sporting events spanning 10 days, and with more athletes than the summer Olympic Games."

Perez is in charge of bringing together 37 different federal, local and state entities to provide security for the events. These groups include the county Fire and Rescue Department, Sheriff's Office, Virginia State Police, the U.S. Department of Homeland Security, the TSA, ATF, and Department of

The World Police & Fire Games started in San Diego, Calif., in 1985 and are held every two years. "We're celebrating the camaraderie, honor, courage and athleticism of first responders from around the world," said MPO Michelle DuBois, one of the county Police Department's athletic outreach ambassadors.

Both active and retired fire and law-enforcement personnel will be competing. "This is the 30th anniversary of the games, so there'll be dignitaries here, too," said



DuBois. "And it's also the 75th anniversary of the Fairfax County Police Department."

OFFICIAL website Fairfax2015.com and, said Perez, "It's getting 9 million hits a day. The local, economic impact is expected to be \$70 million to \$80 million for those 10 days." That's because, in addition to the athletes, themselves, an estimated 30,000 visitors are also expected to attend the games here.

Some 80 county firefighters and 50 county police officers are registered to participate, including Police Chief Ed Roessler Jr. "He registered for the triathlon and has been diligently working out and preparing for it," said Perez.

Some other local first-responders will be defending their awards won previously. Fire Department Battalion Chief Jerome Williams won a gold medal in stair climbing in the last games, held in New York. And county police officer, Lt. Mark Kidd, is the current gold-medal holder in darts.

But all the participants are special, said Bill Knight, president of the World Police & Fire Games. "These athletes are truly heroes from around the world," he said. "And they deserve to be treated like Olympians."

Police officers

and Michelle

DuBois dis-

upcoming

World Police

& Fire Games.

cuss the

Rich Perez

The various athletic competitions will be held at 53 different venues, but more than 70 percent of the games will take place in Fairfax County. Athletes will participate in events including archery, badminton, baseball, beach volleyball, bench press, billiards, body building, bowling, boxing, cross country, cycling, darts, dodge ball, flag football, golf, hockey, judo, karate, lacrosse, half marathon, motocross, motorcycle and mountain biking. They'll also vie in orienteering, paintball, pistol and rifle competitions, police service dogs, rowing, rugby, skeet shooting, soccer, softball, swimming, table tennis, tae kwon do, tennis, track and field, triathlon, ultimate firefighter, volleyball, wrestling and wrist wrestling.

Several of the events will be held in the local communities. There'll be baseball at Westfield High; Toughest Competitor Alive at the Cub Run Rec Center; clays, skeet and trap shooting, Bull Run Regional Park; cycling, police driving track in Chantilly; darts,

Fairfax County Police Association Hall in Fairfax; and lacrosse, Centreville High.

GMU will also host baseball games, as well as basketball, bodybuilding, boxing, swimming, tennis, and track and field. At the Reston Town Center will be the athlete village and check-in, plus the half marathon and honor guard competitions.

Martial arts will be held at NOVA's Ernst Center, and weightlifting will be at the Herndon Community Center. Meanwhile, archery, cycling, mountain biking and orienteering will take place in Fairfax Station's Fountainhead Regional Park. And Tysons Corner will host dodge ball and stair racing.

MASS TRANSIT will be used as much as possible to transport the athletes to and from each venue. "There's no cost to attend and view any of the events," said DuBois. "So we encourage people to bring their families and friends to them and enjoy."

But such a huge undertaking can't be accomplished without volunteers, and some 4,000 of them are needed. Signups are at http://fairfax2015.com/volunteer.

"We need medical personnel at each venue to cover the athletes, volunteers and spectators," said DuBois. "People are also needed to check in the athletes and direct them to the next station. Volunteers must be 18 or older and able to read, write and communicate in English. They must also pass a background check to keep everybody safe." Urging people not to pass up this opportunity to lend a hand, she said, "You can play a key role in one of the largest, multisport, multi-venue events in the world. Instead of just watching, you can be a part of

Oh, The Impact They Make

BY TIM PETERSON Centre View

esley Pan of Great Falls-based Boy Scouts of America Troop 55 was humble about receiving the Youth Volunteer Group award. "We're just happy to help the community and make a difference," he said.

His fellow scout Jeff Ye agreed that their organization is about "growing future leaders for our community and country."

The Boy Scouts were among dozens of volunteers recognized at the 23rd annual Fairfax County Volunteer Service Awards, held April 24 at the Waterford reception center in Springfield.

In the opening remarks, Volunteer Fairfax acting Executive Director Emily Swenson referenced a favorite saying of the the organization's retiring Executive Director Jeanne Sanders, that "Communities are supported by citizens helping citizens."

Fairfax County Board of Supervisors Chairman Sharon Bulova commented that robust volunteerism has "become ingrained in our culture," a quality that stands out to



Pedro Velasco de Paz (center left) of Centreville receives the Intégrate award for his volunteer work with the Centreville Labor Resource Center, including redesigning Green Garden Boxes and forming a drama group for young

visitors from outside the county.

"This is normal, this is what we do," she

The Lifetime Achievement award went to Alexandria resident Peggy Ferguson, who founded the Naomi Project to help young

Dr. Seuss-themed 23rd Fairfax County Volunteer Service Awards held in Springfield.



Carolina Sosa (center right) of Centreville received the award for Youth Volunteer. Sosa founded the mentoring program Scholar Society to help low income and firstgeneration students, and is president of the United Prevention **Coalition Youth Council.**

and struggling new mothers in 1995.

"I saw a need, an incredible need for pregnant women and new parents," she said. "I envisioned an opportunity where one volunteer could work with one client."

With experience in public health nursing,



The Rev. Dr. Eugene Johnson (left) is joined by Supervisor Michael Frey (R-Sully) as he accepts his **Community Champion award at** the Fairfax County Volunteer Service Awards. Johnson has been responsible for numerous aid programs over 20 years at Mount Olive Baptist Church.

hospital chaplaincy and raising five children of her own, Ferguson said she was well-prepared for forming the organization. But she added she's grateful for "the incredible women I've worked with, down through the years, who've made this possible."

www.ConnectionNewspapers.com

Healthy Relationships for Life Researchers say meaningful friendships help preserve health.

"One of the most

that we need is

meaningful social

connections and a

sense of belonging."

— Dominique S. Hubbard,

professor of psychology

fundamental things

BY MARILYN CAMPBELL Centre View

ill and Betty Kenealy, of Spring field, make it a point to socialize regularly with their long-time friends, many of whom are other couples they met through work and through the activities of their five children. They've watched their children become adults, worked, retired and even survived cancer. Now they're living together in a retirement community in Springfield. Bill is 85 and Betty is 81.

"We enjoy meeting for dinner on a regular basis or playing cards or dominoes and Bingo," said Bill.

One of those couples is George and Peggy White, both 80. They met when Bill and George were stationed together in the military. Both couples speak fondly of the strength they get from their friendships.

"All of us have different stories and have different backgrounds," said Peggy White, 80. "It's been an interesting and rewarding."

Healthy friendships and strong social connections provide more than interest, say researchers. They are vital to one's mental, physical and emotional wellbeing. A study by the National Institutes of Health show that people who are socially isolated are more likely to die of heart disease than those who have close relationships. While it might be more challenging to make friends as one ages, the benefits are worth the effort say researchers.

"Research shows that social connections are more important for health, longevity and cognitive functioning than any other variable," said Linda Gulyn, professor of psychology at Marymount University in Arlington. "Social support ... increased likelihood of getting proper health care, compliance with health treatments, diet, activity [and] mental health."

A HEALTHY SOCIAL NETWORK is credited with longevity. "Social support at all stages of the lifespan reduces people's stress levels, and this in turn promotes physical health," said Linda Cote-Reilly, Ph.D., associate professor of psychology at Marymount University. Seniors who have active social connections are better able to fight disease, they experience greater psychological wellbeing and reduced incidence of depression, Cote-Reilly said.

"One of the things that research has shown is that social isolation is a killer," said Dominique S. Hubbard, professor of psychology who studies social exclusion and ostracism at Northern Virginia Community College. "One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

studies that link health and longevity with lation is potentially very damaging to all of fulfilling relationships.

"There is this really amazing study done in Alameda County, Calif., that followed almost 5,000 residents for nine years, and found that the best predictor of mortality rates were people who indicated they had few meaningful relationships, meaning that people who answered they had many meaningful relationships were more likely

to be alive than those with few," said Georgeana Stratton, Ph.D., associate professor of psychology at Northern Virginia Community College in Sterling. "Even when they ... only look at people with cancer or heart disease, they still found that those with many meaningful relationships did better than those who answered few.

"Their social relationships were the best predictor of health and death, meaning it predicted better than other things they measured like smoking and stress," said

Seniors are more susceptible to the harm-In fact, researchers point to a variety of ful effects of a dearth of companions. "Iso-

> us, but most especially to seniors," said Pamela Stewart, assistant dean of psychology, Northern Virginia Community College, Annandale campus. "Friendships keep us balanced and generally more positive. They help to keep us busy, can give us a focus and keep us more happily engaged in the world around us."

Retiring and relocating creates challenges when attempting to maintain ex-

isting friendships. "Unfortunately, for many the pool of friends becomes smaller as one ages," said Stewart. "We lose touch with our former work mates and a fair percentage of our friends may have moved away or passed away."

Those who are no longer in situations that offer natural opportunities for social interactions can still recreate a circle of friends.

"Seniors can replace those by adding new things," said Hubbard. "Consider joining a class or a bridge club. The key is to have consistent, positive interactions."



Experienced Licensed Opticians

Professional advice with a focus on your individual style and visual needs.

We have a full-service optical lab on the premises.

Highest-rated optician in Fairfax County by a local consumer magazine.

- Repairs
- Same-day service on most single vision lenses
- Fashionable eyeglasses



- Designer frames
- Children frames
- Digitally engineered progressive lenses to provide superior vision
- Contact lenses
- Difficult prescriptions filled accurately
- Eye exams...and much more!

703-830-6377

EyeStreetOptical.com Independently owned and operated.

Chantilly Professional Building 3910 Centreville Road, Suite 100, Chantilly VA



Dr. William Lloyd Glover Jr. (middle) receiving the GWU award "Distinguished Alumni Award for Urology" from Dr. Harry C. Miller, past chairman, & Dr. Thomas Jarrett, Chairman, Department of Urology at George Washington University - where Dr. Glover is Clinical Professor of Urology.

Advanced 21st Century Healthcare for Urology problems (in office):

- Cryotherapy (freezing needles to cure prostate cancer & kidney cancer without the side effects of surgery & radiation
- Microwave to treat benign prostrate obstructions
- Lithotripsy (focused shockwaves to break up kidney stones)
- No scalpel vasectomy
- Non-surgical treatment of Incontinence
- Simple, effective, non-surgical treatment of impotence

FAIRFAX UROLOGY CENTER, LTD.

ACCEPTING NEW PATIENTS – WELCOMING PAST PATIENTS BACK! Wm. Lloyd Glover, Jr., M.D., F.A.C.S., Diplomate, American Board of Urology 10875 Main Street, Ste. 208, Fairfax VA 22030 • 703-591-5443 www.fairfaxurology.com

Sports



Tommy Bowden (15) and Austine Tebyanian (14) display some hang time in celebrating a Wildcat goal.



Photo by Susan S. Kehoe

Wildcat Matt Perry defends against JEB Stuart.

Centreville Boys' Lacrosse Team Bounces Back

he Centreville boys' lacrosse team had another roller-coaster week, enduring a 12-3 home loss to Westfield on April 28, but responding the next night with an 18-5 victory at JEB Stuart.

The Westfield game was held on SYA

night, which was fitting since many players from both schools are former SYA youth league teammates. The Wildcats were undone by the Bulldogs' overall team speed and crisp passing. Centreville's JV teams also lost to Westfield although the score was tight for most of the game.

The game versus the Raiders was much more productive, with 13 Wildcats scoring goals or assists. John Tarver scored the first goal of the game and finished with six total and Tyler Heidt scored three goals to accompany his six assists. Other Wildcats making goals were Patrick Goldammer, Kyle

Richbourg, Pat Fuller (2), Jake Kandel, Corey Spriggs, Kainoa O'Connor, and Tommy Bowden (2). The team has thrived this season when it shares the ball, as exemplified by assists made by Matthew Laurence (2), Aidan Barnes, Austine Tebyanian, and Kyle Heidt.



Wildcat Carson McEver lines up a shot against the JEB Stuart defense.



Wildcat Corey Spriggs prepares to rip a shot against JEB Stuart.

BULLETIN BOARD

THURSDAY/MAY 7

Kindergarten Registration. 9:15-10:15 a.m. at Poplar Tree Elementary School, 13440 Melville Lane, Chantilly. Children who will be 5 years old on or before Sept. 30, and live within the school's boundaries are eligible for kindergarten for the 2015-2016 school year. Call 703-633-7400.

FRIDAY/MAY 8

Blood Drive. 10 a.m.-3 p.m. at G&C Tire & Auto Service, 14008 Willard

"Queries for Publications." 7-9
p.m. at Gunnell House at Truro
Church, 10520 Main St. Capital
ard Christian Writers presents a

MONDAY/MAY 11

Cindy@gandcauto.com.

indergarten Immersion

Deadline. 4 p.m. at https://

insys.fcps.edu/immersion k/.

Road, Chantilly. G&C is hosting their annual blood drive. Donors receive a free lunch. Contact Cindy Ayer at www.capitalchristianwrities.org.

FRIDAY/MAY 15

Application Deadlines. The Teen Police Academy and Future Women Leaders in Law Enforcement are currently accepting applications for their summer classes. Link for Police Academy: www.fairfaxcounty.gov/police/services/pdf/

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

Future Women Leaders: www.fairfaxcounty.gov/police/ services/pdf/2015fwlle.pdf.

SATURDAY-MONDAY/MAY 16-18

Call for Auditions. Various times at Mountain View School, 5775 Spindle Court, Centreville. The Alliance Theatre is seeking cast members for their upcoming production of "Chitty Chitty Bang Bang." Visit www.thealliancetheatre.org/auditions.html to learn more.

MONDAY/MAY 18

Financial Counseling Clinic. 6-7:30 p.m. at Chantilly Computer Learning Center Partnerships, 4101 Elmwood St., Chantilly. Volunteer financial planners will help participants tackle pressing financial problems during a 45- to 60-minute session. A free credit report will be run, immediate financial situations considered, and a course of action recommended to address concerns. Free. Contact Lillian Diaz at atLdiaz@wfcmva.org or 703-988-9656 x108.

www.ConnectionNewspapers.com

SCHOOLS

Family Fun Color Run at Virginia Run Elementary

he Virginia Run Elementary School PTA hosted its first Family Fun Color Run on Friday, April 24. The event had more than 400 registrations, strong parent and faculty volunteer support and many corporate sponsors. More than \$6,000 was raised and will go directly toward the purchase of 10 new Dell Latitude 3340 notebooks that will supplement the school's mobile lab.

Virginia Run Elementary School families started the Color Run behind the elementary school where teachers led the participants in some pre-race warm-up dance routines. The race began with Principal Larraine Edwards leading the first color station and dousing everyone in color-safe green dye. The two-mile out-andback course had runners passing through seven color stations of every color in the rainbow. As they returned, families headed



Photo by Kelly Bobek **Griffin Osterhout, Charles Beamon and Justin Pokrant**

back to the blacktop behind the school to enjoy a healthy dinner provided by the PTA, snow cones, music, hula hoop contests, raffles and more.



Principal Larraine Edwards starts the VRES PTA Family Fun Color Run.

Some of the **PTA Color Run** Committee members (from left) are Kristi Oller, Kari Lowery, Kelly Sabine, Christi Brubaker, Angela Coyle, Lori Ulrich and Johannah Evans.





The start of the **VRES PTA Family Fun** Color Run.



Katelyn and Jacob Brubaker



Photo by Kelly Bobek





tary School 6th graders who ran in the Color Run.

The Virginia **Run Elemen-**



Photo by Robin Osterhout

VRES staff (fromt left) Lori Castellaw, Linda Nicklyn, Phyllis Thomas and Marianne Pendlebury run the Purple Color Station.



Photo by Lauren Conner

From left: Olivia Proper, Morgan Palmer, Sophia **Coyle and Campbell Conner**



Jaiden Gay-Johnson (Kindergarten) finishing the Color Run with his father Troy Johnson.

"CT Looked Good"

By KENNETH B. LOURIE

Cryptic? Hardly. Words I can live with the for the next three months until my next CT Scan? Absolutely. I'm going to stop now before I make this initial paragraph a priceless MasterCard moment. What this column is about, however, is an update about the good-make-that-great news I received electronically from my oncologist late Friday afternoon, two days after I had completed my most recent CT Scan, and a full week before our next face-to-face appointment, when the scan results both good and bad are typically shared and discussed. And though my oncologist understands and appreciates per last week's column – that waiting is excruciating for the patient/survivor; his fear of providing misinformation and/or misinterpreting the radiologist's report, and in turn my overreacting to one or the other, accounts for the timeline that probably doesn't suit either one of us.

Nevertheless, it is what it is, it's what it has been and I doubt, living into the future, it will be any different. Writing a column or two about its drag on my coefficient is healthy enough, I suppose (better to get it out than to keep it in, the mental health professional might say). But I'm guessing the correlating/paralleling universe might be that obsessing/"compulsing" over something I can't change is likely not good for this soul or psyche either. And if there's any substance to the anecdotal claim that cancer patients/survivors who can eliminate some stress from their lives will have a better outcome/ longer life, then the sooner I understand and accept control and/or lack thereof, with respect to my treatment/process/ overall cancer experience (maybe a few other areas, too), the more rewarding my future will be. As Clint Eastwood said near the end of Magnum Force: "a man got to know his limitations," so too must a patient know and accept his.

I likely can't change how and when my doctor communicates to/with me, though. He has procedures; I have mine. He has rules, preferences, timelines, etc. As the patient, I would say mine are probably different. As to the oncologist who has kept me alive six-years-going-on-seven after originally giving me a "13-month to two-year" prognosis, my reply to his e-mail was more wordy: "Thank God and thank you! Now we can relax a little bit until we see you at our next appointment on the 24th." To say we're looking forward to that next appointment would be a bit naïve. Still, we're not in fear for our lives, as sometimes has been the case.

Once in-office, we'll look at the computer and compare the two previous scans, and likely evaluate and discuss the past, present and future. These meetings are as much about strategy as anything else. I certainly don't expect any guarantees, nor do I expect any warm and fuzzies. I'm sure he'll be smiling as will we, and be grateful as well, for our amazing good fortune. Nevertheless, this is an extremely serious business with an unpredictable outcome. Moreover, as much as I appreciate MasterCard's "Stand Up To Cancer" campaign; being a cancer patient is hardly priceless. In fact, it's all it's cracked up to be. That being said, when the three words typed in your e-mail subject box are the title of this column, for the moment, all is right in your world until the next scan of course, three months hence. It's a cycle of loom for sure, but it sure beats the gloom it could have otherwise been.

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

Zone 4: • CENTREVILLE



703-778-9411

Zone 4 Ad Deadline: Monday Noon

CONECTION NEWSPAPERS

For Local...

Employment ·Employees

·Services

•Entertainment Announcements

•Real Estate

·Cars

•Trucks

·Vans

·RV's

Boats ·Pets

·Yard Sales

•Crafts

·Hobbies •And More!

For All Your Advertising Needs...

It Works. Week After Week.

917-6400

Place Your Ad Today!

21 Announcements

ABC LICENSE

Sakoonthai, Inc trading as Sakoonthai Restaurant, 5760 Union Mill Rd, Clifton, VA 20124. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises, Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Chatchai Yam-suan, Vice President. NOTE: Objections to the issu-

ance of this license must be submitted to ABC no later than 30 days from the published date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

where you are. -Theodore Roosevelt

26 Antiques

theschefers@cox.net

Do what

you can, with

what you have,

21 Announcements

Spectacular Parcels 3 to 22 acres w/ deepwater access \$55,000 to \$124.000

ocated in an exclusive development on Virginia's Eastern Shore. Amenities include community pier, boat ramp, paved roads and private sandy beach. Only 1 hour to Va. Beach and south of Ocean City. Great climate, boating, fishing, clamming & very low property taxes. Absolute buy of a lifetime! Recent FDIC bank failure makes these 25 lots available at a fraction of original cost. For info call (757) 442-2171

or email: oceanlandtrust@yahoo.com Pictures and info on website http://Wibiti.com/5KQN

21 Announcements

21 Announcements

Foundation & Structural Repair • Concrete Lifting Crawl Space Moisture Control • Basement Waterproofing



28 Yard Sales

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS. Schefer Antiques 703-241-0790 Community Yard Sale. 9am -2pm. at Fairfax Church of Christ, 3901 Rugby Road, Fairfax Shop booths of vendors homeowners, churches and entrepreneurs. Visi fxcc.org/expo for more.

Sully Station Community-wide yard sale May 16 More info on Facebook

VA (GOLD) BUYERS

21580 Atlantic Blvd. #120

Sterling,

VA 20166

&LOANS

21 Announcements 21 Announcements

703-444-7804 www.VAGoldBuyers.com

Latinos como tú sirviendo a nuestra comunidad

21 Announcements

21 Announcements 21 Announcements

WANTED GORVETTES

Buying '53 thru '72 Corvettes and some later models (any condition). KNOW OF A CORVETTE FOR SALE? Finder's Fee Paid - Serious Buyer





Call Toll Free 1-800-850-3656 e-mail: <u>vccorvette@aol.com</u> or visit <u>www.VinceConnCorvette.com</u>

21 Announcements 21 Announcements 21 Announcements

Outer Banks, North Carolina - Vacation Rentals



Over 600 vacation homes in all price ranges! Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla 2 to 18 bedrooms most with private pool/

Linens and towels are provided (call for exception)

Prindley

877-642-3224 . www.brindlevbeach.com

21 Announcements 21 Announcements 21 Announcements



CentreView CLASSIFIED

Classified or Home • Lawn • Garden: 703-917-6400

Employment: 703-917-6464

CONNECTION

E-mail: classified@connectionnewspapers.com

21 Announcements 21 Announcements 21 Announcements



434.847.7741 | TRFAuctions.com

Zone 4: • CENTREVILLE

HOME & CARDEN

CONNECTIONNEWSPAPERS.COM

703-778-9411

K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE

Family Owned & Operated Recessed Lighting

Ceiling Fans Phone/CATV Computer Network Cabling

Licensed/Bonded/Insured

Office 703-335-0654 703-499-0522 Service Upgrades lektrkman28@gmail.com Hot Tubs, etc.

GUTTER

GUTTER



IMPROVEMENTS

IMPROVEMENTS



R&N Carpentry

+BASEMENTS +BATHS +KITCHENS Foreclosure specialist/Power washing **◆Exterior Wood Rot More! Deck & Fence repair, Screen Porches**

No jobs too large or small 37 yrs exp. Licensed, Insured **703-987-5096**

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849 E-mail: rncontractorsinc@gmail.com www.rncontractors.com



BATHROOM REMODELING, DRYWALL, 🥀 PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!! We Accept VISA/MC

Insured

703-441-8811



Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry, Wood Rot. Drywall, All Flooring, Decks

• FREE Estimates • EASY To schedule FAST & Reliable Service
 NO \$\$\$ DOWN!

Handyman Services Available http://www.pphionline.com/

"If it can be done, we can do it" Licensed - Bonded - Insured



ELECTRICAL IMPROVEMENTS IMPROVEMENTS

A&S Landscaping

- All Concrete work
- Retaining Walls
 Patios
- Decks Porches (incl. screened) • Erosion & **Grading Solutions**
- French Drains Sump Pumps
- Driveway Asphalt Sealing

703-863-7465 LICENSED **Serving All of N. Virginia**

LAWN SERVICE LAWN SERVICE

PINNACLE SERVICES, INC. **LAWN SERVICE**

MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

J.E.S. Services







Landscaping & Construction Free Estimates - Fully Licensed ${\cal C}$ Insured

- Planting & Landscaping Design

- Planting & Landscaping Design
 Drainage & Water Problems
 Concrete Driveways, Replacement or New
 Patios and Walks Masonry Work or Dry Laid
 Paver, Flagstone, Brick, any style you choose
- Retaining walls of all type:

All work Guaranteed

MASONRY MASONRY

Alfredo's Construction Company, Inc.



 Concrete Driveways Patios •Sidewalks •Stone •Brick

Phone:

VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com

Potomac Masonry 703-498-8526

New Installations & Repairs Stone - Flagstone - Brick - Ĉoncrete

FREE ESTIMATES!! Lic. & Ins potomac-masonry.com



PAVING

PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded

703-250-6231

ZONE 4 AD DEADLINE: Monday Noon

Junk, Rubbish,

Homes, Offices,

Commerical,

Yard/Construction

Debris, Lot Clear

out, 24 hrs day,

703-520-3205 N-VA

General Hom Work

HAULING LANDSCAPING JUNK HAULING

ANGEL'S HAULING Junk Trash Removal, 🥍 Yard/Construction Debris, Garage/Basement Clean Out, Mulching.

703-582-3709 240-603-6182

LANDSCAPING TREE SERVICE

A&S CONSTRUCTION Bathrooms, Kitchens, Flooring, complete remodeling.

ANGEL'S TREE REMOVAL Brush & Yard Debris Trimming & Topping Mulching & Hauling

TREE SERVICE

703-863-7465

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.



Spring Cleanup...

Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience - Free estimates 703-868-5358

24 Hour Emergency **Tree Service**

HOW TO SUBMIT ADS TO



CLASSIFIED

DEADLINES	
Zones 1, 5, 6	Mon @ noon
Zones 2, 3, 4	Tues @ noon
E-mail ad with zone choices to:	
classified@connectionnewspapers.com	
or call Andrea @	703-778-9411

EMPLOYMENT

DEADLINES

Zones 2, 3, 4Tues @ noon E-mail ad with zone choices to: classified@connectionnewspapers.com

ZONES

or call Andrea @ 703-778-9411

Zone 1: The Reston Connection The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection

Lorton Connection Zone 3: The Alexandria Gazette Packet

The Fairfax Station/Clifton/

The Mount Vernon Gazette Zone 4: Centre View North Centre View South

Zone 5: The Potomac Almanac **Zone 6:** The Arlington Connection The Vienna/Oakton Connection

> The McLean Connection The Great Falls Connection

OPINION

Kincaid

From Page 6

Sheriff's Office is working to improve mental health care at the jail, but as of this writing, we have no available options to properly divert individuals under arrest and avoid unnecessary incarceration. In no way whatsoever is this intended to justify inappropriate, improper or illegal behavior by law enforcement officers anywhere; it is simply a fact.

As I have done for years, I will continue to advocate locally and in Virginia for more treatment centers for minor offenders who are seriously mentally ill and would be better served in a mental health facility than in a jail.

I have pledged my 28-year career with the Sheriff's Office in service to the safety, security and well being of all Fairfax County residents, and to do so as fairly and transparently as possible. I will continue to work with mental health organizations in search of solutions to an intractable problem facing vulnerable individuals for whom all of us, out of nothing more than common human compassion, must assume some responsibility.

Garza

nearly a half-billion dollars from our budget affecting every school and department. We have fallen so far behind in teacher salaries that we are no longer competitive and are losing talented staff to neighboring school districts. Our teachers are the reason FCPS students excel and achieve. Losing our most experienced teachers will have a significant effect on student performance and will ultimately affect the reputation of

Fairfax County public schools are frequently cited as one of the main reasons that businesses choose to relocate to the county, and Fairfax has some of the highest property values in the country, but without excellent schools as a foundation — corporate investment in Fairfax and property values will decline.

In the education of our children, every year matters; we cannot hope to make up deficits in their education in their later years. It is critical we take action now.

I hope our community will join me to

Write

#saveFCPS.

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

Letters to the Editor Centre View 1606 King St. & Alexandria VA 22314 Call 703-917-6444 or email centreview@connectionnewspapers.com

Entertainment

From Page 7

teacher. This is a noncredit class. Held July 6-24.

Extended School Year Learning Communities. Services for identified students with disabilities in accordance with their individualized education programs (IEPs).*

Thomas Jefferson High School for Science and Technology (TJHSST) Summer Technology Institute. The Institute will be held July 13–Aug. 7 at Woodson High School. Students currently in grades 7 and 8 will be introduced to science, technology, engineering, and mathematics (STEM) through weeklong sessions that allow them to explore a STEM topic of interest.

Thomas Jefferson High School

- Thomas Jefferson High School for Science and Technology (TJHSST) Academic Summer School. This program will be held July 6-Aug. 6 at Woodson High School. Current TJHSST students and incoming freshmen choose from a variety of courses for academic credit.
- * Adult and Community
 Education. Programs include
 Thomas Jefferson High School for
 Science and Technology admissions
 test prep, SAT test prep, study skills,
 and driver education.
- ACE Driver Education. For students in grades 9-12.

PET ADOPTIONS

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

www.lostdogrescue.org for more. **Adopt a Dog.** Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more. **Adopt a Dog.** Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog.Visit aforeverhome.org for more.

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

FRIDAY-SATURDAY/MAY 8-9

"Curtains." 7:30 p.m. at Mountain View High School, 5775 Spindle Court, Centreville. The Alliance Theatre presents "Curtains." It's the promising year of 1959. Boston's Colonial Theatre is host to the opening night performance of a new musical. When the leading lady mysteriously dies on stage the entire cast and crew are suspects. Visit www.thealliancetheatre.org for more.

"The Pajama Game." 7:30 p.m. at Westfield High School, 4700 Stonecroft Blvd. Westfield students will perform the musical which centers around conflict in a pajama factory. Tickets are \$10 in advance or with student ID, and \$12 at the door. To buy tickets visit www.whspjgame.weebly.com.

SATURDAY/MAY 9

"Fly-In to Victory Day." 10 a.m.-3 p.m. at Udvar-Hazy Center, 14390 Air and Space Museum Parkway, Chantilly. Celebrate the end of World War II in Europe. Free. Visit www.airandspace.si.edu.

Flea Market. 8 a.m.-1 p.m. at Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. Call 703-631-1799.

SATURDAY-SUNDAY/MAY 9-10

The Heritage India Festival. 12-9 p.m. on Saturday, 12-7 p.m. on

Sunday at Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly. Rushhi Entertainment's 14th annual festival will celebrate Indian culture with a dance competition, live performances, shopping and food. \$5 for adults, free for children under 5. Visit www.hifestival.com.

SUNDAY/MAY 10

Mother's Day Mimosa and Pastry

Bar. 11 a.m. at Paradise Springs Winery, 13219 Yates Ford Road. Find maple bacon sticky buns, muffins, croissants and more alongside mimosas. Items may be purchased a la carte while supplies last. Visit www.paradisespringswinery.com.

TUESDAY/MAY 12

Audition Workshop. 6:30 p.m. at Westfield High School, 4700 Stonecroft Blvd. Westfield Summer Stage is looking for students throughout the Northern Virginia area to participate in their staging of Mary Poppins. Free to attend. Call 484-574-8760 or visit www.westfieldtheatreboosters.com.

FRIDAY-SUNDAY/MAY 15-17 International Gem & Jewelry

Show. 12-6 p.m. on Friday, 10 a.m.-6 p.m. on Saturday, 11 a.m.-5 p.m. on Sunday at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Diamonds and other gems from retailers from around the world. Children 8 and under are not permitted. Tickets are \$8. Visit www.intergem.com.

SATURDAY/MAY 16

Call for Auditions. 9 a.m. at

Mountain View School, 5775 Spindle Court, Centreville. Westfield Summer Stage is looking for students throughout the Northern Virginia area to participate in their staging of "Mary Poppins." Students who choose to audition will be required to sing a song, dance, and perform a one-minute monologue of their choosing. Free to attend, but if accepted, there is a \$300 workshop fee. Call 484-574-8760 or visit www.westfieldtheatreboosters.com.

Chantilly Day. 11 a.m.-5 p.m. at Sully Plaza Parking Lot, 13910 Metrotech Dr., Chantilly. Find a Business Expo, the Taste of Chantilly, Children's games, rides, stage performances by local groups, Educator of the Year awards and Pet adoptions. Free. See www.chantillyday.com.

Meritage Blending Class. 1-3 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Learn to make your own 2014 Meritage. Tickets are \$55. Call 703-830-9463.

Clifton Caboose Twilight Run. 6 p.m. at the Barn, 7139 Main St., Clifton. Participate in the 1-mile or 5K race. There will be a post-race party with food and live music. The 5K race has a \$24 registration fee, the 1-mile run has a \$20 fee.

WEDNESDAY/MAY 20

"Target America: Why You Should Care About the Rise of ISIS." 7 p.m. at Fairview Elementary School, 5815 Ox Road, Fairfax Station. Investigative journalist and author Erick Stakelbeck will present a program on fundamentalist group ISIS. Free. Visit www.cliftongop.com.

SATURDAY/MAY 23

Brain OlympicsRx. 12-4 p.m. at

LearningRx-Fairfax, 10513 Braddock Road, Suite C-D, Fairfax. As part of a national initiative to raise awareness about the brain's ability to change at any age, LearningRx brain training centers across the United States are holding a Brain OlympicsRx event. For every person who participates, LearningRx-Fairfax will donate \$10 to Brain Injury Services. Free. Contact Rebecca Oliver at fairfax.va@learningrx.net.

SUNDAY-MONDAY/MAY 24-25

Art Guild Show and Sale. 12-5 p.m., artists' reception 5-8 p.m. on Sunday, at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Artists will display and sell work from a variety of genres and styles. Admission is free for museum members and children 4 and under, \$2 for children 5-15, and \$4 for everyone else. Visit www.fairfax-station.org.

FRIDAY/MAY 29

Jazz Concert. 7-9 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. The JazzCats Café features Centreville High School JazzCats plus trumpeter Dave Detwiler and his "White House Band." Advance tickets are \$8. Tickets are \$10 at the door. Email jazzcatstix@yahoo.com.

FRIDAY-SUNDAY/MAY 29-31

Quilting Expo. 10 a.m.-6 p.m. on Friday, 10 a.m.-5 p.m. on Saturday, 10 a.m.-4 p.m. on Sunday at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. More than 600 quilts and wearable art and clothing will be on display. Vendors will be offering fabric and other quilting needs. A one-day pass is \$10, three-day pass is \$15; children 12 and under are admitted at no cost. Visit www.quiltersunlimited.org.

SATURDAY-SUNDAY/MAY 30-31

Vintage Virginia Wine Festival. 11 a.m.-6 p.m. on Saturday, 11 a.m.-5 p.m. on Sunday. The 34th of its kind, the festival will feature food trucks, vintage cars, music and wine. \$30 in advance, \$35 at the gate. Visit www.vintagevirginia.com.

SUNDAY/MAY 31

Book Signing. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Historian Mary Lipsey will be signing copies of her book, "A Christmas Flight: Aviation Pioneer, Dr. William Christmas." Admission for museum members and children 4 and under is free, \$2 for children 5-15, and \$4 for all else. Visit www.fairfax-station.org.

WEDNESDAY/JUNE 3

Civil War Forum. 7:30 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road.
"Southern Civilians in Southern Prisons" is a program presented by Burke Historical Society President Jon Vrana, who will give a first-person soliloquy of local civilians from Fairfax, Loudoun, and Prince William counties who were arrested during the Civil War. Free. Visit www.fairfax-station.org.

SATURDAY/JUNE 6

Born to Run Memorial 5K and Fun Run. 8:30 a.m. at the Chantilly Highlands neighborhood. Franklin Middle School will dedicate this race to Jannine Parisi who died on Nov. 20, 2013 as the result of a domestic incident. Registration starts at \$15. Visit www.prracing.enmotive.com.

CENTREVILLE

The Anglican Church of the Ascension



Traditional Anglican Services 1928 Book of Common Prayer 1940 Hymnal

Holy Communion 10 A.M. Sundays (with Church School and Nursery)

13941 Braddock Road, (north off Rte. 29) Centreville, VA 703-830-3176 • www.ascension-acc.org



many peoples, one body

We invite YOU to come connect with God this Sunday.

WORSHIP SERVICES
Sundays at 9:15 am & 11:00 am

COMMUNITY GROUPS Sundays at 8:00, 9:15 & 11:00 am

15100 Lee Highway, Centreville, VA 20120 703-830-3333 www.cbcva.org

COMMUNITIES OF WORSHIP

To highlight your faith community, call Karen at 703-917-6468



16 ❖ Centre View ❖ May 6-12, 2015

www.ConnectionNewspapers.com