



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

## Junior Buffalo Soldiers

**The Junior Buffalo Soldiers Drill Team of Centreville's Mount Olive Baptist Church participated Friday in the City of Fairfax's Fourth of July parade. Buffalo Soldiers were all African-American units during the Civil War and helped protect and expand the American West during the late 1800s and early 1900s.**



# WFCM Reaches Out for Help

**Group is collecting 2,000 new backpacks for local students.**

BY BONNIE HOBBS  
 CENTRE VIEW

**I**t's challenging being a poor child in Fairfax County who'll go back to school this fall hungry, wearing old clothes and without backpacks and school supplies. So WFCM (Western Fairfax Christian Ministries) is doing all it can to help.

It operates a food pantry for local families in need, plus a thrift shop where they can purchase clothing for a small amount. And now, for the fourth year, WFCM is partnering with the county, Fairfax County Public Schools and several local, nonprofit organizations to provide high-quality, school backpacks via the county's Collect for Kids Back to School program.

But to make it work, WFCM needs community residents, businesses and other groups to open up their hearts and their wallets and either donate the backpacks or the funds with which to purchase them.

"WFCM's goal is to provide backpacks for 2,000 qualified, needy children who attend schools in the Centreville High School, Chantilly High School and Westfield High School pyramids," said Jennie Bush, WFCM community outreach manager. "In 2013, WFCM assisted 1,995 children in those schools. Due to continued demand, WFCM is looking to slightly increase its program capacity this year in hopes of assisting every child who

needs a backpack."

The most-needed backpack size is a larger one for high-school students. It should have at least two compartments to hold multiple books and binders and should be 18-19 inches tall, 13 inches wide and 8-10 inches deep.

Another nonprofit, KidsRFirst, will provide the school supplies to fill the donated backpacks.

"It is incredible to think that 50,000 students in Fairfax County Public Schools receive free or reduced-price meals," said Bush. "Their parents are struggling to put food on the table, and the prospect of buying backpacks and school supplies is stressful for them. So we hope the community will respond generously, as they have in the past, to ensure that children whose families are in crisis are able to return to school this fall with all the tools they need to succeed."

She said WFCM is grateful to those sponsoring the 2014 Collect for Kids Back to School program, including KidsRFirst, and to the many supporting churches and businesses who join with WFCM to provide backpacks to students in need in Centreville and Chantilly schools.

Donated new backpacks may be brought to WFCM's Client Services Office and Food Pantry at 13888 Metrotech Drive in Chantilly (next to Papa John's Pizza), Monday-Fri

SEE WFCM, PAGE 3

# Board Decreases Suspension Time

## Student Rights and Responsibilities revised.

BY JANELLE GERMANOS  
 CENTRE VIEW

**S**tarting this fall, suspensions for certain student offenses in Fairfax County will decrease, thanks to a revision of the school system's Student Rights and Responsibilities.

The school board voted unanimously at the end of June to change the discipline handbook, which will now focus on in school suspensions to preserve time in school. Offenses that come with mandatory

punishments are decreased under the updated handbook.

Sully District School Board member Kathy Smith said at the meeting that the focus remains to have safe schools, but to ensure that children are kept in school so they can continue to receive their education.

"The changes to the SR&R were made to better align with best practices, to reduce suspensions, and to include changes that have been made to the Code of Virginia," said School Board Chairman Ilryong Moon in a press release. "The adopted changes emphasize the School Board's desire to keep students in class by promoting alternative forms of discipline

SEE BOARD, PAGE 3

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# Westfield Summer Stage Presents Hit Musical

**New show is 'How to Succeed in Business without Really Trying.'**

BY BONNIE HOBBS  
CENTRE VIEW

Featuring a cast and crew of 85, the musical, "How to Succeed in Business without Really Trying," is ready to burst upon the stage. A production of Westfield Summer Stage, all performances are at Westfield High.

The curtain rises Friday-Saturday, July 18-19 and July 25-26, at 7:30 p.m., and Sunday, July 20, at 2 p.m. Tickets are \$12 in advance; \$15, at the door. Seating is reserved; buy tickets at [www.westfieldtheatreboosters.com](http://www.westfieldtheatreboosters.com).

"It's a fun show, good for all ages," said choreographer Yvonne Henry. "Our leads are Cappie-nominated and winning students, which lends itself to a phenomenal song-and-dance show." This is also the 14th stage production that Henry's choreographed, and her 40th musical overall.

"The story follows the meteoric rise of J. Pierrepont Finch, who uses a handbook called 'How To Succeed In Business Without Really Trying' to climb the corporate ladder at World Wide Wickets," said Director Lori Knickerbocker. "He goes from lowly window washer to high-powered executive, tackling [challenges including] the aggressively compliant company man, the office

party, backstabbing co-workers, caffeine addiction and, of course, true love."

Rehearsals began before school ended in June and, said Henry, "We've made great progress in a short amount of time. Westfield grad Rachel Shirley is co-choreographing, and there are nine big production numbers, plus some smaller ones. Some even include everyone in the cast dancing among some large set pieces."

The two-level set depicts an office with a cityscape behind it. And thanks to theater moms Patti Dezelick and Karen Perigard plus the designers, said Henry, "The costumes are gorgeous. It's a great story with an awesome set and wonderful actors. The

kids are from all over, and they've formed great friendships because they share the same passions."

"I look forward to doing this all year long because I love teaching dance," she continued. "I love the kids because they keep me energized and having fun. And after 14 years, Westfield Summer Stage has a great reputation of putting on stellar productions."

New Westfield grad TJ Vinsavich, who'll major in theater at VCU, plays Finch. "He's ambitious and charismatic and uses a book to trick people to get ahead in the business world," said Vinsavich. "Yet, at the same time, he's very likeable. It's fun experimenting with new ways to say his lines because he acts differently with different characters to manipulate them."

Vinsavich's favorite number is "Brotherhood of Man," the musical's last big number. "It's really energetic," he said. "There's exciting choreography and the show builds to a crescendo with this song. The audience will like the show's funny characters, plus the satire – poking fun at the business world and its inefficiency – and how everybody is so focused on image that they don't realize how foolish they are."

Portraying secretary Rosemary Pilkington, who wants to marry Finch, is Robinson Secondary grad Maddy Ingram. "She wants to be a typical, 1960s housewife," said Ingram. "She's naïve, but driven, and can be a bit of a ditz; but she's also passionate about becoming a wife."

Ingram likes the "Act I Finale" number because "it's the first time Finch realizes he's actually in love with Rosemary and it's not just her chasing him. The show spoofs the 1960s ideal, is fast-paced and has so much going on that it's fun to watch; and the audience will love all the good one-liners."

Centreville High senior Joshua Ewalt

plays company President J.B. Biggley.

"He's the big boss, but he's not the one in charge when it comes to his wife and mistress," said Ewalt. "Despite being an authoritative type, he also likes things like knitting because it calms him. He's attached to his college, Old Ivy, and he uses different voices on the phone, depending who he's talking to."

He's fun to play, said Ewalt, because "he's a goofy character with so many parts of his personality and mannerisms at odds with each other. And I get to make funny voices and faces." Ewalt especially likes the song, "I Believe in You," which Finch sings to himself in a mirror, because "it's an amazing ballad and one of the show's high points."

"It's an incredibly funny musical," he continued. "There's slapstick for kids

and smart jokes for adults and tons of wonderful music. Our sets and costumes are excellent, and it's a colorful and vibrant show."

Playing Biggley's nephew, Bud Frump, is Robinson grad Jamie Green. He knows the role well, since he understudied it in Robinson's 2012 production of this show. "Frump's snide, arrogant and not a good worker," said Green. "He has neither the talent, nor the will, to strive in his job. He only has it because he's the boss's nephew, and he does lots of nefarious plotting and blackmail."

It's fun to play, said Green, because "Who doesn't want to be a snide, annoying, little brat? He's never dull, and I have lots of good lines and a song to myself." He said the audience will enjoy this show's "cheeky dialogue and attitude – everyone's plotting against somebody else. And the set's really impressive; it's huge and even has a working elevator. There's a talented cast and I'm really happy to be part of it."

Westfield junior Shaina Greenberg plays Smitty, a secretary in personnel.

"She's Rosemary's rational side and nerdy best friend," said Greenberg. "She wears quirky glasses and is a distinct character. She also helps Rosemary get with Finch and is the glue that holds the office together. She's sarcastic and dry, and it's fun playing someone I can connect with so well because my dad and brother are sarcastic, too."

Greenberg likes the song "Coffee Break," because it's "super-physical and the dancing's fun to do."

And I like singing it because it takes something so common and makes it really dramatic – and the music, itself, is great." As for the show, she said, "People who've worked will be familiar with what goes on in this office. But with all the business, love and comedy, there's something for everybody."



The show's leads are (from left) Shaina Greenberg, Maddy Ingram, TJ Vinsavich, Joshua Ewalt, Nora Winsler (Centreville High) and Jamie Green.

PHOTOS COURTESY OF MADELINE BLOOM



Joshua Ewalt, as Finch, explains an idea to TJ Vinsavich, as J.B.

## ROUNDUPS

### Farmers Market on Thursdays

Each Thursday, from 3-7 p.m., the Fairfax County Government Center hosts a farmers market in its parking lot. The Government Center is at 12000 Government Center Pkwy. in Fair Oaks, and the next markets are slated for July 10 and July 17.

### WFCCA Land-Use Committee

The West Fairfax County Citizens Association (WFCCA) Land-Use Committee will meet Tuesday, July 15, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd., in Chantilly. The panel will receive its second presentation on the Arbors of Fairfax project.

It's a 48-unit, assisted-living facility dedicated to Alzheimer's patients. It's proposed for construction on the north side of Route 50 in Chantilly, east of Downs Drive. The WFCCA is slated to make a recommendation on the application during this meeting.

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, July 17, from 5 p.m. to dusk, at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. (The inspection may be cancelled in the event of inclement weather). Call 703-814-7000, ext. 5140, to confirm dates and times.

### Host a WFCM Food Drive

WFCM needs the community's help over the summer months when it has a critical shortage of food. "For instance, of the 24 schools that we serve, one has over 900 students who count on free and reduced lunches during the school year," said WFCM Community Outreach Manager Jennie Bush. "This creates a financial strain on families looking for food help."

But she said local residents can make a tremendous difference by hosting a food drive with their sports team, camp, swim team or place of employment. To arrange a food drive for WFCM, contact the organization's summer intern, Annie Cecil, at [intern@wfcma.org](mailto:intern@wfcma.org).

### How to Hire CLRC Workers

The Centreville Labor Resource Center (CLRC) serves businesses and homeowners needing help with just about any home remodeling or maintenance project. And local residents who'd like to hire a worker from the CLRC may do so easily. Either call 703-543-6272 or go to [www.centrevilleLRC.org](http://www.centrevilleLRC.org) and click on the "How to Hire" link. Tell what kind of work is required, how many workers are needed and when.

The CLRC will match the needs to its registered workers' skills and set up the job. The price for work will be negotiated. After the job is completed, employers are encouraged to provide the CLRC with feedback to ensure that the work was done well and to their satisfaction and to make sure the workers are fairly paid.

### 2014 Fairfax 50+ Plan

Fairfax County projects a dramatic increase in its older population. Between 2005 and 2030, the county expects the 50-and-over population to increase by 40 percent and the 70-and-over population by 88 percent. So the Fairfax County Board of Supervisors, together with the Fairfax Area Commission on Aging and local residents, has been working with the community to create the 2014 Fairfax 50+ Plan.

What's proposed is at <http://www.fairfaxcounty.gov/dfs/olderadultservices/fairfax50plus.htm> under the topic headings of Safety & Health, Housing, Transportation, Community Engagement, Services for Older Adults & Caregivers, and Long-Range

SEE ROUNDUPS, PAGE 5

## NEWS



**Pam Fruit, the backpack coordinator for Centreville Baptist Church, poses with some of the more than 150 backpacks her church provided last year via WFCM for students in need at London Towne Elementary. The photo was taken on delivery day.**

PHOTO COURTESY OF JENNIE BUSH

## WFCM Reaches Out for Help

FROM PAGE 1

day, 9 a.m.-2 p.m., and Wednesday and Thursday, 4-7 p.m., until Aug. 13.

For suggestions on where to purchase backpacks, and the sizes requested, go to [www.WFCMVA.org](http://www.WFCMVA.org). For more information on donating or sponsoring a school, contact Bush at [jbush@wfcma.org](mailto:jbush@wfcma.org).

The nonprofit WFCM is a volunteer-based organization focused on easing the struggles of low-income families in western Fairfax County. Besides offering

food and clothing, it provides emergency financial assistance for rent and utility-bill payments.

In addition, WFCM runs several financial literacy programs, including financial mentoring; free, monthly budgeting classes; and free financial counseling. For information, contact 703-988-9656 or visit [www.WFCMVA.org](http://www.WFCMVA.org).

Community members interested in helping support WFCM programs may contribute via its secure Web site or mail checks to: WFCM, P.O. Box 220802, Chantilly, VA 20153.

## Board Decreases Suspension Time

FROM PAGE 1

and reducing the length of suspension for certain offenses. However, serious infractions will still be dealt with in a manner that protects students and staff."

The Student Rights and Responsibilities provides a guideline of rules for students of Fairfax County Schools and the consequences for breaking those rules. Students are required to sign it each year.

**CHANGES ALSO INCLUDE** adjustments to a marijuana-related punishment. First-time use of marijuana that does not take place on school grounds or during a school-sponsored activity will be extended expedited review, meaning disciplinary actions other than expulsion may be used.

A motion was also approved that requires the collection of data on cases involving first-time possession and use of marijuana cases each semester. Principals are also given more independence in assigning disciplinary decisions.

Superintendent Karen Garza said at the meeting that disproportionality in school suspensions will continue to be examined.

"Are we there yet with the Student Rights and Responsibilities? No. I think we have to keep working on it and keep making it better," Garza said.

Under the updated handbook, the suspension time for many punishments is decreased from 10 to five days.

"We wanted to reduce the number of days students miss school due to disciplinary infractions. We need to hold students accountable, but can we do

that in a way that still supports our educational mission, and I think we've made progress there," Garza said.

A requirement that required a 10-day suspension with a referral to the Division Superintendent has also been eliminated.

"Everything we know at the national level of research is, when you pull children out of their school building, when you pull them even out of the classroom, they fall further and further behind," said Lee District School Board member Tamara Derenak Kaufax. "When we look at the things that we as a system can try to control and improve upon for student achievement, it's important that we recognize that this is why getting our discipline practice right is so important, because this is how we will help improve student achievement and narrow the achievement gap."

**FAIRFAX COUNTY'S ADOPTION** of the new Student Rights and Responsibilities will be a model for the rest of Virginia, said Ted Velkoff, member at large.

"School boards are going to be looking at ways to respond positively to students without doing zero tolerance," he said.

Electronic cigarettes and hookah pens were also added to be classified as tobacco products under the updated handbook.

A motion was also approved that requires data to be collected regarding in-school and out-of-school suspension, as well as the number of those students not suspended, out of the total number of referrals to the superintendent for discipline infractions, to be reported each semester.



The Boyle School of Irish Dance.



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Westfield High's Improv team as people complaining at a town-hall meeting.

# Remembering Reema with Music and Dance

The Remembrance Cabaret for Reema Samaha was June 14.



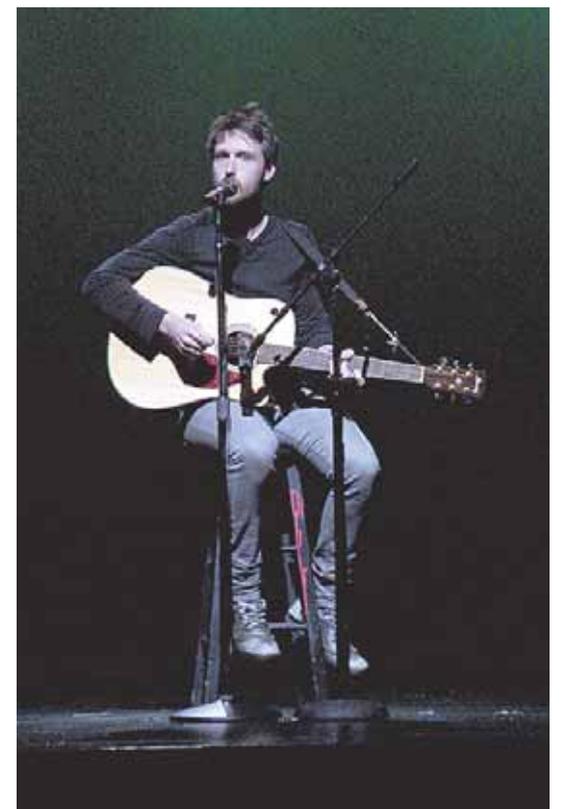
Westfield grad Josh Braunstein recited his poetry slam, "Shooting the Messenger," for which he came in second in national competition.



Shu-Chen Cuff of the Gin Dance Co.

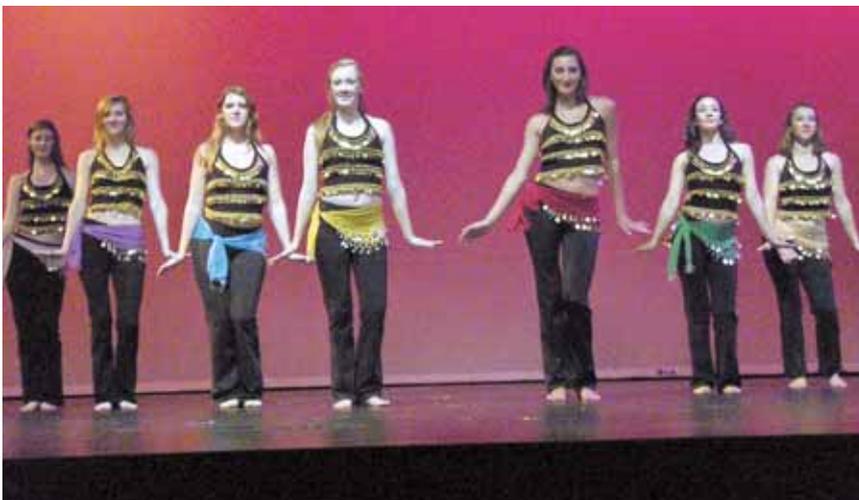


Reema's family (from left) siblings Randa and Omar, and parents Joe and Mona, addresses the audience.

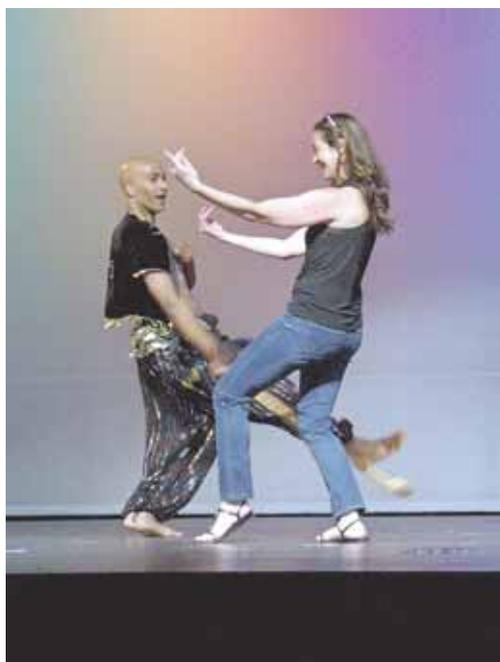


Westfield grad Jon Lawlor performs "Around Me Again."

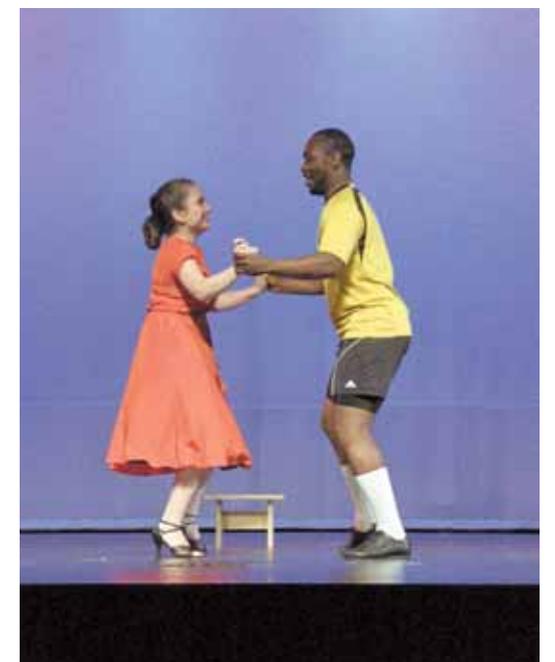
Westfield grad Jade Jones sings "What a Piece of Work is Man."



Virginia Tech's Contemporary Dance Ensemble performs "Andaloosia."



Ahmad Maaty and Joye Thomas perform "Raqa for Reema."



Dancers with Ritmo DMV perform to "La Pelota."

ROUNDUPS

FROM PAGE 3

Planning & Trends Analysis. Comments may be emailed to DFSCCommunity@fairfaxcounty.gov until June 30.

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of canned vegetables (no green beans), vegetable oil; dry pasta, flour, canned fruit and meat, white or brown rice (1- or 2-lb. bags), cold cereal, pancake mix, powdered and evaporated milk. Also needed are toilet paper, diapers, shampoo and baby wipes. (WFCM clients cannot purchase toiletries with food stamps).

Bring all items to WFCM'S food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

Thrift-store needs include spring and summer clothing, quality shoes and like-new houseware. The store is at 13939 Metrotech Drive. In addition, food-pantry volunteers are needed Tuesdays, 11 a.m.-2:30 p.m., and Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or abosley@wfcma.org.

Citizens Police Academy

People interested in law enforcement and who'd like to learn about the Fairfax County Police Department and meet many of those who serve in it may now do so. They may apply to join the Sept. 11-Nov. 15 session of the Citizens Police Academy. It's a free, 10-week program put on by the Police Department and is open to people who live or work in this county.

Participants complete some 40 hours of learning to gain a better understanding of and appreciation for police via a combination of lectures, tours and hands-on activities. Topics covered include the 911 Call Center, patrol, traffic stops, Adult Detention Center, gangs, financial crimes and SWAT team.

To apply, go to <http://www.fairfaxcounty.gov/police/services/citizens-police-academy.htm> or email CPA@fairfaxcounty.gov.

Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, VolunteerSolutions@fairfaxcounty.gov or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

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## Hurray for Full Day Mondays

**Hoping that later start times for high schoolers follows quickly.**

For decades, Fairfax County schools have sent elementary school students home after half a day on Mondays. This was never a good idea, and it has been more damaging to family schedules and student learning with the increase over the years of two-income households and greater economic diversity. That is about to change.

Karen Garza, superintendent of Fairfax County Public Schools, has demonstrated in several ways that she understands tackling the challenges of educating all of Fairfax County's students will require deviation from the status quo.

Not only will half day Mondays come to an end, but it will come to an end in two months, in September 2014, a remarkable accomplishment for a bureaucracy the size of Fairfax County Public Schools.

The change will also come with 20 minutes of recess a day. Research shows (and common sense confirms) that recess and physical activity benefit student learning.

It's an important step showing responsiveness to the needs of families and students. Nearly one third of the county's kindergarteners are poor. How do we think

those parents are managing the need for child care on Monday afternoons? FCPS has resisted meeting the needs of the whole child, but cannot expect to successfully educate its 186,785 students without this kind of change.

Programs to identify gifted and talented students among poor and minority students, summer school, year-round modified calendars for some schools, and many other changes will need to be considered and fast tracked for the county school system to succeed.

Consider: About 50,000 of the county's public school students are poor enough to receive subsidized meals. About 30,000 of the county's public school students are receiving specialized instruction to better learn English.

### EDITORIALS

More than 25,000 of the county's public schools students are receiving special education services. White students make up 42 percent of the student body; 23 percent are Latino; 19 percent are Asian American; 10 percent are African American.

Fairfax County is by some measures the wealthiest county in the nation, or at least in the top five.

If success educating this population of students is possible anywhere, it should be here, but there is nothing simple about it and will require much more change.

### More Sleep for Teens

Later start times for high school is slated as another top priority for change in FCPS, and we agree.

New research continues to pile up about sleep deprivation and the damage it does to

teens. A rigorous study published in February demonstrates that reduced quantity of sleep in adolescents increases risk for major depression, according to research at the University of Texas School of Public Health.

The Centers for Disease Control: "Sleep is increasingly recognized as important to public health, with sleep insufficiency linked to motor vehicle crashes, industrial disasters, and medical and other occupational errors. ... Persons experiencing sleep insufficiency are also more likely to suffer from chronic diseases such as hypertension, diabetes, depression, and obesity, as well as from cancer, increased mortality, and reduced quality of life and productivity."

According to Judith Owens, M.D., director of Sleep Medicine at Children's National Medical Center: "The scientific evidence is irrefutable: chronic sleep loss and disruption in circadian rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks.

We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

— MARY KIMM

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## Guiding Entrepreneurs to Start-Up Success

BY MARY AGE  
PRESIDENT AND CEO  
NORTHERN VIRGINIA FAMILY SERVICE

For many working poor, the challenges of conquering the barriers to education, childcare and transportation are too great to overcome. Northern Virginia Family Service (NVFS), the nonprofit known for providing food and shelter, health and dental access, and Head Start programs for more than 36,000 local residents a year, also is working to alleviate poverty with its innovative entrepreneurship program.

One of the organization's clients, Roberto Lopez, was formerly a biologist and agronomist consulting with UNESCO in his native Nicaragua; but took a job with the maintenance staff of a public institution when he moved to Virginia. Like many immigrants, his degrees were not valid in the U.S. and his lack of English skills limited his job prospects. Throughout the repetitive days of monitoring scrubbing and sweeping (and even with a subsequent promotion to manager), Roberto dreamed of a way to apply his biology and agronomy knowledge to start a business. He slowly formed a plan to grow vegetable and herb gardens for the residents of Virginia, optimizing the garden ac-

ording to light, soil quality, space and plant combinations. To move the idea from concept to reality, Roberto needed guidance and capital.

That is when he visited the Hispanic Entrepreneurship Program of Northern Virginia Family Service. The program provides integrated, long-term support for the economic success of Hispanic entrepreneurs. Their business consultants guided Roberto through licensing, business planning, and most importantly, obtaining capital.

NVFS is an approved trustee of Kiva Zip, a program launched by Kiva.org to crowdfund microloans with 0 percent interest. Once NVFS helped Roberto develop a solid business plan, the agency endorsed him on KivaZip.org. Roberto's profile shared the details of his qualifications and his business idea. NVFS' endorsement described why Roberto would achieve success and pay



**Roberto Lopez**

back the loan responsibly. From there, people from Northern Virginia – and around the world – began to crowdfund his loan. With as little as \$5, nearly 50 individuals showed their support for Roberto and lend to his business. Many will stay involved as potential customers, busi-

SEE NVFS'S, PAGE 7

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# OPINION

## NVFS's

FROM PAGE 6

ness advisers and brand ambassadors.

In Roberto's case, the metrics of a traditional bank loan would have immediately disqualified him as a borrower. Banks have to rely on time in business, credit score, collateral, available cash and other factors that a new business created by a new, low-income immigrant will not have. Kiva Zip, on the other hand, relies on trustees like NVFS who vouch for the borrower's character and business plan. NVFS currently ranks as the top Kiva Zip trustee in Virginia and #9 in the country, boasting a 100 percent repayment rate from its borrowers.

"I see tons of entrepreneurs like Roberto who are extremely well-educated with bright business ideas. They are challenged to learn English, computer skills, and a new culture while often stuck in unskilled, low-paying jobs," reflected Adrienne Kay, coordinator of NVFS' Hispanic Entrepreneurship Program. "Through our partnership with Kiva Zip, I'm thrilled that we can create more opportunity for these entrepreneurs and hopefully more jobs in Northern Virginia."

Roberto's business quickly became a reality. Ladybug Landscape, LLC, now serves two embassies in D.C. and dozens of residents in Northern Virginia. This past year, he created two full-time jobs and two part-time jobs.

From Roberto's first Kiva Zip loan of \$4,000, he invested in equipment and in his webpage ([www.ladybuglandscapellc.com](http://www.ladybuglandscapellc.com)). After fully paying his first loan, Roberto returned to fundraise on Kiva Zip for an \$8,000 loan to build out his truck to hold more plants and equipment.

"Roberto's experience mirrors that of so many entrepreneurs in the U.S. and around the world. People who have the passion and the plan, but who lacked just a little bit of capital to get their ideas off the ground," said Premal Shah, president of Kiva. "Through crowdfunding their loans, we can begin to fill the lending gap and be a part of their journeys of success."

"I was so inspired by everyone who believed in my business," Roberto said. He now volunteers as a guest speaker for NVFS business planning classes and aspires to become a trustee himself for entrepreneurs in his home country of Nicaragua.

Find out more about NVFS' latest Kiva Zip endorsements here: <https://zip.kiva.org/trustees/294>

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# Beloved Children's Book Comes to Life on Stage

## Local students acting in "Pippi Longstocking."

BY BONNIE HOBBS  
CENTRE VIEW

**A** children's classic comes to life when The City of Fairfax Theatre Company and Truro Anglican Church present "Pippi Longstocking: The Family Musical." It'll be held at Lanier Middle School, 3801 Jermantown Road in Fairfax.

Show times are Friday, July 18, at 7:30 p.m.; Saturday, July 19, at 2 and 7:30 p.m.; Friday, July 25, at 7:30 p.m.; and Saturday, July 26, at 2 and 7:30 p.m. Tickets are \$10, adults; \$5, children 12 and under, at the door or via [www.fairfaxcitytheatre.org](http://www.fairfaxcitytheatre.org).

"It's a fun, upbeat story with pirates, clowns, stage combat, monkeys, a horse and an expanded circus element," said Director Matt Lanoue-Chapman. "And all these features should be a recipe for a really entertaining show."

As the audience arrives, there'll be clowns in the lobby, plus people doing card tricks, making balloon



Posing in character are (standing, from left) Lizzie Bayer, Sierra Hoffman, Owen Grannis, Sharon Petersen, Bella Lanoue-Chapman, Maggie Slivka and Judy Zakreski, and (kneeling) Lourdes Navarro.

animals and face painting. That way, said Lanoue-Chapman, a 1995 Chantilly High grad, "People will feel some of the circus energy

as they're coming in the door."

The story's about a little girl who's on her own after her mom dies and her pirate dad is shipwrecked. So she turns her community upside down, teaches people to have fun and brings a new spirit to the town.

The cast and crew of 60 have been rehearsing since May and are a mix of children and adults from throughout the area. "We're excited and we've been working hard," said Lanoue-Chapman. "It's slapstick in some places, so kids had to work on their comedic timing. They've also learned all the choreography and stage combat, so a lot's being asked of this group, but they're having a good time with it."

"We have a really dynamic set showing Pippi's house, a circus tent, pirate ship, tea party and classrooms, with lots of scene changes," he continued. "Chantilly High senior Mia Rickenbach designed it and Centreville High grad Nick DeMello built it, and the audience will be as impressed with the great set as they are with the singing and acting."

Pippi's a strong female heroine, so the costumes will be vibrant and colorful, with different colors representing particular groups within her world.

Choreographer Erik Sampson created the show's 14 dance numbers, and all but three are ensembles. "It's very energetic, and

we're pushing the envelope with the level of dance we're introducing to the kids," he said. "[Having so many dances] presents a neat opportunity for the ensemble kids to be more involved in the show than they'd be otherwise."

Added Lanoue-Chapman: "It's a really fun, visual experience, with creative lighting and unusual movements."

"I made some of the choreography more abstract than Broadway," said Sampson. "And I'm bringing the dancers into the audience, and changing how they move, to make the audience feel like they're actually part of the story and make it come alive for them."

"In every scene, there's something funny or surprising happening," said Lanoue-Chapman. "And the numbers are zany and built around Pippi's wild energy and idea of having fun all the time."

"This show touches all the emotions," said Sampson. "It's about building family and friendships and asks if the norm is necessarily the best."

Portraying Pippi on alternate weekends are Bull Run Elementary fifth-grader Maggie Slivka and Lanoue-Chapman's daughter, Bella, 11. "Pippi's outspoken, unique and flat-out weird," said Maggie.

"There's no one controlling her so she doesn't jump off roofs. Her stories run away with her and she

has adventures people don't usually have. It's the biggest role I've ever gotten and I'm happy to play it. I really like theater, and playing the lead is a dream-come-true."

Maggie's favorite song is "Strongest Girl in the World," which she sings, because "the choreography's awesome and it describes Pippi's freakishly strong powers." With so much talent onstage, she said, the show will amaze the audience with what such young actors can do.

Bella said Pippi doesn't allow herself to be sad. "Instead, she tells stories to make herself and other people happy," said Bella. "I like that she's funny and a sneaky prankster, if someone's after her. In the song, 'Call Me Pippi,' she tells everyone who she is, the things she likes and does, and about her family."

The audience will like the show's humor, said Bella. "It's a children's musical, but adults will love it, too," she said.

"There are jokes for the adults, and the kids will laugh at how funny Pippi is and how she out-smarts all the grownups."

Playing part of a horse is Poplar Tree Elementary sixth-grader Lizzie Bayer. "I like it a lot; it's fun to make the horse noises," she said. "The horse helps Pippi and is on her team. He's funny and waves with his foot; he also pets a monkey with his hoof."

The hardest part, said Lizzie, is "moving together with the other person inside the horse costume and knowing when to [whinny]." She said the audience will like all the costumes and "how fun the story and the whole show are."

Fairfax High sophomore Eva Petersen portrays bumbling police officer Constable Clang. Growing up, "Pippi Longstocking" was one of Petersen's favorite books because "Pippi's so independent and irreverent – and that appeals to kids because adults are always telling them what to do. This show's a nice, friendly way to introduce them to the theater, and the costumes are phenomenal – they look fantastic."

Classmate Sierra Hoffman plays a kleptomaniac tea guest. "Throughout the tea party, I grab things and stuff them in my purse," she said. "And at the end, Pippi smears cream cake over all the guests' faces." Overall, said Hoffman, "This show has something for everyone – action, a circus, proper schoolchildren, crazy Pippi, cops and robbers, and pirates."



Bella Lanoue-Chapman (left) and Maggie Slivka both play the strong and fearless Pippi Longstocking.

# PEOPLE

## Hurst, Mitchell Engaged

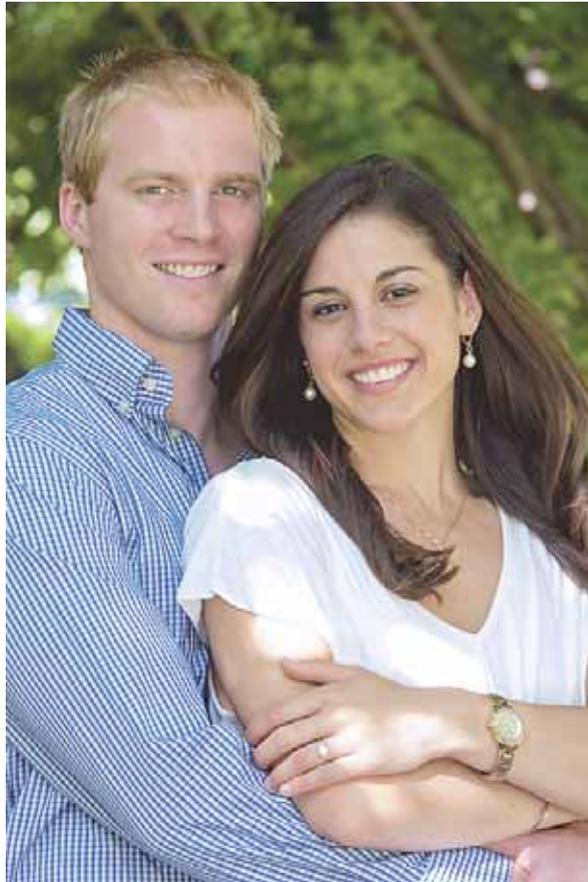
**D**r. and Mrs. James Marshall Hurst of Chantilly announce the engagement of their daughter, Brittany Elizabeth Hurst, to Thomas Barrick Mitchell, son of Dr. and Mrs. John David Mitchell of Centreville.

Future bride and groom are high school sweethearts and graduated from Westfield High School in Chantilly.

The future bride graduated from Virginia Tech in 2011 with a Bachelor of Science in apparel housing and resource management. She is currently pursuing a Master's of Science in occupational therapy at Jefferson College of Health Sciences in Roanoke.

The future groom graduated from Virginia Tech in 2010 with a Bachelor of Science in mechanical engineering. He is employed as an applications engineer at Altec Industries in Daleville, Va.

An August 2014 wedding is planned and the couple will live in Roanoke.



**Brittany Elizabeth Hurst and Thomas Barrick Mitchell.**



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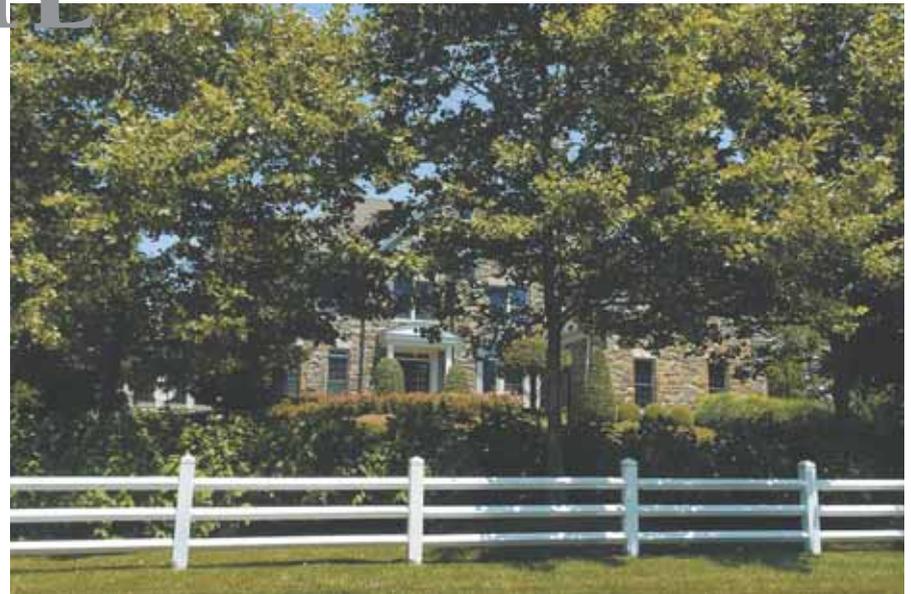
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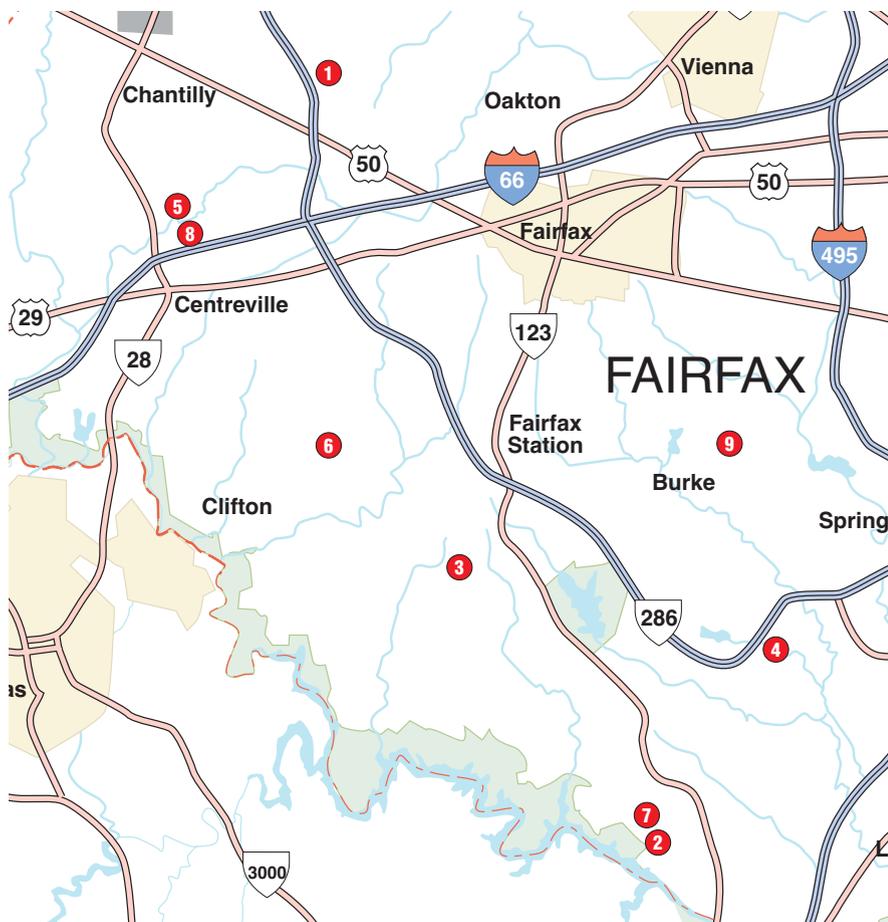
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# A New Work Order

Local designers help create organized and stylish home offices.

By MARILYN CAMPBELL  
CENTRE VIEW

Whether it's a nook, in the kitchen or a designated room, a home office is the place where ideas come to life. Local designers dish about the secrets to creating a workspace that is organized and functional yet stylish.

"You're going to spend a lot of time in it so aesthetics do matter," said Patricia Tetro of BOWA Builders Inc., in McLean.

Thinking about how a space will be used is the first step in the design process. "An office is as unique as a person," said interior designer Julie Sproules of the Art Institute of Washington in Arlington. "Each person has a different way of working and therefore a different set of needs. If you are working from home, you'll be spending a lot more time there than if you are using it to keep the household paperwork in order."

There are a series of questions that one might consider: "How will you use the office? Is it just for you? Do others come in and meet with you? Do you tend to do most of your work on the computer?" asks Tetro. "Do you do things by Skype? If so, the placement of the computer becomes more critical."

Storage and the placement of it is one of the most important home office design decisions. "Where do you want to keep things?" asks Tetro. "When sitting in a chair, do you need to have your entire realm within arm's reach?"

Getting creative with storage supplies is a technique that Sallie Kjos of Grey Hunt Interiors in Chantilly, uses to avoid compromising style for order. "A floating shelf will help to keep a clean look, but have it organized," she said. "You can also get decorative boxes in a variety of colors."

Sproules uses labeled storage bins to create home office space that has a place for everything. "There are a million different kinds out there, from wood to rattan to linen," she said. "Get a bookshelf that you can fit the bins in. ... Leave some room ... for a filing binder and books, but anything small should go in a bin. This way you can just throw all the markers, yarn, buttons and [other miscellaneous items] into their bin and not have to worry about them being misplaced."

Don't forget to save a space for smart phones and tablets. "You might need charging spaces with electrical outlets that are easily accessible," said Tetro.

**GET CREATIVE** when selecting a desk to add interest and express your personal style. "You can use an old writing table, side table or console table to use with a nice parsons chair," said Kjos. "This makes more inviting space that is decorative but functional."

Choose seating that incorporates style and comfort. "This doesn't have to mean a task chair," said Sproules. "Task chairs are great if you're sitting in them many hours a day, and there are some attractive options, but I prefer ... a small lounge chair to give it more of a homey feel. Just make sure it can be pushed under the desk or table when not in use. ... I have even used small metal side chairs or stools like an old classroom."

A person's occupation and work style should be considered. "Stools are especially great if you get up and move a lot as a part of your working routine,"



PHOTO COURTESY OF GREY HUNT INTERIORS

**Sallie Kjos of Grey Hunt Interiors created a home office for herself in the corner of her kitchen. She personalized it by adding plants and family photos.**

said Sproules. "You can swivel from one side of the table to another and being on a bar-height stool means you're more likely to get up and walk around routinely. If you do choose a bar-height stool, make sure your desk or table is either height-adjustable or standing-height."

Proper lighting is another key component of a well-designed home office. "Consider overhead lighting" said Goldstein. "[It] will not take up space like a lamp. You can run an eight-foot [lighting] track though the middle of the room and turn the lights toward the desk."

Incorporate more than one lighting source into a room's design.

"This helps you modulate the light for the task that you're doing," said Sproules. "You should have one general light: an overhead light or a floor lamp that ... provides general, diffused light and a task light for more focused work," such as a small, adjustable lamp with dimming capabilities.

**ROOM DESIGN** should reflect one's profession and personal needs. "Are you dealing with paperwork, mail and working on the computer, or would you be better off with a set up that is more like an artist's studio, with a clean table for 'making' and another area for the 'office' side of things [with a] bookshelf, table and storage?" asked Sproules. "How many hours a day or week to you plan on being in that space?"

Sproules believes that one's occupation can be a source of design inspiration. "As an interior designer, I have an excessive collection of pens and markers that are organized in small boxes along a wall, like an art store," she said. "It's a nice way to personalize the space with your specific type of work without having it get too messy. And there's always a pen when I need one."

"There is one accessory that no home office should be without," said Sproules. "Everyone needs a tack board," she said. "If you're more of the artistic type, use cork board tiles. They come in all sorts of colors, and you can paint them too. [You can] cover a whole wall or a large section to use as an inspiration board. If not, you should still tack up images that you find inspiring, or at least peaceful."

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## Poplar Tree Pirates Edge Crosspointe Cruisers

On Saturday, July 5, the Poplar Tree Pirates came out on top of what was the closest match of the 2014 season.

The first victories of the meet came in the 8-and-under freestyle events, with Adrian Coray and Nick Chernisky finishing first and second for the boys, and Lauren Radcliffe and Marissa Erickson placing first and third for the girls. Analiese de Leon went on to take third place in the girls' 9-10 freestyle.

In the boys' 11-12 freestyle, Nels Williams placed third in the event. The 13-14 boys and girls followed up with strong finishes in their freestyle events with Marcelo Coray and Nick David finishing first and second, and Lauren Young and Haley Alderman coming in second and third, respectively. To round out the freestyle events, Evan Baker and Steven Longino placed first and third for the boys, and Lauren Hensley finished in second place for the girls.

In the backstroke, the Pirates' 8-under-boys' and girls' swimmers came up strong, placing first in both events. Coray and Chernisky finished first and third, and Chloe de Leon and Marissa Erickson placed first and second in their events. For the 9-10 Pirates' boys and girls, Nathan Warnick took second and Emma Chernisky came in third in their backstroke events. Backstrokers Parker Agan and Nels Williams placed second and third for the 11-12 boys, and Mary Kominski came in third in the 11-12 girls' event. Following up solid in the 13-14 backstroke events, Fletcher Madsen took first place for the boys and Lauren Young and Julia Young came in first and second for the girls. To close out the backstroke events, Pirate swimmers Michael Amico and Steven Longino came in first and third in the boys' 15-18 event, while Hannah Warnick placed first in the girls 15-18 event.

Moving into breaststroke, the Pirates continued their streak with the 8-and-under boys' team of Blake Madsen and Ben Farello taking second and third in their event, and Skylar Small and Kathy Nie placing first and second for the girls. Breaststroker Kai Taft went on to finish first in the boys' 9-10 event, and Neha Balaji and JoJo Ellis took second and third for the girls. In the 11-12 boys' and girls' events, Sam Brunner and Conner Madsen placed second and third, and Mary Kominski and Natalie Farello came in first and second. The Pirates put a definitive statement on breaststroke through its victories in the 13-14 boys' and girls' events, with Fletcher Madsen coming in first for the boys and Corinne Kominski and Melanie Hardmon finishing first and third for the girls.

Michael Amico came in second for the 15-18 boys, and Lauren Hensley and Brianna Fridy placed first and third to round out the breaststroke series.

The Pirate butterfly swimmers kicked off the butterfly events victorious with Blake Madsen and Ben Farello finishing first and second, and Lauren Radcliffe and Sydney



**The 13-14 medley team of Jared Brennan, Nick David, Fletcher Madsen and Marcelo Coray set a new Pirate Team record of 58.91 Saturday.**

Erickson placing first and third in the boys' and girls' 8-and-under events, respectively. Not to be outdone, 9-10 Pirate swimmers finished strong with Kai Taft winning the boys' event, Analiese de Leon placing first and Caroline Messier coming in third in for the girls. In the 11-12 races, Conner Madsen placed third for the boys, and Sara Radcliffe came in third for the girls. Pirate domination in butterfly continued with victories in the 13-14 age group. Pirate boys Marcelo Coray and Nick David came in first and second, and Haley Alderman and Corinne Kominski placed first and second for the girls. To close out the butterfly events, Evan Baker took first in the boys' 15-18 event, and Brianna Fridy and Briley Rickard finished strong, taking second and third for the girls.

As so often happens in a tightly contested match, it came down to the relays. The Poplar Tree Pirates' 8-and-under freestyle relay team of Ben Farello, Nick Chernisky, Blake Madsen, and Adrian Coray won it for the boys, while the girls' team of Marissa Erickson, Emily Radcliffe, Skylar Small, and Lauren Radcliffe took it for the girls.

The 13-14 boys' 100-meter medley team of Marcelo Coray, Fletcher Madsen, Nick David and Jared Brennan finished strong, setting a new team record for Poplar Tree with a time of 58.91 seconds.

Following up on the boys' victory was the 13-14 girls' 100 medley winning team of Julia Young, Corinne Kominski, Haley Alderman, and Lauren Young. Finally, in the 15-18 boys' 200 medley relay, the team of Steven Longino, Michael Amico, Evan Baker and Jack David closed out the meet with a win. The Pirates came out on top of this meet with a final score of 214-205.

Single individual event winners: Chloe de Leon (8-and-under back), Sklyar Small (8-and-under breast), Blake Madsen (8-and-under fly), Analiese de Leon (9-10 fly), Mary Kominski (11-12 breast), Corinne Kominski (13-14 breast), Haley Alderman (13-14 fly), Lauren Young (13-14 back), Lauren Hensley (15-18 breast), Hannah Warnick (15-18 back), and Michael Amico (15-18 back).

Double individual event winners: Lauren Radcliffe (8-and-under free & fly), Adrian Coray (8-and-undder free & back), Kai Taft (9-10 breast & fly), Marcelo Coray (13-14 free & fly), Fletcher Madsen (13-14 back & breast), and Evan Baker (15-18 free & fly).

## Sully Station II Competes Against Riverside Gardens

The Sully Station II Piranhas demonstrated true patriotic pride with fast swims and All-American sportsmanship on July 5. Competing against a deep Riverside Gardens squad, the Piranhas churned out 32 best times, captured five relays, and notched an exciting sweep in the girls' 9-10 backstroke by Maddie Stalfort (46.63), Dorothy Cervarich (48.83), and Callie Ver Planck (51.74).

The 13-14 girls turned in another outstanding performance, swimming away with all four events under the leadership of Lauren Peters in freestyle (31.41) and backstroke (35.85), followed by Georgia Stamper in breaststroke (37.23) and butterfly (35.84). Teammate Karena Hall brought home two second-place finishes and the girls combined with Hope Alston to earn the relay victory in a season-best time of 1:06.00.

Three other Piranhas notched double wins for the team, including 11-year old Faith Alston in free (30.78) and breaststroke (38.70), 14-year old Harmon Saint Germain in free (29.50) and breaststroke (38.20), and 17-year old Austen Bundy in back (32.18) and fly (28.90). Four more single-event victories were nabbed by Angela Cai in free (36.85), backstrokers Kellen Campbell (34.68) and Taylor Smith (39.50), and fly sprinter Caroline Li (18.28).

Piranhas were cheering throughout the meet and grooving to the music on the new sound system. The festive atmosphere inspired swimmers, and team points were tallied both individually and on relays by Hayley Norris, Brantley Cervarich, Ben Wu, Michael Jiang, Anthony Kang, Brody Campbell, Kevin Jiang, Madisyn Graham, Summer Franconeri, Juliet Chiapello, Emerson Saint Germain, Harrison Saint



**Sully II graduating seniors Ben Wu, Olivia Witt, Kevin Jiang, and Jocelyne Amos celebrated with coaches Scott Brown and Carli Molano.**

Germain, Aidan Crisci, Delaney Kennedy, Connor Pangman, Caitlin Campbell, Max Morris and Daeun Lee.

The team's graduating seniors were honored in front of an appreciative crowd and took a spirited stroll through the traditional Piranha Pass. Congratulations to Jocelyne Amos, Kevin Jiang, Olivia Witt, and Ben Wu. Piranha Nation is grateful for your contributions in the pool and for your leadership in the community.

SSII also gave special recognition to Swimmers of the Week Brody Haynes, Callie Ver Planck, Hayley Norris, and Jason Li.

## Riptide Remains Unbeaten

The Virginia Run Riptide set off plenty of July 5 fireworks at the Mosby Woods Pool on Saturday, besting the Raiders 231-189. Exemplifying the meet theme "Spirit of America," 48 swimmers recorded 59 personal bests, with the 15-18 girls' medley relay of Chloe Hicks, Skyla Davidson, Mia Newkirk, and Serena Emanuel setting a new team record of 2:09.39 and Leo Wang setting a team record in 13-14 breaststroke of 32.94.

The freestyle events were competitive with lead changes and close races. The 8U boys started strong with an event sweep, led by Charles Beamon first, William Whitton second and Davis Collinsworth third. The 8U girls swam strong with Neha Srinivasan placing second and Natalie Orwat third. Jason Cheifetz placed second and Maddie Whitton took first to rack up crucial 9-10 points.

Anthony Arcomona swam to a first to win the only 11-12 points. The Riptide's momentum was grabbed by the 13-14 boys with Geoffrey Eisenhart taking first and Jordan Banzon second, following by Didi Pace winning first for 13-14 girls. In the 15-18 age group, Nick McGrath was second and Johnny Pace third, while Chloe Hicks finished first and Mia Newkirk third. By the end of the freestyle, the Riptide had a slight lead over the Raiders of 49-41.

As the backstrokers took to their lanes, the tension mounted. One again, the 8U boys accepted the challenge and swept the event with William Whitton first, Logan Dahm second and Ryder Hicks third.

After posting personal bests, Natalie Orwat took second and Owen Thomas third for additional 8U points. Andrew Boyle took second and Owen Thomas third, while Caitlin Kelliher took second and Valerie Tonnu third for the 9-10s. Anthony Arcomona and Olivia Masterson (11-12s) captured firsts to keep the meet close. When the 13-14-year-olds pushed off, the point spread began to flow in favor of the Riptide with Geoffrey Eisenhart taking a first and Charlie Gunn second for the boys, and Chanel Cogan taking second and Lauren Stovall third for the girls. A win by Joey Castro and Chloe Hicks in the 15-18-year-old group helped to widen the Riptide lead to 102-78 at the conclusion of the back stroke.

SEE SWIMMING, PAGE 13

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# SPORTS

FROM PAGE 12

With a larger point spread favoring the Riptide, the breaststrokers began their events. For the 8Us, Charles Beamon took second and Griffin Osterhout third, and the girls achieved identical results with Laney Zimmerman in second and Allison Nguyen in third. For 9-10 boys, Michael Hart swam a personal best to finish first with Andrew Boyle taking third. For 9-10 girls, Emily Jon placed second and Nora Collinsworth third with both posting best times. William Beamon and Olivia Masterson both won their 11-12 breaststroke races with Jack Liskey claiming a third. Joel Cheifetz captured second and Thomas Beamon third while Did Pace took first and Lauren Stovall third in the 13-14-year-old events. Swimming up an age group didn't faze Leo Wang as he won the 15-18 race, with Patrick Kearney taking a third. In the ladies' 15-18, Skyla Davidson placed second and Serena Emanuel third.

As the butterfly began, the Riptide led by 32 points. First-place finishes were achieved by Maddie Whitton (9-10), William Beamon (9-10), Leo Wang (13-14) and Joey Castro (15-18). Ella Thomas (8U), Jason Cheifetz (9-10), Chanel Cogan (13-14) and Mia Newkirk (15-18) swam strong to capture seconds, while Logan Dahm (8U), Laney Zimmerman (8U), Sean Gunn (9-10), Tessa Orwat (9-10), Catie Gunn (11-12), Thomas Beamon (13-14), Patrick Kearney (15-18) and Serena Emanuel (15-18) won those important third-place points.

Entering the relay competition, the Riptide needed only three wins to secure a meet victory. The 8U boys' freestyle relay of William Whitton, Davis Collinsworth, Griffin Osterhout, and Charles Beamon led off with a convincing win. After three straight Mosby Raider wins, the Riptide 11-12 boys' relay of Anthony Tonthat, William Beamon, Anthony Arcomona, and Noah Schettini turned the tide with a win. Achieving a season's-best time, the undefeated 13-14 boys' relay of Geoffrey Eisenhart, Joel Cheifetz, Thomas Beamon, and Jordon Banzon secured the meet victory for the Riptide. Winning their races in quick succession were the girls' 13-14 relay of Lauren Stovall, Olivia Masterson, Sarah Boyle, and Didi Pace, the boys' 15-18 relay of Joey Castro, Leo Wang, Andrew Meredith, and Patrick Kearney, the girls' 15-18 relay of Chloe Hicks, Skyla Davidson, Mia Newkirk, and Serena Emanuel, and the boys' mixed-age relay of Anthony Arcomona, Jason Cheifetz, Geoffrey Eisenhart and Joey Castro.

## Sully Station SSTs Win, Again

Week 3. The halfway mark of the NVSL season. This is crunch time; when swimmers across Northern Virginia scramble to slash swim times in hopes of swimming in their respective divisional championship meet. The Sully Station SSTs are no different, filling more races with swimmers focusing on



PHOTO BY STACEY HUSE

**Sully Station's Collin Fiala swims to victory in the 15-18 boys' 50-meter backstroke in an A meet with Mantua, Saturday, July 5. Fiala and his teammates triumphed over Mantua, continuing their 2014 winning streak.**

specific strokes and exerting extra effort to produce faster times.

Victorious for the third consecutive week, the SSTs faced a tough opponent in an A meet at Mantua, Saturday, July 5, competing in their tightest races yet, but ultimately prevailing, 221-198.

The two teams were in a virtual dead heat through freestyle and backstroke, with the SSTs securing the first-place spot in 11 of 20 events. In a challenging race, Leah Mozeleski surged ahead and touched the wall a half-second ahead of her opponent in the girls' 9-10 50 freestyle, putting the SSTs ahead by six points. The 15-18 boys swept their 50 freestyle, with Collin Fiala in first, just .16 seconds ahead of Danial

Okhovvatgilani in second and Dominic Huffman in third. Closing out the freestyle events, excitement rose as the top four 15-18 girls stayed with each other through the entire race, finishing with only 1.16 seconds between them. Sully Station's Zoe Hemmer was the winner, trimming 1.06 percent off of her time, while Megan Hickey placed third and Grace McKnight fourth. Twelve-year-olds Jessica Dickinson and Elise Mozeleski swam two of the most impressive backstroke races, with Dickinson easily winning with a time of 37.53 seconds, shaving .08 percent off her time for the 11-12 girls. Mozeleski, swimming up in the 13-14 event, landed a win with a time of 33.09, shedding .99 percent, breaking her own 11-12 record for the second time this season.

The SSTs picked up steam in breaststroke, winning the first seven of 10 events. Bryce Brown and Adam Jefferson, grabbing first and second respectively in the 9-10 50 event, each improved their swims, with Brown taking off 1.29 percent and Jefferson .13 percent. Butterfly also went exceptionally well, starting out with Tyler Whitacre for the 8U boys, winning with a time of 23.14, crushing his previous time by 4.5 percent. The SSTs second sweep came in the girls' 15-18 50 butterfly. Megan Hickey was the winner, while Emma Sax, bettering her time by 3.62 percent, squeaked out the second-place finish, beating out Grace McKnight in third by only .04.

Though the SSTs finished the individual

SEE SWIMMING, PAGE 15



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## SPORTS

### Not That I'll Ever Be Out, But...



By KENNETH B. LOURIE

"Just when I thought I was out...they pull me back in." Although this quote is from Michael Corleone from "The Godfather: Part III," it very much characterizes my daily struggle being a terminal cancer patient; non small cell lung cancer, NSCLC, is like that, almost always. Even though I don't want to think about the fact that I have cancer, or not let it affect my judgment on life – or perspective; or let it impede my path to a happier existence, more often than not, it does.

Not that I'm morose or depressed or a dismal Jimmy, I am however, as Curly Howard of The Three Stooges so regularly said: "I'm a victim of soycumstance." And not that I dwell on having lung cancer either; it is what it is, and of course, I am extremely happy to still be alive. Nevertheless, having lived post-diagnosis now for five years and nearly four months, (after initially being given a "13 month to two year" prognosis by my oncologist), doesn't necessarily make my circumstances any easier.

I won't bore you with the details, both mentally or physically, facing cancer patients as they/we endure a rather difficult set of challenges. Suffice it to say, there are good days and bad days – and many in the middle, to be honest. I've been fortunate to have many more good days than bad. And it's those good days that we try to hang on to and harness somehow when the inevitable bad days begin to overwhelm. And as often as I try to compartmentalize the cancer effect, it still manages to rear its ugly head: consciously, subconsciously, literally, figuratively, generally, specifically; and/or any other word or phrase you can imagine. As much as I don't want to feel its effect, emotionally I do.

Practically speaking then, how do I forget that I have cancer? How do I control the uncontrollable? Given my daily routine of pills, supplements, special drinks, food choices and lifestyle changes and alone time, how do I not let the fact that I have an incurable form of cancer dominate how I live and breathe; especially when my breathing is often compromised and my life is one continual set of immune-system boosting, anti-cancer activities and behaviors? Believe me, it's not easier written that it is said and certainly neither is its doing. And it certainly beats the alternative, if you know what I mean? However, it is something that I am mostly able to do. I give myself a "B," because I'm able to remain/"B" positive.

But, and it's a huge but, to say the process is not one gigantic emotional ball and chain would be denying the very reality in which I'm immersed 24 hours a day. Still, how much additional good would it serve to focus on it more exclusively than I presently do? However, if I don't focus on it, perhaps I don't consistently do the things that I need to do to stay alive and maintain the reasonably good health with which I've been blessed. As much as I'd like to be "out," I'd just as soon not have the cancer "pull me back in" every single day.

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

### State Champions

**The DeMarini Stars Prime team won the USSSA VA Elite State championship June 28-29 in Fredericksburg. The Stars went 5-0, winning four games by slaughter rule and defeating RBA South 13-8 in the final game. This is the Stars 10th tournament win for the season. The team includes:**

**Top row Cort**

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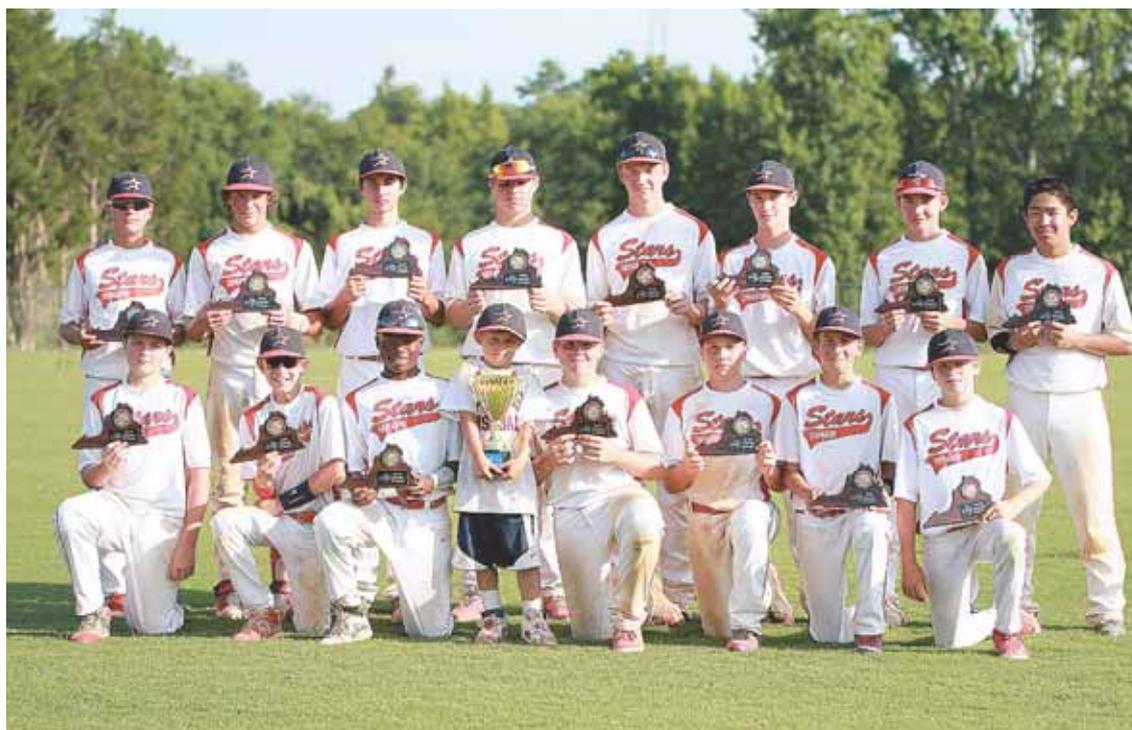


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### SPORTS BRIEFS

#### NVSO Offers 5K Road Race

New for the 2014 Northern Virginia Senior Olympics is a 5K road race, coordinated by the Reston Runners Club.

It will take place Saturday, Sept. 20, beginning at 8 a.m. The 5K course starts at South Lakes High School in Reston and will follow primarily paved trails through woods and hills and will finish at the high school. Participants can register online at [www.nvso.us](http://www.nvso.us) or by regular mail.

The 2014 NVSO will be held Sept. 13-24 and offers more than 50 events at 19 different venues throughout Northern Virginia. Registration forms are available at senior centers, community centers and senior residences or by calling 703-228-4721. Dead-

lines to register are Aug. 29 (mail) and Sept. 5 (online).

Adults 50 years of age by Dec. 30, 2014 and residing in a sponsoring jurisdiction are eligible to compete. The fee is \$12, which covers multiple events. Most events are divided into age categories and some by gender. Winners will be awarded gold, silver and bronze medals after each event. Events include badminton, volleyball, cycling, track and field, ERG rowing, swimming, diving, tennis, table tennis, golf, miniature golf, 10-pin bowling, Wii bowling, pickleball, bocce, racquetball, handball, scrabble, cribbage, duplicate bridge, bunco, horseshoes, men's 3-on-3 basketball, men's and women's basketball free throw, team line dancing, yo-yo tricks, eight ball pool, Frisbee throw and softball hit and throw, Mexican Train dominoes and American style Mah Jongg. NVSO

is sponsored by the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William.

#### Kerrigan To Host Youth Football Camp

Washington Redskin Ryan Kerrigan and members of the Redskins are scheduled to instruct at a football camp for ages 7-18 on July 16-19 at George Mason University.

The camp is for all ability levels and will teach techniques for both sides of the ball. Overnight and day options are available. Participants will be grouped by age, position, ability and experience. Visit [www.footballcamps.com](http://www.footballcamps.com). Space is limited, registration will be first come, first served.

### SWIMMING

FROM PAGE 13

races ahead by 23 points, the margin was not reassuring. Each relay is worth five points; faltering in the relays could have resulted in a loss. The races were tight with several being decided by less than two seconds. Ultimately, the SSTs hung on and won six relays, securing the win over Mantua with a final score of 221-198.

In Monday's B Meet at Poplar Tree, the SSTs delivered three sweeps, 14 additional first-place finishes and 60 personal-best marks. In event 1, the boys' 6U 25 freestyle, 5-year-old Luke Campet beat his six year old teammates to the wall, cutting his best time by 1.85 percent. Harrison Brooks was second and Connor Moon third. Moon shaved .72 percent. The 11-12 girls swept the 50 freestyle, led by Annemarie Townsend in first, Paige Jefferson in sec-

ond and Jessica Molloy, slicing 1.53 percent off her best time, in third. Backstroke was tougher for the SSTs with Lara Zanotti and Hallie Puckett the only wins. Zanotti, swimming for the 11-12 girls, shaved .07 percent off her time.

The SSTs earned 11 personal-best marks in the breaststroke events, with 6-year-old Tucker Whitacre grabbing the top spot in the 8U 25 race, cutting a sizable 4.26 percent from his swim time. The 15-18 boys delivered the team's third sweep, in the 50 breaststroke. Jack Tyskowski was the winner, with Arun Maran, dropping .75 percent in second place and Josh Dill in third. Asha Maran won for the girls in the 11-12 50 butterfly. She crushed her time by 4.62 percent. In the 100 individual medley, three SSTs, Tyler Whitacre, Jessica Dickinson and Amy Layne were victorious, Dickinson

reaching the wall 1.35 percent faster than her previous time.

Each Monday, the SSTs' younger swimmers are increasing their strength and stamina, with most consistently trampling over their previous swim times. This week, four SSTs earned personal-best marks exemplifying this. Six-year-old Kylie Brown blasted her 25 freestyle time by 13.18 percent, while 5-year-old Siena Boettcher knocked off 10.49 percent. Siblings Addison and Jacob Myers earned two tremendous improvements, with 5-year-old Addison shattering her freestyle time by 15.72 percent and brother Jacob slashing 15.39 percent in the boys' 8U 25 event.

On Saturday, July 12, the team will visit Poplar Tree again, this time for an A meet. On Monday, July 14, the SSTs will swim a B meet at Greenbriar.

# ENTERTAINMENT

Email announcements to [centreview@connectionnewspapers.com](mailto: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

**Evenings on the Ellipse Summer Concert Series.** Thursdays through Aug. 28. 5:30-7:30 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Whether you like jazz, big band, bluegrass, or Latin pop, there is sure to be something for everyone. Rain or shine. Free. Visit <http://www.fairfaxcounty.gov/parks/performances/ellipse.htm> for more.

**Blue Star Museums.** Through Sept. 1. at more than 2,000 locations. The program provides families an opportunity to enjoy the nation's cultural heritage and learn more about their new communities after a military move. Free for Military families. Visit <http://arts.gov/national/blue-star-museums>.

**Registration for 2014 Northern Virginia Senior Olympics.** Online registration for the 2014 Northern Virginia Senior Olympics is open now. Events will take place Sept. 13-24 at 19 different venues throughout

Northern Virginia. Registration forms are available at senior centers, community centers and senior residences or by calling 703 228-4721. Deadline to register is Aug. 29 by mail and Sept. 5 online. Adults 50 years of age by Dec. 30, 2014, residing in a sponsoring jurisdiction, are eligible to compete. Fee is \$12. Visit [www.nvso.us](http://www.nvso.us) for more.

**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.

**D-Day: Normandy 1944.** At the Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. A movie about D-Day and those who gave their lives. Free. Visit [www.si.edu/Imax/Movie/133](http://www.si.edu/Imax/Movie/133).

## CAMPS, CLASSES & WORKSHOPS

**Girls Basketball Camp.** Centreville High School will host summer basketball camp for girls age 8-16 July 14-17 from 6-9 p.m. The camp will emphasize teaching players how to understand the game, skills development, defense fundamentals and more. Takes place at the Centreville High School gym. \$120 before July 1 and \$150 after. Call 703-815-3362.

**Young Actors Workshop.** For elementary students in rising grades 2-6 to learn about theatre arts. Runs July 21-25, 9 a.m.-noon at Westfield High School, 4700 Stonecroft Blvd., Chantilly. Tuition is \$125. The musical theatre camp includes theatre games, improvisation, acting exercises, songs and dances and culminates with a show from musical comedy classics. Visit [www.westfieldtheatreboosters.com](http://www.westfieldtheatreboosters.com) or call 703-488-6439. Space is limited.

**Boys Basketball Camp.** Centreville and Westfield High School work together to offer three sessions of basketball camp for ages 7-15. Session II July 14-18 and session III July 28-Aug. 1, 9 a.m.-3 p.m. daily. \$170 for July registration. Discounts available. Camps feature free throw contests, a daily raffle, championship tournament and more. Contact coach Doug Ewell at 703-488-6406 or [DPEwell@fcps.edu](mailto:DPEwell@fcps.edu) or Coach Patrick Hally at [patrickhally@gmail.com](mailto:patrickhally@gmail.com) for more.

**Whodunit? Mystery Workshop and Performance.** Monday-Friday, July 21-Aug. 1, 6:30-8:30 p.m. Center for the Arts, 9419 Battle St., Manassas. Teens and adults can hone their mystery skills at this performance camp. Register at [www.center-for-the-arts.org](http://www.center-for-the-arts.org) or call 703-330-2787.

**Sizzlin' Sully Summer Workouts.** Tuesdays and Thursdays, 7:30-8:30

a.m. and 9:45-10:45 a.m. Sully Community Center Parking lot, 5101 Sequoia Farms Drive, Centreville. A total body conditioning workout. \$10 drop in fee, or \$90 for 10 classes. Visit [www.benefitness.us/](http://www.benefitness.us/) for more.

## THURSDAY/JULY 10

**"Flights of Fancy" — Stories for Children.** 11 a.m. at Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. Free. Visit <http://airandspace.si.edu/visit/udvar-hazy-center/things-to-do/story-times.cfm> for more.

**Balloon Sculpting.** 2 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Learn the art of balloon twisting, for ages 12-18. Call 703-830-2223.

## FRIDAY/JULY 11

**Campfire Program.** 8 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. The best stories are those told around a campfire with the fire blazing and the marshmallows toasted just right. \$6 for in county, \$8 for out of county. Call 703-631-0013 to sign up.

## SATURDAY/JULY 12

**Kaleidoscope Adaptive Storytime.** 10:30 a.m. at Chantilly Regional

Library, 4000 Stringfellow Road. Stories, songs and movement in a welcoming atmosphere for children of all ages on the autism spectrum and with other developmental challenges. Call 703-502-3883.

**Plant Clinic.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Master gardeners provide horticultural tips, information, techniques and advice to home gardeners. Call 703-502-3883.

## SATURDAY-SUNDAY/JULY 12-13

**WWII Weekend.** 10 a.m.-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Veterans and active military will be admitted for free. \$8 adults, \$6 for children and seniors. Call 703-437-1794 for more.

## FRIDAY-SATURDAY/JULY 12-26

**Theater.** Fridays and Saturdays, 7:30 p.m. and Sundays, 2 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. "How to Succeed in Business without Really Trying." Tickets: \$12 in advance, \$15 at the door. Seating is reserved. Visit [www.westfieldtheatreboosters.com](http://www.westfieldtheatreboosters.com) to buy tickets.

## TUESDAY/JULY 15

**Whee!** 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. High-octane storytime for ages 3-5 with adult. Call 703-830-2223.

**"Flights of Fancy" — Stories for Children.** 11 a.m. at Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. Free. Visit <http://airandspace.si.edu/visit/udvar-hazy-center/things-to-do/story-times.cfm> for more.

## WEDNESDAY/JULY 16

**Swing Dance Into Summer.** 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Karen Jones teaches basic beginner East Coast Swing/Lindy-hop lesson. No previous experience or partner required. For ages 12-18. Wear comfortable clothes and smooth-bottomed shoes, preferably with heel-strap; tennis shoes okay. Call 703-830-2223.

## THURSDAY/JULY 17

**Fairy Tale Writing Workshop.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Learn to write a fairy tale, for children in grades 3 and 4. Call 703-502-3883.

**Storytime and Rhyme.** 10:30 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Storytelling, music and movement with Wolf Trap teaching artist Kofi Dennis. All ages; please register each child and adult separately. Call 703-830-2223.

**U.S. Air Force Band.** 7:30 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Summer Concert Series, "Celtic Celebration." Free. Visit [www.usafband.af.mil](http://www.usafband.af.mil), or call 202-767-5658.

## FRIDAY/JULY 18

**Ready for School Storytime.** 2 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Early literacy storytime program for children ready to be on their own without caregivers or siblings. Age 4-5. Call 703-502-3883.

**Professional Magician.** 8:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Professional magician Max Major will perform. General Admission: \$40; VIP Seating: \$55. Contact Tracey Lucas at 202-638-0200 for more.

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