



BONNIE HOBBS/CENTRE VIEW

The show's three leads with many of the Summer Stars actors before rehearsing the "Freak Flag" dance number.

'Don't Be Afraid To Be Different'

Alliance Summer Stars presents "Shrek the Musical."

BY BONNIE HOBBS
CENTRE VIEW

A big green ogre, a princess, a wise-cracking donkey and a love-struck dragon – they'll all be onstage when The Alliance Theatre's Summer Stars program presents "Shrek the Musical."

The cast and crew of nearly 100 have been working on the show since May and, when the curtain rises, they'll be joined by a 13-piece pit orchestra.

Helming his fourth Alliance show, Director Scott Olson says things are going really well.

"I've got an insanely talented cast," he said. "My leads are spot-on for their characters, and 30 members of our Summer Stars theater camp – from third through eighth grade – are in the show, too. They're doing really high-level dances, tight choreography and even marching."

Olson said special prosthetics were created to

transform actors into ogres and fairytale characters, and the costumes and make-up will be "amazing," as will the 26-foot-long, light-up, dragon puppet that exhales smoke. The scenes take place in a swampy forest, a castle, a dragon's lair, a church and at Shrek's house – an oversized tree stump.

There's also a moral to the story. Said Olson: "This show's about understanding and appreciating others' differences and accepting and appreciating yourself for who you are."

Playing Shrek is Oak Hill's Glynn Cosker. "He's an ogre who likes living by himself in a swamp," said Cosker. "So he's surprised to one day find dozens of fairytale creatures there. But he's not immune to adventure. Yet when he falls in love with Fiona and forms a friendship with Donkey, you see a different side of him and learn that he actually has a big heart."

Cosker's been in 30 shows, but calls Shrek one of the most fun roles he's ever played. "He's such a big, full-of-life character," said Cosker. "And the whole experience – working with the

kids and seeing their reactions to Shrek – has been wonderful. It's about 180 degrees from my own, nice and introverted personality. As Shrek, I do

SEE STAGE, PAGE 10

Thanks for Exemplary Community Service'

Ted and Tami Troscianecki receive McDonnell Award.

BY BONNIE HOBBS
CENTRE VIEW

Each year, the West Fairfax County Citizens Association (WFCCA) presents the James D. McDonnell Award to honor a local resident's outstanding service to the community. Monday night, July 21, it was given jointly, for the first time.

Receiving it were husband and wife, Ted and Tami Troscianecki, of Centreville's Virginia Run community. They were honored for their work to inform the citizens and decision-makers about all the facts to be taken into consideration regarding the Braddock/Pleasant Valley Road roundabout issue.

"Jim McDonnell set the bar high, as he was instrumental in ensuring that the development of the

Western Fairfax area was not overwhelming and provided the associated amenities necessary for a livable community," said WFCCA Land-Use Chairman Jim Katcham.

Speaking during the WFCCA's quarterly meeting, he said this year's award recognizes the Troscianeckis for their work in reviewing the roundabout's impacts. "The joint efforts of Ted and Tami regarding the community's opposition to the proposed roundabout were extraordinary," said Katcham.

He said the couple met with community leaders, elected officials and county staff to obtain extensive data regarding traffic flow through the intersection.

They also investigated the ad-

SEE COUPLE, PAGE 4



BONNIE HOBBS/CENTRE VIEW

From left: Ted and Tami Troscianecki receive the James D. McDonnell Award for outstanding community service from Jim Katcham.

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ROUNDUPS

Police Seek Woman's Assailant

Fairfax County Police are investigating the assault of a woman last Thursday, July 17, around 7 p.m., while she was jogging on a path in Chantilly. The path travels between residential neighborhoods in the 12900 block of Point Pleasant Drive, and the woman reported that her assailant was a man on a bicycle.

The suspect is described as possibly Hispanic or white and in his 20s, approximately 5 feet 9 inches, with an average build. He was clean-shaven and wore a neon-yellow shirt.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

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 24 and July 31.

Backpack Donations Needed

WFCM (Western Fairfax Christian Ministries) is collecting 2,000 new backpacks for children in need who attend schools in the Centreville, Chantilly and Westfield high school pyramids. But it needs the community's help to accomplish such a large task.

Especially needed are large backpacks. They 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.

The backpacks may be brought to WFCM at 13888 Metrotech Drive in Chantilly (next to Papa John's Pizza), Monday-Friday, 9 a.m.-2 p.m., and Wednesday and Thursday, 4-7 p.m., until Aug. 13. For more information, go to www.WFCMVA.org or email jbush@wfcmv.org.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, July 31, 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@wfcmv.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 and click on the "How to Hire" link. Tell what kind of work is required, how many work

SEE ROUNDUPS, PAGE 12

NEWS

Give Blood, Give Back to Community

Paul VI Student Hosting Blood Drive in Clifton.

BY JANELLE GERMANOS
CENTRE VIEW

When Mitch Kiefer was six, his three-year-old brother Brent was diagnosed with leukemia. Brent recovered, but Kiefer remains committed to helping others suffering from similar illnesses.

Now, Kiefer, a student at Paul VI Catholic School in Fairfax, is planning a second blood drive in Clifton in honor of his brother.

"Most of the time when he needed blood, it was there for him. I feel like for everyone who needs blood, it should always be there for them," Kiefer said.

Along with help from friends and family, Kiefer hosted a Panther Pints blood drive in April. The next drive will be Aug. 1 at St. Andrew the Apostle Catholic Church in Clifton from 2:30-7 p.m.

"INOVA was really great to my family, and I want to do this as a way to give back," Kiefer said.

At the last blood drive, 44 participants were eligible to donate blood.

"It was a great turnout," Kiefer said.

Brent has been supportive of his brother running the blood drives, and thinks it's a great idea.

"It was there when he needed it, and he's really happy that I'm doing this. He also thinks that there should always be blood for those who need it," Kiefer said.

Kiefer points out that his school, family and friends



PHOTO COURTESY OF MITCH KIEFER

Mark McCullor and Larry Brickwedde, teachers at Union Mill Elementary School, participate in a blood drive hosted by Paul VI student Mitch Kiefer. The two taught Kiefer and his brother Brent, and Kiefer is organizing another blood drive on August 1.

have helped him when it comes to organizing the blood drives.

"Only three percent of people donate blood on a regular basis, so it can be hard to find people to donate," he said. "Some people, depending if they've been out of the country or have health problems, can't donate, but I think a lot of it is that people think it takes too much time. I really wish more people would donate on a regular basis."

The goal for the Aug. 1 blood drive is 50 appointments, and Kiefer hopes most of the people who sign up for these appointments will be eligible to donate.

To make an appointment, visit inova.org/donateblood, click on "Schedule a Donation," then click on Donate Blood. Use sponsor code 8044.

St. Andrew the Apostle Catholic Church is located at 6720 Union Mill Road, Clifton.

'You're Fortunate You Didn't Kill Anyone'

Centreville man is sentenced for committing arson.

BY BONNIE HOBBS
CENTRE VIEW

Convicted of arson, a 25-year-old Centreville man could well have been sentenced to many years in prison. Instead, Giancarlo Deleon received a suspended sentence and will receive the mental-health treatment he needs.

"The functions of sentencing are punishment, deterrence and rehabilitation," said Assistant Commonwealth's Attorney Marin Hoplamazian. "And in this case, rehabilitation would best serve the safety and protection of the community."

She was addressing Fairfax County Circuit Court Judge Jane

Roush, last Friday afternoon, July 18, during Deleon's sentencing. On Feb. 13, he'd set fire to the single-family home he rented on Scotch Run Court. Fairfax County Fire and Rescue Department units responded around 12:30 a.m., driving through heavy snow to reach the blaze. Upon arrival, they encountered flames coming from the basement of the three-story house and spreading to a neighboring home.

A second alarm was struck, bringing more than 60 firefighters from stations in Centreville, Chantilly, Fair Oaks, Fairfax and Oakton. Four people were home when the fire began, but were able to escape uninjured.

Deleon was arrested at the scene. Fire officials said he intentionally set fire to clothes that were saturated with an ignitable liquid. Conversations with him and with other witnesses led to him being charged.

On May 28, in Circuit Court, Deleon pleaded guilty to arson of an occupied dwelling. He returned Friday for sentencing, and Hoplamazian said he owes

"The defendant put multiple people in grave danger – they could have died."

**— Marin Hoplamazian,
Assistant Commonwealth's
Attorney**

SEE ARSON, PAGE 12

Tax and Wire Fraud: Three Years Prison

Fair Oaks tax preparer filed false returns with the IRS.

BY BONNIE HOBBS
CENTRE VIEW

Although she received a sentence below the state guidelines, a former Fair Oaks tax preparer will be spending the next three years in prison. She is Thuy Tien Le, 40, who learned her punishment last Friday, July 18, in U.S. District Court in Alexandria.

She'd pleaded guilty April 30 to preparing false income tax returns and committing wire fraud. Le admitted to committing these crimes while running her Fair Oaks-based, tax-return preparation business called T2 Advantage Services LLC.

"Over 100 clients of hers were victims," said Assistant U.S. Attorney Paul Nathanson. "And they were particularly vulnerable because they didn't speak English. She caused them pain and stress that will continue as they try to straighten out their finances."

In a statement of facts filed with her plea agreement, Le, now of Sterling, admitted that, from 2005 through 2013, she owned and operated her business out of her home on Madeley Court in Fairfax. She prepared federal income-tax returns for her

clients and led them to believe she'd electronically filed legitimate returns with the IRS.

But before filing these returns, she altered them by adding false itemized deductions so she could generate large income-tax refunds. But instead of this money going to her clients, it instead went to her.

Le told federal authorities she'd prepared and filed the false income tax returns without her clients' knowledge or consent and that she had their refunds deposited electronically into her own bank accounts. She further admitted that the IRS sustained \$454,455 in losses because of what she'd done.

The investigation into her suspected criminal activities began in early July 2013 when Fairfax County police received a report from a resident that Le had prepared their income taxes. That person received the



Le

prepared documents, including a statement indicating exactly what federal and state refunds to expect.

Shortly thereafter, say police, the resident "was in the process of refinancing a mortgage and discovered that the tax documents the mortgage company obtained from the Internal Revenue Service were different than the ones Le provided to [him or her]."

Detectives, working with IRS special agents, eventually pieced together the details and extent of Le's illegal actions. Police arrested her Aug. 6, 2013, later turning over her case to federal authorities.

In court Friday, defense attorney Richard MacDowell said Le told her mother is unable to take care of that son, who's 8. So he asked U.S. District Court Judge Claude Hilton to consider giving his client a sentence below the 57-71 months guidelines or probation.

"She's already been punished," MacDowell said. "In 2007-08, they were victims of a Ponzi scheme and lost over \$250,000. She's had to file bankruptcy and lost properties."

He also said paying restitution will be a "huge burden" for her in the future. "Paying \$23,000/year, without interest, will take her 20 years," said MacDowell. "She's lost

so much already. For her son's welfare, she asks for probation or house arrest."

But, countered Nathanson, "She has a history of recidivism. She committed fraud in the 1990s against the Fairfax County Federal Credit Union and [later] against the Fairfax County welfare program. And all the fraud proceeds [from her most-recent offenses] went into her bank account."

Before sentencing, Le stood and apologized, saying, "I'm sorry for all the pain and stress I caused my family and clients, and for defrauding the government." She then asked Hilton to consider letting her stay home to take care of her son.

But he declined to do so and, instead, sentenced her to prison. For preparing false income tax returns, he sentenced her to 36 months incarceration, followed by one year of supervised release. For the wire-fraud charge, the judge gave her another 36 months, plus 3 years supervised release.

Hilton then ran the sentences concurrently, for three years total to serve, on the condition that Le make \$200/month restitution payments, beginning 60 days after her release. "I'll waive the interest," he said. "And I'll recommend a [penal] facility near Northern Virginia."

Afterward, MacDowell called the sentence "understandable, under the circumstances."

Couple Honored With McDonnell Award

FROM PAGE 1

verse environmental impact on the area and expressed the community's concerns about the effect this project will have on both local traffic and the environment.

"This information and data was presented at a WFCCA quarterly meeting, thus providing the community with a greater understanding of the overall impact of the proposed road modifications," said Katcham, "In particular, [the Troscianeckis illustrated] the fact that much of the increased traffic flow would be coming from Loudoun County."

"Their joint efforts resulted in a clear and concise understanding of the potential impact the roundabout will have on Fairfax County," he continued. "While the final decision wasn't favorable to the community, a tremendous effort was made to convince elected officials that the proposed changes will adversely affect Fairfax County citizens. However, as Ted has said, 'It's not over, yet.' Ted and Tami, congratulations, and thank you for your exemplary community service."

Katcham then presented them with a plaque, and Planning Commissioner Jim Hart – a past chairman of the WFCCA Land-

Use Committee – recalled what impressed him about Ted Troscianeki, the first time he saw him at a WFCCA meeting.

"It was 1997 or '98, and he and Tami had just moved back here," said Hart. "He said

"We wanted to take an active role in guiding the quality of life here."

— Ted Troscianeki.

they wanted to be part of this area and contribute to it, and that speaks volumes about their commitment. Jim McDonnell would be proud that this award went to them. He recognized that the community would be better off if we weren't partisan and we worked with both sides."

"We wanted to take an active role in guiding the quality of life here," said Ted Troscianeki. "We felt a responsibility and wanted to participate."

Speaking on behalf of both of them, he said he and Tami "truly appreciate this award. Jim McDonnell cared very much about the quality of life in Western Fairfax and we feel the same way. He embodied the spirit of community, and to be acknowledged with an award that bears his name means a lot to us. Thanks to all in the WFCCA, as well as to Planning Commissioners Jim Hart and John Litzenberger, for recognizing us."

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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.

SUMMER MEALS FOR CHILDREN

Fairfax County Public Schools will participate in the U.S. Department of Agriculture's summer food service program for children who qualify for free and reduced lunches during the school year. Free meals that meet federal nutrition guidelines will be provided to children at approved sites throughout Fairfax County. To find a location, contact the FCPS Office of Food and Nutrition Services at 703-813-4800.

ELECTRONICS RECYCLING

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

THURSDAY/JULY 24

English Conversation Group. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

SATURDAY/JULY 26

ESL Book Club. 11 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Adults learning English meet to discuss a book chosen by the group. Call 703-502-3883.

English Conversation Group. 3:30 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with other students. Call 703-502-3883.

MONDAY/JULY 28

ESL Book Club. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call 703-830-2223.

MONDAY-TUESDAY/JULY 28-29

Youth Mental Health First Aid. 8:30 a.m.-1:30 p.m. at the Chantilly CSB Office, 14150 Parkeast Circle, Chantilly. Public education program from the Fairfax-Falls Church Community Services Board Wellness and Health Promotion. Over a two-day course, certified instructors help youth learn to assist someone developing or experiencing a mental health problem or crisis. \$25. Visit www.fairfaxcounty.gov/hscodereg/Registration.aspx?groupID=47.

TUESDAY/JULY 29

English Conversation Group. 10:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

WEDNESDAY/JULY 30

eBook Help. 1 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Get eBook questions answered. Bring a tablet or digital reader and library card. Call 703-502-3883.

THURSDAY/JULY 31

English Conversation Group. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

FRIDAY/AUG. 1

Panther Pints Blood Drive. 2:30-7 p.m. at Apostle Catholic Church, 6720 Union Mill Rd.,

SEE BULLETIN, PAGE 13



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OPINION

Tragic Consequences

Money lost by refusal to expand health coverage, but also life, health and livelihood.

The Virginia General Assembly's refusal to expand Medicaid, extending health coverage to as many as 400,000 Virginians has resulted in the loss of about \$1 billion in direct payments.

But that understates the loss, failing to calculate the cost of the lost health of thousands of Virginians.

Consider one relatively young man, treated by the Health Wagon, who is losing his vision to untreated diabetes because he has no health coverage, his diabetes went undetected for years and can't afford monitoring or medicine. Once diabetes begins to take its toll, it cannot be reversed. Once the man is blind and unable to work, he will likely be covered by Medicaid because he is permanently disabled.

The Centers for Disease Control says chronic illnesses are "the nation's leading causes of death and disability, leav[ing] in their wake deaths that could have been prevented, life-long disability, compromised quality of life, and burgeoning health care costs. ... Heart disease, stroke, cancer, diabetes, obesity, and arthritis are among the most common, costly, and preventable of all health problems."

EDITORIAL

Consider the hundreds or thousands of Virginians who are not receiving routine care or screenings of any kind, whose cancer or high blood pressure or heart disease or diabetes, or even mental illness, rob them over time of their ability to work, to care for themselves or their families. Many will die of illnesses that could have been prevented or treated. The human toll is incalculable, unbearable and unnecessary.

It is unfair that health coverage depends on what state you happen to live in, that an ideologically driven General Assembly can determine your fate. If you are poor and live in a state that has chosen to accept expansion of health care with Medicaid, you have health insurance, for example in the bordering states of West Virginia, Kentucky and Maryland. But if you are poor and live in Virginia, or one of the other states that has refused to expand Medicaid, you are out of luck, out of health and possibly out of life.

Business groups and chambers of commerce around Virginia, including the Fairfax County Chamber of Commerce, support the expansion of Medicaid in Virginia under the Affordable

Care Act. One persuasive factor for the business community is that expansion would create an estimated 30,000 jobs and pump hundreds of millions of dollars into Virginia's economy. Hospitals support expanding Medicaid which would offset many of the costs of caring for uninsured populations.

In Virginia, Medicaid eligibility for adults without disability is almost nonexistent, limited to parents with incomes below 51 percent of poverty, or about \$11,900 a year for a family of four, according to the Kaiser Family Foundation. Adults without dependent children remain ineligible regardless of their income.

Under the Affordable Care Act, people with incomes 100 - 400 percent of poverty qualify for subsidies on their health insurance premiums when they purchase coverage through a Marketplace. Because the Affordable Care Act envisioned low-income people receiving coverage through Medicaid, people below poverty are not eligible for Marketplace subsidies. As many as 400,000 adults in Virginia fall into the coverage gap because they don't qualify for Medicaid under Virginia's rules, among the most stringent in the nation, but earn less than the poverty rate, so not enough to qualify for subsidies.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

'Living Wage' Tough to Achieve in Northern Virginia

Housing and job opportunities needed to relieve poverty.

BY MARY AGE
NORTHERN VIRGINIA FAMILY SERVICE
PRESIDENT AND CEO

On the surface, Martha Ordon is living the typical Northern Virginian life. She works as a medical receptionist at a doctor's office in Fairfax, and talks proudly about her 16 year-old daughter, a socially-active junior who plans to study business in college when she graduates. The reality is a little bit more complicated.

Martha and her daughter moved to Fairfax in 2008 from Louisiana. Her friend had urged her to make the move to Northern Virginia, telling her about the fantastic quality of life: the great schools, the strong job market and the sense of community. What her friend hadn't mentioned was the high cost of living. In Louisiana, Martha had worked as a cook in a Catholic school and always made enough to pay her bills. In Fairfax, she took a full-time job as a cook making \$10.50 an hour and a part-time job as a retail sales associate making \$8 an hour. With two jobs, Martha could pay her bills, but she rarely got to see her daughter. When Martha lost her job as a cook, she began working retail full-time but could no longer make ends meet.



PHOTO CONTRIBUTED

Training Futures is a free program for adults who are determined to gain the skills to excel in professional, administrative roles.

In 2012, Martha and her daughter were evicted from their apartment. They lived in a hotel until a space became available at a local family shelter. Martha recognized that in order to pull her life back together and provide a stable home for her daughter, she would need a living-wage job. She also realized that her previous experience as a cook was not going

to help her rise above the poverty line. During her shelter stay, Martha discovered Training Futures, the nationally-recognized, workforce development solution of Northern Virginia Family Service.

Training Futures is a free program for adults

SEE OPPORTUNITIES, PAGE 9

CENTREVIEW

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LETTERS

WFCM To Close Thrift Store

To the Editor:

For 27 years, Western Fairfax Christian Ministries has provided life-essential support to individuals and families in our community with the assistance of hundreds of volunteers, churches, donors, and partner organizations. In 1998, WFCM started selling clothing to the local community as a way to generate revenue to support the vital ministries we offer — this was the nexus of what has grown into our current thrift

store.

Over the years, the community has been generous with their donations of time, clothing, and household goods to keep the thrift store running. We are immensely grateful for this support. Not only has the thrift store provided low-cost, quality goods for our customers, it has also allowed us to meet the clothing and household needs of our clients seeking assistance.

For the past couple of years, however, the thrift store has not generated enough revenue to cover the costs of its operation. A change in location presented challenges to the ministry. After months of prayerful con-

sideration, the board of directors has determined that operating the thrift store is no longer the right choice financially for WFCM. The thrift store will close Aug. 15.

This is a season of change for WFCM. The thrift store has been an important part of our ministry and we are grateful for your partnership. We know that needs still exist in our community for assistance with clothing and household goods. We know that a need also exists for our donors who desire to help others by contributing their used items. And, we will continue to work to meet those needs.

WFCM is developing partnerships with

churches and organizations in our community with clothing closets who will be able to serve our clients and receive in-kind donations. We will distribute details on this new process when they are finalized.

Although the doors of the thrift store will be closing, WFCM is expectant to see what God has in store for us in the future as we seek to be an extension of God's love in this community.

Jeff Robertson
President, for the WFCM
Board of Directors

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Express Lanes, Rapid-Bus Transit Planned for I-66

Improvements will be made from Capital Beltway to Haymarket.

BY JANELLE GERMANOS
CENTRE VIEW

Express lanes and rapid-bus transit could be coming to Interstate 66, Gov. Terry McAuliffe announced on July 17. “Interstate 66 is broken. Commuters are stuck in traffic, limited in the travel choices they can make and unable to predict how long their trip will take on any given day,”

“Over the last couple of months the Virginia Department of Transportation has worked closely with the Department of Rail and Public Transportation, the Office of Transportation Public-Private Partnerships and Fairfax and Prince William counties to devise a plan that will reduce congestion on I-66 by increasing capacity and giving travelers more choices.”

— Virginia Secretary of Transportation Aubrey Layne

McAuliffe said. “Giving Virginians more choices and a better, safer travel experience on I-66 is one of my top priorities, and today I am proud to announce the beginning of that effort.”

The plan, which includes three regular and two express lanes in each direction, bus service, and improved commuter parking, would be implemented from the Capital Beltway to Haymarket.

“Today’s announcement that we could be starting construction by 2017 on Express lanes like solution to I-66 congestion is outstanding news. I-66 is our most congested



This map demonstrates the area where express lanes and other improvements will be made along Interstate 66.



The proposed express lanes for Interstate 66 would be similar to those on Interstate 495 and those being constructed on Interstate 95 in Springfield, pictured here.

corridor and this gives me great hope that we can improve the quality of life for all Northern Virginians,” said Supervisor Pat Herrity (R-Springfield.)

The project, which spans 25 miles, will cost an estimated two to \$3 billion. The express lanes would operate similar to those on Interstate 495 and those being constructed on Interstate 95, which base the cost of the toll on time of day and congestion.

“I have been a longtime advocate for an ‘Express Lanes’ like solution for I-66 which would open this corridor up to reliable time advantaged mass transit and carpooling, extend a growing network of lanes dedicated to mass transit and carpools, and ease con-

gestion on I-66 and surrounding roads like Route 50, Route 29 and Braddock Road,” Herrity said. “I want to thank Transportation Secretary Layne for continuing to keep this project a priority for the Commonwealth of Virginia.”

Officials announced the plan at a meeting at VDOT’s Fairfax office on July 17.

“Over the last couple of months the Virginia Department of Transportation has worked closely with the Department of Rail and Public Transportation, the Office of Transportation Public-Private Partnerships and Fairfax and Prince William counties to devise a plan that will reduce congestion on I-66 by increasing capacity and giving travelers more choices. Today we kick off

17 months of rigorous environmental study and robust community involvement. By the end of 2016 our plan is to complete environmental work, identify funding sources, receive federal approval, and move forward on a plan to turn I-66 into the efficient, multi-modal corridor that Virginia’s economy needs,” said Virginia Secretary of Transportation Aubrey Layne.

Express lanes on Interstate 95, which will run from Stafford County near Garrisonville Road up to 395 near Edsall Road, are expected to open in early 2015. All drivers will be required to purchase E-ZPass or E-ZPass Flex in order to use the lanes, and only vehicles with three or more passengers can ride toll free.

OPINION

Creating Opportunities

FROM PAGE 6

who are determined to gain the skills to excel in professional, administrative roles. The 6-month curriculum not only teaches college-level administrative skills such as the Microsoft Office Suite, customer service, records management, medical terminology, business English and business math, but also through a partnership with Northern Virginia Community College, offers eligible trainees the opportunity to earn up to 21 college credits and a Career Studies Certificate in Business Information Technology.

Trainees come to Training Futures Monday – Friday, 9 a.m. – 2 p.m., and often arrive early and stay late to master course work. They are outfitted in the Training Futures Clothing Closet and expected to wear business professional clothes every day. Each trainee reports to a “supervisor,” or staff member, who coaches them around attitude and business habits, encourages them and above all else, holds them to high “corporate” expectations. When trainees arrive for their first day at their new professional, administrative job, they not only have the skills to add value, but also look and act the part of an excellent employee. Martha knew she had found the pathway to the life she imagined for herself and her daughter. Within five weeks of graduating from this exciting program, Martha landed her position as a medical receptionist, making \$14 an hour.

While at the shelter, Martha was also referred to the Bridging Affordability Program. Bridging Affordability is administered by Northern Virginia

Family Service in partnership with Fairfax County Department of Housing & Community Development. The program combines rental subsidies and case management supportive services with the intent of moving families forward toward self-sufficiency. Bridging Affordability has given Martha the time and financial breathing room to attend Training Futures and work towards a living wage. As Martha nears the end of her time in Bridging Affordability she is paying down debt which will allow her to purchase a car and further broaden her housing options. She has increased her income 57 percent since starting the program, thanks to the training and subsequent employment she found following Training Futures, but still needs to consider affordable housing options, which are rare in this area.

The comprehensive nature of NVFS programs, including Workforce Development and Housing Services, provide clients with a unique opportunity to achieve several substantial goals at one time. NVFS has made the investment to ensure that when clients who seek our services for one issue may access the full range of our programs to increase the odds of achieving self-sufficiency. In the community, NVFS has been working with partners in both the non-profit and government sectors who recognize the cross section between these two service areas. Families will not be able to maintain stable housing without living wages, and our efforts to solve the housing program in Northern Virginia are contingent upon holistic solutions that address both of these issues, together.

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 SINCE 1955

Behind the Scenes at 'Shrek the Musical.'

BY BONNIE HOBBS
CENTRE VIEW

When audiences enjoy The Alliance Theatre's Summer Stars show, "Shrek the Musical," it won't just be because of the acting and storyline, but also because of all the work that goes on behind the scenes.

For example, said producer Maggie Swan, "Each piece of the set was made by a different person. And it all had to be easily movable so Chantilly High's band can practice here during the weekdays, between our weekend performances."

"Whenever we do a play, there are always lots of unsung heroes," she said. "They include the people who spend countless hours creating and sewing the costumes, and a hairstylist who styled some 20 unusual wigs."

Swan said 21 of the characters wear prosthetics to make them into more believable ogres and fairytale characters, and they were all created by a professional in that field. In addition, she said, "It takes a whole team to put the makeup on the actors before every show."

As for the set builders who've constructed a fanciful world of trees, a swamp, a castle and even a dragon's lair, they're dads, actors and students.



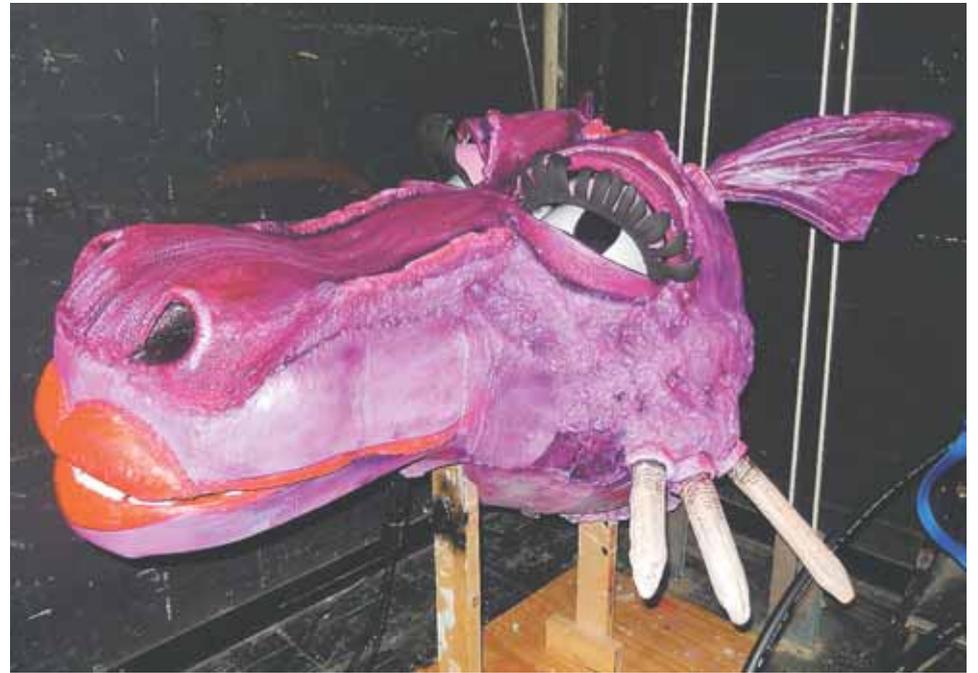
PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Chantilly High sophomore Michael Rosegrant created this remote-controlled mouse, which will skitter across the stage.

And, said Swan, "They've created pieces that have to not only be visually appealing, but sturdy, safe and functional, as well."

Annie Ermlick and Josh Nixon developed the choreography for all the musical numbers and then taught it to all those who'll be performing it. Kurt Gustafson designed the show's sound and lighting, and Ermlick's son Billy helped him with the latter.

Another invaluable member of the tech crew is Chantilly High sophomore Michael Rosegrant, who created many of "Shrek the



The head of the huge dragon, who develops a crush on Donkey.

Musical's" props. Among his proudest accomplishments are a plush, gingerbreadman puppet with an expressive face and movable eyebrows, and a gray, shaggy-haired, remote-control mouse. "I took a remote-control car and sculpted the mouse around it," he said. "It was really fun."

Looking forward to seeing everything come together onstage when the curtain

rises, Swan says it's going to be a terrific show that's not to be missed. It's taken a great deal of time and effort but, she said, it'll all be worthwhile.

"It really does take 'a village' to put on a show like this," said Swan. "There are so many elements that go into creating the final product, but it's really going to be wonderful. We hope everyone will come see it."

Alliance Theatre Brings Big, Green Ogre to Stage

FROM PAGE 1

lots of yelling and screaming, so it's quite therapeutic."

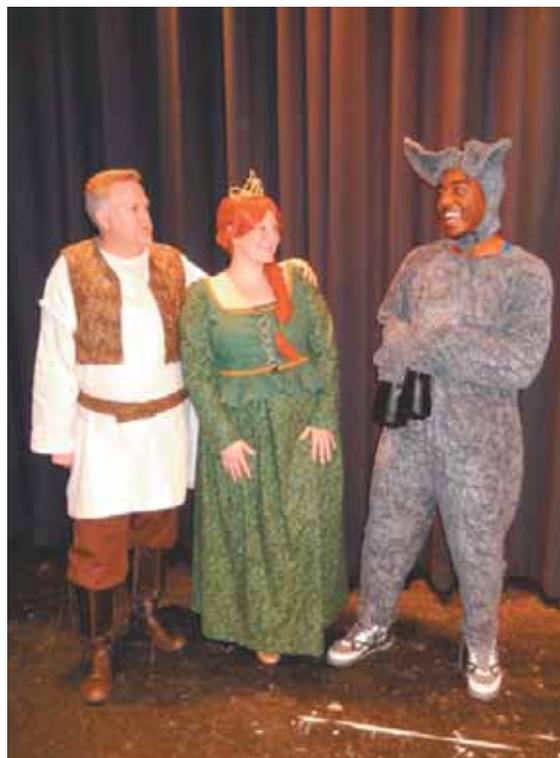
His favorite song, which he sings, is "When Words Fail." In it, said Cosker, "Shrek's trying to get the courage to ask Fiona to spend time with him – and worrying what he'll do if his words fail him. The song speaks to his humility as you see him shedding the ogre shell and becoming more human."

Cosker said the audience will also enjoy the show's energy and focus, plus the singers and dancers in the ensemble. "The choreography and costumes are awesome," he said. "People will step into a different world for two hours and have a good time."

Jennifer LePaige, who studied at the American Musical and Dramatic Academy, portrays Princess Fiona. "She's a sassy ball of fire, independent and a spitfire with her words," said LePaige. "She just wants to find her true love; it's her motivation for everything. She finds her storybook romance – which is different from what she expected – but turns out to be better than anything she'd wished for."

As one of her "dream roles," said LePaige, "I love it; I've wanted to play her forever. We have a lot of the same characteristics. In my daily life, I feel like I fit Fiona because we're both strong women."

She especially likes her song, "This is How



From left are Glynn Cosker, Jennifer LePaige and Devyn Tinker, who portray Shrek, Princess Fiona and Donkey, respectively.

a Dream Comes True," because "It tells a lot of Fiona's story quickly, and Shrek's playing with the dragon while I sing. This show is so much fun and really

brings the screenplay to life. The characters are loveable, we have a great cast and adults will love it as much as children will."

PLAYING SHREK'S sidekick, Donkey, is 2013 Chantilly High grad Devyn Tinker. "Donkey's a free spirit, very talkative and energetic all the time, no matter how he's feeling," said Tinker. "He always questions the obvious so he can wrap his head around things. He's also a little slow to get jokes. He starts out completely opposite of Shrek because he loves being around people."

Tinker loves his role, too, because "I get to be energetic, with arms flailing all over the place. It's just a lot of fun." His favorite number is "Who I'd Be," which Donkey sings with Shrek and Fiona. "We sing about whom each of us would be if we could just escape the dragon," said Tinker. "We're expressing our dreams and thinking about who we'd be in the future."

He said the audience will like the show's humor and "the fact that it's based on a movie they already know. The music's upbeat, there's never a dull moment and the cast has a lot of chemistry."

New Robinson Secondary grad

Spencer Boyd, majoring in musical theater at JMU, portrays Lord Farquaad. "He's the Lord of Duloc, but is constantly searching for power," said Boyd. "He's over-compensating for his short height, so he wants perfection. He's banished all the fairytale creatures from his land because he only wants to rule over perfect people."

However, the only way he can become king is by marrying a princess like Fiona. "He's very proud and can be charming and charismatic," said Boyd.

"But he's also mean, strict and ill-tempered – and the subject of his height is off limits."

"It's great playing him because he's just over-the-top with everything," continued Boyd. "He has a regal air of royalty, but is touchy about his height, so he's a very funny character to play." But since Boyd is actually tall in real life, he'll be walking on his knees during the show to be short.

He especially likes the number, "What's Up, Duloc?" which he sings. "It's Farquaad's entrance song, makes fun of other Broadway numbers and is very humorous," said Boyd. Overall, he said, "This is a really funny, family-friendly show with a great message – let your freak flag fly and don't be afraid to be different. And it'll be really enjoyable to watch."

Paycheck Gender Wars?

Across Northern Virginia, men pull larger paychecks than women; disparities larger than national average.

BY MICHAEL LEE POPE
CENTRE VIEW

When Lola Arce de Quintela first moved to Oakton 20 years ago, she noticed something about the way men and women arranged their professional careers around their family lives in Northern Virginia. Men took high-powered jobs with large paychecks, while women often dropped out of the workforce to take care of growing families. If women had full-time jobs, she says, they would often select positions that were not as demanding so they could focus their time and attention on their children while husbands and fathers pulled in six-figure salaries.

"The other women who live on my block are teachers," said de Quintela, a freelance translator. "Their husbands are attorneys or they work for the World Bank."

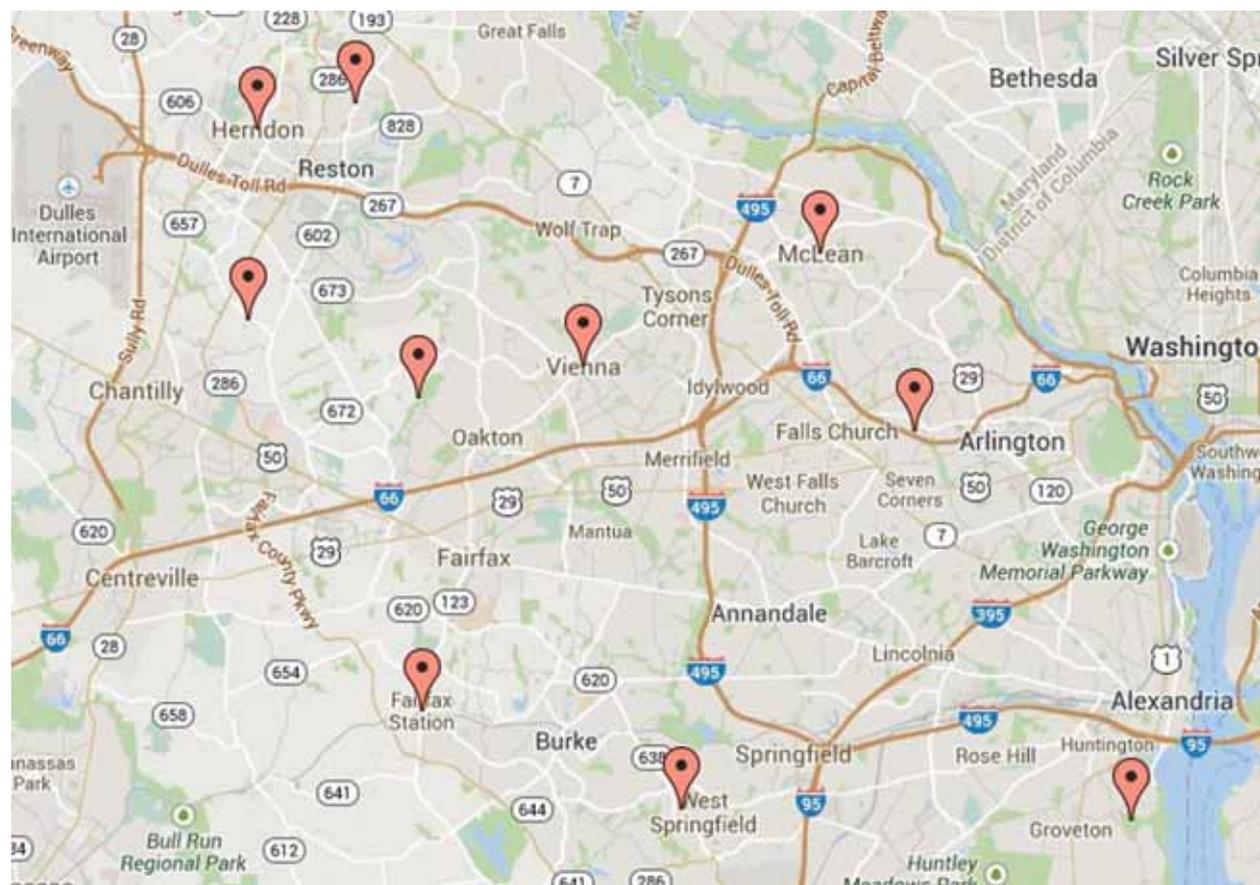
On a national basis, women make 77 cents for every dollar men make. But here in Northern Virginia the disparities are greater, especially in wealthier areas. Nowhere is this trend higher than 22124, the suburb of Oakton, where the average median income for full-time female workers is \$77,000. The men in that ZIP code pull in almost \$130,000. That means women who live in Oakton and are full-time, permanent workers earn 60 percent of what men earn.

"It's very difficult to have a family and raise kids when you have two people with high-powered careers that demand a lot of time and attention," said de Quintela. "So a lot of women tend to find work that's more flexible and not as demanding, which means they earn less money. It's a trade off."

CENSUS RECORDS show disparities tend to be greatest where people earn the most money. In the Fairfax Station ZIP code 22039, for example, the average annual male median salary is \$134,000. That's one of the highest in Northern Virginia. By contrast, women in this area earn \$86,000 a year. That's still a high salary for the region, but women who live in Fairfax Station earn 64 cents for every \$1 the men who live there make.

Demographers say some of this may be explained by a concept they call "labor force attachment," which essentially means that women are less attached to the labor force

zip code	location	median female salary	median male salary	percentage women's median salary is of men's
22124	Oakton	\$77,421	\$128,808	60%
20171	Herndon	\$63,577	\$104,495	61%
22205	Arlington	\$70,755	\$115,729	61%
22152	Springfield	\$57,177	\$93,125	61%
22039	Fairfax Station	\$86,085	\$134,133	64%
20170	Herndon	\$49,325	\$74,714	66%
22102	McLean	\$71,113	\$105,995	67%
22182	Vienna	\$86,875	\$127,994	68%
22307	Alexandria	\$65,243	\$93,883	69%
20194	Reston	\$78,398	\$111,942	70%



"If you're looking at why men are earning more, it's because in those cases women who might have a higher earning potential are not in the labor force, they are staying home to raise a family."

—David Versel, senior research associate at the Center for Regional Analysis

than men.

"Given the traditional understandings about who cares for children or aging parents, what we often see is that women take on those roles," said Annie Rorem, policy associate in the demographics research group at Weldon Cooper Center for Public Service at the University of Virginia. "We often see differences in female and male earnings that are related to, although I would not necessarily say caused by, family structure."

This trend is less evident in ZIP codes where salaries are lower, and the roles are even reversed in some of areas with the lowest salaries. In Bailey's Crossroads, for example, women earn \$59,000. But men earn \$46,000, the lowest salary of any Fairfax

County ZIP code. That means men earn about 22 percent less than women here, a phenomenon that indicates workers here are attached to the labor force in a way that's different from people at the top of the earnings scale.

"What we are probably seeing in Bailey's Crossroads is women who are nannies of families that make a lot of money," said Veronique de Rugy, a senior research fellow at the Mercatus Center at George Mason University. "They make a lot more money than their male counterparts who are working in construction or putting up drywall."

ACADEMICS WHO look at these numbers say the imbalance of salaries between men

and women can be explained by looking at how the genders participate in the labor force differently. A recent study by the George Mason School for Regional Analysis concluded that Arlington County has the highest labor force participation rate for women in the region while the District of Columbia has the lowest. Meanwhile, suburban areas of Fairfax County have much lower female participation rates than urban areas such as Arlington or Alexandria.

"If you're looking at why men are earning more, it's because in those cases women who might have a higher earning potential are not in the labor force, they are

staying home to raise a family," said David Versel, senior research associate at the Center for Regional Analysis. "That's obviously less true than it was a generation or two ago, but that's the easiest way of looking at this."

Although the disparity between salaries earned by men and women are glaring, researchers who look at the data warn not to jump to conclusions about gender inequality. These numbers show that men and women who live in the same ZIP codes earn different salaries, it does not say that they receive different salaries for doing the same work. They probably say more about how women and men approach the labor force differently than how employers choose to compensate their employees.

"This doesn't necessarily mean that we are talking about any active gender inequality in the sense of discrimination or men and women being paid different amounts for the exact same labor," said Rorem. "One thing that's important to keep in mind when you are looking at all full-time year-round workers is that one thing you don't pick up is experience between workers."

Centreville Man Sentenced for Committing Arson

FROM PAGE 3

\$110,000 restitution – \$100,000 for the house he lived in and \$10,000 for the home next door.

Defense attorney Rob Robertson told the judge his client had no prior arrests. He also noted that 10 relatives and friends of Deleon's were in the front row of the courtroom to support him. Instead of having each of them testify on his behalf, Robertson professed to Roush, "Their testimony would be that 'this was extremely out of character for him.'"

"He's got some serious, mental-health issues that need to be addressed," said Roush. And now that Deleon's friends and relatives know that, agreed Robertson, they'll keep "a close eye" on him.

ROUNDUPS

FROM PAGE 3

ers 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.

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

However, said Hoplamazian, "This case is troubling because the defendant put multiple people in grave danger – they could have died. This wasn't his intention, but it was the scenario."

Then, at the bench, the judge read to herself the report of psychiatrist Charles Samenow, who'd examined Deleon. She said the doctor concluded the young man needed further examination and treatment.

"The defendant did plead guilty to the malicious burning – a criminal felony," said Hoplamazian. "But clearly, there are mental handicaps and disturbances. I think, in the long run, what would be the most beneficial is mental-health treatment. It's disturbing what [Deleon] said he was seeing and feeling [at the time of the fire]. In his

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.

statements, he indicated his dislike of people."

Saying she didn't believe incarceration would do him any good, the prosecutor then asked Roush to sentence Deleon to substance-abuse and mental-health treatment and evaluation, plus "a lengthy period of probation."

Robertson agreed, noting that his client has been in jail since the incident, five months ago.

Deleon chose not to speak before sentencing, but Roush spoke to him. "This is a serious crime and you're very fortunate you didn't kill anyone," she said.

She then sentenced him to five years in prison, suspending all that time, and placed him on three years active probation. Roush also ordered him to receive substance-abuse

and mental-health evaluations and to comply with his probation officer's recommendations regarding treatment.

In addition, the judge ordered Deleon to pay \$110,000 restitution and stated that, as a convicted felon, a sample of his DNA would be entered into the state's DNA data base. "You have a lot of family support here," she told him. "Don't let them down and don't let me down."

Afterward, outside the courtroom, Robertson explained that – before Deleon committed the crime – he'd been working and had had an argument with his boss. "He was suffering from depression and was having a delusion at the time of the incident," said the attorney. "He's a good kid who just suffered a break. I'm pleased with the outcome – I think it's the appropriate sentence."

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. 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.

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/volunteersolutions.htm.

SCHOOL NOTES

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

William Long, at Thomas Jefferson High School, has earned a gold medal at the Center for Excellence in Education's USA Biology Olympiad National Finals, and was named to Team USA 2014 for International Biology Olympiad.

Lina Snyder Romero, of Chantilly High School, will have poetry published in "Still We Rise," an anthology of youth poetry written during the 2013-14 school year.

Chelsea Legendre, of Clifton, graduated Cum Laude with a B.A. in communication studies from James Madison University, and was named the president's list for the 2014 spring semester.

Brandon Waite, of Clifton, was named to the dean's honor roll at the University of Mississippi.

Shelby Romine, of Centreville, has been named to the dean's list at Bucknell University.

Alexandra Sallberg, of Centreville, was named to the dean's list at Eastern Kentucky University.

David Chong, Olivia Delisi, Hannah Godfrey, Si-Jin Joo, Andrea Marie Kubota, Benjamin



With Honors

Chelsea Legendre of Clifton, daughter of Fran and Dennis Legendre, graduated with honors from James Madison University. Chelsea has been named to the president's list for the spring semester. She also graduated Cum Laude with a BA degree in Communication Studies from James Madison University.

Ruiz-Stupi, Theresa Gordon and Gabriela Skura graduated from Marymount University.

Ashley Albright, of Centreville, earned a master degree, in management from Frostburg State University.

Marette Fan and Clara Park, of Centreville, Graduated from Emory College. Fan was also named to the dean's list.

Patrick Shea, of Centreville, was one of seven James Madison University students chosen to participate in a pilot program designed to get undergraduates majoring in political science, international affairs, or public policy and administration to begin thinking earlier about their career paths. Shea is a rising senior at JMU. He will serve as head career peer advisor for the 2014-15 academic year.

Hayley Davis and Grace Martin, of Centreville, were named to the honor roll at the University of Kansas.

Virginia Tech awarded **Jessica Sun**, of Centreville, the Pamplin Leadership Award offered through University Honors for the 2014-15 academic year.

Timothy Ruiter of TJHSST (biomedical engineering) won the National Merit University of Georgia Scholarship.

Fairfax County Public Schools has been awarded \$23,798,603 in grant federal funds by the U.S. Department of Defense which will be combined with

\$5,949,651 in non-federal matching funds to construct a new elementary school at the U.S. Army installation at Fort Belvoir and to renovate the existing elementary school at the base.

Brooke Feichtl of Centerville was named to the dean's list at Salisbury University.

Christina Brooks and Christopher Carey, of Centerville, graduated from Rochester Institute of Technology.

Mandana Abdollahzadeh, Akram A. Ahmed, Erin E. Balaban, Melanie G. Baron, Kelly R. Botten, John A. Bounds, Joseph P. Brooke, Alicia M. Brown, Robert T. Buckley, Philip A. Calias, Kathryn E. Castro, Antonio K. Choi, Dylan J. Daniel, Matthew M. Davis, Patrick-Henry Deegan, Blair C. Duncan, Hannah R. Ehreth, Amanda B. Eliasoph, Kimberly E. Eliasoph, Jessica M. Evans, Brandon C. Fiala, Daniel W. Garmon, Cameron S. Gibson, Matthew D. Gilroy, Matthew W. Glowacki, Waqas Hamid, Pavel Hovhannisyan, Justin J. Hwang, Andrew J. Kim, Elissa E. Kim, Na Hyun Kim, Andrew H. Kwon, Woo Jin Kye, Luisa Josephine Q. Lacsamana, Erika L. Larson, Jeffrey K. Lawall, Michael R. Lazear, David Lee, Shea D. Lewis, Matthew C. Malinowski, Andrea M. Martello, Kacey E. McMahan, Jes-

sica L. McNamara, Samantha B. Meason, Cortney A. Mecimore, Tyler M. Miklovic, Tyler A. Mondres, Scott J. Morrisette, Erin E. O'Neill, Caroline J. Otroba, Sun A Park, Suhas J. Patel, Amanda D. Phung, Gregory M. Preville, Sydney P. Pryor, Michaela E. Reardon, Elizabeth L. Reilly, Meghan S. Reilly, Hunter M. Reynolds, Natalie J. Robertson, Michael F. Romar, Leah, Adrienne L. Sanchez, Kevin J. Schwarz, Christopher L. Schweinhart, Robert Slover, Clare C. Smith, Stephanie M. Sor, Rebekah Watkins, Daniel S. Weon, Christina A. Wingfield, Kaitlin R. Woelfel, Lauren M. Yates, Ah Lim Yoo, Ashley G. Yum, Kyle J. Perry, Jose B. Alcantara, Randy P. Chaing, Sung M. Cho, Seo Woo Chung, Holly A. Clark, Connor S. Culleiton, Anton S. Dahbura, William D. Ermlick, Matthew C. Grace, Yunji Im, Allen Jang, Hamoun Khalili Hosseinabad, Daniel M. Kim, Jenying A. Lam, Valery Luna, Anish Luthra, Peter J. Mayman and Melissa M. Millis, all of Centerville, were named to the dean's list at Virginia Tech.

Will Long, of Thomas Jefferson High School for Science and Technology, won a gold medal and finished in fifth place at the 25th International Biology Olympiad, held recently in Bali.

BULLETIN BOARD

FROM PAGE 5

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Pet Calendar. Submit a photo of a pet to us.petvalu.com for a chance to have its picture in the 2015 calendar. Resolution must be 2200 pixels wide at 72 dpi. Minimum file size is 1MB. Photos must be horizontal, in color and in .jpg format. Calendars on sale in mid october for \$5. All proceeds go to support groups that help put a stop to animal cruelty. Visit the website for more.

SATURDAY/AUG. 2

eBook Help. 2 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Get eBook questions answered. Bring a tablet or digital reader and library card. Call 703-502-3883.

MONDAY/AUG. 4

Special Needs Workshop. 9 a.m.-2:30 p.m. at George Mason University, 4400 University Drive, The HUB - Building 56, Fairfax. For brothers and sisters of children with special needs: Unique Concerns, Unique Opportunities. Free. Visit fcps.edu/ccco/prc/resources/events/ for more.

ESL Book Club. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call 703-830-2223.

TUESDAY/AUG. 5

English Conversation Group. 10:30 a.m. at the Chantilly Regional

Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

THURSDAY/AUG. 7

English Conversation Group. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

SATURDAY/AUG. 9

ESL Book Club. 11 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Adults learning English meet to discuss a book chosen by the group. Call 703-502-3883.

English Conversation Group. 3:30 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with other students. Call 703-502-3883.

MONDAY/AUG. 11

ESL Book Club. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call 703-830-2223.

TUESDAY/AUG. 12

English Conversation Group. 10:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

THURSDAY/AUG. 14

English Conversation Group. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-

502-3883.

eBook Help. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Get eBook questions answered. Bring a tablet or digital reader and library card. Call 703-502-3883.

Civil War Lecture. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. "Battle of the Crater/Petersburg, July 1864" by NPS Ranger Emmanuel Dabney. Call 703-830-2223.

MONDAY/AUG. 18

ESL Book Club. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call 703-830-2223.

MONDAY-TUESDAY/AUG. 18-19

Mental Health First Aid. 8:30 a.m.-1:30 p.m. at the Pennino Building, 12011 Government Center Parkway, Fairfax. Public education program from the Fairfax-Falls Church Community Services Board Wellness and Health Promotion. Over a two-day course, certified instructors help people learn to assist someone developing or experiencing a mental health problem or crisis. \$25. Visit www.fairfaxcounty.gov/hrcode/ereg/Registration.aspx?groupID=47.

TUESDAY/AUG. 19

NOVA Registration Closes. Registration for Northern Virginia Community College's 16-week fall semester and the first 8-week term closes. Classes begin Aug. 20. Visit www.nvcc.edu. Call 703-323-3000 for more.

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ENTERTAINMENT

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

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.

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 for more.

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.

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.

CAMPS, CLASSES & WORKSHOPS

Boys Basketball Camp. Centreville and Westfield High School work together to offer three sessions of basketball camp for ages 7-15. Session III July 28-Aug. 1, 9 a.m.-3 p.m. daily. Cost is \$150 per session for May registrants and \$170 in July. 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 or Coach Patrick Hally at 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 or call 703-330-2787.

THURSDAY/JULY 24

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.

PJ Library Book Buddies. 2 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Stories and crafts related to Jewish culture and traditions. Ages 2-5 with caregiver, siblings welcome. Call 703-502-3883 or contact Jennifer.DeAngelis@jccnv.org with questions.

Eric Dobell: Mind Invader. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Psychic magician

Eric Dobell reads minds and predicts the future, or does he? Door prize drawing. Call 703-502-3883.

FRIDAY/JULY 25

Dairy Days. 1, 2 or 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Make ice cream and butter the old-fashioned way. \$5 for in county, \$7 for out of county. Visit www.fairfax.gov/parks/sully.

SATURDAY/JULY 26

Summer Basketball Camp. 9 a.m.-1 p.m. at KCPC Gym, 15451 Lee Highway, Centreville. Registration required. \$25 for members, \$40 for non members. Visit www.sfsbasketball.myevent.com to register.

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.

Peaceful Paws. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children can meet and read to a trained therapy dog for a 15-minute session. Especially for children with developmental challenges. Bring a book or choose one from the library. Call 703-502-3883.

Surf's Up. 10:30 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Stories and activities for children ages 3-5 with adult. Call 703-830-2223.

Paws for Reading. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children can meet and read to a trained therapy dog for a 15-minute session. Bring a book or choose one from the library. Call 703-502-3883.

Arts in the Park Performance. 10 a.m. E.C. Lawrence Park Amphitheatre, 5040 Walney Road, Chantilly. Featuring GoodLife Theater. Free. Call 703-631-0013.

SUNDAY/JULY 27

Udvar-Hazy Center Summer Concert Series. 6-7 p.m. at Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. Loudoun Jazz Ensemble will play a concert. Free. Visit <http://airandspace.si.edu/events/calendar/?month=7&year=2014> for more.

Benefit Concert. 6 p.m. at Epicure Cafe, 1104 Lee Highway, Fairfax. Allison Ashforth for The World Race, featuring Dr. Robinson's Fiasco. Donations accepted to support an 11 month mission trip. Visit www.allisonashforth.theworldrace.org for more.

MONDAY/JULY 28

Sully Book Club. 1 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Empire of the Summer Moon Quannah Parker and the Rise and Fall of the Comanches, the Most Powerful Indian Tribe in American History by Samuel C. Gwynne. Call 703-830-2223.

Duct Tape Crafting. 2 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Decorate and create with colorful duct tape. Bring something to cover, like a bag, shoes, binder or belt. For teens. Call 703-830-2223.

TUESDAY/JULY 29

Toddlin' Twos. 10:30 and 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Early literacy

storytime with stories, songs and activities. Age 2 with adult. Call 703-502-3883.

Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Early literacy program with stories and activities for children age 3-5 with adult. Call 703-502-3883.

Get Fit. 6-7:30 p.m. at Virginia Golf Center, 5801 Clifton Road, Clifton. Meet in the pro shop. Golf program for youth interested in learning golf for the first time. Bring golf clubs. \$30 for golf balls. Email donbyrne@yahoo.com with name, age, parents name and contact info, to register.

Ravenous Readers. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Book discussion group for teens in grades 7-12. Call 703-830-2223.

WEDNESDAY/JULY 30

A Novel Society. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Book discussion group. "Wild Swans: Three Daughters of China" by Jung Chang. Call 703-830-2223.

THURSDAY/JULY 31

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.

Spectacular Science. 10:30 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Explore the secrets of fireworks, bubbles and more with Mad Science. For ages 6-12. Call 703-830-2223.

THURSDAY/JULY 31-SUNDAY/AUG. 3

4-H Fair. July 31-Aug. 1, 10 a.m.-3 p.m.; Aug. 2, 9 a.m.-9 p.m.; Aug. 3, 11 a.m.-5 p.m. Frypan Farm Park, 2709 West Ox Road, Herndon. Come join the old-fashioned, country fun at the 4-H Fair. \$7 parking fee. Call 703-437-9101.

FRIDAY/AUG. 1

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.

FRIDAY-SUNDAY/AUG. 1-3

Musical Theater. Several showtimes. at The Alliance Theater, Chantilly High School, 4201 Stringfellow Road, Chantilly. A production of "Shrek: The Musical." \$16. Visit www.thealliance theatre.org/ for showtimes.

SATURDAY/AUG. 2

Crime Solvers 5K. 8 a.m. at Fairfax County Government Center, Fairfax. The 2nd Crime Solvers 5K race and free kids run. \$25 through July 4, \$30 after, \$35 the morning of the event. To register visit www.crimesolvers5k.com.

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.

Drive-in Movie. Food and children's activities 6-8 p.m., movie begins at dark. Starlight Cinema, 5860 Trinity Parkway. "Casablanca" plays at the drive-in. Watch from your car or bring blankets to lounge on. Bring a radio to listen outdoors. Free. Visit www.fairfaxcounty.gov/parks/performances or call 703-324-8662 for more.

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Westfield Rising Senior Gibson Commits to Army

Standout free safety.

After playing defensive end and running back in his early years, James Gibson made the switch to free safety as a sophomore to join the Westfield varsity football team. The results have been fruitful for Gibson, who received first-team all-district and second-team all-region accolades. On July 21, Gibson, a rising senior, committed to play for Army.

Westfield has reached the region championship game three years in a row, two with Gibson at free safety, but each year the Bulldogs have ended their season one win shy of the state playoffs. Gibson is hoping experience gained can help propel the Bulldogs further in 2014.

Gibson recently participated in a Q&A via email.

Q: You committed to Army on Monday. What made Army the right choice for you?

Gibson: Great combination of academics and football. Loved the place overall. Especially because I expected it to be prison-like when you hear military school. Beautiful place overall. Coaches made me feel comfortable and the players were comfortable around them even though they were new coaches.

Q: Westfield has lost in the region championship game each of the last three seasons (Gibson played in two of those games). How did it feel to finish one win shy of states multiple years in a row? How do those experiences affect your outlook on this season?

Gibson: To make it that far each year and lose is bittersweet. This season we plan on winning and advancing past that game. A lot of experience was gained in each of those games, which will help us moving forward



CENTRE VIEW FILE PHOTO

Westfield free safety James Gibson makes a tackle during his sophomore season.

this year.

Q&A

Q: At what age did you start playing football? Have you always been a safety? When did you realize playing college football was a possibility for you?

Gibson: I started playing football at 7 years old. I was a defensive end at first, then running back up until my sophomore year when I made the switch FS to play on the varsity team. I realized playing college football [was a possibility] the spring of my sophomore year when a few colleges came by the school to meet me.

Q: What qualities, physical or mental, does it take to make a good safety?

Gibson: Mentally, in our system at Westfield playing safety takes a lot because you are an extension of the coaches on the field. Physically, you just need the right tech-

niques and everything will be fine. It's a demanding position, but at the same time very fun.

Q: Do you play any other sports at Westfield?

Gibson: Yes, I ran track my first two years. I played lacrosse this past year and will play lacrosse and run track my senior year, as well.

Q: What is your favorite athletic moment from your first three years at Westfield?

Gibson: My favorite moment was the Lake Braddock game (2013 region semifinals). We came back and made it past Thanksgiving which we had not done the past two years. Scoring the touchdown with the [field goal] block from Chase [Koon] was amazing, as well to see all 10 guys running down to help me, especially Donteiro [Moore] at the end. That game created a

buzz around the school even more than usual, which was unfortunately ruined the next Saturday.

Q: What is something you've learned from your first three seasons that can help you this year?

Gibson: Just play. Especially my sophomore year, I would think way too much. I've been in the system for three years now and have it down, I just need to play and help others around me to ultimately reach our goal of a state championship.

Q: Who is your favorite music artist? Why?

Gibson: J. Cole is my favorite artist. Parts of his music relate to me and he tells a story about his life and all he's been through to get to where he is now. I always listen to him on game day.

Q: What is your favorite movie?

Gibson: Tie between "Kevin Hart: Let Me Explain" and the James Bond movies.

Q: Do you play video games? If so, which one is your favorite?

Gibson: Yes, NCAA is my favorite.

Q: What is your favorite hobby outside of football?

Gibson: Playing sports with my friends.

Q: What location is the farthest you have traveled from the Washington, D.C. metro area?

Gibson: Liberia. I go every year to visit my dad and other family.

Q: Are you a pro sports fan? If so, who are your favorite teams?

Gibson: Yes: Pittsburgh Steelers and Miami Heat.

— JON ROETMAN

SWIMMING

Poplar Tree Relay Wins Boost Pirates To Victory

On Saturday, July 19, the Poplar Tree Pirates outswam the visiting Mantua Marlins in another down-to-the-finish victory to close out the 2014 season with a NVSL Division 5 record of 4-1.

Adrian Coray and Luke Virostek kicked off the 8-and-under freestyle events, finishing first and third for the boys, while Marissa Erickson and Sydney Erickson placed first and third for the girls. In the 9-10 age group, Kai Taft won the boys' event, and Neha Balaji came in first for the girls. In the 11-12 events, Nels Williams placed second and Parker Agan finished third for the boys, while Sara Radcliffe and Natalie Farello took second and third place for the



PHOTO CONTRIBUTED

The 13-14 Pirate ladies 100-meter medley relay of Haley Alderman, Lauren Young, Julia Young and Corinne Kominski set a new team record with a time of 1:02:19. Also in the photo is Coach Blake Chamlee.

girls. In the 13-14 boys' and girls' events, Marcelo Coray and Nick David came in first and second for the boys, while Lauren Young and Haley Alderman came in second and third for the girls. To round out the freestyle series, Pirates swimmers Evan Baker and Jack David placed first and third in the boys 15-18 event, and Brianna Fridy finished second for the girls.

In the backstroke events, the Pirates' 8-and-under boys Adrian Coray and Ben Farello finished second and third, and Lauren Radcliffe placed second for the girls. For the 9-10 boys' event, Nicholas Martin took third, while Emma Chernisky finished first in the girls' age group. Parker Agan placed third for the 11-12 boys, and Natalie Farello came in third in the 11-12 girls event. In the 13-14 backstroke events, Marcelo Coray placed first for the boys,

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SPORTS

SWIMMING

FROM PAGE 15

while Lauren Young and Julia Young took first and third for the girls. To close out the backstroke events, Pirate swimmer Michael Amico came in second in the boys' 15-18 age group, while Hannah Warnick and Katie Dingman came in second and third 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 Nick Chernisky taking first and second, and Ava Bartnik placing third for the girls. Breaststroker Kellen Nie finished third in the boys 9-10 event, and Neha Balaji and JoJo Ellis placed first and second in the event for the girls' age group. In the 11-12 events, Sam Brunner came in third for the boys, and Mary Kominski came in first for the girls. In the 13-14 age group, Fletcher Madsen placed first for the boys, while Corinne Kominski finished second for the girls. To round out the breaststroke series, Michael Amico came in third for the 15-18 boys, and Brianna Fridy and Julia Brunner placed second and third in the girls' event.

The Pirate butterfly swimmers kicked off the fly events strong, with 8-and-under swimmers Ben Farello, Blake Madsen and Luke Virostek sweeping the boys event with a 1-2-3 finish, and Lauren Radcliffe and Marissa Erickson taking first and second for the girls age group. Following up on the strong finishes in the 8-and-under events, Kai Taft won the boys' 9-10 event, and Elena Benson took second place in the girls' 9-10 event. In the 11-12 races, Conner Madsen finished second for the boys, and Mary Kominski and Sara Radcliffe came in first and second for the girls. In the 13-14 age group, Pirate swimmers Fletcher Madsen and Nick David placed first and second, while Haley Alderman and Julia Young placed second and third for the girls. To close out the butterfly events, Evan Baker won the boys 15-18 event, and Briley Rickard and Hannah Warnick placed second and third in the 15-18 girls' age group.

As the close matchup between the Pirates



PHOTO CONTRIBUTED

Summer Franconeri and Austen Bundy secured two victories each for the Sully Station II Piranhas.

and the Marlins continued into the relay events, Poplar Tree's 8-and-under 100-freestyle relay teams of Ben Farello, Nick Chernisky, Luke Virostek, and Adrian Coray won it for the boys, while the girls' team of Emily Radcliffe, Marissa Erickson, Ava Bartnik, and Lauren Radcliffe, and took it for the girls.

Pirate victories continued in the boys' and girls' 9-10 age group 100-medley relay events, with the team of Nicholas Martin, Josh Thomas, Kai Taft, and Adrian Kim winning the event for the boys and Emma Chernisky, Neha Balaji, Elena Benson and Lily Anne Agan taking it for the girls.

Poplar Tree's Natalie Farello, Mary Kominski, Sara Radcliffe and Lauren Erickson won the girls' 11-12 100-medley event.

The 100-medley team of Marcelo Coray, Fletcher Madsen, Nick David and Jared Brennan was victorious in the 13-14 boys' event. In the 13-14 girls' event, the team of Julia Young, Corinne Kominski, Haley Alderman, and Lauren Young set a new team record with a finish of 1:02:19.

Hannah Warnick, Julia Brunner, Brianna Fridy, and Katie Dingman won the 15-18

girls' 200-medley relay.

The Pirates closed out the meet with a win in the boys' 18-and-under 200-freestyle mixed-age relay events thanks to the team of Nels Williams, Kai Taft, Marcelo Coray, and Evan Baker.

Poplar Tree finished victorious in this last match up of the 2014 season with a final score of 223-197.

Single individual event winners: Marissa Erickson (8-and-under free), Lauren Radcliffe (8-and-under fly), Adrian Coray (8-and-under free), Ben Farello (8-and-under fly), Blake Madsen (8-and-under breast), Emma Chernisky (9-10 back), and Julia Young (13-14 back).

Double individual event winners: Neha Balaji (9-10 free, breast), Kai Taft (9-10 free, fly), Mary Kominski (11-12 breast, fly), Marcelo Coray (13-14 free, back), Fletcher Madsen (13-14 breast, fly), and Evan Baker (15-18 free, fly).

Sully Station II Closes Regular Season

The Sully Station II Piranhas closed out their regular season with their trademark flair and celebratory style in an A meet against Crosspointe on July 19. Swimmers and parents alike sang, danced, and cheered as teammates turned in 37 best times and a few fingertip finishes.

SS2 showed their talent across all age groups, led by double-event winners Summer Franconeri and Austen Bundy. Franconeri captured 8U girls backstroke (24.97) and breaststroke (32.13) while Bundy took home 15-18 boys' back (32.12) and fly (29.16). They were joined in victory by freestylers Angela Cai (35.81), Ben Wu (27.65), and Harmon Saint Germain (28.93) who out-touched his opponent by .01.

Backstrokers Brantley Cervarich (39.15) and Caitlin Campbell (35.48) joined in the winning ways, followed by breaststrokers Faith Alston (38.59), Flynn Crisci (37.79), and Michael Jiang (35.61). The 13-14 girls swept breaststroke on the shoulders of Lauren Peters (42.77), Hope Alston (43.46), and Hailey Steen (45.74) swimming up an age group. The final individual victory of the day was captured by Karenna Hall in fly (36.99).

Additional points were put on the board by Hayley Norris, Caroline Li, Carly Logan, Jocelyne Amos (in another .01 finish), Dorothy Cervarich, Anthony Kang, Kellen Campbell, Liliana Glancy (swimming up two age groups), Will Davis, Harrison Saint Germain, Avril Fernandez, Aidan Crisci, John Henry Stamper, Taylor Smith, and Delaney Kennedy. Colin Brown anchored the 11-12 boys' relay and combined with teammates Brantley, Aidan, and Anthony to capture a thrilling win.

Virginia Run Completes Undefeated Season

Knowing their undefeated season was at stake, the Virginia Run Riptide welcomed

the Fair Oaks Sharks on Saturday, July 19 for the final NVSL "A" meet of 2014. On the day to honor their nine graduating seniors, the Riptide captured the Division 6 championship with a decisive 268-152 win over the Sharks.

The Riptide dominated the freestyle events claiming eight of 10 first-place points. For the boys, Charles Beamon (8U), Jason Cheifetz (9-10), Anthony Arcomona (11-12), and Geoffrey Eisenhart (13-14) won their events. For the girls, Neha Srinivasan (8U), Maddie Whitton (9-10), Didi Pace (13-14), and Chloe Hicks (15-18) won theirs. Second-place performances were turned in by William Whitton (8U), Owen Thomas (9-10), Becca Matthews (11-12), Sarah Boyle (13-14), Patrick Kearney (15-18) and Serena Emanuel (15-18), while Jack Kelly (8&Under), Jordan Banzon (13-14), Nick McGrath (15-18) and Skyla Davidson (15-18) claimed third-place points.

Maintaining their momentum in backstroke, the Riptide swept three races. For the 8U boys, Charles Beamon was first, William Whitton was second and Logan Dahm was third. Geoffrey Eisenhart was first, Charlie Gunn second and Scott Pisarcik third for the 13-14 boys, while Chloe Hicks claimed first, Maggie Blondin second and Alexa McAnally third for the 15-18 girls. Additional first-place backstrokers included Olivia Masterson (11-12) and Lauren Stovall (13-14). Multiple second-place finishes were achieved by Ella Thomas (8&Under), Andrew Boyle (9-10), Chanel Cogan (13-14), and Joey Castro (15-18). Third-place finishes were recorded by Natalie Orwat (8&Under), Owen Thomas (9-10), Caitlin Kelliher (9-10), Anthony Tonthat (11-12), and Catie Gunn (11-12).

With a comfortable lead, the Riptide breaststrokers began their events. Seven Riptide swimmers won their races: Michael Hart (9-10), Gabriella Borsato (9-10), Jack Liskey (11-12), Olivia Masterson (11-12), Thomas Beamon (13-14), Leo Wang (swimming up to 15-18) and Skyla Davidson (15-18). Five swimmers achieved second places: Griffin Osterhout (8U), Anthony Tonthat (11-12), Joel Cheifetz (13-14), Jacquelyn Hart (13-14), and Reilly Tweddle (15-18). Seven swimmers took third: Allison Nguyen (8U), Andrew Boyle (9-10), David Barron (11-12), Megan Vu (11-12), Scott Pisarcik (13-14), Abby Borsato (13-14), and Meredith Matz (15-18).

The power of the Riptide butterfly squad was on full display with eight swimmers securing firsts: Neha Srinivasan (8U), Maddie Whitton (9-10), Anthony Arcomona (11-12), Catie Gunn (11-12), Leo Wang (13-14), Didi Pace (13-14), Joey Castro (15-18) and Alexa McAnally (15-18). The depth of the Riptide fliers was demonstrated with five second-place finishes by William Beamon (11-12), Becca Matthews (11-12), Sarah Boyle (13-14), Patrick Kearney (15-18), and Allison Meredith (15-18) and third-place races by Jack Kelly (8Under), Jason Cheifetz (9-10), Thomas Beamon (13-14), and Chanel Cogan (13-14).

During the intermission before relays, the Riptide honored their nine graduating high



PHOTO CONTRIBUTED

Pictured are the Virginia Run Riptide seniors: (front row) Serene Emanuel, Maggie Blondin, Mary Masterson, (back row) Andrew Meredith, Daniel Matthews, Nick Benedetto, Meghan Heick, Morgan Tweddle and Joey Castro.



SYA's Inaugural Fall Volleyball Season

September 8th–November 7th



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AFTER AUGUST 29, an additional \$20 late fee will be charged.

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Practices will be 5:45–7:15pm or 7:15–8:45pm on Monday or Tuesday. Games will take place 5:45–7:15pm or 7:15–8:45pm on Wednesday or Thursday. Exact time and day of the week will depend on gym availability. The practice night and time will be assigned on the coach's schedule needs.

HOUSE VOLLEYBALL PROGRAM

The SYAV House Volleyball program is designed as a developmental, recreational league. Teams will be balanced as much as possible with mixed abilities—from newcomer to players with more advanced skills. For players who desire a level of play where all players have advanced skill levels, it is recommended that you should sign up for a club or travel volleyball team instead of SYAV House.

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The biggest things are always the easiest to do because there is no competition.
-William Van Horne

A Battle— Hopefully Not to the Premature Death

By KENNETH B. LOURIE



One of my ongoing major concerns is the origin of the miscellaneous symptoms I irregularly experience. Obviously I don't want to think they're cancer-related, so assessing them becomes minding what potentially matters. Moreover, since I don't want to believe the cancer is actually harming me, convincing myself that what I feel might be important to share with my oncologist is almost a fool's errand. Though I've been in this situation going on nearly five and one half years now, I am still stubborn and stupid about my reality. And though I further realize that pretending doesn't work, and denial is hard to maintain when you receive chemotherapy every three weeks, still, accepting the various symptoms as cancer has been too scary for me to consider; so I haven't/don't.

Perhaps it's the treatment (I tell myself constantly), and the cumulative effect on my body of non-stop chemotherapy every three weeks for five-plus years, save for a year when I was able to take a "targeted therapy" pill, Tarceva, at home every day, that is manifesting itself? As I may have joked, being a cancer patient is all it's cracked up to be. In one delivery system or another, I have been receiving treatment for almost 64 months. It seems only logical that my body would at some juncture begin to feel the effects from that kind of long-term exposure, though my lab work doesn't necessarily reflect it, other than for the kidney and liver issues with which you regular readers are familiar. I would imagine there has to be some wear-and-tear-type fatigue. I mean, 64 months of fairly toxic materials swirling around in your blood system and interacting with all your organs; not exactly a recipe for normalcy. It can't be one big happy family in there, if you know what I mean. There has to be some disagreements. So far, however, apparently not; at least as indicated by my labs and scans, which if certain levels changed would likely warrant a retreat of some kind.

Perhaps what I feel is simply my age. How would I know? I've never been this age before; but certainly it's possible, maybe even probable. For all I know, this is what age 60 feels like. Maybe all that I feel – and all that I worry about – is simply the aging process, and this allows me to rationalize away my worst fears. Or, and this is the worst-case scenario, the age symptoms could be masking the cancer symptoms, and yours truly continuing to do nothing about either is way past pretending and denying; it's almost irresponsible, and disrespectful even, to the efforts being made – by myself and others, to keep me alive. After all, keeping a stage IV, non small cell lung cancer/terminal patient alive for as long as I've survived doesn't exactly happen by accident. Stage IV lung cancer is a killer, almost always, and one's amazing good fortune shouldn't be taken for granted.

Shouldn't I be paying closer attention here? If I feel something, shouldn't I allow my oncologist the opportunity to evaluate me? Who am I, a writer/salesperson, to determine what is medically significant (cancer-related), and what is not (age-related)? As I've said a hundred times in my life, I know about two things: sports and chocolate, neither of which has much to do with cancer and its treatment. Concerning science and medicine, I know very little. Usually at least, I know enough to follow directions. Therefore, if I've been told to do something (by my doctor/health care team), maybe it's time I did. It's likely to be important living forward, especially considering I've reached an age no one expected me to be.

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

SPORTS

SWIMMING

FROM PAGE 16

school senior swimmers: Nick Benedetto, Maggie Blondin, Joey Castro, Serene Emanuel, Meghan Heick, Mary Masterson, Daniel Matthews, Andrew Meredith, and Morgan Tweddle. These scholar athletes will all pursue higher education with career goals that range from engineering to medicine, from computer science to exercise physiology.

Swimmers from Virginia Run benefit from the Wrinkle Family Scholarship Fund that awards \$500 grants to eligible senior swimmers.

After the presentation of scholarships and gifts to the graduating seniors and their families, the Riptide swimmers dove back in for the relays. The Riptide maintained their momentum and won eight of 12 relays, guaranteeing the meet victory, an undefeated season, and the Division 6 championship.

On Saturday, July 26, the Virginia Run pool will be a busy place as the Riptide host the Divisionals Meet, where the top two swimmers in each stroke and each age group from the teams in Division 6 will compete for awards and a chance to swim at the NVSL All-Star meet.

SSTs Lose to Riverside Gardens

As the NVSL summer swim season draws to a close, teams across Northern Virginia are gearing up for divisional meets and team banquets. But the celebration is bittersweet to many teams as they say goodbye to this year's seniors. This is especially true for the Sully Station SSTs. A record 13 swimmers leave the team this year to start new chapters in their lives; all going to college, several swimming for their school or club team. These swimmers are beloved by the SSTs, often leading the team in spirit and camaraderie. Saturday's final Division 5 "A" meet at home was an emotional one, as the SSTs fell to Riverside Gardens, finishing the season in third place. The Seniors cheered on their summer family for one last time, teared-up along with their parents before



PHOTO BY STACEY HUSE

Sully Station celebrated the graduation of a record 13 seniors, during the final meet of the season, Saturday, July 19. Pictured from top left are: Emma Sax, Amy Layne, Grace McKnight, Megan Hickey, Megan Humphrey, Zoe Hemmer, Sam Wilson, Danial Okhovvatgiliani, Michael McPherson, Skyler White, Josh Dill and Jake Bowen. Missing: Logan Haddock.

final swims and then took their long-anticipated final walk across the Sully Station pool deck. Most of the team and many alumni turned out for the event and lunch that followed.

Riverside Gardens was perhaps the SSTs toughest opponent this season. Still the SSTs cheered, executed three sweeps and set many personal best records. Leah Mozeleski, Madison Moon and Brooke Patten swept the 9-10 freestyle with Mozeleski leading the pack followed by Moon in second and Patten in third. The 9-10 girls did it again in backstroke, this time Moon reached the wall first, followed by Parker Brooks in second and Avery Moon, in third. The 15-18 boys also crushed the backstroke as Collin Fiala beat out the rest for the win. Sam Wilson and Matthew McPherson finished second and third, respectively.

Five personal-best marks stood out this week. Mitchell Basham, Cayman Johnson and Nicholas Stockel, 11-12 swimmers, each set new best times, with Basham deci-

mating his Butterfly time by 7.80 percent, while in backstroke, Stockel improved by 5.48 percent and Johnson by 5.02 percent. Tyler Whitacre also sliced significant time off his backstroke, winning the 8U boys' event with an improvement of 5.1 percent. Finally 12-year-old Elise Mozeleski, swimming up in the 15-18 girls' backstroke, won the race, slashing .34 percent from her time, breaking her own record for the fourth time this season.

Monday, the SSTs hosted Brookfield in the final "B" meet of the season. The meet went long as most of the team, including the seniors, showed up to get in one last swim and register new times for the upcoming divisional meet. Even the team's 4-, 5- and 6-year-old Mini-Stars competed, many for the first time this season. Best times were crushed all around, as 38 swims earned personal best marks, many by well more than 10 percent. The mood was jubilant as the team came together.

In the final week of the season, SSTs prepare for the Divisional meet to be held, Saturday, July 26 at Mantua.

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Dogs, Cats
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PETS/PAGE 2

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PETS/PAGE 4

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CENTRE VIEW

PHOTO BY TOBY CHIEFFO-REIDWAY



PET CENTRE VIEW

Dogs, Cats and Even Horses

Humane Society of Fairfax County seeks adopters.

BY KARA COLEMAN
CENTRE VIEW

According to the Humane Society of the United States 2013 Annual Report, 118,328 animals were cared for last year by the Humane Society and its affiliates, through disaster relief, cruelty interventions, wildlife rehab centers and more. But that number doesn't count the local rescue groups around the country who work to protect, shelter, and rehabilitate animals and adopt them out to homes, including many in Northern Virginia.

Marlene Hammer, corresponding secretary for the Humane Society of Fairfax County, said that the local organization currently has dogs, cats, rabbits, horses, and a

ferret up for adoption.

"Our main goal is to adopt as many animals as we can out," she said. "By having people adopt, we can take in more animals."

The Humane Society of Fairfax County has a main office in Fairfax and a farm in Centreville. The farm is home to horses as well as 27 dogs.

A full-time manager lives on the farm to care for the animals, and if people want to adopt a horse or dog from the farm, they must go through the manager to apply.

The Fairfax office is also a home for cats who are waiting to be adopted out to families. "The cats have it very nice," Hammer said. "It's not like being in their own home, but it's the best thing to it."

According to Hammer, the cats are not in crates, but instead are housed in rooms at the shelter. Four or five cats, usually members of the same litter, share a room. Caretakers clean the cats' rooms every day, including changing litter and blankets, and mopping the floors. Volunteers that the shelter refers to as "socializers" also come in to play with the cats.

Hammer said that occasionally, animals will be dropped off at the Humane Society of Fairfax County with no note.

"One Sunday morning a few years ago, someone left a tiny dog on the porch," Hammer said. "I found him, and took him to the vet as we always do. My daughter had been looking for a small dog, and she ended up adopting that one."

Hammer said that drop-offs don't happen often. Many of the animals the Humane Society receives are given up when an owner has to move to a nursing home or is not able to keep the animal anymore. But other dogs are rescued, such as one Hammer adopted that had been left tied up outside for a long period of time.

The Humane Society of Fairfax County operates almost entirely on a volunteer basis. Operating a thrift shop in the building

next door to its main Fairfax office, its volunteers sort donations, operate cash registers, and wait on customers. With the exception of one paid staff member, the proceeds from thrift shop sales go toward the shelter's operating costs.

The Humane Society also offers a pet food pantry as a service to the community.

"People who are in need of assistance and are unable to buy food for their pets can come here and get free pet food," said Hammer. She said that most of the people who come to the pet food pantry for help are residents of Fairfax County, but that

sometimes people come from a little farther away. Hammer also said that most of the food is donated to the pantry by Boy Scouts and Girl Scouts who organize pet food drives as a service project.

"Our main goal is to adopt as many animals as we can out. By having people adopt, we can take in more animals."

— Marlene Hammer

Becoming Best Friends

Frodo and Sam have become best friends – sort of. My husband and I adopted Frodo from Home Alone Cat Rescue several years ago. He is part Maine Coon and part American Bobtail, with a funny short tail. He may have been mistreated by a previous owner because he is afraid of everything, especially ceiling fans. He quickly became comfortable in our home as an "only cat."

We adopted "Sam" in September of 2012. She was an adorable tabby kitten, part of a feral litter living outside of a restaurant in Washington D.C. Lee District School Board Member Tammy Kaufax and her two high school aged kids, Halle and Matthew, were fostering the litter as part of a school project. Tammy showed me a photo of the kittens in August of 2012 during the Springfield Bridge Walk and I fell in love with the smallest kitten with tiger markings. As soon as Sam had gained enough weight to be adopted we brought her home as a companion for Frodo.

It took a few weeks for the two cats to get used to each other, but now they play together and chase each other around all the time. They are so cute together, especially when Sam hides behind the bedroom door and ambushes Frodo when he walks into the room. Animals add so much to your life!

— SHARON BULOVA, CHAIRMAN,
FAIRFAX COUNTY BOARD OF SUPERVISORS

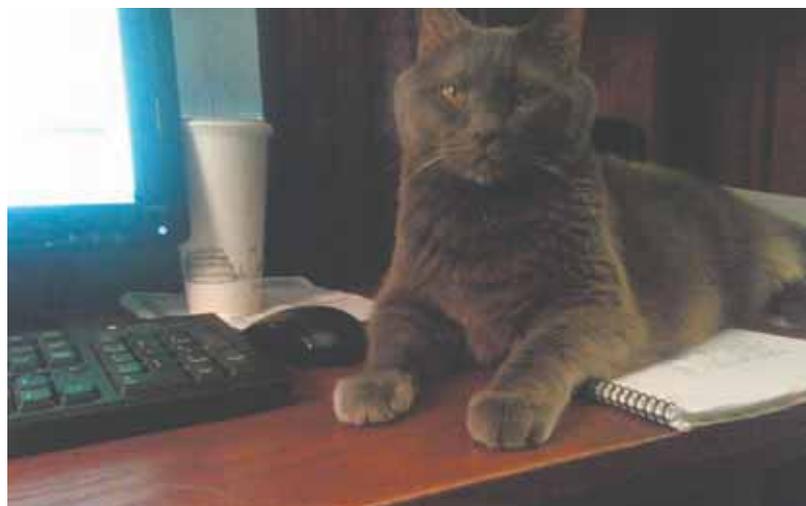


Sharon Bulova with her cats: "Animals add so much to your life!"

CENTREVIEW
PET CENTRE VIEW

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Smokey is a 13-year-old medium hair male cat who was adopted at age 10 from the Fairfax County Animal Shelter.

— JENNIFER SMITH

PET CENTRE VIEW



This is my pet squirrel of three years. Her name is Short Tail. Short Tail is going shopping for food.

— CANDACE HABIB OF CLIFTON



Meet "Skyler Kittens," our neighbor's cat who enjoys the views from our porch in Chantilly.

— JENNIFER GRAVIANO



Grace Ramey with Rose at Bull Run. Rose, adopted from Forever Friends, loves long walks and to nap in the sun.

PHOTO BY TOBY CHIEFFO-REIDWAY



PHOTO BY LAURA SUDDER

Sophie, just a drop!



Bocephius

PHOTO BY NATASHA EDWARDS

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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Puppies Destined for Important Work

PHOTOS BY JOAN BRADY/
JOANBRADYPHOTOGRAPHY.COM

Bred, donated and/or rescued for assistance dog training by paws4people.org, these “baby pictures” will be shared with the children and veterans matched with each dog.

But until then, the puppies will receive comprehensive training. Training begins at the Training Center in Wilmington, Del. The specific training is proprietary, but includes learning how to navigate different surfaces and challenges and how to handle stress. At around 6 weeks, they curl up in a transport van and make the drive to the Puppy Development Center, currently in Georgia. There, they continue with socialization training as they work students who are autistic at the Lionheart school, with both puppies and students getting more comfortable with new situations and people.

At 16 weeks, they pile back into the van and are met by inmate trainers at Lakin Correctional, in West Virginia. It is here that the core of “command set” training happens. Each dog will learn 110 commands before being matched with a “client.”

After 12 - 15 months of socialization and command training, they will each be matched with either a child or a veteran.



From that point, the puppies will be trained specifically to meet their new “handler’s” needs.

During that specialized training, the dogs remain in prison. These pictures will help the newly matched children and adults get through that initial separation.

Read more about paws4people assistance dogs at joanbradyphoto.wordpress.com

— JOAN BRADY

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com



Baby photos of future assistance dogs



This is my father and I, with my three foster failures (fostered dogs that I adopted) from the Lost Dog and Cat Rescue Foundation. The little black furball on the left is Zorro, Princess Diana is on Dad’s lap and Gryphon is my right-hand dog.

— MARCIA TIERSKY



This is Zorro and Gryphon, both adopted from the Lost Dog and Cat Rescue Foundation. Don’t worry — their coats are monogrammed so I won’t get them mixed up.

— MARCIA TIERSKY



I have three amazing cats that have adopted me. My oldest cat, Sketch, is a well traveled and extremely expressive Japanese Bobtail from Japan and he has moved back and forth with me between Florida, Virginia, back to Florida and then back up here, and has enjoyed the ride. He came to claim me as his human when he wasn’t adopted by any military families while I was running an animal rescue in Sasebo, Japan. He was adopted by two families and they decided that he was “too ordinary” and returned him. After a while, I noticed that this kitty was very extraordinary. He enjoys car rides, played fetch, and walks on a harness. Sketch is extremely loving and very loyal. There are days that I think he has ESP, because he growls before someone unexpected knocks at the front door. Currently he is fighting renal failure, but each day he greets the sun with a smile when he goes outside to roll around on the sidewalk. He really is an extraordinary feline and I’m blessed to have been adopted by him.

— MARLA GEBALDE