



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

**Boy Scout Parker King created the colorful, new playroom inside the Sully District Police Station.**

## A Cheerful Haven for Children

### Boy Scout creates a playroom in a police station.

BY BONNIE HOBBS  
 CENTRE VIEW

A police station can be a scary place for a child. But thanks to a local teen and his Eagle Scout project, the Sully District Station just got a whole lot friendlier for children.

The person responsible is Centreville High senior Parker King. His efforts transformed a plain, drab space into a bright and cheerful, under-the-sea-themed playroom. And last Thursday, July 31, he was honored during the ribbon-cutting ceremony for it.

Lt. Bob Blakley, the assistant station commander, presented King with a Commander's Commendation for "recognition of exceptional performance and dedication to the Sully District Station and outstanding community service to the Sully District."

"The fact that he was able to put all this energy into the playroom and found the folks to donate items to it is a testament to his energy and commitment," said Blakley.

"This playroom is used for various situations, such as lost kids or kids we need to entertain while mom and/or dad are being interviewed," said Crime Prevention Officer Tara Gerhard. When crime victims come to the station, it's helpful for them to be able to speak with officers and Victims' Services personnel in a quiet atmosphere. And now, their children will have a place to play while that's happening.

Also honored for their contributions, and receiving business-recognition certificates — "in recognition of your act of kindness and unwavering support of Parker King's Eagle Scout project — were the Chantilly Walmart and Franklin's Printing in Chantilly. Walmart donated the paint, furnishings and electronics for the room, and Franklin's donated the colorful vinyl graphic for

SEE A CHEERFUL, PAGE 8



**Assistant Station Commander Bob Blakley presents the Commander's Commendation to Parker King.**

## 'The Future's Bright' For Worker Center

**CIF celebrates its independent nonprofit status.**

BY BONNIE HOBBS  
 CENTRE VIEW

American Independence Day is July 4; but as far as the Centreville Immigration Forum (CIF) is concerned, Independence Day was last Friday, Aug. 1. That's when it became a full-fledged nonprofit, no longer under the auspices of Virginia Organizing.

The CIF runs the Centreville Labor Resource Center (CLRC), which provides a place where local day laborers have access to work, fair wages and classes in a safe and supportive environment.

And since the CLRC is funded solely by grants and private contributions, it's critically important that the CIF be able to accept funds as a nonprofit in its own right. So on July 31, some 70 people associated with both organizations, plus local dignitaries and community members, celebrated CIF's new status with a fajita-buffet dinner and music at Coyote Grille in Centreville.

"I've spent a lot of time talking to people about immigration, and many of them don't feel the same way you do about it," state Sen. Dave Marsden (D-37) told the crowd. "That's why it's so nice to

be among people who have compassion and who care about helping others realize the American dream, no matter where they come from. It's good for Fairfax County and the Commonwealth of Virginia; thank you for all you've done."

CIF President Alice Foltz then thanked her board of directors and all the volunteers, and CLRC Director Roberto Fernández did likewise to the workers. "Roberto wanted to build on the strengths of the workers and that's what he did," she said. "They wrote the center's policy before it even opened." And, she added, "We would not be here today without the support of Michael Frey and Al Dwoskin."

Del. Ken Plum (D-36) acknowledged Frey, too, and thanked him for his leadership. Plum said what

**"We would not be here today without the support of Michael Frey and Al Dwoskin."**

— CIF President Alice Foltz

the CIF has accomplished "truly is an example of what we should be looking at in other parts of the country."

"It's a long road we've traveled," said Supervisor Michael R. Frey (R-Sully), who supported the CLRC from the start. He also said how proud he is to be part of a Board of Supervisors in Fairfax County that treated its immigrant population totally differently from Prince William County.

"My reaction was that we had a local problem we could solve," he said. "Al Dwoskin donated the space and Alice got the funds

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## ROUNDUPS

### Helping Immigrant Children

The Centreville Labor Resource Center (CLRC) is collecting donations for the 70 immigrant children and 15 young mothers being housed at a secure facility in Bristow while awaiting hearings. The children need health and hygiene supplies, clothing and bedding. Donations may be brought to CLRC, 5956 Centreville Crest Lane in Centreville.

Especially needed are clothing and underwear for both boys and girls, ages 7-17; white towels, twin-sized blankets, sheets and bedspreads; new pillows and personal-hygiene products including shampoo, conditioner, hand soap, lotion, deodorant, hair brushes, tooth paste and toothbrushes.

For more information call CLRC Director Roberto Fernández at 703-543-6272, Monday through Saturday, 6 a.m.-noon, or Alice Foltz at 703-346-6030.

### 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 Aug. 7 and Aug. 14.

### 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](http://www.WFCMVA.org) or email [jbush@wfcmv.org](mailto:jbush@wfcmv.org).

### Enjoy Sully's Starlight Cinema

The 10<sup>th</sup> year of Sully District Starlight Cinema is now underway with free, family-friendly, drive-in movies. They'll be presented on Saturday evenings in August at 5860 Trinity Parkway in Centreville. Gates open at 6 p.m.

The evening will begin with music, food and children's activities provided by New Life Christian Church. Then, at dark, the movies will start. People may watch movies on the big screen from the comfort of their cars; or if they want a canopy of stars overhead, they may sit in a designated area in front of the screen.

The schedule is as follows: "Aug. 9, "Despicable Me 2;" Aug. 16, "Cloudy with a Chance of Meatballs 2;" Aug. 23, "Frozen;" and Aug. 30, "The Lego Movie."

If there's a threat of bad weather, call 703-324-SHOW after 6 p.m. for cancellation updates. For more information, visit [www.fairfaxcounty.gov/parks/performances/](http://www.fairfaxcounty.gov/parks/performances/).

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Aug. 14, 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

SEE ROUNDUPS, PAGE 8

## NEWS



PHOTOS COURTESY OF LORI CLEVELAND

Participants of the Chesapeake Bay Foundation's environmental immersion class at Port Isobel in the Chesapeake Bay included 24 principals from Fairfax County.

## Principals Visit Port Isobel

Environmental lessons to be incorporated in classroom teaching.

BY JANELLE GERMANOS  
CENTRE VIEW

From July 30 to Aug. 1, 24 principals from elementary and middle schools in Fairfax County embarked on a journey to Port Isobel, located near Tangier Island in the middle of the Chesapeake Bay.

The trip was sponsored by the Chesapeake Bay Foundation, and sought to guide teachers on how to best teach environmental issues back in the classroom.

"I thoroughly enjoyed this leadership experience with principals from FCPS and I am thankful to the Chesapeake Bay Foundation (CBF) for sponsoring this trip," said Lori Cleveland, principal of Greenbriar West Elementary School. "We were immersed in learning about the Chesapeake Bay and the lifestyle of the residents of Tangier Island during our three

day adventure."

The Chesapeake Bay Foundation's Port Isobel Education Center is located east of Tangier Island, which is sinking due to rising sea levels.

"Tangier Island was an experience I will never forget — it was sad to learn about how the environmental conditions are impacting the island which is sinking," Cleveland said. "With knowledge gained, I plan to use my leadership to engage my school community and become more involved in environmental stewardship projects to support FCPS' Get2Green goals by focusing our recycling efforts and outdoor learning space to engage students through environmental learning activities."

Laura Hickey, senior director of the National Wildlife Federation's Eco-Schools USA, said the best part of the workshop was engaging with the Chesapeake Bay Foundation and the Fairfax County principals. She enjoyed scraping for crabs, shrimp and pike fish, and learning about the history of Tangier Island.

"The Chesapeake Bay is an unbelievable resource and it's at risk from pollution, runoff, and sea level rise. We learned about the dangers to the Bay, and also how we might work together at schools to both educate our young students and implement solu

SEE PRINCIPALS VISIT, PAGE 5



Lori Cleveland, the principal of Greenbriar West Elementary School, Anthony Terrell, principal of Rocky Run Middle School, and Mary Miller, principal of Brookfield Elementary School, embark on a trip to Port Isobel in the Chesapeake Bay.

# CIF Celebrates Its Independent Nonprofit Status

FROM PAGE 1  
 raised and the support of the faith community. The center's been open almost three years now and is achieving goals every day. And tonight's a huge step for the CIF to break from its parent organization."

Frey said the CLRC continues to increase the number of workers getting jobs and the number of employers hiring them and has gained community acceptance. In fact, he said, "The majority of the employers are Centreville residents. No one fears for their safety and the workers are getting paid and are learning English and job skills. So I think the future's bright – this is a tremendous success story."

He also praised Fernández, CLRC Coordinator Molly Maddra, new CIF Executive Director Terry Angelotti and all the volunteers. Said Frey: "Thank you for what you've done and for what you'll continue to do."

Angelotti is the CIF's first-ever executive director, but has been part of the group for four years, most recently as chairman of its Finance and Fundraising Committee. She and her family moved to Centreville in 2001 and often went to the library here.

"When I saw all those guys standing outside, looking for jobs, I wanted to help," she



From left are Terry Angelotti, Molly Maddra, Alice Foltz, Roberto Fernández and Michael Frey at the celebration.

PHOTO BY BONNIE HOBBS/CENTRE VIEW

said. "But I didn't speak Spanish and didn't know what I could do. Then I read in the newspaper about a meeting to organize the center, so I went."

In her job, she reviewed grants and applied for money, so she called the CIF and offered her help writing grants and raising funds for the center. "Molly and Roberto need this support to continue their work," said Angelotti. "And now I'm looking forward to helping with the leadership in a new way."

Foltz said the CIF plans to apply for additional grants and offer more qualified and certified training for the workers, so it needs to raise money for the instructors. Also planned are more ESL classes, plus classes in advanced ESL. And the community can help.

Tax-deductible contributions may now be made directly to the Centreville Immigration Forum. Mail checks to CIF, Box 81, Centreville, VA 20122; or bring them to the Centreville Labor Resource Center, 5956 Centreville Crest Lane in Centreville. And in the coming weeks, online donations will be able to be made at [www.centrevillelrc.org](http://www.centrevillelrc.org) or [www.centrevilleimmigrationforum.org](http://www.centrevilleimmigrationforum.org).

## From the Streets to Safety and Success

BY BONNIE HOBBS  
 CENTRE VIEW

**B**efore the CLRC opened in the Centreville Square Shopping Center, day laborers stood on the nearby street corners and outside the Centreville Regional Library and employers hired them from there. But many didn't get work and, often, some who did were cheated out of their wages by employers refusing to pay them after the job was done.

The situation led to tension in the local community. Store owners said the men's presence discouraged customers from patronizing their businesses. And some mothers felt uneasy bringing their children to a library with men standing outside.

But once the CIF was established to help these mainly Guatemalan immigrants, things changed slowly, but surely. Members made contact with the workers, directed them to social services that could help them and their families, and connected them to churches offering English-language classes. But they were still hired from the streets.

Then in early 2010, Al Dwoskin, owner of the Centreville Square Shopping Center, proposed the idea for a worker center. He later donated one of his storefronts for it and agreed to pay for utilities if the CIF would run it.

So the CIF began fund-raising and solicited grants and donations to hire a director and an assistant. It also invited the laborers to its planning meetings, had them develop the center's rules and regulations and made sure they were an integral part of the new facility so they'd actually use it.

CLRC Director Shani Moser and Coordinator Molly Maddra were hired, workers learned each other's trades and employers began hiring them directly from the center, which opened in December 2011. Current Director Roberto Fernández later replaced Moser, who left to become a high-school Spanish teacher, and the center continued to thrive.

According to the CLRC's 2014 mid-year report, the center now serves more than 600 long-time and newly registered workers and more than 700 employers at 5956 Centreville Crest Lane in Centreville. It's open daily, 6 a.m.-noon; phone 703-543-6272 or see [www.centrevillelrc.org](http://www.centrevillelrc.org).

Nearly 100 volunteers support the staff in a variety of programs. The center also helps with worker-employer negotiations. Staff clarifies work and pay expectations and follows up to ensure both employer and worker satisfaction. Furthermore, workers may learn English and improve their job skills at evening classes or while waiting for work.

In addition, 10 religious communities make regular or occasional contributions. Businesses and foundations appreciate the center's strong work in job training and development; and this year, about 75 percent of those hiring the workers are returning employers.

"Local nonprofits are amazed at our statistics, with a 48-percent increase in jobs during the second quarter of this year, compared to last year's second quarter," said



CLRC Director Roberto Fernández and CLRC Coordinator Molly Maddra.

PHOTO BY BONNIE HOBBS/CENTRE VIEW

Fernández. "And the staff has continued to work with skill, care and energy, even during economic hard times that required cut-backs during the winter."

This year, the workers have taken painting and carpentry classes, as well as classes in health and financial matters. They also receive daily ESOL sessions.

"Donors came forward to provide much-needed resources during the lean times," said Fernández.

"We have no government financial cushion, and only private donors support our lifeline for day laborers."

### BULLETIN BOARD

#### 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/hscodes/ereg/Registration.aspx?groupID=47](http://www.fairfaxcounty.gov/hscodes/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](http://www.nvcc.edu) or visit campuses in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge. Call 703-323-3000 for more.

**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. 21

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

#### SUNDAY/AUG. 31

**Nomination Deadline.** Elite Car Care Centers is starting a charitable "Pay it Forward" campaign. Nominate someone who needs car repair and cannot afford it by writing a letter or email and 10 vehicles will be chosen at the end of the month. Visit [www.elitecarecenter.com](http://www.elitecarecenter.com) for more or to nominate someone in need.

#### SUNDAY/AUG. 31-MONDAY/SEPT. 1

**Labor Day Weekend.** All branches of the Fairfax County are closed for the holiday.

# Principals Visit Island in Chesapeake Bay

FROM PAGE 3

tions," Hickey said.

According to Hickey, over 65 schools in Fairfax County participate in the Eco-Schools USA program, run by the National Wildlife Federation. Principals at the workshop learned how they can help make their school greener.

"All in all, it was a wonderful experience with a lot of takeaways, including how grateful I am to CBF for inviting me to participate, and how I look forward to working with even more schools within Fairfax County in the near future," Hickey said.

Amy Goodloe, principal of Oak Hill Elementary School, said the trip helped her to increase her knowledge of enhancing education on environmental issues at her school.

"The trip to Port Isobel was fantastic. I learned the importance of examining both the natural and social systems of the environment around us, specifically in the context of the Chesapeake Bay and Tangier Island," she said. "The best part of the trip was learning about how the Chesapeake Bay waterman work not only to make their living on the Bay, but also to preserve the natural ecosystem there. This was done through the experience of fishing for crabs as well as looking at the environment in which they live."



**Amy Goodloe, principal of Oak Hill Elementary School, and Lori Cleveland, principal of Greenbriar West Elementary School, on the boat to Tangier Island, an island in the Chesapeake Bay.**

Goodloe and other principals said they are looking forward to integrating lessons from the trip into lessons at their schools.



**Principals from Fairfax County scrape for crabs in the Chesapeake Bay.**

PHOTOS COURTESY OF LAURA HICKEY

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## Brightening Outlook for End of Summer

### Local pleasures to offset discouraging news.

**T**he news here has been a bit discouraging, and that's without considering the human tragedy and disaster of several different international situations.

The unsettling narrative rolling out from the Richmond trial of former Gov. Bob McDonnell and his wife Maureen would hopefully result in action on campaign finance reform in Virginia.

Up until the news about "gifts" to family members of Gov. Bob McDonnell, almost all elected officials would defend Virginia's notoriously unregulated system of allowing candidates and elected officials to take unlimited amounts of money and unlimited gifts from anyone or any company at all. Because Virginia has such strict disclosure requirements, elected officials seem to think that it's OK to be awash in all that money. Voters can look up who is giving money and draw their own conclusions. How could it hurt if the details are all out in the open?

It isn't just disclosure of gifts to family members that needs reform here.

Discovering that the system is entirely self-regulated with no independent auditor, no ethics commission and no penalties for failing to report gifts or contributions should give voters some pause. Consider that only four states, including Virginia, have no limits on contributions. Most states have limits; for example, in Maryland, individuals can give \$4,000 to any

one candidate and \$10,000 total in a four-year election cycle. We've already had one session of the General Assembly without a meaningful reform effort.

The current stubborn road block to extending health coverage to at least 200,000 very poor Virginians, including another unsettling narrative about Democrats losing control of the Virginia Senate because of the resignation of one senator who was apparently offered a great job and a judgeship for his daughter, is dispiriting.

The failure in Fairfax County of a proposal to allow the building of affordable studio apartments to house working poor people is discouraging on several fronts. The proposal was many years in the making. Why did this proposal come forward without support from members of the Board of Supervisors? Even if it was approved, it appeared to lack commercial viability. Back to the drawing board? (There is some good news pending about more federal money for affordable housing in the county.)

So here are a few end-of-summer activities that can serve as antidote.

In Arlington, go to the Marine Corps Sunset Parade and Concert, last chance this summer, Tuesday Aug. 12, 6:30 p.m. in August. Iwo Jima Memorial. Visit [www.barracks.marines.mil](http://www.barracks.marines.mil).

Or catch the Arlington County Fair, through Aug. 10 at Thomas Jefferson Community Center, 3501 Second St. South. Shop for arts and crafts, watch pigs race and enjoy rides and entertainment. Visit [arlingtoncountyfair.us](http://arlingtoncountyfair.us).

Go on a Sunset Kayak Tour in Great Falls, Friday, Aug. 8, 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Experience the end of the day with a tour of the upper

Potomac. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

Try out Tai Chi for free. Beginners' Practice. 8-9 a.m. McLean Central Park basketball court, 1468 Dolley Madison Blvd, McLean. Open to all, including first-timers, every Saturday morning. 703-759-9141 or [www.freetaichi.org/practice.shtml](http://www.freetaichi.org/practice.shtml).

Dance on Aug. 16, 8-11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. 8-9pm Mambo lesson; 9-11:30 p.m. \$15. 703-759-2685.

Go to the farmers markets and enjoy the local bounty.

Frying Pan Farm Stand. Wednesdays. 8 a.m.-12:30 p.m. 2709 West Ox Road, Herndon. <http://fryingpanpark.org/2014/05/15/farmstand/>

Fair Lakes Farmers Market. Wednesdays. 3:30-7 p.m. 4501 Market Commons Drive, Fairfax. [www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va](http://www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va).

Fairfax's Government Center Farmers Market. 3-7 p.m. Thursdays, May 1-Oct. 30. Ten vendors including a Middle Eastern delicacy bakery and custom organic ice cream shop. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. [www.fairfaxcounty.gov/parks/farmersmarkets/governmentcntr-mrkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/governmentcntr-mrkt.htm).

Fairfax Farmers Market. 8 a.m.-1 p.m. Saturdays, May 10-Nov. 1. 10500 Page Avenue, Fairfax. [www.fairfaxsatdaymarket.com](http://www.fairfaxsatdaymarket.com).

Fairfax Farmers Market. 10 a.m.-2 p.m. Sundays, May 11-Oct. 26. 10500 Page Avenue, Fairfax. [www.fairfaxsatdaymarket.com/](http://www.fairfaxsatdaymarket.com/)

#### EDITORIAL

#### LETTERS TO THE EDITOR

### Important Step Forward

To the Editor:

On Tuesday, July 29, we had the privilege of attending the ribbon cutting for the new Community Residences, Inc. (CRI) High Support Needs home at 9332 Burke Road, Fairfax. The home, especially tailored for those with intense needs, will serve six individuals with intellectual disabilities. Some will move to this home from the Northern Virginia Training Center, and others will transfer from other CRI homes in the area that are not equipped to provide the same level of support.

It is a brand new single-level home in a residential area with an open floor plan and ample room for its residents. The doors are wide, and the bathrooms and kitchen are adapted for those with physical as well as intellectual and developmental disabilities. Each resident will have an individual, personally designed and decorated room.

Kudos to Community Resi-

dences, the Virginia Department of Behavioral Health and Developmental Services, the Community Services Boards, the County of Fairfax, the Virginia Housing Development Authority and to all the financial institutions and non-profit organizations who worked together to negotiate the red tape, the permits, and the funding streams to make the home a reality.

Time will tell whether the supports available in this new home are truly "comparable" to those received by our loved ones at NVTC, as required by SB 627, signed into law by Governor McAuliffe on April 4. However, while this model is not the only possible solution for individuals with intensive needs currently in Training Centers or for those who have waited for too many years on community waiting lists, it is a very significant step in finding ways to serve these vulnerable populations safely and responsibly. Many more homes of this type and quality need to be built so that families can keep their loved ones in close proximity. It is important



PHOTO CONTRIBUTED

**The ribbon cutting for the new Community Residences, Inc. High Support Needs home at 9332 Burke Road, Fairfax.**

to note that this is not a waiver home, but rather a home for individuals with high support needs, so that the funding streams and the staffing are need-based rather

than arbitrarily capped and subject to the uncertainties of budgeting in the General Assembly. The

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## WELLBEING

# Preventing Sports Injuries

How to keep kids safe while they're having fun.

By MARILYN CAMPBELL  
CENTRE VIEW

**A**s students prepare to return to school, one activity many look forward to is sports. While the benefits of athletic activities are numerous, however, so are injuries.

Statistics released by Safe Kids Worldwide, an organization dedicated to preventing injuries in children, show that more than 38 million U.S. children and adolescents ages 19 and under participate in sports each year. More than 2.6 million of those children were seen in emergency rooms for injuries related to sports and recreation.

"I believe the benefits of sports participation far outweigh the risks. Injuries will never be 100 percent preventable and are part of sports. However, many youth sports injuries are preventable with some common sense," said Shane V. Caswell, Ph.D., professor and Athletic Training Education Program executive director at the Sports Medicine Assessment, Research & Testing (SMART) Laboratory at George Mason University in Fairfax.

The most common sports-related issues are sprains (mostly ankle), muscle strains, bone or growth plate injuries, repetitive motion injuries and heat-related illnesses.

"Children's bones are more pliable than adults', and injuries that might just cause a sprain in an adult could cause a fracture in a child," said Dr. Derek Ochiai, Hip Arthroscopy & Sports Medicine at the Nirschl Orthopaedic Center in Arlington. "If the child refuses to bend their wrist or elbow or cannot put weight on their leg, then this should be urgently seen by a physician, whether in the emergency room or in the doctor's office, within a day of the injury."

Ochiai said sports are ideal for developing a child's coordination and helping them learn teamwork and perseverance. However, he continued, all sports carry a risk of injury. "The most common sports associated with injuries include football, basketball, baseball/softball and soccer," he said. "Any sport that involves colliding with another player does increase the risk of injury."

**PARENTS, GUARDIANS AND CARETAKERS** can take active roles in helping to prevent injuries, said Caswell. "To help ensure that their children are safe, parents need to take ownership of their child's safety,"

he said. "We can begin with the first question parents should ask when choosing a youth league or sports association: Who in the organization is responsible for league safety and what is the plan?"

Youth sports organizations should take precautions to ensure safety, continued Caswell. "It need not be someone with medical knowledge, but it should be a concerned parent or volunteer who makes safety the number one priority."

Parents should then ask to see the league's youth safety policies and procedures manual and emergency action plans specific to all venues where the children will practice and compete, he said



PHOTO COURTESY OF NIRSCHL ORTHOPAEDIC CENTER  
**Dr. Derek Ochiai treats a young patient at the Nirschl Orthopaedic Center in Arlington. More than 2.6 million children sustain sports-related injuries that require emergency care each year.**

"Unfortunately, we have seen too many instances where an emergency situation occurs and no one knows what to do," Caswell said. "Youth sports organizations should have these policies in place, require that coaches be educated on them and make parents aware that they exist. They should be reviewed annually and practiced regularly so that when an emergency occurs everyone is prepared."

**STRETCHING TO MAINTAIN** muscle flexibility is also important to prevent sports injuries in children, said Skye Donovan, Ph.D., associate professor of physical therapy at Marymount University in Arlington.

"As children go through growth spurts, their muscles are at an increased risk of becoming tight and limiting their range of motion, which can pose a problem during sports," she said. "Strength training is a great way to help children resist injuries. It doesn't have to be the typical 'go to the weight room' type of strength training; children can do sports-specific activities that use their own body weight or resistance bands to help target underdeveloped muscles that might otherwise lead to injuries. Agility training is also helpful to improve sports related skills like coordination, cutting, changing directions and high speed movements."

Ochiai underscores the importance of using protective gear, including helmets. "Listen to coaches and instructions on technique, and use proper techniques at all times, including with tackling in football," he said. "Make sure the young athletes stay hydrated, and have access to water frequently. Even at young ages, include appropriate warm up drills prior to starting the activity."

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**CENTRE VIEW**

# A Cheerful, Peaceful Haven for Children

FROM PAGE 1

one of the walls.

"I have two boys, including one who's working on his Eagle Scout project, too," said Franklin's owner, Betsy Wilson. "And this playroom is good for the community and good for the kids.

And I thought it was a really great idea, and very imaginative."

Walmart Personnel Manager Nancy Ward said the store wanted to support King and "give back to the community. Walmart's all about helping the community improve, and it was fun doing the shopping."

"There are so many things across Sully we'd love to do, but can't find the time, people or funds, so Eagle Scout projects are a tremendous resource," said Supervisor Michael R. Frey (R-Sully). "And this one is certainly different. As far as I know, it's the first project anyone's done at the station here."

"You don't always think about a crime's impact on all the victims," he continued. "And if a child comes with their parents, a police station can be an intimidating place. So this playroom softens the situation for the children and will be a huge benefit to the station. Officers won't have to worry where the kids should go, and it gives a comfort level to both them and the families."

King, 16, plays saxophone in Centreville's band; is in the Spanish, Science and National honor societies; and belongs to his school's Amnesty Club, which promotes political freedom and world peace. And he hopes to get an ROTC scholarship and eventually become an Air Force engineer like his father, Lt. Col. Bobby King.

So how did this Eagle Scout project come about? "My mom [Jonna] knows Kasey Kirkland, this station's Victims' Services specialist, and we'd asked her if there was anything around the station we could help her with," said Parker King. "She suggested a place where children could come."

A member of Troop 717 of St. Andrew Catholic Church, King started working on plans for the playroom last summer. He and his mother and stepfather, Charlie Devine – who was also his project coach – visited various stores and asked for their help.



**Lt. Bob Blakley gives a business-recognition certificate to Walmart Assistant Manager Ashley Rousseau.**

"We got turned down by multiple stores," said King. "But that made me more determined to get donations." And he did, from Walmart and Franklin's Printing.

The room now contains a TV, DVD player, toddler-sized picnic table with benches, a white board for drawing, a magnetic board for playing games like tic-tac-toe, stuffed animals and a storage bin for toys. It's freshly painted and one wall is covered with an ocean graphic of fanciful fish and plants.

"Al Oglesby, manager of the Chantilly Walmart, was amazing to us," said King. "We couldn't have done it without him; he donated everything but the vinyl graphic. And Charlie works in graphic design, so he knew Franklin's through his business connections. Franklin's was also very good to us and was quick with its donation."

If not for the contributions of the two, local businesses, said King, the room would have otherwise cost "close to \$3,000" to redo.

He said he and Devine chose the underwater scene because "we felt these were the most comforting colors and would be the most-effective theme."

King's younger siblings did most of the



**From left: Walmart Asset Protection Manager Tony Kronebusch, Parker King, Betsy Wilson and Michael Frey cut the ribbon on the playroom while King's father, Air Force Lt. Col. Bobby King, looks on.**



**Flanked by Lt. Bob Blakley and Parker King, Franklin's Printing owner Betsy Wilson receives a business-recognition certificate.**

PHOTOS BY  
BONNIE HOBBS  
CENTRE VIEW

room painting, while he supervised. Wielding the paintbrushes were Centreville High freshman Kayla, 14, and Centreville Elementary sixth- and fourth-graders, respectively, Jonathan, 11, and Naomi, 9. (King also has two stepbrothers, Charlie Jr., 23, who's going into the Marines, and Caleb, 22, already in the USMC.)

In May, Gerhard helped King determine where to place everything in the room, and the project was finished June 6. But to accommodate everyone's schedules, the ribbon-cutting wasn't held until last week.

"I feel good about it," said King. "I think it turned out really well, and I'm happy that we could give back to the community."

## ROUNDUPS

FROM PAGE 3

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](mailto: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](http://www.centrevilleLRC.org) and click on the "How to Hire" link. Tell what kind of work

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

## Food Donations For WFCM

Western Fairfax Christian Ministries' food

pantry urgently needs donations of canned pasta or stew, macaroni and cheese, vegetable oil, canned diced tomatoes and peanut butter. Also needed are toiletries, which WFCM clients cannot purchase 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. A volunteer bagger is needed Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or [abosley@wfcmv.org](mailto:abosley@wfcmv.org).

# ENTERTAINMENT

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

## ONGOING

**Fine Arts Open Exhibition.** Through Aug. 19, at Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The Jewish Community Center of Northern Virginia will be opening its annual art exhibition to highlight the work of new members, staff and the community. All media will be represented, from drawing to ceramics. Entry fee is \$10 for members and \$18 for nonmembers. Contact 703-323-0880 or visit [www.jccnvarts.org](http://www.jccnvarts.org) for more information.

**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 [www.fairfaxcounty.gov/parks/performances/ellipse.htm](http://www.fairfaxcounty.gov/parks/performances/ellipse.htm) for more.

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

**Fairways-Fore-FREEDom.** Through Sept. 1, 3 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Military golf program in

honor of the armed forces. Only for those with valid with military ID. \$29 - \$69. Visit [www.marriottgolf.com](http://www.marriottgolf.com), or call 703-631-3300.

**Registration for 2014 Northern Virginia Senior Olympics.** Online registration for the 2014 Northern Virginia Senior Olympics is open now. Events will take place Sept. 13-24 at 19 different venues throughout Northern Virginia. Registration forms are available at senior centers, community centers and senior residences or by calling 703-228-4721. Deadline to register is Aug. 29 by mail and Sept. 5 online. Adults 50 years of age by Dec. 30, 2014, residing in a sponsoring jurisdiction, are eligible to compete. Fee is \$12. Visit [www.nvso.us](http://www.nvso.us) for more.

**Singing.** 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubilaires rehearse every Wednesday which includes training by an award-winning director. Visit [www.fairfaxjubilaires.org](http://www.fairfaxjubilaires.org) for more.

## CAMPS, CLASSES & WORKSHOPS

**Sizzlin' Sully Summer Workouts.** Tuesdays and Thursdays, 7:30-8:30 a.m. and 9:45-10:45 a.m. Sully Community Center Parking lot, 5101 Sequoia Farms Drive, Centreville. A total body conditioning workout. \$10 Drop in fee, or \$90 for 10 classes. Visit [www.benefitfitness.us/](http://www.benefitfitness.us/) for more.

## THURSDAY/AUG. 7

**Small Wonders.** 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Rhymes, songs, stories and activities for children 12-23 months with adult. Call 703-830-2223.

SEE ENTERTAINMENT, PAGE 12

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## Stride Right



By KENNETH B. LOURIE

Not that I've felt that my attitude toward being diagnosed with stage IV ("terminal") non-small cell lung cancer at age 54-and-one-half was ever to be considered as model behavior, but I do believe, after the initial shock wore off, eventually I assimilated its effects into my routine reasonably well. Not without a million bumps and bruises along the way, however, both physically and emotionally; nevertheless, though time has not healed all that has preceded this column, I've managed to find and maintain an extremely delicate balance between "joie de vivre" and "c'est la vie."

And speaking specifically about the column which preceded this one, published in our July 30, 2014 editions, entitled "CanSir," framing my approach – and emotional reaction to – being diagnosed with cancer and my method of coping, if you will, as an approach wherein I've tried to be respectful and courteous of the disease and never, ever arrogant, presumptuous or particularly over-confident about any unexpectedly good results (lab work, diagnostic scans, physical examinations, etc.), or terribly negative about the disappointing results – I would like to expound upon my approach a bit more. I've tried to...wait for it...take it in stride, both the good and the bad. (Although, as you might imagine, the good is much easier to take than the bad; however, taking the bad just as well as one takes the good might actually be more important in the short, middle and long term. Certainly the jury is still out, but so far, after five years and nearly six months, I'm still alive to dispute any notions to the contrary). And you'll never hear any complaints from me about any of it, good, bad or indifferent, but...

That's my point, sort of. This column is not espousing a methodology to the madness that cancer patients (or any other patients diagnosed as "terminal" by their doctors) should follow. It's simply an admission by yours truly of some very personal reflections on how, not why, I've survived my original "13-month to two-year prognosis." At the initial Team Lourie (my wife, Dina and my brother, Richard) meeting with my oncologist, he laid bare my diagnosis/prognosis/abbreviated life expectancy with the following advisory: "I can treat you. But I can't cure you." In response to our instinctive, how-could-cancer-happen-to-me question – considering both my parents lived into their mid-eighties WITH NO history of cancer and I had NEVER smoked cigarettes – my doctor's concern was about moving/treating me forward, not discussing the past, and so we've always looked ahead, not behind. Now whether or not the previous treatment protocols for my diagnosis/prognosis were indeed prologue, I was determined, eventually, to not let them be my epilogue, so a journey began which enabled me to live my life in a way most suitable to who I am without making me crazy, nervous, anxious, miserable and stressed out worrying all the time. It wasn't easy. It's not easy. Thankfully, amazingly, life has gone on.

What I've intended to do, mostly without fail, (although I've had my moments, to be sure, as you regular readers have read), is to walk quietly, write regularly, joke way more than I cry and not presume too many facts not in evidence, and try to be positive and believe there are exceptions to every rule. And with respect to medicine and its treatment of patients, stories abound of "exceptional" patients. I may not be "exceptional" yet, but I'm sure happy to still be writing these columns, if you know what I mean.

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

## LETTERS

FROM PAGE 6

residents will have day programs as well as access to medical and dental care, plus many additional supports that their disabilities require but that cannot be accommodated by the funding stream available to a waiver group home.

Until the community has adequate placements for those with the most intensive support needs, please do not force NVTC residents out of their homes. Build the necessary accommodations and supports first or, better yet, maintain a right-sized NVTC in a smaller footprint on a portion of the present site, regardless of how many years it takes. We can do this in Northern Virginia: bring the various stakeholders together, as we did in 2010 with the proposed NoVA Regional Plan, to accomplish solutions that make sense for those who are medically fragile and behaviorally challenged. Let us keep our loved ones here in Northern Virginia, providing the care they need now and into the future, when appropriate alternatives are built and ready. "First, do no harm."

Jane Anthony and Judith Korf,  
Co-Presidents  
Parents and Associates of the  
Northern Virginia Training Center

Kathryn Winters  
Clifton

## Ineffective Opposition

To the Editor:

John Foust was against the above ground Metro Silver Line before he joined the bandwagon for it. When it comes to the Silver Line Metro, Supervisor John Foust apparently has forgotten that one of the central themes of his 2007 Supervisor race was that

he was "very much opposed to the elevated rail..." (see The Connection, <http://www.connectionnewspapers.com>, 12/4/07) or at least he wants us to forget. In fact, Foust attacked then Supervisor Joan Dubois for her vote for the Metro and those attacks were credited with helping John Foust win a close race. During the 2007 campaign he went so far to commission a survey showing opposition to the above ground rail Metro. Once he was elected however all John Foust did to back up his commitment to oppose above-ground rail was to write a single letter to the Federal Transit Administration calling for a "time out" and to stop the project.

Regardless of what one's position might have been on "the under not over" Metro battle, it's pretty clear Foust was an ineffective player on the whole issue. So one thing that this incident highlights besides Foust's hypocrisy is his ineffectiveness. Other than grabbing an issue that he used to attack then Supervisor Dubois to get himself elected, John Foust delivered on nothing he promised on this issue.

## Write

Centre View welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:  
Letters to the Editor  
Centre View  
1606 King St., Alexandria VA 22314  
Call 703-917-6444  
or email  
[centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com)

## Memorial Scholarship

At the 2014 Centreville High School Senior Awards ceremony, senior James Nicholas was awarded the Lt. Jeffrey J. Kaylor Memorial Scholarship. Pictured are James and his parents, Joe and Linda Nicholas. Each award recipient receives a scholarship award of \$1,000 towards the school of their choice. James will be attending West Virginia Wesleyan College in the fall majoring in criminal justice and playing baseball for the Bobcats. The scholarship, honoring Lt. Jeff Kaylor who

was killed in action in Iraq on April 7, 2003, is open to any Centreville High School senior who best exemplifies the qualities set by the memorial scholarship criteria. To donate towards this memorial scholarship, send contributions to the Lt Jeff J. Kaylor Memorial Scholarship Fund, Centreville High School, 6001 Union Mill Road, Clifton, VA 20124.



PHOTO CONTRIBUTED

# ENTERTAINMENT

FROM PAGE 9

**Lego Block Party.** 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Legos provided; come show off building skills. For children in grades 3-6. Call 703-502-3883.

**Music and Dance Workshop.** 7-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Learn about singing, dancing, performing, stage presence and microphone technique with the Sock Rockerz. Door prize drawing. For teens. Call 703-830-2223.

## FRIDAY/AUG. 8

**Bouncin' Babies.** 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for babies up to 11 months with adult. Call 703-502-3883.

**Small Wonders.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for children 12-23 months with adult. Call 703-502-3883.

## FRIDAY-SATURDAY/AUG. 8-9

**TechQuest: Eye in the Sky Game.** 10:30 a.m.-5 p.m. at the Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. A new alternate reality game that puts visitors in the role of intelligence analyst as they follow a Cold War scenario. Admission is free; parking is \$15. Visit <http://airandspace.si.edu/visit/udvar-hazy-center> for more.

## FRIDAY-SUNDAY/AUG. 8-10

**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](http://www.thealliance theatre.org).

## SATURDAY/AUG. 9

**Summer Concert Series.** 10-11 a.m. at E.C. Lawrence Park Amphitheater, 5040 Walney Road, Chantilly. The band Rocknoceros provides family fun for children of all ages. Free. Call 703-631-0013 for more.

**Kaleidoscope Adaptive Storytime.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Stories, songs and movement in a welcoming atmosphere for children of all ages on the autism spectrum and with other developmental challenges. Call 703-502-3883.

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

**Thriving Three to Fives.** 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.

**Drive-in Movie.** Food and children's activities 6-8 p.m., movie begins at dark. Starlight Cinema, 5860 Trinity Parkway. "Despicable Me 2" 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](http://www.fairfaxcounty.gov/parks/performances) or call 703-324-8662.

## MONDAY/AUG. 11

**American Giants of Science.** 2:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. See America's most famous inventors come to life with Bright Star Theatre. Ages 6-12. Call 703-830-2223.

## TUESDAY/AUG. 12

**Spectacular Science.** 2:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Explore the secrets of fireworks, bubbles and more with Mad Science. For ages 6-12. Call 703-502-3883.

**Magic and Mayhem.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Sci-fi and fantasy book discussion group for students in grades 6-8. Call 703-502-3883.

## WEDNESDAY/AUG. 13

**Read, Build, Play Duplo Storytime.** 10:30 and 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Duplo play storytime, develop early literacy skills. 18-35 months with adult. Call 703-502-3883.

**Bouncin' Babies.** 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for babies up to 11 months with adult. Call 703-502-3883.

**Small Wonders.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for children 12-23 months with adult. Call 703-502-3883.

**Book Discussion Group.** 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. For adults, call or ask for title. Call 703-502-3883.

## THURSDAY/AUG. 14

**Clay Cafe: Funky Mugs.** 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Paint a funky mug with a paint-carving technique. For grades 7-12. Call 703-502-3883.

## FRIDAY/AUG. 15

**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](http://www.fairfax.gov/parks/sully).

**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. Ages 4-5. Call 703-502-3883.

## SATURDAY/AUG. 16

**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.

**Lego Mania.** 12:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Show off building skills. For children in kindergarten through grade 2. 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. "Cloudy with a Chance of Meatballs 2" 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](http://www.fairfaxcounty.gov/parks/performances) or call 703-324-8662.

## SUNDAY/AUG. 17

**Golf Festival.** 2:30-4 p.m. at Westfields Golf Club, 13940 Balmore Greens Ave., Clifton. Parents and children learn to play golf together with a chance to win a variety of prizes. Free. Call 703-631-3300 to sign up. Visit [www.facebook.com/events/841010659243276/](http://www.facebook.com/events/841010659243276/) for more.

## BULLETIN BOARD

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. 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](http://www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm).

## TRYOUTS

**Tryouts for fall sports** at Centreville High School, 6001 Union Mill Road, Clifton, before school starts. Varsity/JV football: Friday, Aug. 8 at 7 a.m. in the stadium; freshman football: Monday, Aug. 11 at 7 a.m. in the stadium; dance team: Wednesday, Aug. 13 at 5:30 p.m. in the yoga room. Parents and players must complete a concussion education course at [www.fcps.edu/supt/activities/atp/](http://www.fcps.edu/supt/activities/atp/). Players must also turn in a VHSL Physical, completed after May 1, [www.wearecville.com/forms/VHSL\\_PPE\\_March2013.pdf](http://www.wearecville.com/forms/VHSL_PPE_March2013.pdf), and a completed emergency care card, [www.fcps.edu/it/forms/se3.pdf](http://www.fcps.edu/it/forms/se3.pdf).

## 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. 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.

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