

'Success Is Attainable for Everyone'

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The Rough Riders Junior Buffalo Soldiers color guard of Mount Olive Baptist Church opened Saturday's CPMSAC awards ceremony.

Remembrance Cabaret Honors Reema Samaha

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PHOTO BY BONNIE HOBBS/CENTRE VIEW

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Ahmad Maaty dances to “Bird of the Night” during last year’s cabaret.



PHOTOS BY BONNIE HOBBS

Lauren Bobby (left) and Nicole Schmitt perform “Paris in June” in the 2016 event.

Remembrance Cabaret Honors Reema Samaha

10th annual event is June 17 at Westfield High.

BY BONNIE HOBBS

Ten years have passed since Westfield High grad Reema Samaha lost her life in the Virginia Tech tragedy. But she lives on in the hearts of her friends and family; and each year, they hold a Remembrance Cabaret in her honor.

This year’s event is set for Saturday, June 17, at 7 p.m., in the Westfield auditorium, 4700 Stonecroft Blvd. in Chantilly. It’s a free, fun-filled evening of singing, dancing and comedy skits, providing entertainment for

the whole family.

“I am very excited to see so many alumni and returning artists from the DMV, New York, Richmond and Chicago join in celebrating the vibrant life of Reema,” said Westfield grad and event organizer Ashley Dillard. “Each year, I am enthralled by the level of talent, and love that the performers share it with us. It is an incredible night for the community, and I hope everyone will come celebrate life through the arts with us.”

Since this is the 10th-anniversary show, Dillard wanted to have as many Westfield alumni participating as possible — and this event is chocked full of them. Hosting will be improv sketch artists and Westfield grads Jesse Leahy and Branson Reese.

Samaha was a talented dancer, herself; and in her honor, Westfield alumnus Adrienne Clark will be performing the num-

ber, “Andaloosia.” Joining her will be alumni dancers of the Contemporary Dance Ensemble of Virginia Tech: Vanessa Bush, Kait Mechling, Kathryn Montgomery, Christian Rumley and Liz Spikes.

“This piece is very special because this was the belly dance choreographed by Reema for the Contemporary Dance Ensemble of Virginia Tech for its spring 2007 showcase,” said Dillard. “‘Andaloosia’ has been performed almost every year since then by members of the company.”

Another highlight of the show will be improv sketch comedy featuring Westfield alumni, many of whom are working professionally as improv artists in New York, Chicago and Richmond. Among them are Reese and Leahy, plus Megan Meadows, Michelle Murgia, Will Quin, Dallas Sweezy and Joe Schumacher.

Westfield grad and professional dancer Lauren De Vera will perform a solo dance number, as well as a group number with her dance company. Professional dancer, actor and choreographer Ahmad Maaty will do a group dance with Laura Lamp, Jordan Gehley, Lindsey Culin and Allison Frisch.

Laura Walsh, another Westfield alumnus, will be singing a solo, as will Herndon High grad Molly Nuss. And Westfield grad Lauren Bobby will perform a song called “I lived,” along with fellow Westfield grads Bobby Hersey and Alex Merrill.

“We are also excited to have Gin Dance Company perform again,” said Dillard. Comprising this group are Shu-Chen Cuff, Elizabeth Childers, Michelle Conroy, Shu-Chen Cuff, Alison Grant, Julia Hellmich and Kristina Liu. Their dance number is called “Hello! Goodbye!” Nomadic Artist Dance Co. will be performing a group dance num-



Reema Samaha loved to dance.

ber, too.

There’ll be a bake sale and raffle during intermission. Among the raffle items will be a bike, a whole lamb (to eat) from Three Bags Wool Farm, \$400 worth of tickets to current Broadway shows from broadway.com, and a private wine class and tasting for 20 people from Total Wine.

Besides being a lighthearted evening of entertainment, this event also raises money for two charities that improve students’ lives. There’s no charge for admission, but all donations made that night will benefit both the Reema J. Samaha Memorial Scholarship Fund, as well as Angel Fund, which supports the safety and wellbeing of youth and school-aged children.

The scholarship fund is administered by the Community Foundation for Northern Virginia. And each year, the foundation awards scholarships to eligible Westfield and Herndon high school seniors who will attend an accredited college in Virginia.

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, June 8, from 5-8:30 p.m., 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. Call 703-814-7000, ext. 5140, to confirm dates and times.

Autism Safety Fair

Autism Speaks, National Capital Area Chapter, is sponsoring an Autism Safety Fair, in collaboration with the Fraternal Order of Police, the Autism Society of Northern Virginia, and Parents of Autistic Children Northern Virginia. The event takes place at the Fairfax County Criminal Justice Academy Range, 3721

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‘Success Is Attainable for Everyone’ CPMSAC honors local high-school students.

BY BONNIE HOBBS

The Chantilly Pyramid Minority Student Achievement Committee (CPMSAC) held its 32nd annual Youth Motivation and Academic Achievement Awards Program last Saturday, June 3, at Chantilly High. The theme was “Commitment to Mission: Pursuing Higher Achievement and Academic Excellence.”

The students being honored walked in, as is tradition, to the song, “Celebration.” Noting the organization’s motto, “Only excellence is good enough,” CPMSAC’s Chuck Coffin told them, “We encourage you to continue to work hard because the best is yet to come.”

Dignitaries attending included various FCPS representatives, school administrators and counselors, plus School Board member Ilryong Moon. “The late Shirley Nelson was the founder of and visionary for this organization,” said Coffin. “And I can only imagine that, as she’s looking down from heaven today, she’s smiling, because this program brought joy to her heart.”

Chantilly High Assistant Principal Karla Hogan told the students, “Today we celebrate the hard work you’ve done and the good choices you’ve made. But remember, today’s just the beginning of an educational journey that’ll take you wherever you want to go.”

Douglas Tyson, assistant superintendent for Region 1, conveyed greetings from various school system administrators and told the students it was an “honor and a privilege” to recognize their accomplishments. “We’re proud of the dedication you’ve shown and the success you’ve achieved thus far in your academic career,” he said. “This is an example of what happens when students dedicate themselves to academic, personal and social excellence.”

“We encourage parents to work with the schools so students can get the best education possible,” added Coffin. “Parents should be involved and advocate for their children, and they should also create a learning environment at home where students can do their work.” He further noted that CPMSAC



From left: Westfield High seniors Morgan Perry, Asia Jackson and Amber Sandoval received Cameron Guy Dudley Book Scholarships, as did Centreville High’s Jalen Ragsdale (not pictured).



Some of the graduating seniors waiting to receive their achievement certificates.

PHOTOS BY BONNIE HOBBS

partners with the schools in offering its free tutorial program, Saturdays toward Excellence.

During the event, both Coffin and CPMSAC co-founder Johnny Nelson honored former Westfield High administrator, Pat Williams, a longtime CPMSAC supporter. They presented her with a plaque in recognition of her 31 years with FCPS.

Six graduating seniors were awarded scholarships from CPMSAC. Centreville High’s Kobie Turner received the Shirley O. Nelson Memorial Scholarship, as did Westfield’s Jordan Bingham, who was unable to attend the ceremony. And Westfield seniors Morgan Perry, Asia Jackson and Amber Sandoval received Cameron Guy Dudley Book Scholarships, as did Centreville’s Jalen Ragsdale, who also wasn’t there.

The keynote speaker was Westfield 2016 magna cum laude grad Cara Clay. A former CPMSAC participant, she received its



Centreville High senior Kobie Turner received the Shirley O. Nelson Memorial Scholarship, as did Westfield’s Jordan Bingham (not pictured).

Cameron Dudley Book Scholarship last year. She just completed her freshman year at the University of Alabama, where she’s majoring in both environmental science and economics. And with a 4.2 GPA, she made the fall 2016 President’s List there.

She also joined the university’s Pre-Law Association, the Association for Women in STEM and several academic honor societies. And since she had 36 credits toward her college degree when she graduated from Westfield, she’ll be a junior next year, instead of a sophomore. She wants to someday become an environmental lawyer.

“I’m living proof of what happens when you don’t give up on people,” said Clay. As a child, she had delayed speech and hearing and was also diagnosed with ADHD. Her parents found the right doctors to help her but, after 10 years of speech and language therapy, she still struggled with academics.

Her parents helped her understand her schoolwork, and then her family moved to Northern Virginia. Clay enrolled at Westfield and was impressed with how rigorous schools here are.

“I took public speaking as a freshman and it changed my life,” she said. “It made me more extroverted and comfortable speaking in front of others.”

The point of education, said Clay, is to “Do the best you can academically so you’ll have options in the future. And if you continue to do your absolute best, you’ll look back and have no regrets.” She also said reading improved her speech and communication skills, and she learned the importance of “keeping things in perspective when considering my future.”

But most of all, she told the students, “We have to really think about what makes us happy and if the work we do reinforces our sense of purpose. All your achievements and the rewards you’ll receive will be meaningless unless you’re passionate about what you do. So be determined and dedicated to whatever you want to succeed in, in life. Take advantage of the help offered you and remember that success is attainable for everyone.”



Westfield grad Cara Clay, now at the University of Alabama, was the keynote speaker.



Westfield freshmen Trenity Stanley (left) and Grace Jenkins sing the National Anthem.



Westfield senior Gabriel Perez will major in engineering at Stanford University.



Westfield senior Gracie Wright will be an engineering major at UVA.

Democratic Candidates for Governor Run to the Left

Two candidates try to ignore moderate records and repackage themselves as hardcore progressives.

BY MICHAEL LEE POPE

Regrets? Candidates for the Democratic nomination for governor have probably got a few. But Lt. Gov. Ralph Northam has too few to mention. During a debate on NBC4 late last month, Julie Carey asked the lieutenant governor what kind of mistakes he's made that he regrets during a recent televised debate, Northam did not talk about about his two votes for George W. Bush in 2000 and 2004. And he didn't talk about taking money from Dominion, the utility that wants to build controversial pipelines through the state.

"Well I tell you I don't really have any regrets, Julie," said Northam. "But what I did learn was when I started in Richmond in 2008 as a senator ..."

And then Northam told a story about his



Lieutenant Governor Ralph Northam and former U.S. Rep. Tom Perriello (D-5) debate in Fairfax County.

efforts to get a smoking ban passed in Richmond after initial opposition from Republicans. One of the old verities of political life in Virginia is that if you're explaining, you're losing. And the lieutenant governor was not about to start explaining his support for Republicans. And he wasn't about to start explaining the \$40,000 he's accepted from

Dominion and its executives during his run for governor. So he changed the subject.

"Not sure that qualified as a mistake," responded Carey. "But let's try you Mr. Perriello on that."

That's when former U.S. Rep. Tom Perriello (D-5) talked about an issue that his critics have been focused on since the

Ralph Northam

Age: 57
Currently: Virginia's 40th Lieutenant Governor; previously served in the Virginia Senate
Bachelor's Degree: Virginia Military Institute
Medical Degree: Eastern Virginia Medical School
Place of birth: Nassawadox, Va.
Profession: pediatric neurologist

Tom Perriello

Age: 42
Served one term in U.S. Congress, Va. 5th district
Bachelor's Degree: Yale University
Juris Doctorate: Yale Law School
Place of birth: Ivy, Va.
Profession: attorney

day he announced his candidacy earlier this year: a vote he made during his time in Congress to deny federal funding for abortions in taxpayer-subsidized health insurance plans under the Affordable Care Act. Supporters of Northam have been using Perriello's vote in favor of the Stupak-Pitts Amendment as a way highlight Northam's long history supporting women's reproductive rights.

"That amendment and the eventual compromise was highly restrictive, said Perriello during the NBC4 debate. "And in working with reproductive justice advocates since then understanding just how much of a step backwards it was in that space."

THAT EXCHANGE reveals a curious phenomenon in the race for the Democratic
SEE DEMOCRATIC, PAGE 8

PHOTO BY MICHAEL LEE POPE

Three Republicans Running for Governor Offer Dueling Tax Plans

Cut taxes or raise taxes? GOP primary debate offers an unusual array of options.

BY MICHAEL LEE POPE

You know that old saying that nothing is certain in life but death and taxes? Here in Virginia, there's another certainty: Every year is an election year.

This year features a primary fight between three Republicans running for governor, each with his own separate and distinct tax plan.

"Well this is really more of a conversation than Republicans usually have about taxes," said Stephen Farnsworth is a professor at the University of Mary Washington. "You have a candidate willing to increase taxes, a candidate willing to abolish the income tax and then, I guess, the Goldilocks plan, which is in the middle."

The Goldilocks in this campaign is former Republican National Committee Chairman Ed Gillespie. Back in March, he outlined a proposal that would lower the state income tax rate on people who make more than \$17,000 a year from 5.75 percent to 5.15 percent. For someone making more than \$60,000 a year, that would mean about \$400 less in taxes a year. Gillespie's proposal relies on rev-

enue growth rather than spending cuts to pay for the tax cuts.

"Our rates were set in 1972," said Gillespie during the one and only debate of the primary season. "They have not come down in 45 years, and other states around us have been moving."

The idea is classically Republican: cut taxes and predict that will turbo charge the economy, creating jobs in the process. It's the kind of trickle-down economics that fueled the rise of President Ronald Reagan back in the 1980s. Gillespie is selling the tax cut plan as a clean break from the last four years of Democratic leadership in the Executive Mansion, a move to the center right for a state that's sharply divided.

"It would also result in hard-working Virginians who have had stagnant wages but rising costs over the past three, four, five years when our economy has been stagnant having nearly \$1,300 more in our pockets to spend as we see fit."

ONE IDEA that's not classically Republican is raising taxes. But that's what state Sen. Frank Wagner (R-7) wants to do with the gas tax. He's proposing a plan that



Ed Gillespie

Age: 55
Experience: Chairman of the Republican National Committee and counselor to the President in the George W. Bush administration
Bachelor's Degree: The Catholic University of America
Place of birth: Mount Holly Township, New Jersey
Profession: lobbyist



Corey Stewart

Age: 48
Currently: Chairman of the Board of Supervisors, Prince William County
Bachelor's Degree: Georgetown University's School of Foreign Service
Juris Doctorate: William Mitchell College of Law
Profession: attorney



Frank Wagner

Age: 61
Bachelor's Degree: U.S. Naval Academy
Military service: nine years in U.S. Navy
Place of birth: Ruislip, England
Profession: businessman

would raise the gas tax in an effort to raise money for building roads while avoiding high-cost tolls that have become prevalent in Northern Virginia and Hampton Roads.

"I can't remember a Republican candidate for statewide office in Virginia running on a tax increase," said Quentin Kidd, a political science professor at Christopher Newport University. "And

there probably aren't a dozen nationally in the last decade or two decades who have run on a tax increase like Frank Wagner is right now."

Meanwhile, Wagner is suspicious of Gillespie's tax proposal. Specifically he's critical of how it's been sold. For example, Gillespie's plan would save \$1,300 a year for families that make more than \$100,000 a year. But that's well

under the median household income in Virginia, which is \$65,000. On the campaign trail, Wagner has attacked Gillespie's plan as an irresponsible giveaway to the rich — one that isn't rooted in experience in government.

"Let me tell you something," Wagner said during the debate. "It's easy to say that when you're sitting here and you've never been in state government."

To solve the problem, Wagner is proposing raising the gas tax to pay for buildings roads. The proposal echoes an earlier era in Virginia politics, when Gov. Harry Byrd suggested using the gas tax as a way to finance building roads while avoiding debt. In Wagner's plan, raising the gas tax would avoid higher tolls on roads in Northern Virginia and Hampton Roads. Plus the proposal is built on a sliding scale, which would mean the tax would actually decrease when gas prices rise.

"We have an \$18 billion deficit in the Virginia Retirement System. We have a Rainy Day Fund for a recession that should be at \$2.4 billion. It's down to less than \$300 million right now."

SEE THREE, PAGE 8

WWW.CONNECTIONNEWSPAPERS.COM

NEWS



John Carey
 Age: 42
 Lives in: Centreville
 Education: Bachelor's in Interdisciplinary Studies – American University
 Married with two children
 Other experience: Get Out the Vote operations in Louisville, Kentucky
 Southern field coordinator for People for the American Way
 Raised: \$12,922



Karrie Delaney
 Age: 38
 Lives in: Fairfax
 Married with two children
 Other experience: West Melbourne City Council (Florida)
 Fairfax County Citizens Corps Council – former member, former chair
 Raised: \$85,942



Hannah Rishq
 Age: 25
 Lives in: South Riding
 Education: Bachelor's American University, Masters in Public Health from George Mason, Masters in Social Work from Columbia University
 Single, engaged
 Other experience: Volunteer on presidential campaigns for Barack Obama and Hillary Clinton
 Raised: \$5,437

Primary in the 67th

Three Democrats with similar views, divergent experience.

BY ANDREA WORKER

In a district that went for Hillary Clinton over Donald Trump by 22 points in last year's presidential election, three Democratic candidates for the House of Delegates are vying for the opportunity to capitalize on that political momentum and try to unseat incumbent James LeMunyon (R-67). LeMunyon, first elected in 2009, ran unopposed and unchallenged in the 2015 election.

Candidate John Carey thinks that kind of one-horse race doesn't give the residents of the 67th district "the choice they deserve. Without meaningful choices, we can't own and grow our own future."

Karrie Delaney and Hannah Rishq have also flung their political hats into the ring, declaring themselves ready to do the job in Richmond. The district includes South Riding in Loudoun County and Chantilly and parts of Centreville, Fair Lakes and Oakton in Fairfax County, and is 88.77 percent in Fairfax County and 11.23 percent

in Loudoun County.

Delaney, who chairs the Fairfax County Library Board of Trustees, has some elected official experience as a prior member of the West Melbourne City Council in Florida and worked for several non-profits, addressing issues of youth in foster care, juvenile offenders and sex trafficking. She also has the most endorsements of the three Democrats, including U.S. Rep. Gerry Connolly (D-11), Fairfax County Board of Supervisors Chairman Sharon Bulova, Supervisor Kathy Smith (D-Sully) and several delegates. Delaney has also been the top fundraiser among the Democratic candidates.

Carey has worked for political causes with organizations like Get Out the Vote and People for the American Way. Adopted with his twin brother from Bangalore, India, he spent much of his life living abroad with his single-parent adoptive dad, a former Peace Corps volunteer and then a 30-year employee with the international humanitarian agency CARE.

"Humanitarianism and knowing how to understand all people from all places, cultures and religions — that's just how we were raised," said Carey, "and something I uniquely bring to the table."

"I am the only life-long Democrat running
 SEE PRIMARY, PAGE 10



Hillary Clinton won every precinct in the 67th district in November. The district is 88.77 percent in Fairfax County and 11.23 percent in Loudoun County.

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Vote On or Before June 13

In-person absentee voting continues through June 10.

On June 13, every Virginia voter has the opportunity to vote in the Primary Election to choose the candidates for their chosen party for governor and lieutenant governor.

Ralph Northam and Tom Perriello are vying to be the Democratic nominee for governor.

Ed Gillespie, Cory Stewart and Frank Wagner are seeking the Republican nomination for governor.

EDITORIAL

For lieutenant governor, Justin Fairfax, Gene Rossi and Susan Platt are seeking the Democratic nomination.

Bryce Reeves, Glenn Davis Jr. and Jill Vogel compete for the Republican nomination for lieutenant governor.

In Fairfax County, there are primaries for Democrats in two delegate seats as well, the

the 67th District and the 42nd.

In the 67th, three Democrats, John Carey, Karrie Delaney and Hannah Risheq face off for the right to run against incumbent Del. Jim LeMunyon (R).

In the 42nd, long-time Del. Dave Albo (R) is giving up his seat; two Democrats and three Republicans are seeking to be on the November ballot to replace him. The Democrats, Tilly Blanding and Kathy Tran, will appear on the primary ballot.

The Republican candidate for the 42nd District will be chosen by GOP party canvass on June 10 at South County Middle School, 10 a.m. to 3 p.m. Eligible voters of the 42nd district will choose between Steve Adragna, Michael Drobnis and Lolita Mancheno-Smoak.

The filing deadline for independent and non-primary party nominees is June 13 at 7 p.m. for the November general election.

For in person absentee voting, available through June 10, see www.fairfaxcounty.gov/elections/absentee.htm. For more information on voting in Fairfax County including sample ballots, see www.fairfaxcounty.gov/elections/

[upcoming.htm](#)

Send Photos for Father's Day

Father's Day is Sunday, June 18, and once again the Connection will publish a gallery of Father's Day photos.

Every year at this time, the Connection puts out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

VOLUNTEERS NEEDED

Volunteers needed at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact volunteers@fairfax-station.org or 703-945-7483 to explore services that will fit your schedule and interests. Visit www.fairfax-station.org, or call 703-425-9225 for more.

THURSDAY/JUNE 8

Public Comment Meeting. 7 p.m. at Brookfield Elementary School, 4200 Lees Corner Road, Chantilly. The Fairfax County Park Authority will gather public input on the draft master plan revision for Ellanor C. Lawrence Park. This plan will guide the general management of the land, facilities, and natural and cultural resources within the park and updates the existing plan approved in 1991. The draft master plan revision is available for review on the project's website at www.fairfaxcounty.gov/parks/plandev/eclawrence.htm. To speak at the meeting or for more information, contact Judy Pedersen at 703-324-8662 or parkmail@fairfaxcounty.gov.

SUNDAY/JUNE 11

30th Anniversary Community Carnival. 2-5 p.m. at Imagination Learning Center, 14428 Albemarle Point Place, Suite 100, Chantilly. Rocknokers children's band, moon bounce, rides, games, prizes, face painting, crafts, vendors, and more. Rides require a ticket or wristband purchase day of. Register at <http://bit.ly/2ovZ4H4>. For more information go to www.imaginationlearning.net or call 703-817-1390.

WEDNESDAY/JUNE 14

VDOT I-66 Meeting. 6-8:30 p.m. at Stone Middle School, 5500 Sully Park Drive, Centreville. Plans to transform 22.5 miles of I-66 from I-495 to Gainesville will be featured. Visit Transform66.org or email Transform66@VDOT.Virginia.gov for more.

ELECTRONICS RECYCLING

Residents Can "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.

DONATIONS

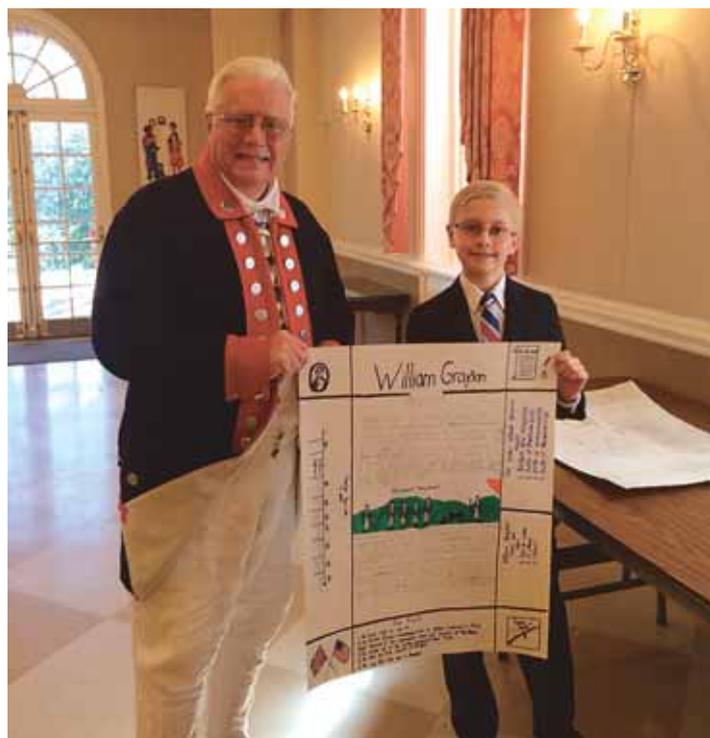
The Student Auto Sales Program operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

Cell Phones for Soldiers is accepting donations of old cellphones so that troops can call home. Patrons may drop off donations at 14215E Centreville Square, Centreville.

SUPPORT GROUP

Support Groups. Jubilee Christian Center of Fairfax is having its "Living Free" support groups for the spring on Wednesdays, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for

SEE BULLETIN, PAGE 8



State Winner

Justin Thomas, a fourth grade student at Bull Run Elementary School, has won the Virginia Americanism Poster Contest of the Sons of the American Revolution, competing against entries from 27 SAR chapters in Virginia. Justin displays his winning poster on Colonel William Grayson with Virginia Color Guard member Vern Eubanks of the Fairfax Resolves SAR chapter. The theme of this year's contest was Revolutionary War Persons and entries were judged based on research, originality and artistic merit. The topic of Justin's poster was Colonel William Grayson, an aide-de-camp to George Washington during the Revolutionary War and the first U.S. senator from Virginia. Justin is a member of the Colonel William Grayson CAR Society. He will now compete in the national contest of the Sons of the American Revolution at its Annual Congress in July.

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CRIME

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

BURGLARY: 6100 Stone Road. June 4, 7:34 p.m. School security reported that someone broke a window and entered a trailer on the grounds of London Towne Elementary School. Nothing appeared to have been taken and there is no suspect information.

BURGLARY: 13600 block of Pennsboro Drive, between 9 p.m. on May 26 and 8:30 a.m. on May 27. An investigation determined a business was broken into and property was taken.

ASSAULT ON A LAW ENFORCEMENT OFFICER/ESCAPE WITH FORCE/ARREST: 14100 Lee Highway (Revolution Lounge). May 27 around 12:46 a.m. Officers responded for a report of a man acting disorderly. The suspect assaulted an employee after being repeatedly asked to leave. He fled from officers as they arrived. He was apprehended, but broke free and assaulted an officer before being taken into custody. Further investigation determined the suspect also threw a rock through a car window. A 21-year-old Centreville man was transported to the Adult Detention Center and charged with assault on a law enforcement officer, escape with force, simple assault, drunk in public and destruction of property.

JUNE 1— LARCENIES
14800 block of Stone Croft Center Court, cash from vehicle

JUNE 5 — LARCENIES
13200 block of Village Square Drive, shoes from vehicle

JUNE 2 — LARCENIES
15500 block of Smithfield Place, jewelry from residence

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Three Republicans Running for Governor Offer Dueling Tax Plans

FROM PAGE 4

REPUBLICANS USUALLY run on cutting taxes. And although Gillespie has a moderate plan for cutting taxes, another candidate in the race has an extreme proposal, one that some Republicans are calling unworkable. Prince William County Board of Supervisors Chairman Corey Stewart wants to eliminate the income tax.

“Virginia hasn’t had a significant surplus in revenues, unanticipated unaccounted for revenues, in 10 years,” said Stewart during the televised debate. “Ed’s plan is completely dependent on that. It hasn’t happened. It’s a charade.”

Stewart’s solution? Ask state departments to identify how they would slash their budgets 30 percent, and then use those cuts as a menu to reduce spending.

Top Gillespie Donors

- ❖ \$1.5 million from Let’s Grow Virginia, a Henrico-based PAC, funded in part by Hilton Worldwide and Carly Fiorina’s super PAC
- ❖ \$100,000 from Dwight Schar, a McLean-based homebuilder with NVR Homes
- ❖ \$50,000 from Florida-based private prison company GEO Group, which operates Lawrenceville Correctional Center, Virginia’s only private prison
- ❖ \$50,000 from Edward St. John of the Maryland-based commercial real-estate agency St. John Properties Inc.
- ❖ \$40,000 from Richard DeVos of the Michigan-based investment management firm Windquest Group (husband of Education Secretary Betsy DeVos)

“My tax plan is dependent on a cut in spending,” he said. “We are going to reduce the rate from 5.75 percent to 4.75 percent in a single year.” Within a decade, Stewart

Top Wagner Donors

- ❖ \$205,000 from Wagner’s Senate campaign committee, funded in part by the Virginia Senate Republican Caucus and the Republican Party of Virginia
- ❖ \$23,000 from William Magann of the Portsmouth-based concrete contractor W.F. Magann Corp
- ❖ \$10,000 from Stephen Ballard of the Virginia Beach-based general contractor S.B. Ballard Inc
- ❖ \$10,000 from Kenneth Allen Hall of the Virginia Beach-based Hall Pontiac GMC
- ❖ \$10,000 from Virginia Beach-based commercial real estate firm Pembroke Enterprises

says, the income tax would be eliminated altogether. “That’s wishful thinking,” said Republican strategist Dan Scandling. “That’s not going to happen because what are you

Top Stewart Donors

- ❖ \$429,000 from Stewart’s Prince William County committee, funded in part by the Republican Party of Virginia and the Republican Party of Prince William County
- ❖ \$35,000 from Christopher Ekstrom of the Texas-based private equity firm Ekstrom Properties LLC
- ❖ \$30,000 from Manassas-based information technology company Progeny Systems Corp
- ❖ \$20,500 from Charles Robbins of the Newington-based home health care company CR Associates
- ❖ \$10,000 from Ahmet Aksoylu, an Oakton-based Realtor with Aksoylu Properties

going to replace it with? Are you going to do something on property taxes and push it all onto the localities? I don’t think that’s going to go over very well.”

Democratic Candidates for Governor Run to the Left

FROM PAGE 4

nomination this year. Both candidates are trying to run to the left, abandoning their previously moderate or even center-right positions on a number of issues. So which candidate has a more difficult transformation? Opinions are divided. Virginia Tech political science professor Robert Denton says Perriello will have a more challenging time selling voters on his new progressive persona.

“He has to explain that at the time I wasn’t countering my beliefs, attitudes or values related to abortion,” said Denton. “But I was looking at my constituents in the Fifth Congressional District and therefore trying to represent them.”

Others aren’t so sure. University of Mary Washington professor Stephen Farnsworth says Northam is in a more perilous position explaining his votes for Bush.

“The anger that you see among Democrats really I think is going to create a sense that the votes for Bush were more problematic,” said Farnsworth. “Perriello may be better able to explain away the very conservative nature of his old congressional district.”

Perhaps the more thorny issue for Northam is his position on the controversial pipelines Dominion wants to build in Virginia. Despite being asked multiple times on the campaign trail, the lieutenant gov-

Top Northam Donors

- ❖ \$200,000 from venture capitalist Michael Bills of Bluestem Asset Management LLC
- ❖ \$110,000 from Henrico-based Common Good VA, a committee set up by Gov. Terry McAuliffe in March 2014 to raise political donations during his time as governor
- ❖ \$77,000 from Thomas DePasquale of the software company Outtask LLC
- ❖ \$52,500 from Conrad Hall, retired president and CEO of Norfolk-based Dominion Enterprises
- ❖ \$50,000 from Washington-based DGA Action, a super PAC funded by Democratic Governor’s Association

ernor has yet to take a stand one way or the other. Northam says the multibillion projects could create jobs and boost the economy.

“Obviously we want the pipeline to be built with science and transparency,” Northam said during the first debate in April. “We also need jobs in the commonwealth of Virginia.”

Perriello has made his opposition to pipelines a centerpiece of his campaign, and he’s pledged to reject campaign contributions from the utility. Perriello says all that money Dominion plans to spend on the two pipelines in Virginia could be put to better use.

“I’ve opposed these two pipelines,” he said during that first debate. “I believe for a fraction of that \$6.7 billion, we could put tens of thousands more people to work on clean energy, energy efficiency, localizing food

Top Perriello Donors

- ❖ \$500,000 from Sonjia Smith, Charlottesville philanthropist
- ❖ \$250,000 from George Soros of New York-based Soros Fund Management LLC
- ❖ \$230,000 from the New York-based activist network Avaaz Foundation
- ❖ \$125,000 from Alexander Soros, New York executive and philanthropist (son of George Soros)
- ❖ \$75,000 from Courtney Smith, financial advisor with New York-based East Rock Capital

production and other measures.”

THE DEBATE over guns has also been a sticking point in the Democratic primary. On the campaign trail, Northam has criticized Perriello for changing his position on the National Rifle Association, a group that once endorsed his campaign for Congress. During one of the televised debates this year, Northam turned to Perriello and reminded voters that he has received support from the NRA during a time when concerns were mounting over gun control in America. “That was since 2010,” said Northam. “You served in Congress from 2008 to 2010. That was after the Virginia Tech tragedy. What has changed about the National Rifle Association between 2010 and 2017?”

Perriello responded that times have changed.

“Well, you know, you and I have both have all done guns. You know that. You were a deciding vote after Virginia Tech on something that prevented Fairfax and other communities from being able to demand fingerprinting on concealed carry permits. That was a deciding vote. There was never a moment where I was a deciding vote for the NRA.”

Both of the candidates support free community college for Virginia students, although they differ on how to finance it. Northam says no tax increase would be needed to finance his plan; students would engage in public service to pay for free community college in high-demand areas.

“If they become certified in one of these areas, then they will give one year back in public service at which time they will get paid,” said Northam. “So it’s not like they’re out there working for free.”

Perriello says a tax increase will be needed, especially for those making more than half a million dollars a year. He says that would allow people who attend free community college to have the dignity to come home at night and tuck their children into bed.

“We don’t need people giving back in service,” said Perriello. “We have a private sector with jobs ready to hire people if we help them just a little bit to get that certificate and have the dignity of the kind of job they can support a family with.”

BULLETIN BOARD

FROM PAGE 6

family and friends of addicts), “The Image of God in You,” and “Handling Loss and Grief.” There are also support groups on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

Telephone Support Group for Family Caregivers of Older Adults. 7 p.m. every second Tuesday of the month. This telephone support group is designed to help caregivers of older adults share experiences, gain support and get important information without having to travel.

These are one-hour free sessions. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on Caregiver Telephone Support Group.

Fair Oaks Parkinson’s Support

Group for people living with Parkinson’s disease, caregivers and family, meets on the fourth Saturday monthly, 10 a.m.-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-378-7221 or visit www.fairoaksparkinsons.com.

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STEM VOLUNTEERS.

The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in Northern Virginia during the 2016-17 school year. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special

topics, assisting with homework, etc. Hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To see how volunteers are assisting their teachers, view the video clips at www.seniorscientist.org. To volunteer, contact donaldrea@aol.com.

The Northern Virginia Long Term Care Ombudsman Program

needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Respite Care volunteers give family

caregivers of a frail older adult a break so they can go shopping, attend a doctor’s appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov. Fairfax County needs **volunteers to drive older adults** to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Getting Hurt in the Gym

Prevent and treat workout injuries.

BY MARILYN CAMPBELL

While sustaining an injury isn't on anyone's list of fitness goals, a recent study by the Center for Injury Research and Policy shows an increase in gym-related injuries in recent years. Corrective exercise is among the strategies for recovering from workout-related injuries, but fitness experts are also emphasizing prevention.

"Generally speaking, at some point it's good following an injury to perform corrective exercises to rehab injured muscles," said Joel Martin, Ph.D., Exercise, Fitness and Health Promotion Graduate Program coordinator and assistant professor of Kinesiology at George Mason University.

"Depending on the stage of the healing process the exercises may focus on getting blood flowing to the injured area, regaining strength in injured muscle or correcting poor movement patterns that contributed to the injury."

One of the most common causes of sports or workout related injuries is performing an exercise incorrectly, says Martin. "You

should take the time to learn proper form and seek the help of an exercise professional for advice as to how to perform various exercises," said Martin. "Investing the time to learn how to move well at the beginning of an exercise program will pay off in the long run."

Failing to do warm-up exercises before a workout and increasing the intensity of the exercise too quickly — either within the exercise session or across multiple exercise sessions — are among the leading causes of workout injury, says Martin. Not following safety procedures is another.

"Some of the most serious exercise injuries happen from not using common sense," he said. "These can come in a variety of forms, but may be due to trying to show off, not wearing proper shoes or equipment for the exercise mode, exercising in unsafe environments, or not using a spotter for heavy lifts."

Even with safety measures in place, Parker Bryant, a personal trainer based in Bethesda, Md., tells his clients that injuries can happen, even to the most cautious athletes. "For many common injuries, especially a muscle that's sore because it's been over-used, I usually advise clients to apply ice for about 20 minutes several times a day to reduce any swelling and to rest the injured body part," he said.



PHOTO COURTESY OF GEOFF ROBISON

Geoff Robison of Custom Kinetics in McLean shows a client how to use corrective exercise.

For those dedicated to fitness, being told to rest can be hard to hear, says Geoff Robison of Custom Kinetics in McLean, but he says that it is possible to be active while recovering from an injury. "One of the hardest things for a runner with an injury to hear is that they have to stop running," Robison said. "But one of the worst things you can do when you have an injury is lay down and not move. Movement, when done properly, can be very healing. It can bring blood flow and realign your body."

Exercise can be used to help heal some workout or sports related injuries, says Robison. "Everyone who walks in our door gets taken through an assessment," he said. "Whether it's low back pain, a knee problem or shoulder pain, we find the root cause of the problem."

Once the problem is identified, Robison and his team of trainers work to create an exercise program that is designed to decrease pain and build fitness.

One example that he uses to explain his therapeutic strategy is knee pain, which he says is one of the injuries he sees most often in clients. He observes the client's movements to help determine the cause of the problem. "Maybe it's coming from the foot, because the foot is not strong enough, so your knees cave in when you squat," he said. "Maybe your glutes [gluteal muscles] are weak or maybe your quads [quadriceps] are weak. Strengthening these muscles can help stabilize the leg and help relieve knee pain."

Robison builds an exercise regimen that is designed to address a specific issue or injury. "One exercise that I might use is the clam shell where clients lie down on their side and open and close their knees," he said. "When it's a case of muscle overuse, I might use a foam roller or resistance bands to loosen and strengthen the muscles."

Bryant says that an injury can be an opportunity to try a new type of workout. "For example, if you're a runner, but your knees are bothering you, stop running for a while and try swimming to give your knees a rest," he said. "After you're been pain-free for more than a week, you're probably healed. When you do return to your normal exercise routine, don't dive in with the same intensity as before your injury. Gradually work your way back so that you don't reinjure yourself."

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Primary in the 67th

FROM PAGE 5

for the 67th District with a proven track record of results fighting for important issues like public education, voting rights and healthcare," Carey said. "In this current political climate, voters are craving accountability, transparency and honesty from their elected officials and we can turn this seat blue in November if we focus on those themes."

Hannah Risheq is the youngest in the field of candidates at 25. A first generation American, she is the daughter of a Muslim Arab immigrant father and and Jewish-American mother, and says she can relate first-hand to the "reality of hate and discrimination" that too many of our residents have encountered, particularly of late. After 9/11, her family's restaurant in a small town in North Carolina "suffered an almost total loss of its previously loyal customer base, as well as its good will in the community." After the business was "burned to the ground after several threats" the family moved to South Riding, where Risheq says they were "welcomed as the multi-cultural, multi-religious family that we are." Risheq sees herself as the "real progressive choice" with a fresh new voice, with volunteer political involvement and multiple degrees from American University, George Mason and Columbia. "I know how to work hard, to apply myself, and do the research and work with others to find the answers."

ON SUNDAY, June 4, the candidates sought to separate themselves from their opponents at a debate sponsored by the Sully District Democratic District and the 67th Virginia House District Democratic Committee. State Sen. Dave Marsden (D-37) moderated the event held at the Mountain View Alternative High School in Centreville.

Carey, Delaney and Risheq agreed on a number of the issues, particularly their desire to see the expansion of Medicaid in Virginia and the need to address partisan voting districts in the Commonwealth. "Some of these districts look like Rorschach tests," said Carey. "We need an independent commission to address this."

"It's appalling that redistricting legislation never even made it out of committee in this last legislative session," said Delaney.

Risheq said it was "time to give the people back their voices."

There was no disagreement on the need to address the state's

opioid epidemic as a health crisis and not a criminal issue, nor did they disagree efforts to raise the minimum wage. They agreed on environmental protection issues and on allowing the medical use of marijuana and decriminalizing its general use.

As the debate continued, it became apparent than the three advocated for similar policies, legislation and actions on most of the topics raised.

Risheq offered specific answers on what steps she would take toward addressing each issue.

"Body cameras, as well as training," she responded to the question on addressing perceived institutional racism in law enforcement. "Energy efficient schools and building to save money, then make money" was her answer about not only environmental concerns, but also where to find the funds to fill the budgetary shortfalls. "The numbers show we could produce about \$1 million per year per school with clean energy." To alleviate unemployment and underemployment, create new and better jobs and stimulate investment in Virginia "work training programs ... free community college with certain conditions, and emphasis on STEAM education."

Carey got first crack at the question of how, if elected, he would convince his Republican colleagues to support Medicaid expansion in Virginia. His immediate response was that not doing so makes no sense. "It would mean health care for 400,000 more Virginians, more jobs, more tax revenues." Carey said he would educate opponents, and mobilize the people of Virginia, something he has experience doing on a number of "get out the vote" initiatives. "Let the people do the convincing. Get them down to Richmond to be heard."

Marsden asked how the candidates would tackle the fact that the state ranks sixth highest for the cost of a four-year college degree, and 12th for community or junior colleges.

"Virginians shouldn't have to choose between education and debt," said Delaney. "Innovation is a big part of the answer." Delaney said greater focus on innovation can help solve problems and generate revenue for all the state's needs.

The primary to decide who will face LeMunyon takes place on June 13. Early voting is already underway.

For more information see www.elections.virginia.gov/voter-outreach/whats-ballot.html.

Announcements

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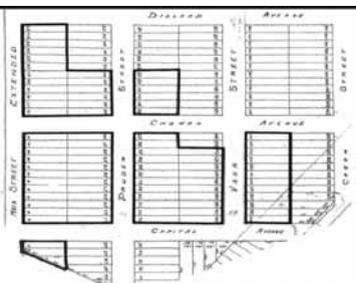
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**THE CONNECTION
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ROUNDUPS

FROM PAGE 2

Stonecroft Blvd, Chantilly, on Saturday, June 10, noon-3:30 p.m.

Register at act.autismspeaks.org/fairfaxsafetyfair.

Donate Blood at Fire Academy

The Fairfax County Fire and Rescue Academy, 4600 West Ox Road, Fairfax, will host a blood drive on Tuesday, June 13, 10 a.m. to 3 p.m.

The Inova Blood Donor Services Bloodmobile will be located in the bays.

For appointments and directions, visit inova.org/donateblood. Click on Schedule a Donation, then click on Donate Blood, and use Sponsor Code 8184, or contact Lt. Vernon (Ty) Corbin Jr. at 571-585-2203, or Vernon.Corbin2@fairfaxcounty.gov or call 1-866-BLOODSAVES (1-866-256-6372).

Learn Summer Safety

Summer Safety is the topic of the next meeting of the Sully District Police Station's Citizens Advisory Committee. It's set for Wednesday, June 14, at 7 p.m., at 4900 Stonecroft Blvd. in Chantilly. The subjects covered will include bicycle safety, keeping your home safe while away on vacation, soliciting information when someone comes to your home, ticks and fireworks.

I-66 Public Meeting

VDOT is holding a public meeting on Wednesday, June 14, in the Stone Middle School Cafeteria regarding the I-66 Outside the Beltway project, which includes proposed new tolled express lanes similar to the Beltway. The meeting is free and open to the public. No RSVP is required. See <http://www.transform66.org/>.

Meeting time is 6-8:30 p.m. A brief presentation will be held at 7 p.m., followed by a question-and-answer session. Information will be provided on the current project status and schedule, and upcoming activities in the I-66 corridor. Staff will be on hand to answer one-on-one questions before and after the presentation.

Volunteers Needed

Western Fairfax Christian Ministries at 4511 Daly Dr. Suite J, Chantilly seeks individuals to volunteer for the following:

❖ Volunteer(s) to clean office and bathroom, Tuesday or Thursday, either 8:30-9:30 a.m. or 2:30-4 p.m.

❖ Volunteer(s) to answer phones and schedule appointments, Tuesday and Thursday, 2 - 4:30 p.m. Requirements: good phone skills, personable, able to conduct pantry tours. Interview and completed application required.

❖ Volunteer(s) for Client Services Intake, Monday and Friday, 9:45 a.m. - 1:45 p.m. Requirements: Spanish speaker preferred, ability to work with clients, able to conduct pantry tours. Interview and completed application required.

Visit wfcmlva.org/how-you-can-help/volunteer-program/

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I Hope I'm Right



By KENNETH B. LOURIE

Having been a cancer "diagnosee" now for eight years and exactly three months — as I sit and type on May 27, 2017, a lifetime considering the original "13 month to two-year" prognosis I was given on February 27, 2009, I have learned much about cancer that I didn't know. In fact, I've learned everything about cancer I know now because previously I knew nothing. Growing up I heard/experienced very little about cancer. My parents were healthy as was my immediate family (aunts, uncles, cousins).

And even though I spent many Sundays with my parents visiting my grandparents in nursing homes, the diseases/afflictions I remember hearing most about were diabetes, Parkinson's, Leukemia and high cholesterol. Never cancer or any condition that I associated with cancer. I realize now how lucky we all were. I wouldn't say I took good health for granted, but I might have taken it as a given. Not any more.

Everyday I wake up, as my father used to say, is a good day; and ever since I was diagnosed in early 2009, most days — all things considered, and I do consider all things, have been good days. I have been extraordinarily fortunate in how my body and mind has reacted to being diagnosed with a "terminal" disease: non-small cell lung cancer, stage IV. Rarely have I ever gone one step forward and then two steps backward.

Oh sure, the early hairless days of heavy-duty chemotherapy (infused for six hours every three weeks) were challenging, but it was a process I had to endure — so far as I knew (I know a bit more now and there are many more choices/protocols than ever before).

It reminds me of a long-ago M*A*S*H episode in which "Hawkeye" met a South Korean woman after she drove — a Cadillac — into the 4077th. She needed medical help for her family. Col. Potter ordered "Hawkeye" to return with the woman back to her home.

Begrudgingly he went along, mistakenly thinking she felt a sense of entitlement. After a short time treating her family he learned how wrong he had been. Later that day, "Hawkeye" saw the woman walking up a nearby trail carrying buckets of water on a pole. When he asked her why she was doing that (getting the water that way, from wherever); she replied: "Because that's the water is." It struck him — and apparently — it struck me, too. As a cancer patient/survivor, that has always been my approach/attitude. "Next man up," a common sports refrain; no excuses, keep moving forward.

Over the years, I have met many cancer patients; at the Infusion Center, at conferences, at work and at play. And I may be biased (no 'maybes' about it), but I have to say, we're a fairly hearty and resilient bunch. Getting diagnosed with a terminal disease — frequently out of the blue, is not exactly the stuff of which dreams are made. Quite the contrary.

Nevertheless, many of the cancer patients I've met seemed to have faced their demons and are standing tall against the worst kind of adversity. Bette Davis is often credited with the quote: "Old age is not for sissies." Well, neither is cancer. It seems to be for everybody, everywhere. Unfortunately, cancer is an indiscriminate, equal opportunity destroyer; all ages, all races, all ethnic groups, all populations.

According to "Medical News Today," "One in two people will develop cancer in their lifetimes." So getting cancer is either a matter of time, inevitable or a random-type miracle if it doesn't affect you. For many of us who've been affected already, we've come to learn that cancer isn't the automatic death sentence it used to be, especially for us lung cancer patients. The research dollars and enthusiasm going into defeating this scourge are at their most significant in decades, perhaps ever.

Now is not the time to give up hope. It's time to embrace it.

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

ENTERTAINMENT

Submit entertainment announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Baby Toddler Sign Classes. 10-11:30 a.m. Fridays in May at the NOVA Natural Birth Center, 4200 Technology Court, Suite A, Chantilly. Lisa Carlson of Toddler Signs has ways to teach a baby or toddler to how to express themselves with signing months before they can in words. Cost is \$60 for all four classes or \$20 each. Classes will be taught again in June. Visit www.novabirthcenter.com for more.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilaire.org for more.

Toddlin' Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

Storytime for Three to Fives.

Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

English Conversation Group.

Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

English Conversation Group.

Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

Practice English Conversation Group.

Saturdays, 3-5 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop in and enjoy casual conversation and learning for adult learners of English. Volunteer led program. Call 703-830-2223 for more.

English as Second Language Book Club.

Mondays, 7-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call the library 703-830-2223 for book title.

Advanced English Conversation Group.

Tuesdays, 10:30 a.m.-12:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop-in conversation group for adult English as Second Language speakers who want to improve their skills. Call 703-830-2223 for more.

Plant Clinic.

Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

ESL Book Club.

Mondays, 7 p.m. at

the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

ESL Book Club.

Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

Lego Block Party.

Every other Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime.

Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Live After Five.

Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.

Mondays are Family Night.

5-7 p.m. at Villagio, 7145 Main St. \$45 for a family of four. Call 703-543-2030 for more.

Legos Kids Club.

Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime.

Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain

Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

Over-40 Softball League.

A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders -played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email skeduman@aol.com for more.

One-on-One English Conversation.

Various times at Centreville Regional Library, 14200 St. Germain Drive. Spend an hour with a volunteer tutor to practice conversing in English. Various times and days. Reservations are required. Call the library at 703-830-2223 to make a reservation.

PET ADOPTIONS

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

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

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

FRIDAY/JUNE 9

Combo Classic Golf Tournament.

11 a.m. at the Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. This tournament pairs golfers with and without disabilities to compete. \$180 per team. Call 703-324-8782 or email robeta.korzen@

Fairfaxcounty.gov for more.

SATURDAY/JUNE 10

Festival to Fight Cancer. 7:30-11 a.m. at Centreville High School, 6001 Union Mill Road, Clifton. A 2-mile run with all of the funds will be donated to Special Love, a non profit organization that provides camps, programs, and financial aid for families affected by childhood cancer. Visit wildcatscancer.wixsite.com.

Combo Classic Golf Tournament. 8 a.m. at the Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. This tournament pairs golfers with and without disabilities to compete. \$180 per team. Call 703-324-8782 or email robeta.korzen@Fairfaxcounty.gov.

Bat Walk. 8:30-9:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Walk through the meadows and along the forest edges at Ellanor C. Lawrence Park and use a bat detector to find these night-flyers. Watch them feed and learn about their ways. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Musical Production. 8-10 p.m. at Richard J. Ernst Theatre, Annandale NOVA Campus, 8333 Little River Turnpike. Encore Theatrical Arts Project presents their 21st original Broadway-style spring musical "That's Life." A song and dance musical about life, love and the journeys we take along the way. \$19-\$26. Visit www.Encore-tap.org.

SUNDAY/JUNE 11

30th Anniversary Community Carnival. 2-5 p.m. at ImagiNation Learning Center, 14428 Albemarle Point Place, Suite 100, Chantilly. Rocknocoers children's band, moon bounce, rides, games, prizes, face painting, crafts, vendors, and more. Rides require a ticket or wristband purchase day of. Register at <http://bit.ly/2ovZ4H4>. Visit www.imaginationlearning.net or call 703-817-1390.

THURSDAY/JUNE 15

Biodiversity Gardening Lecture. 6-8 p.m. at the Sully Governmental Center, 4900 Stonecroft Blvd., Chantilly. Laura Beaty and Donna Murphy, members of the Potowmack Chapter of the Virginia Native Plant Society (VNPS), discuss a program that will benefit gardeners and homeowners who are interested in using a portion of their property to support biodiversity. Visit vnps.org.

SATURDAY/JUNE 17

Children's Science Center Lab. 6-8 p.m. at Fair Oaks Mall, 11948 Fair Oaks Mall Blvd., Fairfax. Instill a love of learning STEM in all children by providing opportunities to explore, create and be inspired. \$12, two for one admission special. visit www.childsci.org for more.

SUNDAY/JUNE 18

Father's Day Antique Car Show. 10 a.m.-3:30 p.m. at the Sully Historic Site, 3650 Historic Sully Way, Chantilly. The 44th annual car show will feature more than 400 antique and classic cars and more than 100 vendors. \$10 for adults, \$8 for seniors and \$7 for children. call 703-437-1794 or visit www.fairfaxcounty.gov.

MONDAY/JUNE 19

Dulles Chamber's Annual Golf Scramble. 7 a.m. at Chantilly National Golf & Country Club, 14901 Braddock Road. Registration and Breakfast at 7 and tee-off at 8. Visit www.dulleschamber.org or call 571-323-5304 for more.

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