

Sully Senior Center dancers perform the tango during the grand-opening ceremony.

'Something Upbeat And Valuable'

Honors for
Police Officers

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PHOTO BY BONNIE HOBBS/THE CONNECTION

ROUNDUPS

SYA Babe Ruth Tourney

SYA is hosting the state Babe Ruth Baseball Tournament, July 6 through July 10 at Centreville High. There'll be four games a day at 10 a.m. and 1, 4 and 7 p.m. The local SYA team will play this Thursday, July 6, at 7 p.m., and the championship game will be on Monday, July 10. For more information, go to <http://syasports.org/babe-ruth/>.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, July 6, 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.

Health Department Needs Volunteers

The Health Department is seeking volunteers to participate in its upcoming Point of Dispensing (POD) exercise on Saturday, July 29. From 9-11 a.m. a simulated POD will be operated at Centreville High School, 6001 Union Mill Road, Clifton.

Trained Health Department staff and volunteers will assist actors — POD clients — with filling out a screening form, dispensing faux-medications and answering questions. This exercise is intended to evaluate the Health Department's ability to provide critical services during a disaster, specifically dispensing medication quickly to residents.

Register to participate as an actor by going to www.eventbrite.com/e/fairfax-county-health-department-point-of-dispensing-exercise-tickets-33333277731. For more information, contact Liz Sullivan, training and exercise coordinator, at 703-246-8703.

Volunteers Needed at WFCM

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 a.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.
- ❖ Volunteer for Food Pantry, bagging clients' food choices, Thursday, 10:45 a.m. - 2:15 p.m. Requirements: must be able to stand for long periods of time and lift at least 25 pounds. Interview and completed application required.

See <http://wfcmv.org/how-you-can-help/volunteer-program/>

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice; fruit juice; jelly; red, white or black beans (can or bagged); canned vegetables (no green beans of corn needed); macaroni and cheese; can pasta; pasta sauce; and pasta (spaghetti, rotini, elbow, etc.).

Toiletries needed, which WFCM clients cannot purchase with food stamps, include diapers, toothpaste, shampoo and solid deodorant.

Bring all items to WFCM'S food pantry's new location at 4511 Daly Dr. Suite J, Chantilly from 9 a.m. to 1:30 p.m., Mondays through Fridays. Contact Terri Kelly at tkelly@wfcmv.org if willing to coordinate a food drive.

NEWS



PHOTOS BY BONNIE HOBBS

Bill Collier (left) presents the citation to Lt. Alan Hanson.

Lt. Alan Hanson holds his medal and citation.

'A Credit to Law Enforcement'

Sully Police Lt. Alan Hanson receives honor.

BY BONNIE HOBBS

Many times, it's police Lt. Alan Hanson who present the Sully District Station's Officer of the Month awards. But during a recent meeting of the station's Citizens Advisory Committee, he was the one being honored.

He received both a citation and a Law Enforcement Commendation Medal. The station commander, Capt. Dean Lay, nominated him for the recognition, and it was presented by Bill Collier of the Sons of the American Revolution.

"Our true, first line of defenders are our police, firefighters and EMTs," said Collier. He then read the citation aloud:

"Lt. Alan L. Hanson has distinguished himself by sustained, superior performance of duty while serving as the assistant commander for the Sully District Station of the Fairfax County Police Department." He

consistently performs his myriad of duties and responsibilities with efficiency and enthusiasm, setting the example for his fellow police officers.

"Most noteworthy is Lt. Hanson's recent performance in collaboration with

the country of Nigeria." He was selected to team with other police experts and regional universities to advance public safety models overseas. He studied how modern police practices in the United States could benefit local tactics, procedures and policies.

"As a result, his team developed a scenario-based curriculum to teach international police officials how to utilize de-escalation techniques to promote a culture of safety and mutual respect in community municipalities." The project was so successful that the Nigerian police force adopted their program for all ranks across the entire nation.

"Lt. Hanson was the lead ambassador for this institutional endeavor and received numerous accolades for his talents, professionalism and direct contribution." Lt. Hanson's performance of duty is a credit to the law enforcement profession, the Fairfax County Police Department, himself and the United States of America."

Charnrissuragul Is Officer of Month

PFC Ben Charnrissuragul has been selected as the Officer of the Month for May for the Sully District Police Station. He was honored at the June 14 meeting of the station's Citizens Advisory Committee.

In nominating him for the award, 2nd Lt. Nick DiPippa explained why the officer deserves this recognition. He called Charnrissuragul "an impressive example of a hardworking, team player."

"He is always early for his shift and quickly volunteers to help other officers without hesitation or question," wrote DiPippa. "He never complains if he is held late and even volunteers for late cases to assist his fellow officers."

DiPippa also praised Charnrissuragul for being an "excellent liaison" with other jurisdictions. "His patrol area borders with Loudoun County and, on sev-

eral occasions, he has assisted them on calls for service," wrote DiPippa. "He is very proactive in his assigned area and has made several, good drug arrests."

Furthermore, wrote DiPippa, "Charnrissuragul did a great job during a pursuit he initiated. His radio traffic was calm and clear and he gave good updates to coordinate the responding units so they could be in a position to help stop the pursuit."

Charnrissuragul then arrested the driver, charging him with DWI and driving on a revoked license, and also found drugs in the vehicle. So, wrote DiPippa, "It is a pleasure having PFC Ben Charnrissuragul serving in the Sully District, and he is well-deserving of the recognition as Officer of the Month."

— BONNIE HOBBS



Sully Senior Center attendees watch the grand-opening ceremony.



Charlie Anderson shows Anne Marie Weinfield how to draw a face.

PHOTOS BY BONNIE HOBBS

‘Something Upbeat and Valuable’

Sully Senior Center opens in Chantilly.

BY BONNIE HOBBS

For years, the Sully Senior Center was housed in the former location of Centreville Presbyterian Church, at the I-66/Route 28 intersection. But with that site about to become part of the I-66 outside the beltway project, the center needed a new home.

It's now relocated to 14426 Albemarle Point Place in Chantilly and is open Monday-Friday, 9 a.m.-4 p.m. Under the auspices of the Fairfax County Neighborhood and Community Services (NCS), it recently held its grand opening and ribbon-cutting ceremony.

“Years ago, society somewhat stigmatized ‘senior centers’ and equated these types of facilities with a slower pace and lots of Bingo,” said NCS Director Chris Leonard. “But what’s represented here and in our senior centers across the county is the 21st century.”

Stressing that today’s older adults are more active than ever, he told those attending the ceremony, “You are energized, enthusiastic participants in the community. You have varied talents, skills and interests that add diversity and vibrancy to the communities in which you live.”

Leonard said the senior centers “reflect these realities with enhanced program op-



Jubilation after (from left) Cathy Muha, Rhonda Reams, Zuri Conroy, Rita Gworek, Lynn Lott, Patricia Harrison, Kathy Smith and Chris Leonard cut the ribbon.

portunities,” including exercise and fitness offerings, a variety of classes to learn new skills or continue developing existing talents, plus trips and cultural experiences. For example, members can learn things such as line dancing, technology, yoga and strength training, participate in discussion and special-interest groups and can visit museums, go shopping and attend plays together.

“Today’s senior centers are dynamic locations where older adults can literally spring into a new phase in their life with increased activity, engagement, friendships and memorable experiences,” said Leonard. “This is one reason why our senior centers function as a

network. When you get membership to one center, you have access to locations and

from now.

activities hosted in 14 locations all across the county.”

As a result, he said, “It further enhances your access to activities and programs that meet your needs and interests. Our staff here at the Sully Senior Center is ready and eager to work with you to provide engaging activities and programs that will broaden your horizons and provide you with fulfilling and memorable experiences to cherish. We’re so fortunate to have a government in Fairfax County that believes in having a vibrant, active and supportive community for our seniors.”

Leonard then introduced Supervisor Kathy Smith (D-Sully), who he called “a champion for older adults in the community.” Noting that this new site is just temporary, she said the county would eventually seek community feedback to hopefully open Sully’s permanent senior center, three or four years

SEE SULLY SENIOR, PAGE 7



The celebration cake.



The Sully Senior Center ballroom dancers sing in Chinese.

A 2-Year-Old's Fight for Life

Strangers made it possible for Audrey Bryan to return to normal life.

BY MIRACLE PARISH

It started out as just another normal day for the Bryan family of Vienna as they enjoyed spending time with their beautiful 1-year-old daughter, Audrey Bryan. But, it wasn't long before they realized that this day would soon become the beginning of a nightmare.

"She was this happy, healthy baby, and suddenly, she's not," said Jennifer Bryan, Audrey's mother.

Audrey was a very social baby, always smiling, going to swim lessons, or making her way to one of her many playgroups. But, out of nowhere, Audrey started getting very sick. She would start to get really pale, and low on energy as if it had been completely drained out of her. Just one week after Audrey's first birthday, she was diagnosed with hemophagocytic lymphohistiocytosis or HLH, a rare, life-threatening autoimmune disease. Audrey's body was attacking itself.

There are two types of HLH. One version is caused by environmental factors, and the other is genetically inherited. Unknowingly, both of Audrey's parents were carriers and



PHOTO BY JESSICA TAPSCOTT PHOTOGRAPHY

Now 2 years old, baby Audrey Bryan of Vienna is a happy little girl who will soon begin ballet lessons as she returns to her normal life

passed down HLH traits to Audrey. The genetic form of HLH is triggered by an environmental factor, often a virus or infection. A child can live a healthy life until this gene is activated by illness, which is what happened to Audrey.

Audrey started receiving blood transfusions, which temporarily restored her color and her energy.

THE DIFFERENCE between Audrey before and after the transfusions was like night

How to Donate Blood

INOVA Hospital provides blood supplies to more than 20 hospitals in the Washington D.C. Metropolitan area. They require about 250 blood products per day, but the shelf life of blood is only five days. Once that blood expires, it can no longer be used, and a new blood product is needed to replace it. The only way to keep blood supply stocked is through regular donations. A person can donate up to six times per year.

People with O negative blood type are encouraged to donate as much as possible because Type O negative is the universal blood donor. This means that this blood will be a match for anyone, and the paramedics do not have to waste vital time matching blood types when trying to prevent some-

one from bleeding to death.

"There is no other type of volunteer activity where you can give one hour of your time and save up to three lives," said Julia Ward, marketing manager for INOVA blood donation services.

One of the main reasons people choose not to donate is fear. Fear of the unknown. Fear of needles. Donor of four years, Kristy Mastromichalis said she always meets first time donors who are so nervous before they donate, but they are always so surprised at how easy and quick it was.

"It's so easy, just go do it," said Mastromichalis.

To become a donor or volunteer to support local blood drives, contact INOVA blood donation services at 571-434-3632.

and day. But, it was becoming clear that the transfusions wouldn't be enough to cure her. Audrey's only chance for survival would be a bone marrow transplant.

To prepare for her transplant, Audrey had to be healthy enough to receive the new bone marrow. This meant Audrey's frail, young body being pumped full of steroids, and being drained by the invasiveness of chemotherapy. The family was put on house isolation to protect Audrey from acquiring any illnesses. Even exposure to bacteria from a run to the grocery store could jeopardize Audrey's entire treatment.

The family moved to Cincinnati for the transplant. Jennifer Bryan lost her wedding planning business and Adam Bryan, Audrey's father, was forced to work remotely. After moving, Audrey was in the hospital for more than a month.

AFTER THE TRANSPLANT was complete, the Bryans waited to see if Audrey's exhausted little body accepted the foreign bone marrow. They were filled with anticipation waiting to hear from the doctor that the bone marrow was accepted. The Bryan family could finally breathe a little easier knowing that their toughest days were behind them.

Jennifer Bryan was more than grateful for the transplant, but acknowledges that it would not have been possible without the numerous blood transfusions from generous donors. Unfortunately, there are not always blood products available for those who need them.

Now 2 years old, baby Audrey is a happy little girl who will soon begin ballet lessons as she returns to her normal life because a stranger gave an hour of their time.

Help Sought in Identifying Bank Robbery Suspect

The Fairfax County and City of Fairfax Police Departments are teaming up to identify and find a man who robbed two TD Bank locations this month. Detectives believe he may also be responsible for other robberies across the region.

Shortly after 3:30 p.m., on June 9, City of Fairfax Police were called to a bank robbery at the TD Bank in the 9500 block of Main Street. A man entered the location, demanded money and took off with an undisclosed amount of cash.

About one week later, Fairfax County Police responded to a similar bank robbery at another TD Bank. This happened around 12:45 p.m. on June 17,

in the 6200 block of Multiplex Drive, in Centreville. Nobody was hurt in either incident.

The suspect was described as white, possibly Hispanic or of Middle Eastern descent, in his 20s, between 5 feet 5 inches and 5 feet 9 inches tall, and 140 pounds.

If residents can identify this man or have any information about either bank robbery, contact the Fairfax County Police Major Crimes Division at 703-246-7800. Tips may also be sent anonymously through Crime Solvers by visiting <http://www.fairfaxcrimesolvers.org>, or by texting "TIP187" plus a message to CRIMES(274637).



Bank robbery suspect

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.

SOBER-RIDE FOR INDEPENDENCE DAY

Free Sober Rides. Tuesday, July 4, 7 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBERJULY4 in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberide.com.

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.

FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. No service on July 3 and 4. In the Centreville area, FEEDS is offered at London Towne Elementary School, 6100 Stone Road.

Summer Camp. The Fairfax County Fire and Rescue Department offers the Academy, open to female students that are Fairfax County residents (ages 14-15) and is free of charge to participants. The Academy will provide a unique insight into life as a Firefighter/EMT to encourage young women to consider the fire service as a career, either after high school or college. Register at www.fairfaxcounty.gov/fr/.

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.

VOLUNTEERS NEEDED

Volunteers needed at the Fairfax Station Railroad Museum, 11200

THROUGH AUG. 25

Summer Lunches. The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the

JULY 17-21

Girls Fire and Rescue Academy

ELECTRONICS RECYCLING

Residents Can "E-cycle" at the I-66 transfer station. It is free but

DONATIONS

The **Student Auto Sales Program** operating from Centreville High School works in conjunction with the

SEE BULLETIN, PAGE 8

Museum Honors CHS Student

The National WWII Museum awarded the Billy Michal Student Leadership Award to Madeleine LeBeau, a ninth-grade student at Chantilly High School. As a new part of the museum's annual American Spirit Award ceremonies in New Orleans on June 9, the Michal Award recognized LeBeau in part for her work in developing an interactive experience designed to allow students to interact with World War II veterans, civilians, and survivors.



Madeleine LeBeau receives Billy Michal Award.

challenges." This experience, which began as LeBeau's Girl Scout Gold Award project, will be distributed this summer to history teachers throughout the Commonwealth, in conjunction with Virginia's WWI and WWII Commemoration Commission, and is also available online.

The museum added the Billy Michal Award as part of its annual American Spirit Awards, through which it has honored many Americans for their service to the country, including Tom Brokaw, Tom Hanks, President George H.W. Bush, and, in 2017, David McCullough, David Rubenstein, James Barksdale, Captain James Lovell, and Phyllis Taylor.

The project, entitled "iWitnessed — iRemember," introduces students to 16 Americans (now living in Northern Virginia) who personally recount their experiences during the war in Europe, in the Pacific, on the homefront, and as a survivor of a Nazi concentration camp. These everyday American heroes then instruct the students on various skills used during the period, which the students have to apply to navigate one of two historically derived "escape

problems." The museum debuted the Billy Michal Award this year in order to recognize one student in every state that has demonstrated the American spirit in his or her community, including a record of volunteerism, leadership, and implementing creative solutions to recognized problems.

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Garage parking session activation is **not** required after 5 pm or on weekends.

restontowncenter.com/parking

Reston Concerts on the Town 27th Season

Saturdays, June 3 through August 26, 7:30 - 10 pm
Reston Town Center Pavilion

Family Fun Entertainment Series

Saturdays, June 17 through August 5, 10 - 10:45 am
Reston Town Square Park

Sunday Art in the Park with Shenandoah Conservatory

Sundays, June 18 through August 13, 7 - 8 pm
Reston Town Square Park

restontowncenter.com/events

Reston Town Center continues its commitment for community events and free entertainment all year long.

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WWW.ATOKAPROPERTIES.COM

OPINION

Send in Pet Photos Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets?

EDITORIAL

Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we

will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets. For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

Timing Is Everything

This week's paper went to press on Monday, July 3, and as a result does not include coverage of Independence Day events from the Fourth of July. Please see next week's paper.

New Laws Take Effect July 1

BY JIM LEMUNYON
STATE DELEGATE (R-67)



As you may know, the Virginia Constitution specifies that newly enacted laws take effect on July 1 of each year, with some exceptions permitted.

Brief summaries of some new laws that may be of interest to you are listed below. A more complete list with links to the text of each may be found at <http://dls.virginia.gov/pubs/summary/2017/summary2017.pdf>.

As you may know, I had more bills signed into law by Governor McAuliffe since the last election than any other Virginia legislator. Three of those are included in the list below, and more information about other laws I authored may be found at <http://lis.virginia.gov/cgi-bin/legp604.exe?171+mbr+H0223C>.

Included in amendments to the state budget that take effect July 1 are increases for K-12 education, with record levels of funding returned from Richmond for Fairfax and Loudoun County schools, \$653 million and \$347 million, respectively, for the 2017-18 school year. These amounts include funding for teacher pay raises, should local school boards

elect for raises.

HB 1825 – Establishes a right to re-sell electronic tickets in Virginia (not D.C. or other states, as Virginia law applies to Virginia only). The law prohibits any person or organization that issues tickets for admission to a professional concert, professional sporting event, or professional theatrical production, open to the public for which tickets are ordinarily sold, from issuing the ticket solely through a delivery method that substantially prevents the ticket purchaser from lawfully reselling the ticket on the Internet ticketing platform of the ticket purchaser's choice.

HB 1709 – Requires public school principals to notify the parents of any student involved in a bullying case within five days, including the status of the investigation.

HB 2136 - Washington Metrorail Safety Commission Interstate Compact. The law establishes a safety oversight authority for the Washington Metropolitan Area Transit Authority (WMATA) Rail System to review, approve, oversee, and enforce the safety of the WMATA Rail System. This bill, which I introduced, took effect in March so that work toward making the Commission operational could start as soon as possible.

HB 2138 – Requires better coordination between transportation planning and local government land use, zoning and development decisions, to prevent the creation of more traffic congestion. I authored this law.

HB 2139 – Requires VDOT to report annually on the extent to which it is (or is not) keeping up with paving streets and roads rated in “poor” or “very poor” condition. I authored this law.

HB 1549/SB 1005 - Provides that core services provided by Community Services Boards and behavioral health authorities shall include (i) same-day access to mental health screening services and (ii) outpatient primary care screening and monitoring services for physical health indicators and health risks and follow-up services. The bill is intended to help people with overcoming barriers to accessing primary health services. This law takes effect in 2019 (some portions as late as 2021) so that CSBs have time to comply.

HB 1885/SB 1232 – Creates limits on the prescription of controlled substances containing opioids.

The law requires a registered prescriber to request information about a patient from the Prescription Monitoring Program upon initiating a new course of treatment that includes the prescribing of opioids to last more than seven consecutive days. An exception is provided from this requirement if the opioid is prescribed as part of treatment for a surgical or invasive procedure and such prescription is for no more than 14 consecutive days.

If you have any questions or issues you would like me to address, please contact me at 703-264-1432 or deljlemunyon@gmail.com.

LETTER TO THE EDITOR

Appreciation For America

To the Editor:

As an American Muslim I want to wish everyone a happy and safe 4th of July as we celebrate the many freedoms and rights this country affords us all. As an Ahmadi Muslim, I am especially aware of the importance of these rights as I came from a Muslim-majority country where the rights of all minorities, Muslim and non-Muslim, are routinely trounced. I

came to this beautiful county in 2005 for doing my graduate studies. Since that time, this county has given me a lot including freedom to practice my religion, best education, career growth and many other countless opportunities which I am thankful.

Islam requires a Muslim to offer loyalty to the country of residence. The Holy Quran states, “O ye who believe, obey Allah and obey the Prophet and obey those in authority from among you” (4:60). As American Muslims benefit from this country's freedoms, we are

duty bound to be grateful and offer our loyalty to the government. Islam teaches that that the person who is not grateful to the God's people can never be truly grateful to God.

On 4th of July, I will be going to local Independence Day parade in Virginia proudly wearing my “Muslims for Loyalty” shirt which has American flag on it to show my appreciation for this great country.

Ahmed Bajwa
Chantilly

Write

The Connection 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.

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By e-mail: chantilly@connectionnewspapers.com

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Newspaper of
Chantilly
Fair Oaks / Fair Lakes
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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circulation@connectionnewspapers.com

A Connection Newspaper

Sully Senior Center Opens

FROM PAGE 3

Meanwhile, Smith was delighted with the center in Chantilly. "It's really a happy place here, with so much light and so many smiling people," she said. "Today's event is a celebration of new and increased possibilities."

"The Sully Senior Center has truly come alive," she continued. "A few months ago, this was an office building." She then thanked the center's staff and Fairfax County "for making this the place to be for people 50 and older." Afterward came the ribbon-cutting, followed by singing and dancing



Jiying Li sings in Italian.



Chris Leonard

PHOTOS BY BONNIE HOBBS

by the senior center's ballroom dancers.

Senior Clara Angel called the new facility "very nice. And it's real good help for a lot of people who are at home and have nothing to do and don't drive. This is nice of the county to do." She went to the center for the first time, about a year ago, with a

friend.

"I like it because I'm retired and on my own now and I like to be busy," said Angel. "So I come here and go to the gym; I like to run and also do Jazzercise. This new place is beautiful, and there's room for everything now."



Hope Chen does the "Dance of the Swan Goose."

Another member, Glenn Haman, of Centreville's Country Club Manor community, was married nearly 40 years, but is now a widower. "I'm in mourning and still miss my wife very much," he said. "But after she died recently, I started coming to this center. I went to it when it was in Centreville."

An active person, he wanted to exercise, so he joined the Jazzercise and Tai Chi classes. He also does line dancing and participates in the center's ballroom-dancing group. "My mom won trophies for ballroom dancing, so I figured it's in my genes," said Haman.

"When I came to this center, I had such a good impression — it's beautiful and all the staff are happy and helpful," he added. "I saw the joy here."

I saw all these elderly people doing things and thought, 'This is a wonderful program for seniors.' It's something upbeat and valuable in their lives."

It costs \$48/year to become a senior-center member, but waivers are offered for people of certain income levels. For more information about the centers, go to www.fairfaxcounty.gov/ncs/sully or call 703-322-4475, TTY 711.

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PHOTO CONTRIBUTED

At American Legion Boys State

Del. Timothy D. Hugo (R-40), a member of the Virginia House of Delegates from Centreville, last month addressed select high school students attending the 75th session of American Legion Boys State of Virginia being held this week at Radford University. Hugo, who attended Virginia Boys State in 1980 and is participating for his second time as an instructor in the Boys State program, spoke on "Virginia Government - Origins to Today." He described the history and legislative process of the Virginia General Assembly including how a bill becomes law. Hugo, whose son Chris is attending Virginia Boys State this year, also discussed his duties and challenges as a state delegate along with various current policy and political issues facing state government in Virginia.

Bell: FCPS Outstanding Elementary Teacher

Jillian Bell, who teaches fifth grade at Brookfield Elementary School, has been named the 2017 Outstanding Elementary Teacher by Fairfax County Public Schools (FCPS). The announcement was made by FCPS Interim Superintendent Steve Lockard at FCPS Honors, a ceremony that recognizes the winners of FCPS employee awards.



cure, apprehensive, and questioned her own abilities. "Ms. Bell believed in me, accepted me, and instilled this belief that I could change the world and I am more than my hardships," said Kashef. "She realized the potential of success in me, and gave me the support to succeed." Kashef ultimately became senior class president, leader of

Bell has learned over her 16 year teaching career that getting to know her students is the most important thing she can do as a teacher. Her first teaching job was in Albany, N.Y., at a Title 1 school, where 98 percent of students were eligible for free and reduced meals. Working with her teammates, they brainstormed ways to connect with their students and families, made home visits, communicated with parents, and provided them with encouragement and positive feedback. "I learned early on that I needed to reach before I could teach," she said. "Every year, a new set of students with a multitude of needs requires you to get to know them, how they learn best, and provide them with appropriate learning opportunities. This is no easy task and it takes a lot of time and effort that extends well beyond the school day and the walls of the school building."

several student organizations, a peer counselor, and an activist.

Colleagues praise Bell for promoting a "culture of collegiality" at Brookfield and for being a true team player. Her ability to scaffold instruction — tailoring it to each child's needs — and encourage her students to be flexible thinkers while relating instruction to their interest or background knowledge, helps students become more engaged and have a deeper understanding of what they are learning. As a lead teacher mentor and host for student interns, Bell said, "I love working with interns and new teachers because they bring such a wealth of knowledge about the new and innovative ideas that I consider to be such a wonderful asset."

Bell serves as a Girls on the Run coach; co-sponsor of the Brookfield SCA that holds schoolwide community service projects; and a volunteer during the summer to support the school's bookmobile reading program, building literacy skills during the summer months.

Finalists for Outstanding Elementary Teacher include Abir Saah of Camelot Elementary School; Sean Gray of Dranesville Elementary School; Eli Tinkelman of Hollin Meadows Elementary School; and James Koontz of West Springfield Elementary School.

Bell's efforts are appreciated by Sarah Kashef, now a student at Columbia University, who says that her teacher "taught me how to believe in myself. She always reminded me that I was capable and smart, and that with the power of education I could do anything while still being honest and empathetic. Kashef was new to Brookfield when she was assigned to Bell's class, unable to afford the extra opportunities that other students experienced, and felt inse-

Johnson To Lead Special Services

Teresa Johnson, currently the principal at Chantilly High School, has been named assistant superintendent for Fairfax County Public Schools' (FCPS) department of special services, effective July 5.



Johnson

conducted trainings on special education policies, regulations, and procedures, and provided instructional support for schools to increase the academic performance of their special

education students.

She also served as an educational specialist in the office of monitoring and compliance to ensure compliance with federal, state, and FCPS regulations; and as special education department chair at Centreville High School. Johnson began her career with FCPS as a learning disabilities teacher at Centreville High in 1989.

A graduate of James Madison University with a bachelor's degree in education-learning disabilities, Johnson earned her master's from George Mason University (GMU), and a Virginia Professional License in administration and supervision from GMU.

Centreville Square, Centreville.

SUPPORT GROUP

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.

Johnson has served as principal at Chantilly High since 2011, where she was responsible for the safety, security, and educational programming for more than 2,700 students and more than 300 staff members; saw an increase in ACT, SAT, and Advanced Placement (AP) test scores; managed the school budget; and developed the secondary transition to employment program to support students in developing work and life skills. She also oversaw a renovation to create a life skills room and accessible bathroom to support special education students. As assistant principal at Chantilly, Johnson was administrator for category A and B special education services as well as manager of a subschool.

Johnson's professional experience includes serving as a special education pyramid resource specialist for secondary schools in the previous cluster VII, where she facilitated and coordinated Individualized Education Program (IEP) meetings,

Mount Vernon Honors Snyder

George Washington's Mount Vernon has named Gretchen Snyder, a history teacher Westfield High School as its 2017 History Teacher of the Year. Snyder will receive a \$5,000 prize and an all-expense paid trip to George Washington's Mount Vernon for up to 200 students. 2017 marks the 10th anniversary of this special award, which celebrates educators dedicated and passionate about teaching history.



Snyder

ful connections with historical events and individuals. With educators like her, we can ensure George Washington's relevance and the world he lived in remains an indelible part of education today."

Snyder has 15 years' experience as a history teacher and currently serves as the Social

"At Mount Vernon we honor teachers who bring history to life for their students," said Mount Vernon's vice president for education, Allison Wickens. "Snyder's skills in the classroom transform her students' learning experiences and help them build meaning-

Studies Department chair and National History Day coordinator at Westfield High School. She served on the Review Committee for the Virginia Department of Education's Standards of Learning for U.S. History from 2013-2015.

BULLETIN BOARD

FROM PAGE 4

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

Meditation as Medicine Practice linked to improvements in health.

BY MARILYN CAMPBELL

In her dimly lit basement in Great Falls, Mary Beth Kogod sounds a meditation bell that echoes through the room. The 12 people sitting on cushions in a circle around her close their eyes and listen to the gentle sounds of her voice.

"If your mind begins to wander, gently guide it back to the sound of my voice," said Kogod, as she leads the group in a mindfulness meditation session.

The practice of meditating to aid with ills running the gamut from stress and anxiety to pain and depression is on the rise. According to the National Institutes of Health (NIH), 18 million people practiced some form of meditation in 2015, and the number of Americans who engage in the practice has doubled over the last 15 years.

"We have more smartphones and other electronics that consume us and give us constant access to stressful events we see on the news," said Kate Love, who runs the Open Mind-Open Heart meditation group in Bethesda. "There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

Love says that while scientific research

to back up these claims is limited, it is growing. For example, a study funded by the National Center for Complementary and Integrative Health at NIH shows that mindfulness practices have a positive impact on insomnia.

"There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

— Kate Love

Meditation usually entails sitting relatively still and quiet, as in Kogod's meditation session, and focusing on one thing, such as a sound, an image or one's own breath.

"I teach clients concentrative meditation where they focus on one thing," she said. "I also teach mindful meditation where people try to cultivate a sense of awareness of what is happening in their body. For example, what thoughts pass through your mind as



PHOTO CONTRIBUTED

Kate Love of the Open Mind-Open Heart meditation group in Bethesda says that meditation can help reduce stress.

you sit quietly? What sounds do you hear? What emotions do you feel? The work comes when you notice these sensations and then let them go."

A 2011 study by the Association for Psychological Science showed that meditation can be effective in boosting memory and

concentration. Settings for this mind-body practice now range from workplaces to classrooms.

Amber Wilson, a fourth grade teacher, guides her students in mindfulness meditation practices most afternoons during the school year. "A lot of my students have difficult home environments which affects their ability to concentrate in school," she said. "When I stop them between subjects and let them chill out a little bit, it really makes a difference in their performance, even after just five minutes."

Meditation can also help with addiction treatment, says Warren Schelter, Ph.D., a psychologist with a practice in Alexandria. "It can instill a sense of calm and overall wellbeing," he said. "Anxiety and depression often go hand-in hand with addiction, which is why a calming meditation practice might be effective for some people."

Schelter underscores the fact that meditation should not replace traditional medicine. "I would recommend that anyone experiencing symptoms of mental or physical illness see a medical doctor first," she said. "Mediation should work in conjunction with traditional medicine, not in place of it."

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SPORTS

Virginia Run Riptide

Virginia Run traveled to Donaldson Run at the eastern edge of Arlington County for its second NVSL Division 4 meet of the season. While energized by their Pasta Potluck Pep Rally Friday evening, and wearing red, white and blue to celebrate the July 4 holiday, the Riptide were unable to neutralize the Thunderbolts.

The freestyle events were competitive, with multiple lead changes. The Riptide had four first place finishes with Charis Roundtree (8 & UG), Isabelle Cogan (11-12G), Maddie Whitton (13-14G), and Nick McGrath (15-18G). Six swimmers captured second place: 8 & Unders Ethan O'Connor and Anna Kelliher; 9-10's Ryan Friess and Megan Marco; 13-14 Chelsea Nguyen, and 15-18 Didi Pace. Lauren Fitch (8&UG), Ryder Hicks (9-10B), Charles Beamon (11-12B), and Jason Cheifetz (13-14B) swam for third.

As the backstrokers pushed off, the Riptide kept the meet close. Ethan O'Connor (8&UB), Davis Collinsworth (9-10B), Montse Garduno Cuevas (9-10G) and Sarah Boyle (15-18G) won their events. Four ladies: Anna Kelliher (8&U), Ginny Fitch (9-10), Caitlin Kelliher (11-12), and Alana Turflinger (13-14) and two gentlemen: Jackson Blansett (11-12) and Nick McGrath (15-18) swam to second place. Important third place points were collected by 8&Us Mason Conlon and Caroline Friess, 9-10 Ryder Hicks, 11-12 William Whitton, 13-14s Andrew Boyle and Chelsea Nguyen.

As the breaststrokers moved to the starting blocks only eight points separated the Riptide and the Thunderbolts. 8&U's Nick Harris and Charis Roundtree, 9-10 Angela Thomson, and 15-18 Leo Wang were dominant in their heats. The 9-10s Davis Collinsworth, the 11-12s Griffin Osterhout and Isabelle Cogan, the 13-14s Jack Liskey and Alan Turflinger and 15-18s Meredith Matz swam for seconds. Seven swimmers took third place: Jenna Van Buren (8&U), Kevin O'Connor (9-10), Charles Beamon (11-12), Nora Collinsworth (11-12), Kevin Wang (13-14), Gabriella Borsato (13-14) and William Beamon (15-18).

Sully Station II

Featuring fingertip finishes and consistent cheers, the Sully Station II Piranhas put forth a fierce effort in the meet against Annandale on July 1. Ultimately falling 223-187, the team never wavered in giving their all and supporting for each other.

Leading the way once again were 12-year old phenoms Caroline Li and Angela Cai, who combined to capture all events in their age group. Together with Samantha Lacy and Callie Ver Planck, the girls dominated the medley relay with an almost 5 second win. Fourteen-year old Faith Alston was also a double event



8&Under Winning Relay: E. O'Connor, A. Bange, C. Thomson, and N. Harris.



13-14 G Winning Relay: C. Nguyen, A. Matz, M. Whitton, and A. Turflinger.

With the teams still eight points apart, the butterfly competition began. The Riptide won three races with Nick Harris (8&U), Leo Wang (15-18) and Sarah Boyle (15-18). Six swimmers captured second place: 9-10s Ryan Freiss and Megan Marco, 11-12's Jackson Blanchett and Caitlin Kelliher, 13-14 Maddie Whitton and 15-18 Didi Pace, while six swimmers picked up third places: 8&Us Christopher Thomson and Carolyn Friess, 9-10 Christopher Lee, 11-12 Griffin Osterhout, 13-14's Jason Cheifetz and Valerie Tonnu.

As the relays began, the Thunderbolts had stretched their lead to 20 points and the pressure ratcheting up on the Riptide. The 8&U boys responded with a nail biter of a win with anchor Nick Harris making up a 2 body length gap to win by .17

SEE VIRGINIA RUN, PAGE 11



Sully Station II Piranhas were strong and smiling throughout the day. From left are 9-10 girls Ella Ammons, Ehma Stalfort, Suzanna Walser, Alyssa Norris, Lilly Wilson

SEE SULLY STATION, PAGE 11

SPORTS

Sully Station II

FROM PAGE 10

winner with blistering swims in freestyle and breaststroke.

Demonstrating true leadership, 16-year old Kellen Campbell brought home two victories in back and fly and was a key member of two relay teams. He combined with Colin Brown, Max Morris and brother Brody Campbell to easily outpace Annandale with an almost 6 second victory in the 15-18 boys medley. Kellen also anchored the mixed age relay and along with Simon Campbell, Emerson Saint Germain and Harrison Saint Germain the boys turned in a race that just fell short by .04 seconds.

Claiming victories by mere fractions of a second were Max Morris in freestyle by .04, Karena Hall in backstroke by .05 and Grace Ver Planck in butterfly by .04 seconds. These individual performances were followed up by sensational relay events, including wins by 8&U girls Mary Campbell, Grace Ver Planck, Alyssa Seng and Payton Susko and mixed age girls Angela Cai, Ehma Stalfort, Faith Alston and Karena Hall.

The 8&U boys completed a comeback with 6-year old anchor Michael Zhang bringing home the win with teammates Gabriel Alquinta, Mark McLendon, and Zacchaeus Post. Similarly, the 15-18 girls squad of Carly Logan, Georgia Stamper, Delaney Kennedy, and Karena Hall gave a tremendous effort to out touch their opponents by .02 seconds.

Individual event winners included freestylers Payton Susko and Harrison Saint Germain, backstroker Michael Zhang, breaststrokes Mark McLendon, Alyssa Seng, Jason Li, Brody Campbell, and Delaney Kennedy, and fly specialist Carson Saint Germain. Piranhas scoring additional points throughout the meet included Emerson Saint Germain, Ehma Stalfort, Ella Ammons, Callie Ver Planck, Colin Brown, Gabriel Alquinta, Caden Seng, Lilly Wilson, Simon Campbell, Charles Tai, Madison Stalfort, Carly Logan, Zacchaeus Post, Mary Campbell, Georgia Stamper, and Elijah Post.

The team would like to give special recognition to 11-year olds Samantha Lacy, Audrey Sevilla, and Cecilia Alquinta who all swam up an age group to help Sully II round out the 13-14 freestyle, backstroke and medley relay.

The Piranhas will travel to Laurel Hill in Lorton for their next A meet on Saturday, July 7.

Virginia Run Riptide

FROM PAGE 10

seconds. The 8&U girls followed with a win, but the Thunderbolts dominated the next five races. The Riptide girls 13-14 relay swam with enthusiasm and won their relay, but alas there were no more wins for the Riptide on the first Saturday in July.

Summer swim is all about fun and friendship, so the Riptide is having a busy social week with a development meet Monday at Pleasant Valley, a "Despicable Me 3" Movie Night Pep Rally on Friday and a Nationals Baseball game on Sunday.

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Not An Auto-Matic Fix



By KENNETH B. LOURIE

But a fix nonetheless, of our 17-year-old back-up car, a 2000 model year Honda Accord. On balance, since inheriting it from mother in 2008, it has been an exceptionally reliable and reasonably-priced second car and one which I'm happy to own. I drive it approximately 7,000 miles per year and not over long stretches. In effect, it is our local car. And considering there is no monthly car payment and the insurance/maintenance costs are low, as a non-car guy who only wants to get from point "A" to point "B", I can live with it "Big time," to quote our current President.

Now I'm at a bit of a crossroads, however. (And not that this is a "cancer" column per se, but it is a column affected by yours truly being a cancer "diagnosee.") I am dropping the car off at my local mechanic, Tony, later today because there are some warning signs and idiot lights suggesting I do so. First, the infamous "check engine" light is illuminated. Its yellow which Tony said is not as bad/urgent as if it were red. Nevertheless, to turn it off/fix the underlying problem (since it doesn't appear to be the gas cap) will likely cost hundreds. The preliminary assessment is that the fault is emission related.

The second area of concern is temperature, specifically how poorly my car's air conditioner is cooling and how loud the fan controlling it is when engaged even when one/low is selected. Adding insult to summertime discomfort, the passenger-side window doesn't slide down, either when using its own power-window switch or the master control on the driver's side. To summarize, I have one window (the driver's side) that can go down and extremely limited air conditioning. I wouldn't say it's hot in the car, but I'm sure any normal person would. Having had previous conversations with Tony about these repairs, I know the dollars needed to right these wrongs might not make any sense given the age and mileage on the car and the diagnosis of its owner. Yet here I am trying think long term, not cancer term. What to do?

I don't want to be miserable driving the Honda anymore (and it is me who's driving it). But I only need the air conditioning for another six to eight weeks or so - and not every day, and rarely at night. I do need to open the windows though for eight to 10 months, not so much during the winter and rarely on cold nights, but opportunities do present themselves. Spending the hundreds/possibly thousands of dollars for all repairs now however might make me miserable, too. The question persists then for any of us who own/want to maintain older cars: when are you throwing good money after bad? Ergo: when is enough, enough? (I sound like Carrie Bradshaw from "Sex and the City.")

Would I be better off spending the repair money on a newer car and enjoy whatever warranty protection I could muster and thus minimize future repair bills or not? The only problem with buying that "newer car: it's likely (heck, there's no 'likely' about it) there will be a monthly car payment which at present I do not have, and in so having one will definitely make me miserable.

Factor in my health status and I can't stop asking myself: do I solve a problem that affects the quality of my life today at the expense of tomorrow (pun intended) or do I plan/repair for tomorrow and suffer the consequences of having done so today?

As a stage IV, non-small cell lung cancer patient originally characterized by my oncologist as "terminal" and given a "13-month to two-year" prognosis to boot back in late Feb., 2009, I've always tried to live my life and make decisions as if I had a future beyond what I was told.

And for the past eight years and four months, I have pretty consistently maintained that approach. Still, the longer I live, the more my underlying medical diagnosis impacts my thinking/judgment. Unfortunately, worlds sometimes collide and reality is up for grabs. And occasionally decisions are made in a "bizarro" kind of way where topsy is turvy and vice versa. Welcome to my whirled.

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

CALENDAR

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

ONGOING

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.fairfaxjubilairs.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. If interested, 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 foreverhome.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.

THURSDAY/JULY 6

Hunter Mill Melodies. 7:30 p.m. at Frying Pan Park, 2739 West Ox Road, Herndon. Brass plays American popular music. Visit www.fairfaxcounty.gov/huntermill/ for more.

TUESDAY/JULY 11

Friends of Cub Run. 7:30 p.m. at Centreville Library, 14200 St. Germain Drive. Everyone interested in supporting Cub Run Park is welcome to attend. Email

friendsofcubrun@gmail.com for more.

THURSDAY/JULY 13

Hunter Mill Melodies. 7:30 p.m. at Frying Pan Park, 2739 West Ox Road, Herndon. Rob Ickes and Trey Hensley plays bluegrass. Visit www.fairfaxcounty.gov/huntermill/ for more.

SATURDAY/JULY 15

Sully Summer Shindig. 3-7 p.m. at 10508 Wickens Road, Vienna. Annual Sully Democrats fundraiser, which supports Sully Democrats running for office and other operational expenses. \$15 in advance, \$25 at door. Email chair@sullydemocrats.org or visit <http://sullydemocrats.org> for more.

SUNDAY/JULY 16

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. \$4 for adults 16 and over \$2 for children 5-15 free for Museum members and children under 5. Visit www.fairfax-station.org or phone 703-425-9225.

SUNDAY/JULY 23

Z Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Z scale is the smallest mass-marketed model train available anywhere. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org, or call 703-425-9225 for more.

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.

THROUGH AUG. 25

Summer Lunches. The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. No service on July 3 and 4. In the Centreville area, FEEDS is offered at London Towne Elementary School, 6100 Stone Road.

JULY 17-21

Girls Fire and Rescue Academy Summer Camp. The Fairfax County Fire and Rescue Department offers the Academy, open to female students that are Fairfax County residents (ages 14-15) and is free of charge to participants. The Academy will provide a unique insight into life as a Firefighter/EMT to encourage young women to consider the fire service as a career, either after high school or college. Register at www.fairfaxcounty.gov/fr/.


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.

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Centreville Baptist Church
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