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Centreville ❖ Little Rocky Run

CENTRE VIEW

HomeLifeStyle
PAGE 9

JUNE 13 -19, 2018 25 CENTS NEWSSTAND PRICE



Graduation Joy

NEWS, PAGE 3

Dancing his way onto stage, Brady Boose accepts the Wildcat Spirit Award.

Returning With Cappies Awards

NEWS, PAGE 10

PHOTO BY MIKE SALMON/CENTRE VIEW

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‘Stay Focused on Your Academics’

CPMSAC honors students at awards ceremony.

BY BONNIE HOBBS
THE CONNECTION

The Chantilly Pyramid Minority Student Achievement Committee (CPMSAC) held its 34th annual Youth Motivation and Academic Achievement Awards Program on Saturday, June 2, at Chantilly High. Honored were middle- and high-school students, and the theme was “Pursuing Higher Student Achievement and Academic Excellence.”

Stressing that it’s an all-volunteer committee, CPMSAC President Johnny Nelson told the crowd, “My late wife Shirley started this organization to eliminate the achievement gap. And when I look around here, I see it happening.”

“This is a time to celebrate,” said master of ceremonies Chuck Coffin. “We’re going to have fun today and enjoy the ride. CPMSAC has been in the business of motivating and encouraging youth for 34 years. And those of us involved in it love that organization so much that – even after our own children are no longer in the school system – we’re still participating.”

He said CPMSAC always strives to uphold its motto, “Only Excellence is Good Enough.” And he noted that more than 2,000 students were attending the awards ceremony.

“I congratulate all the awardees for a job well-done,” said Coffin. “Continue to stay focused on your academics; they’ll be responsible for your future success. Shirley Nelson was passionate about what this organization is all about. I believe she’s smiling down from heaven on us, and we’ll continue to honor her spirit.”

Several Fairfax County government and school leaders were there, too, including Chantilly Principal Scott Poole. “Speaking also as a Chantilly parent and community member for 14 years, my first priority is small success attainable by every student,”



Middle-school Humanitarian Award winners: Pictured with CPMSAC President Johnny Nelson (center) are (from left) Israel Hanberry, Stone Middle, seventh grade; Darwin Otchere, Rocky Run, eighth grade; Shayla Brown, Lanier, eighth grade; and Jaden Haile, Rachel Carson, eighth grade.

he said. “Without that, students will not have hope when they come to school. They should be in a place where they can be accepted for who they are, not [singled out for] who they are not.”

Supervisor Kathy Smith (D-Sully) said she was happy that “This year, the Board of Supervisors was able to fully fund the schools.” Noting that “Shirley had such a big heart for kids,” Smith then thanked CPMSAC for all it does, the students for working so hard and their parents for supporting them.

“We’re all so very proud of you,” Sully District School Board representative Karen Keys-Gamarra told the students. “We know you have it within you to achieve what the world is waiting for, so you can go out and change the world.”

Region 4 Assistant Superintendent Angela Awater said the school system will “continue to support our students, parents and teachers to make sure all students have the same opportunities so we can close the achievement gap. And we challenge you to continue to set and achieve your goals so you



Chuck Coffin

can have a prosperous and bright future.”

Then, paraphrasing CPMSAC’s Parent Involvement Statement, Coffin reminded parents that they “must stay involved and be an advocate for [their] children.” He also told them to talk to school counselors and administrators about any problems their children are having.

He also plugged the Saturdays Toward Excellence Program (STEP), the free tutoring available at Chantilly High. Said Coffin: “This year, 53 students in grades three through 12 participated and had great results.” For more information, go to <http://www.cpsac.org/>.

Next, before all the students at the ceremony received their individual achievement awards, some special awards were presented to particularly outstanding students. Reina Hudspeth of Centreville High and Andrea Coca Gonzales of Chantilly were each given a Shirley O. Nelson Memorial Scholarship of \$1,500.

Cameron Guy Dudley Book Scholarship awards of \$400 each were presented to

PHOTOS BY BONNIE HOBBS/THE CONNECTION



From left are Shirley O. Nelson Memorial Scholarship winners Andrea Coca Gonzales and Reina Hudspeth.



Among the high-school, Humanitarian Award winners are (from left) Melanie Wendo and Hannah Washington with Johnny Nelson. (Not pictured are Mya Baptiste, Derrian Brown and Tagwa Shammet).

Hana Lee, Centreville High, and Rayna Easley, Deron Banks-Dawkins and Gabriel Alexander Berrick, all of Westfield High. This scholarship is named in honor of a young man who was part of CPMSAC, Boy Scout Troop 1995, SYA and CYA and died in 2008 while still a student at Westfield.

The highest honor CPMSAC gives is the Humanitarian Award, presented to students highly regarded by their peers and school faculty. These students have also contributed to their schools and to the lives of others and have been involved in community service.

This year, the high-school winners were: Melanie Wendo, Chantilly; Hannah Washington, Westfield; Mya Baptiste, Centreville; Derrian Brown; Mountain View; and Tagwa Shammet, Oakton. The middle-school winners were: Israel Hanberry, Stone Middle, seventh grade; Darwin Otchere, Rocky Run, eighth grade; Shayla Brown, Lanier, eighth grade; and Jaden Haile, Rachel Carson, eighth grade.

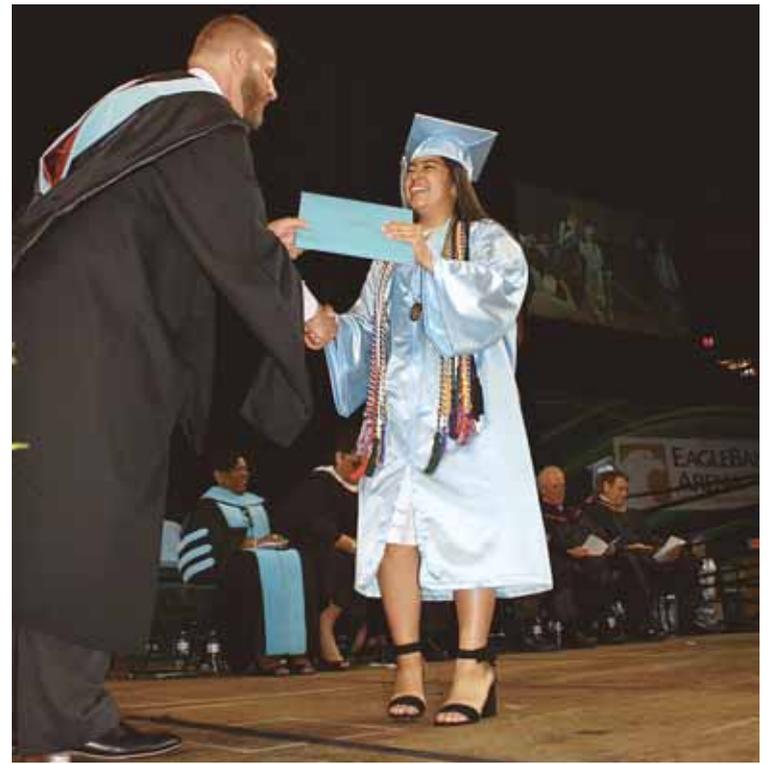


From left are Kathy Smith, Johnny Nelson and Karen Keys-Gamarra.

PHOTOS BY MIKE SALMON/CENTRE VIEW



Creative parents caught their son's attention as he got his diploma.



Emily Avalos was all smiles as she got her diploma from Principal Dave Jagels.

Centreville Seniors Walk into the Future

Celebrating a milestone.

BY MIKE SALMON
CENTRE VIEW

Family and friends packed the Eagle Bank Arena on Friday, June 8 to watch the Centreville High School seniors get their diplomas and celebrate a milestone.

Principal Dave Jagels stressed the importance of their accomplishment.

"Focus on who you are going to be," he said. "Get off your phones, there's a big, beautiful world out there," he said. He

closed with a final suggestion, in parents' fashion: "Go clean your rooms," which got a chuckle from the audience.

Brian Doyle, the senior class administrator, remembered the start of the year was marked by a Popeye's Chicken restaurant opening near the school, and the year was closing with the Washington Capitals hockey team winning the Stanley Cup. These outside events were bookends to the school year. "There have been many memorable moments in between," he said.

When it came time for awards, avid football supporter and Centreville recycling buff Brady Boose danced to the stage to accept

the Wildcat Spirit Award. The students gave him a warm reception. "He lights up every room he enters," said the speaker.

On the musical side, Daniel Levin manned the guitar, accompanying Tatiyana Nikolaev for a rendition of "Home," by Phillip Phillips. The audience reciprocated with an impromptu light show of flickering cell phone lights.

Gannon La Croix delivered the Centreville Scholar Address, relating his stories to hiking, a sport he is fanatic about. One hike in New Mexico, he recalled, while scaling a mountain, he slipped but was caught by fellow hikers before he went to the bottom. "The path to the top is always the steep-

est," he said, and don't forget to pack a rain coat. "How will you prepare for challenges?" he asked.

The night was interlaced with music from the Centreville High School Band and Choral Department before Jagels handed out the 598 diplomas. Freshman Kendrick Halverson on the tuba said Pomp and Circumstance has its tough parts, even though it is a staple for the ceremony. "The first part, playing the notes really quickly," he said.

Sohaina Shekib was in the audience cheering on her niece Sonnya Sanie. "Lots of advice, continue your education and be a good person," she said.



Claudia Merida made a few face signs of her son Rodrigo Sardan, and used them to cheer him on from the stands.

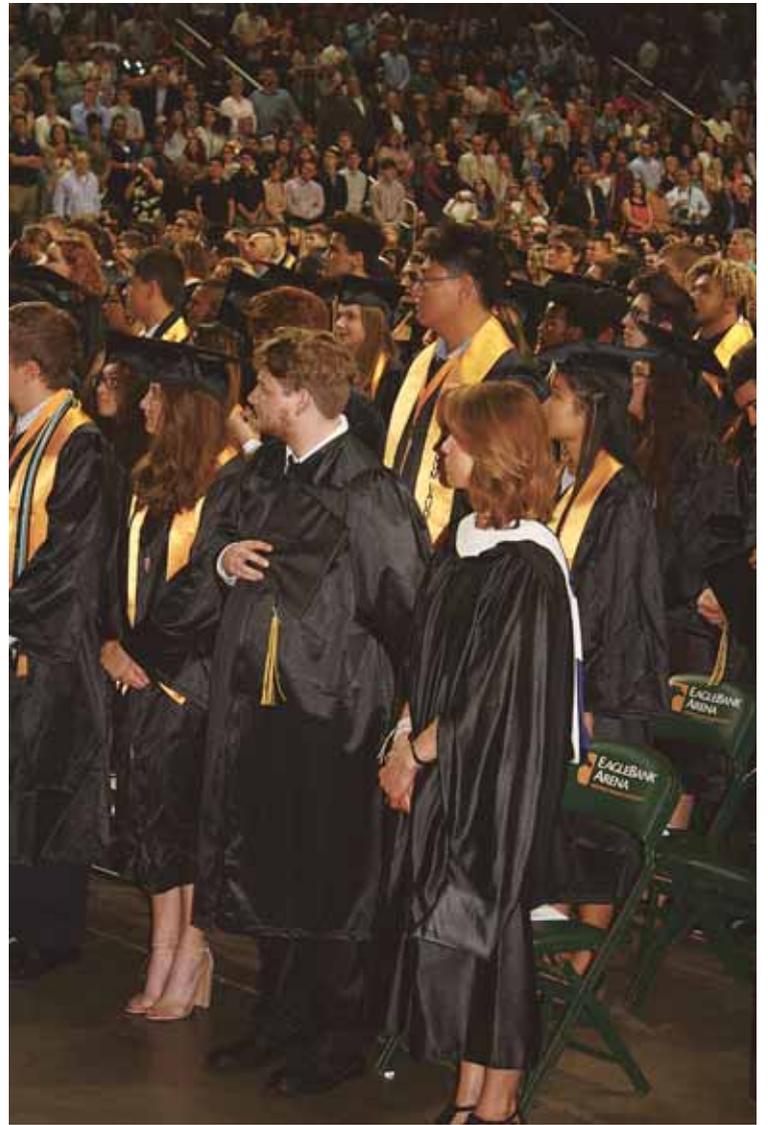


The guitar duo of Daniel Levin and Tatiyana Nikolaev performed a melodic rendition of "Home," by Phillip Phillips.

PHOTOS BY MIKE SALMON



Graduates wore a sash indicating honor students.



The mortarboards came off for the National Anthem.

Westfield Grads: Four Years of Achievements

BY MIKE SALMON

The 2018 Westfield High School seniors savored the moment on June 11, celebrating graduation and entering into the next phase of their lives as families and friends looked on at the Eagle Bank arena in Fairfax.

“They’re well prepared for the next phase of learning and life,” said Dr. Anthony Copeland, principal at Westfield. He placed a rock on the podium: “You’ll need to find your own rock, and navigate the challenges you will face,” he said.

Copeland offered a few facts and statistics from the past year. The school won 55 regional and three scholastic art awards; they volunteered 16,656 hours; the drama department was nominated for 14 Cappies and had two winners; and closed with the accomplishments of the field hockey and football team. “You are truly an exceptional group,” he said.

Natalia Lopez, the student speaker, had the number of days, wake-ups, minutes and seconds they endured throughout the school year, but mentioned the uncertainty that will face in the next few years as the graduates step into adulthood. For a while, “completely not knowing is perfectly acceptable,” she said.

Mid way through the ceremony, the chorus sang “In My Life,” by the Beatles. Choral director Katie Pierce chose the song with input from the rest of the event planners. From now on, when the students hear the song on the radio, they will remember graduation. “They’re going to encounter it sometime else in their life and I hope it brings back a memory of this,” she said.



One by one, the graduates accepted their diplomas and crossed the stage.

At another point, a compilation of videos was created by the students themselves throughout the year, and played alongside “Living on a Prayer,” by Bon Jovi. The videos, shot primarily with cell phones, consisted of the different aspects of the year, like football games, theater productions, swimming, hockey and band.

Honor student Courtney Conway was the team captain of the softball team, a position her parents thought was a learning experience. Courtney will head off to Christopher Newport University in the fall where she will take part in a leadership program. “The softball position gave her a sense of belonging and camaraderie,” said her father Tim Conway.

Ryan Mullins was on the football team that were state champs a few years in a row. “It kept him out of trouble,” said Tim Mullins, Ryan’s father.

The Westfield Pride Award went to Tommy Bourgeois, and presenter Cathy Cespedes called him “a genuine role model.”

There were nearly 600 graduates in the Westfield High School Class of 2018.

OBITUARY

Joan F. Fountain

Joan Frances Collins was born on May 18, 1936, in Medford, Mass., and grew up in that community, graduating from Medford High School in 1954. She died Feb. 8, 2018.

After meeting the love of her life, Alton Fountain, Jr., the two were married on June 9, 1956, and moved to Charleston, S.C., where Al was serving in the U.S. Air Force. In 1958, the Fountains returned to Boston and began a family in the following year with the birth of Alton III. In 1961, they welcomed Patricia (Pati) into the family and a move to Fairfax, Va., in 1962 was quickly followed by the addition of Lynda. Six years later, the family moved to Centreville, and it was there that Brent was welcomed with open arms into the family as well. A loving wife and devoted mother, Joan found her greatest joy in caring for her children, and later, her grandchildren and even great-grandchildren. She was also a steadfast friend and a dedicated volunteer who enriched the lives of all of those around her.

Joan was preceded in death by her husband Alton Jr., her mother, Louise, her sister, Doris, her grandson, Hakan Canturk, and her great-grandson, Ernie Fountain. She is survived by: her children, Alton III and

wife Karen of Sugar Land, Texas, Patricia Sievers of Aiea, Hawaii, Lynda Wiland of Wallops Island, Va., and Brent and wife Tammy of Floresville, Texas; her grandchildren, Tarkan Canturk, Christopher and wife Christy Fountain, Jonathan and wife Olivia Quilty, Krisna and husband Travis James, Matthew Wiland, Devin Sievers, Stephanie Wiland, and Kortney Fountain; and her

great-grandchildren, Alton Canturk, Makayla Canturk, Landyn Quilty, Tyler James, Julie Fountain, Eva Canturk, Mason James, Timothy Fountain, and many nieces and nephews and their extended families.



The family is having a Memorial Mass and Celebration of Life for family and friends on Saturday, June 30, 10 a.m., at St. Timothy Catholic Church,

13807 Poplar Tree Road, Chantilly, VA 20151, followed by inurnment at Arlington National Cemetery at 2 p.m. A reception will follow the inurnment ceremony from 3-5 p.m. at VFW Post 3150, 2116 19th St N, Arlington, VA 22201. Refreshments will be served.

In lieu of flowers, donations may be made to the Navy-Marine Corps Relief Society, www.nmcrs.org or 875 N. Randolph St., Suite 225, Arlington, VA 22203, in Joan's memory.

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Covanta wishes to express our sincere gratitude to our neighbors, Fairfax County and the Fire and Rescue Department for their cooperation while we worked to repair damage from a 2017 fire. We have successfully implemented new, state-of-the-art technologies to enhance fire prevention and response capabilities and look forward to serving the community for many years to come.

Please visit covanta.com/fairfax to learn more.

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ME & MY DAD

A Father's Day photo gallery.



Eric Nielsen with Gavin, Savannah, and wife Brooke.

My dad, Paul Gilbride, with my two children Gavin Nielsen (right) and Savannah Nielsen (left).

— BROOKE NIELSEN



Ian Dominguez, and our son Taiyo (6 years old) in the dining car, on the Western Maryland Scenic Railroad on Aug. 19, 2017.

— DANIELLE DOMINGUEZ



When I was four years old (June 13, 1991) I was in the Centre View with my Dad for the Father's Day photo. I was blow drying my Dad's hair.

— BROOKE NIELSEN

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.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

Centre Ridge Elementary School in Centreville is open for kindergarten registration for the school year 2018-19. Forms and other information are

available on line at <https://www.fcps.edu/registration/kindergarten-registration>. They are also available in the front office. Call 703-227-2600 with questions.

Greenbriar West Elementary School is now accepting information for next year's Kindergarten classes. Families who live within the school's boundaries and have a child who will turn 5 years of age by Sept. 30, 2018, call the school office at 703-633-6700.

SATURDAY/JUNE 16

FCCPTA Leadership Training Summit. 9 a.m.-3 p.m. at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. The Spring 2018 PTA Leadership Training Summit will provide training and leadership development for PTA officers, committee chairs and leaders in preparation for the 2018-19 school year. Visit www.fcpcpta.org.

SUNDAY/JUNE 17

REVIVE! Training. 3 p.m. at 4213 Walney Road, Chantilly. REVIVE! trains individuals on what to do and not do in an overdose situation, how to administer naloxone, and what to do afterwards. Each attendee also receives a free REVIVE! kit, which includes all the supplies needed to administer naloxone. The medication itself can be acquired at a pharmacy after completing the training. Attendees also receive a safety plan to help individuals prevent overdose if they relapse. REVIVE! is a program of the Commonwealth of Virginia that makes naloxone (Narcan) available to lay rescuers to reverse opioid overdoses. Opioids include licit medications like hydrocodone and oxycodone, in addition to illicit drugs like heroin. Visit www.fairfaxcounty.gov/community-services-board/facility/a-new-beginning for more information. Advance registration required at 703 502-7021 or 703 502-7016.

WEDNESDAY/JUNE 20

Keeping Your Loved One Safe. 1-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, Fairfax. As the brain changes, abilities change too. Learn about potential safety issues, balancing safety with independence, and ways to keep a loved one safe at home and away. This program is a part of Insight's Classes for Caregivers series. Free Respite care may be available by request; please call to make arrangements. Register online, or call 703-204-4664 or email lindsey.vajpeyi@insightmcc.org.

THURSDAY/JUNE 21

Public Information Meeting. 7 p.m. at Greenbrier East Elementary School cafeteria, 13006 Point Pleasant Drive, Fairfax. The Fairfax County Park Authority will hold a public information meeting to discuss proposed improvements to the Rocky

SEE BULLETIN, PAGE 11

CENTREVIEW

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PHOTOS BY BONNIE HOBBS/CENTRE VIEW



Joella Cabrera, Centreville Elementary, 6th grade



Ben Corliss, Centreville Elementary, 4th grade



Mariam Shah, Centre Ridge Elementary, 2nd grade

Young Artists Shine at Centreville Art Show



Alexis Putman, Bull Run, 4th grade

Pyramid Art Show was in April.



Evelyn Munsterman, Centreville High senior



Sidney Kiefaber, Centreville senior



Gabriella Lemus, Bull Run Elementary, 6th grade



Tuvshin Dash, Centreville junior



Elizabeth Chong, Colin Powell Elementary, 4th grade



Esperanza Semchuk, Centreville senior

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Fitness for 50+. Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email lynne.lott@fairfaxcounty.gov or call 703-322-4475 for more.

History Volunteers Needed. Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email volunteers@fairfax-station.org or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. www.fairfax-station.org, 703-425-9225.

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.

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. 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.

LIBRARY FUN

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.

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.

Lego Block Party. Every other Saturday at 10:30 a.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.

Legos Kids Club. Every other



Stroll through more than 400 classic and antique cars at Sully Historic Site on Father's Day, Sunday, June 17, 2018.

45th Annual Antique Car Show

Motor on over to Sully Historic Site on Father's Day for the 45th Annual Antique Car Show. More than 400 classic and antique cars. Buy a car dream car at the Car Corral, or find that perfect auto accessory at the extensive Flea Market. Treat dad to lunch, and enjoy some toe-tapping music from the heyday of these classic automobiles. Sunday, June 17, 10 a.m.-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. \$10 for adults, \$8 for seniors and \$6 for children, includes a tour of Sully's 1794 historic house. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site for more.

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.

IMPROVING ENGLISH

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.

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.

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.

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.

Farsi Conversation Group. Thursdays, 7-8 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Practice speaking Farsi with native speakers in this weekly drop-in conversation group. No registration required. Adults. Call 703-830-2223 for more.

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.

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.

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.

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 15

Read for Fun. Fairfax County Public Library helps make reading fun by providing tools, access and incentives during its Summer Reading Adventure. The Summer Reading Adventure runs June 15-Sept. 1 and invites all children and teens – birth through high school – to read for fun over the summer. The theme in 2018 is "Reading Takes You Everywhere." Visit research.fairfaxcounty.gov/summer-reading for more.

WEDNESDAY/JUNE 16

CFH 2018 5k. 8 a.m.-1 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. Come out and support a four-decade mission to provide sustainable affordable housing and critical life skills training to help set individuals and families on a path of self-sufficiency. \$30 pre-registration; \$35 day of registration. Visit cfhva.org/2018-5k-for-affordable-housing.

The Uncle Devin Show. 2:30-3:15 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Journey through the land of percussion; hear and play different instruments. All ages. Call 703-830-2223 or TTY: 711 for more.

SATURDAY-SUNDAY/JUNE 16-17 NTRAK Model Train Show.

Saturday, noon-5 p.m.; Sunday, noon-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a two day N gauge train show. Museum members and age 4 and under, free; ages 5-15, \$2 and 16 and older, \$4. Visit www.fairfax-station.org, www.facebook.com/FFXSRR or call 703-425-9225.

SUNDAY/JUNE 17

Antique Car Show. 10 a.m.-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Motor on over to Sully Historic Site on Father's Day for the 45th Annual Antique Car Show. More than 400 classic and antique cars. Buy a car dream car at the Car Corral, or find that perfect auto accessory at the extensive Flea Market. Treat dad to lunch, and enjoy some toe-tapping music from the heyday of these classic automobiles. \$10 for adults, \$8 for seniors and \$6 for children, includes a tour of Sully's 1794 historic house. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site for more.

Summer Concert in the Parks. 3-4:30 p.m. at the Harris Pavilion, 9201 Center St., Manassas. The Kings Park Concert Band, performing in Northern Virginia for over 50 years, announces a summer concert in the parks. Typical programs include: marches, concert band classics, movie and Broadway show medleys, novelty pieces. Free. Visit kingsparkband.org.

MONDAY/JUNE 18

Kuumba Kids. 2:30-3:15 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Enjoy African dance, drumming, storytelling, and puppets. All ages. Visit www.fairfaxcounty.gov/library/branches/chantilly-regional or call 703-502-3883; TTY 711.

Marvel Movie Monday. 6-8:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Come for a special screening of Spider-Man: Homecoming! Rated PG-13. Rising grades 7-12. Visit www.fairfaxcounty.gov/library/branches/chantilly-regional or call 703-502-3883; TTY 711.

MONDAY-FRIDAY/JUNE 18-22

Wild Bird Camp. 9 a.m.-4 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Learn to recognize bird calls and appearances and discover the tricks birders use to identify birds on the wing. Start a Life List and enjoy drawing and journaling about special bird encounters. Enjoy time on the trails, playing games and making crafts. Bring binoculars and field guides if available. Ages 6-11. Cost: \$299 (County resident); \$314 (non-resident). Call 703-631-0013; TTY 711 or email parkmail@fairfaxcounty.gov.

WEDNESDAY/JUNE 20

Finding Home: The Immigrant Experience. 7-8 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Teen author Duaah Hammad will read excerpts from her book "Finding Home" and speak about the immigrant experience in America. Book signing to follow. Ages 13 and older. Visit www.fairfaxcounty.gov/library/branches/chantilly-regional or call 703-502-3883; TTY 711.

THURSDAY/JUNE 21

Jacks are Wild. 10:30-11:15 a.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Jack Russell Terriers, Mario and Bella, perform fun and amazing tricks. Ages

6-12. Call 703-830-2223 or TTY: 711 for more.

FRIDAY/JUNE 22

FrogHair Golf Tournament. Noon at Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. Enjoy the chance to be a winner at the upcoming FrogHair Golf Tournament presented jointly by Southwestern Youth Association and Chantilly Youth Association. A fun twist on the game is presented at each hole, providing both experienced and inexperienced golfers with an opportunity to win a prize. Golfers can sign up as a single, a twosome or a foursome. \$99 per person. Visit www.froghairgolfclassic.com.

SUNDAY/JUNE 24

Colonial Games and Ice Cream. 1-3 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Start summer with historic fun and games at Ellanor C. Lawrence Park. Join a tournament of hoop and stick, the game of graces and other childhood games of yesteryear. Take historic scavenger hunt challenges and race to buy cows for the historic Walney Farm. End your day relaxing with ice cream. The program runs from 1 to 3 p.m. and the cost is \$10 per person. \$10. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence for registration information.

JUNE 25-29

CyberSecurity Camp. Chantilly Academy will partner with Northrop Grumman and the Volgenau School of Engineering at George Mason University (GMU) for its annual CyberSecurity summer camp. Students will learn cyber ethics, computer forensics, and cyber security fundamentals; they will also learn about cybersecurity internships and careers in the field. This camp is open to rising 7th-12th graders. \$225 for the week. Visit chantillyacademy.fcps.edu/announcements/summer-camps-chantilly-academy.

THURSDAY/JUNE 28

Wonder: The Movie. 2:30-4:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Join for the movie version of the book "Wonder" by R.J. Palacio. Bring a blanket and/or a pillow to sit on. Light snacks and drinks provided or bring your own snacks. This movie is rated PG. Grades 4 and up. Call 703-830-2223 or TTY: 711 for more.

SATURDAY/JUNE 30

Stream Life. 6-7 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Freshwater ecosystems are full of fascinating creatures. Search for stoneflies, hellgrammites, water pennies, and crayfish. Explore Big Rocky Run with a naturalist, use dip nets and kick nets to catch and release these creatures and learn about their role in the environment. Learn stream monitoring techniques and the impacts humans have on these fragile ecosystems. Wear shoes that can get wet. Meet at the pond. Ages 4 and older. Cost \$6. Call 703-631-0013; TTY 711 or email parkmail@fairfaxcounty.gov.

SUNDAY/JULY 1

Crafts for the 4th of July. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Enjoy making railroad inspired, 4th of July crafts. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

Preparing Home for Summer

From finding spaces for wet swimsuits and school papers to adding new throw pillows, small touches can add a warm-weather feel.

BY MARILYN CAMPBELL

When school ends and summer begins, a home's functionality can change. From backpacks overflowing with a school year's worth of school papers and art projects that need a home to bedrooms that call for a warm weather refresh, local designers suggest small tweaks to interior spaces that can yield a big impact.

From breezy white sheets to beach-themed accessories, summer calls for a lightening up of home decor, advises interior designer Anne Madden of Mount Vernon. "I always encourage clients to refresh their home decor during warmer months," she said. "Remove heavy bed linens that were meant to keep you cozy and replace them with light and airy linens in neutral or cool colors. This is also a good time to swap out throw pillows made from heavy fabrics like wool and incorporate pillows made from lighter fabrics like linen into your home's design."

In addition to changing bedroom accessories, summer is also good time to breathe new life into bathroom decor. "Take an inventory of your linen closet and replace towels that are worn and frayed with thick, fluffy ones," said Madden. "Make sure your shower curtain and liner are fresh and free of mildew. If they aren't, replace those too."

Corralling pool necessities into a designated space is a key to maintaining an organized home during the summer, advises professional organizer Susan Unger of Clutter SOS. "When preparing to head to the pool with your children, it's a real time saver to have an area in the laundry room, entry or garage where all the necessary items are kept and they don't need to be gathered up each time," she said. "Keep a beach bag loaded with sunscreen, towels, snacks, toys and clothes. Perhaps each child could even have their own beach bag. Have a designated area in your home for wet towels and suits to be hung up to dry when returning home."

Create a space that is dedicated to summer crafts in a way that doesn't overtake a home's aesthetic, suggests Unger. "Having a

"Have a designated area in your home for wet towels and suits to be hung up to dry when returning home."

— Susan Unger, Clutter SOS



Adding throw pillows in light, airy colors like the one in the room by Annie Elliott Interiors, can make a space appear ready for summer.

PHOTOS COURTESY OF ANNIE ELLIOTT INTERIORS.



Adding new towels and shower curtain in light and airy colors, like those in the bathroom by Annie Elliott Interiors, can add a touch of summer to a bathroom.

separate crafts table for children is great or if space is an issue covering the kitchen table with a plastic tablecloth will work also," she said. "It also helpful to have a separate cart with plastic drawers or a small shelving unit with plastic bins to house craft items. I like plastic because it is washable."

Each drawer or bin can house items like paint, marker, crayons, coloring books or construction paper, continued Unger. "Put a printed label on each drawer or bin," she said. "I like to add a picture of the item as well which encourages younger children to start developing reading skills. They are then also able to match the item to the container when it comes to putting away the supplies. It is never too early to encourage cleaning after themselves."

The beginning of summer is a great time to sort through school papers and art projects collected thought out the year, says Unger. "As the parent, it will make it easier for your child if you do a presort and get rid of all the schedules, notices and worksheets before involving your child in the process," she said. "Then you both can decide on the special items to keep. I like to use a plastic file bin for each child and put each year's items in a hanging file with the grade on the file tab. This also creates a limited amount of space for the selected items to keep."

If you haven't already done so, schedule a maintenance service appointment for your HVAC system, suggests Maden. "It's better to spend the money now to make sure it's in good working order than to wait until breaks down during a heatwave and be at the mercy of overbooked repair companies," she said.

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Announcements

NEWS



The first Cappie of the evening went to Sarah Bourgeois from Westfield High School for the Andy Mays Rising Critic Award.



Still in character from his performance as the Phantom of the Opera, John Henry Stamper from Westfield High School was recognized with the Male Vocalist Award.



Chantilly High School's Annie Silva won the Comic Actress in a Play Award for her role in the school's production of "Pride and Prejudice."

PHOTOS BY ANDREA WORKER

Returning with Cappies Awards

19th Annual 2018 Cappies Award Gala honors area high school talent.

BY ANDREA WORKER

While the current crop of Broadway luminaries were receiving their Tony awards in New York on Sunday, June 10, the next generation of theatrical stars were being equally feted — and showcasing their many talents — at the 19th Annual Cappies Awards Gala in the Concert Hall at the John F. Kennedy Center for the Performing Arts.

"Lead Players" Erich DeCinzo, Phil Reid, and Diane Poirier, together with hosts — and Cappies Governing Board members — Judy Bowns and Janie Strauss kept things moving along with abundant witty repartee throughout the three-hour event. With musical numbers and dramatic scenes performed by cast members from some of the Cappies-nominated shows, audience enthusiasm never waned, from the opening number "Come On, Get Cappies," (sung to the tune of "Get Happy," written by Harold Arlen and Ted Koehler, and adopted by Judy Garland as one of her signature songs) to the show-stopping finale, featuring a number composed by long-time Cappies musical director, Chris Johnston, who teaches musical composition at the Fairfax Academy for Communications and the Arts, when not conducting the Annandale Northern Virginia Community College Symphony Orchestra.

Awards were presented in 39 categories, ranging from actors/

SEE CAPPIES, PAGE 11



PHOTO COURTESY OF KARA STAMPER

For Westfield's production of "The Phantom of the Opera," John Henry Stamper — acting in the title role — captured the Male Vocalist award, and Sarah Bourgeois was honored as Rising Critic. They are congratulated by Westfield Theater Director Rachel Harrington Johnson. At the Gala, Stamper and Molly Van Trees performed the show's title song onstage and received the evening's only standing ovation.



PHOTO COURTESY OF SHANNON KHATCHERESSIAN

Chantilly Theater Directors Andy Shaw and Shannon Khatcheressian flank Annie Silva who won the award for Comic Actress in a Play. The school's Cappies entry this year was "Pride and Prejudice."

Cappies

FROM PAGE 10

actresses in lead and supporting roles in plays and musicals, vocalists, costumes, choreography, orchestra, technical arts such as Lighting, Sets and Sounds and more.

The Duke Ellington School of the Arts in the District took home the prizes for Best Play (“The Rimers of Eldritch”) and for Best Actor and Actress in that production, but there were plenty of students and performances from Northern Virginia, from Alexandria to Leesburg, that won the votes of the 436 student critics who had reviewed five or more shows to become eligible Cappies Awards voters.

Kyle Dalsimer from Annandale High School was named best in the Lead Actor in a Musical category for his performance in “The Hunchback of Notre Dame.” The Oakton High School “Titanic Band” was tops in Orchestra. Olympia Hatzilambrou received Female Vocalist honors in Thomas Jefferson High School for Science and Technology’s “Mary Poppins,” while John Henry Stamper from Westfield High School in Chantilly took the top Male Vocalist honors as the “Phantom of the Opera.” And the award for Musical of the Year went to Robinson Secondary School for their production of “Monty Python’s Spamalot.” The audience was treated to the song “Knights of the Round Table” early in the program.

The complete list of winners, as well as the list of the nominees, can be found on the Cappies website www.cappies.com/nca.

The Cappies were established in the wake of the Columbine High School massacre in 1997. The vision of the late William Strauss, co-founder of the Capitol Steps political satire review, and brought to life with his partnership with Judy Bowns, the Cappies began as an effort to “bring positive attention to teenagers engaged in creative pursuits.” Their mission has expanded to include opportunities for constructive critical feedback for the theatrical activities of those youth, to honor the advisors, mentors, and teachers, as well as the students, and to provide a collaborative learning experience for high school theatre students.

The nonprofit organization has also expanded outside of the immediate area in those 19 years, adding nine chapters around the country, and an additional three in Canada.

The telecast of the 2018 Cappies Gala can be viewed online beginning on Saturday, June 16 at www.fcps.edu/tv.

BULLETIN BOARD

FROM PAGE 6

Run Stream Valley Trail, including stream crossing upgrades and paving of the gravel sections between Stringfellow Road and the Fairfax County Parkway. Visit www.fairfaxcounty.gov/parks/ for more.

SATURDAY/JUNE 23

Women’s Summit 2018. 8 a.m.-5 p.m. at Hyatt Regency Dulles, 2300 Dulles Corner Blvd., Herndon. Network NoVA presents their second Women’s Summit to continue the grassroots momentum of building coalitions across the state to flip Virginia’s Congressional delegation blue in November. \$65. Visit networknova.org for more.

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Trying to Mind My Weekly Business



By KENNETH B. LOURIE

Usually I'm able to write my column because something is on my mind, or at least percolating in there somewhere. At the moment, nothing is on my mind or even remotely percolating. The reason for this lack of percolation is that as of Saturday, eight days after my last chemotherapy infusion, I still haven't been able to think clearly in my mind – or out of it, because I've spent the past week wallowing in it.

The post-chemotherapy experience to which I vaguely refer is the primary side effect of the drug with which I am infused. For the week or so following my treatment, I am not quite myself (nor am I anybody else for that matter). I am dull and void.

I am not interested in most tasks and less inclined to concern myself with trivialities and/or any responsibilities related or not. I am simply biding time, usually lying on the bed, fully dressed but minimally engaged. Sights and sounds don't bother me but neither do they motivate me in the slightest.

I am not exactly a shell of my former self, but the chemotherapy has definitely hollowed out a place for itself. Eating and drinking is very challenging. Consequently, I have difficulty swallowing the 60-odd pills that I take every day. If I'm not careful I will become less medicated and more constipated. As a direct result, I will sleep throughout the day – and night. Furthermore, I risk becoming dehydrated and vitamin and nutrient deficient.

Let me be clear: this column is not about me dying, or the feelings that I have during this post-chemotherapy “weak” thinking that I am. Hardly. It's more an attempt to explain – and perhaps justify, the minimal creative thinking I've engaged in this past week preparing to write this column. It reminds me of a particular Seinfeld episode when George explained to Jerry why he was unable to lie his way out of dinner with J. Peterman: “I dug down and there was nothing there.”

All of the previous paragraphs being written, compared to myriad complications I could be experiencing – and am not, as well as the premature death “prognosed” by my oncologist: “13 months to two years” back in late February 2009, I am quite the opposite of a victim of my circumstances. I am a survivor. Nine-plus years. Though still an active patient and one never characterized as a N.E.D. (“no evidence of disease”), I continue to look forward not backward. My life is ahead of me, not behind. To invoke an old reference: “It beats Bermuda off-season.”

When “Team Lourie” asked my oncologist back in early '09 if I could possibly live beyond my prognosis, he was not particularly encouraging. I remember him saying: “Could you be the one? Sure.” (“One” being the operative word.)

And in the context of all that he was explaining/outlining, hardly was it offered up with any enthusiasm. It was more a verbal life preserver (no pun intended). Something for us to grasp as we continued to discuss and then ultimately decided to begin chemotherapy infusions six days later on the following Wednesday.

And here I still am, June 9, 2018, “Chronic Ken,” as I've previously “monikered” myself. I'm living proof of one of the recent goals of lung cancer research: to change a previously terminal diagnosis from a death sentence into a life sentence. And I can live with that, hopefully for many years. I have no doubt that research/clinical studies will make it all a reality.

New drugs/treatment protocols are being approved almost daily it seems, by the F.D.A. In fact, as many drugs have been approved in the past few years as had been approved in the previous decade. I have treatment choices now that I've never had before, immunotherapy is but one example.

As far as the subject matter for this week's column, this is all I could muster. I hope you don't mind.

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

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Stem Cell Centers is a national network of surgeons and top doctors who all collaborate on important research studies on numerous conditions. The results from these ongoing studies help us to determine the best protocols to use to treat patients throughout our network. **Our doctors are trained to utilize all the available types of stem cells currently allowed for clinical use in this country.** Research indicates that different types of stem cells may have better success in treating different conditions.

*Stem cell therapy is still considered experimental by the FDA.



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