

'Never Give Up'

Woman participates in marathons, triathlons — despite brain cancer.

BY BONNIE HOBBS
CENTRE VIEW

Fairfax resident BethAnn Telford was diagnosed with brain cancer five years ago. But that doesn't stop her from participating in marathons and triathlons — or raising hundreds of thousands of dollars for the National Brain Tumor Society (NBTS).

She met Jen Chapman, coach of the Sully Station Swim Team, SST, several years ago, when they did a triathlon together. And on July 7, the team did a swim-a-thon in Telford's honor.

Some 100 members of the 125-person team first obtained pledges per lap, with people donating whatever amount they wanted. Then, between 8:30 and 11 a.m., the swimmers, ages 4-18 — plus some adults — swam a total of 6,860 laps to raise nearly \$5,000 for Team BT, Telford's fund-raising organization for the NBTS.

"It's amazing that the community has come together to do this — not just for me — but for the

many that are suffering," said Telford, 41. "That's because the money goes to research to help everyone with brain tumors and brain cancer."

The event was Chapman's idea. "Each summer, we try to do some type of community service, and I've gotten closer with BethAnn since we did that race together,"

"BethAnn is an amazing woman and an amazing friend; she touches everyone in a very special way."

— Kristi Goerl

said Chapman. "She works and trains hard, and I thought it would be nice for the kids to see somebody whose daily life is a struggle, but she keeps pushing herself."

"I'm tough on the kids and run hard practices, so I wanted them

SEE LOCAL WOMAN, PAGE 5



The Sully Station SSTs with BethAnn Telford, front row center.

Swimmers Support Team BT

BY BONNIE HOBBS
CENTRE VIEW

Inspired by the presence of BethAnn Telford — the woman for whose cause they were raising money — the members of Sully Station's Swim Team eagerly took to the water recently and swam more than 6,000 laps.

Their Swim-a-Thon to Drown Brain Cancer also

gave them and their families the chance to honor friends and relatives who've either lost their battle with cancer or are still fighting.

"I'm here in memory of my mother and in honor of BethAnn," said Jenna Lombardo of Centreville's Sully Station community. "I am so proud to participate in this."

SEE SULLY STATION SWIMMERS, PAGE 5

The Alliance Theatre Presents 'Mulan Jr.' at MVHS

All-student cast features children, ages 8-18.

BY BONNIE HOBBS
CENTRE VIEW

With a cast and crew of 80, colorful costumes and memorable songs, The Alliance Theatre presents Disney's "Mulan Jr." The show runs two weekends at Mountain View High School, 5775 Spindle Court (behind Glory Days Grill) in Centreville.

"It's a wonderful show for families," said Director Maggie Swan. "It has lots of great music and dances, and people will see some really talented kids."

Mulan is a teen-age girl who lives in ancient China. Then, a girl's destiny was to get married and people had particular places in society. In the play, the Huns are preparing to attack and take over China, so one person from each family must go to war. But Mulan's father — her family's only male — was already injured in war, so Mulan decides to sneak away, pose as a boy and take her father's place in the Chinese army.

"In Chinese culture, ancestors watch over people, so they send a dragon, Mushu, to watch over the Fa family — Mulan's family —

while she's gone," said Swan. "Mulan later becomes a hero."

The all-student cast features children, ages 8-18, from a variety of schools. "Eighty children tried out for 40 parts," said Swan. "And everyone involved is giving up almost every evening during the summer, 'til 9:30 or 10 at night, to be here for rehearsals. I'm impressed with their dedication and hard work."

PARTICIPANTS RECEIVED acting, music and dance lessons, did theater games and worked on diction. An Asian person taught them

proper pronunciation of the Chinese names in the play, and Swan also gave them a history lesson so they'd better understand the story.

"It's an excellent experience for them," she said. "And college students who previously acted with Alliance coached the newer actors. What's really cool is how well they've all bonded with each other.

The bigger kids helped the little ones, and they've all grown very close."

Madison High sophomore Molly Nuss, who plays Mulan, described her as a clumsy tomboy, day-dreaming and off in her own word, yet rebellious and spunky. "I like

SEE ALLIANCE, PAGE 11

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 7-22-10

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

"I consider service the main product, and my fee the byproduct, of a job well done. I believe that you have the right to hear the truth about your transaction, instead of pure sales talk. I contend that the proper role of a real estate professional is to disclose, advise and educate, not merely persuade."



For more information on our team approach, please visit our website at www.seln4u.com. We think you will be impressed.



Experience... the Difference!

See Complete School Information & VIRTUAL TOUR at www.seln4u.com

OPEN SUNDAY, 7/25/10, 1-4 P.M.!



\$215,000
**WILL-
OUGHBY'S
RIDGE**

Spacious, bright, luxury first-level condo in pristine condition! Lots

of windows. New, plush carpet & pad. Freshly painted. Large living room with FP. Dining room with exit to patio. Bright, open kitchen with new appliances. Huge master suite with walk-in closet & full BA w/soak tub. Second master BR with walk-in closet and full dual-entry bathroom. Community pool, clubhouse, tennis grill/picnic area & more! Dir.: From 29 N, L Braddock, R on Willoughby Newton, 1st building on L (5620 #16).
FX7384014



\$347,500
**CENTRE
RIDGE**

Pristine, Garage, End unit TH! 3 finished levels. Faces woods & backs to com-

mon area. 5 additional parking spaces right next to the TH! Storage shed. Rear deck w/steps to fenced yard. 2-story foyer. Formal LR & DR. Eat-in kitchen w/hdwd floor & bay window. 3 upper lvl BR's including master suite w/vaulted ceiling, walk-in closet & full BA w/skylight. Finished bsmnt w/FP. Directions: From I-66 W to 28 S, R New Braddock, R Centreville, L Field Encampment, R Silo Valley View to right.
FX7389207



\$524,900
**SULLY
STATION II**

This home sparkles! Impeccable home on cul-de-sac. Tons

of updates. Hdwd floors throughout main lvl & upper hall. Granite counters & updated appliances. 5 upper level BR's including gigantic master suite w/cathedral ceiling & luxury master BA. Formal living & dining rooms. Family room with fireplace. Rear deck. Finished bsmnt w/rec room, den & full BA. Great community amenities!
FX7370936



\$824,900
**VIRGINIA
RUN**

Breathtaking, spacious Justine model backing to

woods. Lavished with exquisite detail! Over 5,000 sq. ft. huge formal DR w/custom ceiling mural. One-of-a-kind game room w/wet bar. Hdwd floors throughout. Study w/cherry panel walls. Gourmet Chef's Kitchen. Expansive rear deck w/8-person hot tub. Fully finished bsmnt w/5th BR, full bath & rec room. 160 s.f. wine cellar!
FX7272010



\$239,900
WOODBIDGE

Gorgeous end unit TH backing to open common area & tennis courts! Extensive gleaming hardwood floors to include LR, formal DR, stairs

and upper hall. Updated kit. w/granite counters & stainless steel appliances. 2 large upper level master BR's with vaulted ceilings and full bathrooms. Finished, walk-out bsmnt featuring rec room with FP, den and full BA!
PW7385111



\$214,900
NEWGATE

Everything has been done. Impeccable, affordable 3-lvl TH with 2 master bedrooms, each on its own level and each with a

full private BA. Updated kitchen with Corian counters, stainless steel appliances & maple cabinets. Custom built-in shelving & media center! Floored attic storage. Great location close to I-66!
FX7384669

Call Spencer Today. . it will be the best move you ever make!

DON'T SETTLE FOR LESS THAN THE BEST!

Spencer  
MARKER & Co.
Long & Foster Realtors

We're  **SEL N4U.com!**

703-266-SALE • www.seln4u.com

BUY OR SELL WITH ME—
USE THIS TRUCK FOR



FREE!

NEWS

Tennessee Honors Local Volunteers

Centreville United Methodist Volunteer Group of Centreville has been nominated for the Tennessee Health Care Association's (THCA) 2010 Group Volunteer of the Year award. For nine years, church members have visited Hancock Manor Nursing Home for their annual mission trip.

THCA's Group Volunteer of the Year award recognizes volunteer

groups that make important contributions to nursing homes and the patients in them.

The winner will be announced in August during THCA's Annual Convention & Trade Show in Knoxville.

The church members provide eyeglasses, hearing aids and dental services to those who cannot afford them. They entertain the patients, playing piano, har-

monica, guitar and violin. They plant flower gardens, give manicures, host movies, do crafts and play games. In the future, they plan to fund a nursing scholarship for employees at the facility.

THCA is a nonprofit organization whose members include long-term care facilities located throughout the state. For more information about nursing homes, visit www.thca.org.

SCHOOLS NOTES

Centreville residents **Lisa Bourque** (master of public and international affairs), **James Guy** (graduate certificate), **Vishnuvardhan Kandi** (master of business administration), **Saemin Oh** (master of arts in education in curriculum and instruction), **Dimitrios Sideris** (master of science degree in civil engineering), **Dylan Wedan** (master of arts in education in curriculum and instruction), **Sarah Long** (master of arts in communication) and **Tiffany Pinter** (master of engineering administration in industrial and systems engineering) have graduated from Virginia Tech in Blacksburg.

Two Westfield High School students were among 19 who have been named winners of college-sponsored scholarships by the National Merit Scholarship Corporation (NMSC):

❖ **Alex Hopkins** (engineering), National Merit University of Alabama Scholarship;

❖ **Kelly Koupash** (art history), National Merit University of Oklahoma Scholarship;

❖ **Stuart T. Maier** of Centreville also won a National Merit Virginia Polytechnic Institute and State University Scholarship. The Thomas Jefferson High School for Science and Technology graduate is planning a career in computer engineering.

LEC, a Paris-based cultural exchange program is seeking host families in Northern Virginia for French students during three weeks in August.

The program, Loisirs Culturels A l'Etranger promotes international exchange by bringing people of different cultures together. The French students are between the ages of 13 and 19 and all have at least two years of English studies in school.

Families interested in participating in a three-week homestay in July or August are invited to visit the web site at <http://www.lec-usa.com>.

Complete Dental Care for the Entire Family

BRUCE R. HUTCHISON, D.D.S.
MICHAEL H. GORMAN, D.D.S.
WHITNEY S. JARRELL, D.D.S.



FAMILY DENTISTRY

14245-P Centreville Sq.
Centreville, VA 20121

703-830-9110

www.smilesforcentreville.com



note to self:
raise garage door
before backing out.

Accident & Minor Violation Forgiveness
Part of On Your Side® Rewards



Paul "Butch" Burke
Burke & Burke Insurance
5956 Centreville Crest Lane
Centreville
(703) 815-7630
burkep@nationwide.com



Gregory W. Germain
Germain Insurance
& Financial Services
5719 Centre Square Drive
Centreville
(703) 815-3649
Annandale
(571) 237-5819
germaig1@nationwide.com



Larry Paddock
6178 Grovedale Court
Suite 200
Alexandria
(703) 778-2600
paddockl@nationwide.com

CALL US FOR A QUOTE TODAY

 **Nationwide®**
On Your Side
Auto Home Life Business

©2008-2010 Nationwide Mutual Insurance Company and Affiliated Companies. Nationwide Life Insurance Company. Home office: Columbus, Ohio 43215-2220. Nationwide, the Nationwide Framemark and On Your Side are federally registered service marks of Nationwide Mutual Insurance Company. Not available in all states. We offer non-Nationwide homeowners insurance products only in FL.

Penderbrook Man Is Indicted

A Loudoun County grand jury last week indicted a Penderbrook man on 16 counts of embezzlement. He is Eun Tae Lee, 50, of 12123 Wedgeway Court in Fair Oaks. Following an investigation, the Loudoun Sheriff's Office arrested him April 15.

Authorities say he reportedly stole money from SEED International — a faith-based, nonprofit in Sterling that helps poor people all over the world. Lee was the organization's former financial officer and, as such, had control of the church's bank accounts. He's accused of writing checks from these accounts to individual accounts he'd allegedly established in his own name.

On June 16 in Loudoun General District Court, the case against Lee was certified to the grand jury. Following his indictment, last Monday, July 12, he's now scheduled for a March 14, 2011 jury trial in Loudoun County Circuit Court.

Centreville Immigration Forum

The next meeting of the Centreville Immigration Forum will be Tuesday, July 27, at 7 p.m., in meeting rooms 1 and 2 of the Centreville Regional Library, 14200 St. Germain Drive, in Centreville.

Centreville Historic District Guidelines

Fairfax County's Architectural Review Board will hold a special meeting to accept design guidelines for the expanded Centreville Historic Overlay District. The meeting is set for Tuesday, July 27, at 6:30 p.m., in conference rooms 4 and 5 of the Fairfax County Government Center, 12000 Government Center Parkway. The guidelines may be viewed at <http://www.fairfaxcounty.gov/dpz/arb/centreville/>.

Park Authority To Meet

The Fairfax County Park Authority will meet Wednesday, July 28, at 7:30 p.m., in the Herrity Building, 12055 Government Center Parkway, Suite 900 in Fairfax. Call Judy Pedersen at 703-324-8662.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, July 29, 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.

However, 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 proper use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Citizen's Police Academy Offered

The Fairfax County Police Department is now accepting applications for its fall Citizen's Police Academy which runs from Sept. 9-Nov. 13. It offers county residents a better understanding of the Police Department and the daily challenges faced by its officers.

Classes topics include SWAT and special operations, gangs, 911 communications center, patrol, crime prevention, crime scene and identity theft. The academy will be held on 10 consecutive Thursday evenings, from 6:30-10 p.m., at police facilities countywide. Graduation is Saturday, Nov. 13.

The program is free. Applicants must live or work in Fairfax County and be at least 18, and their criminal record and police-contact history will be reviewed. Applications should be submitted by the end of July.

For an application form and to learn more about this academy, go to <http://www.fairfaxcounty.gov/police/services/citizens-police-academy.htm>. For more information, e-mail CPA@fairfaxcounty.gov or call 703-280-0713.

Photo Fund-Raiser for Rachel

BY BONNIE HOBBS
CENTRE VIEW

In August, Chantilly's Rachel D'Andrea will be 3 years old, but a third of her life has been spent in hospitals. She's currently receiving treatment for neuroblastoma at Memorial Sloan-Kettering Cancer Center in New York.

So far, there's no cure for her form of childhood cancer. But her parents, Jon and Rebecca, hope her condition can become stable enough so she can be part of a relatively new, but promising, course of treatment there by a doctor doing pioneering work in that field.

Meanwhile, with astronomical health-insurance costs and ever-rising medical bills, the D'Andreas need all the financial help they can get. So professional photographer Joan Brady of Great Falls is doing a photo fund-raiser for them, the entire month of August.

"I take photos of everything, but I specialize in children and pets," said Brady. "For every photo session scheduled during August, I will donate the entire session fee to the D'Andreas."

She heard about the family last summer when one of her favorite restaurants, Café Sano in Reston, did a fund-raiser for the D'Andreas. "So I contacted Rebecca to see if she wanted me to take pictures of Rachel," said Brady. "I knew how much it means to parents of an ill child to have photos of that child."

The D'Andreas wanted professional photos done of Rachel, so Brady took them last fall in Meadowlark Gardens in Vienna. "I did it for free as my gift to them," she said. "Their story really touched me."

SINCE THEN, she's taken photos of Rachel and her parents, gratis, two more times, and has become friends with them. Actually, she's donated her time and talents several times for causes involving children. For foster-care children, she makes in-kind donations of photography services and images of



JOAN BRADY PHOTOGRAPHY

Rachel, almost 3, gets kisses from her mommy and daddy, Rebecca and Jon D'Andrea.

roughly \$400,000 a year.

"I've done a lot of photos for nonprofits and of special-needs children and children in foster care," said Brady. "With foster-care children, for example, there's a strong connection between photos and self-esteem, and the children are really proud and happy to have pictures of themselves."

However, Brady's never done a fund-raiser before. But, she said, "I wanted to do this one because the D'Andreas have a significant need."

A photo session involving either one child or one pet costs \$350; a session involving more than that number — no matter how many — costs \$475. "Normally, that gets you two, 8x10 prints," said Brady. "But because I want to give more incentive for people to do this, I'm also giving them a \$50 photo credit — either toward additional prints and/or sizes, or toward a future session."

SEE PHOTO FUND-RAISER, PAGE 7

A Break Before More Radiation

BY BONNIE HOBBS
CENTRE VIEW

Photographer Joan Brady came into Rebecca D'Andrea's life at just the right time. And happily for both of them, she's stayed.

"I was sitting in Rachel's bedroom last July, wishing I could get pictures taken of her, because I hadn't done them at [regular intervals]," said D'Andrea. "About two minutes later, Joan e-mailed me to introduce herself."

Brady later took photos of Rachel, and D'Andrea was delighted. "They preserve our memories," she said. "We try to make the best of every moment."

Since then, said D'Andrea, "Joan has become a very good friend and continues to be supportive of us. As soon as we met, we got along." So the fact that Brady's doing a fund-raiser to help the D'Andreas with Rachel's medical expenses really means a lot.

"I'm very touched," said

D'Andrea. "It's sweet of her to do this for us; she's very generous. We never expected to be up here this long, and things in New York cost so much. This time, we've been here four months; we came for a week and never left."

She joked that "Rachel's becoming a New Yorker" because she now loves to eat pizza and bagels. But, added D'Andrea, "She definitely misses her siblings."

RACHEL'S RECEIVING treatment for neuroblastoma at Memorial Sloan-Kettering Cancer Center, and doctors there hope to give her another round of MIBG (liquid radiation) treatment this week. So before she goes into isolation for a few days because of it, her parents made sure she had an especially fun weekend.

Dad Jon visited from their home in Chantilly, so on Saturday, July 17, they went to Jones Beach. It was Rachel's first time ever at a beach, and she loved it.

"Due to her catheter line, she



JOAN BRADY PHOTOGRAPHY

Rachel enjoys swinging in the park.

can't submerge in water or take a regular bath, so going into the water was out," said Rebecca D'Andrea. "But she did enjoy playing in the sand with me and Jon for a good hour or more. She made sand castles and buried her toes. She kept saying, 'It's summertime

SEE A BREAK BEFORE, PAGE 7

Communities of Worship

To highlight your faith community, call Karen at 703-917-6468

CENTREVILLE

 **Centreville Baptist Church**

Worship Services
8:00 & 9:30 am Celebration Service
11:00 am Contemporary Service

Bible Study
9:30 am & 11:00 am

Ministries Include:
Nursery through Elementary, Youth, College Age, Singles, Men, Women, Adult Discipleship, Choir, Awana, Bible Study Fellowship, MOPS (Mothers of Preschoolers), English Language Classes and Spanish Speaking Ministry

Come Join Us!

15100 Lee Highway, Centreville, VA 20120
703-830-3333 www.cbcva.org

Saint Andrew Lutheran Church

Summer Worship Hours
8:30 AM and 10:30 AM

Coffee/Fellowship Hour at 9:30 AM

Our mission is to welcome all people, to grow in our relationship with Christ, and to serve the Lord

Braddock Road and Cranoke Street
Centreville, VA 20120
www.saintandrewlc.org
703-830-2768

 **Centreville Community Bible Church**
A Family Church Where Every Person is Loved And Cared For

Meeting at Deer Park Elementary School
15109 Carlbern Drive Centreville, VA 20120

Bible Study-9:30 a.m.
Worship- 10:30 a.m.

- Programs for Children, Youth & Adults
- Nursery Provided

(703) 815-8860 www.ccbc-va.com Pastor, Gary L. Maines

Spirit Filled - NonDenominational

 **Westgate Chapel** **Sunday Worship 9:30 am**

Current Teaching Series
"Holy Spirit 101: The Person, The Fruit, and The Gifts" **Small, Growing Congregation**

Home Cell Groups

www.WestgateChapel.Net
4500 Southgate Place - Chantilly, VA - (703) 773-0456

*Warm People ~ Hot Coffee
Come in for a serving of both this Sunday*

 **Centreville United Methodist Church**

Sunday Worship Services
8:15 AM
9:30 AM
11:00 AM
Contemporary Service in the ROC
11:02 AM



Worshiping God ~ Serving Others

703.830.2684
www.centreville-umc.org
6400 Old Centreville Road, Centreville VA 20121
Corner of New Braddock Road & Route 28

Tree of Life Bible Church
In Historic Centreville at Lee Hwy & Braddock Rd

13924 Braddock Road
Centreville, VA 20120
(703) 830-4563

Pastor James & First Lady Ada Vanison, Founders

Worship Services:
Sunday Services 11 AM & 4 PM
Wednesday Service 8 PM



Visit us on-line at www.treecoflifebiblechurch.org

THE CHURCH OF THE ASCENSION



Traditional Anglican Service
1928 book of Common Prayer

One Sunday Service - 10:00 am
(CHURCH SCHOOL & NURSERY)
13941 Braddock Road, (north off Rte. 29) Centreville, VA
703-830-3176
www.thechurchoftheascension.org



CENTREVILLE

 **Centreville United Methodist Church**

11:02 AM Contemporary Worship Service

Every Sunday in the ROC
(Recreation and Outreach Center)

Contemporary Music ~ Connections Praise Band

Interactive Prayer Stations
Children's Quiet Play Area & Children's Worship Message
Weekly Communion Table Open to All



703.830.2684
www.centreville-umc.org
6400 Old Centreville Road, Centreville, VA 20121
Corner of New Braddock Road & Route 28

Come Worship with us at Centreville Presbyterian Church

Sunday Services
9:00 am Contemporary Praise & worship
10:30 am Traditional

15450 Lee Highway
Centreville, VA 20120
703-830-0098
www.centrevillepres.com



Mount Olive Baptist Church
New Worship Location Starting March 14, 2010!!
Centreville High School
6001 Union Mill Road
Clifton, VA 20124
A NEW CHURCH IS BEING BUILT!



SUNDAY SERVICE SCHEDULE AT CENTREVILLE HIGH SCHOOL

Sunday School	9:00-9:45 AM
Worship Service	9:45 AM
Children's & Youth Church	10:00 AM
Youth Minister: Rev. Bobby Joe Ford, Jr.	
Wednesday Bible Study (Includes Youth Classes)	7:00-9:00 PM

MOUNT OLIVE BAPTIST CHURCH
Administrative Office:
13924 Braddock Road Suite 201
Centreville, VA 20120
Phone: 703-830-8769
Fax: 703-830-6718
Website:
www.mountolive-church.org
Email:
mtolive@mountolive-church.org



Rev. Dr. Eugene Johnson, Pastor
6600 OLD CENTREVILLE ROAD CENTREVILLE, VA 20121

Sully Station Swimmers Raise Funds for Telford's Team BT

FROM PAGE 1

Lombardo's mother died of brain cancer, and Lombardo's children, Savey, 7, and Jonah, 4, did laps during the July 7 swim-a-thon in remembrance of their grandmother. In addition, said Lombardo, "Three other children swimming today lost a mother, an uncle and a neighbor to this."

So they were pleased that the proceeds went to the National Brain Tumor Society (NBTS). "I feel so blessed to have found BethAnn and to be able to work for her and for all people battling brain-tumor disease," said Lombardo. "I'm thankful that the swim-team parents are supporting us and the children are so enthusiastic about the cause."

THE EVENT came about as a result of Telford, 41, of Fairfax, and

Sully Station Swim Team Coach Jen Chapman meeting several years ago while doing a 24-hour triathlon together in Colorado. "I had cancer at the time and my body temperature dropped and I was wrapped in blankets, but I wouldn't stop," said Telford. "Jen says I kept her going, and that memory inspires her all the time not to give up."

So the fund-raising swim-a-thon was Chapman's way of giving back to Telford and, at the same time, teaching her young swimmers about perseverance. "I was amazed at them," said Telford during the event. "I've been here since 6 a.m., when the adults swam, and I've tried to swim with each age group. I was crying — it was very emotional for me. One 4-year-old swam 17 laps."

Telford is being treated for brain cancer at Johns Hopkins Hospital

and will soon undergo her third surgery. And since her immune system is so low because of chemotherapy, just two weeks before the swim-a-thon, she was in the hospital with pneumonia. But she made it to the swim-a-thon to share her story with the swimmers and encourage them to always follow their dreams.

Westfield High senior Arjun Suryakant has been on the swim team since he was 5. "One of my uncles died of bone-marrow cancer, and one, of brain cancer, so this event means a lot to me," he said. "The only reason my uncle with bone-narrow cancer passed away is because they couldn't find a marrow match for him. It really hit my aunt hard. My other uncle was diagnosed in 1998 and battled 10 years; he passed away in March 2008."

Suryakant swam 120 laps dur-



PHOTO BY STACEY HUSE

From left, front row, are Brett and Emma Goerl; in back row are Ryan, Tyler and Kristi Goerl; Darrel Sanburg and BethAnn Telford.

ing the fund-raiser and planned to donate \$100. "It's awesome; BethAnn is a real inspiration and I love what she's doing to get research to help people," he said. "It's amazing to me how she does everything and lives her life, every day, and how she comes out here to help people and raise money."

"Kids who told their parents they

were going to just swim 10 laps were inspired to do better after BethAnn talked to them today," continued Suryakant. "I participated today in honor of her and my uncles."

ON THE SWIM TEAM for 12 years, Westfield senior Ben

SEE SULLY STATION, PAGE 16

Local Woman's Mantra Is to 'Never Give Up'

FROM PAGE 1

to see how hard she pushes herself, too — and they really stepped up," continued Chapman. "They realized they weren't doing it just for themselves, but for a greater good."

WHILE TELFORD, 41, may begrudgingly accept what life's dealt her, she also uses it as a springboard to propel her to achieve as much as she can, for as long as she's able. Indeed, looking at her — smiling and happy, fit and trim in a blue bikini at the swim-a-thon — no one would know anything's wrong with her. And she's doing her best to defy doctors' expectations.

"With my first surgery in 2005 to remove a tumor from my brain, they told me I'd have difficulty walking or running," she said. "But that fall, I ran the Marine Corps Marathon." Telford relapsed, several months later; and that fall, she had another surgery.

But that didn't stop her; and for her positive attitude, she credits her friends. "I wouldn't be here now without the support of all my friends," she said. "They keep me going. One even ran me through the Boston Marathon this year and helped me qualify."

SHE ALSO DID the Iron Man Triathlon in Lake Placid, last year and the year before. Said Telford: "I really wanted to do [the Boston

Marathon and the Iron Man Triathlon] after getting the diagnosis because I didn't want to lay around and think about the time I have left."

Telford, who works for the U.S. Government Printing Office in the District, ran and did marathons prior to her diagnosis, but not triathlons. In those events, participants must swim 2.4 miles, bike 112 miles and run 26.2 miles — all in one day. But she relished the challenge.

"I didn't want to be considered handicapped or have anyone feeling sorry for me," she said. "I wanted to fight it, and I wanted other people to fight it, too." As a result, in the past five years, she's also raised more than \$200,000



PHOTO BY STACEY HUSE

BethAnn Telford finishes swimming a few laps with Sully Station 8 and under, Jessica Molloy.

for the National Brain Tumor Society.

"My final goal is to eventually make it to the Kona Iron

Man competition, where the sport's elite go," added Telford. "My biggest saying is, 'Never, never give up.'"

SHILLELAGHS
THE TRAVEL CLUB

THANKSGIVING CRUISE FROM BALTIMORE, Nov. 20-29 \$580
Includes 9 Nights on Celebrity's "Mercury" with All Meals & Entertainment!

NEW YEAR'S CRUISE FROM BALTIMORE, Dec. 27-Jan. 8...\$1,660
Includes 12 Nights on RCCL's "Enchantment of the Seas" with All Meals & Entertainment!

MYRTLE BEACH FOR NEW YEAR'S! Dec. 29-Jan. 1.....\$499
Includes Motorcoach from Vienna or Rockville, 3 Nights Oceanfront Hotel, 3 Breakfasts, 3 Dinners, Sightseeing & SHOWS!

SHILLELAGHS TRAVEL CLUB
100 East Street SE, Suite 302 • Vienna, Virginia 22180
703-242-2204 1-800-556-8646
Please visit our Web site at: www.shillelaghtravelclub.com
for a listing of all our upcoming trips and socials.

The WFCM Thrift Store Has Doubled Its Size!

We now have more:

- Furniture
- Clothing for All Ages
- Jewelry
- Accessories
- Seasonal Items
- Linens
- Small Appliances
- Books
- Movies
- Kitchenware
- Sporting Goods
- Baby Items
- Collectibles...and more!

WFCM
western Fairfax christian ministries

13989 Metrotech Drive
Chantilly, VA 20151
www.wfcmva.org • 703-988-9656, x 109

BARBER SHOP

\$2⁰⁰ OFF

All Haircuts!
Only for July:
every Tuesday &
Wednesday!
Offer expires 7/28/10

703-968-3369

Old Centreville Crossing Barber
Same Shopping Center as IHOP Restaurant /
Glory Days, Next door to Papa John's Pizza
Located in Old Centreville Crossing Shopping Center
13826-G Braddock Road,
Centreville, VA 20121

Tolls and a Transportation Fix

Could the links add up to \$20 and more per trip? And why won't Virginia issue bonds if it can collect that kind of toll revenue?

As someone who pays more than \$10 to drive round-trip the entire length of the Dulles Toll Road and then Greenway to Leesburg on my way out to Hillsboro, I am forced to recognize that commuters and others will pay to drive on congestion-free roads.

Leaving my office in Alexandria, however, I could soon have the choice to pay to drive in the High Occupancy Toll Lanes on my way around the Beltway, then a possible future choice to pay either the basic rate or an upgraded rate to drive on the Dulles Toll Road, followed by the choice to drive on the Greenway or to take Route 7 out into outer Loudoun. Could that add up to \$15 or more each way? (Already during rush hour, it costs \$5.25 each way on the Greenway, \$4.55 off peak; and it's \$1.75 on the Dulles Toll Road.)

Toll lanes are also on the drawing board for 395 and 95, places where effective means (slug lines) are in place to gather enough (three) people in a car to qualify as "High Occupancy," the current qualifier for using the existing HOV lanes. You can't buy your way onto those lanes at this point.

Choosing all the tolls would be well beyond most people's means in anything but an emergency. But others will be able to consider the cost a business expense, or will be able to value their own time highly enough to pay the freight.

The real concern is that we aren't using the future tolls to create funding for the broad transportation initiatives that we need to thrive economically. The current model of public-private

partnerships allows private companies to collect and keep all the tolls virtually forever (50 years) in exchange for building these particular roads.

But knowing that the revenue stream is out there, Virginia could issue bonds and contract the building of the roads and toll lanes, thereby using any surplus revenue to continue to improve the commonwealth's transportation infrastructure.

Once you admit that you're going to charge tolls, really significant dollar amounts of tolls, you don't need a public private partnership to make transportation improvements happen. You can manage contractors and use the revenue stream to keep Virginia moving. The commonwealth seems only to be able to stomach high tolls when the money is going to a private com-

pany, not when it might go to the public good in the future.

Still one can only hope that 20-30 years from now the idea of rush hour and congestion — that we will each climb into a car one person at a time and drive on the same roads to work at the same time every day — will be as inconceivable as dial-up access to the internet.

Then all those extra lanes might be wide open with little toll revenue coming in.

And we can only hope that whoever is writing the contracts for these public private partnerships has the best interests of the Commonwealth at heart and isn't shifting the risk of that sort of innovation away from the private sector while leaving them to reap the profits without sharing.

Maybe in 50 years, the separate HOT Lanes will serve to separate bicyclists from skateboarders from pedestrians as old roadways become the recreational areas of the future, much as unused rail lines and former tow paths.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIALS

Send in Your Pet Photos and Stories

The Pet Centre View is coming next week, publishing July 28. We must have all submissions no later than Friday morning, July 23.

We welcome, photos, artwork and short stories (200 words or less) about your pet. Tell us a funny story, or explain how your pet helped you or a member of your family through a tough time. Tell us about how you came to adopt or rescue your pet. Tell us how your favorite places to go with your pet, or how you solved a particular challenge concerning your pet.

We haven't forgotten horses, fish, birds, reptiles and amphibians, guinea pigs, hamsters,

and other more unusual pets — we hope for photos about them all.

Be sure to identify the full names of everyone pictured in any photos, include information such as breed and age of the pet and children pictured, and (very important) the community where you live.

We prefer digital submissions. E-mail to PhotoCVS@connectionnewspapers.com, and write "Pets" in the subject line.

Please be sure to include the name of the artist or author, and name of the home town, along with address and phone number to be used for verification purposes only.

to increase engagement between board members and parents, employees, and community/business leaders.

Superintendent Jack Dale has reached out and invited these same critics as well as community leaders to meet with him to discuss issues including the budget and the possible purchase of an administration building. The process through which we engaged our community on changing school start times was so transparent and well designed that it has won two national awards and made Fairfax County, yet again, a model for other school districts. This process elicited 94,000 survey responses and more than 1,600 participants at seven community dialogues. As a result, parents, community members, employees, and students all overwhelmingly opposed a change in school start times.

The School Board listened carefully and made the right decision to keep the bell schedule intact. This is an excellent example of community engagement.

Often, people who vehemently disagree with a particular outcome confuse that outcome with the process used to arrive at it. That's a natural reaction and is reflected in your edito-

LETTER TO THE EDITOR

School Board Welcomes Dialogue

To the Editor:

You were correct in your editorial ["From Readers on School Board and Staff," Centre View, July 14-20] in which you pointed out that school board members commit themselves to public service with the best interest of all schools at heart. It is a job that we are proud to carry out, no matter how difficult the decisions we face might be. Our leadership responsibility is to serve all our children and not necessarily carry out the wishes of special interest groups. That can result in a clash that plays out in editorials such as yours.

However, I must take issue with your assumptions that the School Board has not engaged our community on important issues such as changing school start times, the consideration of purchasing an administration building, and closing schools. In fact, many of the same critics who are now crying foul have themselves participated in thoughtful discussions through special stakeholder dialogues last fall, which the School Board set up specifically

Photo Fund-Raiser for Rachel

FROM PAGE 3

Although at first glance, the prices may seem steep, Brady says the quality of the finished product is well worth it. "Parents always ask me why I can get better photos of their children than they can," she said. "I tell them it's because I'm not their mother, I have better equipment and I have some talent."

Additionally, even though many parents have good cameras, said Brady, ultimately, most parents just won't get as good a picture of their child as she will. "And that's not about equipment," she said. "It's about the dynamic between parents and their own children. It's funny — even professional photographers call me to photograph their kids."

UNLIKE MOST professional photos, Brady's aren't formal, static products. Instead, they're more natural and realistic. For instance,



JOAN BRADY PHOTOGRAPHY

Rachel D'Andrea

if a boy loves soccer, she can photograph him kicking a soccer ball. Said Brady: "A lot of it is spontaneous, which is what makes it fun."

"It's not just about capturing what the kids look like," she continued. "It's about capturing who

they are and their experience [that day] so they and their parents can always remember it. Except for newborns, it's not a studio sitting. We go to a park, playground, their yard, etc."

Besides photos, Brady also creates coffee-table photo books, wall hangings and other items so parents may order whatever they'd like. Her donation to the D'Andreas is the session fee and, so far, she's already booked three.

"I'd like to raise at least \$4,000 for them, but I'd be delighted to raise double that for the D'Andreas, or more," she said. "Reading their story, you want to get involved somehow and help; and as a photographer, this is what I can do."

For more information, e-mail Brady at joan@joanbradyphotography.com or call her at 703-759-4984. To see more samples of her work, go to www.joanbradyphotography.com.

A Break Before More Radiation

FROM PAGE 3

— we're going to the beach. Rachel has seen the beach on all her favorite TV shows, but never knew what it was like, for herself. The sound of the waves, the smell of the water, the clear skies, the pretending-to-be-normal made for a great time. I hated to leave."

Then on Sunday, they went to Coney Island with some friends from the Ronald McDonald House where they're staying. "Rarely can we do things like this, since either Rachel's blood and platelet counts are low or Jon isn't here," said D'Andrea. "So we decided to take advantage of things and Rachel had another great time."

She rode the 'choo-choo train' three times. She was happy and

got to feel normal for the second day in a row."

MONDAY, THOUGH, it was back to the hospital, where Rachel underwent surgery to implant a permanent port just above her heart

"We try to make the best of every moment."

— Rebecca D'Andrea, Rachel's mother

for directly administering medications to her.

She also received platelets and a blood transfusion, plus treatment to stimulate the growth of healthy, white blood cells in her bone marrow.

Rachel's blood and platelet counts rose to 1.1 last Friday —

making her eligible for MIBG therapy this week — if the medication she's received to suppress her thyroid works. Explained D'Andrea: "The thyroid controls a lot of the body's functions, so it has to be suppressed and protected so it won't be damaged by the radiation."

Thankfully, she said Tuesday night within Rachel's earshot, "Rachel doesn't know what's going on. She doesn't know she's s-i-c-k. The first time she had MIBG and I saw the 'radiation - keep out' symbol on her door, it was like a scary movie, but now it's reality. So we take it day by day and focus, instead, on her smile."

For more information about Rachel or to make a donation, go to www.Rally4Rachel.com.

MILITARY NOTES

To have military news listed in Centre View e-mail centreview@connectionnewspapers.com. Photos, especially color, are encouraged.

Army Pfc. Edgar R. Rodriguez Solano has graduated from the Petroleum Supply Specialist Advanced Individual Training course at Fort Lee, Petersburg, Va. Rodriguez Solano is the son of Maria Solano and Virgilio Reyes of Asher View, Centreville.

Army Spec. Ralph E. Butler III has graduated from basic combat training at Fort Jackson, Columbia, S.C. Butler is the son of Ralph Butler of Middle Creek Place, Centreville. The specialist graduated in 2004 from Centreville High School, Clifton, and received a bachelor's degree in 2009 from George Mason University, Fairfax.



**ENRICHING LIVES...
EXCEEDING EXPECTATIONS**



"Dr. Nik"

- State-of-the-art Facility
- Digital X-Rays (Reduced Radiation)
- Audio/Video Entertainment for Relaxation
- Saturday and Late Hours Available
- We accept Most Insurances

703-961-0707

www.nikdentistry.com

Kamran Nikseresht D.D.S., F.A.G.D.
14415 Chantilly Crossing Lane
Chantilly, VA 20151

In the Target & Costco Shopping Center, to the left of Starbucks

**TOOTH WHITENING SPECIALS
UP TO 50% OFF**

**LOUIS C. FILIPPONE, D.D.S., P.C.
ORTHODONTIST**



WE OFFER TWO CONVENIENT LOCATIONS
Both of our beautiful, modern offices use the
latest technology in orthodontic treatment for
children and adults.

Flexible interest free payment plans are available
Most insurance plans are accepted
Convenient Saturday and evening hours

**BOARD CERTIFIED DIPLOMATE
OF THE AMERICAN BOARD
OF ORTHODONTICS**

Call for your FREE Initial Consultation

Centreville 6138 Redwood Square Center, Suite 103
Gainesville 7521 Virginia Oaks Dr., Suite 120

703-815-0127 703-754-4880

www.nvaortho.com



FAITH

Congregation Yad Shalom, located in Centreville, provides a variety of programs in a traditional format with a modern flair. It openly invites inquiries about participation in these special activities by the local community. There are a number of activities for the family:

❖ Join the Congregation for a Barbeque and Havdalah service on Saturday, July 31 at 6 p.m. at the home of the Gordons.

❖ The holidays are just around the corner. Check out the website for holiday events and special activities throughout the year.

❖ For more information and/or directions, contact the Congregation at 703-579-6079, or visit www.yadshalom.com.

South Riding Pediatric Dentistry

SHIRLEY F. BETHEL, D.M.D.

Dentistry for Children and Adolescents

Board Certified



4229 Lafayette Center Dr., Suite 1400
Chantilly, VA 20151-1201

Phone 703-378-2000

Fax 703-378-2400

(Participating Provider for Delta Premier,
United Concordia and Guardian)

CURRENTLY ACCEPTING NEW PATIENTS

**"Easy As A Day
At The Beach"**

Temple Beth Torah is a Reform Jewish congregation and member of the Union of Reform Judaism (URJ) that meets at St. John's Episcopal Church in Centreville. Religious school is held at the Goddard School in Chantilly. The congregation offers the Northern Virginia Jewish community services that provide numerous spiritual, educational, support and social opportunities including religious school for member children age 3 through Bar/Bat Mitzvah and confirmation. The congregation welcomes all members of the community to attend any of our services or events. For more information, a newsletter or a membership package, call 703-263-2252 or visit www.BethTorah.net.

Lord of Life Lutheran Church's second location, 13421 Twin Lakes Dr., Clifton, is now open. Everyone is invited to worship services at 10 a.m. on Sunday. Call the church office at 703-323-9500 or go to www.lordoflifelutheran.com.

Shalom Jewish Children is a fun, hands-on Jewish educational program for young children based on experiential learning. Each session is about Jewish holidays, values and celebrations. Meets in Centreville at the Rocky Run Recreation Center. Contact Gloria Pioso at yadshalom@yadshalom.com or call 703-579-6079.

Recovery and Support Care Groups at New Life: Passion for Community in cooperation with New Life Christian Church has an ongoing recovery and support groups for people suffering with various addictions, destructive and dysfunctional behaviors, or who just need some support. Contact Lucy Martinez at 703-222-8836.

❖ Recovery Connection (12-step group), Sundays at 9:30 a.m. at Westfield High in Chantilly;

❖ Food Freedom (a women's group; 12-step group), Sunday's at 9:30 a.m. at Westfield High in Chantilly;

❖ Single Mom's support Group, Saturday's at 9:30 a.m. in Centreville (call for location);

❖ Authentic Masculinity Men's Group, Thursday's at 7:30 p.m. in Chantilly (call for location).

Pleasant Valley United Methodist Church has regular services on Sunday at 8:45 a.m. and 11 a.m. All are welcome. Located at 43987 John Mosby Highway, Chantilly. Call 703-327-4461 and Web site is www.pleasantvalleyumc.net. Call 703-266-2424.

Christ the Redeemer Episcopal Church holds a contemporary worship service on Sunday mornings at 10:15 a.m. at Centreville Elementary School in Centreville. Sunday school and a nursery are provided on Sundays. Visit www.ctrchurch.org or call 703-502-1732.



Yeppi Pet Grooming

14200F Centreville Square • Centreville
703-815-1166

Mon.-Sat. 8 A.M.-5 P.M.

Shampoo & Conditioning • Bath & Brush
De-Matting • Custom Style & Cut • Nail Clipping

**TEETH
CLEANING
\$5-\$7.00**

With coupon, new customers.
Limit on per customer. Not
Valid with any other offer.
Expires 8/31/10

\$5 OFF

Any Pet Custom
Style & Cut Package.
New Clients Only.

With coupon, new customers.
Limit on per customer. Not
Valid with any other offer.
Expires 8/31/10

Located in
Centreville
Square Shopping
Center

Ask About Our FREE
Hot Oil Treatments



We use only all-natural products • Professional Full Service Grooming • Teeth cleaning



Never just
par for
the course.



Golf / Ian Poulter in Flak Jacket® XIJ with Oakley Transitions® SOLFX™ Lenses

You'll See... The Difference

*"Whenever you buy quality from professionals
you get a better value."*

Fashionable Eyeglasses • Designer Frames • Sunglasses
Children Frames • Contact Lenses • Eye Exams
... and much more!

3910 Centreville Road
Suite 100, Chantilly VA

703-830-6377
EyeStreetOptical.com

EYE STREET OPTICAL

Chantilly Professional Building

\$65⁰⁰ OFF

Prescription Eyewear
w/Complete Purchase of
Frames & Lenses.

With this coupon. Minimum purchase \$200.00. Cannot be combined with other offers or insurance. Not valid on Oakley, Maui Jim, Sport or Swim Goggles. Expires 7/31/10.

**Cosmetic, Family
and Laser Dentistry**



Jose Aunon, D.D.S.

6134 Redwood Square Ctr.
Suite 202
Centreville, VA 20121



James Moshier, D.M.D.



703-266-BITE (2483)

Early A.M. & Evening Appts. Available

www.virginialaserdental.com

**COSMETIC & FAMILY
DENTISTRY**

**Shue Jen Chuang, D.D.S. &
David W. Lucht, D.D.S., P.L.C.**



Gentle Dental care for all ages. We accept most
insurance plans and file most insurances. Early, Saturday
& evening appointments available. We offer a wide
range of quality treatment.

New Patients
Welcome!

703-803-9223

13880 Braddock Road, Suite 311, Centreville, VA 20121,
www.chuangluchtdds.com

CALENDAR

ONGOING

No one needs a break more than family caregivers of older adults who cannot be left alone. You can give a caregiver a much needed break by volunteering for Fairfax County's new volunteer family caregiver respite program. Volunteers provide brief periods of oversight to allow caregivers to shop, go to the doctors or just relax. Volunteers are screened and trained. Call Volunteer Solutions at 703-324-5406, TTY 703-449-1186.

Ladies, do you have a

Revolutionary Patriot in your family tree? Membership in the Daughters of the American Revolution (DAR) honors and preserves the legacy of your Patriot ancestor. Any woman is eligible for membership who is no less than 18 years of age and can prove lineal, blood line descent from an ancestor who aided in achieving American independence. Admission to membership is by invitation through a Chapter. Interested in learning more? Contact the Lane's Mill Chapter at lanesmillchapter@hotmail.com

Craft Vendors are needed for the Holiday Bazaar and Craft Fair on Saturday, Nov. 13 from 9 a.m. to 3 p.m. at Centreville United Methodist Church, 6400 Old Centreville Road. Leased spaces for vendors are going quickly. Book your vendor space now! Contact novemberbazaar@hotmail.com or 703-830-2684.

Models, actors, actresses, and

dancers are needed for a non-profit show to benefit Feed the Children. This is strictly voluntary, without compensation. Models furnish their own clothing and supplies for the show. The fashion show will take place around the first weekend in August. Saturday practices will be held in Centreville, Falls Church or Fairfax.

Volunteers must commit weekly practices. If interested, call Pam at 540-324-7640.

The shop is located on 7145C Main Street in Clifton, on the side of the Heart & Hand (Buckley) building facing the railroad tracks.

New Neighbors League Club (NNLC) of Northern Virginia is looking for women who are new to the area, looking to reconnect, or just interested in meeting new people for fun and friendship! Come to one of the monthly coffees or luncheons to meet us. Then join one of the numerous clubs such as bridge, couples bridge, mah jong, gardening, quilting and stitching, bible study, bowling, bunco, Southern living dining, movie outings, cards or board games, couples mixers, book club, nursing home sing-a-longs, and many other activities. Visit the web site www.newneighborsvirginia.com or Newneighborsleagueclub@yahoo.com

THURSDAY/JULY 22

Centreville Stitchers. 1:30-3:30 p.m. Do you enjoy knitting, crocheting or other needlework crafts and conversation? Join Centreville Stitchers at the Centreville Regional Library, 14200 St. Germain Dr., Centreville. All levels (adults) welcome. Questions - call Jo at 703-803-0595 or email joknitter@verizon.net.

JULY 22-25

Westfield Summer Stage celebrates 10 years of summer musicals with the classic song and dance fable "42nd Street," which taps its way onto the Westfield High School stage July 22, 23, 24, and 25 at 7:30 p.m. and July 24 at 2 p.m. All tickets are \$10 in advance; \$12 at the door. Seating is

reserved and tickets are available at www.westfieldtheatreboosters.com. This 1933 Warner Bros. film gave hope to an American public long suffering through the Great Depression. In 1980, the Broadway version of "42nd Street" won Tony Awards for Best Musical and Best Choreography. Directed by Lori Knickerbocker, "42nd Street" will feature a cast of 58 middle and high school performers from Northern Virginia. To be held at Westfield High School, 4700 Stonecroft Blvd., Chantilly.

FRIDAY/JULY 23

Swing Dancing. 9 p.m. to midnight. Cost is \$15. Featuring the band, The Grandsons. Drop-in beginner swing lesson from 8:30-9 p.m.; dancing from 9 p.m. to midnight. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road (Route 28 near the airport), Herndon.

Firefly Safari! at Bull Run, 8 to 9 p.m. Free. Search Bull Run Park for one of our most well known night insects. Learn about our native species through an interpretive talk, and then help our naturalist find some of these insects in the wild. Meet at the Bull Run Regional Park's camp store. Call 703-631-0550.

SATURDAY/JULY 24

Colombian Festival. Noon to 8 p.m. Cost is \$20. This is a cultural event targeting the Colombian community living in the DC Metro area. Concessions of food, beverage and merchandise will be available for sale. At Bull Run Regional Park in Centreville. Call 301-942-3500.

The Goodlife Theater (Puppets). 10 a.m. Free. At E.C. Lawrence Park Amphitheater, 5040 Walney Road, Chantilly. Call 703-324-SHOW (7469).

SUNDAY/JULY 25

ExtravaCATza! Noon to 4 p.m. Special Sunday cat adoptions. The shelter will be open its normal adoption hours throughout the month: Tuesdays - Fridays, 12 p.m. to 6:30 p.m. and Saturdays, 10 a.m. to 4:30 p.m. At the Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax. Call 703-830-1100.

TUESDAY/JULY 27

Office Yoga. 6:30-7:30 p.m. By Michael Tress and Rajeswari Tress (E-RYT 500). Remember to bring a mat or beach towel and wear comfortable clothes. Contact yogagynan@yahoo.com. Meets at the Chantilly Library Meeting Room.

WEDNESDAY/JULY 28

Free Family Fun. Under the Sea. Get a close look at marine animals such as starfish, sea urchins, and clams, as well as learn about the ecology of the ocean. At Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. Call 703-323-9500 or visit www.lordoflifelutheran.com.

FRIDAY/JULY 30

Swing Dancing. 9 p.m. to midnight. Admission is \$15. Drop-in beginner swing lesson from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. With the Rock and Roll Relics. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road, Herndon.

SATURDAY/JULY 31

Rocknoceros (Songs). 10 a.m. Free. At E.C. Lawrence Park Amphitheater, 5040 Walney Road, Chantilly. Call 703-324-SHOW (7469).
Cub Run Creek Walk. 11 a.m. to noon. Free. Join a naturalist for a look at the

life that inhabits the Cub Run stream. Use dip nets and walk into the creek in search of fish, crayfish, and anything else. Bring shoes that can get wet. Meet at the Bull Run Regional Park's camp store. Reservations required. Call 703-631-0550.

SATURDAY/AUG. 7

Starlight Cinema - "Cloudy with a Chance of Meatballs" (Drive-in Movie). Free. Gates open at 6 p.m. At Trinity Centre Parkway, 5870 Trinity Parkway, Centreville. Call 703-324-SHOW (7469) www.fairfaxcounty.gov/parks/performances.

Pirate Jack (Songs). 10 a.m. Free. At E.C. Lawrence Park Amphitheater, 5040 Walney Road, Chantilly. Call 703-324-SHOW (7469).

Silky Smooth Jazz Festival. Noon to 10 p.m. Cost is \$45. A jazz festival with great food, arts and crafts vendors. At Bull Run Regional Park in Centreville. Call the Silky Smooth Jazz Hot Line at 703-647-9771 or Sandra Mason at 703-217-8992 or send an email to silkysmoothjazzfest@gmail.com. Or visit www.silkysmoothdance.com.

Annual Dog Wash. 11 a.m. to 4 p.m. The SPCA of Northern Virginia will be hosting its annual dog wash to raise funds for rescued animals. Along with washing dogs, there will be nail trimming and ear cleaning, if desired. At Webers Pet Supermarket 11021 Lee Highway, Fairfax.

Columbia Doubles Volleyball at Bull Run. 6:30 a.m. to 9 p.m. Columbia Doubles Volleyball offers primarily grass doubles competition Divisions. Open down to BB and we also offer limited 4's events. Each event starts and ends on the same day and this is an all day competition with playoffs for the leading teams. At Bull Run Regional Park. Call 301-422-4440.

CENTRE VIEW

If you do not get Centre View delivered to your home...

FIRST CLASS MAILED SUBSCRIPTIONS

are now available for the first time with timely postal carrier delivery: \$30 for six months. Help us meet the costs of providing first-rate community journalism on newsprint to your household.

Call 703-778-9426 (or -9427) or e-mail circulation@connectionnews.com

Spring Clearance
Benches, Fountains,
Cast Iron Pots

**25%
OFF**

Early Spring Blooming
Perennials,
Azaleas &
Flowering Trees

**60-75%
OFF POTS**

**Patios, Walls
Walkways
Paver Driveways
& So Much More**

**FREE
Landscape &
Hardscape Estimates**
Landscape Design Services Available

**Japanese Maples
30-50% Off
Over 75 Varieties**

**Herbs
30% Off**

**Stone Masons
& Bricklayers
on Staff**

**Vegetables
50% Off**

**No Sub-Contracting
We're proud of
their craftsmanship**

**Shredded Hardwood Mulch
\$3.39
3 cu. ft.**

**9023 Arlington Blvd.,
Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)**



**Cravens
Nursery &
Pottery**

703-573-5025
Open 8-7, 7 days a week

Glory Days

GRILL

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

\$5 BURGERS

ALL DAY EVERY MONDAY *

GLORYDAYSGRILL.COM

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

OPEN FOR LUNCH DAILY AT 11:30 AM

*Dine-In Only. Hall of Fame Prime Burger add 1.50

Centreville REAL ESTATE

also featuring surrounding areas of Fairfax

For information about appearing on this page, contact Karen Washburn at 703-778-9422 or kwashburn@connectionnewspapers.com



On the Market



Clifton ~ Enjoy Breathtaking Sunrises At Home

Enjoy breathtaking sunrises and sunsets without leaving home! Nestled on 5 acres of rolling hills and pastoral scenery, this exquisite custom-designed all-brick estate has 5 bedrooms, 6 baths, and over 9,000 square feet of living space. The ultimate quality of this home is graced by an abundance of design features that truly put it in a class all its own. Every room in this home is grand! Features include, but are far from limited to, an AMAZING gourmet kitchen with sun-drenched breakfast room, stunning master bedroom and luxurious bath, 4 fireplaces, wine cellar, walls of windows, hardwoods, custom cabinetry and extensive molding. See the splendor by visiting www.Hermandorfer.com

**For more information, contact: Carol Hermandorfer, Long and Foster Realtors, 703-503-1812
Carolh@longandfoster.com • www.Hermandorfer.com
Priced at: \$1,699,000**



~ Chantilly ~ Loads of Upgrades

Gorgeous 4 BR, 2½ bath, single family home with loads of upgrades and modern styling. Furnace, heat pump, bathrooms, and lighting all replaced in last few years. Kitchen recently upgraded with stainless steel refrigerator, stove, microwave, and dishwasher. Driveway widened to support side-by-side parking. Fenced back yard. Fresh paint! You must see for yourself to appreciate the updates.

**For more information, contact:
Chris Do, Long & Foster
703-627-1968 Hien.Do@longandfoster.com
Priced at: \$379,998**



~ Oak Hill ~ Desirable Franklin Oaks

Beautiful 5 BR, 3.5 BA brick front Colonial. 3 finished levels w/mature trees on a level .35 acre lot. Located in the highly desirable Franklin Oaks community of Oak Hill. Maple hwd floors w/cinnamon stain throughout the main level. Huge lower level with workshop/storage room. Upgrades include remodeled gourmet kitchen, cedar shake shingle roof, carpeting, most interior paint, & all BAs. Back wood deck has large screened porch and outside deck. Attached 2-car front-loading garage. Living room has crown molding and hwdws. DR has bay window, crown molding, chair railing, hwdws. Study has wall of custom built-in shelves and cabinets with a desk area. Large gourmet kitchen has Corian counters and double sinks, natural cherry cabinets, center island w/electric Jenn-Air cooktop & downdraft, brkfst bar, adjoining pantry, double wall ovens, hwdws and open view of the family & brkfst rooms. Brkfst room has bay window with seating and buffet service & desk area, hwdws and a backyard view. Huge family room has wood-burning fireplace w/brick hearth, crown molding, atrium doors to the back screen porch...AND SO MUCH MORE!

**For more information, contact:
Bernie Kagan, Vice President, Samson Properties, 703-216-0985
berniekagan@hotmail.com,
www.berniekagan.com • Priced at: \$799,900**



~ Clifton ~ Your Dream Home

This truly lovely 5 Bedroom Colonial has it all. Large Kitchen with 42" Cabinets, Island, Stove and Wall Oven, Separate Formal Dining Room, Gas Furnace for Main Level, Heat Pump for Upper Level—2005. 4 Full and 1 Half Bath, Optional Sun Room, Hwd Floor in Foyer, New AC and Gas Furnace, 80 Gal Water Heater—2008, Roof—2000, Brick Front, Master Suite with two walk-in closets/Sitting Room, Master Bath with Sep Shower and Large Heart-Shaped Soaking Tub.

**For more information, contact:
Ron Fowler,
Weichert Realtors Associate Broker
RonFowler@RonFowler.com, 703-598-0511
Priced at: \$649,000**



~ Centreville ~ Spacious Luxury Condo

Spacious, luxury, 2 BR, 2 BA, patio-level condo in pristine condition! Lots of windows! Sunny, open floor plan. New upgraded plush carpet/pad throughout. Freshly professionally painted throughout. Large LR offers wood-burning FP with marble surround and mantel. DR features sliding glass door to patio. The living and dining rooms flow into the open kitchen, featuring a breakfast bar and new appliances, including a flat-surface range, microwave, dishwasher & refrigerator with icemaker. Master suite with huge walk-in closet & luxury private master BA w/soak tub and double bowl vanity. Second master BR also features a walk-in closet and a full, dual-entry BA, which also has access to the hallway. Treed community w/pool, clubhouse, hot tub, tennis, tot lots & picnic/grill area overlooking Bull Run Mountain. Conveniently off I-66, Rt. 28 & Rt. 29. Close to shopping, recreation and government center.

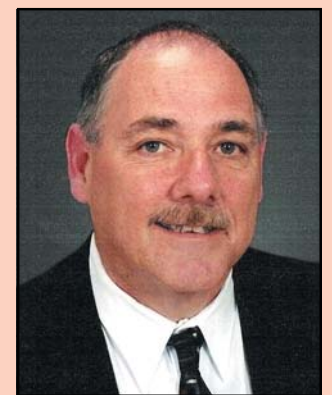
**For more information, contact
Spencer Marker: 703-830-6123
Spencer Marker & Co./Long & Foster
View home and virtual tour at www.seln4u.com
Priced at: \$215,000**

Profile in Real Estate – Ed Duggan

My wife Jo-Ann and I moved to Clifton in 1988, and since then we have been residents and homeowners in Little Rocky Run. We have gone from “yuppies” with a busy house of three young children (and endless concerts, games and practices) to empty nesters with a grandchild on the way. We and our children have benefited from the education and activities available from the Fairfax County School System. All of our children (Mike, Joanna and Sean) participated in athletic programs in Centreville High School, and that gave me the opportunity to be the Athletic Booster Club president for three years. We are grateful that Virginia has an excellent and relatively affordable higher education system as they all attended in-state colleges: Mike, the University of Virginia; Joanna, the University of Mary Washington and Sean, James Madison University.

While I have always had an interest in Real Estate, the time necessary in order to provide excellent service as a Realtor conflicted with the time I needed to spend raising a young family. I finally decided to become licensed and work full-time as a Realtor in 2004, attained my brokers' license in 2007 and have thoroughly enjoyed helping clients achieve their

goals over the past 7 years in spite of the twists and turns of our local market. I have been fortunate to attain the Lifetime Top Producer award for sales in excess of \$5 million per year for a 5-year period. With the market shift and economic downturn, I decided to become better prepared to deal with the amount of distressed properties, both short sales and foreclosures. Having attained certification from the Home Rescue Institute, and also as a Certified Distressed Property Expert, my partner and fellow broker Bob Scherbarth and I joined Century 21 New Millennium over a year ago and we now head a team of 8 agents as well as 2 assistants. I have observed and lived through the explosive growth in Northern Virginia, especially in Fairfax County. I use that experience, along with over 25 years of successful sales experience, to best represent your interests in either buying or selling a home—or both! I believe that the unique makeup of our area, from the government and military influence to the fast-paced economy, represents a great opportunity for both home ownership and an investment vehicle.



**Ed Duggan,
Century 21 New Millennium
703-989-7735
eduggan@mrisc.com
www.DareToCompareTeam.com**

NEWS

PHOTO BY LAURIE CRIGGS



Nearly the whole cast of The Alliance Theatre's upcoming musical production of "Mulan Jr." poses in costume.

Alliance Presents 'Mulan Jr.'

FROM PAGE 1

this role," said Nuss. "I can really relate to Mulan because she's in her awkward years and my parents are telling me the same things her parents are."

Her favorite song is "Reflection," which she sings when Mulan's shunned by her family, after being rejected by a matchmaker that she angered. Said Nuss: "She's frustrated and wonders, 'When will my reflection show who I am inside?'"

Nuss said the audience will be familiar with the songs, from the movie, "plus we've added others. They'll also like the high energy on stage and the really good characters."

Portraying Mushu is Sterling's Amanda Holsinger, a homeschooled seventh-grader. "He's a kid dragon with a lot of attitude, and he likes to take charge," she said. "Mushu likes helping people, but isn't always brave. He's assigned to protect Mulan because, if she dies, she's the last of her family. So he both follows and leads her, telling her what to do."

Holsinger is having fun playing a dragon. "It fits me because of the attitude and it's my first, large role," she said. "And it's cool working with Molly, who's my friend." Toughest, said Holsinger, is "remembering I have a tail and not to trip over it."

She likes the song, "Keep 'em Guessing," which she sings to introduce herself to Mulan and tell her how to act like a boy in the war and what to remember so she's not found out. Said Holsinger: "It's a bluesy song that turns into a jazzy dance with the whole ensemble."

She said the audience will like the show's comedy and adventure. Besides that, she added, "The choreographers, Annie Ermlick and Dawne LeKang, are doing an excellent job so the dances are really good. And they cast people perfect for their characters."

CHANTILLY HIGH sophomore Wesley Coleman plays Capt Shang, captain of the Chinese army and the general's son. "A lot of his men have no business being soldiers, but he needs to whip them into shape so they can beat the Huns," said Coleman. "He's stern, doesn't show much emotion and is all about the military. I love playing him; it's fun because he gets to sing, yell at people and fight."

Coleman's favorite number is "I'll Make a Man Out of You," which Shang sings to his troops while teach-

Times and Tickets

❖ Performances are Saturday, July 31, at 2 p.m.; Sunday, Aug. 1, at 2 p.m.; Monday, Aug. 2, at 7 p.m.; Friday, Aug 6, at 10 a.m. and 2 p.m.; Saturday, Aug. 7, at 4 and 7 p.m.; and Sunday, Aug. 8, at 2 p.m.

❖ Tickets are \$10; group pricing is available. On Aug. 2 from 5:30-6:30 p.m., dinner will be available for purchase in the cafeteria. For tickets, call 703-220-8101 or go to www.TheAllianceTheatre.org.

ing them martial arts. "I did 11 years of martial arts, and it's such a cool song because it shows his idea of what men should be like," said Coleman. He said the audience will be impressed that the young actors put this play together in a short time, with everything in synch. Added Coleman: "I think they'll be surprised that young kids can be so talented."

Playing an ancestor named Lin is Rachel Hutzenbiler of Chantilly's Pleasant Valley community. "My symbol is loyalty and I'm completely devoted to the Fa family," she said. "If Mulan does something wrong, it's a bad mark against her family, so I try to help her in different ways while she's pretending to be a boy, so she won't mess up. I'm exasperated, but forgiving and hopeful."

Calling her role "awesome," Hutzenbiler plays her part "with four, other cool girls also playing ancestors. We're in the background; because we're spirits, nobody else onstage sees us." She especially likes the song, "Written in Stone," because "it's beautiful and shows the ancestors' mixed emotions about Mulan going off to battle." Regarding the show, she said, "The dances are cute and the songs are catchy."

Christopher Lang, a Herndon Middle seventh-grader, portrays Shang-Yu, the quiet, serious leader of the Huns. "He's a strong general with a controlled anger and a touch of sarcasm," said Lang. "Playing the bad guy is always fun because you have a scary aspect, and he's one of the biggest, toughest warriors — and he invades China. With a bad guy, you can be both crazy and evil, at the same time. And if people didn't like you or were scared of you, you know you played your part well."

The sets for "Mulan Jr." show a mountain and a temple, plus pagodas for storefronts and the outsides of homes. "Children who didn't want to act are helping in other ways — with lights, sets, artistic direction, choreography, direction and stage managing," said Swan. "That way, they get a whole picture of the theater."

OPEN HOUSES

SAT./SUN. JULY 24 & 25



14340 Silo Valley View, Centreville • \$347,500 • Open Sun. 1-4
Spencer Marker, Long & Foster, 703-830-6123

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click the Real Estate links on the right side.

Call Specific Agents to Confirm Dates & Times.

Centreville			
13978 BIG YANKEE LANE	\$239,900	Sat 12-3	Charles Moore.....Keller William.....703-330-2222
14139 HONEY HILL CT	\$274,900	Sun 1-4	Kathleen Norton.....Keller William.....571-334-2913
5800 BELCHER FARM DR	\$329,900	Sun 1-4	Leigh Anne Monk.....Keller William.....703-815-5700
14340 Silo Valley View	\$347,500	Sun 1-4	Spencer Marker.....Long & Foster.....703-830-6123
14926 KAMPUTA DR	\$450,000	Sun 1-4	Sue Richey.....Long & Foster.....703-502-3276
6502 White Post Rd	\$499,900	Sun 1-4	Jim Souvagas.....Long & Foster.....703-919-9191
6503 Fawn Hollow Pl	\$839,000	Sun 1-4	Carol Hermandorfer.....Long & Foster.....703-503-1812

Chantilly			
13731 ROSETREE CT	\$547,000	Sun 1-4	Michael Severin.....Keller Williams.....571-223-2236
4605 SUTTON OAKS DR	\$650,000	Sun 1-4	Lyndi Simpson.....Long & Foster.....703-968-7000

Fairfax			
11349 ARISTOTLE DR #6-301	\$256,500	Sun 12-1	Nathan Johnson.....Keller William.....703-725-2929
3963 COLLIS OAK CT	\$379,900	Sun 1-4	Anita Mason.....Weichert.....703-569-7870
4034 BROADWIRE DR	\$419,900	Sat/Sun 11-8:30	Kim Rosewall.....Jobin.....703-433-0600
5114 PUMPHREY DR	\$450,000	Sat 1-4	Betty Plushal.....Long & Foster.....703-430-1000
11503 Rothbury Sq	\$465,000	Sun 1-4	Ingrid Barrett.....ERA.....571-216-2313
3213 AMBERLEY LN	\$630,000	Sun 1-4	Hyder Ali Lakhani.....Jobin.....703-385-9410
4231 MASON OAKS CT	\$724,700	Sun 1-4	Moon Choi.....RE/MAX.....703-407-3699
3713 BROADRUN DR	\$729,000	Sun 1-4	Pat Stack.....Weichert.....703-597-9373
4636 VILLAGE DR	\$998,000	Sun 1-4	Lisa Moffett.....Coldwell Banker.....703-938-5600

Fairfax Station			
11005 Highridge St	\$599,000	Sun 1-4	Sherril Fischer.....Long & Foster.....703-284-9452
6803 Old Stone Fence Rd	\$799,000	Sun 1-4	Carol Hermandorfer.....Long & Foster.....703-503-1812
9606 Larkview Ct	\$809,000	Sun 1-4	Brenda Dodd.....Keller Williams.....703-407-1818
9806 Lost Ravine Ct	\$849,900	Sun 1-4	Barb White Adkins.....RE/MAX.....703-339-4500
10910 Rice Field Pl	\$1,149,990	Sun 1-4	Helen Grozbean.....Century 21.....571-233-4287

Lorton			
6755 Cardinal Woods Ct	\$399,900	Sun 1-4	Juan Rodriguez.....Solutions.....703-750-1450
8166 Gilroy Dr	\$499,999	Sun 1-4	Dane Work.....RE/MAX.....703-869-4567

Burke			
5704 Lakeside Oak La	\$389,888	Sat/Sun 1-4	Dominique Zarow.....Long & Foster.....703-313-6500
9477 Harrowhill La	\$749,000	Sun 1-4	Lise Courtney Howe.....Coldwell Banker.....202-362-5800

Springfield			
6420 Melia Street	\$429,900	Sun 1-4	Keith Harris.....Samson Properties.....703-395-6601
5508 Kathleen Pl	\$500,000	Sun 1-4	Kristi Morgan.....ERA.....703-909-4462

Annandale			
4523 Windsor Arms Ct	\$374,900	Sun 1-4	Karen Parker.....Keller Williams.....703-564-4018
8401 Hayden La	\$474,900	Sun 2-4	Miguel Avila.....Long & Foster.....571-233-0581
3617 Terrace Dr	\$489,000	Sun 1-4	Larry Davis.....Fairfax.....703-408-5049
4209 Webster Ct	\$550,000	Sun 1-4	Joan Vollrath.....Weichert.....703-915-9069
8904 Braeburn Dr	\$550,000	Sun 1-4	Larry Osborn.....Chase.....703-847-9111
4618 Quarter Charge Dr	\$599,000	Sun 1-4	Lisa Robinson.....Long & Foster.....703-250-7299
4605 Willow Run Dr	\$790,000	Sun 1-5	Louise Novak.....Weichert.....703-994-9438

Kingstowne/Alexandria			
6633 Thurlton Dr	\$599,950	Sat 1-4	Kim McClary.....Long & Foster.....703-929-8425
5619 Tower Hill Cir	\$749,500	Sun 1-4	Kim McClary.....Long & Foster.....703-929-8425
3810 Fort Hill Dr	\$849,000	Sun 1-4	Dane Work.....RE/MAX.....703-869-4567

To add your Realtor represented Open House to these weekly listings, please call Karen Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com All listings due by Tuesday at 3 pm.

Growth, Girth or Guilt



By KENNETH B. LOURIE

Boy, am I proud of myself, or guilty about my purchase, or concerned about my weight! I don't know. Ergo the title. I have three competing emotions in-head. And what did I do to cause this emotional – and literary – rift? I threw away some uneaten – and perfectly good – chocolate cake before its time (and by "time," I don't mean its expiration time; I mean before the usual time it takes for me to have eaten it in its entirety). Was I forced to do this because my wife, Dina, found out about it and its hiding place? Not this time, so far as I know, anyway, and hopefully she won't ever know about it unless she reads this column, which if I'm lucky, she won't (the stars sort of have to align for her to read one of my columns; it's not that she doesn't want to, it's more that she doesn't want to read what she already lives).

No, I threw away this "perfectly good chocolate cake" because it was lousy. However, chocolate cake being lousy, generally speaking, has not been reason enough, in the past, for me to toss it. Typically, I would have eaten the entire cake and then made a mental note about not purchasing the item ever again. Moreover, I would have finished the cake (dessert/chocolate/sweet) almost as if it was my responsibility/duty to do so. Whether it was for a lack of willpower (lack of taste; that's Dina talking) required since I had already spent the money (and thanks to my mother's admonitions, we don't want to waste food or money; thanks, mother) or a total lack of concern/worry about my physique and/or the nature of the things I was putting in my mouth/stomach, I would not have given any of it a second thought. Well, maybe a second thought, but certainly not enough of a thought to have prevented me from eating it. That was then.

Now, things are different. Now, I'm Kenny with cancer. And Kenny with cancer is somewhat different than Kenny with cake. Oh, don't get me wrong, I'm still happy to have my cake, but as a cancer patient who has modified his eating habits in an attempt to dissuade cancer from moving and/or growing in his body, I'm less inclined to eat it. And so, not eating that cake or throwing away that cake – before it was stale or dropped on the floor or after something had been spilled on it, which would have ruined it for me; typically, the kinds of reasons which would have previously led to its not having been eaten – is a monumental, seismic-type shift in my consuming passions/tendencies.

However, to be honest, I'm not sure if it was growth (mentally); in that I've learned a few things about cancer and sugar (among many other facts and feelings) which is, that eliminating sugar from one's diet is a good, make that excellent, pursuit. Or perhaps it was girth, as in vanity, as in I don't want to gain back the 30-or-so pounds I've lost in the last 18 months and return to my previously normal shape-that-wasn't-very-ship; I'm not lean, exactly (or mean) but I am a little lighter on my feet (on anybody else's, too). Or maybe it was simply guilt, a combination of growth and girth. I know what I'm supposed to eat (fruits and vegetables, organic when possible) and what I'm not supposed to eat and/or to avoid/minimize (everything else, basically), but I have needs – and wants, and I do the shopping. Nonetheless, I am still drawn to cake/cookies/candy/ice cream. However, I don't buy that stuff nearly as much as I used to (who could keep up that pace?). Still, doing without sometimes doesn't help either, emotionally, and us cancer patients do need our emotional support.

I suppose I could compromise/rationalize and just buy a little/eat a little. What harm would that cause? I don't know, really. But there does seem to be a relationship, maybe even a cause and effect (if you believe the literature) between cancer and what you eat. As a result, I am betwixt and between – like most cancer patients, I'm sure.

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

ZONE 4:
• CENTREVILLE

EMPLOYMENT

703-917-6464
ZONE 4 AD DEADLINE:
WEDNESDAY 1 P.M.

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

Chess Teachers!
Local elementary schools looking for part-time after school chess teachers. See www.silverknightschess.com for more info or to apply.

TEACHER
Music & Movement Teacher opening for a church Preschool in Burke, VA. Part time hours, M-F. Call: 703-978-9024 Fax: 978-9023 or ststephenspre@verizon.net

Buyer/Purchasing Agent
Growing Scrap Metal Recycle company looking for an outside buyer/purchasing agent. Prospective hire MUST have clean driving record – be hard working driven and honest. Sales experience and knowledge of metal recycle industry a plus. Willing to train the right individual. Paid health insurance, monthly bonus, paid vacation and company vehicle. Call Mark or Eric – 703.430.3667 o.

CAREER EDUCATION
WESTWOOD COLLEGE
Earn a bachelor degree in just three years at
Westwood College
Call 877-852-9712 today to receive your free Career Success Kit!
www.westwood.edu/locations

HOW TO SUBMIT ADS TO THE CONNECTION
Newspapers & Online
CLASSIFIED
DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411
EMPLOYMENT
DEADLINES
Zones 5, 6.....Tues @ 11:00
Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Barbara @ 703-778-9413
ZONES
Zone 1: The Reston Connection
The Oak Hill/Herndon Connection
Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection
Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette
Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

RETAIL SALES
FT/PT, permanent position. Person who likes people and clothing.
Exc. pay & benefits.
Fairfax Circle loc. No Sundays.
Call Audrey, M-F, 9:30-5, **703-965-5322**

F/T LEAD TEACHERS & ASSISTANT TEACHERS
Play and Learn in Herndon, VA is seeking qualified F/T lead teachers/assistant teachers. Please fax your resume to: (703) 793-2298, call: (703) 713-3983, email: Sangley@va-childcare.com

COLLEGE STUDENTS & 2010 H.S. GRADS SUMMER WORK!
\$17.00 Base-Appt, FT/PT, Sales/Svc, No Exp Nec, All Ages 17+, Conditions Apply
703-359-7600

Construction Managers / Inspectors
Civil Engineering Company is seeking Office Engineers, Construction Managers, Construction Inspectors for transportation improvement projects. Responsibilities include monitoring and documenting the work of contractors to ensure quality control and contract compliance for maintenance projects and roadway construction projects. Qualifications include a minimum of three (3) years experience as an Inspector, and six (6) years experience as a Senior Inspector. Positions require current VDOT certified or Mid Atlantic Regional Technician Certification Program certified.
Please send your resume to:
ATCS
45195 Business Court, #100
Dulles, VA 20166
Or fax to 703-430-0889 or
e-mail: HR@atcsplc.com
Visit us at www.atcsplc.com . EOE

Educational Internships
Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid.
E-mail internship@connectionnewspapers.com
THE CONNECTION
NEWSPAPERS

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

CLEANING CLEANING
Y & Y CLEANING
13 yrs Exp.
Excellent Refs,
Guaranteed Satisfaction,
Call Yamilet
703-967-7412

A CLEANING SERVICE
Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed
Comm/Res. MD VA DC
acleaningserviceinc.com
703-892-8648

CARE _ MORE CLEANING SOLUTIONS
Residential & Commercial
10% Senior Citizen Discount
703-862-5904
OR
703-780-6749
LICENCED INSURED
caremorecleaning.com

ELECTRICAL ELECTRICAL
K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated
Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc...
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

GUTTER GUTTER
PINNACLE SERVICES, INC.
LAWN SERVICE
MOWING, TRIMMING,
EDGING, MULCHING
& TRIM HEDGES
Group Rates Avail!
703-802-0483

Metro Gutter
Clean/Install/Repair
• Wood Replace & Wrapping • Pressure Washing
• Chimney Sweeping & Repair
20 YEARS EXP
703-354-4333
metrogutter.com

M&O REPAIR
Gutter re-set work
Most importantly if your gutter itself has moved outward or shifted to the point water and leaves are coming in behind the gutter, it can rot out the fascia board and the home could get potential interior water damage. We will reset the system.
783-843-4792

ZONE 4:
• CENTREVILLE

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

703-917-6400

ZONE 4 AD DEADLINE:
MONDAY NOON

ZONE 4:
• CENTREVILLE

CLASSIFIED

703-917-6400

ZONE 4 AD DEADLINE:
MONDAY NOON

DECKS

High Pressure Cleaning & Sealing

- Decks
- Fencing • Siding

For Free Estimate call Bill
703-944-1440

ELECTRICAL

DISCOUNT ELECTRIC
July/Aug Discount
\$48/HR.

✓Free Estimates ✓Licensed
✓Bonded ✓Insured
703-978-2813
Cell 703-851-8091

GUTTER

GUTTER REPAIRS
NEW GUTTERS
WATER DAMAGE

783-843-4792

PAINTING

PATRIOT PAINTING

www.PatriotPainting.net

Wallpaper Removal, Carpentry, Power Washing, Int/Ext Painting

Free Est. • Satisfaction Guar.
Lic./Ins. Int./Ext.

703-502-7840
Cell
571-283-4883

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

3 RE for Rent

Chantilly, VA, 3 bedroom/2 full bath, Brand New Single Family Home, Built in 2010, \$1,175 per month. New appliances, FF CO schools, personal driveway to park two cars, pool, fitness center, clubhouse, playground. Open House every Saturday and Sunday. 4200 Airline Parkway. 703-378-8992.

26 Antiques

We consign/pay top \$ for antique/semi antique furn. including mid century & danish modern Teak furniture, sterling, mens watches, painting/art glass, clocks, jewelry, costume jewelry, etc. Call Schefer Antiques @ 703-241-0790.

HANDYMAN

THE #1 HANDYMAN Services

LICENSED • INSURED • RELIABLE

- BATHROOMS
- KITCHENS
- CAULKING
- PLUMBING
- DECK REPAIR
- STORM DOORS
- ELECTRICAL
- PAINTING

No JOB TOO SMALL • LOW PRICES • ON TIME

www.the1handyman.com
CALL: 703-444-0806

PINNACLE SERVICES

- GUTTER CLEANING
- SMALL REPAIRS
- SCREENING
- POWER WASHING

703-802-0483
GROUP RATES AVAILABLE
FREE EST.

PAVING

Joseph Sealcoating Specialist

PAVING

35 Years Experience! Free Estimates!

703-494-5443

Now! Complete Print Editions Online!

The full print editions of all 18 Connection Newspapers are now available on our Web Site in PDF format, page by page, identical to our weekly newspaper editions, including print advertising. Go to www.ConnectionNewspapers.com and click on "Print Editions."

Herndon TH

Furnished room. Prof M/F, n/s, nr Dulles Toll Rd. Pool, Tennis, Access to cable, internet,
\$550 1/3 util + dep.
703-861-2580

116 Childcare Avail.

BURKE Childcare avail in my home, OFC Lic, FT & PT, days, evenings, Back-up care & special needs children welcome. Large yard for lots of fun! 703-569-8056

IMPROVEMENTS

R&N Carpentry

♦BASEMENTS ♦BATHS ♦KITCHENS

Foreclosure specialist/Power washing
♦Exterior Wood Rot More!
Deck & Fence repair, Screen Porches

No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

HAULING

AL'S HAULING
Junk & Rubbish
Concrete, furn., office, yard, construction debris

Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

ROOFING

Roofing & Siding
(All Types)

Soffit & Fascia Wrapping
New Gutters
Chimney Crowns
Leaks Repaired
No job too small
703-975-2375

CONNECTION
to your community

ALMANAC

and everything in between...

Building Specials!

24' x 32' x 10'	\$7,399	40' x 60' x 14'	\$18,999
30' x 40' x 10'	\$9,399	40' x 80' x 12'	\$22,999
30' x 50' x 12'	\$12,999	60' x 120' x 16'	\$53,999

1-877-434-3133 www.cbstructuresinc.com

21 Announcements

21 Announcements

21 Announcements

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.

Licensed Insured We Accept VISA/MC
703-441-8811

LANDSCAPING

ANGEL'S LAWN MOWING

- Trimming • Edging
- Mulching • Yard Cleaning
- Hauling • Tree Work

703-863-1086
703-582-3709

TREE SERVICE

ANGEL'S TRASH HAULING
Construction Debris, Residential, Office & Tree Removal

703-863-1086
703-582-3709

21 Announcements

21 Announcements

21 Announcements

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail

LANDSCAPING

A&S LANDSCAPING
Spring Clean-up • Planting
Mulching • Sodding • Patios
Decks • Retaining Walls
Drainage Solutions

703-863-7465

Nothing is too small to know, and nothing too big to attempt.

-William Van Horne

Urgent news for people who took ACCUTANE®

Accutane®, a drug used to treat acne, has been linked to serious gastrointestinal conditions, even months or years later, including Crohn's Disease, Ulcerative Colitis, and Inflammatory Bowel Disease (IBD). If you or a loved one suffered from any of these conditions after taking Accutane®, call us now about monetary compensation at 1-800-THE-EAGLE (toll-free). We practice law only in Arizona, but associate with lawyers throughout the U.S.

GOLDBERG & OSBORNE
1-800-THE-EAGLE
(1-800-843-3245)
www.1800theeagle.com

915 W. Camelback Rd. Phoenix, AZ 85013

Open 7 days a week

M. C. Lynch
Home Improvement
Family Owned & Operated

Rotten Wood, Wind Damage, Trims, Windows, Doors, Deck, Stairs, Vanity, Basement Framing, Garbage Disposal, Painting, Power Wash, Siding Repairs.

Licensed, Bonded, Insured
703-266-1233

J.E.S Services
LANDSCAPE & CONSTRUCTION

- Patios • Walkways
- Retaining Walls
- Drainage Problems
- Landscape Makeovers

Call: **703-912-6886**
Free Estimates

21 Announcements

21 Announcements

21 Announcements

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465
LICENSED
Serving All of N. Virginia

CENTREVIEW CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

classified@connectionnewspapers.com

TAX FREE MILITARY BENEFIT

Active, Reserve or National Guard. If you've suffered a traumatic injury after 2001, whether or not the injury was related to ANY military activity, **YOU MAY BE ENTITLED TO UP TO \$100,000** through TSGLI benefits you've already paid for.

Call **1-800-951-1473** to see if you qualify.

SFC James Rolhouse (Ret) OIF 06-08 www.MainStreetLawFirm.com

James Rolhouse & Associates Attorneys at Law
Lawyers at James Rolhouse & Associates are licensed in MN and NV with principal offices in Burnsville, MN.

CALL TOLL FREE 1-800-951-1473

CONNECTION NEWSPAPERS

CLASSIFIED

- For Local...
- Employment
 - Employees
 - Services
 - Entertainment
 - Announcements
 - Real Estate
 - Cars
 - Trucks
 - Vans
 - RV's
 - Boats
 - Pets
 - Yard Sales
 - Crafts
 - Hobbies
 - And More!

For All Your Advertising Needs...

It Works. Week After Week.

703 917-6400

Place Your Ad Today!

CONNECTION to your community

It's Summer: Everyone into the Pool

The Sully Station SSTs had another fabulous week. The 8-under girls relay team of Elise Mozeleski, Jessica Dickinson, Marie McPherson and Allison Hickey set the tone by breaking two team records and winning the 8-under girls 100-meter freestyle event with a time of 1:16.68 at the Divisional Relay Carnival held at Mosby Woods July 14. Winning for the 15-18 boys in the 200-medley with a time of 1:52.75, CJ Fiala, Brandon Fiala, Richard Xue and Jacob Humphrey also set two new team records.

Both winning teams were scheduled to swim this Wednesday, July 21, at the All-Star Relay meet at Hayfield Farm. The mixed age boys team of Collin Fiala, Harrison White, Michael McPherson and CJ Fiala, and the 11-12 boys freestyle team of Collin Fiala, Carl Gerland, Matthew McPherson and Dominic Huffman were also set to swim in the All-Star Relays.

In the final home "A" meet of the season, the SSTs came on strong, took the lead early and ran neck and neck for the rest of the meet until the end, finally falling to High Point by a score of 209 to 193. The SSTs took top honors in seven out of ten freestyle events with the 11-12 winners, Holly Edwards and Collin Fiala, each earning a personal best mark. Winning in backstroke were 8-under Elise Mozeleski, 9-10s William, Dzubak and Katie Stulga, 13-14s Michael McPherson and Grace McKnight, and 15-18 Brandon Fiala. Sweeping the 11-12 boys 50-backstroke were Collin Fiala, Carl Gerland and Dominic Huffman. McKnight, Huffman and Gerland also scored personal best marks in backstroke.

Eight-under swimmers Brian Patten and Allison Hickey were the victors in the 25-breaststroke, while Corinne Holland grabbed the top spot in the 15-18 girls 50-breaststroke. Hickey and Holland each scored a personal best.

The SSTs entered the butterfly leg of the meet down by only four points. With wins and personal best marks by 9-10 Payton Moore, 11-12 Carl Gerland, 13-14 Zoe Hemmer and 15-18 CJ Fiala, Sully Station needed to win eight relays. Fervent cheers on both sides intensified the competition. The 8-under girls 100 freestyle relay team, made up of Elise Mozeleski, Marie McPherson, Lily Render and Allison Hickey, earned their third consecutive win, followed by Katie Stulga, Payton Moore, Caroline Render and Kristen Pisone in the 9-10 girls first place relay.

Zoe Hemmer, Amanda Holt, Grace McKnight and Emma Sax teamed to win the girls' 13-14 relay, 200-medley relay, while Brandon Fiala, Austin Figueroa, CJ Fiala and Ryan Otroba earned a first place in the 15-18 boys, 200-medley relay.

The SSTs swept the 200-freestyle mixed age relays with Collin Fiala, Harrison White, Michael McPherson and CJ Fiala winning the boys' race, and Holly Edwards, Katie Stulga, Grace McKnight and Allie Humphrey winning on the girls' side.

Though in the end six relays weren't enough to pull out the win, The SSTs were more than happy with their performance as well as their continued improvement as evidenced by 37 personal best marks.

Sully Station travels to Mansion House this Saturday for the final "A" meet of the season. The final "B" meet will take place at Poplar Tree.

Poplar Tree competed against five other teams and won the Div. 8 Relay Carnival Championship held at the Dominion Hills pool in Arlington last week. The evening started out in grand fashion



PHOTO COURTESY/MANORGATE

The relay teams of the ManorGate Marlins captured first Place for the Blue Division at the Colonial Swim League Relay Carnival.



PHOTO BY KARA STAMPER

The 13-14 boys swept the 50-meter butterfly to help Sully II secure the win over Riverside. From left: Anthony Wu, Austen Bundy, and Michael Jiang.



PHOTO COURTESY/MANORGATE

Swimming Sisters: Mattie Rose, Julie, Kylie, and Lexi Cuomo contribute at every level for the ManorGate



PHOTO COURTESY/POPLAR TREE

Pirates Win NVSL Div. 8 Relay Carnival: Poplar Tree swimmers with the first-place trophy following their showing at last week's Relay Carnival.



PHOTO BY KARA STAMPER

Sully II 8-under girls, from left, Sydney Baxter, Delaney Kennedy, Daeun Lee, and Taylor Smith took first place at the Relay Carnival.

with several wins from the girls relay teams.

The girls mixed age free relay with Nicole Baker, Haley Alderman, Lauren Hensley and Elizabeth Hall got the team off to an early lead with a big win in the first event of the evening. The girls 9-10 medley team of Julia Young, Corinne Kominski, Lauren Young and Haley Alderman soon followed with a victory. The girls 11-12 medley relay of Hannah Warnick, Julia Brunner, Nicole Baker and Annabella Baxter won their event as well.

The next first place went to Lauren Hensley, Katie Dingman, Brianna Fridy and Virginia Walsh in the 13-14 girls medley. The boys 15-18 medley, made up of Frankie Marrero, Sean Davidson, Greg Borowski, and David Stewart, earned second place with a new Pirate record time of 2:01.79. The boys 8 and under free relay with Conner Madsen, Sam Brunner, Parker Agan and Nels Williams won their event followed by a victory from the boys 9-10 free relay with Fletcher Madsen, Jared Brennan, Marcelo Coray and Nick David.

The final first place of the night was earned by the 13-14 girls free relay with Brianna Fridy, Virginia Walsh, Katie Dingman and Lauren Hensley. In the last



PHOTO/COURTESY OF BROOKFIELD

Pictured, left to right, is the Brookfield Breakers All Star Relay Team of Alexa Conti, Paige Shervanick, Claire Kenna and Monica Labine. The Breaker 11-12 relay team qualified for All Stars in both the medley and freestyle events.

event of the evening, the boys 15-18 free relay came in third place and set another Pirate record with the team of Greg Borowski, Sean Davidson, Frankie Marrero and David Stewart. The foursome crushed the previous team record with a time of 1:48.71. The girls 9-10 medley relay, the girls' 13-14 medley, and the girls' 13-14 free relay will be heading to the All-Star Meet on July 21 at Hayfield Farm.

The **Greenbriar Dolphins** are having a tremendous season, led by Jacqueline Clabeaux's phenomenal swim-



PHOTO BY STACEY HUSE

Sully Station 13-14 girls after their Saturday win in the 100-medley relay. From left: Amanda Holt, Zoe Hemmer, Emma Sax and Grace McKnight.

ming. At her home pool in a dual meet with Ravensworth Farm, she swam the girls 9-10, 50-meter breaststroke with a time of 37.50, breaking her previous NVSL record time of 37.88 set earlier this season on June 26.

Recent Greenbriar Dolphin team records include the following: July 5 - the 15-18 girls 50 free, Becca Yost (29.09); July 10 - the 9-10 girls 50 free, Jacqueline

Clabeaux (31.02); the 15-18 girls 50 fly, Becca Yost (31.84); July 12 - the 9-10 girls 50 back, Jacqueline Clabeaux (36.83); the 9-10 girls 100 IM, Jacqueline Clabeaux (1:17.39); July 14 - the 11-12 boys 100 medley relay, Gentry, Miller, Alarcon and Brewer (breaks a 1981 team record with a time of 1:07.83); the mixed age 200 free

SEE SWIMMING, PAGE 15

WWW.CONNECTIONNEWSPAPERS.COM

SWIMMING

FROM PAGE 14

relay, Gwennap, Clabeaux, Gonzalez and Yost (breaks a 1982 team record with a time of 2:01.66).

Breakers Roll to 4-0: The **Brookfield Breakers** continued their championship season with a solid win over the Swordfish of Truro by a score of 241-161 last Saturday. Again, the Breakers rolled through freestyle and never looked back. With the win, the Breakers clinched the NVSL Div. 10 Championship. Brookfield will travel to Commonwealth this Saturday as it rounds out its regular season with a meet against the Cudas.

The Breakers received double first place finishes from Christopher Laing, Benjamin Condemi, Anna Kenna, Claire Kenna, William Schulte, Monica Labine, Jordan Greenlee and Shannon Silsby. Also gaining first place wins were Daniel Richter, RJ Kenna, Joseph Kenna, James Laing, Stephanie Proctor, Ava Saylor, Kieran Nelson, John Wiltshire and James Wiltshire. Helping the Breakers with second place finishes were James Laing, Matt Ludden, Kieran Nelson, Jack Trahan, Darby Monahan, Alexa Conti, Kelly Guerrero, David Schulte, Nathan Johnson, David Laing, Paige Shervanick, and Mikayla Lynn. The Breakers had four sweeps in their win: 8-under backstroke (Jordan Greenlee, Hannah Ho and Caitlin Mowry); 11-12 backstroke (Monica Labine, Sydney Greenlee, and Grace Boland); 11-18 backstroke (William Schulte, James Wiltshire, and Ben Bourneman); and 8-under breaststroke (Benjamin Condemi, RJ Kenna and John Laing).

Special congratulations go to Jordan Greenlee who broke a Brookfield team record in the 8-under backstroke with a new time of 21.74. Also, congratulations to the 11-12 girls relay team of Paige Shervanick, Monica Labine, Alexa Conti and Claire Kenna who qualified in both the medley and freestyle events for the NVSL All Star Relay Carnival on Wednesday.

The **ManorGate Marlins** were cranking this past Saturday, July 17, as they swept past the Chase Club Sharks, 331-112. The Marlins earned all three top places in 10 of 20 individual events, and

won every relay event. Coach Steve Thorne likes the widespread talent and depth of his bench, particularly in the 11-12 year old boys and girls groups.

"We can miss a different swimmer every week and know that someone is right behind that person ready to compete," said Thorne.

This was especially true when Connor Culleiton took the 15-18 year old spot in the boys mixed age relay in the absence of Johnny Germanis. Culleiton anchored a come-from-behind win for the relay team that also included swimmers Max Leitch (9-10), Carson McEver (11-12), and Mark Mahoney (13-14). Not to be outdone, the Marlin girls also racked up the first place positions in their relays and events. Sana Alloo, Gina Masters, and Melanie Luck, grabbed a top three spot in each of their individual events, and were joined by Juli Cuomo for the 15-18 girls medley relay victory. Also contributing to the Marlins third win this season with first place finishes in their individual events were swimmers Steven Yoon, Kevin Moran, Ethan Kim, Brandon Miller, Andrew Dettmer, Kaki Ryan, and Emily Angelotti.

The success for the ManorGate Marlins continued on Sunday at the Colonial Swim League's Relay Carnival, where the team earned first place in the Blue Division. In the overall league results, the 9-10 girls medley relay (Lexi Cuomo, Thalia Costanza, Sydney Hamrick, and Olivia Collar) tied for first place, and the girls mixed free relay (Lexi Cuomo, Esther Lee, Sana Alloo, and Kylie Cuomo) captured second. Third place spots went to the Marlins in the 15-18 boys medley (Nick Cole, Mitch Mahoney, Mitch Cole, and Connor Culleiton); the 15-18 girls medley (Alloo, Masters, Luck, Juli Cuomo); and the mixed 5-18 medley relay (McEver, Mitch Mahoney, Kylie Cuomo, Thalia Costanza).

The **Sully Station II Piranhas** extended their unbeaten record with a commanding 227-175 win over Riverside Gardens last Saturday, July 17. Freestylers Delaney Kennedy (8-under girls, 20.01), Flynn Crisci (9-10 boys, 36.20), Lauren Peters (9-10 girls, 36.62), 13-year old Ben Wu (28.19), Kenzie Elliott (13-14 girls, 30.72), and 15-year old Erin Schulte

(29.59) kicked off the meet with first place finishes. The Piranhas never relinquished the lead, with victories by backstrokers Brantley Cervarich (8-under boys, 23.10), Carly Logan (9-10 girls, 44.25), Scott Baxter (11-12 boys, 39.92), 13-year old Austen Bundy (35.81), Nick Campbell (15-18 boys, 30.59), and 18-year old Katie O'Brien (35.51).

Five Sully II swimmers were double winners, including breaststrokers Delaney Kennedy (25.77), Scott Baxter (43.69), and Erin Schulte (39.05) and fly champions Lauren Peters (18.94) and Austen Bundy (34.37). Bundy led a sweep of the 13-14 boys' fly with teammates Anthony Wu (36.13) and Michael Jiang (37.10). Rounding out the winning brackets were breaststrokers Harmon St. Germain (9-10 boys, 48.32), 10-year old Georgia Stamper (48.13), Dasom Lee (11-12 girls, 44.44), and Connor Pangman (13-14 boys, 39.48), as well as Caitlin Campbell with a time of 39.81 in 11-12 girls' fly.

Fast swims continued throughout the morning as the 9-10 girls medley relay broke a nine-year old team record. Posting a time of 1:18.55 together were Carly Logan, Georgia Stamper, Lauren Peters, and Lily Harkes. The Piranhas won eight of 12 relays, 11 of 15 races within .3 of a second and posted 25 personal best times.

Sully II improved to 4-0 and capped a successful week which included a third place finish in the Div. 7 Relay Carnival on Wednesday, July 14. Ten relay squads turned in best times, and victories were earned by the 8-under girls free relay team of Taylor Smith, Sydney Baxter, Daeun Lee and Delaney Kennedy (1:25.96); 9-10 girls free relay of Carly Logan, Georgia Stamper, Lauren Peters, and Lily Harkes (1:08.91); and 9-10 boys medley record breakers Kellen Campbell, Harmon St. Germain, Brody Campbell, and Flynn Crisci (1:20.15). Four Piranha teams secured spots in the All-Star Relay Carnival on July 21, including the 9-10 girls' freestyle; 15-18 girls' freestylers Erin Schulte, Emily Schulte, Tara Banks, and Carli Molano (1:59.02); and 8-under boys medley (1:32.81) and freestyle (1:23.62) teams consisting of Allan Beres, Brantley Cervarich, Aidan Crisci, John Henry Stamper, and JP Wiemann.

BMW, VOLVO & VOLKSWAGEN SERVICE AND PARTS

Since 1985 Dedicated to keeping your BMW, Volvo and Volkswagen in factory condition with:

- Factory trained master technicians
- Genuine BMW, Volvo and Volkswagen parts
- Emissions Certified Repair
- 24 hour drop off and pick up
- Most extended warranty policies accepted
- Rental car reimbursement program

\$20 OFF Oil Change

Viking Automotive ASE CERTIFIED

14500-B Lee Rd., Chantilly
703-817-0650

visit us at www.vikingautomotive.com

Results Rehab & Fitness, Inc.
Physical Therapy & Pilates

New Fairfax Location

Results Rehab & Fitness

Orthopedic Physical Therapy • Pilates Equipment Sessions

We Accept Tricare and most other insurances
First appointment offered within 48 hours • Early morning and evening appointments available

Fairfax Location 10373-A Democracy Lane Fairfax, VA 22030 Phone: (703) 385-2855	Centreville Location 5719 Centre Square Drive Centreville, Virginia 20120 Phone: (703) 818-8804	Gainesville Location 7521 Virginia Oaks Drive, Suite 240 Gainesville, Virginia 20155 Phone: (703) 753-7600
---	---	--

www.ResultsRehab.net

Advanced Dentistry With A Sensitive Touch
FAMILY & COSMETIC DENTISTRY

Now you can relax with **Sedation Dentistry** and wake up with a beautiful smile.

Comprehensive Dentistry For All Ages Including ...

- Extensive Cosmetic Options
- Laser Dentistry
- Invisalign®
- Orthodontics
- Implants

*Financing Available



Call our office today to change your smile
"AND PUT YOUR FEARS TO REST."
703-818-1500

Charles and Katherine Fischer, D.D.S., P.C.
5895 Trinity Parkway, Suite 200
Centreville, VA 20120
www.fischerdental.net

FOR EMPLOYERS

Fill your job openings faster...

with Recruitment Advertising in

CENTRE VIEW
703-917-6464

www.connectionnewspapers.com
Great Communities • Great Connections • Great Results

FALBO THOMAS

Early Morning, Evening Appointments Available

Dentistry for Adults and Children

Most Insurances Accepted!
Accepting New Delta Dental Patients

Anthony D. Falbo D.D.S. and Judith A. Thomas D.D.S.
14245-F Centreville Square **(703) 815-0775**

A Sensible Child Care Solution

- Flexible, Reliable, Live-in Child Care
- Carefully Selected English Speaking Au Pairs, Ages 18-26
- From Europe, Asia, the Americas, and South Africa
- Culturally Enriching Family Experience
- Low Average Weekly Cost of \$338. All Inclusive
- Convenient Online Au Pair Selection
- Local Community Representative Support
- US Govt. Designated with Over 20 Years Experience

www.eurapair.com
800-333-3804 Ext. 2

eurAuPair
Intercultural Child Care Programs

Sully Station Swimmers Raise Funds for Team BT

FROM PAGE 5

Campbell did 50 laps during the swim-a-thon. "Knowing that so many people are affected by cancer and there's no cure, it makes me feel really good that so many people came out here today," he said. "Me and Arjun also give a shout-out to Dalton Gulsby. He's 16 and a Westfield junior and is still fighting cancer [osteosarcoma]."

"I just wish we could do more," added Suryakant.

Regarding Telford, Campbell was im-

pressed by how she "can accomplish all these things — doing something she loves — while still fighting the disease."

Also attending the event was Darrel Sanburg of Lincoln, Neb., and his daughter, Kristi Goerl of Haymarket. "My wife — her mother — passed away of brain cancer, Nov. 18, at age 72," said Sanburg. "We were married 52 years."

Goerl and her husband and children used to live in Sully Station, and Goerl is good friends with Telford, so they came out to

support her. "I think it's a great thing they've done, and the kids really had fun doing this," she said.

"It's nice that the community got involved," said Sanburg. "And it's great that they're thinking of others, at a time when so many people just think of themselves. We live so far away, and this brings us all so close."

"It's touching," agreed Goerl. "My mom would really enjoy this and think it's pretty special. BethAnn is an amazing woman and

an amazing friend; she touches everyone in a very special way."

Coach Chapman said people donated various amounts of money per lap, not realizing how many laps the swimmers would do, and "the kids did more laps than they thought they'd do. The biggest thing is that we're trying to get away from [primarily focusing on] winning and losing. We just want to raise good kids who are doing the right things and have a sense of community to help other people."

Samson Properties

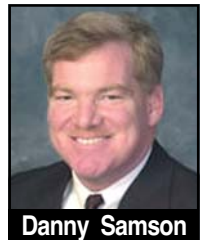


Professional Realtors
Giving You More For Less



Full-Service Listings

4^{1/2} - 5%



Danny Samson
Principal Broker

703.378.8810

WWW.SAMSONTODAY.COM

• Meet Danny Samson, founder of Samson Properties, as he hosts a 4-hour video presentation: "Behind the Scenes: How Technology Changed Real Estate Forever"

• Billions in Home Sales
• Over 225 Professional Realtors
• Thousands of Local Satisfied Clients



Herndon \$425,000
Enjoy this fabulous 4 BR, 2 BA single-level living contemporary home in Fox Mill! Owners show their pride in ownership throughout this exceptional home. Updates include HVAC, roof, windows, doors, kitchen & bathrooms, plus all new carpet, freshly painted, & new hardwood floor entryway. No thru traffic, Great Schools & community! Call Steve Lefave at 703-599-1239 or visit www.FairfaxRealEstate.net for more details.



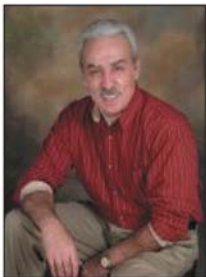
Cheryl Malkin, Realtor
Email: cherylsellsva@gmail.com

Koval Team
www.scottsellsva.com
Why Pay 6%?
Call 703-625-3446

Over 60 Million Sold! Call for Free Home Analysis



Scott Koval, Realtor
Email: scott@scottsellsva.com



Eddie Seymour
"Short Sale Negotiator"
98% Success Rate
4 1/2 % Full Service Listings and Buyer Representative
"Cash back to Buyers!!"
www.seemoreproperties.com
703-989-1598

"I promise to give you 100% of my devotion. Let me help you get the best price in your transaction!"



Centreville \$1,289,000
4BR, 4.5 BA \$200K in upgrades
Call Samson Properties at 703-378-8810 Realtor on Duty



Chantilly \$599,900
4 BR, 3.5 BA Brick-front home.
Call Samson Properties at 703-378-8810 Realtor on Duty



Herndon \$548,000
Large 3-lvl colonial house 5 BR, 2.5 BA.
Call Samson Properties at 703-378-8810 Realtor on Duty



Fairfax \$524,900
3BR, 3.5 BA, two-car garage
Call Samson Properties at 703-378-8810 Realtor on Duty



Herndon \$383,900
3 level Garage Townhouse
Call Samson Properties at 703-378-8810 Realtor on Duty



Centreville \$366,000
1-Car Garage, 3 BR, 2.5+ 5 BA.
Call Samson Properties at 703-378-8810 Realtor on Duty

Short Sales

Our Commissions are paid by the bank, not the homeowner.

Video: Q&A on Short Sales
www.SAMSONTODAY.com

In-House Negotiators to work for you in your time of need. We work with you and the lender to have your loans forgiven. Don't be thrown in a pile. Know Exactly who is handling the biggest negotiation of your life.

Realtor Specialists who work with negotiators to handle the sale of your home and find you a home to rent.



Centreville \$365,000
Very unique 3 levels, 3 bedrooms, 3 full baths
Call Samson Properties at 703-378-8810 Realtor on Duty



Oak Hill \$339,900
Beautiful 3 BR, 3.5 BA stone-front townhouse
Call Samson Properties at 703-378-8810 Realtor on Duty



Fairfax \$499,900
Super Town House. Great location next to Fair Lakes Mall right in the heart of Fairfax County.
Call Troy Sponaugle at 703-408-5560



Herndon \$295,000
3 BR, 3 BA Home.
Call Samson Properties at 703-378-8810 Realtor on Duty

Change Your Life

Samson Properties is changing the lives of Realtors every day. We have the best training program in the business. More importantly, a product (4% Full Service Listings) that allows you to compete and win business right away. You will be mentored by Top Producers.

START OUT AT VERY HIGH COMMISSION SPLITS

- No Monthly Fees
- Free color brochures
- Free h/s internet
- Free directional signs
- Free E & O insurance
- Free desks and private offices
- Free e-fax
- Free license transfer & cards
- Many lead generation plans to choose from

Come join a family that really cares about YOUR success. Please go to www.SamsonToday.com to learn more

Please call Danny Samson today for a private interview at 703-896-5869.