

'76 Trombones Lead The Big Parade'

Floris UMC presents "The Music Man."

BY BONNIE HOBBS
CENTRE VIEW

Professor Harold Hill is coming to town, and River City will never be the same. And Floris United Methodist Church captures the magic and merriment in its upcoming production of "The Music Man."

Show times are Thursday-Friday, Aug. 9-10, at 7 p.m., and Saturday, Aug. 11, at 2 p.m. Tickets are \$15/person at www.florisumc.org/musicman. Floris is at 13600 Frying Pan Road in Oak Hill.

There's a cast and crew of 65, with actors ranging from age 7 through adults and coming from communities including Centreville, Herndon, Clifton, Fairfax and Chantilly. The church's music director, Yoon Nam, will direct a 15-piece orchestra.

Proceeds go to Connections for Hope, a community-service partnership providing health care, housing assistance, legal aid and tutoring to low-income, Fairfax County residents.

"Harold Hill's a con man who thinks Iowa's the best place for his latest con — selling band instruments and uniforms to create a boys' band," said Director Barbara D. Carpenter. "But before he can leave town, he falls in love with Marian, the librarian."

She said the audience will love the show, too. "The music's beautiful and catchy, with hummable tunes people know," said Carpenter. "There are great dances, and 7-and-a-half-year-old Samuel Elliott, as Winthrop, Marian's little brother, is absolutely endearing. It's a terrific love story."

Ward Ferguson, of Centreville's London Towne community, is the church's contemporary music director and the show's vocal director and lighting and set designer. He also plays the lead role of Hill, who he describes as "the slickest of the slick."

Hill fancies himself a step ahead of everyone



Members of the boys' band in "The Music Man" are (top row, from left) Andrew Bonieskie and Connor Pinocci; (second row) Joshua Wadhwa and Lucy Dolcich; (third row) Wyatt Byrd and Daniel Garcia; and (front) Samuel Elliott.

else and "never wants to get caught flatfooted," said Ferguson. "He doesn't think what he's doing is bad. He does bring joy to towns for awhile and he's good at it. But he's attracted to Marian because she's so grounded."

Thrilled with the part, Ferguson said, "I was born to play this role. I've wanted to ever since I saw Robert Preston play it in the movie. Hill sings some great, iconic numbers, like 'Trouble,' '76 Trombones' and 'Marian the Librarian.' He's challenged by Marian and relishes getting into messes as much as getting out of them." Ferguson's favorite song

SEE FLORIS UMC. PAGE 8

They Gather To Do Good

Social Change group raises money for variety of charities.

BY BONNIE HOBBS
CENTRE VIEW

When ordinary people work together for a good cause, extraordinary things can happen. And that's been the case so far with a local group called Social Change.

It's been around for 16 months and consists of residents from Centreville, Chantilly, Clifton,

Oakton and Fairfax. It's a social get-together but, instead of discussing books or playing cards, the women participating gather monthly to learn about — and raise funds for — various charities and endeavors.

"At a meeting last year, we raised enough money for 200 pair of socks for Gypsies in Romania," said the group's founder, Julie

SEE CHARITIES. PAGE 11

Check One Off The Bucket List

Local woman to compete in Ironman World Championship.

BY BONNIE HOBBS
CENTRE VIEW

Fair Lakes resident BethAnn Telford has participated in two Ironman competitions in Lake Placid, N.Y., and in several half-Ironman events. But for her, being accepted into the upcoming Ironman World Championship in Kona, Hawaii, is the top of the mountain.

"This is the big one," she said. "Only 1,800 people can get into it, and you can't just fill out an application — you have to qualify."

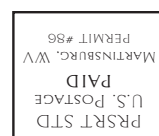
It's also important to her for an-



BethAnn Telford

other reason. In 2005, Telford was diagnosed with a Stage III brain tumor, and she's still battling it. So

SEE BUCKET LIST. PAGE 15



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NEWS



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

From left are Deputy Fire Chief James Walsh, Al Hussein Ahmed Wanas, Deborah Shankle, Said Ben Ayed, Ashley Osterday, Zoe Shankle and Capt. Bill Moreland at the awards ceremony.

Coming to the Rescue

Residents feted for saving woman from burning home.

BY BONNIE HOBBS
CENTRE VIEW

When a wheelchair-bound woman was rescued recently from her burning Centreville townhouse, an off-duty firefighter and a bevy of civilians came to her rescue. For their bravery, they were honored by the Fairfax County Fire and Rescue Department with life-saving awards.

In a July 19 ceremony, Deputy Fire Chief James Walsh presented Said Ben Ayed, Al Hussein Ahmed Wanas, Zoe Shankle, Deborah Shankle and Ashley Osterday with certificates written by county Fire Chief Ronald Mastin, thanking them for their “heroic actions.”

“It takes a lot of character to do what you did that day, and it speaks volumes about you,” said Walsh. “Thank you for showing up and doing what you did — it helped that lady live another day.”

The incident occurred the afternoon of June 22 in the Singleton’s Grove community; damage was estimated at \$160,000. Investigators said the blaze was accidental, ignited when a “passerby improperly discarded smoking materials into the mulch” near the building.

The day before, Ben Ayed, a 13-year county employee — the last eight with the Stormwater Management department — received a county Champion Award for his work on an environmental-service project. Part of it was a four-hour leave, so he used it June 22.

He was driving home to Little Rocky Run, when he pulled over to chat with a friend in his neighborhood.

Then, smelling smoke, he checked it out and discovered it coming from behind a townhouse on



Said Ben Ayed

Hoskins Hollow Circle. He told his friend to call 911 and he went toward the smoke.

“I wanted to see if anyone was in there,” said Ben Ayed. “Half the backyard fence was on fire and the house was, too. Other people followed me, but nobody wanted to get inside because it wasn’t safe. So I kicked in the front door and went inside.”

He saw black smoke, but no people on the first floor. “Then I saw another unit on the second level was already on fire,” he said. That’s when Wanas, Osterday and Deborah and Zoe Shankle joined him in the home.

“The kitchen was on fire and I saw an elderly woman lying in a hospital bed, with an I.V. and tubes, in the living room,” said Ben

Ayed. “She said, ‘Please save my daughter upstairs — let me die.’ Her [grown] daughter was exhausted from a trip and was sleeping, so I grabbed a vase and threw it at her door to attract her attention.”

She came out of her room, while Ben Ayed returned to the woman downstairs and got her into her wheelchair. “Deborah helped me get her out of the house,” he said. “She asked her almost son-in-law, Al Hussein, who was outside, to help.”

A dog was also in the home, and Osterday saved it from the fire. Zoe ran through the townhouse to see if anyone else was there and got the dog’s leash while checking. Then Fire Capt. Bill Moreland — who’d also seen the smoke, called 911 and headed to the site — arrived and assisted the others in rescuing the elderly woman.

Through it all, Ben Ayed said he didn’t worry about his own safety. “I was just so grateful to be at the right place at the right moment,” he said. “Sometimes God gives you strength you don’t know you

SEE FIRE DEPARTMENT, PAGE 4

ROUNDUPS

Two Arrested in Shooting

Fairfax County police arrested two brothers Sunday after a 30-year-old man was shot in the leg outside the Velocity Five Sports Restaurant & Bar in Centreville's Trinity Centre.

Officers were called to the scene July 29, at 5:50 a.m. Police say the victim met two women at a Washington, D.C. club and, at closing time, they all decided to go to a local restaurant.

The three traveled in the man's 2011 Porsche, but he got lost and took his passengers to a different location in Centreville. The women then called Darnell L. Parker, 28, of Delaware, and Carlton N. Parker, 27, of Washington, D.C., to come get them and take them home.

When the brothers arrived, the women got inside their car. But according to police, the Parkers allegedly shot at the Porsche, striking the victim, before fleeing. He was then treated at a local hospital for non-life-threatening injuries. Meanwhile, police apprehended the brothers on I-66 and charged them with shooting at a car.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.



Carlton Parker

Darnell Parker

Woman Shot in Ankle

A 22-year-old woman was shot and a male friend of hers was arrested, following a shooting Saturday evening at Hooters in Chantilly. Fairfax County police responded to the restaurant at 14441 Brookfield Tower Drive on July 28, shortly after 5:30 p.m., for reports of a shot person. The woman had sustained a gunshot wound to her ankle.

Police say she was there with friends, when one of them, Christopher E. Bohn, 36, of Manassas, reloaded his handgun and accidentally fired, striking her. She was taken to a local hospital with non-life-threatening injuries, and police arrested Bohn, charging him with willfully discharging a firearm in a public place.

Police spokesman Eddy Azcarate said Bohn had just come from an event where his gun was unloaded, but he reloaded it when he got to the restaurant. However, Azcarate had no further information about Bohn or the victim.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.



Help WFCM Collect Backpacks

Western Fairfax Christian Ministries (WFCM) is collecting backpacks for students attending 23 elementary, middle and high schools in Centreville, Chantilly and Clifton. They go to children whose parents can't afford to buy them and, this year, the schools need 1,550 backpacks. WFCM is collecting them through Aug. 17 and is counting on local residents to help meet the huge demand.

Elementary schools have requested midsize backpacks for grades K-three, and standard 17-inch backpacks for grades four, five and six. Middle-school students need the 17-inch or larger backpacks with compartments, and high-school students need the larger 18-inch backpacks, also with compartments. Backpacks should be new and without wheels.

They may be dropped off Monday through Friday, 9 a.m.-3 p.m., and Wednesday, 5-8 p.m., at the WFCM food pantry/thrift store, 13981 Metrotech Drive in Chantilly (near Backyard Grill and Bar). Backpack donations are tax-deductible, and WFCM will give receipts to contributors. For more information, contact Bush at jbush@wfcmv.org.

SEE ROUNDUP, PAGE 4

NEWS

CENTRE VIEW EDITOR STEVEN MAUREN
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PHOTO CONTRIBUTED

From left are Loren Rufino, Jennifer Campbell, Michael Frey, John Cleveland and Lynne Strobel. Rufino and Strobel are members of the Celebrate Fairfax Board of Directors.

Cleveland, Campbell Are Honored

Feted as Frey's Lord and Lady Fairfax.

BY BONNIE HOBBS
CENTRE VIEW

Every year, each member of the Fairfax County Board of Supervisors selects two people from his or her district to honor as exceptional citizens. They're presented at a board meeting and honored with a dinner prior to the annual Celebrate Fairfax event.

This time, Supervisor Michael R. Frey (R-Sully) chose Virginia Run's John Cleveland and Sully Station's Jennifer Campbell, respectively, as Lord and Lady Fairfax. Both have a long history of

volunteerism, especially with Westfield High.

"For more than 17 years, Jennifer's given countless hours to Fairfax County schools as a dedicated PTA volunteer," said Frey. "As a member of the Executive Board, she worked on boundary changes, honors classes and safety issues. As a substitute teacher, Jennifer learned she had a love for serving as a mentor, communicator, teacher and advocate. She also formed a substance-abuse-prevention education group, the Westfield Community Coalition."

She and her husband Ron have two children, Olivia and Ben. Last year, Jennifer was named Virginia PTA Secondary Volunteer of the Year. She's now a transcript assistant at Westfield High where, for the past seven years, she's "poured her heart and soul into the school PTSA," said Frey. "Jennifer's tireless dedi-

SEE SULLY'S LORD, PAGE 4

Two Local Volunteers Make a Difference

BY BONNIE HOBBS
CENTRE VIEW

John Cleveland and Jennifer Campbell have a long history of volunteerism in the local community. Below, they discuss some of their accomplishments and what makes them so giving.

CAMPBELL

Jennifer Campbell first became involved in the PTA because she wanted to feel part of the community and make a difference. She then spent 13 of her 16 years in the PTA on the executive boards of her children's elementary, middle, and high schools.

She dealt with issues ranging from traffic-light installation to charter-school challenges, boundary changes, teen substance abuse, parental prevention programs and the impact of diminishing honors classes.

"We also faced challenges that significantly tested our character," said Campbell. "There were the 9/11 attacks, the D.C. sniper, the Sully Police Station shooting and the Virginia Tech tragedy where two Westfield High alumni were lost."

Through all those things, she was a mentor, communicator, substitute teacher and advocate at Westfield. "I thoroughly enjoyed it, and the school's motto, 'Each One, Reach One, Teach One,' is something I seek to support in my actions," she said. "I've loved each time I can bring a smile to a student's face, even for something as simple as recognizing their name or giving a compliment or encouragement."

With Campbell's certification in Substance Abuse Studies from the University of Connecticut and years of work in this field, she was a natural fit for the Westfield Community Coalition for safe and drug-free youth. She also wrote a monthly column about those issues in the school's newspaper for more than five years.

Campbell helped organize various, informational programs on substance-abuse prevention for both parents and teens. And she's now doing the same thing with PROTECT, a local grass-roots group of parents and professionals.

"I've enjoyed surrounding myself with energetic people who care about the same things I do," she

SEE HONORED, PAGE 4

CENTRE VIEW NORTH ♦ AUGUST 2-8, 2012 ♦ 3

Sully's Lord and Lady Fairfax

FROM PAGE 3

cation to Sully District schools makes her an excellent representative for Lady Fairfax."

Regarding Cleveland, as president of Westfield High's Athletic Booster Club, he's been responsible for the \$1.5 million Capital Improvements Campaign that has funded projects including the artificial-turf field in the stadium, a comfort station and a lacrosse wall. The Booster Club also contributed equipment, uniforms and supplies for various sports programs.

Cleveland works for ExxonMobil and he and his wife Beth have three daughters, Megan, Courtney and Kellie. "John also championed the selection and awarding of more than \$75,000 in scholarships to deserving WHS athletes," said Frey. "He's also been active with the WHS PTA, Our Neighbor's Child, Fairfax Church of Christ and SYA. John's remarkable contributions to the community make him an outstanding Lord Fairfax."

"I'm surprised and quite honored to be recognized as Lady Fairfax," said Campbell. "I've spent a great deal of my 'spare' time volunteering — not only for the pleasure of it and meeting other people, but to contribute to the growth of our ever-changing community. Adult volunteers are key to helping develop resilient children, regardless of what challenges they face. One not only needs to do what is for the betterment of their own children, but also for others. Perhaps when they're older and able, they'll pick up the torch and pass it on."

Cleveland said he was pleased to be recognized with Campbell, who he considers a friend and partner at Westfield. "For them to honor academics and athletics at Westfield was special to me," said Cleveland. "We're happy to share this together. It reflects all the people that have joined in our collective vision for Westfield. We're one family focused on common goals, and we're honored, on behalf of the whole Westfield family."



PHOTO CONTRIBUTED

From left are Westfield Principal Tim Thomas, Jennifer Campbell, John Cleveland and Michael Frey.

Fire Department Praises Rescuers

FROM PAGE 2

have." As for the lifesaving award, he said, "It felt good to be appreciated.

The reward is that it's nice for the county and Fire Department to recognize us to en-

courage other people to get involved and not stand back when they're needed." Originally from Tunisia, but now an American citizen, Ben Ayed added, "This award made me feel proud to be an American and see how we appreciate people's actions."

Honored for Making a Difference

FROM PAGE 3

said. "I marvel at how everything always seems to come together in the end. Sometimes it just takes a couple of bright ideas, people willing to put in time and others coming to agreement."

All in all, said Campbell, "I have many people and things to be thankful for. But if I can make some kid's or parent's day even a smidgen better by what I do, it's worth it. And my husband Ron and children have been incredibly supportive."

Campbell believes strongly that "you get back what you give. Parental involvement helps build stronger communities and give kids essential ties to their communities. Ron was a Scoutmaster for a Boy Scout troop for five years, and seeing both parents so involved set the bar for our kids. They learned to work hard, live honestly and get involved in things that serve others. I am so proud of that legacy."

CLEVELAND

When John Cleveland became the Athletic Boosters president, five years ago, he and Campbell met with Principal Tim Thomas and other administrators to create a 10-year roadmap for the school.

"Our objective is to help all the students and parents experience Westfield, not just go there," said Cleveland. "Enhancing school spirit and having a high-quality school with everyone working toward a common vision is one of our core values. When any department wins a state championship, we all celebrate."

With input from Westfield Director of Student Activities Terri Towle, the Athletic Boosters established goals dealing with capital improvements, equipment and scholarships. Then they brought in the parents and business community to raise the funds they needed. So when Westfield built a comfort station, a couple years ago, par-

ents and businesses gave \$225,000 in time, equipment and supplies toward the project's \$300,000 cost.

Equipment includes uniforms and coaches' training. "We provide championship equipment to build championship teams, plus the energy to support our kids," said Cleveland. "And at our spring sports banquets over the past 12 years, we've given away over \$100,000 in scholarships. We give an equal number and monetary amount to both boys and girls."

He said parents are happy "to be part of something exciting and high-energy. Whether our kids win a championship or not, we want them to know we're right there with them." Cleveland said the school's now working on what it wants Westfield to be in 2020.

He said Supervisor Michael R. Frey (R-Sully) and Sully School Board representative Kathy Smith have also given Westfield great support, whenever it's needed assistance and guidance. And so have the schools' youth partner, CYA, and its business partner, The Aerospace Corp., said Cleveland.

When asked why he volunteers, he replied, "I played sports, myself. And being part of a team — and enjoying its journey and success as a team — gives me a lot of happiness and excitement. Seeing the community have something to rally around and contribute to is also important to me. I tell my kids, as well, to take part in their school, church, community, etc., and make them better."

Stressing that people are more powerful collectively, Cleveland said it's important to maintain the momentum that Westfield's established. "So Jennifer and I continue to recruit good parents into an organization that continuously reinvents itself," he said. "That way, we'll continue to have the great school that we do."

ROUNDUPS

FROM PAGE 3

Park Authority to Meet

The Fairfax County Park Authority will meet Wednesday, Aug. 8, 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, Aug. 9, 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 correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, VolunteerSolutions@fairfaxcounty.gov or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

WFCM Seeks Food, Volunteers

Western Fairfax Christian Ministries' food pantry urgently needs donations of oil (48 oz. or smaller); flour, sugar and rice (2-5 lb. bags); salad dressing, jelly; peanut butter; spaghetti sauce; Ramen Noodles; canned meats, fruits, vegetables, soup, and beans; dry pasta and beans; ketchup, mustard; pancake mix and syrup; hot and cold cereal and coffee; fresh produce from local gardens. Also needed are laundry detergent, toothpaste, shampoo, toilet paper and baby wipes. Bring all items to WFCM's food pantry at 13981 Metrotech Drive (near Backyard Grill and Bar) in Chantilly. Volunteers also needed, call Annette Bosley at 703-988-9656.

Nonprofit Thrift Store Fighting To Grow

Store donates various goods to the poor.

BY EDISON RUSS
CENTRE VIEW

Pender ReGift Thrift, an extension of the Pender United Methodist Outreach Center, is trying to increase its presence after a soft opening earlier this year.

The nonprofit is located at 4447 C Brookfield Corporate Drive, and is run by Maryan Weber, who started another nonprofit called Diana's Books back in 2003, and graduated from a master's level certificate program in nonprofit management at George Mason University in May 2012.

ReGift Thrift's goal is to carry on the tradition of the Pender Flea Market by providing free items to the poor.

Weber said the location got off to a slow start because there had been no preparation for advertising, but that word has spread since she sent an email containing a newsletter to people on the Pender UMC and Diana's Books mailing lists.

The store accepts gently used donations, including all manner of household items, such as furniture and appliances; clothing and accessories for all ages; office supplies, tools and sports equipment; and books, CDs, DVDs and games.

To receive free items, a person must present a chit from the county, a sponsoring Christian organization, or from Pender UMC's Pastor Kenny Newsome. Both

financial and material donations are tax deductible.

Distribution is generally done at Pender UMC's Outreach Center at 12401 Alder Woods Drive, but if an item cannot be received there, it may have to be picked up at ReGift Thrift.

ReGift Thrift recently received its sanitation license from the Health Department of the Commonwealth of Virginia, so all bedding, sofas, stuffed toys and other items indicated by the government are sanitized to government standards.

For these standards to be kept, all donations must be received through the loading bay behind the store, identifiable because it is the only loading bay in the center with three doors.

Weber said that Pender is the only United Methodist Church with a warehouse bay, and having run Diana's Books out of her home, she is excited for the greater capacity and extra storage options.

"It's like if you were in Africa and you had the helicopter," she said.

Weber said that the warehouse also helps with the store's commitment to reuse and recycling, which comes after its primary mission of distributing goods to the poor.

Being in an I-5 industrial district, large trucks are able to deliver storage equipment such as gaylords, large boxes that rest on pallets so that they can be transported by forklifts, which Weber uses to store recycling.

ReGift Thrift recycles aluminum, metal, paper and wood. Weber was also a proponent of recycling when she ran Diana's Books out of her home.

SEE DONATING GOODS, PAGE 7



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Readers Respond on TJ Admissions

“Stop making smart 8th graders feel inferior because they are not admitted.”

EDITORIAL

Jefferson, which your article states as 26 percent of the class of 2016, which is versus a Fairfax County school system white student population of about 45 percent.”

— BRAD BREWSTER,
FAIRFAX STATION

Demographics

	White	Asian	Hispanic	Black
Fairfax County	62.7	17.6	15.6	9.2
FCPS	44	20	22	10
TJ	26.2	64.2	2.7	1.4
Gifted and Talented	51.3	32.4	6.2	3.8

Readers responded to last week’s editorial, which cited a civil rights complaint about the apparent lack of access to gifted and talented programs and admission to Thomas Jefferson High School for Science and Technology.

The larger impact of the disparities is evident in the demographics of the students who qualify for gifted and talented services at a certain level in elementary school, which affects more than 12,000 students. By comparison, the incoming class at Thomas Jefferson is 480 students.

From the complaint:

“Being ‘identified’ as eligible for Level 4 services is no easy task for Black or Latino students in Fairfax County. Data specifically broken down for elementary and middle school was not readily available. However, overall K-8 data is striking. Among the 12,044 elementary and middle school students identified last year as eligible for Level IV GT services by FCPS last year, substantial racial and ethnic disparities are evident.”

Hispanic students make up 6.2 percent of those identified as gifted but 22 percent of students overall. Black students make up just 3.8 percent of those identified but nearly 10 percent of students overall.

The complaint was filed by Martina Hone, former school board member and founder of the Coalition of the Silence, and Charisse Espy Glassman, education chair of the Fairfax NAACP.

HERE ARE some excerpts from reader comments:

“The [editorial] was incomplete ... as it failed to address the relatively much larger issue of white students admission to Thomas

“[Poor students are] not innately less talented, however they don’t reach their full potential ... This should come as no surprise considering their home environment includes overworked parents that have ‘no time’ to micromanage a student, and no resources to hire a tutor. The stereotypical Asian ‘Tiger Mom’ is not just a stereotype, in my experience ... The persistent encouragement for success from such a parent is likely behind the large Asian representation at TJ. Having tutored a disadvantaged Hispanic student for the first time last year I noted he had access to cable TV and both the latest Xbox and Playstation gaming systems (all the distractions of a wealthier student) but lacked the encouragement from his mother (a single parent household) to reach academic excellence. This was an unfortunate combination.”

— DANIEL BRONSON, ARLINGTON

“This is a culture contest pure and simple. One culture puts study and commitment to educational goals at the top of life’s responsibilities and diversions. The others, not nearly so much. Change the cultures if you can.”

— WILLIAM SMITH, FAIRFAX

“There are sufficient talented African Americans in the jurisdiction to make up at least 10 percent of TJ, their percentage of the overall population. And this is true for Latinos and underrepresented Asians (families from Vietnam and the Philippines). But long ago, TJ decided that racial and ethnic diversity could not be pursued ... Many want TJ, not because they are interested in science and math, but because TJ is a safest way to be admitted to

UVA. Make every school in Fairfax County as incredible as TJ is. Clearly many, such as those in our area, McLean and Langley, are already there. Provide access to advanced courses at George Mason for those who need special acceleration. And stop making smart 8th graders feel inferior because they are not admitted.”

— EDDIE EITCHES, MCLEAN

DEMOGRAPHICS:

Whites make up 62.7 percent of Fairfax County population, 44 percent of students in Fairfax County Public Schools, 51.3 percent of elementary and middle school students who qualify for specific gifted services in FCPS and 26.2 percent of the incoming class at Thomas Jefferson.

Asians make up about 18 percent of the overall Fairfax County population, 20 percent of students in Fairfax County Public Schools, 34 percent of elementary and middle school students who qualify for higher level gifted services in FCPS and 64 percent of the incoming class at Thomas Jefferson.

Hispanics make up about 16 percent of the overall Fairfax County population, 22 percent of students in Fairfax County Public Schools, 6 percent of elementary and middle school students who qualify for specific gifted services in FCPS and 3.8 percent of the incoming class at Thomas Jefferson.

Blacks make up 9.2 percent of the Fairfax County population overall, 10 percent of the students in Fairfax County Public Schools, 3.8 percent of the students who qualify for specific gifted services in FCPS and 1.4 percent of the incoming class at Thomas Jefferson.

LETTERS TO THE EDITOR Competitive World

To the Editor:

Interesting opinion piece [“Separate and Unequal?” editorial, Centre View, July 26]. You make an interesting but invalid leap of logic when you state: “If we don’t believe that poor students are less talented, then the disparities in Northern Virginia are truly unfair.”

The founding documents, if you believe in them, state “all men are created equal.” Any rational being will conclude that the founders refer to rights not abilities and talents. Entrance to TJ is by placement on a competitive examination. Yes the dreaded word competition. If you want to get in, hard study alone and wishful thinking will not get you in. Just because your skin is a certain color doesn’t guarantee admission.

From the statistics you quote, almost 75 percent are Asian. Why is that? Because that culture puts great emphasis on education. Go to any public library and do a race count there, especially on a weekend. It’s a competitive world. That needs to be instilled in every student at every age.

William McGrath
Centreville



Scholarship Award Winners

The Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. awarded six scholarships in the amount of \$10,000 during its 2012 May Week program. From left are: Rhea Ingram (co-chair FCAC Scholarship Committee); Danielle Lowe (awardee – Hayfield Secondary); Regina Milteer-Rock (president, FCAC); Domonique Collins (awardee – Herndon High); Ashleigh Wilson (awardee – Oakton High); Benita Toler (co-chair FCAC Scholarship Committee); and Gabrielle Tate (awardee – Oakton High). Not pictured are: Hanan Awel (awardee – Robert E Lee High) and Sydney MaHan (awardee – Chantilly High).

Donating Goods to the Poor

FROM PAGE 5

"In 2009, Diana's Books recycled 42 tons of books, saving 750 trees from being processed for paper," she said.

Weber said that ReGift Thrift has already saved nine trees since it opened, and that their goal is to save thousands of trees in a single year.

To support its operations, ReGift Thrift also sells many of the same types of items it offers to the poor, and is currently having a summer sale, which features 25 percent off anything remotely summer-related.

There are also weekly specials for 25 percent off children's, women's and men's clothing, Mondays, Tuesdays and Fridays, respectively.

Diana's Books, which offers primarily secular children's books, also runs out of the ReGift Thrift location after being shut down by Fairfax County in 2010 for being too large to operate out of a residential area. Book sales are also part of the business model to support store operations.

Customer Yolanda Roberson visits the store two to three times a week, and said

she has been pleased with the discounts and items she has received, including a bench for her yard and a cafe table.

"I'm still on a quest for my Pepsi glass," Roberson said.

Weber said that anyone who wants to help them can do so best by telling a friend.



Pender ReGift Thrift is located about a half mile behind the Chantilly Post Office and recently received its sanitation license from the Health Department of the Commonwealth of Virginia.



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Floris UMC To Presents 'The Music Man'

FROM PAGE 1
is "Sadder but Wiser Girl" because "the lyrics and imagery it evokes are some of the best in musical theater."

He said the audience will like the child actors, plus the adults who "play their characters' idiosyncracies to the hilt. It's a quality show and the church's first major music production, and everyone's come together to give their time and talent to create it."

Furthermore, added Carpenter, "Herndon Middle School loaned us their band uniforms, and many of our costumes are on loan from other theater companies. We're also creating some. Well-to-do ladies wear jackets and long skirts; others wear housedresses. Men wear vests and bowties; farmers, bib overalls; and boys, knickers. And nearly everyone wears hats."

Portraying Marian is Ferguson's real-life, new bride, Katie, who also helped choreograph. "Marian's different from me; she's very prim and proper," said Katie. "But I connect to her because she has a soft heart. She tends to not be forgiving, but has a soft spot for anyone connecting with Winthrop. Family's important to her."

Katie's enjoying her role because "Marian has two different sides, and it's fun showing how she changes." She especially likes the song, "Til There Was You," noting, "The Beatles' version was our first dance at our wedding." She's having fun acting with her husband because they met while acting together in Florida. "It's challenging to separate your real life from the character," she said. "But it also helps in a love story."

Franklin Glen's Mike Cash plays Mayor Shinn. "He's a relatively successful and narcissistic businessman," said Cash. "He's frequently taken in, but astute enough to be suspicious of Hill. And he's not pleased that Hill takes attention away from him, the mayor, reducing his importance. I can do cartoon characters or buffoons, and I'd do nearly anything for a laugh."



Rehearsing a scene are (back row, from left) Connor Pinocci, Andrew Bonieski, Benjamin Potts, Shanelucas Ramsey, Anthony Bonieski and Lucy Dolcich, and (front row, from left) Nikki Pope, Caroline Barnes, Kailee Sibbs, Victoria Ciavarella and Christine Moon.

Cash likes the same song Katie does because "it's the show's turning point. There's a sense of redemption that Marian will make an honest man of Harold, and he's happy about it." He said the audience will leave whistling "76 Trombones" and he praised the talented cast, especially Ferguson.

"Ward's an excellent musician and a seasoned performer and really has the chops for this part," said Cash. "This is the quintessential American musical, and it's done really well."

Glynn Cosker of Oak Hill portrays Hill's old friend, Marcellus. "They used to be con men together, but Marcellus doesn't do that, anymore," said Cosker.

"But now he has to help Hill. He's a nice, down-to-earth guy wanting the best for everybody. I'm enjoying this role; Ward's a good friend of mine so we have good chemistry. Marcellus frantically runs all over town, and that's fun."

Cosker also sings his favorite song, "Shipooopi." It's the fastest song he's ever sung, so it's challenging, but he's enjoying it. Cosker says the audience "will love the show's choreography and nostalgia. The musical came out in the 1950s, but it's set in 1912, so people will get to see another time."

Oak Hill's Marissa Dolcich plays Marian's mother, Mrs. Paroo. "She's feisty and speaks in an Irish accent," said Dolcich. "She's anxious that Marian's 26 and unmarried. She's charmed and impressed by Hill and hopes Marian will come to her senses and marry him. I love her humor and aphorisms, and I'm in this show with my youngest daughter Lucy."

Natasha Smith of Herndon portrays Alma Hix. "She's a town gossip — the one who says what everybody's thinking," said Smith. "People will come away feeling like they just visited that small town. Everyone will want to take home Sam, who's adorable as Winthrop, and the audience will know people in real life who resemble these characters."

Oak Hill's Susi Underhill plays a single parent and is excited to be in her first musical production. "The story, music and humor are so engaging," she said. "And people will be impressed by the actors' amazing talent."

Lezlie Mann of Chantilly's Walney Oaks plays one of the town busybodies who know everybody's business. Overall, she said, "We have a great group of people, but I think Winthrop's going to steal the show. And because we're having fun, the audience will have fun."



Ward and Katie Ferguson as Harold Hill and Marian the librarian.

PHOTOS COURTESY OF NATASHA SMITH

Grill Causes Townhouse Fire in Fair Oaks

Fire officials say a fire Monday night at a Fair Oaks townhouse was accidental, but damage is estimated at more than \$10,000. They attribute the cause to an unattended grill on the deck.

Fairfax County Fire and Rescue Department units responded to the single-family townhouse at 12582 Garland Tree Court on July 30, around 10:30 p.m. First-arriving firefighters encountered smoke and fire coming from the second-

floor deck in the rear of the two-story, middle townhouse.

The flames were rapidly spreading upward into the eaves and attic. But firefighters were able to attack the fire from the outside and extinguish the blaze. According to the Fire Department, the home's interior suffered minor damage from the fire. No one was injured; however, four adults and two children were displaced.

As a result of this incident, the Fire Department offers the following Grill Safety

Tips to residents:

- ❖ Grills should be placed at least 15 feet from any home, building or combustibles to ensure adequate air circulation.

- ❖ Charcoal must be kept dry. Wet charcoal can spontaneously ignite. Spare propane bottles should be stored outside away from the home. A backyard shed is a good place.

- ❖ Keep children and pets away from grills; they continue giving off heat long after cooking has stopped.

- ❖ Never place hot ashes in paper or plastic bags or containers. Only use metal containers for hot ashes.

- ❖ Use Underwriters Laboratories (UL) approved electrical starters in place of lighter fluid.

- ❖ Never use a grill on apartment or condominium balconies. This practice is one of the biggest dangers with grills. It's both unsafe and against the law.

— BONNIE HOBBS

WELLBEING

Taking Care of One's Teeth

American Dental Association says many Americans don't know basic oral care.

BY MARILYN CAMPBELL
CENTRE VIEW

Here's a pop quiz: How often should a person replace their toothbrush? "Once a year," said Terrie Andrews of McLean. When should a parent schedule a child's first dental appointment? "Just after their 6th birthday," said Julie Mahon, an Alexandria mother of 2-year-old twins.

Both answers are incorrect, but consistent with the findings of a new survey by the American Dental Association, which tested the average person's knowledge of oral health care. On average, Americans did not know the answers to questions ranging from how often to brush to what causes cavities.

THE SURVEY is part of an initiative, launched this summer, aimed at educating the public about maintaining healthy teeth. Dental care experts say prevention, care and treatment information are key to fighting gum disease and keeping teeth healthy. "Good dental health is important, as we are living longer and we need to make the one set of teeth we get last a lifetime," said Dr. Matthew Messina, ADA consumer advisor.

In fact, toothbrushes should be replaced every three months or as soon as the bristles become frayed or worn. The ADA also recommends brushing one's teeth twice per day and says a child's first dental visit should take place no later than six months after the first tooth appears.

More than 80 percent of those surveyed believe sugar causes cavities. They're actually caused by acid that forms when germs in the mouth feed on sugar. The acid attacks and weakens the tooth enamel, allowing a cavity to form.

The survey showed that many believe gums that bleed after brushing is normal, but experts say such bleeding could be a sign of early gum disease. "Periodontal disease is a slowly progressing disease where the early warning signs are subtle. There is seldom



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Dr. Matthew Messina of the American Medical Association says prevention, care and treatment information are key to fighting gum disease and keeping teeth healthy.

any pain until the disease is very advanced. Redness and puffiness in the gums around the teeth are something to watch for. Bleeding of the gums when someone brushes or flosses is not normal and should be evaluated. Eventually, pain and swelling from gum infections will occur, but the damage is advanced by that point," said Messina.


Diet plays a role in healthy teeth, as well. "Don't underestimate the role of nutrition and the role that food choices play in preventing gum disease and maintaining healthy teeth. The presence of too much or too little of any nutrient can have harmful effects, particularly on the mouth and teeth, and may contribute to oral diseases and infection," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "Your teeth and jaws are made mostly of calcium. Without enough calcium in your diet, you risk of developing gum disease and tooth decay. Iron deficiency can cause your tongue to become inflamed, and sores can form inside your mouth." Martin added that a lack of vitamin B3 can cause bad breath and canker sores.

Selecting the Best Dentist for a Child

Choosing the right dentist for one's child is one of the most important decisions that a parent will make. What should a parent consider when choosing a pediatric dentist? The American Academy of Pediatric Dentistry offers a few suggestions:

- ❖ Does the dentist have special training or interest in treating children?
- ❖ Is the dental office set up for children? For example, does it offer toys, books, games or child-sized furniture?
- ❖ How does the dental office manage emergencies?
- ❖ Is the office conveniently located to your home or child's school?
- ❖ Does the practice accept your dental benefit plan?
- ❖ Is the dentist a member of the American Dental Association and the American Academy of Pediatric Dentistry?

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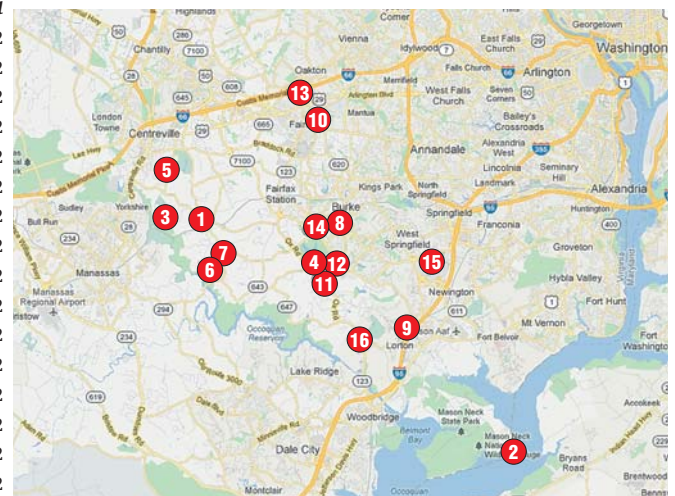
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PHOTO BY BONNIE HOBBS/CENTRE VIEW



Members of Social Change (and a couple of husbands) pose at the June gathering to raise money for Butterfly Wings, a camp for children grieving the loss of a loved one.

Group Raises Money for Charities

FROM PAGE 1

Sussman of Centreville's Rocky Run community. "This March, we raised funds for brain-cancer research."

In May, the group raised more than \$1,000 for a local Starbuck's employee who'd fallen 40 feet and was severely injured. He needed the money for his physical rehabilitation, but it meant something else to him, as well. Said Sussman: "It touched him that strangers in the community cared about him."

Basically, she said, "I'd done bake sales as fundraisers, but they were getting old, and Social Change is a painless way to do it. I also thought people needed a way to raise money for something near and dear to their hearts — whatever moves them."

Social Change isn't a non-profit; instead, it's a charity club. Members tell Sussman who or what they wish to raise money for, and then they or another member will host a gathering — often in the evening, with food. The person who'll receive the funds for her charity tells the others about it and why it's worthwhile, and then the members each contribute \$5, or more if they desire, toward the cause.

"It's neat because it's just a couple hours and it's fun," said Sussman. "You meet new people, you can exchange business cards and you learn about new things." Participants don't have to attend every meeting and, to date, about 60 adults and 20 students — mainly from Chantilly and Oakton high schools — are part of the group.

In July, they heard about and donated to Trevor's Treasures (www.trevorstreasures.org). It's a nonprofit started by a 10-year-old boy still battling neuroblastoma, himself, but devoted to raising money to buy toys and personally deliver them to hospitalized children fighting cancer all over the country.

And in June, Centreville's Sally Canatsey hosted a Social Change event for her married daughter, Katie

Masey, a 2001 Centreville High grad. Masey's a licensed, professional counselor with the Rockbridge Area Community Services Board in Lexington, Va., and works with families and children in a rural community with far less resources than Northern Virginia.

During the event, she spoke about and raised funds for Butterfly Wings, a camp for children grieving the loss of a loved one. The one-day camp in a nature preserve served children ages 7-12, this year, but Masey would also like to include teens. It's free to the families, many of whom are poor.

"It's all volunteer-run," she said. "Professionals such as counselors and musicians donated their time. We had a nature walk and the children did art therapy.

They each created a 'soul collage' with photos of their loved one and also made a collage with magazine pictures."

They also did other craft projects, while making new friends and meeting other children in similar circumstances. A pediatrician was there, too. He explained to them the medical conditions of their loved ones who'd died because many of the children had unanswered questions about what had happened to them.

"We partnered with Hospice to put on the camp, and a representative talked with parents about the grief process," said Masey. "The parents said it was

very beneficial."

Besides adding teens to the camp next year, she also wants to raise \$5,000 to offer more activities there, plus transportation to parents who live far away from the Lexington-area camp. Many parents who would have liked their children to attend it this year, said Masey, either had no way to get them there and back or simply couldn't afford the gas.

She still has a ways to go but, by the end of the evening's Social Event in Centreville, she'd raised \$700 for the camp. For more information about Butterfly Wings, go to <http://rockbridgeareahospice.org/?p=874>.

"The person who'll receive the funds for her charity tells the others about it and why it's worthwhile, and then the members each contribute \$5, or more if they desire, toward the cause."

— Julie Sussman

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All listings due by Tuesday at 3 P.M.

SPORTS

Swim Season Ends For Sequoia Farms

As another swim season comes to a close for the Sequoia Farms Stingrays, we look back on a summer which presented many challenges for the current team. At the same time, the stage has been set for the numerous changes to come.

It's always been tough being a Northern Virginia swimmer and this season has been no different. The Stingrays slugged it out with a number of the best teams in the region and individual Sequoia swimmers proved up to the task in several of the age groups.

"Up and Comers" for the 2012 season, Sophia Sobieski and Brady Gallagher made their presence known, and another team standout, Kate Croxton, broke three separate team records. The overall leader in the girls' high-point standing was Sydney Loper, while the boys' leader was Avery Harris.

At this Saturday's Colonial League All-Star meet, Sequoia Farms will be represented by Travis Blee, Georgia Cerisano, Jesse Cerisano, Lauren Chin, Diego Cromwell, Kate Croxton, Avery Harris, Sydney Loper, Carlo Paraggio, Caroline Santilli, Diane

Sellars, Jennifer Steinhilber, Russ Steinhilber, Will Steinhilber and James Williams. These swimmers will wrap up the current season and help secure their future with the Stingrays.

As the season ends, the Sequoia team must say goodbye to some folks who have grown up on its pool deck. Aging up will be senior swimmer Matt Cohen, one of the team's greatest-ever backstrokers. Also leaving the team, will be another of the team's backstroke legends, Carlo Paraggio. Long-time master of all strokes and junior assistant coach Will Steinhilber will be bowing out of age-group competition.

Finally, if a swim team can have a heart and soul, this team found it 21 years ago, when Lara Chapman became a member in

1991. Since that time, Lara has been a record-breaking swimmer for the team and has held a series of coaching positions, leading up to her final coaching season this year. It is almost impossible to measure the im-

act Lara has had on the Sequoia Farms swim team, but it's an impact that can be measured in enthusiasm, integrity, and loyalty to an organization she has been with for most of her life.



Pictured at the Sequoia Farms award ceremony are: Jennifer Steinhilber, Marissa Cassens, Jessie Heise, Mark Loper, Brian Chapman, Carlo Paraggio, Sean Bartro, Will Steinhilber and Lara Chapman.

SCHOOL NOTES

Eric Brady earned a bachelor of science in information technology, magna cum laude, from Marymount University.

Christina C. Smillie, of Fairfax, daughter of Charles and Susan Smillie, graduated with a bachelor of arts in animal behavior and English from Bucknell University.

The following students from Chantilly were named to the dean's list for the 2012 spring semester at Messiah College:

Christopher Lyell is a sophomore majoring in communication.

Rachel Treharne is a sophomore majoring in education certification (grades 4-8).

The following students from Fairfax are members of the graduating class of 2012 at Eastern Mennonite University:

Kimberly Lane, a bachelors degree recipient in outdoor ministry and adventure leadership.

Suraya Sadeed, a masters degree recipient in conflict transformation.

Michael B. Larson, of Fairfax, graduated with a master's degree in curriculum and instruction at McDaniel College.

Students from Fairfax County high schools won awards and earned recognition at the International Science and Engineering Fair (ISEF) held last week in Pittsburgh and at the Virginia State Science and Engineering Fair (VSSEF) held in April in Norfolk.

Yon Kyu (Daniel) Jang of Thomas Jefferson High School for Science and Technology (TJHSST) took third place in the Energy and Transportation category at the ISEF for the project, "Au- and Pd-Nanoparticle Catalysts in Novel Nafion Composites for PEM Fuel Cell

Power Enhancement." His team also received a special award from United Technologies Corporation of \$3,000 in UTC stock.

Finishing in fourth place at the ISEF were:

Benjamin Cobb and **Conor Moran** of Chantilly High School in Cellular and Molecular Biology for "Discovery of a Mechanism for the Glucocorticoid Chemotherapy Resistance in Cancer."

Arrush Choudhary of Chantilly High School in Energy and Transportation for "A Novel Method to Increase the Lipid Yield of *Chlorella vulgaris*: An Exploration of the Role of Cofactors on the Inhibition of Starch Synthase (E.C. 2.4.1.21)."

Genevieve Marcus Haskins, of Fairfax, the daughter of Roger Haskins and Susan Marcus, was named to Juniata College's 2012 Spring Dean's List.

Anne Cunliffe, of Oak Hill, made the Dean's List at DePaul University for the winter quarter of 2012.

Terica Elizabeth Adams, from Fairfax, graduated recently with a bachelor of arts in international relations and psychology from Colgate University.

Rocky Run Middle School held its annual World War II Oral History Day on Thursday, June 7, beginning with an opening ceremony at 8 a.m. This annual event hosts over 100 veterans of World War II and witnesses to the events of that war who share their recollections with seventh grade students.

This is the 11th year of the World War II Oral History Day project at Rocky Run. Social studies teacher **Jamie Sawatzky**, Fairfax County Public Schools (FCPS) 2011 Teacher of the

Year, and his students invite World War II veterans or other witnesses to World War II to come to the school and discuss their experiences with the seventh grade history classes.

The school also refers to the day as "The Latest Generation Meets the Greatest Generation." Guests are greeted by the school band playing music from the 1940s. They are then paired up with a chaperone-guide who escorts the guest around the school.

Chamber music as well as student skits and music from the era are planned for the day; one of the skits that has become a mainstay is Abbott and Costello's "Who's on First?" The teacher's lounge is converted into a World War II era canteen complete with memorabilia as well as music from the 1940s. Lunch is provided by the PTA.

Guests for World War II Day range from veterans of the Pacific campaigns, the European theater, survivors of the German death camps, survivors of the Pearl Harbor attack, American prisoners of war held by both the Germans and Japanese, Bataan Death March survivors, as well as Japanese American citizens who survived American internment camps.

Chantilly Academy is partnering with Northrop Grumman Information Systems to present the first CyberSecurity Camp, Aug. 6-10, at Chantilly High School. CyberSecurity Camp will be open to 60 Fairfax County Public School (FCPS) students in grades 9-12 and is open to both students who are beginners and students who have an intermediate knowledge of cybersecurity. Northrop Grumman employees who specialize in cybersecurity will teach computer forensics and cybersecurity fundamentals, and provide information on cybersecurity internships and careers. CyberSecurity

Chantilly Wrestling Camp

Chantilly High School is hosting a wrestling camp from 9 a.m. to 2 p.m. Aug. 13-16. All ages and levels are welcome and the cost is \$125. Camp clinicians will consist of former NCAA wrestlers from ODU, GMU, Clarion University, Virginia Tech and JMU. Visit www.ChantillySports.org.

Camp tuition is \$150 and includes lunches and a camp T-shirt.

Colby Miller, of Oak Hill graduated Cum Laude from Elizabethtown College in May 2012, with a bachelor of science degree in biology education.

Ashna Sharan, of Chantilly, received a BSC degree and BA with Special Attainments in Commerce degree from Washington and Lee University on Thursday, May 24. Sharan majored in Business Administration and Politics

The following students graduated with honors from James Madison University during the May 5, 2012 commencement exercises.

Diana Chiu of Chantilly graduated magna cum laude with a bachelor of science degree in communication studies.

Jonathon Robinette of Oak Hill graduated magna cum laude with a bachelor of science degree in communication studies.

Amanda Tram of Chantilly graduated magna cum laude with a bachelor of science degree in communication studies.

Jessica Chiu of Chantilly graduated magna cum laude with a bachelor of business administration degree in computer information systems.

Bharath Krishnamoorthy of Chantilly graduated cum laude with a bachelor of science degree in economics.

Anna Sanchez da Costa Faria of Fairfax graduated magna cum laude with a bachelor of arts degree in economics.

Adib Amini of Fairfax graduated cum laude with a bachelor of science degree in engineering.

Madeline Berkheimer of Centreville graduated cum laude with a bachelor of arts degree in English.

Alicia Patricca of Chantilly graduated magna cum laude with a bachelor of arts degree in English.

Stephanie Fitz of Fairfax graduated cum laude with a bachelor of science degree in health sciences.

Heidi Ermlick of Centreville graduated magna cum laude with a bachelor of arts degree in history.

Emily Collins of Fairfax graduated cum laude with a bachelor of science degree in interdisciplinary liberal studies.

Alissa McGrath of Oak Hill graduated cum laude with a bachelor of science degree in interdisciplinary liberal studies.

Diana Chiu of Chantilly graduated magna cum laude with a bachelor of business administration degree in management.

Jaelyn Dickman of Chantilly graduated cum laude with a bachelor of science degree in nursing.

PEOPLE



At Worldgate Challenge

On Saturday, June 16 close to 300 martial arts competitors flocked to Master Marlowe Dixon's Worldgate Challenge at the Dulles SportsPlex in Sterling. Chantilly's Fighting Fitness Martial Arts/Kickboxing Center was there in force: From left are Jake Ehrlich (Grand Champion Form, 1st Spar, Form, & Weapon), Claire Spina (1st Spar & Music Form, 4th Weapon), Coach Neil Ehrlich, Rohit Eyyunni (Finalist Spar), Martin Carrasco (2nd Spar, Finalist Form), Chaya Bodnar (1st Spar, 2nd Form), Sreekar Eyyunni (2nd Spar), Daniel Richardson (1st Spar, Finalist Form & Weapon) Jim Wilson (1st Continuous Spar, 2nd Spar). Not in photo: Hiroki Cook (1st Form, 2nd Weapon, Finalist Spar) and Yumiko Cook(1st Form). Visit www.fightingfitnessllc.com.

Interior Design Honor



Jennifer Boyd's design for Burnkit, a sustainable advertising and media company, received honorable mention in a student design competition sponsored by the American Society of Interior Designers. Boyd of Chantilly, is a 2012 Virginia Tech graduate in interior design. Her design for the new three-story structure was to incorporate a desire for a sustainable, collaborative, and flexible environment through a permeable building membrane that used natural forces such as heat and wind to support the daily functions of the building. The design incorporates passive heating and cooling, purified air, and sustainable vegetation, which is used in the building's restaurant.

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From left are Mary Ann Cox, BethAnn Telford and Cox's daughters Allie and Savannah Frye at a 5K fund-raiser in March at Fairfax Corner. Cox's sister is a brain-tumor survivor.



PHOTOS COURTESY OF OMAR BAET

Check One off the Bucket List

FROM PAGE 1

when she found out last Thursday, July 19, that she qualified, she was thrilled.

"I was just overwhelmed," said Telford, 43. "I was so excited for the brain-tumor community to have someone go there and represent them. I want to show them this can be done and that there's hope."

Indeed, "hope" is the word she has tattooed on the inner side of her left wrist and, whenever she gets down, she looks at it for strength. Her personal motto is "Never, never give up," and she lives these words every day.

Since her diagnosis, Telford has undergone surgeries, plus many hours of rehabilitation to regain her speech and physical function after each one. Yet she still works full time for the U.S. Government Printing Office, trains constantly for marathons and endurance races, and actively raises money — more than

\$300,000, so far — for the National Brain Tumor Society, <http://www.brainumor.org/>, via her nonprofit fund-raising organization, Team BT.

It's always been a dream of hers to compete in the Ironman World Championship in Kona, Hawaii. To win a slot in it, Telford entered the Ironman Kona Inspired "Anything is Possible" Video Competition sponsored by Yurbuds. Next came online voting, where her video earned her a spot in the event.

This year's Ironman, the 34th annual, will be held Oct. 13. It consists of a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run. To prepare, Telford's been training with

"My goal is to be able to inspire people in the brain-tumor community, because a lot of us get down sometimes."

— BethAnn Telford

a triathlete for about two months and is now ramping up the intensity.

Weekdays, she rises early and hits the gym at Life Time Fitness in Centreville before work. Then when she comes home, she usually goes swimming, running or biking. On Saturdays, she runs 18-24 miles throughout Northern Virginia with friends; Sundays, she bikes as much as 88 miles, then follows it up with a "cool-down run" of five miles.

"Unfortunately, this will be my last Ironman because my health isn't good," said Telford. "This was on my bucket list, and it's the final thing to be checked off. I just hope to be able to spend a week in Hawaii

afterward with my parents. They've never been farther than Virginia, but they're coming from Pennsylvania for this."

Her least favorite part of the competition, she said, is "the anxiety of having to get into the water and start swimming." What she likes best is "all the people in the triathlon community that come out — the support is just wonderful."

Aside from the satisfaction of successfully completing all the Ironmen events, Telford's participating to bring awareness. "My goal is to be able to inspire people in the brain-tumor community, because a lot of us get down sometimes," she said.

Furthermore, she added, she won't be competing alone. "I'm taking a lot of people in my heart who've lost their battles [with brain tumors]," said Telford. "I'll also be biking, swimming and running for those still battling. I want to prove to them that they need to keep fighting."



BethAnn Telford with her friend Julie's children, Karissa and Landen Stitzel, at the Rev3 Run Rogue 5K in March at Fairfax Corner.

Choosing My Words, Respectively



By KENNETH B. LOURIE

It has been brought to my attention by some regular Kenny-column readers — who are friends, too, and whose opinions I value, that my most recent batch of "cancer columns" (as I call them) were not funny; in fact, they were more depressing and negative than anything, and not nearly as uplifting and hopeful as many of my previous columns have been. I didn't need to reread what I had written/published to understand what they were saying. I know (knew) what I felt and know generally, the tone and undercurrent of what I've been discussing these last few weeks: neither fun nor funny. Mortality is like that. My dilemma is, how to not take too seriously or focus too much on a set of circumstances which are very serious and require a great deal of focus to manage. As much as I'd like not to, it seems irresponsible if I don't. Yet doing so might contribute to a poor quality of life, emotionally speaking, which in turn may exacerbate the underlying problem (stage IV lung cancer) which (A) doesn't need any exacerbating and (B) doesn't really benefit from negative thoughts/stress on the "diagnosee," directly, or on anyone else for that matter.

Let me attempt to clarify (I know. What about all the other columns?). Having "NSCLC" (Non Small Cell Lung Cancer) is depressing, but I am not depressed. Moreover, being diagnosed with an inoperable, terminal disease (at age 54) is pretty negative. Of that I'm positive. What I am also positive about is my willingness to face this disease and its effects honestly and with humor. However, sometimes the circumstances (chemotherapy/treatment, lab and scan results, appointments with my oncologist) just aren't that funny; like when your tumors grow and the medications available to treat you are dwindling (see column titled "Victim of My Own Circumstances"), and statistically speaking, you've outlived most of the patients and protocols with which your oncologist is familiar. It's/I'm a miracle to be sure, but also cause for concern. There may not be another conventional treatment option — for me, after we've exhausted the current oral targeted therapy (a daily pill instead of a daily/weekly infusion) which I began three weeks ago. Then what? So it's not funny. But it doesn't mean I'm morbid. I may be a bit somber and introspective, but I'm still relatively pleasant to be around and not nearly so self-absorbed (despite my circumstances) as you might imagine.

Quite frankly, I feel like the honesty with which I've shared my cancer experiences may have contributed to my overall, above average/not anticipated pretty good health (all things considered); as has the attempts at humor and lightness with which I've tried to touch this third rail of a diagnosis. I've tried to take it all in stride. Sometimes, there's been a bounce in my step; other times the steps have been somewhat staggered (literally and figuratively). And often I've made jokes in the face of adversity and tried to find humor where previously very little had existed. Call it a defense mechanism. Call it self-preservation. Just let me be alive to call it something.

The adversity I face now is, I am alive 41 months into a "13-month to two-year prognosis." As much as I try, it's difficult to ignore that arithmetic. Yet making light of it — all the time, seems disrespectful somehow. When you've outlived your original prognosis, it seems to make sense that if you're not going to walk quietly, you probably shouldn't carry a very big stick. There are powers at work here bigger than all of us.

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

CALENDAR

Email announcements to centreview@connectionnewspapers.com. Photos welcome.

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Summer Camp. For ages 3 to rising 9th graders. Teen Camp for rising 10th graders to rising 12th graders.

THURSDAY/AUG. 2

Hands-on History. 1:30-3:30 p.m. A new program at Ellanor C. Lawrence Park, 5040 Walney Road, provides an opportunity to experience how children lived in the 1800s. A costumed interpreter will lead the program, adding to the authenticity of the experience. Participants will practice penmanship, wash clothes, churn butter, and make ice cream. This program is suitable for children ages 4-9. \$10 per child per session. Register at www.fairfaxcounty.gov/parks/ecl/calendar.htm. Call 703-631-0013, or visit www.fairfaxcounty.gov/parks/ecl.

FRIDAY/AUG. 3

Musical. 7:30 p.m. The Alliance Theatre presents its 8th summer musical — Legally Blonde. Chantilly High School, 4201 Stringfellow Road. Visit www.thealliancetheatre.org/.
Ghosts. 10-11 p.m. Ghost Trackers, a new program offered by the Fairfax County Park Authority at Ellanor C. Lawrence Park's Cabells Mill in Chantilly, explores the area's local history and folklore. Participants age 16 and older will hear chilling tales as they make a rubbing of the enigmatic gravestone and visit the

SATURDAY/AUG. 4

"The Muppets." 6 p.m. At the Starlight Cinema Drive-in Movies at Trinity Centre in Centreville.
Musical. 7:30 p.m. The Alliance Theatre presents its 8th summer musical — Legally Blonde. Chantilly High School, 4201 Stringfellow Road. Visit www.thealliancetheatre.org/.

SUNDAY/AUG. 5

Musical. 2 p.m. The Alliance Theatre presents its 8th summer musical — Legally Blonde. Chantilly High School, 4201 Stringfellow Road. Visit www.thealliancetheatre.org/.

SATURDAY/AUG. 4 & SUNDAY/AUG. 5

Expo. Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax, will present a Women and Children's Expo for professional women in the Grand Court of the center. The Fair Oaks Women and Children's Expo will feature such showcased services as continuing education, women's health care and career opportunities for women,

THURSDAY/AUG. 16

Hands-on History. 1:30-3:30 p.m. A new program at Ellanor C. Lawrence Park, 5040 Walney Road in, provides an opportunity to experience how children lived in the 1800s. A costumed interpreter will lead the program, adding to the authenticity of the experience. Participants will practice penmanship, wash clothes, churn butter, and make ice cream. This program is suitable for children ages 4-9. \$10 per child per session. Register at www.fairfaxcounty.gov/parks/ecl/calendar.htm. Call 703-631-0013, or visit www.fairfaxcounty.gov/parks/ecl.

FRIDAY/AUG. 24 TO SUNDAY/AUG. 26

Conference. Rebuilding Christendom: Towards a Vision of Reconstruction Amidst the Ruins. The Conference will include presentations by 10 speakers, a Friday reception, Continental breakfast on Saturday, Saturday lunch, Saturday dinner, full breakfast on Sunday, Mass on

SATURDAY/AUG. 25

Civil War Reenactment. Commemoration of the 150th anniversary of the Medical Evacuation of wounded soldiers will be held at the Fairfax Station Railroad Museum. This Commemoration will honor Clara Barton, "Angel of the Battle Field" and Founder of the Red Cross. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. 10 a.m. to 5 p.m. Outside activities are free. Museum fee is \$5 adults; \$1 children 5-10. Under 5 are free. Call 703-425-9225 or visit www.fairfaxstation.org.

SUNDAY/AUG. 26

Open House. Caring Hands Animal Hospital of Centreville is holding their 16th Annual Open House and Dog Wash from 11 a.m.-2 p.m. Dog wash for donation, silent auction, freebies, children's games, pet contests and more. Open to the public, proceeds will be donated to local animal rescues. 5659 Stone Road, Centreville. Call 703-830-5700.

Communities of Worship

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

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Mount Olive Baptist Church
6600 Old Centreville Road, Centreville, VA 20121
Phone: 703 830-8769; Fax: 703 830-6718
www.mountolive-church.org
E-Mail: mtolive@mountolive-church.org



Rev. Dr. Eugene Johnson, Pastor



Service Times:
Sunday Morning Worship: 10:00 AM
Children's Church and Jr. Youth Church-
During regular Worship Service
Sunday School (9:00-9:45 AM/ All ages)
Spiritual Development Courses: (8:45-9:45 AM)
Youth Sunday Morning Worship: 10:30 AM
(Rev. Bobby J. Ford Jr., Youth Minister)
Holy Communion (Third Sunday) 10:00 AM
Wednesday Prayer Meeting/ Bible Study
and Spiritual Development Courses: 7:00 PM
(Includes Youth Bible Study)

