

CENTRE VIEW

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PHOTO BY BONNIE HOBBS/CENTRE VIEW

Madeline Rich, of Centreville's Manorgate community, tells the students about being a Jewish girl in German-occupied France.

Learning History Firsthand

Veterans tell Rocky Run students about WWII.

BY BONNIE HOBBS
CENTRE VIEW

Each year, WWII comes alive for seventh-graders at Rocky Run Middle School. That's because, besides what they learn about it from their textbooks, they get to hear firsthand from those who lived through it.

Before school ended, history teacher Jamie Sawatsky organized the annual, WWII Oral History Day. Both veterans and civilians came to the school. Some addressed large gatherings, while students interviewed others in small groups. Some interviews were videotaped and sent to the Library of Congress for its Veterans' History Project.

"It's an exciting, once-in-a-lifetime moment for me," said student Steven Schwarz, serving as the guide for 87-year-old Army veteran Richard Graff. "It helps me relate to the situations they've been in and see a new window on history."

Pleased to participate, Graff was glad to be at Rocky Run. "This is a privilege, and I'm proud that the students come and listen to me," he said. A former infantry PFC, Graff said he and his Army buddies had reunions every year from 1946-2010. And, he said, "We all agreed, we can't let the world forget about it."

"War is not glamorous, and you've got to do whatever it takes," said Graff. "You do what you're told — boots on the ground. War is about death and piles of bodies, and every combat soldier has got to get that behind him. But it still stays in your mind."

But camaraderie and family are also important, he said. "I carried a Bible with a steel plate in it to protect my heart," said Graff. "It was from my sister. We go to war for continuity of lifestyle, and I believe part of our mission is to remember it."

Grayson Bishop served in the 106th Infantry in Germany and Belgium and was a Browning automatic rifleman in the Dec. 16, 1944 Battle of the Bulge. "It was the biggest land battle ever fought by U.S. land forces anywhere and involved 750,000 to 1 million men," he said. "But we lost more men to the terribly cold weather than to the Germans. Our shoes were substandard and we got frostbite; they were neither warm, nor waterproof."

He said that battle began around 5:30 a.m. with "a tremendous, artillery-and-mortar barrage." And initially, just four U.S. divisions were facing 29 German divisions. "I was so busy shooting Germans, I didn't have time to feel anything," said Bishop. "We shot for about three hours straight. During that time, we only lost one man from our two platoons, and there were probably 300 dead Germans."

Still, he said, "I didn't think we were heroic; we just did what we were supposed to do. Every family was involved, and there was no bitterness or protests."

Bishop said Rocky Run's students impressed him because "they have a good grasp of history." Oral History Day is important, he said, because "if they're going to appreciate their country, they

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Realizing a Dream

Garrett begins job of deputy fire chief.

BY BONNIE HOBBS
CENTRE VIEW

Since he was a boy, William Garrett knew he'd grow up to be a firefighter. Although he and his family have lived in Centreville six-and-a-half years, he was born and raised in Alexandria's Gum Springs community — and that's where the spark was ignited.

"Four generations of my family lived there," he said. "When I was a kid, my friends and I would play basketball with some of the



Deputy Fire Chief William Garrett

firefighters at the Mount Vernon Fire Station. I told them I'd be a firefighter someday, but they told me to go to college and get a good education first."

SEE REALIZING, PAGE 2

Chantilly Pain Clinic Owner Is Convicted

Oxycodone distribution, tax fraud.

BY BONNIE HOBBS
CENTRE VIEW

The owner and president of a pain clinic in Chantilly was convicted Friday, Aug. 3, in Federal Court of conspiring to distribute and actually distributing oxycodone, a controlled drug. Paul Photiadis Boccone, 56, was also found guilty of healthcare fraud and payroll tax evasion in connection with Chantilly Specialists Ltd. pain clinic.

In addition, a nurse practitioner with the clinic, Charles Brown Jr., 51, was convicted of the same two narcotics charges. When they're sentenced this fall, Boccone could

receive as much as 350 years in prison, and Brown, 160 years.

A business description of the clinic on the ezlocal.com Web site states, "It is the mission of Chantilly Specialists Ltd. of Virginia to deliver meaningful and effective treatment to its patients who are suffering with chronic pain ... Simply put, it is our mission to do good medicine."

But in reality, said prosecutors, although Boccone prescribed medication — and sometimes referred to himself as a doctor — he didn't have a medical license. And evidence confirmed that, during the course of the conspiracy, at

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Realizing a Dream and More

FROM PAGE 1

Garrett followed their advice and has now been with the Fairfax County Fire and Rescue Department for 23 years. And he hasn't just done the job — he's excelled. In 2009, he was named the county's Firefighter of the Year. In June, he was promoted to deputy fire chief; and on July 28, he began supervising 37 fire stations and 350 personnel throughout the county.

"I'm very humbled by it," he said. "Sometimes we don't see our own potential; but every step of the way, someone did. They offered me some type of advice or guidance — and I've taken hold of it."

That realization made Garrett see the direct connection between the Fire Department and the community. "It's still there today, and it gave me a different perspective on community outreach," he said. "I know it's not just about delivery of service. It's also about giving sound advice, mentoring and communicating with a young audience."

After graduating from West Potomac

High, Garrett joined the Franconia Volunteer Fire Department. Nine months later, he was hired as a county firefighter. Attending NOVA part time, he eventually received an associate's degree in administration of justice. Next came a bachelor's from GMU in foreign language with a concentration in Spanish — and with good reason.

"About 10 or 15 years ago, as a firefighter, there was an unconscious Hispanic child and a frantic mother trying to communicate with us," said Garrett. "We had to go through a language line to understand her, and it pained me that we couldn't speak with her directly."

He began his professional career at the Dunn Loring station in 1989, riding on fire engines. He also became a paramedic and has been one for 22 years. And, he added, "It's even more important now as the population ages and increases."

Garrett was a paramedic at the Reston station and became an EMS sergeant at the Lorton station. (That title was later changed to EMS lieutenant). Afterward, he became

a fire investigator. "It was something different, and I thought it would be cool to try to figure out why someone would start a fire," he said. "That helped me with fire suppression because you've got to know how and where fires start so you can put them out."

That job also set the foundation for Garrett moving up the ranks and later becoming a fire lieutenant. "I loved it; it was a typical 'whodunit,'" he said. "Sometimes, an anomaly in a piece of equipment causes a fire. But we also see a lot where caution, intervention or education could have changed the outcome dramatically."

What it taught him, said Garrett, is the importance of "maintaining a situational awareness of what's going on and how things work. That's why I'm big into community outreach and fire prevention — taking the time to educate folks about safety. It's something subtle, but it speaks volumes."

He said it can be something as simple, yet vitally significant, as advising residents



PHOTO BY BONNIE HOBBS/CENTRE VIEW

William Garrett's first day as deputy fire chief was July 28.

to move hot barbecue grills on balconies and decks away from the house — or reminding them to keep space heaters away from combustibles. So, said Garrett, "Every time we have a citizen contact, we use it as an opportunity to educate."

Then, promoted to fire lieutenant, he moved to the Woodlawn station on Richmond Highway. "It was a dream-come-true because it's where I grew up," he said. "Then I returned to Franconia — where I'd volunteered." This time, though, he was an officer.

SEE GARRETT, PAGE 15

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ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Aug. 9 and 23, 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.

No I-66 Exit to Parkway South

Motorists, listen up: From this Friday, Aug. 10, at 10 p.m., through Monday, Aug. 13, at 4 a.m., the ramps from eastbound and westbound I-66 to southbound Fairfax County Parkway will be closed for paving. At the same time, the southbound parkway will be reduced to one lane.

The closures and paving are part of the work involved in the ongoing interchange project at Fair Lakes Parkway and Fairfax County Parkway. The following detour signs will direct drivers:

❖ From westbound I-66: Take Route 29 (Exit 52) north to access the Fairfax County Parkway.

❖ From eastbound I-66: Route 50 west (Exit 57B) to southbound West Ox Road (Route 608) to the Fairfax County Parkway.

Drivers may also take the northbound Fairfax County Parkway (Exit 55), turn right on Fair Lakes Parkway and right on West Ox Road to return to the Fairfax County Parkway.

Through the weekend, the Fairfax County Parkway will briefly be reduced to one lane southbound between Fair Lakes Circle and the Route 29 interchange (about 4300 feet). Drivers are asked to use alternate routes through this area to avoid delays.

For more details, see the VDOT project page: http://www.virginiadot.org/projects/northernvirginia/fairfax_county_parkway-fair_lakes.asp.

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 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@wfcma.org.

Women's Self Defense Program

The Fairfax County Law Enforcement Foundation is partnering with the Fairfax County Police Department to offer the Women's Self Defense Training program. It's based on the SAFE program formerly provided by the Police Department, but now being taught by C&J Security Corp.

The program is a two-day class that will meet on consecutive Tuesday and Thursday evenings from 6:15-9:30 p.m. It's currently offered free and all class materials are included. Program funding is provided through the Fairfax County Law Enforcement Foundation. The course is offered to females, age 13 and older. A female guardian must accompany girls 13-18. No men other than the instructors are permitted to be present during a class. For more information, call 703-246-7806, e-mail WSD@fairfaxfoundation.org or go to www.fairfaxfoundation.org.

NEWS

CENTRE VIEW EDITOR STEVEN MAUREN
703-778-9415 OR CENVIEW@CONNECTIONNEWSPAPERS.COM



A member of the senior 3 team performs a tumbling routine for her teammates.

Something To Cheer About

All-star gym for competitive cheerleading opens in Chantilly.

BY BONNIE HOBBS
CENTRE VIEW

Susan and Mark Culin and Jelaire Grillo have something to cheer about — literally. They've just opened Phase Cheer & Dance, an all-star gym in Chantilly where they'll train competitive cheerleaders.

"It's cheer, dance, stunts and tumbling, all combined into a two-and-a-half-minute routine set to music," said Susan Culin. "They'll learn one routine from September to May and keep perfecting it for competition."

Planned are five cheer teams divided by age and skill level and ranging from five to 32 athletes per team. There'll also be one competitive, hip-hop dance team for ages 11 and under. It currently has six members, but will be expanded to add more; some of them are also on the cheer teams.

"We have about 75 kids so far in the cheer-and-dance program," said Culin. "We just have girls now on the teams, but boys are welcome to join. We'll accept people for all teams through August."

The gym is at 14807-L Willard Road, between Cox Communications and Bowl America, and around the corner from Westfield High. To sign up, and for information about cost and practice hours, go to www.phasecheeranddance.com. The facility also offers open gym for non-team members who just want to work out, Fridays, from 6-8 p.m., and Saturdays, from 1-3 p.m.; cost is \$10. "Several high-school girls preparing for cheerleading tryouts have also come to it," said Culin. "We have coaches here or they can practice on their own." Tumbling classes are also available to the public, plus Saturday, 11 a.m., adult hip-hop classes. Information is on the Web site.

Susan Culin is a Fairfax County police captain and the commander of the department's Traffic Division. Her husband Mark retired from the department and now owns his own accident-reconstruction and investigative-services business.

Grillo moved to Centreville's Centre Ridge community four years ago. Before then, she coached running and cheering for girls' competitive teams at the University of Florida. She began coaching SYA cheerleading in 2008 and, from 2009 through this May, coached SYA's competitive cheerleading squad,

SEE ALL-STAR, PAGE 13



The Lunar Rays mini-team, comprised of 6-8 year olds, performs a lift with the help of a coach in the background.



At the new, all-star gym are (back row) Mark Culin and (front row, from left) Jelaire Grillo, Sam Culin, Becca and Hannah Weinert and Susan Culin.

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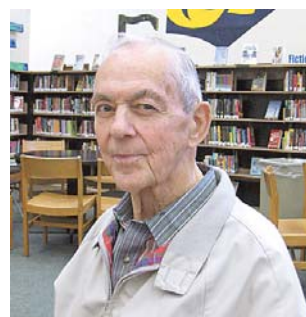
News



Dr. Norman Ikari, a Japanese American born in Seattle, served with the U.S. Army while America detained his wife.



Rocky Run student Steven Schwarz and Army veteran Richard Graff.



Grayson Bishop was an Army rifleman during the Battle of the Bulge.

Learning History Firsthand

FROM PAGE 1

ought to know about it."

Madeline Rich, 82, of Centreville's Manorgate community, spoke to students in the media center. Her grandchildren attended Rocky Run; but during WWII, she was a young, Jewish girl living in German-occupied France.

"People have no idea what civilians in the war went through, and everybody has a different story," she said. "I came here because I believe it should be told, and I don't want it to be forgotten. You can't read about it; even a movie isn't a true rendition."

Rich said most of the Germans "were just people like us. Not everyone was bad." She was just 9 on Sept. 2, 1939 in Metz, France when her mother sent her to the grocery store. "When I came out, people were saying, 'The war is started; the German's invaded Poland,'" said Rich. "We were worried, especially as Jews, because France wasn't far from Poland."

She said people afraid of the Germans blamed the Jews for the invasion, and she remembers asking her mother, "What did we do?" Said Rich: "My mom said, 'Nothing,' but she packed us up to leave. My father had already gone to the south of France to find a place for us to escape the Germans."

She and her mother; sister, 6; and brother, 3; fled to Dunkirk, planning to head to England from there, but couldn't. So they kept moving seven more times to stay ahead of the Germans. "I never realized the danger we were in," said Rich. "Dad was in the French Underground, blowing up bridges and helping Jews escape from the Germans."

When the war ended, she was just 15. People were so happy, she said, they were dancing in the streets. She came to America in 1951 and eventually married. "My husband had been in a concentration camp," she said. "It took him years and years before he was able to talk to our children about it."

Also sharing his story was Dr. Norman Ikari, 93, a Japanese American who served with the 442nd Regiment in Italy. His parents came to the U.S. in 1913, and he was born six years later in Seattle. His family moved to Southern California in 1930, in the midst of the Depression.

"I remember people standing in line for a loaf of bread," he said. Graduating from high school in 1936, he registered for the draft and then attended L.A. City College. But in his second semester, on Dec. 7, 1941,

the Japanese bombed Pearl Harbor.

"I was shocked and I wondered what would happen to me and the other 100,000 Japanese living in the U.S., mainly west of the Rockies," said Ikari. "At that time, several thousand Japanese were already in the Army. On Jan. 20, 1942, I was drafted and sent to a camp for medics in Illinois."

But, he said, "In my second month of basic training, President Roosevelt signed an order to evacuate all Japanese people. They were rounded up, taken from their homes and placed behind barbed wire. There were 10 camps and my wife was put into one of them."

In May 1944, as part of the 442nd Infantry Regiment comprised of Japanese Americans, Ikari went to Italy, where his unit fought the Germans north of Rome. That July, a bullet went through his left leg. "I was afraid to move; I was yelling for the medic and saying prayers," he said. "The medic and another person carried me back."

After four months in a hospital, he was reassigned and, when the war ended in August 1945, he went to Fort Bragg, N.C., and then to school at UCLA, George Washington University and Georgetown University. Ikari then became a microbiologist at the NIH, retiring in 1980. He and his wife have four daughters and three grandchildren, and he's spoken at Rocky Run since 2005.

"It's a part of history and, for me, unique history, because of my Japanese parentage," he explained. "After Pearl Harbor, America was shocked and angered and had an intense hatred of all things Japanese. Even today, 70 years after the war, I still experience anti-Asian prejudice." On Nov. 2, 2011, the 442nd Regiment was awarded the Congressional Gold Medal – the nation's highest civilian award.

After the oral history event, seventh-grader Lilly Hill Pensamiento said she enjoyed listening to the veterans' stories about "how they helped us have the life we have today. They each fought in their own way and, as you hear them tell their stories, you can actually visualize what happened."

She said learning firsthand about the sacrifices they made for their country made them more real to her than if she'd read about them in a book. "It makes me grateful that we have this event and can have the honor of talking with them," she said. "It also makes me realize how life-or-death the war was. I don't think I could do what they did."

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NEWS

War from Two Different Perspectives

BY BONNIE HOBBS
CENTRE VIEW

Although WWII involved the whole country, people's perspectives on it varied, depending upon where they lived and whether they were civilians or military personnel. Below are two, personal accounts of the war given by people who participated in Rocky Run's recent WWII Oral History Day.

CIVILIAN LIFE

"My dad was an Army doctor at the air base at Fort Shafter in Honolulu when Pearl Harbor was bombed," said Judy Heisinger of Centreville's Bull Run Estates community. "I was 6 and I didn't know what that meant or what war meant. But then uncles and cousins went to war, as well. I think every family I knew had someone in the war."

So she told the Rocky Run students how the country came together then "because we were all doing the same things. I was living in New Martinsville, W. Va., and we collected metal and rubber to turn in for the war effort. My elementary school was sent out to a field to collect milkweed pods to use for parachutes instead of silk."

During the war years, said Heisinger, "Everybody had a victory garden and there was food rationing. But if three or four families saved their ration cards, we could buy sugar for ice cream once a year. And with the aluminum foil from candy wrappers, we made balls and turned them in to be used for airplane and ship parts."

She said families didn't have butter and people were limited to two pair of shoes a year. Students in her school sent kits filled with combs, soap, toothbrushes, socks and mittens to children in Norway, which was then occupied by Germany.

She's spoken at Rocky Run during three Oral History programs. "I come here to honor the veterans who fought during that time and to let the kids know what life was like for civilians in a war situation," she said. "I also get to hear other people's stories and meet the veterans."

MILITARY PILOT

Russell O'Connell, 91, flew P-47 aircraft over France and Germany with the Army Air Corps, racking up 99 missions in a year. He was just 20 when he enlisted, so his parents had to sign for him. "There were no P-47 instructors," he said. "We had to teach ourselves. But it was one of the biggest thrills of my life."



Seventh-grader Ashley Chang (on left) was the guide for Centreville's Judy Heisinger, who was 6 when WWII began.



Russell O'Connell tells Rocky Run students about flying P-47 aircraft over France and Germany.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

He eventually flew that aircraft so well that he became an instructor pilot. "We flew protection for the fighter pilots," said O'Connell. "Although, we couldn't protect them from the flak on the ground. We saw tragedies over Berlin — some of the guys bailing, planes exploding or spinning — and we'd pick them up and escort them home."

His most memorable moment came when he and other pilots were bombing trains in a railroad yard and the enemy shot back. "Both wings were hit and I didn't want to bail out because I was afraid they'd shoot me [while dangling] in my parachute," said O'Connell. "So I bellied into a big

field and blew up the radio so they wouldn't get our codes."

"I saw a Frenchman, but he ran from me," continued O'Connell. "I found a woodpile and covered myself up and prayed. When I looked up, there was a Jeep with a Frenchman and a G.I., who'd been reconnoitering the area. They took me to a place with C-47 aircraft and flew me back to my base." Despite what he'd just been through, that afternoon he had to fly another mission. But he didn't mind because, like many pilots, he had what he considered a good-luck charm — red socks his wife had knitted for him. Said O'Connell: "I wouldn't fly without them."

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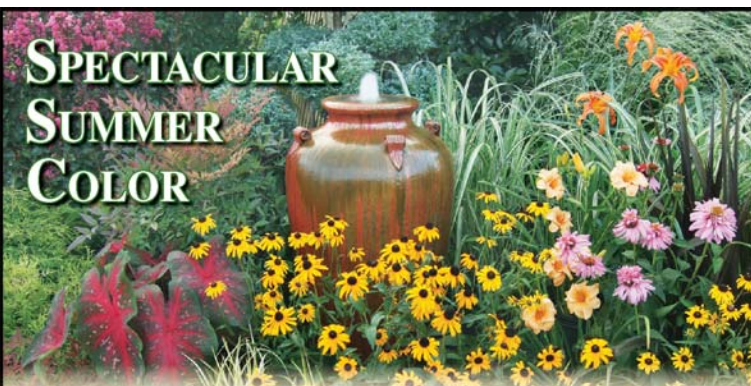


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Mindless Slashing

Automatic cuts set to start in January would harm Northern Virginia more than any other region.

While reducing the federal deficit is critical to the nation's economic health in the long run, the knee jerk, slash and burn method based only on cuts that is coming at us like a freight train will do immense damage to the economy nationally. But no place would feel the pain more intensely than Northern Virginia.

Last week, hundreds of technology workers gathered in Arlington, waving stop-sign shaped pickets that said "stop sequestration." Self-serving? Perhaps, but the mindless and catastrophically timed cuts would hurt everyone in Northern Virginia.

"The risk posed by these cuts taking effect is not a gamble that Virginians can take," said U.S. Rep. Gerry Connolly, who addressed the group along with Gov. Bob McDonnell, U.S. Reps. Jim Moran and Frank Wolf, Northrop Grumman CEO Wes Bush, SAIC CEO John Jumper, Northern Virginia Technology Council Chair Brad Antle, Aerospace Industries Association CEO Marion Blakey and Fairfax Chamber of Commerce CEO Jim Corcoran and others.

"A third of our economy here in Northern Virginia and in the National Capital Region is

dependent directly on federal investment and spending, Connolly said, calling for compromise in Congress.

The Budget Control Act of 2011 sets the stage for automatic spending reductions over the next 10 years beginning Jan. 2, 2013 resulting in Pentagon spending cuts of \$800 billion, \$700 billion in cuts from other agencies with a \$200 billion reduction, mostly from Medicare, in mandatory programs. This is according to Steve Fuller and the GMU Center for Regional Analysis.

According to the analysis, Virginia would be second after California in job losses to the states in the next two years, with a potential loss of more than 200,000 jobs (136,191 defense-related jobs lost and 71,380 non-defense jobs).

It's important to note that the vast majority these job losses would be in Northern Virginia, and the looming problem is one reason Fairfax County is asking all departments to prepare for a possible five percent reduction in each of the next two years.

There are hundreds, possibly thousands, of ways to begin to fix the deficit; this is not one.

You can read the George Mason analysis at http://www.aia-aerospace.org/assets/Fuller_II_Final_Report.pdf

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Our Insider's Guides will publish the third week of August. What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about. What tips do you have for someone getting to know your community? Great places and activities? Events that should not be missed? Organizations that do a great job? Places to volunteer? Share it with us and we'll share it with our readers. We'd love to have your photos to go along with your suggestions.

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The deadline for Insider's Tips is Friday, Aug. 17.

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— MARY KIMM,

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EDITORIALS

LETTERS TO THE EDITOR

Appreciates Support

To the Editor:

The Deer Park Elementary School PTA would like to thank the following businesses for helping us with our 2012 spring clean-up: Bricks Pizza, Cox Farm, Dunkin Donut, Giant Food, Home Depot, Meadow Farms Nursery and Virginia Bagel.

With their support, we were able to beautify our school grounds and feed all of our wonderful volunteers.

We would also like to thank the following businesses for helping make our 2012 Spring Fling Silent Auction fund raiser a huge success: Ace Hardware, Clay Café Studio, Cupcakes Actually, Dinner Done, Goodyear, Jiffy Lube Live, Modell's Sporting Goods, nZone Fitness, Potomac Nationals, Shadowland Adventures, Washington Nationals and Westfields Marriott.

Support from these businesses in our local community allows us to help enrich our children's school experience at Deer Park Elementary School.

Thank you again for all of your support!

Deer Park PTA

Beyond Schools' And TJ's Control

To the Editor:

I'm writing in response to the op-ed regarding the lawsuit against Thomas Jefferson High School. This lawsuit is deeply flawed and is not a serious attempt to address the socioeconomic causes of inequality.

You come close to acknowledging this in the editorial. You write that "The disparities and lack of diversity at Northern Virginia's stellar magnet school, ranked the top high school in the nation, is a symptom of a much more pervasive problem in Fairfax County." You point out that "TJ has made a variety of attempts to address the exclusive nature of admissions," and that "The problem runs much deeper than freshman admission to Thomas Jefferson."

Then why not come out and say this lawsuit is a mistake? It's an attempt to scapegoat what by all accounts is an excellent educational facility for the inequities of life.

Using population numbers to make a case for discrimination is also intellectually dishonest. Most people know that just because A happened before B, that doesn't mean that A caused B. There is no

question that by these numbers Black students (1.4%) and Latino students (3.8%) are underrepresented at Thomas Jefferson, based on overall school population. As a reader of yours has already pointed out, White students (26.2%) are also underrepresented, while Asian students are vastly overrepresented (64%).

What should we do about this? Expel enough Asian students to bring the numbers in line? Accept more White, Black and Latino students, whether they meet the high admission qualifications or not?

Absurd of course, but that's the danger of identifying students as representatives of ethnic groups rather than as individuals. And the danger of focusing on outcomes, not inputs.

My wife and I have no children. We have no first hand experience of the staff at Thomas Jefferson, though a neighbor's son went there and did well. However, I'm willing to bet that the staff there works very hard to avoid discriminating against any student, and would very much like to admit more disadvantaged students if they could. This suit attempts to make them (and the broader school system) responsible for socioeconomic factors totally beyond their control.

Perhaps the goal of this lawsuit is publicity, to bring more attention to the topic of educational inequality. It may do that, but I think not the right kind of attention for the reasons mentioned above. Plus, lawsuits usually harden positions and sow discord, not accommodation.

We enjoy reading the Gazette and appreciate the recurring focus on those less fortunate in our area. That topic needs to be addressed, as does improving the prospects of every student in Fairfax County. But all students would be better served by more honesty in this debate, and perhaps more realism regarding how completely the public school system can counterbalance economic disparities.

Christopher Parente

Write

The Centre View welcomes views on any public issue. Include home address and home and business numbers. Send to:

Letters to the Editor
Centre View
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
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Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9438
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Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
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Laurence Foong, John Heinly
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Jean Card
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Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
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A Connection Newspaper

Clinic Owner Convicted of Oxycodone Distribution

FROM PAGE 1

least four of the clinic's patients died of overdoses related to the drugs they'd received there.

Opened in 2005, the clinic was originally on Parke Long Court before relocating, around January 2011, to 4200 Lafayette Center Drive, Suite R. However, a notice on its Web site advises that, effective March 16, Chantilly Specialists Ltd. "is no longer seeing patients."

According to court records and evidence at trial, even though Boccone wasn't a trained or licensed medical practitioner, he treated patients and prescribed narcotics by either forging the signatures of medical practitioners or encouraging medical practitioners to endorse prescriptions that he wrote.

Brown was the lead nurse practitioner there, and prosecutors said he helped Boccone by continuing to prescribe large amounts of narcotics to patients without medical need for them.

The case against the two men was detailed in the 36-page indictment filed Dec. 22, 2011, in U.S. District Court in Alexandria. A federal grand jury indicted Boccone on 28 criminal counts, and Brown — also known as Charles Conway — on four counts. The document stated the illegal activities occurred over a six-year period from

Dec. 22, 2005 until the indictment date.

Boccone ran the clinic's daily operations, hired and directed employees, approved payments from the company, signed payroll checks and made financial decisions on behalf of the company. But that's not all he did, said prosecutors.

THE INDICTMENT states that he told the medical providers at Chantilly Specialists that "customers were to be provided with Schedule II narcotic pain medication, sometimes in direct contrast with the medical provider's clinical opinion." Schedule II drugs have a high risk of being abused by their users, which may in turn lead to severe, psychological or physical dependence.

People would often travel long distances — in some cases more than 350 miles one way, or a round trip of more than 12 hours — to be treated for reported severe pain. But according to the indictment, "Chantilly Specialists would 'examine' 25 or more patients per provider per day. [However], each of these customers would receive only cursory examinations prior to being prescribed Schedule II narcotics. [At] one point, egg timers were utilized to ensure no patient was with a provider longer than 20 minutes."

Making matters worse, the document states that "Medical providers at Chantilly Specialists, including Brown, provided large amounts of prescription medication to cus-

tomers they knew to be drug addicts — including patients who were not examined in person prior to issuance of the prescriptions."

It stated that Boccone would intercede on behalf of customers and "would coerce or threaten medical providers who did not prescribe the desired medication ... He also would sign [a particular] supervising physician's name on prescriptions." In addition, existing patients were encouraged by Boccone to solicit new ones to the practice, regardless of their medical requirements.

According to the indictment, in a one-year period, under Boccone's direction, Brown prescribed "over 800,000 oxycodone-based narcotic pills to approximately 600 customers. [One particular] customer was prescribed [some] 14,400 oxycodone-based pills."

The document further states that under Boccone's control, Brown "continued to prescribe excessive amounts of controlled substances, knowing that these distributions [had] resulted in numerous overdoses and, in some cases, deaths to customers." Three men and one woman died Oct. 3, 2009, April 7, 2010, and Feb. 1 and March 4, 2011.

Adding to the conspiracy, the indictment notes that, at Boccone's direction, Brown "altered at least one customer's file after Chantilly Specialists learned of his death. [And] Boccone, under subpoena to produce certain customer files, altered those files."

Prosecutors also say the two men and others "obtained substantial income and resources from their illegal distribution of controlled substances."

Regarding the healthcare fraud, to submit claims to Medicare for services rendered, a physician is required to enroll with Medicare and obtain and register his or her individual Medicare Provider Number. But although the clinic treated patients on Medicare and submitted claims for their services, Boccone never obtained a provider number.

As for payroll tax evasion, the indictment stated that from Jan. 1, 2006 until Dec. 31, 2008, Boccone "did willfully fail to truthfully account for and pay over to the Internal Revenue Service all of the federal income taxes and FICA taxes" he'd withheld from his employees' paychecks.

Following Boccone's and Brown's convictions, last Friday, Aug. 3, U.S. District Court Judge Claude Hilton set their sentencing for Nov. 9. The case was investigated by the FBI Washington Field Office; IRS; Department of Health and Human Services, Office of the Inspector General and Fairfax County Police Department.

Assistant United States Attorney Michael P. Ben'ary and Special Assistant United States Attorney and Virginia Assistant Attorney General Marc J. Birnbaum are prosecuting the case. Ben'ary is a former Fairfax County assistant commonwealth's attorney.

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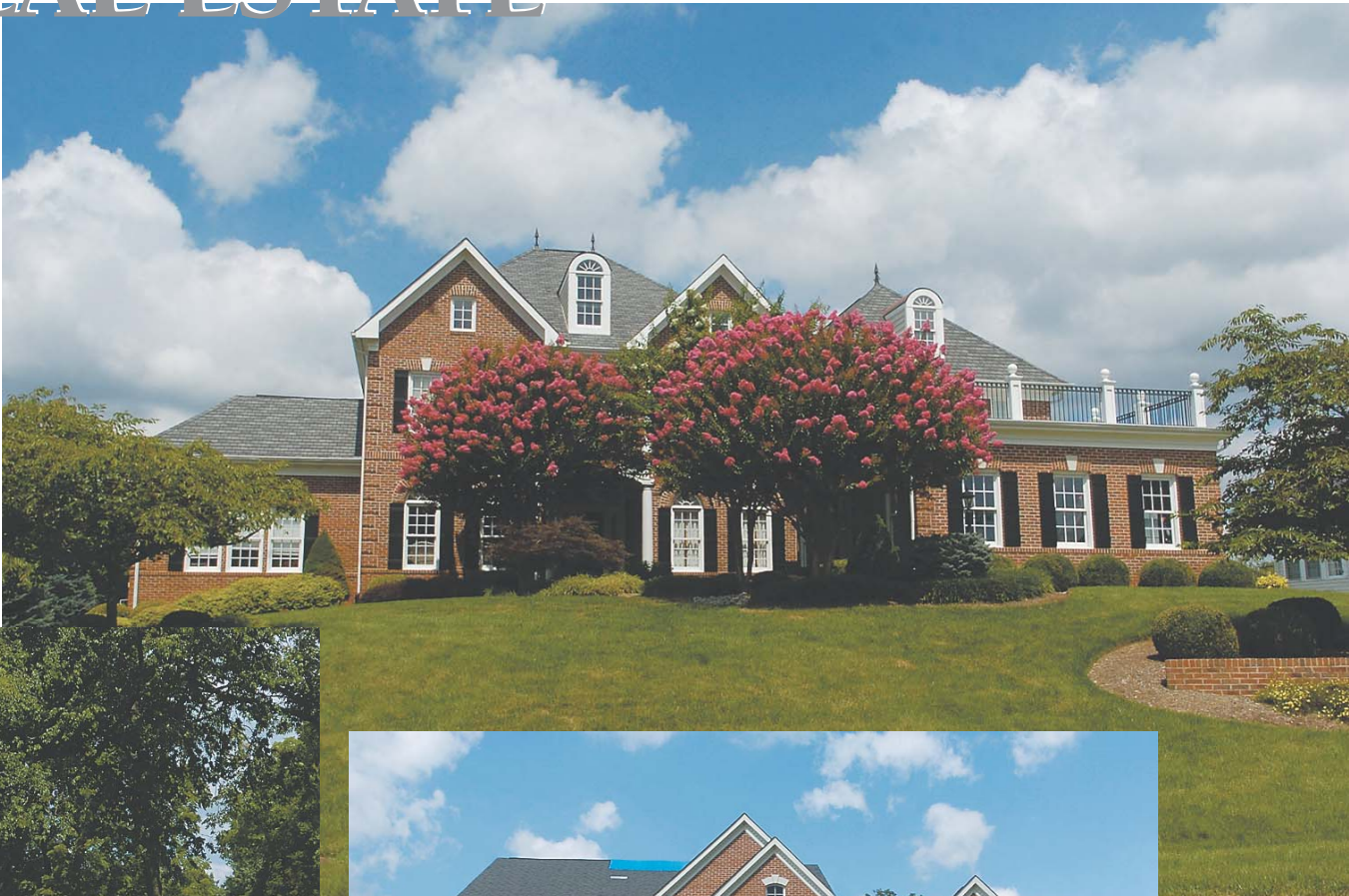
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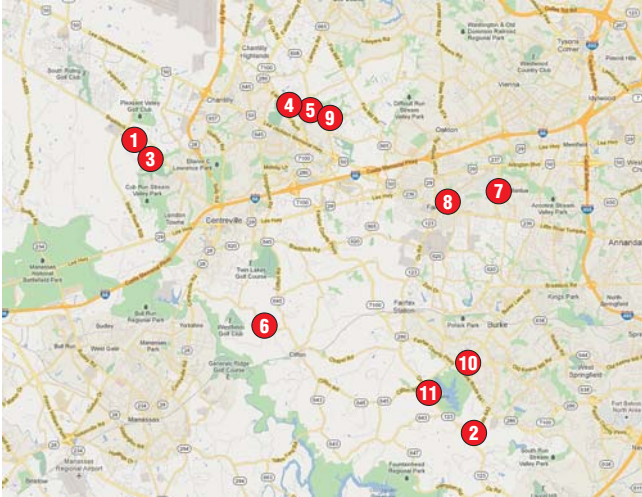


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Home Life Style

Remodeling and Renovating

Local designers design a home that is compatible with one's lifestyle.

BY MARILYN CAMPBELL
CENTRE VIEW

Lifestyle and social considerations are as important as design and aesthetic decisions when remodeling or renovating a home, say some local designers. From bathrooms with a water closet to second floor laundry areas and kitchens that flow freely into the family room, homeowners should determine how the space will be used before beginning a remodeling project.

"I try to figure out how the family lives," said George Hodges-Fulton of BOWA. "If I know who is doing what where and when I can design around it. If something drives you up a wall and you're ready to go see Dr. Phil with your spouse, let's just design around it."

Hodges-Fulton restructured the dated kitchen of a McLean home to add more space for an active family that includes three teenage boys. An addition extending from the rear wall of the kitchen expanded the footprint of the home. The plan included a butler's pantry, family dining area, sitting room and screened porch. The addition of windows allowed natural light to stream into the space.

"The specific reason that the addition was put on was to provide the husband with a place to read the Sunday paper and still be engaged with the family," said Hodges-Fulton. "He travels quite a bit, but the idea would be that the family would have a Sunday morning gathering space. The addition definitely changed the dynamic and improved family time."



PHOTO BY SUZANNE KALMIN

When remodeling this Fairfax kitchen, designers at RJK Construction demolished an existing enclosed porch and removed nearly half of an exterior wall.

Guy Semmes of Hopkins and Porter Construction in Potomac, Md. transformed the cramped, dark interior of a Damascus, Md., home into a haven of light and nature. Floor to ceiling windows make up the entire rear wall of the addition, which also unified the kitchen, family room and living room, creating an open, flowing space with a panoramic view of the tree-filled backyard.

"We wanted to take advantage of all the southern light from the backyard and to make the home feel more expansive," said Semmes. "We integrated the outdoors with the interior spaces. It made everything flow

so much nicer."

HUSBAND AND WIFE DESIGN team Suzanne and Robert Kalmin of RJK Construction in Fairfax created a space in the bathroom of a Reston home to make laundry less laborious. "The homeowner had an active family," said Suzanne Kalmin. "She had to do laundry for three kids and two adults. The washer and dryer were in the basement. She wanted a laundry area that didn't require her to run up and down the stairs constantly."

The Kalmins remodeled the large second

floor master bathroom to include a space for the washer and dryer. "All of the bedrooms are on the top level, so it made more sense," said Robert Kalmin. "Instead of walking up and down the stairs she could just go straight across the hall. She could do laundry at night while relaxing in her bedroom." Potomac, Md.-based designer Susan Matus of Case Design/Remodeling transformed an outdated Bethesda home, creating a space that would feel inviting to the homeowners' daughter, son-in-law and three grandchildren. The design included a ground level office and family room, and a renovated basement with room for a pool table and bar. Even the walls were stripped of the existing wood paneling.

"The family room walks out to the backyard where there is a very beautiful pool," said Matus. "Before the renovation, the family room did not have a clear exit out to the pool area. We added French doors that open to the patio."

When renovating a kitchen, an Alexandria homeowner wanted the warm look of a slate floor, but not the high-maintenance that comes with a natural stone surface in a high-traffic area. Designers Allie Mann and Jim Wrenn of Case Design/Remodeling suggested a porcelain slate with high variation to provide the look and feel of slate without the tiresome upkeep.

From free-flowing rooms to low-maintenance spaces, designers say that are able to incorporate most homeowner requests into a remodel or renovation. "Every homeowner has their own style," said Robert Kalmin. "When it comes to construction, we're able to accomplish everyone's style."

Gourmet's Delight

Two-level indoor/outdoor solution extends the season and satisfies lifestyle pursuits.

BY JOHN BYRD

Northern Virginians love the region's forgiving climate. Yes, the temperature drops below freezing, but with a little focused heat source a fall day on the deck is quite sublime. Likewise, those short spans of subtropical sirocco become pleasingly exotic with the aid of a Casablanca fan, a pitcher of cold tea and a woodland view.

And extending the season outside is always a pleasure — a bit like being treated to an unexpected vacation.

"We're clearly seeing a demand for finely elaborated indoor/outdoor solutions," said Craig Durosko, founder and principal of Sun Design Remodeling in Burke. "When people have been in their homes for a while they naturally begin exploring remodeling ideas that support lifestyle interests."

Durosko should know. He's been a trendsetter in the reinvention of local home spaces for more than 20 years, winning dozens of design awards.

"People are converting houses into homes," Durosko said. "Lifestyle interests are major factor driving local remodeling."

Case in point: the owners of a 25-year-old split-level in Springfield.

Yes, the owners have a taste for collectible racecars, gourmet cooking, exceptional wine and fine cigars. These are refined pursuits they've cultivated over many years.

Actualizing rarified tastes into an action plan that causes walls to move is another matter. It's claiming the house as your own. And if such a proposal is to be seriously entertained, it had better be thoughtfully conceived, well-integrated and considerate of every person in the household.

"Integrating all the parts of a diverse wish list is always a fascinating creative challenge," Durosko said, describing changes to the Springfield residence that resulted in a substantially enlarged gourmet kitchen, a 300-sq.-ft. dining deck, and even a lower-level cigar and wine tasting salon.

"Our role is to help the owner articulate and shape their personal vision, finding out what's feasible —

SEE TWO-LEVEL INDOOR, PAGE 10



PHOTO BY BRYAN BURRIS

A 200-square-foot kitchen addition extends onto a 16' x 47' deck, which provides outdoor dining for six. The pergola lends definition — but is also equipped with rotating fans, directional heating units and a sound system. The Trex-clad decking is weather resistant, easy to maintain.

Two-Level Indoor/Outdoor Solution Extends Season

FROM PAGE 9

and what's budgetable."

In this case, such considerations were particularly pressing since Sun Design was taking over architectural plans that had turned out to be both over-budget, and out of compliance with county setback requirements.

THE PROJECT'S SCOPE was the bigger challenge, though, and it included a completely re-designed rear-elevation and new construction upgrades on two levels.

Three owner requirements prevailed:

❖ First, at 211 sq feet, the existing kitchen was cramped, outdated and dark. The owners wanted a gourmet facility — with a cooktop island, in-kitchen dining and a warmly, textured interior focused on sweeping back yard view.

❖ Secondly, since the house backs up to a lovely wooded surround, a dining deck directly accessible from an extended and upgraded kitchen was the obvious call. The plan would accommodate a table setting for six, but also provide a means to keep the party comfortable even when temperatures somewhat rise, or somewhat fall.

❖ Finally, the husband in particular was looking for a dedicated out-of-the-way space to comfortably sample (and store) an exceptional portfolio of wines and cigars.

Caveat: the whole should also be perfectly



PHOTO BY BRYAN BURRIS

The custom-designed island combines an induction cooktop, an oven and a three-stool dining counter. Diagonal patterns of cork flooring undergird the cook's work station.

integrated into a developable landscaping scheme, which would be afforded easy access from the deck.

SOLUTION: Architecturally, Sun Design's solution presents a neat convergence of a

The kitchen extension boasts a cathedral ceiling set off by exposed rafters — a change that makes the entire room feel that much more expansive.

A mid-room cooktop island with dining counter provides the chef with welcome convenience in negotiating a whole series

sensible space enlargement strategy with structural necessity. After removing most of the existing rear kitchen wall, the plan calls for a 16' x 47' deck (spanning from mid-house to the corner of the garage) which also accommodates a 200-sq.-ft. kitchen extension.

The new Trex-surfaced deck is now accessible from both an existing rear door and a new north-facing "cook's door" a few strides from the outdoor dining table.

The original, visually-restricted kitchen windows have been replaced with a running wall of double hung Mi windows that frame a panoramic portrait of backyard gardens.

of work triangles. The new custom built-in is also a pleasant spot for a cup of coffee or simple quiet time.

Interior finishwork is pristine throughout. Diagonal patterns of cork flooring (under the cook's feet) converge with a softly beige ceramic tile. Marble counter surfaces abut Chiaro Saraceno mosaic backsplashes accentuated with Durango Rope detailing. Amenities include an induction cooktop, a wine refrigerator, and dedicated space for an espresso coffee maker.

Outside, an eagle-headed pergola spanning a wrought-iron table with seating for six provides an appropriate structural transition from inside to out.

To extend the season a bit, the perogla is wired with both overhead rotating fans and a pair of directional space heaters. There's also a four-speaker sound system.

From here, the plan literally veers off in two directions. A staircase descends to a landing which exits north towards a flagstone walk bordered by planters, or south to discretely concealed supplemental storage and a new patio lounge.

Pass through a pair of French doors, and you enter a custom-designed cigar and wine tasting salon complete with wine racks and leather club chairs.

A quiet retreat to explore life's finer pleasures while watching the sun set in the trees. Ah, Wilderness!

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World-Class Jazz. 6-9 p.m. Paul Langosch on bass and Rick Whitehead on guitar. At the Copper Canyon, 5815 Trinity Pkwy. Call 703-830-6600 for reservations.

WEDNESDAY NIGHTS

Men's Chorus. 7:30-10 p.m. Sing "Acappella" with the Fairfax Jubilaires men's barbershop chorus. Members of the Barbershop Harmony Society. At Lord of Life Lutheran Church (West), 13421 Twin Lakes Dr. Visit www.fairfaxjubilaires.org or contact Aaron Watts at 703-793-7166 or adwatts78@yahoo.com.

MONDAYS & WEDNESDAYS

Zumba. 7-8 p.m. Latin-based dance fitness classes — no gym membership required. Visit www.gozumbafun.com.

THROUGH AUG. 31

Summer Camp. For ages 3 to rising 9th graders. Teen Camp for rising 10th graders to rising 12th graders. At Mount Olive Baptist Church, 6600 Old Centreville Rd.

TUESDAY/AUG. 14

Needle Craft. 6:30-8:30 p.m. **Centreville Stitches** welcome adults who enjoy knitting, crocheting, or other needlework crafts, and conversation. At the Centreville Regional Library, 14200 St. Germain Dr. Free. Contact Jo at

THURSDAY/AUG. 16

Hands-on History. 1:30-3:30 p.m. A new program at Ellanor C. Lawrence Park, 5040 Walney Rd., 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.

THURSDAY/AUG. 23

Needle Craft. 1:30-3:30 p.m. **Centreville Stitches** welcome adults who enjoy knitting, crocheting, or other needlework crafts, and conversation. At the Centreville Regional Library, 14200 St. Germain Dr. Free. Contact Jo at 703-803-0595 or email joknitter@verizon.net.

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 and Sunday. Early Bird registration of \$150. At the Dulles Marriott Hotel. Visit www.rebuildingchristendom.com to

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, 11200 Fairfax Station Rd. 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.fairfax-station.org.

Concert with "Heritage Brothers" from West Virginia. 6:30 pm. Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. The church is located on Route 50, 1/5 mile east of the Route 28 overpass on the corner of Route 50 and Sullyfield Circle. Call 703 631-1799.

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 Rd. Call 703-830-5700.

Civil War Reenactment.

Commemoration of the 150th anniversary of the Medical Evacuation of wounded soldiers will be held at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. 10 a.m.-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.fairfax-station.org.

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Deadline is Thursday at noon. Photos welcome.

FRIDAY/AUG. 17

Shabbat BBQ. 6 p.m. Come and enjoy a relaxed evening with a special Shabbat barbeque at Congregation Beth Emeth in Herndon. The evening includes hamburgers, hot dogs, games and sports followed by services held outdoors at 7:30 p.m. Prospective members are welcome as our guests at no fee. For more information or to RSVP, visit www.bethemeth.org/summerbbq.htm.

WEDNESDAY/AUG. 22

Volunteer Management Boot Camp. 9 a.m. to noon. Volunteer Fairfax office 10530 Page Ave. Fairfax. Come learn the secrets of the volunteer cycle including program planning, targeted recruitment and volunteer supervision. Starts at \$40 per person. Register here: <http://volunteerfairfax.civicore.com>.

MONDAY/AUG. 27

Blood Drive. Virginia Tire & Auto, the Fairfax-based full-service provider of automotive maintenance, repair and tire services, is partnering with Inova Blood Donor Services as it hosts a blood drive from noon-6 pm at the Ashburn/Dulles (44285 Ice

Rink Plaza) and Centreville (14611 Lee Hwy) facilities. Customers who donate blood will receive a voucher for a free oil change at any of its 11 locations (or \$30 off any service). Appointments are preferred, but walk-ins will be welcome at the two Virginia Tire & Auto facilities. To schedule an appointment visit inova.org/donateblood, click donate blood 2x, and enter sponsor code 8000 for Ashburn/Dulles or enter sponsor code 7929 for Centreville or call 1-866-BLOODSAVES.

SUNDAY/ SEPT. 16

Troop 1983 Eagle Scout Project, Senthil Kannan. Noon- 4 p.m. Bikes for the World Used Bike Collection. Donate your used bike (and bike parts) to make a difference in someone's life. A \$10 donation along with a donated bike (both are tax-deductible) covers shipping and handling, and the donation will help reduce landfill waste. REI Fairfax in Fairfax Corner, 11950 Grand Commons Ave. Email senthil.kannan.61109@gmail.com. Visit www.bikesfortheworld.org.

ONGOING

The Chantilly Academy Auto Technology and Auto Collision Repair classes are looking for used cars as donations. Call Ann Booker at 703-227-3041 or Kenny Brown at 703-222-7466.



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SPORTS

NVSL Season Concludes with Individual All-Star Meet

Waynewood's Dona sisters win at home pool.

BY JON ROETMAN
CENTRE VIEW

Eight-year-old Hanani Dona jumped up and down in support of her older sister, 17-year-old Reanna, during a medal ceremony at the Northern Virginia Swim League Individual All-Stars meet on Aug. 4. Hanani's involvement in the day's events wasn't limited to cheerleading, however, as the younger sibling received her own recognition.

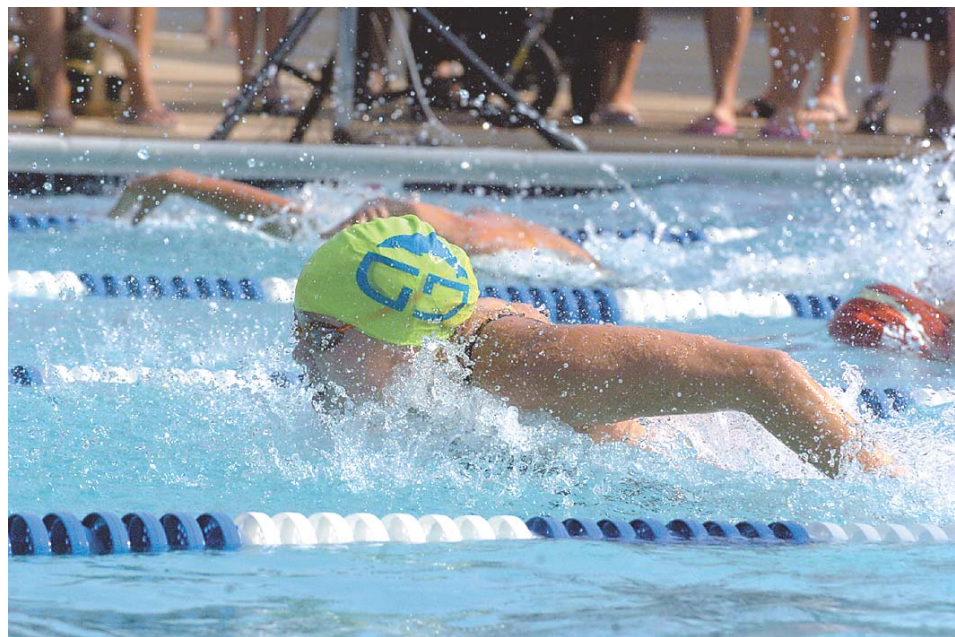
Reanna won the 15-18 girls' 50-meter butterfly and finished second in the backstroke, and Hanani finished third in the 8U 25-meter butterfly and first in the backstroke at their home pool: Waynewood Recreation Association in Alexandria. Reanna, a 2012 graduate of West Potomac High School and rising freshman at Ohio State University, finished with an NVSL season-best time of 28.55 seconds in the fly. In the backstroke, she was one of two swimmers to break 30 seconds. Her time of 29.66 was bested only by Janet Hu's NVSL record time of 28.21.

Hanani swam 18.81 in the fly and 19.94 in the backstroke.

"I actually made it a point to watch [Hanani]," Reanna said. "... We have such a huge age difference between us, I wasn't sure whether she'd like swimming or not. At her age, I was not making it to all-stars as an 8-and-under. I didn't know what all-stars was. The fact that she knows what's going on is just really great for her."

While the Dona sisters shined in their home pool, Hu rewrote the NVSL record book. A member of the Mosby Woods Raiders (Fairfax) and a rising junior at Oakton High School, Hu broke her own record in the 15-18 50 freestyle with a time of 28.21. Hu set the previous record of 28.52 one week earlier at divisionals, according to the NVSL Web site.

"It's pretty exciting," Hu said, "to know I'm still improving."



Greenbriar's Jacqueline Clabeaux won the 11-12 girls' 50-meter freestyle and butterfly at the NVSL Individual All-Stars meet on Aug. 4.

Hu also won the 50 free with a time of 26.5. She set the NVSL record in the event one week prior with a time of 26.27.

Laura Schwartz, a member of the Camelot Community Club Knights (Annandale) and rising senior at Falls Church High School, entered the 15-18 girls' 100 IM as the No. 1 seed and didn't disappoint. She finished with an NVSL season-best time of 1:06.5.

"I try not to think about it," Schwartz said of being an event's top seed. "I guess it kind of gets me a little bit excited because I think, 'I have to make sure I get first place since I'm seeded first.'"

Schwartz had to come from behind to capture the win. "I actually had no idea where I was until I came off the breaststroke turn," she said. "... I breathed to my left and I saw the other girl and I was right at her hip. I was like, 'Oh gosh, I'm seeded first, I need to win this,' so I had to kick it into another gear to out-touch."

While Schwartz fulfilled her duty as a favorite, Ben Lambert's victory in the 15-18 boys' 50 fly was an upset. Lambert, a member of Hayfield Farm Seahawks (Alexandria) and rising sophomore at Hayfield Secondary School, won the event with a time of 26.3 despite being seeded outside of the top three.

"It was all mindset," Lambert said. "My coach from a while ago told me that if you believe you're the best one out there and you swim like it, then you can be and that's what happened today. ... I actually kind of like having people ahead of me because it inspires me to go faster and it gets me more hyped."

Paul O'Hara, a member of the Hollin Meadows Barracudas (Alexandria) and a rising senior at Gonzaga College High School in Washington, D.C., finished first in two events. After finishing in a first-place tie in the 15-18 boys' 100 IM (1:00.65), O'Hara won outright the 100 freestyle with a time of 23.74. "I was kind of amped up for the second event," O'Hara said, "because after the tie, it was kind of disappointing."

Zachary Fountain, a 2011 West Springfield High School graduate and rising sophomore at Indiana University of Pennsylvania, tied with O'Hara in the 100 IM and won outright the 100 breaststroke (30.82). Fountain represented the Orange Hunt Sharks (Springfield).

In boys' butterfly action, winners included: Sleepy Hollow's Liam Redman (8U, Falls Church); Highlands Swim's Ben Charles (9-10, McLean); Chesterbrook's Jaya Kambhampaty (11-12, McLean) and

McLean's Christopher Murphy (13-14). In girls' butterfly action, winners included: Hunter Mill's Alexandra Dicks (8U, Vienna); Little Rocky Run's Emily Drakopoulos (9-10, Clifton); Greenbriar's Jacqueline Clabeaux (11-12, Fairfax) and Orange Hunt's Robyn Dryer (13-14, Springfield).

In boys' IM competition, winners included: Highlands Swim's Charles (10U); Dunn Loring's John McClorey (11-12, Vienna) and Lee-Graham's Miller Surette (13-14, Falls Church). In girls' IM action, winners included: Wakefield Chapel's Madelyn Donohoe (10U, Annandale); McLean's Isabella Rongione (11-12) and Commonwealth's Hannah Baker (13-14, Fairfax).

In boys' freestyle action, winners included: Fox Mill Woods' Tomasz Kleczek (8U, Reston); Lee-Graham's William Jackson (9-10, Falls Church); Little Rocky Run's Myles Brown (11-12, Clifton) and Village West's Aidan Pastel (13-14, Springfield). In girls' freestyle competition, winners included: Ravensworth Farm's Emily Suris (8U, Springfield); Little Rocky Run's Drakopoulos (9-10); Greenbriar's Clabeaux (11-12) and Commonwealth's Baker (13-14).

In boys' backstroke competition, winners included: Tuckahoe's James Ewing (8U, McLean); Lee-Graham's William Jackson (9-10, Falls Church); Overlee's Jonathan Day (11-12, Arlington); Overlee's Ryan Baker (13-14, Arlington) and Annandale's Kyle Tyrrell (15-18). In girls' backstroke action, winners included: Sully Station SS's Elise Mozeleski (9-10, Chantilly); Hamlet's Grace Gent (11-12, McLean) and Orange Hunt's Dryer (13-14).

In boys' breaststroke competition, winners included: Donaldson Run's Drew Harker (8U, Arlington); Sully Station SS's Brian Patten (9-10, Chantilly); Chesterbrook's Sam Gollob (11-12, McLean) and South Run's Christopher Stankiewicz (13-14, Springfield). In girls' breaststroke action, winners included: Ravensworth's Suris (8U); Hunt Valley's Carrie Morrison (9-10, Springfield); Mount Vernon Park's Holly Jansen (11-12, Alexandria); Little Hunting Park's Sarah Cahill (13-14, Alexandria) and Crosspointe's Brooke Malone (15-18, Fairfax Station).



Hayfield Farm's Ben Lambert won the 15-18 boys' 50-meter butterfly at the NVSL Individual All-Stars meet on Aug. 4.



Hunter Mills' Alexandra Dicks won the 8U girls' 25-meter butterfly at the NVSL Individual All-Stars meet on Aug. 4.



Reanna Dona, a 2012 West Potomac graduate, finished first in the girls' 15-18 50-meter butterfly and second in the backstroke during the NVSL Individual All-Stars meet on Aug. 4. The meet was held in Dona's home pool: Waynewood Recreation Association.

News

All-Star Gym Opens

FROM PAGE 3
SYA Extreme.

She met the Culins because, for the last two years, their daughter Sam, now 13, was on that squad. "We got to know Jelaire and see her talent," said Susan Culin. "The team was hugely successful and won first place in the U.S. finals in May in Virginia Beach. It was later ranked number two in the country in recreational cheerleading."

But SYA Extreme didn't have dedicated practice space and had to rent space in three different places. So, said Culin, "We got to talking and decided we had these great kids, ages 5-17, who were very talented and wanted to go to the next level in a space where they could further their skills. So we decided to join forces and open an all-star gym."

The Culins and Grillo are equal owners. "Jelaire has the knowledge about coaching, competing and running the teams," said Culin. "Mark and I have the managerial side and know how to get the facility up and running and stocked and do the books. That's our experience — dealing with budgets, personnel and facility issues."

The program is called Phase because it's another phase in Grillo's cheer life. The letter "s" in that word is written as a lightning bolt, so one wall of the gym is designated as Bolt's Corner. On it are inspirational and encouraging sayings written by the girls.

"This is a family-oriented program and recognizes the girls for their accomplishments both here and in school," said Culin. "We're there for the kids outside of cheer, as well." In addition, the girls are currently doing three service projects. They're collecting mini toiletries for soldiers hospitalized at Walter Reed National Military Medical Center; they're also collecting can pop-tops for the Ronald McDonald House. And they're doing what they can to help Cheer Fusion, a cheer gym in Fredericksburg that was leveled by a tornado on July 8.

"We created a spirit box and filled it with candy for their kids, and our kids took photos of themselves with encouraging signs," said Culin. "We're also collecting money to make a contribution to them." To donate to Cheer Fusion Devastation Relief, go to www.wepay.com/donations/cheerfusion.

Although the girls participate in a competitive activity, Culin said gyms should support another. "Teaching the kids sportsmanship is important to us," she said. "We cheer for all teams and never cheer against another team. We're trying to build a positive atmosphere."

Phase Cheer & Dance opened in June and will have its first competition in December. Choreographers teach the girls their routines.

"We also plan to have a seasonal team start in mid-to late November for high-school girls who've finished their high-school-football cheering season," said Culin. "They'll still be an all-star team, but won't begin competing until January [2013], since they're starting late."

The teams practice in the late afternoon and



PHOTO BY DEB COBB/CENTRE VIEW

The advanced team is generally aged 14 and up, but some younger participants are in the group because they have advanced skills.

evening, so the Culins go to the gym after work. And they're excited about the program's potential.

"We'd like to grow the teams and have the girls improve their skills so we'll be able to have higher-level competitive teams," said Culin. "And already, it's amazing how fast these kids have progressed."

Her daughter Sam, a rising freshman at Centreville High, is delighted to be part of the new endeavor. "It's awesome just being able to come practice whenever and have a lot of fun," she said. "I'm good at tumbling, but want to improve my jumps. I'm trying out for high-school cheer, so this'll get me more practice. Jelaire will also be the assistant varsity cheerleading coach at Centreville High, so she knows the skills I'll need for high school and will be able to help me."

Becca Weinert will be a Centreville sophomore and, in cheerleading, she's a flyer — the person at the top of the pyramid formation. "I really like being able to come by with my friends [at Phase] and improve my stunting and tumbling," she said. "I'm also doing high-school cheer."

Her sister Hannah, an incoming Centreville freshman, is at the new gym, too. "Jelaire has been my SYA coach for three years, so I wanted to come and continue with her because she's a really good coach," said Hannah. "I'm really excited for Jelaire and everybody who gets to come here because it's such a nice gym," she said. "It has two spring floors for doing routines, a tumble track — like a trampoline, and a dance floor without springs because that's what high-school kids dance on."

"We also have lots of other types of equipment and mats to help them with their tumbling skills," added Culin. And Sam, Becca and Hannah enthusiastically recommend that others join the program, too.

"Oh, my gosh, come," said Hannah. "You'll learn so much." Sam called it "an amazing gym and a ton of fun." And Becca said, "We're like a family and accept everybody. It's fun to be around people you like at practice, while learning new skills and doing what you love."

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Derive to Survive

By KENNETH B. LOURIE



Now that I can taste food again, or rather have food taste like normal again, my attitude is much improved. Unfortunately, one of the side effects of some heavy-duty chemotherapy drugs is poor appetite, brought on – occasionally – by the fact that everything you eat and drink (a bit of an exaggeration, but not much) tastes lousy. And it's been my experience now (nearly three and a half years and still counting) that if I'm not deriving pleasure from what I'm eating and drinking, I am deriving displeasure. Not only am I being deprived of an everyday and much-needed/expected positive reinforcer, I am experiencing a negative of Epicurean proportions. It's a lose-lose. No wonder I've been miserable.

Originally, in March, 2009 when I began my first-line chemotherapy (six cycles/infusions of a chemotherapy cocktail consisting of three drugs for six hours every three weeks), after a few infusions, eating became a challenge. Then it wasn't that food didn't taste good, it was that its taste – good or bad, held no particular sway for me. I was indifferent to it; I just wasn't interested. I was also extremely fatigued from my treatment (red blood cells – in addition to your cancer-carrying white blood cells – are destroyed during treatment; they provide your energy), so even getting off the couch to walk into the kitchen was exhausting. Food was not the answer. In fact, it was more of a question, as in: What am I going to eat? To which my usual reply was: "I don't care." And so I lost weight. I remember one appointment with my oncologist during this time when he threatened, unless I gained weight, to hospitalize me. I was hardly shriveling up to nothing, I thought, but I guess I was beginning to shrivel. An unhealthy situation for a cancer patient needing strength to endure his treatment.

And so weight has come off and gone back on, and so forth and so on for nearly three and a half years. As the chemotherapy drugs with which I have been infused have changed, so too have my eating tendencies, not uncommon for patients undergoing treatment for cancer. (Perhaps you're aware of one of the presumptive benefits of medical marijuana: appetite stimulator, although it was never suggested or prescribed to me.) First and foremost though, the patient has to be able to tolerate the treatment, and being weak – from hunger, complicates the demands on an already compromised immune system (an effect of your white blood cells being destroyed). And if you've been given a terminal stage IV diagnosis – with a less than encouraging prognosis, as I had, having circumstances arise – self-imposed or otherwise, which prevent your oncologist from treating you as aggressively as is prudent, is hardly an encouraging start – or finish, to your day.

But this most recent food-taste experience was unique: I felt like eating. I had energy to eat. I even had foods in mind to eat. Unfortunately, the food was either tasteless/disappointing, or in many cases, it was downright putrid – not even mediocre. There was no more looking forward. There was only looking backward to tastier meals and inward to my frustration, and in so doing I felt lousy about myself and my prospects and it was reflected in my column's content. Now I feel better because I'm eating better. Once again, food tastes like it's supposed to. I know it's good for me; I just hope it's bad for the cancer.

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

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Resolution Authorizing Acquisition of Property Necessary for Public Purposes by Eminent Domain or Other Means

September 6, 2012 at 6:30 p.m.

The Fairfax County Water Authority will hold a public hearing pursuant to Va. Code Ann. § 15.2-1903 on at 6:30 p.m. on Thursday, September 6, 2012, to receive public comments on a proposed Resolution authorizing the acquisition of easements necessary for the improvement and expansion of Fairfax Water's water system infrastructure adjacent to sections of the Lee Jackson Memorial Highway (U.S. Route 50) in Fairfax County. The improvement and expansion is required to provide adequate capacity to serve existing and future customers. The necessary easements are to be located across several parcels of land adjacent to U.S. Route 50, more particularly described as Fairfax County Tax Map Parcels 0332-01-0004, 0332-01-0005B2, 0332-01-0005D, 0332-01-0005E, 0341-03-B4, 0341-03-B5, 0341-03-0001, 0343-01-0041A, and 0343-13-0001. Following the public hearing, the Water Authority Board may vote on or after September 6, 2012, to adopt the proposed Resolution.

The proposed Resolution and other related information can be viewed at Fairfax Water's Website at <http://www.fairfaxwater.org>.

The public hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA. Those wishing to speak at this hearing or desiring a copy of the proposed resolution should call Eva Catlin at (703) 289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, September 5, 2012 to be included in the record of the public hearing.

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Garrett

FROM PAGE 2

Afterward, a position became available for a captain in the Hazardous Materials and Investigative Services section and, following another promotion, the job was Garrett's. He later opened the Crosspointe station and, in March 2007, he said, "I got my dream job as commander of the Penn Daw station in Alexandria."

There, he was thrilled to turn that station into the focal point of that area's community outreach. Furthermore, he said, "It was great serving along the Route 1 area — a place I had a stake in and was involved with." Then in January 2010, Garrett was promoted to battalion chief of the Fairfax Station/Clifton/Burke/Crosspointe/Pohick area. He supervised 40-50 people providing emergency services out of six different stations.

"It's a whole different look at emergency services," he said. "It required me to think more strategically. Instead of just being focused on the task or on firefighting tactics, I had to consider the impact to the community. I had to make sure our personnel were well-trained and the equipment well-placed so that, when calls came in, we were ready to go."

In October 2010, he was assigned to work on a special project to modernize Fairfax County government's finance and human-resource systems. His participation resulted in the final product taking into consideration the Fire Department's special needs as a 24/7 service.

Then on June 28, Chief Ronald Mastin promoted Garrett to deputy fire chief, placing him in charge of C-Shift operations for the entire Fire Department. As such, he's become a senior staff member and an integral part of the department's core leadership. "I'm responsible for the overall, day-to-day operations and management of 350-plus firefighters," he said. "And I'm now in charge of the seven battalion chiefs."

Garrett will visit all the stations under his command and plans to "continue the chief's objectives and motivate the shift to do that, as well. And because firefighters influenced me at the start, I want to support the community's needs — whether by collecting backpacks or coats or doing a food drive. I want to support the residents."

And he's not the only one in his family who feels that way. His wife Lauretta is a police MPO with the Sully District Station and, in January, she was honored as Officer of the Quarter. During the ceremony, her station commander, Capt. Purvis Dawson, told her, "You've set a standard for others to emulate. Each day you pin on your badge, you make Fairfax County a better place."

The Garretts have been married 15 years and have two children, 13 and 11. Dad's also an assistant SYA basketball coach for their children's team. Serving the community is important to the couple, and that's why the new deputy fire chief is so excited about his new position.

"I love it because we're such an integral part of society — what we do makes a difference," said Garrett. "It's a meaningful job, and I know that what I do makes a direct impact."

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