

JULY 25-31, 2013

25 CENTS NEWSSTAND PRICE



PHOTO COURTESY OF ORITTA ESSIEN

Bella of Centreville with a leaf stuck on her nose. More pet photos, page 9.

22 Years Prison for Handyman's Death

Victim died protecting his boss's son.

BY BONNIE HOBBS
CENTRE VIEW

Jose Cardona wasn't famous and didn't hold an impressive, white-collar job. He worked as a handyman and gardener for a wealthy businessman in Centreville.

But that didn't make his life any less important than any other human being's. And when the time came, he more than proved his value as a person by giving up his own life to protect that of his employer's son.

Cardona, 39, was killed by armed intruders three years ago. And although it took awhile to arrest those responsible and bring them to justice, it finally happened. The two men most directly culpable each received 30-year prison sentences; and last Friday, July 19, in federal court, a third person, Stacy Lorenzo Reed, received 22 years and six months behind bars.

"Nothing can bring back the life that was taken during this horrific crime," said Neil MacBride, U.S. Attorney for the Eastern District of Virginia, after Friday's sentencing. "But today's sentence sends a clear

message that there are severe consequences for all those who conspire to commit crimes."

Cardona was a married father of two who lived in Manassas Park and sent money home to his family in Guatemala. His employer owned nine check-cashing stores in Northern Virginia.

According to court documents, Reed obtained information that the employer kept substantial amounts of cash proceeds from that business inside his 9,000-

square-foot mansion on Compton Road. So he took T a s h e i k Champean, 46, of Suitland, Md., to the home to scope out the property for a future robbery. Doing so, said authorities, set the wheels in motion for the tragedy that followed.

On May 17, 2010, Reynard Prather, 23, of Oxon Hill, Md., and Champean, drove from Prince George's County,

Md., to a strip mall in Virginia. During the drive, authorities said, Champean promised Prather \$50,000 if he'd help rob the homeowner.

According to court documents and a Dec. 10, 2012 affidavit filed in U.S. District Court in Alexandria

SEE 22 YEARS, PAGE 4

"Mr. Reed, while not physically present at the murder, put this tragic and terrifying sequence of events in motion."

— Neil MacBride, U.S. Attorney for the Eastern District of Virginia

Expo Sunoco Plans To Expand

Alcoholic beverages sales concern WFCCA.

BY BONNIE HOBBS
CENTRE VIEW

Sunoco plans to expand its gas station near the Dulles Expo Center in Chantilly. But its intention to sell alcoholic beverages in its associated convenience store is giving a local, land-use committee pause.

Representing the entity, attorney Sara Mariska presented details during the July 16 meeting of the West Fairfax County Citizens Association (WFCCA) Land-Use Committee.

This Sunoco is at 4475 Daly Drive, by Willard Road in Chantilly, and initially began serving people as a Mobil station. "It's an old gas station that's been there since 1989," said Mariska. "But Sunoco acquired additional land, so it wants to add some features in response to customer demand."

Currently, there are has six fuel pumps under a canopy, plus a carwash and a 1,571-square-foot convenience store. But Sunoco wants to add four more gas pumps under that canopy, demolish the old store and put a 3,159-square-foot, quick-service food store in place of the car wash, which will be moved from the center of the site to the rear. Also planned is more parking.

WFCCA's Judy Heisinger then asked if the store

would sell alcoholic beverages. "Mini-marts aren't allowed to sell alcohol, so the old one couldn't," replied Mariska. "But we'll be requesting it for the new, larger store."

"Over the years, in the Sully District, we've taken a position against selling alcohol with gas," said WFCCA's Mark McConn. "We don't like the idea of alcohol, gas and go. It's just asking for trouble, and we don't want to endorse that."

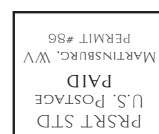
While noting that it's not in Sunoco's best interests to have people loitering outside the store or drinking in the parking lot, Mariska said selling alcohol at the store is "an important part of our business model."

SEE EXPO SUNOCO, PAGE 4



BY BONNIE HOBBS/CENTRE VIEW

Sara Mariska stands next to an artist's rendition of the new convenience store.



'You're Adding Value to Others' Lives'

Centreville couple honored by governor: 'Outstanding Volunteer Family.'

BY BONNIE HOBBS
CENTRE VIEW

When Robin and Shak Hill first became foster parents in 1997, they weren't looking for recognition. They just knew they had a lot of love to give and wanted to share it with as many children as they could.

Since then, they've opened their home to 46 foster children, including many via Fairfax County's Department of Social Services. And during a June 6 ceremony in Richmond, Gov. Bob McDonnell honored them as one of nine winners of the 2013 Governor's Volunteerism and Community Service Awards.

"The honorees recognized are agents of change and inspire all Virginians to engage in their communities," said McDonnell.

Added Margaret Ross Schultze, commissioner, Virginia Department of Social Services: "We're honored to acknowledge these contributions which have helped those in need live safer, more-fulfilling lives."

The Hills, of Centreville's Virginia Run community, were honored as Outstanding Volunteer Family of the Year for 2012. And the children they fostered were in addition to their own six.

"I've always loved children," said Robin Hill. "We have our own family and wanted to help other children by providing a stable and loving home. And since I'm a stay-at-home mom, that also gives them stability and security, after being shuffled around."

The Hills have been married 24 years and were foster parents in Florida, Maryland



At the awards ceremony in June are Shak and Robin Hill with their youngest children, Katherine, Patrick and Michael, and Gov. Bob McDonnell.

and Virginia. Their children are Sararose, 22, an office manager; Jake, 20, a medic with Physicians Transport Service; David, 16, a rising sophomore at a private school in Pennsylvania; and Michael, 14, Katherine, 12 and Patrick, 10, all homeschooled.

"Jake also volunteers as a medic with Centreville Fire Station 17," said Shak Hill. "He joined at age 16 and volunteered over 1,000 hours in both 2010 and 2011."

Robin Hill's a bone-cancer survivor, in remission since 1994. She also has a degree in child psychology, specializing in behavior modification. Shak Hill owns an insurance company, and he and his wife first became foster parents when Sararose was 6. Most of the children they took in were infants and under age 5.

"The most we had at one time was 10 total



Shak Hill feeding a bottle to infant Jay in April 2007.

— our six, plus four others," said Robin. "The infants needed someone home with them 24/7. I also drove them to and from visits with their parents and doctors appointments. The 2-4-year-olds especially latch onto you; you're their security blanket."

She said many children came with "a lot of baggage" and didn't know how to follow rules and be polite. But, said Shak Hill, "They thrived in a disciplined environment." The Hills noted, as well, that there was no jealousy or rivalry between their children and the newcomers. "Our kids jumped right in to help — it was a family endeavor," said Robin Hill. "My boys' [future] wives will be very thankful — they'll be well-trained."

Although they received a stipend from the state, Shak Hill said it was "never enough — diapers and formula are expensive."

Ultimately, said Robin Hill, most of the children went back home. Others went to family members or to another foster family to then be adopted.

Robin Hill said the children entered the foster system for a variety of reasons — "neglect, abandonment, abuse, crack babies, teenage moms, etc. — and came from all ethnicities. And because of the economy, a lot of family members aren't stepping up"

to take them in because they can't afford it.

The Hills were foster parents until this March, and now Robin Hill plans to apply to join the Governor's Board for Foster Care. It's within Virginia's Department of Social Services and has jurisdiction over the foster care system. "It's to help the system be geared more toward what children need and be more cost-efficient," said Shak Hill.

Often, the Hills fostered siblings, and some of their fondest memories are of teaching children to walk, ride bikes and swim. "One boy, 3, was really tough, but just needed to be loved," said Robin Hill. "We gave him structure, rules and love and he learned manners and flourished. I also potty-trained lots of kids."

"My favorite was Jay, a newborn preemie," recalled Shak Hill. "He had a sleep-apnea monitor and was here nine months. We thought we might adopt him, but he went to a sibling."

Robin Hill said foster children stayed with them anywhere from overnight to four years; the average stay was about six months. "We had a rule that, once they left, they couldn't come back — because it would just break my heart if things didn't work out for them," she said.

Shak Hill said they treated the foster children the same as their own and were fair. "They'd learn how to behave from watching all the other kids," said Robin Hill.

Toughest, she said, was "saying no [to a placement] because it wasn't a good fit or our kitchen was being renovated." For her husband, the hardest part was "recognizing that, sometimes, a child shouldn't be returning home, yet the system was sending them there."

They both said what was most fulfilling was seeing the children "blossom, thrive and become happy."

So what makes a good foster parent? "Patience, and remembering why you're doing it — for the children," said Robin Hill.

As for the Governor's Award, a neighbor nominated the Hills and two other families wrote letters of recommendation.

When they learned they'd won, said Robin Hill, "I was surprised; I felt guilty because there are so many other people who do so much." And for her and her husband, what they do is just second nature to them.

"We've been volunteering for many years," said Shak Hill. "Robin's a soccer coach for the homeschooling team and I've volunteered for many organizations over the years. I'm on the Area Agency for Aging Board of Directors, I'm treasurer of the 10th Congressional District and am on the Family & Children's Trust Fund of Virginia to eradicate domestic violence in the state. I was appointed by the governor and am one of 15 trustees in Virginia. But it's nice to be recognized."

Most of all, though, said Robin Hill, "I definitely feel I've made a difference in some lives and feel honored to have had the opportunity to do it." And while it involved long hours and hard work, Shak Hill said it was all "worth it. You're adding value to others' lives and serving your community."



The Hills with U.S. Rep. Frank Wolf (R-10) on the Fourth of July 2008. Back row, from left, are David, Robin, Jake, Shak, foster baby Jay and Wolf; and, front row, from left, are Katherine, Patrick and Michael.



Otis Moses (left) and Ted Johnson grill hot dogs, corn and hamburgers.



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

From left: Tara Goins; LaTanya Cooper; her dad, the Rev. Woodrow Cooper and Doris Jackson enjoy themselves at the picnic.

Picnic, Parade and Potato Salad

Saturday, July 20, was celebration time as Mount Olive Baptist Church held a huge picnic for its members and the neighboring commu-

nity. Some 300 people attended and enjoyed a parade, food and games.

A parade down Mount Olive Drive in Centreville began the fes-

ivities. Leading the way were the Golden Saints, the church's senior citizens, followed by children riding decorated bikes, scooters and motorized toy cars. Chuck

Coffin coordinated and announced the parade participants, and an associate minister, the Rev. Richard Hardy, organized the picnic.

"Mount Olive has long been a community church, so connection to the community from a religious standpoint is its foundation," said head pastor, the Rev. Eugene Johnson. "And from a social standpoint, having a recreational activity such as a picnic is only natural."

He said it also meant something historically and culturally. "For the African-American church, it wasn't unusual to have a summer event on the church grounds," said Johnson. "So my vision was to use our own property for a picnic while reflecting on our historical past."

It was also lots of fun, with attendees feasting on grilled hot dogs, hamburgers, corn, fried chicken, baked beans, potato salad, watermelon, Sno cones and homemade desserts ranging from cookies to pies to homemade carrot and coconut cakes.

There were also activities for all ages, including a dunking booth, face-painting, a moonbounce, sack races, Hula Hoop contests, water-balloon tosses, tugs-of-war and other games. The winners received tickets and, for each 10 or more tickets, children could choose prizes from a prize table.

"This was our first community picnic and we hope to do it annually," said Johnson. "For the first one, it was a great success."

— BONNIE HOBBS



The Rev. Eugene Johnson and his grandson Jaden, 6-and-a-half, who rode his bike in the parade.



Jayla Cooper, 9, a rising fourth-grader at Bull Run Elementary, got her face painted like a leopard.



Koya Reams serves potato salad to daughter Jaden, 6.



Corinne Colvin (left) and Virginia Seay enjoy cherry and blueberry-lime Sno Cones.



Picnic-goers help themselves to some food.

Expo Sunoco Station Plans To Expand

FROM PAGE 1

WFCCA Land-Use Chairman Jim Katcham asked if beer would be sold in six-packs or individually, and Sunoco Area Manager Mike Millman said the plan is to sell six-packs, cases and single servings.

If that were the case, said Heisinger, "This would be the only [gas station/convenience store] in Sully that breaks the rule."

"It's a fine line between buying alcohol [there vs.] at a grocery store," said Mariska. "And it may be preferable [at a gas-station convenience store] because customer comings and goings are more closely monitored."

But the panel wasn't convinced, and neither was At-Large Planning Commissioner Jim Hart, a former member and longtime chairman of the WFCCA Land-Use Committee.

"Jim McDonnell, who chaired this committee for years, felt strongly that he didn't want gasoline sales and beer available in one place," said Hart. "And pretty consistently, within Sully District's boundaries, nobody got support from WFCCA to do it."

He noted several other gas station/convenience store combinations in Sully that tried to get similar permission from the WFCCA and failed. And he said the WFCCA has opposed this idea "even farther back"



Site plan of the proposed changes, showing (from left) the Sunoco gas-pump area, convenience store and car wash. Willard Road is at the bottom.

than 1995.

Mariska said, "That's something we'll have to discuss internally and see how it affects our business model."

Sully District Planning Commissioner John Litzenger asked if the new Walmart near the Expo Center was attracting more people to the area and, therefore, driving Sunoco's expansion at that location.

"No, not at all," replied Millman. "I've been the rep for that station for 25 years — since it opened as a Mobil station with just four pumps. And the station's been growing every year. Tankers come every day from Balls Ford Road in Manassas. Yesterday, we did 11,000 gallons, and the tankers hold 9,000 gallons."

McConn asked why gasoline prices vary so much between the same brand of gas at different stations, and Millman said franchisees set their own gas prices. Usually, he added, "They try to be competitive with the other stations nearby."

As for this, particular station and its planned expansion, there's no county staff report, yet, so the WFCCA didn't vote on it at last week's meeting. Mariska said the applicant will probably return to the panel in August. The matter is scheduled to go to the county Planning Commission on Oct. 3.

PHOTO BY BONNIE HOBBS/CENTRE VIEW

22 Years Prison for Handyman's Death

FROM PAGE 1

— and written by Fairfax County Police Det. Stephen Needels — Champean was armed with a loaded, semiautomatic pistol and gave Prather a duffel bag containing one for him, too.

"Both prior to and following his pleas of guilty, Prather identified Reed as one of two persons with whom he and Champean met in a strip mall [that] morning," wrote Needels. "According to Prather, Reed drove Champean and him to the vicinity of the [home] and dropped them off."

The two, armed men walked to the house and saw the homeowner leave. They then entered through an open garage door to await his return. According to court documents, Champean instructed Prather to restrain the homeowner's younger son upstairs in the residence and he'd "take care of [the homeowner] upon his return."

But around 10 a.m., before he got back, Cardona and one of the sons discovered the two intruders.

"The four paired off in a struggle: Prather and the son and Champean and Cardona," the documents stated. "While so involved, Prather heard a shot fired and saw Cardona lying dead on the driveway in front of the garage." However, Prather later admitted the fatal bullet was fired from his weapon, not Champean's.

Cardona's autopsy revealed a 9-mm bullet passed through his left hand into his head. And police retrieved a magazine containing seven live rounds of .45-caliber ammunition from the driveway near where he was shot.

After the shooting, the assailants fled on foot through a wooded area next to the home. Then, according to the prosecution, an as-yet unnamed person picked them up

in a vehicle and delivered them to Reed, who drove them back to Maryland. An investigation followed, but it wasn't until 17 months later that Prather was arrested, on Oct. 25, 2011.

On Feb. 22, 2012 in U.S. District Court in Alexandria, he pleaded guilty to conspiracy to commit robbery and using a firearm in the commission of that crime. And on June 1, 2012, Judge Anthony Trenga sentenced him to 30 years in prison.

Champean pleaded guilty Dec. 7, 2012 in federal court to conspiracy to commit robbery and use of a firearm in a crime of violence causing death. And on April 12 of this year, he was also sentenced by Trenga to three decades in a federal penitentiary.

Police apprehended Reed, then 43, of Manassas, on Dec. 12, 2012. A Metrobus driver, he was arrested at the end of his route. Authorities charged him with con-

spiracy to commit robbery and aiding and abetting the discharge of a firearm during or in relation to a crime of violence.

Initially scheduled for a June 12 jury trial, he instead pleaded guilty on April 18. Reed returned to U.S. District Court in Alexandria last Friday and, at that time, Trenga sentenced him to 22-and-one-half years in prison, followed by three years supervised release.

This case was investigated by the Fairfax County Police Department's Homicide Unit. Assistant United States Attorneys Michael E. Rich and Zachary Terwilliger were the prosecutors.

"Mr. Reed, while not physically present at the murder, put this tragic and terrifying sequence of events in motion," said MacBride. "He will now have over 20 years in federal prison to contemplate his greed-fueled involvement in the crime."

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Aug. 1, 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 in-

struct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Crime Solvers 5K Fundraiser

In partnership with Capital Area Runners, Fairfax County Crime Solvers is hosting its first 5K run fundraiser and needs the community's support. Residents are encouraged to sign up now to participate in this family-friendly event; everyone is welcome.

It's slated for Sunday, Aug. 4, at 8 a.m., on Grand Commons Avenue at the Fairfax Corner Shopping Center, off

Monument Drive in Fair Oaks. Register at www.capitalarearunners.com/crimesolvers5k.

A nonprofit, Fairfax County Crime Solvers provides an anonymous phone tip line, plus texting and e-mail capabilities to the public, to report criminal information. Tipsters' identities are protected under state law. This program is not run by the police department, but by business leaders and residents seeking to make this county a safe place to live and visit.

It pays cash rewards of \$100 to \$1,000 to anonymous tipsters when their information leads to an arrest and

SEE ROUNDUPS, PAGE 6

NEWS

Working in the garden are (from left) students Tre Ridgway-Davis (red shirt), Anjali Mehta, Semira Benyam and parent Sharon Lake.



PHOTO BY MARY ANN SETTLEMYRE

Local Students Learn by Doing

Centreville Elementary fourth-graders create living map of Virginia.

BY BONNIE HOBBS
CENTRE VIEW

It's one thing to tell children about their state — its shape, geography and crops — and another thing to have them re-create it in an interactive scale model. But that's what happened at Centreville Elementary.

All this year, students in teacher Mary Ann Settlemyre's fourth-grade class worked to create a topographically correct map of Virginia in the school's garden. And they completed and officially unveiled it shortly before school ended in June.

"We started this map after we began learning about Virginia's history and its geographical regions, products and industries," said student Wesley Wright. "Mrs. Settlemyre thought it would help us understand it better."

They created the Coastal Plain, or Tidewater, region, as well as the Piedmont, Blue Ridge, Eastern Shore, and Valley and Ridge regions, plus the Appalachian Plateau. Said Wesley: "We live in the Piedmont, mostly made out of rolling hills."

The Coastal Plains, said Adam Fritsche, are mainly flat land. "The rivers in Virginia start from the Blue Ridge Mountains and flow from west to east," he said. "The Blue Ridge is mainly old, rounded mountains — part of the Appalachian Mountains — and we planted blueberries there because they grow there. It's cool because blueberries are in the Blue Ridge."

Wesley said the Appalachian Plateau is elevated land with a flat top. "Its products and industries are coal and coal mining," he said. "The Valley and Ridge is mountain ridges separated by valleys. The Blue Ridge and Valley and Ridge areas come together with valleys in between them."

Elaine Tholen, Centreville Elementary's environmental specialist, helped the students pick out the plants and was instrumental in the project, itself.

"Three years ago, she and I came up with a more hands-on way to teach the geography of Virginia and incorporate outdoor education, math, science and language arts," said Settlemyre. However, the garden site got moved twice. But this year, she said, "We finally got a permanent plot behind the modular unit."



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Students working on their topographical map of Virginia; the blue bricks at right symbolize a river.

Her 25 students figured out the scale size, where 1 foot equaled 20 kilometers, determined what heights and elevations the features should be, and decided where the rivers, mountains and valleys should be located. They even placed Virginia's highest peak, Mount Rogers, on the state's southern border.

"The map's amazing, and a lot of work has gone into it," said Settlemyre. "The students started it in October and did tons of research." Tholen worked with them once a week, teaching them the topography and other elements, and Settlemyre reinforced it all by going over all the information in class, plus teaching the children about Virginia's products and industries.

"This has been a long process, but they know Virginia geography better than any class I've ever had because of the hands-on experience," said Settlemyre. "Many kids don't get to travel around the state; but this way, they really learn about it."

"It was much more fun than just taking a paper-and-pencil test and studying," said student Nina Tum. "We actually got to construct a map and know where the regions really go. I also learned that there's a lot of government in Virginia — it's one of the industries of the Piedmont."

"My favorite part was planting the different plants that grow in each region," continued Nina. "We planted shrubs in the Valley and Ridge, and blue rug juniper in the Appalachian Plateau. We also planted different grasses in the Coastal Plain and ground cover in the Piedmont."

Besides the blueberries and juniper that went in the other regions, the children planted sweetspire in

Gary Kramer, D.D.S.
DIPLOMATE OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY

Sara Bunin, D.D.S.
Dentistry for Children, Adolescents & Special Needs
703-978-0051 KBPediatricSmiles.com

SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA. • 22015
MET LIFE, DELTA, BCBS/CAREFIRST, & UNITED CONCORDIA PROVIDER
WEEKDAYS • SATURDAYS • EVENINGS 24 HOUR EMERGENCY CARE

Yeppi Pet Grooming
14200F Centreville Square • Centreville
703-815-1166
Mon.-Sat. 8 A.M.-5 P.M.
Shampoo & Conditioning • Bath & Brush
De-Matting • Custom Style & Cut • Nail Clipping

TEETH CLEANING \$5-\$7.00 With coupon, new customers. Limit on per customer. Not Valid with any other offer. Expires 8/21/13	\$5 OFF Any Pet Custom Style & Cut Package. New Clients Only. With coupon, new customers. Limit on per customer. Not Valid with any other offer. Expires 8/21/13
--	---

Located in Centreville Square Shopping Center
We Use Only All-Natural Products • Professional Full-Service Grooming • Teeth Cleaning

Featuring **DURA SUPREME CABINETRY**

www.nvsrd.com

Falls Church Showroom 800 West Broad Street, #101 Falls Church, Virginia 22046 571.765.4450	Manassas Showroom 8982 Hornbaker Road Manassas, Virginia 20109 703.378.2600
--	--

NVS
REMODELING & DESIGN

KITCHENS | BATHS | ADDITIONS
Contact us at info@nvsrd.com

WFCM Gears up for Backpack Collection

1,682 backpacks needed for local students.

BY BONNIE HOBBS
CENTRE VIEW

It may seem early to think about returning to school, but Western Fairfax Christian Ministries (WFCM) is already busy collecting backpacks for local students attending 23 elementary, middle and high schools.

"These backpacks are given to students whose parents can't afford all the school supplies it takes to send a child to school, let alone backpacks," said Jennie Bush, WFCM's community outreach manager. "Often, these families must decide between putting food on the table and gasoline in the car."

So WFCM has partnered with Collect for Kids, Fairfax County Public Schools, and Kids are First to help these students. Kids R First provides the school supplies needed at each grade level, and WFCM contributes the new backpacks.

But with so many families these days having a tough time making ends meet, said Bush, "Help is needed more than ever before and we're counting on the community,

local businesses and churches to support our efforts to provide backpacks for these students in need."

The backpacks are given at no cost to students receiving free or reduced-cost lunches. This year, the local elementary schools have asked for a total of 822 backpacks; the middle schools need 235 and the high schools have requested nearly 700 for a total of 1,682 backpacks needed for this school year.

"The need is greatest for larger sizes with multiple compartments," said Bush. "The elementary schools have asked for mid-size backpacks for students in grades K through three, and standard 17-inch backpacks for students in grades four, five and six. All elementary-sized backpacks must hold a large binder and books, so the counselors don't want any small backpacks."

Middle-school students need the 17-inch or larger backpacks, with two or more compartments. And high-school students need the larger 18-inch backpacks, also with compartments. All backpacks donated should be new and with-



The WFCM is collecting backpacks through Aug. 16 and the greatest need is for the larger sizes with multiple compartments.

out wheels.

WFCM's website contains further information on buying guidelines, as well as links and/or suggestions about where these backpacks may be purchased. See www.wfcmva.org for details.

WFCM's backpack collection will run through Aug. 16. All backpack donations are tax-deductible, and WFCM will give a receipt to each contributor to use for tax purposes.

Backpacks may be dropped off at the WFCM Thrift Store, Tues-

day through Saturday, from 10 a.m.-4 p.m. Mention that the backpacks are for the FCPS school backpack collection. The Thrift Store is at 13939 Metrotech Drive in Chantilly, near Lotte Market and the Goodyear tire store.

"We're really hoping people in the community will help WFCM meet the huge demand this year for backpacks," said Bush. "And we thank everyone in advance for supporting the students in our community as they get ready to go back to school."

ROUNDUPS

FROM PAGE 4

indictment. And the reward money comes through fundraisers such as this 5K. Learn more about Crime Solvers at www.fairfaxcrimesolvers.org.

National Night Out: Aug. 6

This year's National Night Out — celebrating partnerships between the community and public-safety personnel — marks the event's 30th anniversary. Locally, it'll be held Tuesday, Aug. 6, from 6-8:30 p.m., at the Sully Station II Community Center in Centreville.

The fun will include burritos, chips and salsa from Chipotle's, an ice-cream social, Sno Cones, cotton candy, a moonbounce, a deejay and wine and beer for those 21 and over.

Participating will be Fairfax County police, firefighters from the West Centreville Station 38, representatives from Target, plus residents of Sully Station II. For more information or to volunteer, call 703-815-2006.

Summer Food Drives Needed

Summer is when WFCM is most in need of food donations. Children are home from school and need three meals a day, but many come

from homes where both money and food are scarce. WFCM is hoping local residents and businesses will help it restock its food pantry. Anyone interested should contact Terry Kelly at tkelly@wfcmva.org.

Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of oil, canned fruit, rice, canned meat, canned white beans (garbanzo, northern, cannellini, navy), fruit juice, dry pasta, sugar, dry beans and canned

vegetables. Also needed are shampoo, feminine napkins and dish soap.

Bring items to WFCM's new food-pantry location, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza in Chantilly's Sully Place Shopping Center.

Thrift-store needs include bathing suits and shorts for all ages, Bibles in English and Spanish and large black yard bags. The store is at 13939 Metrotech Drive. In addition, Thrift Store volunteers are needed for two- to four-hour shifts Fridays, between 9 a.m. and 6 p.m., and Saturdays, between 9 a.m. and 5 p.m.



Learning at Quantico

Conner F. Murphy, 17, is attending the second annual U.S. Marine Corps Recruiting Command Summer Leadership and Character Development Academy at Quantico July 21-17. Conner is a rising Senior at

Westfield High School. The academy educates high school leaders about the Marine Corps Officer Programs through classroom academic, ethics training, accelerated college prep, physical fitness training, a field exercise, a community service component and a field trip to Washington D.C. He is the son of Carl and Mary Murphy of Centreville.

Newspaper of
Centreville
Little Rocky Run
A Connection Newspaper

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
centreview@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9438
bhobbs@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Janis Swanson
Display Advertising, 703-778-9423
jswanson@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

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,
Craig Sterbutzel

Art/Design:
Laurence Foong, John Heinly

Production Manager:
Jean Card

Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

A Connection Newspaper





PHOTO BY BONNIE HOBBS/CENTRE VIEW

The students learned about each region of Virginia while creating their living map of the state.

Learning by Doing

FROM PAGE 5

the Valley and Ridge; sedge in the Coastal Plain; wood rush and swan sedge in the Eastern Shore; and trailing bush clover, slender bush clover and St. Andrew's Cross in the Piedmont.

Nicholas Bergersen enjoyed planting the bushes and shrubs illustrating the various elevations. "We also spray-painted bricks blue to represent Virginia's four major rivers — the Potomac, Rappahannock, James and York," he said. "It helped me learn where the rivers are and the elevations. And I learned that the Piedmont produces information technology, government and farming."

The students even identified college towns, products, industries and major cities on their map, painting rocks to symbolize each one. Nicholas said the project was fun because "it helped me get a better understanding of the geography of Virginia. We actually got to interact with our map."

Settlemyre said it also gave the children "a sense of community and legacy because they're excited that this map will be here for future fourth-graders. They're giving something back to the school, and it's also here for the community. It's their project — they designed and created it." That also included doing normal garden chores, such as mulching the perimeter of the map so mowers could cut the grass.

Aaron Alexander learned that apples are the main product of the Blue Ridge and its industries are "recreation and a little bit of farming. The Valley and Ridge products are poultry, pigs and the farming industry. I liked that we could create a mini version of Virginia and plant shrubs where they actually grow."

Settlemyre said some students formed a river group to research each river's location, length and

position. Other groups looked at mountain heights and one group dug the soil.

"Nina and I made the borders of each region and marked them with string," said Adam. "And we discovered the Blue Ridge Mountains were in the wrong place, so we had to move the bricks [symbolizing the rivers]."

Carson Kaiser said the whole project was "really fun because, instead of just having worksheets and study guides to memorize, we've been able to make all the parts of Virginia. And as we did it, we've learned math — for example, measuring how far east a town was from the state's western tip and how far north something was from the southern tip."

She said they learned science by researching each region's plants and discovering where each type grows, and language arts by finding out the information about each town. "We split up into groups, each with a team leader," said Carson. "Some kids built the rivers, others brought soil from one spot to another, some put soil on each region and others planted things."

Before they began, though, she said, everyone did the research. "We built mountains out of soil and, for Mount Rogers, we got a tall shrub and also built up the soil underneath it," said Carson. "We'd come out and work on our map, one to three times a week, and Ms. Tholen told us what to do each day, such as move soil or much."

First, said Carson, "We built a brick border and then lined the interior with cardboard so grass and weeds wouldn't grow up through the soil. My favorite thing was that we got to do most of the work; we created the map, not the teachers. And this way, it'll be easier to remember what we've learned because we've been interacting with our map of Virginia."

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

Adopt
Donate
Volunteer

lostdogandcatrescue.org



SHILLELAGHS
THE TRAVEL CLUB

IRELAND • Nov. 12-19\$2349
Includes Air from Dulles, 6 Nights Accommodations. (One Night in ASHFORD CASTLE!). Daily Breakfast, 3 Dinners, Sightseeing — CALL FOR ITINERARY

BARCELONA TO BARCELONA CRUISE ON OCEANIA • Nov. 9-20\$2449
Includes Cruise, Air & Transfers!! Free Gratuities, Free Internet Package, \$500 Onboard Credit, 10 Nights Cruise on "Marina" with All Meals & Entertainment. A GREAT DEAL — CALL FOR DETAILS

HALLOWEEN DAY TRIP • Oct. 30\$149
Come with us on a Motorcoach Day Trip for a Halloween Mystery to include a Guided Tour & Lunch. Motorcoach departs from Vienna and Rockville

SHILLELAGHS TRAVEL CLUB
100 East Street SE, Suite 202 • Vienna, Virginia 22180

703-242-2204 1-800-556-8646

Please visit our Web site at: www.shillelaghtravelclub.com for a listing of all our upcoming trips and socials.


Chestnut


Broadway Baby

Find a Friend... Be a Friend!

There are many ways to help Friends of Homeless Animals:

- Donate** money or supplies for the shelter.
- Adopt** one of our lovable cats or dogs.
- Volunteer** your time or services.


Geisha



Kayla


Kenzi


Bromley



FRIENDS OF HOMELESS ANIMALS
www.foha.org




Put the ZIP on Homelessness


ANNUAL JEANS DAY FAIRFAX


SAVE THE DATE


Fairfax Chamber, Connection Newspapers, Apple Federal Credit Union & Fairfax-Falls Church Community Partnership to End Homelessness Partner to Present

The 3rd Annual "Jeans Day" October 18, 2013









Preventing and Ending Homelessness
Fairfax-Falls Church Community Partnership

To request this information in an alternative format or to request reasonable accommodations, call 703-324-9492, TTY711. A Fairfax County, VA Publication. For more information contact qinda.hall@fairfaxcounty.gov or check our website at www.fairfaxcounty.gov/homeless.

SSTs Host Several Events

As the 2013 NVSL season runs down, the Sully Station SSTs, continue to be fired up with one exciting event after another. Friday July 19, the SSTs had a full day of activities, revolving around the Multi Community Blood Drive Challenge. Little Rocky Run and Virginia Run also participated in this blood drive.

SWIM REPORT

First thing Friday morning the SSTs were up, ready to host some special guests who came out to show support for the blood drive: Olympic Gold Medalist Peter Vanderkaay, American Record Holder Josh Schneider, Olympic medalist Kim Vandenberg, World Record Holder Kate Ziegler, CAA record holder Eric Knight and the popular swimmer-turned-MMA fighter Joe Pascale. These accomplished athletes came out to show their support for the blood drive as well as promote the new calendar from Day and Knight Productions that features Olympic swimmers.

Day and Knight is a company founded to help swimmers as they train for the 2016 Olympics. The celebrity swimmers talked about their love for the sport of swimming as well as their inspirations. The SSTs, along with their guests, the swimmers from Sully Station II and Pinecrest, were able to meet and mingle with these athletes. The swimmers also were able to have autographs signed and many had their pictures taken with their favorite swimmer.

While the heat and humidity continued to rise throughout the morning, swimmers of all ages and abilities jumped in the pool to cool off and enjoyed dives from the elite athletes. Later that evening, the athletes, along with World Record holder and two-time Olympian Kate Ziegler, returned to join the SSTs for their final pep rally of the season.

Despite a week of strenuous practice and extensive time spent in unrelenting heat and humidity, the SSTs were in great spirits Saturday morning, July 20, as they welcomed



Sully Station's 8u swimmers relax before the relays in their final A meet Saturday, July 20. While the SSTs ultimately fell to Cardinal Hill, the 8u girls came out on top in the 100m Freestyle Relay. From Left: Nate Hamluk, Tyler Whitacre, Lucas Boettcher, Jonathan Kronimus, Avery Moon, Keira O'Neil, Parker Brooks and Leah Mozeleski.

PHOTOS BY
STACEY HUSE

Cardinal Hill for this season's last A meet in a battle for the second place spot in Division Five.

It was a tough meet from the start, as the SSTs struggled in the Freestyle events, only earning 31 of 90 points. Only four swimmers seized the top spot in these events including, Leah Mozeleski for the 8u girls, Adison Moore for the 9-10 girls, Payton Moore in the Girls 11-12 improving her time by .64 percent and Dominic Huffman cutting his time by .55 percent for the 13-14 boys.

With only one more point earned in the Backstroke events, the SSTs' hopes for a win started to wane. But spirits remained high as their teammates continued to impress, improving their best times.

Nearly all of the winning and placing Backstrokers swam their best, starting with eight year olds Nate Hamluk and Avery Moon coming in second in their respective races and earning outstanding late-season personal best marks of 3.5 percent for Hamluk and 4.64 percent for Moon. Nine other Backstrokers improved their swims, among them was Hamluk's twin sister Natalya Hamluk improving by .11 percent. Logan Kimmel, Madison Moon, Hogan

O'Brien, Maddie Hahne, Donimic Huffman, Kyle Talley, Hallie Puckett and Michael McPherson also earned personal best marks, Huffman in his second win of the day for the 13-14 boys.

The SSTs improved during the Breaststroke events securing several wins. First up was Leah Mozeleski capturing her second win in the 8u race. Bryan Patten won for the 11-12 boys, while Payton Moore also with her second win of the day, was first for the 11-12 girls. Arun Maran was next, scoring for the 13-14 boys. Finally, in his last individual swim for the SSTs was 18 year old, Brandon Fiala, winning the 15-18 Boys Breaststroke with a time of 30.06s. Faltering again in Butterfly and the Relays, the SSTs realized a loss was inevitable. Still, they continued to cheer their teammates on, celebrating a terrific season and wishing a fond farewell to Fiala and fellow graduating senior, Allie Humphrey.

Monday July 22, the SSTs were at home for the final B meet against Greenbriar. Both teams were energized and swam accordingly. Many of Sully Station's younger swimmers and Mini Stars came out for the opportunity to swim in their first meet or to improve a recent time. In Freestyle, there

were 17 6u swimmers, with seven improving their times. Benjamin Campet finished in second place improving 6.74 percent while Ryan Silien slashed a remarkable 15.92 percent earning the third place spot. Keyan Jazaeri crushed his best time by an unimaginable 20.83 percent. In Backstroke, Kasey Foley captured third, cutting 10.72 percent. Several older swimmers also had exceptional drops in time including, Monica Artieda with a drop of 6.95 seconds in the 11-12 50m Freestyle, Cayman Johnson besting is 11-12 Freestyle time by 5.25 seconds and seizing second place in the 11-12 50m Backstroke with a drop of 7.55 seconds. Finally, Abby Molloy captured the win in the Girls 7-8 25m Breaststroke, carving 5.75 seconds off her best time.

With so many improvements and exemplary swims, it was a wonderful way to end the season. But for the SSTs it was bitter-sweet, the end of an era, as the SSTs honored Head Coach Missy Witt, during this, her last meet with the team she started swimming with when she was just six years old. Ending an 18-year run with the SSTs, Missy, a 2013 graduate of Florida Southern College looks forward to beginning the next phase of her life.



Sully Station's Cayman Johnson swims to second place in the 11-12 50m Backstroke Monday, in the SSTs' final B meet of 2013. Johnson slashed more than 8 percent off both his Freestyle and Backstroke times.



Jakob Huse of Sully Station swims to victory in the 7-8 25m Freestyle on Monday, July 22. Huse took nearly one second off his best time, finishing with a time of 22.20 seconds.

PET CENTRE VIEW



Milo Miller is a golden doodle who likes to fetch things.

— BARBARA MILLER



Our kittens, Coco and Champ, cuddle everyday.

— MIMI AND JOHN TOTTEN



Bella's car ride in the sunshine.

PHOTO COURTESY OF ORITTA ESSLER



Meet Frodo and Sam!

Lou and I adopted Mister Frodo from Home Alone Cat Rescue about two years ago. We have a soft spot for big orange cats. Frodo is part Maine Coon (large with furry feet) and part American Bobtail (large with short tail). A description of the American Bobtail breed on the internet says they are "born scared" — which sums up Frodo. He is the proverbial "fradie cat." For the first few weeks after we adopted him, Frodo refused to go into the living room, dining room or master bedroom for fear of our ceiling fans, even when they weren't moving. When he accidentally escapes the house, he comes scurrying right back when birds chirp at him. Despite being timid, Frodo is very playful. He "races us" up and down the stairs and loves to chase Lou's laser toy.

Last year I decided Frodo might benefit from the company of another cat. When I ran into Lee District School Board Representative Tammy Derenak Koufax, at the Lee District Bridge Walk last summer, she showed me a photo of three kittens she and her children, Matthew and Halle were fostering as part of a School Project. They

were less than a month old and adorable. Sam looked like a little tiger cub! Her siblings, solid soot grey, looked like little bears. They had been found living behind a restaurant in Washington D.C. My husband and I fell in love with Sam at first sight.

Once Sam was old enough to come home with us, we introduced Sam and Frodo over a few days, keeping Sam separated in the guest room. It took a few months for them to work out "dominance issues," but now they are chasing each other around the house and amusing each other. Sam has a fascination with water. We have to keep her water bowl upstairs in the tub because she splashes the water all over the place. When she does this, Frodo looks at her as though she is completely uncouth. It's hard to believe Sam was a feral kitten. She is very affectionate and loves to have her head stroked.

Pets definitely add an important dimension to our lives.

— BOARD OF SUPERVISORS CHAIRMAN
SHARON BULOVA AND LOU DEFALAISE



Jessi is our rambunctious 100 lb 2-year-old love bug. Wearing her outfit lasted about as long as I could snap this picture, before she was ready to chew it off ... hence her nickname Chewy. Jessi has chewed or eaten 86 unique items; her goal is 100. Some of her more infamous ones are a new cell phone with hard casing, toilet bolt covers, her ear medication bottle, "Eat This, Not That" book, Yucky dog chew spray, corrugated pipes, hand weights and most recently a pool float made of the harder rubber. But despite this, what she enjoys doing most is giving you kisses and sitting in your lap, all 100 pounds of her!



Elsa is our 8-year-old therapy dog. She really enjoys visiting the Burke Health and Rehabilitation Center where she gets plenty of attention. Elsa was a big hit wearing her red, white and blue on her last visit over the 4th of July holiday. One resident wanted her to stay with her forever. If Elsa can find a willing participant to pet her for hours, she's all in! She also enjoys VT tailgating because the smorgasbord of food left by fellow tailgaters is awesome — hotdogs, hamburgers and chicken being her favorite.

— WENDY AND SCOTT
BOILES



My name is Lucinda (Lucy for short). I'm a Haflinger mare and work at Spirit Open Equestrian. All our volunteers think I'm really cute. I love my job and riders love me 'cause I'm short and it's easy for them to get up on my back. Here I am in harness for the first time. Someday, I hope I can pull a cart and take folks in wheelchairs on drives with me. If you want to be my BFF, just give me a peppermint candy.

PHOTO BY D. PIRES


PET CENTRE VIEW



This is Jill, a former “lost dog” who joined the Howell family and inspired their volunteer work with Lost Dog.



Princess is one of many foster dogs taken in by Marcia Tiersky, president of the Lost Dog and Cat Rescue Foundation, over the past 10 years.



This kitten, fostered by Lost Dog and Cat Rescue Foundation volunteer Beth Stevens, is “a polydactyl,” meaning she has extra toes.



Parker, formerly a “lost dog,” was adopted by Beth Stevens before she became a Lost Dog volunteer.



This dog, called Batman, was a foster in Lisa Marie Czop’s home.

PHOTOS CONTRIBUTED

Helping Save Lives, One Pet at a Time

Area residents explain their dedication to the Lost Dog and Cat Rescue Foundation.

BY AMBER HEALY
CENTRE VIEW

Behind every adoption successfully completed by the Arlington-based Lost Dog and Cat Rescue Foundation, there’s a volunteer with a happy heart.

There’s a small volunteer army across Northern Virginia that turns out every weekend to help cats and dogs find homes, but there’s never a shortage of others looking for a safe place to be fed, sheltered and loved. Volunteers are what make the organization run, from walking dogs at adoption events to petting cats to making sure adoptable animals have safe transportation from rural shelters to this area for medical

care.

These volunteers are playing, and will continue to play, a major role in Lost Dog and Cat Rescue Foundation’s participation in the ASPCA/Rachael Ray \$100,000 challenge, an ongoing competition in which the rescue group and others across the country are trying to surpass the number of animal adoptions recorded between June 1 and Aug. 31.

But why do people agree to share their limited free time with animals? What brings them in, and what makes them stay?

Here are a few of their stories:

THE MIRACLE WORKER. Centreville resident Earl Smith has a reputation for taking sad-eyed, frightened beagles and turning them into happy, friendly, outgoing pets.

Case in point: the two dogs he’s recently fostered.

“Blue was a shelter dog. When I took him in, he was less than social,” keeping his head and tail down, not attempting to play with his own three dogs, Smith said. Within a few weeks, his tail was up and wagging, his eyes alert and on the watch for squirrels or birds.

Another dog, Cappy, had been with Smith for only a few days. “Five weeks ago, he was in a home where he’d lived for 10 years. He got dropped off at an adoption event” without prior warning or explanation by his previous owner.

Smith has been fostering dogs, mostly beagles, for six years, and has turned many fosters into full-time pets.

“My first dog was from

The Challenge: Joining Together To Save Animals

There are dozens of animal welfare organizations across the country working to secure “forever homes” for dogs and cats of all ages. And while there’s a general camaraderie amongst them, stemming from their common cause, what’s a little friendly competition among peers?

For the past few years, the ASPCA (American Society for the Prevention of Cruelty to Animals) has sponsored a nationwide contest to challenge shelters to see how many more animals they could adopt between June and August beyond the total the year before.

The idea was to “spur innovation, increase public support, empower staff and, most importantly, save more lives,” said Bert Troughton, ASPCA’s vice president and a leader of what has become the ASPCA/Rachael Ray \$100K challenge.

The organizations that adopt the most animals above totals from June to August the year before wins not only in terms of putting cats and dogs in loving, happy homes, but a sizeable chunk of change to save even more.

“We know that the contest can help save more lives in the long-term too, because all of

the added attention and support contestants earn during the contest can be harnessed for continued life-saving,” Troughton said.

ASPCA started the challenge in 2010, and in 2012, TV personality and animal lover Rachael Ray joined up with the organization, as she did again this year, allowing the organization to offer more than \$600,000 in prize grants:

A \$100,000 grand prize grant will be awarded to the organization that reports the largest increase in adoptions over the total from the year before. Other awards include a \$25,000 “community engagement award,” and \$25,000 to the first place finisher in each of five divisions, as well as \$15,000 to the second place finishers. Lost Dog is in eighth place overall and second place in their division as of Monday, July 22.

“It’s a whole lot of work and a whole lot of fun because every single life saved is a victory — regardless of who wins the grant prizes for the biggest increases,” Troughton said.

This year, 49 organizations in 30 states are competing for the grants, he said. To see the challenge details, visit challenge.aspcapro.org.

— AMBER HEALY



PHOTO BY AMBER HEALY/CENTRE VIEW

Barbara Hutcherson and Marcia Tiersky help dogs out of the transport crates loaded into a van used by the Lost Dog and Cat Rescue Foundation to bring them to the 11 adoption events the rescue group hosts each weekend.

Lost Dog,” he said. “Eleven years ago, I got my first beagle. A couple of years later, I got him a buddy. After that, I’d see rescue groups and wanted to volunteer,” and signing up with the foundation was an easy decision to make.

During one of the first adoption events he attended as a volunteer, “there was a dog at an event and she was old. I thought, how can I let this dog go to a kennel? So I asked if I could foster.”

Since then, he’s fostered 45 dogs, often getting animals that appear to have been abused or made to fear humans in some way.

“I have a soft spot for the sad ones, the ones no one has loved for a long time,” he said. “With a rescue organization, any home they have is better than the place they were before.”

It’s hard work, trying to make the dogs feel comfortable in a new environment, especially when they’re introduced to new animals all at once. But there’s a moment that makes the heartbreak worthwhile.

“For me, the best reward is when I get home and the new dog is there with my other dogs waiting to jump on me and say hello,” he said, smiling. “I just want to know they’re safe.”

Some Lost Dog volunteers have taken to calling the beagles that look the most unsure and frightened “Earl dogs,” because they know he can work his magic with them.

“I keep photos of all the dogs I’ve fostered,” he said, opening up his cell phone and scrolling through before and after photos of some dogs mixed in with ones he’s been sent of his success stories in their new lives. It’s a practice embraced by many Lost Dog volunteers.

A FURRY SIBLING DOES THE TRICK.

Aileen Reinhard and her daughter, Sydney, were looking for a new pet after losing their beloved beagle. “We went online and looked at their website and requested that a couple of beagles come to one of their events,”

SEE VOLUNTEERING, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM



PET CENTRE VIEW

Volunteering Saves Lives

FROM PAGE 10

Aileen Reinhard said. "There, we met and fell in love with our 'son' Peanut, who was just saved a few days earlier from a shelter in rural Ohio."

Sydney, who was just 7 years old at the time, and her mom signed up to volunteer walking dogs during adoption events as a way to help other families "experience all the joys of adopting a four legged 'son' or 'daughter' such as we feel every day," Aileen Reinhard said. "It really is true that our rescued pet rescued us."

Now, they help work the sign-in table for volunteers and run new volunteer orientation during the Friday night adoption event in Fair Lakes. "Sydney writes out the name tags for both Friday and Saturday events at Fair Lakes. We also participate in special events for increasing public awareness for LDCRF, make tablecloths for the adoption events and helped with the sewing of dog adoption and donation vests," which are worn by dogs who are walked by volunteers outside the events, with little pockets on either side.

Volunteering with Lost Dog is "such a great experience," Aileen Reinhard said. "The selfless, genuine dedication of all the volunteers is immeasurable, all coming together for the common good of animals that would otherwise be forgot-

ten forever but instead are saved and cherished for the rest of their lives in their forever homes."

A SECOND JOB, A LABOR OF LOVE. Marcia Tiersky was just looking for a way to share her time.

Now the president of the Lost Dog and Cat Rescue Foundation board, Tiersky, who started volunteering with the organization in 2002, helps oversee quarterly board meetings in addition to interviewing potential adopters, answering questions from anywhere and everywhere, fostering dogs and updating the website when new animals arrive.

The organization has grown from three adoption events per week, averaging 20 adoptions each week, to 11 adoption events each week, averaging 50-70 adoptions each weekend. In her 10 years as president, the number of volunteers also has expanded, numbering in the thousands.

"It's amazing," she said. "And it's all because of our wonderful volunteers. We could not do what we do if we did not have people to hold the dogs, show the cats, conduct interviews, do paperwork, answer adopter questions, respond to emails and calls on the phone line, and generally spread word of mouth about the rescue."



Mason, a Lost Dog cat strolls on a leash during an adoption event.

Editor's note: Writer Amber Healy is an occasional cat volunteer with Lost Dog and Cat Rescue Foundation.

Lost Dog: For the Love of Animals

In 2001, there were too many dogs without homes and too few people to help them.

That wasn't acceptable to Pamela McAlwee and Ross Underwood, lifelong animal lovers who wanted to save dogs and cats alike from shelters where their futures were non-existent if they weren't adopted.

McAlwee and Underwood were a few years into running a gourmet take-out pizza deli on Washington Boulevard in the Westover neighborhood of Arlington, when McAlwee went to help a friend find a dog to adopt. While visiting a shelter, she saw six dogs that were about to be put down within a few days. She promptly took all six home that night. She got them spayed or neutered and cleaned up and put a classified ad in a newspaper, and in between orders for pepperoni and cheese and vegetarian pizzas, she worked to find good homes for them all. She did this several times, adopting dogs about to be euthanized and finding homes for them.

That's how the Lost Dog and Cat Rescue Foundation was born, out of the take-out phone number for what's now the original location of the Lost Dog Cafe. McAlwee had worked with other rescue groups before, but she wanted to focus more on finding good homes for the animals instead of waiting for a "perfect" placement. The rescue group started with 25 dogs.

Now there are 150 dogs at a ranch in Sumerduck, Va., owned by Lost Dog, as the rescue organization is known, along with 20 cats and an assortment of other animals, including a horse. Other dogs and cats live with fosters — more than 100 dogs are currently in temporary homes until they're adopted.

How To Help

To learn more about the ASPCA/Rachael Ray \$100,000 challenge, find a new pet, donate or volunteer with the Lost Dog and Cat Rescue Foundation, go to www.lostdogrescue.org.

"It's amazing what we accomplish with an all-volunteer base," said Barbara Hutcherson, Lost Dog's adoptions coordinator.

Lost Dog is the only organization in Northern Virginia participating in the ASPCA challenge. The rescue had to verify its numbers and qualify in order to

participate, proving the volunteer base and "the commitment to really take this challenge and run with it," Hutcherson said.

If Lost Dog wins one of the grants provided through the challenge, the winnings likely will be used for vet bills. "It's difficult when you're looking at a list of shelter animals and you have to ask if you can afford the big vet bill for one animal" compared to smaller fees for multiple animals, Hutcherson said. "We want to take them all. It's uncomfortable, but we want to do every single thing we can."

Funding for the rescue comes from adoption fees, donations, and from proceeds from the four Lost Dog Cafe locations across Northern Virginia and the Stray Cat Cafe, next to the original Lost Dog Cafe in Westover.

— AMBER HEALY

MORE AT WWW.CONNECTIONNEWSPAPERS.COM.



Sully Animal Hospital
loving • kind • compassionate

Brenda Taddeo, DVM
5095 Westfields Blvd., Centreville, VA 20120
SULLY STATION SHOPPING CENTRE

Phone 703-956-6290
www.sullyanimalhospital.com
sullyanimalhospital@yahoo.com

HOURS
Mon, Wed, Fri: 7:30 am-6:00 pm
Tues, Thurs: 7:30 am-7:00 pm
Saturday: 7:30 am-1:00 pm | Sunday: Closed

Your New Neighborhood Veterinary Hospital
Providing high quality services in a friendly atmosphere



We'd be honored to help your furry friend stay happy and healthy.

- Discover a friendly, professional team committed to quality care.
- Prevent serious health problems with our wellness check-ups and prevention.
- All you need, right here: food, pharmacy, surgery and laboratory.

FREE Initial Exam
\$55 value

We'll assess your pet's overall condition, answer your questions and establish a baseline for future care.

Offer good through 12/31/13. Not valid with any other offer. Some restrictions apply. One pet per family.

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions?
E-mail: goinggreen@connectionnewspapers.com



CENTRE VIEW



AuPurr Cat Care
Professional CatSitting & Care

703-203-4930
info@aupurr.com



PSI
Pet Sitters International
MEMBER

Serving the cats of NoVa: Arlington, Alexandria, Falls Church, Vienna, & Fairfax County – and areas in Loudoun & Prince William Counties.

*Angie's List Super Service Award: 2010, 2011, 2012
Licensed, bonded and insured.



PHOTO CONTRIBUTED

Poplar Tree Pirates finished the season 5-0 and celebrated clinching the Division 7 title.

Poplar Tree Pirates Clinch Division 7 Title

BY ELIZABETH HALL

On Saturday July 20, the Poplar Tree Pirates hosted the Greenbriar Dolphins in their final NVSL dual meet of the summer. For the first time this season, the Pirates didn't lead in points after every single stroke so it made for one of the closest meets of the season. The first Pirate victory came from Sara Radcliffe in the 9-10 girls freestyle followed immediately by Nick David in the 11-12 boys. Marcelo Coray took the victory for the 13-14 boys in a close race, while David Stewart and Brianna Fridy did the same in the 15-18 age group. The Pirates led the Dolphins marginally with a score of 46-44 at the conclusion of the freestyle events.

SWIM REPORTS

The first victory for the Pirates in the backstroke events came from Sara Radcliffe in the 9-10 girls with teammate Natalie Farello snatching second place. The final 2 victories for the backstroke events came from Julia Young in the 11-12 girls and Preston Rhodes in the 15-18 boys. After the backstroke events, the Pirates were trailing the Dolphins 84.5-95.5.

Although the Pirates were down after the backstroke events, they made a comeback starting with breaststroke. Neha Balaji won the 8&under girls breaststroke with a 5.5 second victory followed by teammate JoJo Ellis in second place. In the 9-10 girls age group, Vanessa Scola finished first followed by teammate Natalie Farello. The Pirate ladies continued to dominate the breaststroke events with 11-12 girls Mary Kominski, Lauren Young, and Flora Baxter completing a 1st-2nd-3rd sweep of points respectively. In the next event, Jonathan Wen took first for the 13-14 boys followed by David Stewart doing the same in the 15-18 age group. Katie Dingman won the 15-18 girls for the last breaststroke event of the meet and the Pirates were now leading the Dolphins 136.5-133.5.

The first butterfly victory for the Pirates came from Analiese de Leon in the 9-10 girls followed by Vanessa Scola and Lucy Chen completing a 1st-2nd-3rd sweep of points

respectively for the Pirates. In the next event, the 11-12 boys followed suit with Nick David, Ted Ellis, and Conner Madsen earning 1st-2nd-3rd respectively as well. Haley Alderman won the 11-12 girls followed by teammate Julia Young earning second while Preston Rhodes and Brianna Fridy both took victories for the 15-18 age group. Going into relays, the Pirates were up 191.5-168.5.

Needing only four relays to win the meet, The Pirates won four events in a row starting with the 9-10 girls relay of Natalie Farello, Vanessa Scola, Analiese de Leon, and Sara Radcliffe. The 11-12 relays of Ted Ellis, Ryan Puxley, Nick David and Nels Williams as well as Julia Young, Mary Kominski, Haley Alderman, and Lauren Young were both victorious. After the 13-14 boys win coming from Jonathan Wen, Fletcher Madsen, Marcelo Coray and Jack David, the Pirates had already won the meet, but that surely didn't stop the relay victories from coming. The Pirates went on to win the last four events of the meet starting with the 15-18 boys relay of Michael Amico, David Stewart, Preston Rhodes, and Sean Morrow followed by the 15-18 girls of Hannah Warnick, Katie Dingman, Brianna Fridy, and Virginia Walsh. The mixed age boys relay of Nick David, Matthew Rickard, Marcelo Coray, and David Stewart out touched the Dolphins by .05 seconds to add to the list of Pirate victories, while the mixed age girls relay of Lauren Young, Sara Radcliffe, Corinne Kominski, and Brianna Fridy won with ease. The Pirates won the meet by 43 points with a final score of 231.5-188.5 and consequently celebrated the NVSL Division 7 title by being the only undefeated team in the division finishing 5-0.

Single Individual Event Winners: Marcelo Coray (13-14 free), Julia Young (11-12 back), Neha Balaji (8&under breast), Vanessa Scola (9-10 breast), Mary Kominski (11-12 breast), Jonathan Wen (13-14 breast), Katie Dingman (15-18 breast), Analiese de Leon (9-10 fly) and Haley Alderman (11-12 fly).

Double Individual Event Winners: Sara Radcliffe (9-10 free and back), Nick David (11-12 free and fly), David Stewart (15-18 free and breast), Brianna Fridy (15-18 free and fly) and Preston Rhodes (15-18 back and fly).



State Champions

The Chantilly National Little League 10-11 Year Olds won the Virginia State Little League Tournament on July 23. Chantilly National defeated Mechanicsville Little League by a score of 14-13 at West Springfield Little League's Byron Avenue Park. Chantilly National takes their 10-0 record to Greenville, N.C. to compete in the Tournament of State Champions at Elm Street Park on July 27-31. Above are (from left): Kneeling - Caden Humphrey and Matt Ford; standing - Connor Pennell, Patrick Stewart, Chris Neary, Bryce Neiman, Matthew Robinson, Julian Heitman, Davis Kelley, Judson Ward, Evan Carper, Matthew Berube and Ian Huang; back Row - Coach Tom Heitman, Manager Chad Carper and Coach Mark Pennell.

Sequoia Farms Scores Victory

As it was for most local community swim teams, with the dual meet season ending, this weekend brought both joy and sadness. On the positive side for the Sequoia Farms team, Saturday brought victory over long-time rival Chantilly National. It was a close meet throughout the individual events with Chantilly leading most of the way. But there must have been something in the air, or in the depth of the young Sequoia Stingrays team, that allowed Sequoia to surge ahead in the relay events and capture a slim victory over the Bluefins.

Saturday also marked the somewhat unhappy occasion of having to say goodbye to Sequoia Farms swimmer, Jenn Steinhilber. As Head Coach Mark Loper said

during the team's official farewell to Jenn, "She has had a long and storied career with the Stingrays, beginning at age five and continuing to this day." To those who have known Jennifer for all these years, she has been much more than just an acquaintance or teammate. She has been a constant source of good advice, friendship and optimism, to her peers and to adults, alike.

As for the results of the meet, many of Jennifer's younger counterparts didn't have a bad day either. Here are the Sequoia girls first place finishers: Lucy Blazquez, Lauren Chin,

Lillianne Fish (double winner), Kate Croxton (triple winner), Jessie Heise, Caroline Santilli, Ella Santilli.

For the boys, Sequoia Farms individual first place finishes came from: Matthew

SPORTS

Sequoia Farms

FROM PAGE 12

Bentley, Brian Chapman (double winner), Avery Harris, Ryan Morris, Nicholas Saied, Russ Steinhilber.

In the relay events Sequoia Farms was the winner in: Girls 8 - Under, Medley Relay: Nadia Boggs, Ella Santilli, Lillianne Fish, Avery Gegg.

Boys 9-10, Medley Relay: Andrew Watson, James Williams, Diego Cromwell, Connor Croxton.

Girls 9-10, Medley Relay: Kristen Blee, Julia Barrett, Sydney Fish, Lucy Blazquez.

Boys 11-12, Medley Relay: Travis Blee, Samuel Williams, Avery Harris, Daniel Morris.

Girls 11-12, Medley Relay: Sydney Loper, Caroline Santilli, Kate Croxton, Molly Hammer.



Departing coach and graduating swimmer Jennifer Steinhilber.

Boys 13-14, Medley Relay: Ryan Morris, Russ Steinhilber, Matthew Bentley, Nicholas Saied.

Girls 15-18, Medley Relay: Jessie Heise, Lauren Chin, Jennifer Steinhilber, Nicole Williams.

Piranhas End Regular Season

The Sully Station II Piranhas wrapped up their regular season with a spirited meet at Crosspointe on July 20. Showing enthusiasm and grit, the Piranhas gave it their all and fell just shy of the win, 213-207.

Swimmers worked together to complete three sweeps, beginning with the 15-18 girls backstroke trio of Madisyn Graham (34.73), Caitlin Campbell (36.63), and Chelsea West (42.03). The 11-12 boys captured the breaststroke led by Flynn Crisci (39.92), Brantley Cervarich (45.16), and Brody Campbell (46.95). Michael Jiang brought home the 15-18 boys breaststroke win in 35.50 followed by teammates Ben Wu (36.71) and Connor Pangman (37.11).

Six Piranhas notched double event victories, including 8-year old Angela Cai in freestyle (17.62) and breaststroke (22.34), 10-year old Faith Alston in free (32.25) and breast (42.98), 12-year old Flynn Crisci in free (31.59) and breast, 16-year old Austen Bundy in back (31.79) and fly (28.74), 16-year old Madisyn Graham in back and fly (34.16), and 17-year old Kenzie Elliott in free (30.92) and breast (43.85).

Seven additional SS2 swimmers earned first place finishes, including freestyler Ben Wu (27.12),



All four Jiang boys contributed to Sully Station II's close meet. From left: Jack, Nick, Kevin and Michael Jiang.

backstrokers Callie Ver Planck (25.27) and Jack Jiang (35.70), breaststrokers Aidan Crisci (48.49) and Georgia Stamper (39.07), and fly specialists Caroline Li (21.90), Taylor Smith (38.27), and Nick Jiang (33.78).

The Piranhas and their parents displayed the true spirit of summer swim as they danced to YMCA and the Cupid Shuffle before the relays began. Lining up along the pool, everyone smiled and rooted for 5-year old Jason Li as he gutted out a 50 meter leg in the 8&U relay. Graduating senior Kenzie Elliott also earned sustained applause as she swam in her final event as the last leg of the girls' mixed age relay.

Complete Dental Care for the Entire Family

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



FAMILY DENTISTRY

14245-P Centreville Sq.
Centreville, VA 20121

703-830-9110

www.smilesforcentreville.com

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



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

Flexible interest free payment plans are available

Most insurance plans are accepted

Convenient Saturday and evening hours

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

Call for your **FREE Initial Consultation**

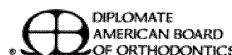
Centreville

Gainesville

6138 Redwood Square
Center, Suite 103

7521 Virginia Oaks Dr.,
Suite 120

703-815-0127 703-754-4880



DIPLOMATE
AMERICAN BOARD
OF ORTHODONTICS

www.nvaortho.com

Advertising Sales

Work in and near your home office
Enjoy base salary plus commissions

Great opportunity for outside sales person to work primarily in and near their home while growing business from an active, established account list in Fairfax County territory. Use relationship selling to create and expand community print and Internet advertising campaigns to local businesses for Connection Newspapers, Northern Virginia's best-read community newspapers.

Successful candidates will enjoy executing the following skills:

- Meeting new people
- Prospecting for new business
- Building dialogue and relationships
- Listening in order to learn how to help others achieve their goals and objectives
- Managing time effectively
- Meeting and exceeding financial objectives
- Fulfilling deadlines while handling multiple tasks
- Collaborating and succeeding in a team environment

Keep productivity high and commuting low while working close to home. After a short training period, travel to our Old Town Alexandria headquarters and production facility required only once or twice a week during off-peak traffic hours. Call 703-778-9431 for details.

**THE
CONNECTION
NEWSPAPERS**



Liedtke Honored by Herndon Swim League

The Team Representatives of the Herndon Swim League presented Commissioner Bill Liedtke of Centreville with a plaque in appreciation for all he has done for the league. It was presented at the 21st Annual All-League Meets. Thirty-one years ago, Liedtke was one of six founding members of the league. He has served as the

commissioner for most of those years. This year, he stayed on as the commissioner despite the decision of the board of directors of his community, the Meadows, to not permit the swim team to operate. The plaque has a picture showing Liedtke in 2010 using the starter's pistol to start the last race in the final home meet in which one of his five children would swim. He has been a starter since his oldest child began swimming in 1981. Although the team had long ago transitioned to an electronic starting system, the pistol was brought out for special milestone events.

ZONE 4:
• CENTREVILLE

EMPLOYMENT

703-917-6464

ZONE 4 AD DEADLINE:
WEDNESDAY 1 P.M.

CLASSIFIED

703-917-6400

ZONE 4 AD DEADLINE:
MONDAY NOON

BUSINESS OPP

TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

BUSINESS OPP

TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

Customer Service Receptionist

State-of-the-art retail facility in Chantilly
Seeking motivated, friendly people person
willing to learn and able to multi-task.
Must have computer and phone skills.
Full time Mon-Fri. Send resume to:
jobadreply123@gmail.com
Or fax to 703-890-2904

DRIVER

Office in Burke, DC deliveries.
Approx 25-30 hrs per week.
Clean DMV.
US citizen. 703-426-4508

Drivers: LOCAL Manassas P&D

Home Every Night!
Great Pay & Benefits!
CDL-A w/Hazmat & Twins,
1yr. Exp. Req. (EOE/AA)
Old Dominion Freight Line
Call Michael: 1-800-990-6335

DENTAL FRONT DESK

F/T position in quality cosmetic-orient-
ed practice in Burke, Va.
Great staff and salary.
Experience preferred.
Call 703-978-5660.

TEACHERS

Play & Learn Center in Herndon, VA is
seeking qualified teachers to provide
quality education and care to young
children. Email you resume to
sangle@va-childcare.com or
call (703) 713-3983.

Educational Internships

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



HOW TO SUBMIT ADS TO

THE CONNECTION

Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to: classified@connection
newspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 5, 6.....Tues @ 11:00
Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00

E-mail ad with zone choices to: classified@connection
newspapers.com or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection
The Oak Hill/Herndon Connection
Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton
Connection
The McLean Connection
The Great Falls
Connection

21 Announcements

ABC LICENSE
SPK, Inc. trading as Thai
Cuisine by PK, 6005 Centre-
ville Crest Lane, Centreville,
VA 20121. The above estab-
lishment is applying to the
VIRGINIA DEPARTMENT OF
ALCOHOLIC BEVERAGE
CONTROL (ABC) for a Wine
and Beer on Premises license
to sell or manufacture alcohol-
ic beverages. Piroon
Prasittimate, owner
NOTE: Objections to the issu-
ance of this license must be
submitted to ABC no later than
30 days from the publishing
date of the first of two required
newspaper legal notices. Ob-
jections should be registered
at www.abc.virginia.gov or
800-552-3200.

26 Antiques

We pay top \$ for antique
furniture and mid-century
Danish/modern
teak furniture, STERLING,
MEN'S WATCHES, jewelry
and costume jewelry,
paintings/art glass/clocks.
Schefer Antiques @
703-241-0790.
Email:theschefers@cox.net

Employers:

Are your
recruiting ads
not working in
other papers?

Try a better
way to fill
your
employment
openings



• Target your best job
candidates where
they live.

• Reach readers in
addition to those
who are currently
looking for a job.

• Proven readership.

• Proven results.



703-917-6464

classified@connection
newspapers.com

Great Papers • Great Readers
Great Results!

21 Announcements

AUCTION: *Cherrystone Farms*
Fri, Aug.9 at 12:30 PM Chatham, VA
**176 Acre Estate
offered in 2 tracts.**
Tract 1: 30 acres with 6388SF, 5BR, 4BA custom home.
Sells with \$600,000 min. bid.
Tract 2: 146 acres & facilities selling ABSOLUTE!
Tracts share this beautiful 8ac lake!
VAAF501
TRF AUCTIONS.com 434.847.7741

**New surgical help for
MACULAR DEGENERATION**
Call to see if you are a candidate for the
Implantable miniature telescope
Free phone consultation with
Dr. Armstrong, Optometrist
Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville
(866) 321-2030
Dr. David L. Armstrong VirginiaLowVision.com

Hatteras Island Vacations
Nearly 600 Vacation Homes
on Cape Hatteras National
Seashore. Oceanfront to
Soundfront. Private Pools, Hot
Tubs, Pets and more!
Hatteras Realty
Book Online at **HatterasRealty.com**
877-935-0573

Outer Banks, NC Vacation Homes!
Over 500 Vacation Homes,
from Duck to Kill Devil Hills to
Corolla, Outer Banks, Oceanfront
to Soundfront, Private Pools,
Hot Tubs, Pets and More...
Brindley Beach
VACATIONS & SALES
Book Online at **www.brindleybeach.com**
1-877-642-3224
"SERVICE FIRST... FUN ALWAYS!"

**THIS AD
FOR SALE!**
Reach across Virginia
with this ad!
No other media offers
the audience of loyal,
local, repeat readers
you'll reach through
community newspapers!
71% of American adults have used a newspaper, a newspaper
website and/or a newspaper mobile source in the past 30 days.
(Scarborough Research 2012)
Virginia Press Services will run this business card-size
display ad across Virginia for one low discounted price.
For more details, call Adriane at 804-521-7585.
**Virginia
PRESS
Services**

AMERICALLAWGROUP.COM with 13 Virginia Offices
BANKRUPTCY* or DEBT ADJUSTMENT*
For help call 804 Debt Law (332-8529) Debt Relief Agency
Plain & Simple **DIVORCE*** Easy Payments
Separation Agreements. **804-245-7848** Agreed custody & support.
Social Security **DISABILITY*** Veteran Disability
*Call for fees & restrictions. America Law Group Inc.
7825 Midlothian Pike, Richmond 23235 Jfellows

HOME & GARDEN

703-917-6400

ZONE 4:
• CENTREVILLE

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

ZONE 4 Ad DEADLINE:
MONDAY NOON

A Delicate Balance – At Home



By KENNETH B. LOURIE

How appropriate is it to tell a cancer patient something negative (that he likely doesn't want to hear) – yet needs to know, and which might ultimately quash his fighting spirit and adversely affect his day – and night? Moreover, would withholding certain discouraging observations intermittently along the cancer-treatment way, in order for said patient to feel good and positive about himself – and better prepare him for any and all news/results which might upset his precariously imperfect life and moreover, likely chip away at his emotional wherewithal as well – cause more harm than 100-percent honesty all the time? If this sounds as if I'm splitting philosophical hairs, the tool I would need to do so in any possibly effective way has yet to be invented, literally or figuratively. Yet this is the life I live as a terminal cancer patient, alive and reasonably well, reliant on my wife, primarily, for a kind of support one rarely anticipates providing and for which either one is hardly prepared.

If this quandary were a line, it wouldn't exactly be a line of demarcation, more like a line of decapitation (figuratively speaking of course). These are lines which are clearly not defined. You couldn't find them on a map even if you were a cartographer with 20 years' experience making maps. These are lines which are blurry at best and if seen at all, likely seen from a satellite snooping high in the sky that neither the government says exists, or the reason for its existence, exists. This is a line, to invoke a well-known Ken Beatrice-ism (Ken hosted a sports talk radio program called "Sports Call" for over 20 years in the Washington, D.C. area) on which you wouldn't want to live (meaning the difference between talent and circumstances was impossible to quantify).

But this is the line of my life on which I try to live, balance, navigate, manipulate and delude myself as the various cancer-driven emotions and circumstances arise. It makes the 3.9-inch width of a balance beam seem more like 39 inches. However, there are striking similarities between this apparatus and life as a cancer patient: the falls can sometimes be devastating, physically, but more often, it is the emotional toll which disrupts the most. When I lose my balance and fall, it's as if I actually can't get up.

Most days I can manage this sort of co-dependency. Other days, I can't. Living in the past at the same time as you're trying to live in the present and plan for the future and trying as well to take both positives and negatives in the identical stride are challenges I really didn't anticipate having to overcome at such a relatively early age: 54 and a half.

Nevertheless, life goes on, for which I'm extremely grateful. Some days/circumstances are definitely worse than others, but at least I'm still in the game. For how long, though? (See, I can't even finish a column without stumbling over myself.)

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

Employers:
Are your recruiting ads not working in other papers?

Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers
Great Results!

HAULING
AL'S HAULING
Junk & Rubbish
Concrete, furn., office, yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell
7 DAYS A WEEK

ANGEL'S HAULING
Junk Trash Removal, Yard/Construction Debris, Garage/Basement Clean Out, Furniture & Appl.
703-863-1086
703-582-3709
240-603-6182

LANDSCAPING
A&S LANDSCAPING
Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing, Asphalt • Retaining Walls
Erosion Control • Drainage Solutions
703-863-7465

Remodeling Interior, Bathrooms, Kitchens, Floors, Ceramic Tile, Painting, Decks, Fences, Additions.
240-603-6182

TREE SERVICE
ANGEL'S TREE REMOVAL
Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com



IMPROVEMENTS
Picture Perfect Home Improvements
(703) 590-3187 www.pphionline.com
Remodeling Bathrooms, Kitchens & Basements
• FREE Estimates Exterior & Interior Repair,
• EAST to Reliable Service Painting, Carpentry, Wood Rot,
• EASY to Schedule Drywall, All Flooring, Decks
• NO \$\$\$ DOWN!
Handyman Services "If it can be done, we can do it"
Available Licensed — Bonded — Insured

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION
BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE
You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.
Licensed We Accept VISA/MC
Insured 703-441-8811

LAWN SERVICE
PINNACLE SERVICES, INC.
LAWN SERVICE
MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES
Friendly Service for a Friendly Price
703-802-0483

J. REYNOLDS 703.919.4456
Landscaping LLC Free Estimates
www.ReynoldsLandscapingOnline.com Licensed / Insured
INSTALLATION SPECIALIST WET BASEMENT / WET YARD
Paver & Flagstone Water Proofing Foundations
Patios / Walkways Standing Yard Water
Retaining Walls French Drains / Swales
Stacked Field Stone Downspout Extensions
Plants / Trees / Shrubs Dry River Beds
•No sub-contractors, or day labors. •15 Years Designing and Installing
•The Owner is physically on your job site. •On time and Professional.

PAVING
GOLDY BRICK CONSTRUCTION
Walkways, Patios, Driveways, Flagstone, Concrete
FREE ESTIMATE
LIC. INS AND BONDED
703-250-6231

ROOFING
Falcon Roofing
Roofing & Siding (All Types)
Soffit & Fascia Wrapping
New Gutters • Chimney Crowns
Leaks Repaired
No job too small
703-975-2375
falconroofinginc.com

TREE SERVICE
Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured
Summer Shape up...
Tree removal, topping, & pruning, shrubbery trimming, mulching, leaf removal, sodding, hauling, gutter cleaning, retaining walls, drainage problems, etc.
20 yrs. of experience - Free estimates
703-868-5358

CLEANING
A CLEANING SERVICE
Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed-
Angies List 2011-Super Service Award!
Comm/Res. MD VA DC
aclearningserviceinc.com
703-892-8648

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

GUTTER
GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards
PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

IMPROVEMENTS
R&N Carpentry
♦BASEMENTS ♦BATHS ♦KITCHENS
Foreclosure specialist/Power washing
♦Exterior Wood Rot More!
Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

R.N. CONTRACTORS, INC.
Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting
We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

A&S Landscaping
• All Concrete work
• Retaining Walls • Patios
• Decks • Porches (incl. screened) • Erosion & Grading Solutions
• French Drains • Sump Pumps
• Driveway Asphalt Sealing
703-863-7465
LICENSED
Serving All of N. Virginia

ENTERTAINMENT

Email centreview@connectionnews.com. Photos welcome.

www.fairfaxcounty.gov/calendar/ShowCalendar.aspx.

ONGOING

"The Producers" by Westfield Summer Stage. Westfield High, 4700 Stonecroft Blvd., Chantilly, Friday-Saturday, July 26-27, at 7:30 p.m. Seats are reserved; tickets are \$12 at www.westfieldtheatreboosters.com and \$15 at the door.

"Extravacatza" at the Fairfax County Animal Shelter, 4500 West Ox Road. Half-off adoption fees on cats and kittens, free spay and neuter of cats and kittens and gift bags for all adopters of senior cats. Tuesday-Friday, noon-7 p.m. and Saturday 10 a.m.-5 p.m. Visit

FRIDAY/JULY 26

Yoga Storytime. 2 p.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 6-9 can enjoy story time that incorporates basic yoga moves. Free. Registration required, 703-502-3883.

Comedy Show. 8 p.m. at Fast Eddies, 14114 Lee Highway. Comedian Mike James performs. Hosted by Jon Yeager. Visit fasteddies.com.

SATURDAY/JULY 27

Master Gardeners. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their

home gardens. Free. 703-502-3883.

Peaceful Paws. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children on the autism spectrum or with other developmental challenges meet and read to therapy dog Dakota. Free. Registration required, 703-502-3883.

Hidden Pond: Snakes. 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades K-6 can meet several native species, both small and large. Free. Registration required, 703-502-3883.

SUNDAY/JULY 28

Red, Wine and Blues Event. 3 p.m. at The Winery at Bull Run, 15950 Lee Highway. The event includes wine tasting, food from BBQ Brothers and

live music, as well as a raffle for a long weekend getaway for two. Benefits Our Daily Bread's Collect for Kids Back to School Program. Tickets are \$10. Visit www.odbfairfax.org or call 703-273-8829.

Concert. 6-7 p.m. Featuring the Loudoun Jazz Ensemble at the Udvar-Hazy Center. 14390 Air and Space Museum Pkwy, Chantilly. Free.

MONDAY/JULY 29

Storytime. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

Children's Science Center. 2:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Children

ages 6-12 can enjoy fun, hands-on science experiments. Free. Registration required, 703-830-2223.

Improv and Comedy Theater Workshop. 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Students in 7-12 grade can enjoy an afternoon of improvisation and acting. Free. Registration required, 703-502-3883.

ESL Book Club. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Ask for title. 703-830-2223.

TUESDAY/JULY 30

Small Wonders. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 12-23 months. Free. Registration required. 703-502-3883.

Bouncin' Babies. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Up to 11 months. Free. Registration required. 703-502-3883.

Balloon Sculpting. 2 p.m. at Centreville Library, 14200 St. Germain Drive. Ages 12-18 can learn the art of balloon twisting. Free. Registration required, 703-830-2223.

Los Quetzales. 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Children can enjoy Mexican music and dance. Free. Registration required, 703-502-3883.

WEDNESDAY/JULY 31

Storytime. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 3-5. Free. Registration required. 703-502-3883.

Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Up to 11 months. Free. Registration required. 703-502-3883.

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 12-23 months. Free. Registration required. 703-502-3883.

A Novel Society. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can discuss "West with the Night" by Beryl Markham. Free. 703-830-2223.

THURSDAY/AUG. 1

Children's Science Center. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 6-12 can enjoy fun, hands-on science experiments. Free. Registration required, 703-502-3883.

Jazz Performance. 2 p.m. at Dulles International Airport, 1 Saarinen Circle. The Wayne Wilentz Trio. Visit www.metwashairpots.com/dulles.

Teen Book Club. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. For teens in grades 7-9. Call for title. Free. 703-502-3883.

Concert. Tauk will perform at The Bungalow. 7 p.m. 3891 Metrotech Drive, Chantilly. www.bungalow4u.com.

SATURDAY/AUG. 3

Master Gardeners. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Information and advice on home gardens. Free. 703-502-3883.

Bouncin' Babies. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Up to 11 months. Free. Registration required. 703-502-3883.

Small Wonders. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 12-23 months. Free. Registration required. 703-502-3883.


Lego Mania. 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Grades K-2. Free. Registration required, 703-502-3883.

Starlight Cinema. 6 p.m. at 5875 Trinity Parkway, Centreville. Movie begins at dark. "Madagascar 3: Europe's Most Wanted," with voices by Ben Stiller, Chris Rock, David Schwimmer and Frances McDormand, is rated PG; 93 minutes; 2013. Free; bring a blanket or chairs and a picnic.

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

CENTREVILLE

THE CHURCH OF THE ASCENSION



Traditional Anglican Service
1928 Book of Common Prayer

Holy Communion 10 A.M. Sundays
(with Church School and Nursery)

Evening Prayer and Bible Study 7 P.M. Wednesdays

13941 Braddock Road, (north off Rte. 29) Centreville, VA
703-830-3176 • www.thechurchoftheascension.org

Sunday Services at Centreville Presbyterian Church



Summer Worship 10:00am

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

Centreville PRESBYTERIAN CHURCH

CENTREVILLE BAPTIST CHURCH



SUNDAY WORSHIP SERVICES
9:15 AM CELEBRATION SERVICE
11:00 AM CONTEMPORARY SERVICE

COMMUNITY GROUPS
Sundays at 8:00, 9:15 & 11:00 am

Nursery through Elementary, Youth, College Age, Singles, Men, Women, Choir, Awana, GoGo (Older adults), Bible Study Fellowship, MOPS (Mothers of Preschoolers), English Language Classes and Spanish Speaking Ministry

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



JEWISH
Congregation Yad Shalom...703-802-8901
Temple Beth Torah...703-263-2252

LUTHERAN
King of Kings Lutheran Church...
703-378-7272
Lord of Life Lutheran Church...
703-323-9500
St. Andrew Lutheran Church...
703-830-2768

METHODIST
Centreville United Methodist...
703-830-2684
Pender United Methodist Church...
703-278-8023
Pleasant Valley United Methodist...
703-327-4461

NON-DENOMINATIONAL
Centreville Community Church...
703-580-5226
Christian Life Center...703-754-9600
Clear River Community Church...
703-881-7443
Covenant Christian Center...703-631-5340

Fair Oaks Church...703-631-1112
New Life...703-222-8836
Tree of Life Bible Church...703-830-4563

PENTECOSTAL
Capital Worship Center...703-530-8100
Church of the Blessed Trinity...
703-803-3007

ORTHODOX
Holy Trinity Orthodox Church...
703-818-8372
The Greek Orthodox Parish of Loudoun County...703-421-7515
St. Raphael Orthodox Church...
703-303-3047

PRESBYTERIAN
Centreville Presbyterian Church...
703-830-0098
Chantilly Presbyterian Church...
703-449-1354
Clifton Presbyterian Church...703-830-3175
Young Saeng Korean Presbyterian Church...
703-818-9200

UNITED CHURCH OF CHRIST
Wellspring United Church of Christ...
703-257-4111

ANGLICAN
Church of the Epiphany...703-481-8601
Christ the Redeemer...703-502-1732

ASSEMBLY OF GOD
Centreville Assembly of God...703-830-1841

BAHA'I
Baha'i Faith...1-800-22-UNITE

BAPTIST
Centreville Baptist Church...703-830-3333
Chantilly Baptist Church...703-378-6880
Clifton Baptist Church...703-263-1161
Second Baptist Church...703-830-1850
Mount Olive Baptist Church...703-830-8769
Ox Hill Baptist Church...703-378-5555

BIBLE
Chantilly Bible Church...703-263-1188
Community Bible Church...703-222-7737

CATHOLIC
St. Andrew The Apostle Catholic Church...
703-817-1770
St. Clare of Assisi Catholic Church...
703-266-1310
St. Paul Chung Catholic Church...
703-968-3010
St. Timothy Catholic Church...703-378-7461
St. Veronica Catholic Church...703-773-2000

EPISCOPAL
Church of the Epiphany...703-715-6070
St. John's Episcopal Church...703-803-7500