Centreville ❖ Clifton ❖ Little Rocky Run

CENTRE VIEW

SOUTHERN EDITION

JUNE 25-JULY 1, 2009 "VIEW OF A GRADUATION" 25 CENTS NEWSSTAND PRICE VOLUME XXIII, NO. 25

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Mountain View students, plus school librarian Jean Fidyk, stand before their graduation ceremony, Thursday, June 18, at Centreville High.

Mountain View's Spring Graduation

SOL scores rank it sixth in the state.

BY BONNIE HOBBS
CENTRE VIEW

Mountain View School graduations always tug at the heartstrings, and the ceremony last Thursday, June 18, at Centreville High followed suit. But Principal Jim Oliver also shared some exciting news with the students.

"Seniors, during your time at Mountain View, you've witnessed many changes," he said. "The View used to be portrayed by outsiders as a school of losers, where the bad kids go. Today, because of your hard work and your SOL scores, you're graduating from the sixth-ranked high school in the state of Virginia. And that's out of 308 high schools in the state — not that shabby for a little high school."

The Abu-Ghannam family of Centreville (from left): Cousin Rola, graduate Amro, cousins Dalia and Shereen and aunt Sawsan Abu-Ghannam celebrate after the ceremony.

Oliver said many of the students didn't like school when they first came to Mountain View. But the school's philosophy is that everyone deserves a second chance. "Your teachers taught you family, love and respect and brought your learning potential to your highest degree," he said. "Keep building these relationships and remember the love you felt here at Mountain View. Take the love of learning with you

SEE 91 GRADUATE, PAGE 4

Church Given Go-Ahead To Build T-Ball Field

BY BONNIE HOBBS
CENTRE VIEW

Centreville United Methodist Church (CUMC) has scored a homerun in its quest to build a ballfield on its property. It got a thumbs-up, June 1, from the Fairfax County Board of Supervisors.

First, though, the matter went before the West Fairfax County Citizens Association (WFCCA) Land-Use Committee. Representing the church, civil engineer Laura Miller explained the plan.

"Several years ago, the church purchased a parcel across the street and would now like to develop it for recreation uses for the church membership and day-school," she said. "We'd like to cut the grass and let the kids play T-ball."

Miller said the church would use the existing gravel to get to and from the field and would demolish an old, 1940s house currently on the property. "The police and fire departments will use it for an exercise," she said.

The project will also include an open-air pavilion, a concrete pad, a grassy volleyball area and an open-lawn play area. The lighting will have a lock box for the on/off switch so the lights will only be used by the church.

"There'll be a 4-foot-wide trail wrapping around it so the day-school kids could have a little, nature walk," said Miller. "We'll extend a fence behind the houses and will add landscaping. We'll also save trees along the property line and will provide and dedicate a trail easement along Route 28 that will link with trails north and south of it that now dead-end on

SEE SUPERVISORS, PAGE 5

Three Months in Jail For Setting Car on Fire

BY BONNIE HOBBS
CENTRE VIEW

Little Rocky Run's Alexander Bruce received three months in jail for his part in the torching of a vehicle in Fair Oaks. He must also pay his share of the $35,664 restitution owed to the victim.

Bruce, 20; Brian Fletcher, 19, of Centreville; and Michael Mirch, 19, of no fixed address were the culprits. Now two of them have been sentenced for setting a fire maliciously and the third will receive his punishment in August.

"It was a very dangerous situation, what these three people did," said Assistant Commonwealth's Attorney Katie Swart at Bruce's May 22 sentencing in Fairfax County Circuit Court. "The car erupted, and the potential for harm — and the harm that happened — was astronomical." She also noted that Bruce tested positive for marijuana while out on bond and has "a new arrest for DWI — which doesn't bode well for him."

The crime happened on Oct. 3, 2008 to a blue, 2004 Honda CV-S2000 parked on Runabout Lane in the Carriage Park community. The car belonged to a woman who lived on a nearby street and was driven primarily by her son. Neighbors awoke to an explosion, just

SEE THREE MONTHS, PAGE 2

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Three Months for Setting Fire

FROM PAGE 1

before 6 a.m., and discovered the vehicle fully engulfed in flames — which spread to and destroyed two other vehicles parked nearby.

After an investigation, the county Fire Marshal's Office charged Fletcher, Bruce and Mirch with the offense. In an Oct. 21, 2008 affidavit, Lt. Patricia Tomasello with the Fire Marshal's Office wrote, "After the fire, Brian and Mike admitted to pouring gasoline inside of the vehicle [and] then igniting it."

She stated that "Alex Bruce admitted driving Brian and Mike to the gas station to purchase gas. He then drove to [the victims'] house and acted as a lookout while Brian and Mike cut the convertible top open and set fire to the vehicle."

On March 6, Judge David Schell sentenced Fletcher to a month in jail and ordered him to pay restitution. Mirch is scheduled for sentencing Aug. 14.

"It is undeniable that this is a serious crime," said defense attorney Kelly Sprissler at Bruce's sentencing. "The amount of property damage was great; thankfully, no one was hurt. This was a stupid thing to do. Bruce thought Fletcher and Mirch were his friends — he was wrong."

She said the whole thing was Fletcher's idea and he and Mirch "lit the match and caused the damage. [Afterward] Bruce drove them away. He was the least culpable of the three defendants and he was the first of the three to discuss the case with the fire marshals." But now, she said, "He's a convicted felon and his employment options will be about on par with high-school dropouts."

Since his arrest, said Sprissler, Bruce sought a psychiatrist's evaluation, began therapy and got medication "to help him with his feelings of depression and anger." He's also done community service at GMU and amassed $7,000 toward the restitution. It's comprised of money from the sale of his car, his tax refund and a loan from his father, which he'll pay back.

Then Bruce stood and said he'll always regret his behavior that day. "I am deeply remorseful and am sorry for what I've done," he said.

Judge Randy Bellows said Bruce deserved incarceration because "the conduct was so incredibly dangerous. This could have been a death when the cars had blown up [and] this defendant could have been facing a homicide conviction. Arson often goes out of control and, in this case, they intended to destroy one car and ended up destroying three cars."

He said Bruce had "loving and caring parents who've tried every way they can to help him." Bellows also noted Bruce's "genuine remorse" and that he'd taken responsibility for his actions. But, he said, "I'm going to have the maximum amount of time hanging over his head so, if he violates the law in the future, he'll go to state prison."

The judge then sentenced Bruce to five years in prison, suspending all but three months. Bellows also placed him on five years probation and ordered him to pay restitution, along with his co-defendants. In addition, Bruce must obtain substance-abuse treatment, remain drug- and alcohol-free, complete an anger-management course and maintain full-time education or employment, or some combination of the two.

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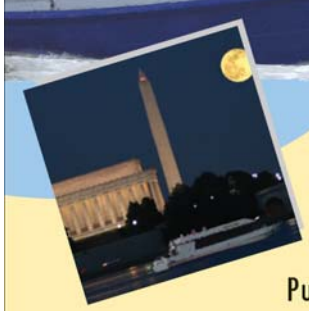

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Graduation '09

Photo by Greg E. Mathieson / MAI

Graduation ceremonies for Westfield High School were held June 18 at George Mason Patriot Center.

Senior class vice president Alison Hager presents the Student Award to class president Angelina Giancola.

Melanie Yun-Chen Tsou delivers the valedictorian address.

Photos by Louise Krafft/Centre View

A Bulldog Graduation

Photo by Louise Krafft/Centre View

Westfield High School principal Tim Thomas presents the diplomas.

Photo by Greg E. Mathieson / MAI

Kristin Michelle Zuiker, the last person in the class of 2009 alphabetically to graduate.

Senior class member Austin Sweezy addresses her classmates as one of the two student speakers. Austin was followed to the podium by Bethany Horstmann.

Looking to the Future

The 2009 class officers: Angelina Giancola, Alison Hager, Madelyn Curry, Morgan Hicks, Lisa Morrisette and Stephanie Novak applaud as Austin Sweezy finishes her remarks to the class.

Photos by Louise Krafft/Centre View

Senor class sponsors Amy Ward and Amy Sutphin present the Faculty Award to Justin Patrick Feehan.

Fairfax Connector Replaces Centreville, Chantilly Metrobus

Fairfax County will absorb the Metrobus 2W, 12 and 20 lines into the Fairfax Connector bus system, starting Monday, June 29. This will help the county determine the levels and types of bus service it can provide to county residents. It will also allow for future expansion of service.

A total of 15 Metrobus routes in Centreville, Chantilly and Oakton are being converted to Fairfax Connector routes with new route numbers and improved schedules. These routes provide rush-hour bus service between west county neighborhoods and the Vienna Metrorail Station. Public meetings were held last year to gather input from existing riders, and changes were made to include more evening and midday service.

The Metrobus routes which will be changing are: 2W, 12A, 12C, 12D, 12E, 12F, 12G, 12L, 12M, 12R, 12S, 20F, 20W, 20X and 20Y. Basic fare will be $1.25 with a SmarTrip card, or $1.35 if paying with cash. Information about the new route numbers and schedules is available at www.fairfaxconnector.com or at 703-339-7200, TTY 711.

Partial Opening Is Scheduled For Willard Road Interchange

Between the night of July 6 and the morning of July 7, there'll be a new traffic pattern at the Route 28/Willard Road Interchange in Centreville. Traffic on Willard Road will shift to the newly constructed bridge over Route 28. At the same time, the ramps on the north side of the interchange will open and the traffic signal on Route 28 will be eliminated.

The changes will move traffic off of the existing Willard Road pavement at the intersection of Route 28 and allow construction of the ramps on the south side of the interchange. These ramps will remain closed for about three weeks, pending demolition of the existing Willard Road pavement and completion of the ramps.

During this three-week period, northbound Route 28 traffic destined for Willard Road — and Willard Road traffic destined for southbound Route 28 — will be detoured via the Route 28/Westfields Boulevard Interchange and Route 28 parallel roads (Stonecroft Boulevard, Lee Road, Westfields Boulevard, and Walney Road). However, plans are subject to change if there's inclement weather.

Sobriety Checkpoint Pays Off

An enhanced sobriety checkpoint last weekend yielded eight DWI arrests and five minors charged with illegal possession of alcohol. Aimed at deterring and apprehending intoxicated drivers, Fairfax County police conducted a sobriety checkpoint from Saturday, June 20, at midnight until Sunday, June 21, at 3 a.m.

All motorists were stopped and drivers were checked to assure that their abilities to drive had not been impaired by alcohol or drugs. Approximately 1,067 motorists passed through the checkpoint in the northbound lanes of Route 28 at the intersection of Walney Road. Besides the 13 charges involving alcohol, police also made one criminal arrest and issued 15 summonses for miscellaneous traffic offenses.

Five people have lost their lives in alcohol-related crashes, so far this year, compared to three for the same period last year in Fairfax County. So police are stepping up impaired-driving enforcement, in an effort to reverse this trend. Last weekend, Virginia State Troopers joined them in conducting a larger-than-usual sobriety checkpoint. Altogether, nine police officers, 11 state troopers and 11 auxiliary police officers participated.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections, Thursday, June 25, and Thursday, July 2, 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 tech

See Roundups, Page 5

Photos by Bonnie Hobbs/Centre View

From left, cousins Simone and Chanelle Sheppard smile while waiting in line to get their diplomas.

From left, Edwige Tchamgoue receives the Personal Achievement award from math teacher Mike Lukacs.

91 Graduate from Mountain View

From Page 1

as you continue with your future endeavors. Seniors, one of the most important lessons you've learned was that we all believe in you — and you're all prepared and ready to take on the next challenges in your life."

Four students then shared their personal stories; the first was Ruth Canchanya. "I have been to five different high schools, in three different countries, in three different languages," she said. "And I dropped out of two of them."

She dropped out of high school in her native Peru because, she said, "The teachers didn't care, so I didn't pay attention and had bad grades — and I knew I couldn't afford to pay for college. Then my father called and told me to move to America, where the education was good."

But when Canchanya first came to Mountain View, "All I cared about was having fun with friends and going to parties," she said. Again, she dropped out of school. But then she saw how hard her father and step-mother worked at a dry-cleaning plant, and her father told her he wanted a better life for her.

"I wanted to be a role model for my younger brother and sister, so I registered at another high school in another county," she said. "They said I was too old and shut the door in my face. I cried, and then decided to change and complete something, for the first time. I cared about my future."

So Canchanya returned to Mountain View and, at 19, became a sophomore. Counselor James Lockwood told her it's never too late to finish high school and, this time, she took it seriously — and recently received two scholarships.

"We have wonderful teachers who care about students," she said. "Thank you, teachers, and Dad, for your love and support. Here, I know I'm on the right path and, with perseverance, I will achieve my goals."

Kathleen Morales's parents came to the U.S. from Nicaragua for a better life, but she was struggling in school. "I didn't believe in myself and thought I was stupid," she said. "I was angry at myself, everyone around me and school. I was getting bad grades, so I gave up." Crying, she said, "I felt I let my parents down and myself."

She then found a tutor and passed four SOLs in her junior year. But as a senior, she was failing, so her tutor recommended Mountain View. "I didn't know how I'd fit in, but the teachers had warm smiles and welcomed me," said Morales. "And the students here accepted me and didn't judge me like the kids did at my old school."

"Now, I stand here proud and confident," she said. "Now when I cry, they're tears of joy. At Mountain View, you don't feel like a failure — you feel like a believer."

INTRODUCING HIMSELF as a 19-year-old, male Latino, Ronald Herrera said his demographic has a 29-percent dropout rate, but he was determined to be an exception. But his road was rough. "I got involved with the wrong people and got into fights," he said. "I was expelled from school and people saw me as a thug. I went to live with my grandmother in Centreville, but the local school wouldn't accept me because of my past."

So at age 18, he went to Mountain View, but didn't change his behavior. Then, said Herrera, "I realized people were trying to help me, My attitude changed and I started to feel good about myself and to care about my schoolwork. I felt respected and honored here and made it onto the A-B honor roll, for the first time ever."

"Because I'm graduating today, I can follow my dream of enlisting in the U.S. Marine Corps," he continued. "Our school's motto, 'Family, love, respect,'

See Graduates Share, Page 5

Student speaker Ruth Canchanya

Student speaker Kathleen Morales

Student speaker Ronald Herrera

Student speaker Shawna Jenkins

Graduates Share Their Stories

From Page 4

really means something to all of us. I changed because I wanted to prove to myself I could do anything, and I wanted to make my family proud of me."

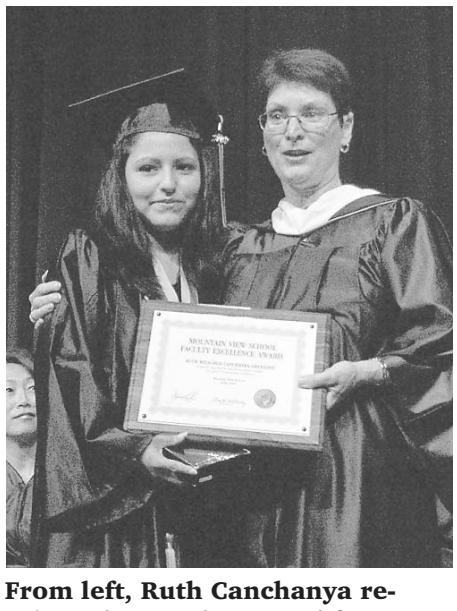
Initially, Shawna Jenkins wasn't proud of herself, either, and she wondered why Mountain View wanted to give her a second chance. "But here, my mistakes turned into a cap and gown, a walk across the stage and a high-school diploma," she said. "All my teachers were awesome and the students were even better. At my base school, I didn't care about school and my life."

Addressing her parents, she said, "Mom and Daddy, I realize the poor choices I made and the problems I caused, and I'm sorry. Thank you for putting up with me." Jenkins said Mountain View helped her build relationships and dedicate herself to her goals, and she thanked everyone involved.

"This one year [here] has been an amazing journey," she said. "What you do in life affects the people around you. I can see why teachers and students love it here. They can see they've succeeded and accomplished something and they feel proud. Now I feel that, too."

Noting that she won an art award and a $1,000 scholarship, Jenkins added, "I was able to rise above it all — we all did. Congratulations to the graduating class of 2009. It's how you deal with failure that determines how you'll deal with success. Always keep Mountain View in your hearts."

Simone Sheppard wins the Citizenship Award; Social Studies teacher Catherine Collins presented it.



From left, Ruth Canchanya receives the Faculty Award from English teacher Susan Bergert.

Photos by Bonnie Hobbs/Centre View

Supervisors Approve T-Ball Field

From Page 1

the property."

WFCCA's Mark McConn suggested the church replace its old, chain-link fence on the north side of the property with a new fence for better security. Panel member Carol Hawn recommended CUMC plant only native, Virginia plants, and Miller replied, "Absolutely."

Sully District Planning Commissioner John Litzenberger noted that, originally, county staff had requested $178,000 in proffers before the church could build its ballfield. But Supervisor Michael R. Frey (R-Sully) intervened and wrote a letter on CUMC's behalf.

"Since the county long ago forgot to ask the developer of Centre Ridge to put in a trail there, it shouldn't be only the church's responsibility," said Litzenberger. "So that's why the church is offering other proffers."

Hawn said it's a "sorely missing link" of the county's trail system and would go in the VDOT right-of-way along the church's New Braddock Road frontage. "I hope it can be built, at some point, because it would benefit a lot of people," she said. "But because of the grading involved, it would be more costly than what the church could afford." But meanwhile, Hawn said her neighbors in the adjacent, Old Mill community will appreciate the fence being finished.

At-Large Planning Commissioner Jim Hart said the trail is actually not on the church property, but was incorrectly noted on documents as being CUMC's responsibility. "It's a pre-existing problem, and this is so slight a low-intensity development," he said. "And this also could be viewed as an interim use. Someday it might be used as an interchange, so there'll be other opportunities to extract proffers and development conditions, in the future."

The WFCCA then approved the proposal unanimously, with one abstention. It also sailed through the Board of Supervisors. "It passed easily," said Frey. "After all, who could vote against a church providing a ballfield for children?"

Roundups

From Page 4

nicians may properly inspect and adjust them, as needed. Call 703-814-7000, ext. 5140 to confirm dates and times.

Fair Oaks CAC to Meet

The Citizens Advisory Council of the Fair Oaks District Police Station will meet Tuesday, June 30, at 7 p.m., in the roll-call room of the police station. It's at 12300 Lee Jackson Memorial Highway in Chantilly.

WFCM Needs Donations

With the downturn in the economy, Western Fairfax Christian Ministries (WFCM) could use some help meeting its increased demand from local residents for food, clothing and financial aid. To make donations for the food pantry or thrift shop, to volunteer or to receive information on the next free budgeting class, call 703-988-9656.

Needed items in WFCM's thrift store include: Clothing for all ages, denim, coats and jackets, shoes, jewelry, accessories, seasonal items, furniture, linens, small appliances, sporting goods and baby items.

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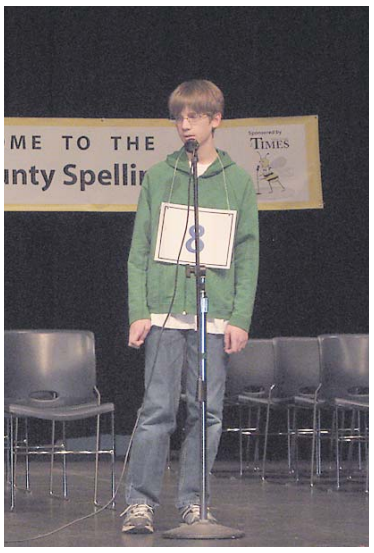

Regional Winner

Tim Ruiter, a resident of the Centre Ridge community, won the Fairfax County Regional Spelling Bee Saturday, March 21 at Hayfield Secondary School. Tim is a homeschooled seventh-grader representing the NOVATAG Fairfax homeschool group. He triumphed over 54 of the county's best elementary and middle school spellers in the bee.

Anderson To Study in Germany

Thomas Markley Anderson of Centreville was awarded a Study Abroad Grant worth $1,000 by The Honor Society of Phi Kappa Phi. The son of Mary Evelyn and Robert Anderson, he is an International Business and Spanish student at Virginia Tech. Anderson will participate in a direct exchange through the University of Munich in Germany. He will spend the whole academic year abroad while assimilating into the German culture, undergoing an independent research project on the European efforts towards environmental policy and refining his German language skills towards fluency. This honor counts Anderson among 50 students nationwide to receive the Phi Kappa Phi Study Abroad Grant.

Carrie Williams Wins Regional Emmy Award

Last summer, NBC-TV (News Channel 4) in Washington chose five interns to generate "creative content" for the TV station's Web site. Carrie Williams of Clifton, a graduate of Centreville High 2006, and a broadcast journalism major at Auburn University, led the group by working through the George Washington University Semester in Washington Journalism Program. She helped forge a team that created a web reality mini-series focusing on the interns' real life experiences in Washington, D.C., and at the station.

This team surpassed all of NBC News 4's expectations by producing an innovative television production. The college students scripted, filmed, edited and starred in their own show. They caught the attention of the management as they learned the business through filming their newfound ventures and amusing news stories.

The interns' exuberance proved most entertaining, so NBC 4 rewarded the team by syndicating five episodes that aired after Saturday Night Live. Their high ratings proved to be a local sensation, so the team also earned their web site www.nbcinterns.com.

Carrie Leigh Williams at the regional Emmy Awards.

NBC News 4 was not the only broadcast organization to appreciate them. On June 6, Williams and the Intern team were presented with a regional Emmy Award by the 51st National Capital Chesapeake Bay Academy of Television Arts and Sciences. The Academy recognized the interns for their outstanding achievement in student productions. The ceremony was held at the Ritz Carlton in Washington, D.C., and the keynote speaker was Oprah Winfrey.

This summer, Williams is working for MTV in New York City as a member of its video production team. At MTV, she will assist with celebrity music artist video shoots. Williams's internship at MTV will allow her to become more skilled with interviewing, video editing, video shooting and the production process. Williams also started a video blog to share her experiences this summer as an MTV intern.

Following her MTV experience, Williams will return to Auburn University this fall as a senior to assume the helm of the Eagle Eye News station. Williams looks forward to translating her NBC and MTV production experience into the "War Eagle" success stories this year.

Centreville High School Competes at Disney Festival

Centreville High School traveled from Clifton to the Walt Disney World Resort on April 16-18, for the fifth annual Festival Disney, competitive music festival. The Symphonic Choir, Bella Voce, Concert Choir, Madrigals, and Guitar Ensemble members competed for top honors in this one-of-a-kind festival event.

During the event, choral ensembles, marching, jazz and concert bands, orchestras, show choirs, and auxiliary units participated in adjudicated performances, personalized feedback clinics and a high-energy awards ceremony. The festival series schedule included two days of adjudicated performances, where ensembles received valuable written and recorded feedback from nationally recognized music educators. To conclude the event, groups were invited to the Festival Disney Awards Ceremony. All ensembles receive an exclusive Festival Disney Award, and every participant received a Festival Disney Medal to commemorate their participation. Competing groups vied for Best in Class and Festival Disney Gold, Silver and Bronze Awards.

Each director selected the group's classification and one of three adjudication categories when they registered. The categories included Competition — where groups are rated and ranked for the top awards; Ratings Only — where the ensemble is awarded a rating but not a ranking; and Comments Only — where the group received only written and verbal feedback. Immediately following their performance, concert ensembles participated in a feedback clinic with one of the adjudicators.

CENTREVIEW
SOUTHERN EDITION
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Newspaper of
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A Connection Newspaper

Faith

Congregation Yad Shalom, located in Centreville, provides a variety of programs in a traditional format with a modern flair:

❖ Ask about the K – 2 Hebrew school for the children for the spring semester.

❖ Join the congregation and Cantor Zucker for a BBQ and Havdalah service on Saturday, July 18 at 6 p.m.

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

Centreville United Methodist Church will hold Music Camp from Aug. 10-14 from 9:30 a.m. - 12:30 p.m. Children in grades 2-6 (2009-2010 school year) are invited to attend and will enjoy a Christmas in August theme. The campers will learn and perform the musical "Radio J-O-Y!" Registration forms can be found on the church Web site www.centreville-umc.org. Registration is $20 per child with a $50 family maximum. Contact the church office at 703-830-2684.

The Ekoji Buddhist Temple, located at 6500 Lake Haven Lane in Fairfax Station will hold its 27th annual Obon Festival Saturday, July 11, from 5:30 to 9 p.m. Festival activities include Japanese folk dancing, taiko drumming performed by Nen Daiko, a candle illumination ceremony, kid's games and crafts, and traditional Japanese food dishes. Temple tours and short lectures on Buddhism will be held during the festival. Attendance is free and food and drinks will be sold throughout the evening. All are welcome. Visit www.ekoji.org for more details on Ekoji Buddhist Temple activities. Visit www.ekoji.org or call 703-239-0500.

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11:00 am Contemporary Service

Bible Study
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Centreville United Methodist Church

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

Worshiping God ~ Serving Others

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CENTREVILLE

Centreville United Methodist Church

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Visit us on-line at www.treeoflifebiblechurch.org

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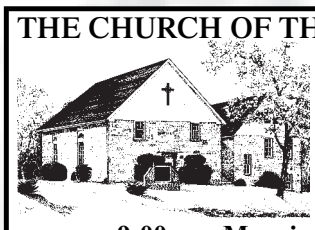

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11:00am - Holy Communion
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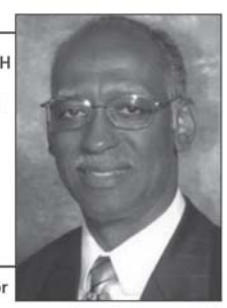

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Worth Noting

To have community events listed in Centre View, e-mail to centreview@connectionnewspapers.com. Call Steve Hibbard at 703-917-6407.

ONGOING

The **Centreville Farmers Market** will be operating every Friday until Oct. 30 from 3:30-6 p.m. at 5885 Trinity Parkway, Centreville. Vendors will change throughout the season.

Craft Vendors are needed for Centreville United Methodist Women's Bazaar scheduled for Saturday, Nov. 14 from 9 a.m. to 3 p.m. at the church, 6400 Old Centreville Road; contact psbyers@verizon.net.

SATURDAY/JUNE 27

Peter Douskalis Performs. 7-9 p.m. At Pacino Ristorante. Peter specializes in many aspects of the guitar such as jazz, classical, rock and pop. Pacino Ristorante is located at 5653 Stone Road, Centreville. Reservations not required but recommended. Call 703-222-5885.

Space by Day and Bats at Night. 2-3 p.m. and 8-9 p.m. At Cub Run RECenter. Take part in many experiments and fun activities. At night, families with children at least 5 can search the twilight skies for bats. Cost is $4/child, $2/adult. Call 703-817-1065 to register. Cub Run RECenter is located at 4630 Stonecroft Boulevard in Chantilly.

SUNDAY/JUNE 28

Clean Paws for a Cause Dog Wash. 1-4 p.m. All proceeds to benefit 4 Paws for Ability, a non-profit that educates and homes various types of service dogs for people with disabilities. At 13944-B Willard Rd., Chantilly. Call Maddie & Ellie's House at 703-263-7252 or go to www.maddieandellieshouse.com.

TUESDAY/JUNE 30

All-Relay Fund-raiser. 6:30 p.m. start time. At Greenbriar Pool. 50-50 drawing, T-shirt sales, concessions. In memory of Patsy Graham, an accomplished swimmer and coach who died of Ewing's sarcoma, a bone cancer, as well as Olivia Aull who died at age 14 two years ago.

Rotary Meeting. 11.15 a.m. at Eggspectations, 5009 Westone Plaza, Chantilly, off Westfields Blvd. Speaker: Cheryl-Ann Hobbs, co-chair, Centreville Day event. Prospective members and visitors welcome; $12 lunch.

Call Mary Ann Imgram at 703-966-8168.

SATURDAY/JULY 4

Let Freedom Ring. At Sully Historic Site, an interpretive program that allows visitors to use quill pens to affix your signature to a Declaration of Celebration. A guided tour of the site is included at $6/adult, $5/student, $4/seniors and children. Call 703-437-1794.

TUESDAY/JULY 7

Rotary Meeting. 11.15 a.m. at Eggspectations, 5009 Westone Plaza, Chantilly, off Westfields Blvd. Speaker: Cheryl-Ann Beattie Repetti, co-chair, Centreville Day event. Prospective members and visitors welcome; $12 lunch. Call Mary Ann Imgram at 703-966-8168.

TUESDAY/JULY 14

Rotary Meeting. 11.15 a.m. at Eggspectations, 5009 Westone Plaza, Chantilly, off Westfields Blvd. Prospective members and visitors welcome; $12 lunch. Call Mary Ann Imgram at 703-966-8168.

WEDNESDAY/JULY 15

Bike Rodeo. 5-8 p.m. Three, one-hour sessions at 5, 6 and 7 p.m. Bring your bike to be tuned up by the Fairfax County Police Bike Squad. Safety briefing and challenge the obstacle course. At Chantilly National Golf and Country Club, 14901 Braddock Road, Centreville.

TUESDAY/JULY 21

Rotary Meeting. 11.15 a.m. at Eggspectations, 5009 Westone Plaza, Chantilly, off Westfields Blvd. Speaker: Sahil Sinha, president of INO Solutions, on "The Digital Divide." Prospective members and visitors welcome; $12 lunch Call Mary Ann Imgram at 703-966-8168.

TUESDAY/JULY 28

Rotary Meeting. 11.15 a.m. at Eggspectations, 5009 Westone Plaza, Chantilly, off Westfields Blvd. Speaker: Jennifer Rose, Northern Virginia Family Service, on "NVFS Training Futures Program." Prospective members and visitors welcome; $12 lunch. Call Mary Ann Imgram at 703-966-8168.

SATURDAY/AUG. 1

"Madagascar: Escape 2 Africa." 7:30 p.m. At Starlight Cinema Drive-In Movies. Outdoor music, food and children's activities. Free. Gate opens at 6 p.m. Held at Trinity Centre, 5875 Trinity Parkway, Centreville. Visit www.fairfaxcounty.gov/parks/performances or call 703-324-SHOW (7469).

MONDAY/AUG. 3

Oi Gong/Tai Ji Classes. 9:30 a.m. and 10:30 a.m. For seniors 55 and older. Improve your balance, build stamina, and focus energy for better physical health and a peaceful state of mind. $5 for eight, one-hour sessions. At the Sully Senior Center, 5690 Sully Road, Centreville. Contact Lynne Lott at Sully Senior Center 703-322-4475, TTY 711.

TUESDAY/AUG. 4

Rotary Meeting. 11.15 a.m. at Eggspectations, 5009 Westone Plaza, Chantilly, off Westfields Blvd. Speaker: Jeri Lassiter, board member at Western Fairfax Christian Ministries. Prospective members and visitors welcome; $12 lunch. Call Mary Ann Imgram at 703-966-8168.

SATURDAY/AUG. 8

"Kung Foo Panda." 7:30 p.m. At Starlight Cinema Drive-In Movies. Outdoor music, food and children's activities. Free. Gate opens at 6 p.m. Held at Trinity Centre, 5875 Trinity Parkway, Centreville. Visit www.fairfaxcounty.gov/parks/performances or call 703-324-SHOW (7469).

TUESDAY/AUG. 11

Rotary Meeting. 11.15 a.m. at Eggspectations, 5009 Westone Plaza, Chantilly, off Westfields Blvd. Speaker: Wayne Chiles, assistant governor of Rotary District 7610 and regional representative, on "ShelterBox USA Disaster Relief." Prospective members and visitors welcome; $12 lunch. Call Mary Ann Imgram at 703-966-8168.

SATURDAY/AUG. 15

"Hotel For Dogs." 7:30 p.m. At Starlight Cinema Drive-In Movies. Outdoor music, food and children's activities. Free. Gate opens at 6 p.m. Held at Trinity Centre, 5875 Trinity Parkway, Centreville. Visit www.fairfaxcounty.gov/parks/performances or call 703-324-SHOW (7469).

TUESDAY/AUG. 18

Rotary Meeting. 11.15 a.m. at Eggspectations, 5009 Westone Plaza, Chantilly, off Westfields Blvd. Speaker: Christine Eads, founder, The Duffy House. Prospective members and visitors welcome; $12 lunch. Call Mary Ann Imgram at 703-966-8168.

SATURDAY/AUG. 22

"Monsters Vs. Aliens." 7:30 p.m. At Starlight Cinema Drive-In Movies. Outdoor music, food and children's activities. Free. Gate opens at 6 p.m. Held at Trinity Centre, 5875 Trinity Parkway, Centreville. Visit www.fairfaxcounty.gov/parks/performances or call 703-324-SHOW (7469).

Military Notes

To have military news listed in Centre View e-mail centreview@connectionnewspapers.com. Deadline is one week before publication

Air Force Cadet Ian T. Hurdle has graduated from the U.S. Air Force Academy in Colorado Springs, Colo. The graduate received a bachelor of science degree and was commissioned as a second lieutenant. Hurdle earned his bachelor's degree in law. He is the son of Paul and Bonita Hurdle of Rock Brook Court, Clifton. The lieutenant graduated in 2005 from Centreville High School, Clifton.

Army Pvt. **Maggie M. Morales** has graduated from basic combat training at Fort Jackson, Columbia, S.C. She is the daughter of Diana Smith of Blueridge View Drive, Centreville, and granddaughter of Ruthie Koonce of Dothan, Ala. The private is a 1997 graduate of Gar-Field Senior High School, Woodbridge.

Navy Seaman Recruit Jin K. Lee, son of Mi and Ho Y. Lee of Centreville, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. Lee is a 2004 graduate of Central Falls High School of Central Falls, R.I.

Coast Guard Fireman Jonathan M. Sperry, son of Janice L. Sperry of Leesburg, and David S. Sperry of Chantilly, recently graduated from the U.S. Coast Guard Recruit Training Center in Cape May, N.J. Sperry is a 2007 graduate of Westfield High School of Chantilly.

Army Spec. **Jeremiah C. Andrews** has graduated from basic combat training at Fort Jackson, Columbia, S.C. He is the son of Linda and Levi Andrews of Custom House Court, Fairfax. Andrews graduated in 2003 from Chantilly High School and received a bachelor's degree in 2008 from Virginia Polytechnic Institute and State University, Blacksburg.

Army Pfc. Susan Y. Choi has graduated from basic combat training at Fort Jackson, Columbia, S.C. She is the daughter of Yong and Chong Choi of Sand Rock Lane, Chantilly. The private is a 2007 graduate of Chantilly High School.

Navy Reserve Seaman Evan F. Sisley, son of Ava K. Kelly of Fairfax, and Alfred J. Sisley of Leesburg, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. Sisley is a 2005 graduate of Chantilly High School.

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9 am – 12 pm each day

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Business

Scott MacDonald, of RE/MAX Gateway in Chantilly, was accepted as a member of the Top 5 in Real Estate Network, the most prestigious of all industry achievements.

More than just a sales-driven recognition, the Top 5 in Real Estate Network meets a need that heretofore has never been addressed — helping consumers identify the most professional real estate agents in North America. Scott MacDonald has been an active participant in the Northern Virginia Real Estate market for over 21 years. He is a consistent top producer, RE/MAX Chairman Club recipient and was named one of the Top 100 Progressive Brokers by RISMedia.

During the month of June, Centreville Chiropractic is offering a Father's Day Gift for Good Health. Buy one 30-minute massage ($40) and receive the second for a $10 donation to Isaiah House, a homeless shelter for the mentally ill. Gift certificates are redeemable one month from the purchase date. Call 703-266-0505. Or go to www.CentrevilleChiro.com.

Meet local business owners and build a business network through the BNI Business Owner's Roundtable. Meetings are Wednesdays at 7:30 a.m. at Eggspectation, 5009 Weston Plaza Dr., Chantilly. Cost is $8 for Continental breakfast or $12 for hot breakfast. Email Lauren Kirby at lkirby@turnaroundllc.com.

The Centreville Rotary Club has moved its meeting location from the I-Hop in Centreville to the EggsSpectations Restaurant in Chantilly. The Rotary Club meets Tuesdays from 11:30-12:30 p.m. for lunch. There is a new guest speaker every week with topics ranging from estate planning to how the Rotary helps during emergencies. Contact Gregg Caldwell at gregg@gandcauto.com.

The Clifton Business Connection chapter of BNI invites area business professionals to visit its weekly networking meeting held every Wednesday at 11 a.m. at Heart in Hand Restaurant in Clifton. Visit www.bninova.com.

BLOC (Business Leaders of the Community) is celebrating its second anniversary as a business networking group. But this business networking group has a philanthropic role — beside for always doing business and networking with each other. Currently BLOC has grown to two-chapter meeting in Chantilly and Dulles. but the group is looking to expand to other areas, so more people can network with each other and more good works can be done for the community. Call Debra Weeks - Alexander at 703-264-7711 or e-mail dawonlinenow@yahoo.com

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To have health news listed in Centre View, mail to 7913 Westpark Drive, McLean, VA 22102, e-mail to centreview@connectionnewspapers.com or fax to 703-917-0991. Photos, especially color, are encouraged. Deadline is one week before publication. Call Steve Hibbard at 703-917-6434 with any questions.

The Fair Oaks Parkinson Foundation Support Group meets monthly on the fourth Saturday, from 10 a.m. -12 p.m. at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. The Parkinson Foundation welcomes PD patients and family members. Free. Support Group leader is Bill Robbins 703-830-3823. Go to www.ParkinsonFoundation.org.

The Fairfax Area Agency on Aging is in immediate need for volunteers to assist older adults and adults with disabilities. Volunteers are needed for a variety of tasks including friendly visits, delivering meals, transportation to medical appointments, grocery store and to provide assistance with light household tasks. Volunteers are matched according to location and interest. Hours are flexible with no minimum weekly time commitment and mileage reimbursement is available. If interested, call the Volunteer Intake Line at 703-324-5406, TTY 703-449-1186 or email DFSAAAvolunteer@fairfaxcounty.gov.

The Centreville chapter of **Take Off Pounds Sensibly** (TOPS) Club meets Thursday evenings at the Centreville Presbyterian Church, 15040 Lee Highway, room 201 and 204. At $26 per year, this is an affordable, supportive program for weight loss and weight maintenance. Weigh-in is from 6:15-7 p.m., with the meeting starting at 7:10 p.m. For more information, call Gail at 703-591-8478 or visit www.tops.org.

Ongoing Epilepsy Support Groups. The Epilepsy Foundation of the Chesapeake Region sponsors the following Support Groups for Adults diagnosed with Seizure Disorders and Caregivers. Free. Call 703-425-6660.

* Reston Epilepsy Group meets the second and fourth Friday of each month from 7-8:30 p.m. at Herndon High School, entrance 5, room 123,700 Bennett St., Herndon.

* Northern Virginia Epilepsy Group meets every Wednesday from 7-8 p.m. at Falls Church High School, Room 100, 7521 Jaguar Trail, Falls Church.

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14501 CHELSEY PL	3	3	1	CENTREVILLE	$225,000	Townhouse	0.06	CROFTON COMMONS
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13622 CLARENDON SPRINGS CT	3	3	0	CENTREVILLE	$220,000	Townhouse	0.04	LITTLE ROCKY RUN
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14574 OLDE KENT RD	3	2	1	CENTREVILLE	$211,000	Townhouse	0.03	LONDON COMMONS
6010 WESTBOURNE PL	3	2	2	CENTREVILLE	$209,000	Townhouse	0.04	LONDON TOWNE WEST
5142 BRITTNEY ELYSE CIR #B	2	2	0	CENTREVILLE	$205,000	Garden 1-4 Floors		STONEGATE AT FAIRCREST
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5650 THORNDYKE CT	3	3	1	CENTREVILLE	$200,000	Townhouse	0.06	STONE POND
14632 OLDE KENT RD	3	1	1	CENTREVILLE	$200,000	Townhouse	0.03	LONDON COMMONS
13965 WINDING RIDGE LN	2	3	1	CENTREVILLE	$200,000	Townhouse	0.04	WINDING RIDGE
13397 CONNOR DR #K	2	2	0	CENTREVILLE	$190,000	Garden 1-4 Floors		STONEGATE AT FAIRCREST
14525 STILSBY CT	3	3	1	CENTREVILLE	$190,000	Townhouse	0.03	CROFTON COMMONS
6103C HOSKINS HOLLOW CIR	2	2	1	CENTREVILLE	$190,000	Townhouse	0.04	SINGLETONS GROVE
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6103B HOSKINS HOLLOW CIR	2	2	1	CENTREVILLE	$182,000	Townhouse	0.04	SINGLETONS GROVE
6815 COTTINGHAM LN	3	2	1	CENTREVILLE	$181,000	Townhouse	0.06	CROFTON COMMONS
14914 LADY MADONNA CT	3	2	0	CENTREVILLE	$180,000	Townhouse	0.03	LONDON TOWNE WEST
14855 LEICESTER CT	3	2	2	CENTREVILLE	$180,000	Townhouse	0.06	LONDON TOWNE
14509 RAVENSCAR CT	3	2	1	CENTREVILLE	$180,000	Townhouse	0.03	CROFTON COMMONS
13856 WAKLEY CT	3	3	1	CENTREVILLE	$180,000	Townhouse	0.04	LITTLE ROCKY RUN

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It's the Summer, Time To Swim

Little Rocky Run and other area teams begin Northern Virginia Swim League season.

By Alexis Deegan
Centre View

School may be out for the summer, but Saturday mornings at the pool can often resemble recess with youngsters jumping up and down, loud voices screaming and cheering each other on and, most importantly, having fun.

Little Rocky Run's swim team is able to strike a balance between being competitive and having fun. The team has practices and meets, but it also plans several social events throughout the summer. Some of these include laser tag, pep rallies, doughnut day, spaghetti dinners, family night and a pancake breakfast on team picture day.

"The most important thing about summer swimming is that it should be fun," head coach Beth Bedell said. "Not an over-the-top, competitive thing."

Little Rocky Run competes in Division 1 of the Northern Virginia Swim League, which is comprised of more than 15,000 children that are split off into 102 teams. From there, a predetermined formula separates the teams into 17 divisions in order to promote competition and fairness.

In the toughest of all 17 divisions, the stiff competition was evident from the outset during Little Rocky Run's opening meet of the season, Saturday, June 20 against Chesterbrook, as the Stingrays suffered a 246-96 loss.

THE DECK scene, at first, could be deceiving — the sharp whistle and hushes bring a sense of calm right before the start. The swimmers are focused while listening to pre-race instructions. But once the horn blows, the splashes and cheers start.

> "It's fun to do cheers and swim with friends."
> — **Michael Marrow, 11, Centreville resident**

Youngsters with faces painted various shades of blue and white are jumping up and down. Clapping can be heard. Homemade signs motivating the team line the fence. Parents are just as happy as the children, cheering them on. All eyes are focused on the wall and necks are craned to try to see who will finish first. But when it's all over, the swimmers never forget good sportsmanship, as opponents shake hands, get out and get ready to cheer for their respective teammates.

Bedell said that the swim team holds a special place in the neighborhood and that being a Stingray is important. Youngsters keep coming back to the team because they have a sense of pride in being a Stingray.

It's something that can bring children of all ages and abilities together, whether they are six and just learning to swim or they're 15 and have been on the team for years. Some may swim year-round and love to compete, while others simply enjoy the social atmosphere and fun nature of being on the team.

BUT WHAT unites them all is the fact that they describe swimming as fun.

"It's fun to do cheers and swim with friends," said 11-year-old Michael Marrow, who's been on the team since he was 5. Marrow said that he looks forward to swimming a lot of strokes and winning ribbons.

Part of what makes the team fun is that swimmers are always striving to do their best.

"It's challenging at meets to make it to the Saturday ones," said Kylie Kiefaber, 7, who's enjoying her third year on the team.

Sometimes, the swimmers need outside motivation, especially the older ones who may not like getting up early every day. Bedell reminds them of how short the season is and how few days they have left.

Photo by Alexis Deegan/Centre View

On Saturday, June 20, the Little Rocky Run Stingrays opened their Northern Virginia Swim League season — competing at the Division 1 level — with a 246-96 loss to Chesterbrook.

Week in sports

Riptide Rips Piranhas

For its first meet of the season, the Virginia Run Riptide set 39 personal-best marks during a 231-171 win over the Pinecrest Piranhas this past Saturday, June 20. The Riptide also won eight relay events to help with the victory. Didi Pace (9-10-year-old girls' 50-meter breaststroke and butterfly), Daniel Orcutt (9-10 boys' 50 backstroke and fly), Morgan Tweddle (11-12 girls' 50 free and back), Patrick Kearney (11-12 boys' 50 free and breast), Serena Emanuel (13-14 girls' 50 breast and fly), Matt Glowacki (13-14 boys' back and fly), Tat Duchak (15-18 girls' 50 breast and fly) and Sierra Higinbotham (15-18 girls' 50 back and free) all won two events, while Joe Clancy (U-8 boys' 25 free), Jack Clancy (11-12 boys' 50 back), Chloe Hicks (9-10 girls' 50 free), Ryan Tennille (U-8 boys' 25 breast), Kyle Tennille (9-10 boys' 50 breast), Abby Sherman (9-10 girls' 50 back), Erin Steen (11-12 girls' 50 breast), Maggie Blondin (13-14 girls' back), Mo Lacey (15-18 girls' 50 free) and Marissa Coughlin (15-18 girls' 50 free).

Sully Station Drops Opener

Despite a strong effort, Sully Station dropped its first Northern Virginia Swim League meet of the season, 204-198, to Highpoint on Saturday, June 20. Elise Mozeleski, Dominic Huffman, Maddie Ward, Brandon Fiala, Megan Hickey and Jake Humphrey all finished first in freestyle, while Payton Moore, Carl Gerland, Collin Fiala, Michael McPherson, Zoe Hemmer and Richard Xue all took first in the backstroke. In the breaststroke, Moore, Huffman, Nicholas Render, Brandon Fiala and C.J. Fiala took first-place honors. Carl Gerland, McPherson, Hemmer and C.J. Fiala each walked away with butterfly wins.

In the relays, Sully Station's 9-10-year-old boys' 100-meter relay teams of William Dzubak, Arun Maran, Carl Gerland and Huffman took first, as did the 11-12 boys' 100 medley team of Collin Fiala, Render, McPherson and Jack Tyskowski. The 13-14 boys' 100 medley team of McPherson, Michael Smith, Brandon Fiala and Austin Figueroa took first along with the 13-14 girls' 100 medley relay team of Hemmer, Megan Hickey, Grace McKnight and Emily Dzubak. The 15-18 boys' 200 medley team of Humphrey, C.J. Fiala, Xue and Josh Hahn set a team record, and the mixed-age free style team of Huffman, Collin Fiala, Brandon Fiala and Humphrey took first place as well. Sully Station's next meet will be against the Fairfax Frogs at home on Saturday, June 27.

The Award Goes To...

On Monday, June 15, Westfield High School held its Ninth Annual Athletic Awards Ceremony. In addition to those Bulldog teams that won Concorde District and Northern Region titles, All-District, All-Region, Washington Post All-Met, All-State and three-sport athletes were recognized. Scholar athletes for each team were honored, as were the District, Region and Virginia AAA State Coaches of the Year. The Westfield Athletic Booster Club presented $15,000 in scholarships to senior athletes. The scholarship recipients included: Peter Scanlon, Grant Bowden, Greg Callas, Ryan Williams, Chris Kearney, Kaitlin Arnsperger, Maddy Curry, Amanda O'Sullivan, Hanna Skahn and Angie Giancola.

See Sports, Page 15

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THE CONNECTION NEWSPAPERS

21 Announcements

STATE OF SOUTH CAROLINA

COUNTY OF HORRY

IN THE PROBATE COURT
CASE NUMBER: 2007-ES-26-1731

Dorothy E Darling
Petitioner

vs

SUMMONS AND

HEARING NOTICE

HEIRS-AT-LAW OF HOWARD N. DARLING and all persons unknown who are or might to claim to be heirs-at-law of Howard N. Darling, all such unknown persons being collectively designated as JOHN DOE and MARY DOE, including any unknown persons in the Armed Forces of the United States of America, any minors, persons non compos mentis and persons under a disability of any kind of nature who might claim to be heirs-at-law or Howard N. Darling.
Respondents,

TO: RESPONDENTS NAMED ABOVE

YOU ARE HEREBY SUMMONED and required to answer the Petition to Determine Heirs, a copy of which is herewith served upon you, and to serve a copy of your Answer to the Petition to Determine Heirs on the subscriber at his office at 4702 Oleander Drive, Myrtle Beach, SC 29577, within thirty (30) days of service. If you fail to answer the Petition to Determine Heirs within the time aforesaid, the Petitioners will seek default against you.

CLIFFORD H. TALL, P.A.

Clifford H. Tall
SC Bar No: 005463
Attorney for Petitioner,
Dorothy E. Darling
4702 Oleander Drive
Myrtle Beach, SC 29577
Telephone: 843-497-9777

YOU ARE HEREBY NOTIFIED that a Merits Hearing in this matter will be held at the Horry County Probate Court 1301 Second Avenue, Courtroom 2A, Conway, SC 29528 on July 23, 2009 at 8:30 AM. Interested parties are encouraged, should they require additional information, to contact Guardian ad Litem, Mary W. Tovornik, 201 Beaty St, Suite 107, Conway, SC 29526 843-438-8251 or Petitioner's counsel, Clifford H. Tall 4702 Oleander Drive, Myrtle Beach, SC 29577 843-497-9777.

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21 Announcements

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Pler Group, Inc trading as Mee-Ga Korean Grill, 4070 Jermantown Rd. #5, Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine & Beer on Premise /Mixed Beverage on Premise license to sell or manufacture alcoholic beverages. Mun Jae Kim, President

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21 Announcements

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Auction 1
Monday, June 29
6PM • On site

- **675+ acres** offered in 3 tracts in Albemarle County, VA
- 53 Home Site Development Potential
- Located in southeast Albemarle close to the Fluvanna line
- Property is 60 days from final plat approval

Auction 2
Sealed Bid Auction
Bids must be received by 6 PM Monday, June 29

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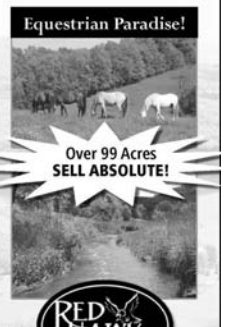

Announcements made at the day of sale take precedence over written matter and prior oral statements.

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Skinny!?

By KENNETH B. LOURIE

If I ever felt like Robert Di Niro (which would be never), it was recently when my co-worker, Winslow, called me skinny. She couldn't have been talking to me, could she? But since it was she and I speaking on the telephone (and it wasn't a conference call), it had to be me. Granted, I've lost weight, chemotherapy has an affect of doing that, but skinny?

If there's an adjective, disparaging or otherwise, that I haven't been called in my entire life, it's skinny. In fact, growing up, my nicknames (most often given to me by my older brother, Richard) almost exclusively had to do with my girth. Other than being called by my first and middle initials, K.B., I was called a variety of synonyms for fat: Fatso, Goodyear Blimp, Endicott "Chub" (after a former Massachusetts Governor, Endicott "Chub" Peabody; he wasn't skinny either) and my personal least favorite, corpulent. Look it up in the dictionary/thesaurus, my brother did; it means fat.

So for me to react, literally, when anyone calls me skinny, is beyond any sense of reality or proportion I've ever known. It's simply not relevant, accurate, possible, etc. However, as a cancer patient, surviving through six days of six-hours of chemotherapy (every three weeks) over the course of 15 weeks, give or take, will, as many of you might already know, dampen your eating enthusiasm, you might say. Food begins to matter less, sort of. Its unique taste disappears or worse, changes. Food you used to love now inspires zero interest. Food you never thought to eat becomes food you tolerate because it tastes no different (no worse) than the food you formerly loved but now only ingest as a matter of need/routine. And so, the passion for food is gone. The lust for food is gone. The desire to eat diminishes as the taste and flavor of food likewise diminishes.

Combine this disappointing change in your senses with the depressingly low energy level you're progressively struggling to maintain — a direct result of the chemotherapy destroying your red blood cells (in its battle to destroy the cancer cells) and causing anemia in the process, and your interest in food; physically, mentally, emotionally becomes practically nil. And unless you're incredibly diligent or disciplined, the result is, you lose weight. It's not exactly an ideal scenario for a chemo/cancer patient since your body needs sustenance/energy to fight/destroy the cancer but the demands on your body during this time can be overwhelming. As such, forces beyond your control (or so it seems) make it extremely difficult to maintain your weight.

And so I've lost weight. But skinny? 215 pounds is not skinny. Sure, it's 20 pounds that I've lost in the last three months, and perhaps 40 that I've lost in the last 30 months (due to a pre-diabetes diagnosis in Sept. '06), but 215 is a long way from skinny (especially so if I told you my lack-of-height). Heck, it's even a long way from the weight I've listed on my driver's license.

And though I'm hardly a shell of my former self, I can certainly appreciate and respect the perspective of friends and family members who've seen the changes, I'm not exactly shriveling up to nothing.

But neither am I "around" 250 pounds anymore.

Such is life as a chemo/cancer patient. I just hope its cheating death as well.

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

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-William Van Horne

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Photo courtesy of Bob Seidel

The Southwestern Youth Association Fusion, a U-14 boys' soccer team, went undefeated and won its end-of-season tournament. Pictured (from left): head coach Comer, Robert Woerner, HeeSung Lee, Alex Marmol, Alex Moses, Haziel Aviles, Chandler Comer, Andrew Dahbura, Jake Fulkerson, Young Bin Jin, Andrew Kurowski, Andy Kim, Tony Dahbura, Josh Herrera, Hunter Roy, Eduardo Garcia, assistant coach Roy and assistant coach Dahbura.

Photo courtesy of Mark Rogers

The Southwestern Youth Association U-10 girls' Crush completed an undefeated season. Its members include (back row, from left) coach Treg Fuller, Tally Lott, Caroline Turner, Kate Rogers, Lilly Johnson, Naomi Marcoe, Maddie Rogers and coach Eric Steigmann; (front row) Danielle Chillemi, Cate Hooper, Ariana Monroe, Melody Geisinger and Christine Hooper.

From Page 12

Cheerleading Camps

Southwestern Youth Association cheerleading will host a series of four camps this summer, with the first starting on Tuesday, July 7. All camps will take place from 6-8 p.m. at Centre Ridge Elementary School in Centreville and cost $35. Each camper will get a free T-shirt. The first camp is scheduled for Tuesday, July 7 and Thursday, July 9; the second for Tuesday, July 14 and Thursday, July 16; the third for Tuesday, July 21 and Thursday, July 23; the fourth for Tuesday, July 28 and Thursday, July 30. All camps will feature instruction from Centreville and Westfield cheerleaders. Campers will learn high school varsity cheers, chants, dances and choreography, and there will be instruction for various stunt techniques, with more challenging stunts offered for the more experienced cheerleaders. Camps are open to girls and boys between kindergarten and eighth-grade. For more information, visit www.syasports.org. SYA is also looking for a few volunteers for younger cheerleaders. For more information, visit www.syasports.org or call 703-266-0499.

Photo courtesy of Beth Tweddle

Serena Emanuel, right, of Virginia Run is congratulated after her win in the 13-14-year-old girls' 50-meter breaststroke this past Saturday, June 20.

School Notes

Centreville High's Class of 1999 is holding its 10-year class reunion on Oct. 10 at the Embassy Suites in Old Town Alexandria. Go to www.greatreunions.com. Or call 800-655-7971.

Paul VI High School's Class of 1989 is holding its 20-year reunion on Oct. 24 from 8 p.m.-1 a.m. at the Hyatt Fair Lakes. Call Capital Reunions at 703-266-6702
.

Chantilly High's Class of 1989 is holding its 20-year reunion on Oct. 3 from 8 p.m. to 1 a.m. at the Hyatt Fair Lakes. Call Capital Reunions at 703-266-6702 or go to www.capitalreunions.com.

Victoria Lee Raabe, a junior at Washington and Lee University, has earned honor roll status for the winter term. She is the daughter of Lyn Raabe of Centreville.

Lindsay A. Nash, a junior majoring in liberal studies from Centreville, was named to the dean's list at Bridgewater College for the spring semester.

Kindergarten registration is open at **Union Mill Elementary School**. Packets are available Monday through Friday from 8 a.m.-4:30 p.m. at the main office, 13611 Springstone Drive. 703-322-8504.

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Alexandria
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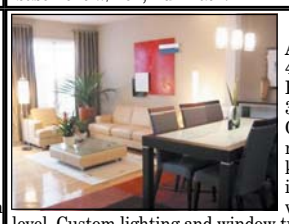
Chantilly
Affordable two-level 2 BR, 1 BA townhome in close-in Chantilly neighborhood of Brookleigh. Features fenced in rear yard with access to parking, convenient commuting location and walking distance to shopping, restaurants & more. New paint & carpet throughout. Kitchen recently re-done. It sparkles!! **$129,000**



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Reston
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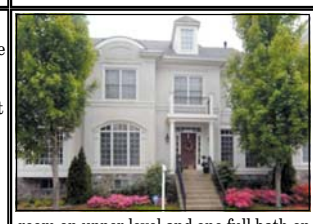

Fairfax
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Fairfax
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Oakton
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