

Centreville ❖ Clifton ❖ Little Rocky Run

CENTRE VIEW

SOUTHERN EDITION



FEB 3 - 9, 2011

25 CENTS NEWSSTAND PRICE

Best Friends

PET CENTRE VIEW, PAGES 2-3

Eastern Medicine For Dogs

PET CENTRE VIEW, PAGE 3

PHOTO BY DEB COBB/CENTRE VIEW

Gnuby gives her companion Xeno a quick lick during naptime. Gnuby and Xeno have been companions to the Cobb family for 10 years.

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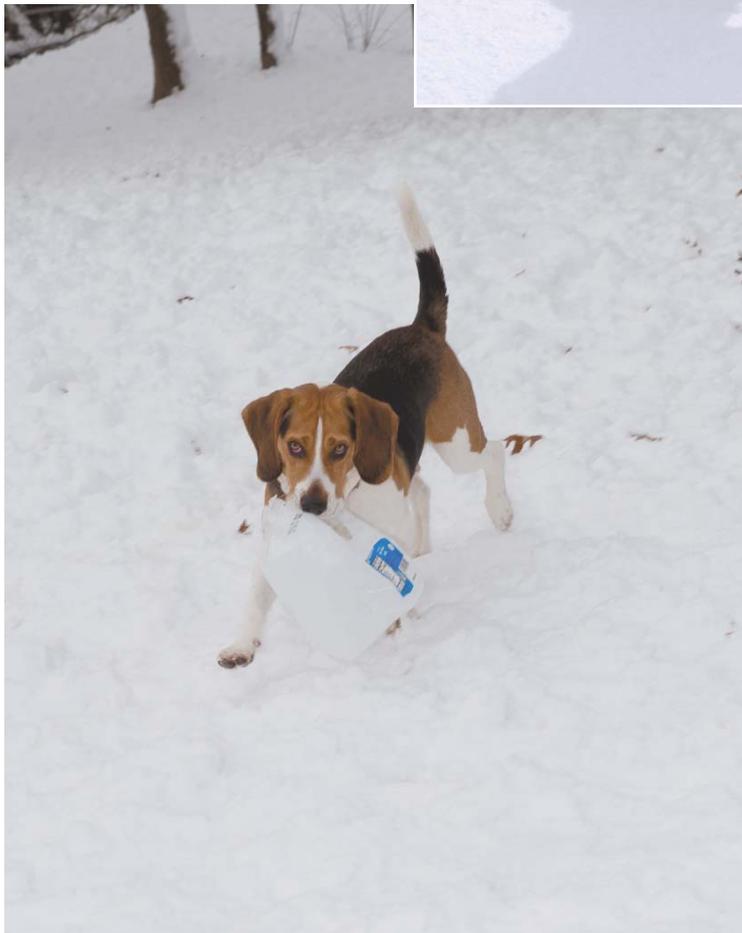
PET CENTRE VIEW



Alex and Owen Dunn with Buddy on a 1954 Farmall tractor originally owned and used by their great-grandfather and restored by their great uncle, Kevin Hutto of Clifton.



Maliah Anderson of Armfield Farm takes a break from clearing the driveway to toss snowballs to her Labrador mix, Biscuit.



Beagle/Basset Hound mix Charlie has taught companion Jackie Weisman of Fair Lakes to "live from the waist up." His penchant for chewing made them realize that he was a bit younger than originally thought. Despite clearing bookshelves and surfaces "below waist height" Charlie still finds things to gnaw. But, no matter, "It is really nice to come home after a bad day to someone who is so elated to see you," said Weisman.

PHOTOS BY
DEB COBB/
CENTRE VIEW

PET CENTRE VIEW

Eastern Medicine for Dogs

A handful of local veterinarians practice animal acupuncture.

BY JULIA O'DONOGHUE
CENTRE VIEW

The rural communities of Clifton and Great Falls have one certified acupuncturist apiece. Neither of the doctors works on humans. Maureen McIntyre and Anne Garrod are veterinarians with special certification from the International Veterinary Acupuncture Society.

McIntyre, whose practice is called Holistic Veterinary Health, was one of the first local veterinarians to be certified in acupuncture treatment back in 1994. She works mostly with dogs, cats and horses and specializes in using osteopathy, homeopathy and chiropractic services.

Garrod has been using acupuncture through the Great Falls animal hospital since 1998. She is also studying homeopathy for animals and generally interested in "alternative" medicine. Garrod enjoys treating small mammals, reptiles and birds in addition to dogs and cats, according to the hospital's website.

Veterinary Assistant Tracy Kiser said Garrod's acupuncture services have always been a draw for the Great Falls Animal Hospital. The treat has been

known to improve an animal's arthritis, skin, respiratory system, intestinal tract, reproductive organs and nervous system.

"We have patients who go to other practices for all their own veterinary needs and still come here so their pets can get acupuncture," said Kiser.

LOCAL INTEREST in acupuncture treatment for pets has only grown since Garrod and McIntyre starting using it in the 1990s.

At least 10 Fairfax County animal hospitals and clinics offer veterinary services, in addition to a handful of doctors that offer the service in Arlington County and the City of Alexandria.

Veterinarian Alissa Rexo's 2008 certification acupuncture for dogs and cats has attracted new business to the Deepwood Veterinary Clinic in Centreville, said Maria Organt, the hospital's director.

According to Organt, pet owners usually seek acupuncture services when their pet has a pain management problem, like a degenerative joint disease.

Organt remembers seeing one dog, who looked like he wouldn't live for more than a few more days, bounce back after acupuncture treatment. He went on to live several more years, she said.

"In some cases, it can help with male reproduction and psychological issues. It balances energy in the body," said Organt.

WHILE ANIMAL ACUPUNCTURE isn't unique to Fairfax, the Washington Metropolitan region does

SEE EASTERN MEDICINE, PAGE 5



Guinea Pigs Cookie and Peanut were shelter pigs that I adopted for my children from Fairfax County's shelter on West Ox Road. The kids woke up Christmas morning to find them under the tree. We have only had them a short time but they have really become part of the family.

— Melanie Read, Chantilly



Max and Piper Read with Guinea Pigs Cookie and Peanut.



Rocky will be 11 years old in February, if he lives that long. He is a Labradoodle and we have had him since he was a puppy. I thought he would live until at least 15 years old. A few months ago he started refusing the food we had given him most of his life. As we tried different brands and types of food, he continued to lose weight. After x-rays and an ultrasound, towards the end of December, they diagnosed stomach cancer and an ulcer. He seems to be declining steadily, but doesn't indicate that he is in pain. He is a wonderful dog, great temperament, friendly and used to jump up and down (looking like a kangaroo), when anyone would come over to our house. He has been mainly an outside dog and loved to run from one side of the yard to the other, whenever anyone would walk their dog in front of our house.

— Vicki Rich



This is Dweezle Elaine. My mother let me adopt her from our local pound as an early birthday present over 10 years ago. The moment I saw this deserted, lilliputian animal I was positive she was for me. Although her face is permanently fixed in a state of petulance, it is a mere facade. Underneath her peevish features lies an acute, audacious and charming feline. Her appearance in my life has filled it with pure felicity.

— Devin Dowd, Clifton

My sister and I got our hamsters in 2008 for Christmas. It is the only gift that we still play with everyday. We named our hamsters Rose and Jasmine and they are sisters, too! Sometimes, when we are holding them and we are very calm, they fall asleep in our hands. They look so cute! We love Rose and Jasmine! (At right, Erin, left, holding Jasmine; Megan, right, holding Rose.)
— Megan and Erin Zellner of Centreville



Shop Supports Animal Shelter

The Treasure Hound Upscale Resale Shop in Chantilly supports the Friends of Homeless Animals (FOHA) animal shelter.

The shop offers items from paintings to oriental rugs and hutches, collector plates and evening gowns, designer shoes and new purses and traveling bags. The jewelry ranges from fine pieces to costume jewelry.

All of the proceeds of the store go to help the dogs and cats at Friends of Homeless Animals. FOHA is a non-profit, no-kill animal shelter that finds homes for homeless, abused and neglected animals. Since the store is staffed almost entirely by volunteers, the overhead is low and more of the money can go directly toward helping the animals.

The shop is located at 14508-D Lee Road, Chantilly. Hours are Monday-Saturday, 10 a.m.-6 p.m. and Sunday, noon - 6 p.m.

ROUNDUPS

Blood Donations Urgently Needed

It's tough enough for blood banks to get people to donate blood, in the best of circumstances. But last week's snowstorm prevented many donors from being able to do so — thereby dealing a devastating blow to all those who depend on these donations to help keep them alive.

One of these people counting on the generosity of blood donors is Clifton's Nick Franca, a 2009 graduate of Centreville High. Just 21, he's battling neuroblastoma — a cancer requiring him to receive regular infusions of blood and platelets. But local supplies are dangerously low, so his mom, Caryn Franca, is pleading with area residents to help.

"The Red Cross platelet-donor coordinator in Fairfax said the shortage of blood and platelets in this area is at a critical level," said Franca. "So I'm asking people if they can take two hours out of their day to pass on the gift they have to those that don't."

"Not just for Nick, but for all the cancer fighters in our area who may need these precious platelets in the coming weeks," she continued. "Become a regular donor; call Lori at 1-800-272-2123. You can donate in Fairfax; get directions at www.redcross.org. Tell Lori you are friends of Nick Franca, because I have a feeling we are going to rock the blood-donation world with all your generosity."

Furthermore, said Caryn Franca, "It is an ongoing service to humanity to just become a regular donor. It is a unique feeling to know that you really will make a difference in someone's life by taking a little time out of yours. I can donate every two weeks, and I will. Wherever you live, think about it as something to start incorporating into a pay-it-forward kind of life. You will feel good about it."

Park Authority To Meet

The Fairfax County Park Authority will meet Wednesday, Feb. 9, at 7:30 p.m., in the Herrity Building, 12055 Government Center Parkway, Suite 900 in Fairfax. Call Judy Pedersen at 703-324-8662.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Feb. 10, and Feb. 24, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

WFCM Seeks Food, Volunteers

Western Fairfax Christian Ministries (WFCM) urgently needs donations of sugar (2-5-pounds), cocoa, pancake mix, pancake syrup, juice, cooking oil, mayonnaise, ketchup, mustard and canned meat — but not tuna. Toiletries needed are deodorant, shampoo, Baby Wipes, and diapers in sizes 4 and 6. Bring them to WFCM's food pantry at 13981 Metrotech Drive (near the Backyard Grill and Bar) in Chantilly. The thrift store also needs warm, winter coats and jackets.

Relay For Life Needs Volunteers

The American Cancer Society's community fundraiser, Relay For Life, is coming to Centreville High on June 4. Some fundraising teams of walkers have already signed up, but the event's planning committee needs more members and more volunteer assistants to make this event successful.

Go to www.CentrevilleRelay.org and click the "Volunteer Interest Form" for more details about volunteer positions and to submit an online, interest form. Or e-mail Marion Rantis at CentrevilleRelay@gmail.com for more information.

NEWS



Supervisors Honor Oliver

The Fairfax County Board of Supervisors, last Tuesday, Jan. 25, honored former Mountain View High School Principal Jim Oliver (in center, holding a framed resolution from the supervisors) for his many years of service to area students. Before retiring in December 2010, Oliver spent 31 years as an educator, coach and administrator with Fairfax County Public Schools, the last 7 and a half at Mountain View. Flanking him in this photo are Board Chairman Sharon Bulova and Springfield District Supervisor Pat Herrity. Among the others in the photo are Oliver's wife Cheryl, Mountain View staff members Art Steffen (at far right), Eric Kinneman, Yolanda Villanueva, Pam Rutkowski, Kim Thomas and Sharon DeBragga, plus students in Steffen's government class. One of those students, Elif Sam, spoke during the presentation of the resolution.

'Dating Abuse Stops Here'

Indoor, 5K walk in memory of Mountain View grad.

BY BONNIE HOBBS
CENTRE VIEW

Participating in 5K walks is good exercise and raises money for worthy cause. In the case of the DASH 5K, it may well save the life of someone in an abusive and potentially deadly relationship.

DASH stands for Dating Abuse Stops Here, and the organization was created by Franklin Farm residents Lynne and Andy Russell in memory of their daughter Siobhan, murdered in April 2009 by her ex-boyfriend.

"We wanted to do advocacy of some kind and raise awareness of dating abuse," said Lynne Russell. "We thought this would be a way for Siobhan's voice to be heard and also a way for the victims' families to heal."

DASH is a nonprofit and needs funds to print the informational literature it places in doctors' offices, schools, community centers and anywhere else young



Siobhan Russell

people gather. So that's the reason for the DASH 5K.

It's a mall walk and will be held Sunday, Feb. 13, at 9 a.m., at the Dulles Town Center, 21100 Dulles Town Circle, off Route 28 North. Enter via the doors between The Cheesecake Factory and P.F. Chang's.

Registration that day costs \$15 (cash or checks only) and is from 8:30-9 a.m., followed by the walk from 9-10 a.m. Or pre-register for \$12.50 at the DASH Web site, www.datingabusestopshere.com.

February is Teen Dating Violence Awareness and Prevention Month, so the upcoming event is especially timely. It's also in honor of a bright girl who was just 19 when her life ended. Siobhan was a student speaker and an award recipient at her February 2009 graduation from Mountain View. She wanted to be a psychologist and had started the enrollment process for NOVA.

Two months later, on Easter Sunday, Siobhan was delivering presents to friends. She stopped by to see her former boyfriend, and that's when he killed her.

"We now know that dating abuse follows a pat-

To Pre-register for DASH 5K

Go to www.datingabusestopshere.com and click on the Donate/Sponsor button on the bottom right of the DASH home page. Click on the Donate button. **After donating, click on the "special instructions to the seller" link and type DASH at Dulles.** A confirmation e-mail will be sent.

❖ All participants receive a DASH wristband and keychain. Since DASH was launched on Russell's 21st birthday, the **21st person to register online will receive a DASH T-Shirt.**

❖ For those eating breakfast after the walk at **Mimi's Cafe**, 21015 Dulles Town Circle, Mimi's will donate 15 percent of the proceeds to DASH.

SEE INDOOR, 5K WALK, PAGE 14

WWW.CONNECTIONNEWSPAPERS.COM

Eastern Medicine Goes to the Dogs

FROM PAGE 3

tend to a deeper pool of animal health care specialists than other parts of the country, said veterinarian David Hunter who works at the Commonwealth Animal Hospital in the City of Fairfax.

"We have people who specialize in cardiology, neurology and internal medicine here. There are an awful lot of specialists. I

have an [pet] ophthalmologist just around the corner that treats cataracts in older pets," said Hunter, who is in general veterinary medicine for small animals.

"I went to vet school at Ohio State and then I worked in Roanoke. We didn't have specialty practices like this. There wasn't the volume of patients or the money to justify it," said Hunter.

Animal Acupuncture Locations

The following animal hospitals and clinics have a person on staff that is trained to do acupuncture on animals, according to veterinary websites.

❖ **Centreville Animal Hospital**

13663 Lee Highway
Centreville
703-829-7893

❖ **Deepwood Veterinary Clinic**

7300 Ordway Road
Centreville
703-631-9133

❖ **Family Veterinary Hospital of Stone Ridge**

24650 South Point Drive
Chantilly Va.
703-327-8425

❖ **Great Falls Animal Hospital**

10125 Colvin Run Road
Great Falls
703-759-2330

❖ **Holistic Veterinary Health**

12700 Chapel Road
Clifton
703-449-9144

❖ **Pet Lovers Animal Hospital**

10696 Lee Highway
Fairfax
703-691-2873

❖ **Singing Stones Animal Wellness Centre**

2238-B Gallows Road
Vienna
703-206-0197

❖ **South Paws Veterinary Center**

8500 Arlington Blvd.
Fairfax
703-752-9105

Trust Can Assure Pet's Care When Owner Cannot

Pet owners, like most people, do not like to think about dying, or becoming incapacitated. Expressed informally or silently assumed, the ordinary owner expects a family member or close friend to provide good care for the loyal pet that has given such pleasure and affection.

Receipt of the veterinarian's bill after the first visit often curdles the new caregiver's best intentions. The pet

owner can take steps to avoid this unfortunate outcome. One choice is to create a trust.

"Historically the law did not allow provisions for the benefit of pets in wills. Sadly, this often resulted in heirs giving the pet to a rescue organization and keeping the money designated for the pet," according to lawyer Peter King of the Tysons Corner firm Hauswiesner King LLP.

King added, "In July 2006 Virginia joined

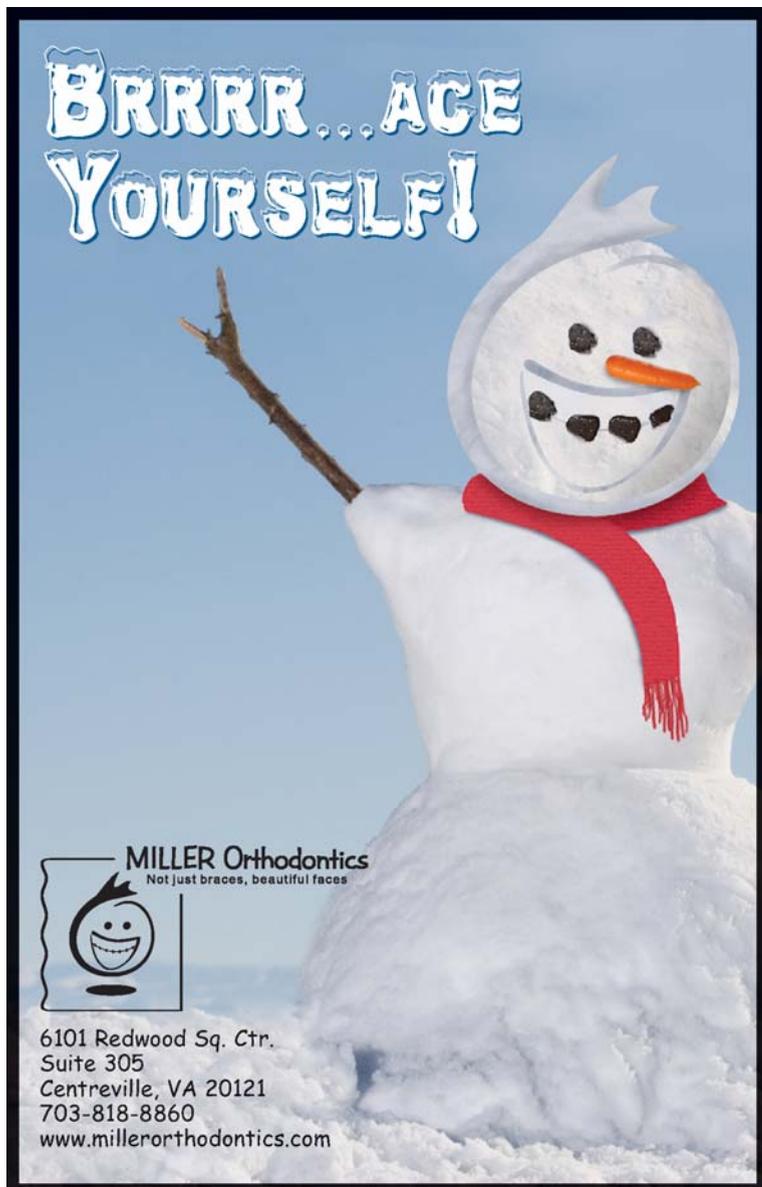
the majority of states in recognizing a trust for the benefit of pets." He noted that roughly one in five estate plans now make provision for pets.

Apart from the pet, two parties usually are involved in the trust: The trustee, who holds and manages the money, and the custodian, who provides day-to-day care to the animal. Choosing the right people for these roles is vital if the pet owner's wishes are to be carried out.

The pet owner should sit with the potential custodian and talk at length about the details of care. A detailed understanding and agreement must be reached.

King advises: "These trusts are extremely flexible, allowing the drafter to specify activities and treatment of the pet."

— MICHAEL MCMORROW



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The Long Ride Home

Last week's storm wreaks havoc on roads and power.

BY BONNIE HOBBS
CENTRE VIEW

Painfully long commutes home, power outages and downed trees — not to mention all that chilly, white stuff to shovel — were among the results of the snowstorm that descended last Wednesday, Jan. 26, over the Washington Metropolitan area. Below, two local residents share their stories.

Penny and Bill Douskalis of Centreville's Gate Post Estates community were driving in Centreville at 4 p.m. All was well when they went to the Walgreen's and Bank of America, but the falling snow and afternoon traffic made their ride home on Route 29 South dicey.

"It looked like the Apocalypse," said Penny Douskalis. "People's cars were abandoned and they were walking in the street. Traffic was bumper-to-bumper; everyone was on the road at the same time. Near the Dunkin' Donuts and Goodyear Tires, people couldn't maneuver, anymore. They didn't have four-wheel drive and they had no traction."

Only one lane was passable, and one car was stuck in the slush on the other lane. Two other cars had been left in the grassy median separating both directions of Route 29.

"The fun began after we passed Stone Road," said Douskalis. "Traffic coming north wasn't moving because, from the Gate Post Estates entrance to the top of the hill at Paddington is a steep incline, and no one was able to travel in the snow, ice and slush."

But that's not all. "There was a pickup truck pulling a flatbed, and three cars had



This tree in Penderbrook is laden with heavy, wet snow.

slid sideways and were perpendicular to the road," she said. "There was also a fender-bender between some other cars."

Then, said Douskalis, "After we turned left, across Route 29, to get into our development, there was a momentary gap for us to get onto Route 29 North. But a little red car — completely rude — drove up and blocked our exit. Luckily, my husband learned how to drive in New York, so he was able to go around. And I had the satisfaction of knowing that red car would be sitting in traffic for a long time because, at the top of the hill, nobody was moving."

They were pleasantly surprised to find that, "for the first time in history, Gate Post Estates Roads were plowed early." But then their electricity went out, around 7 p.m., and didn't return until 1:30 a.m.

"Given our experience with three days without power last February, we were prepared this year with plenty of candles and wood for the fireplace," said Douskalis. "We even used our oil lamp for the first time



Power lines are under pressure from fallen trees near Lees Corner Road.

and boiled water for tea on a small, indoor, propane cooker."

"We reminded ourselves that there was a time when there was no electricity, so we actually just sat around talking. On a normal evening, we'd all be in different rooms doing our own thing on the computer or some electronic gadget. I read by the oil lamp, instead of being on my iPad, and Bill practiced his fire-building skills and kept the room toasty warm."

However, they didn't escape the storm's wrath unscathed. Douskalis and her visiting mom were in the kitchen, around 6 p.m., when they heard a rubbing noise. "The last time we heard a noise like this was last year when three trees fell on the house and damaged the siding," said Douskalis. "This time, it was two trees, and they took aim for an upstairs bedroom window. The glass didn't break, but the window frame was bent inward, so we'll have to replace the window."

They also lost a nearly 25-year-old plum tree in front of their house. It had survived a fire, 9 and a half years ago; but this time, the storm's fury split it down the middle into three sections.

"On Aug. 11, 2001, our house burned down," said Douskalis. "So when we lost

those trees last week, I thought, 'Oh, my God, not again. Are we a magnet for natural disasters?' But I just have to shake my head and roll with it. Mother Nature just humbles you."

MEANWHILE, IN the Braddock Downs section of Centreville, Lu Ann McNabb and her family were without electricity for three days. "This is the second year in a row that our street lost power during a snowstorm," she said. "So we've asked for a meeting with NOVEC to see what can be done to resolve this problem."

In this instance, said McNabb, the culprit was a cracked pole that caused all the electrical lines to fall on a transformer and burn it up. "Last Wednesday [Jan. 26], I was talking to my son on the phone when I saw the sky light up red, three times, with huge explosions like a bomb went off," she said. "And then the power went out."

Since her husband works in Washington, D.C., she told him to just stay there for the night, safe from the elements and the traffic gridlock. But their son Patrick wasn't quite so lucky. When his classes at GMU were cancelled, it took him 4 and a half

SEE NATURE DISRUPTS. PAGE 9



Andrew Lee from Centreville enjoys sledding in Poplar Tree Estates on Thursday, Jan. 27.



The aftermath of the storm left a lot of snow to clean up. In the Armfield Farm neighborhood, a 4-vehicle team of tractor, bobcat, Mustang and pickup truck worked through the night to clear snow off roads and to make cul-de-sacs accessible. Carlos Ayaia had been working almost non-stop for three days to clear the snow.

NEWS

'Go Jump in a Lake'

Local man is raising money for charity.

BY BONNIE HOBBS
CENTRE VIEW

When people tell Matt Brick to go jump in a lake, this Saturday, it won't be because they don't like him. It's because he's going to do it to help sick children.

The owner of Brick's Pizza in the Centreville Square Shopping Center is participating in the fourth annual Virginia Polar Dip, Feb. 5, from 1-3 p.m., at the Lake Anne Village Center in Reston.

"One of my friends who works in my shop also works in Lake Anne and told me about the event," said Brick, 41. "It sounded like fun, so I signed up. I drove to Alaska, about 10 years ago, with a friend of mine and we jumped into a lake there with icebergs in it, so I figured I could do this — and it's for a good cause."

The Virginia Polar Dip raises money to send Washington Metropolitan area families having children with life-threatening illnesses to Camp Sunshine, free of charge. It's a national, year-round retreat alongside the shores of Sebago Lake in Maine.

Event organizer Gail Toth has been personally involved with Camp Sunshine for 15 years, since her own daughter, Jennifer, had cancer when she was 2 1/2. "We had the privilege of attending as participants and return every summer for a couple weeks as volunteers," she said.

After Jennifer participated in a Camp Sunshine Polar Dip in New Jersey, her family started the Virginia Polar Dip, four years ago, so more families from this area can attend Camp Sunshine free of charge. Jennifer is now 18 and has been cancer-free 15 years.

"Our goal for this year is \$75,000, which will send 37 families from [this] area to Camp Sunshine," said



Matt Brick and his niece, Clara, 5, enjoy pizza together at his Centreville store.

Toth. "So far, we're expecting over 100 people to jump; it's split pretty much 50/50 between men and women." One of them is Brick and, in just a week's time, he's been surprised with how many donations he's received. Participants each make a \$100 minimum donation to plunge and, so far, he's raised \$800 and hopes to increase that amount to \$1,000.

He has a poster in the window of his business, and people may contribute to his fund-raising via a link on his Facebook page for Brick's Pizza-Centreville and also on his own Facebook page. Or go to www.freezinforareason.com and look for his name.

"I already committed to go out there with my Speedo, as a gag," said Brick. "I started skydiving, about 20 years ago, and that started my adventurous pursuits. I'm looking forward to doing this plunge — I say that now; but come Saturday morning, we'll see. I might have done this, anyway, just for the fun, but I think it's dynamite knowing that I can raise close to \$1,000 for a good cause."

All plungers receive an official, "I Did It," Virginia Polar Dip T-shirt. Spectators are welcome to come and cheer for the plungers. For more information or to register to participate, visit www.freezinforareason.com or become a Facebook fan (Virginia Polar Dip) and view pictures from previous dips. Also see www.campsunshine.org.

Lake Anne Plaza is at 1609 Washington Plaza in Reston, and the event is open to anyone willing to brave the elements to bring some joy to children fighting for their lives. It will go on, rain or shine, but will be rescheduled if a major snowstorm is forecast.



The Tweddle family of Virginia Run (from left, Riley, Chris, Beth and Jack) is "rocking the orange" for Alex Nieves. His sister Kelsey started a Facebook page called "Rock the Orange" — which is the color of the ribbon for leukemia — for updates on her brother's progress and for others to voice their support.



Blood drive volunteers (from left) Laura Calizzi and Matina McGrath.

Blood Drive Friday for Alex Nieves

The Jan. 21 blood drive Centreville's Virginia Run community held for resident Alex Nieves was such a big success that another one will be held for him this week.

It's slated for Friday, Feb. 4, from 2-6 p.m., at the Virginia Run Community Center, 15355 Wetherburn Court, off Route 29 and Pleasant Valley Road, in Centreville.

Nieves, 20, a sophomore at Maryland's Salisbury University, was recently diagnosed with leukemia,

and frequent blood transfusions are an important part of his treatment. During the first blood drive in his honor, Inova Blood Donor Services verified and registered 84 donors and collected 74 units of blood.

Walk-ins for Friday's blood drive are welcome, but those making appointments will be able to reserve their preferred time. Virginia Run's Laura Calizzi is taking reservations at lcalizzi@yahoo.com.

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OPINION

Making One's Own Pet Connection

We love our pets, but millions more need homes. Some Places To Adopt

Are you considering adopting a dog or a cat or another animal? Be sure to rescue one in need. More people have turned in pets to animal shelters in the past couple of years, in part because of the recession and increased foreclosures.

Approximately 6-to-8 million pets end up in animal shelters each year, according to The Humane Society of the United States. Of that number, 3-to-4 million are adopted, but the

remaining 3-to-4 million pets end up being euthanized.

EDITORIALS

Here are a few places to adopt a pet who needs a home. There are many rescue organizations, including some that specialize in particular breeds. There are also networks of people, like PetConnect, mostly communicating on the internet, who help save adoptable animals from overcrowded shelters from near and far.

Fairfax County Animal Shelter: Dogs, cats and other pets are available for adoption at the Animal Shelter Tuesday – Friday, noon – 7 p.m. and Saturday, 10 a.m. to 5 p.m. 4500 West Ox Road, Fairfax, 703-830-1100 Some animals available for adoption can be viewed online. www.fairfaxcounty.gov/police/animal/adoption.htm

Fairfax County Humane Society, www.hsfc.org, 4057 Chain Bridge Road, Fairfax; 703-385-7387. FCHS also operates two thrift stores. Second Chance 1 Thrift Store, Monday-Friday, 10 a.m.-4 p.m. Saturday 10 a.m.-3 p.m., 4055 Chain Bridge Road, Fairfax; 703-385-3064. Second Chance 2, Monday-Saturday 10 a.m.-4 p.m. 929 West Broad St., Falls Church, 703-533-9268

Super Bowl Parties, Fun and Safe

This year's Super Bowl might even turn out to be a game worth watching.

Super Bowl parties are fun even for those who are not big football fans. It's a great reason to get together at home or out in a restaurant or bar with friends.

Just be sure that you or your guests get home safely.

The McLean-based organization Wash-

ington Regional Alcohol Program suggests tips for safe celebrating to on Super Bowl Sunday, Feb. 6. During Super Bowl Sunday 2009, 50 percent of all U.S. crash fatalities included drivers who were intoxicated according to the National Highway Traffic Safety Administration.

Plan ahead: designate a driver if you're celebrating with alcohol, or use alternative transportation like taxi or public transportation.

If you're hosting the Super Bowl party: serve high protein food like meats and cheeses with alcohol; serve non-alcoholic beverages as an option; designate a bartender so guests don't

mix their own drinks; close the bar at least an hour before you expect your guests to be leaving; don't serve alcohol to anyone who appears to be impaired; never serve minors; never allow anyone who has had too much to drink to get behind the wheel.

If you're driving on Super Bowl evening (or anytime), wear your seatbelt. "Wearing a seatbelt may be your best defense against a drunk driver," said Kurt Erickson, WRAP director. "The routine wearing of seatbelts is the single most effective measure to reduce crash-related deaths and injuries."

Senator Sets 'Personal Record'

SEN. DAVE MARSDEN
STATE SENATOR (D-37)

I set a personal record yesterday presenting nine bills in one day at various committee meetings in the Senate. Final score: five bills passed, one bill being amended (which should lead to passage next week), two losses and one bill continued to next week.

My favorite bill is one that requires motorists involved in a fender bender on the Beltway, where the shoulders have been eliminated by temporary barriers, to proceed to the next available shoulder or pull off area. It is frustrating for all of us when we see two people during rush hour, which is now all day, standing be-

side their cars on their cell phones when no one is hurt and the cars have little damage and are operable, talking to their spouse for advice or calling the police. Guess what? The police can't get there because of the traffic jam these drivers have created. Senate Bill 1167 now requires them to pro-



ceed to the next pull off area where they can exchange information and the rest of us can get moving. I doubt the

police will give out a lot of tickets for this and, if this bill passes, I will be asking the popular morning and evening radio shows to announce this change in Virginia law to motorists on any part of Interstates 495, 95 and 395 where the High Occupancy Toll (HOT) lanes are being constructed. We have to stop slowing each other down. This idea came to me after experiencing several of these delays.

After three years, the House of Delegates will most likely pass the Autism Insurance bill I co-sponsored in the Senate.

My bill, which would allow tax deductible Third Party Trusts for disabled children, is out of committee and on the floor of the Sen-

ate for a vote next week. If we can help families with college savings plans, we must help families do the same planning for children with disabilities.

A number of contentious issues are coming up in my Agriculture and Natural Resources Committee next week. From mountain top removal for mining coal (I'm against) to changing who decides what the Menhaden (a fish that fish oil tablets and other products are made from) catch limits should be. I am concerned about these fish stocks but am also worried about the 400 hundred jobs this industry provides Virginians. This will be a difficult vote to decide on. I will let you know how it went next week.

THE GOVERNOR did not introduce his ABC Privatization Bill in the House of Delegates, so Del. Bob Brink (D-48) put it in. It does not have the votes to pass I am told, but this ought to put an end to an issue that neither party believes is in Virginia's best interest.

Remember last week I told you about a bill that the Virginia Association of Counties wanted to amend that would hold localities

they represent accountable to the rules on spending state money for services for disabled, foster care, mentally ill and special education children. They agreed to a compromise then backed out. The assistant secretary of health and human services and I will be speaking with them next week. We have given them enough time and have told them they can participate in creating the rules by which their localities will be held accountable. Last chance! Get on board or we do it in a way they hate even more, but we will spend State money with high standards for accountability.

The big issue on the horizon is the governor's transportation plan that relies heavily on debt. It also relies, to some extent, on general funds to service the debt. This means transportation spending will come from funds usually reserved for schools, public safety and health care. He offers no long-term funding plan. Secretary of Transportation Sean Connaughton came to my office to seek support for the plan. Sean is a great person, but I cannot go along with a plan for funding transportation that robs our future.

"Never let a short term gain interfere with your long term needs," said U.S. Sen. Mark Warner (D-Va.)

CENTREVIEW

SOUTHERN EDITION

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A Connection Newspaper

Nature Disrupts Commute, Power

FROM PAGE 6

hours to get home from Fairfax. "My daughter's fiancé, who works for FedEx Ground, also had problems," said McNabb. "He was driving a truck with rear-wheel drive and open doors, in all that snow, trying to leave from Annandale to go home to Ashburn. It was 4:30 p.m. when he started; he was on I-66, but all the exits were blocked, so he got onto Route 28 North. At midnight, he'd only gotten as far as Chantilly, so he gave up and went to a hotel on Willard Road."

There are seven houses on McNabb's street and, the night of the storm, all the neighbors stayed put in their houses. However, the next few days after that — with no heat or electricity — they each made other arrangements, either staying with friends or in hotels.

"The day after the storm, we had a lot of light coming through our windows, so we could see," said McNabb. "But it was so cold, it was hard to focus. So after digging out Patrick's car and removing a tree that had fallen in the driveway, we left for the hotel. Some guys showed up with a truck, and I paid them \$40 to cut up the tree and move it out of the driveway."

McNabb was able to use her BlackBerry and cell phone to stay in touch with people. But even on Monday — five days after the power went out — her street still didn't have Internet service or cable TV.

However, because of some sharp thinking on McNabb's part, her family had plenty to eat. Before leaving for the hotel, she'd moved as much food as

SEE SNOWSTORM, PAGE 18



Last week's storm buried this Fair Oaks neighborhood under 10 inches of snow.

PHOTO BY BONNIE HOBBS/CENTRE VIEW

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2010 Sales in Virginia Run



2 15445 Eagle Tavern Lane, Centreville — \$645,000



3 6102 Ridge Haven Court, Centreville — \$633,500

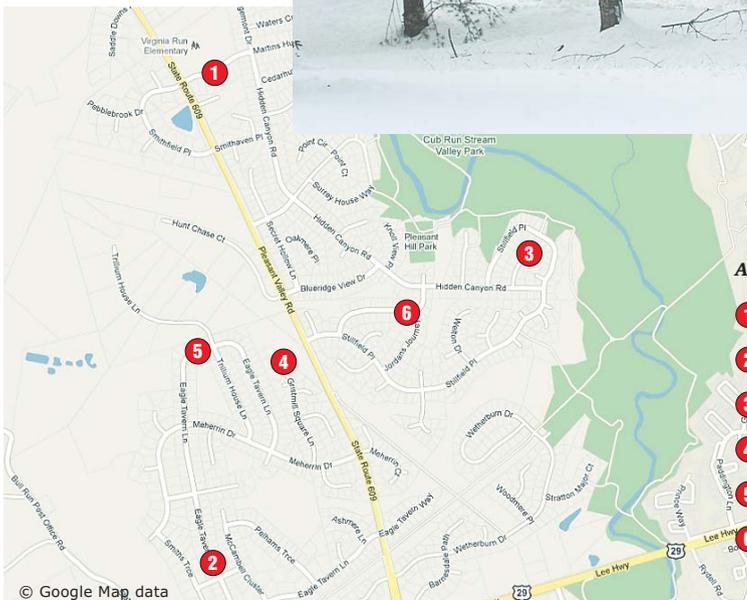


1 15451 Martins Hundred Drive, Centreville — \$670,000

4 6460 Gristmill Square Lane, Centreville — \$612,000



5 15510 Eagle Tavern Lane, Centreville — \$550,000



Address BR . FB HB ... Postal City Sold Price Type Lot AC Subdivision .. Date Sold

1	15451 MARTINS HUNDRED DR	4	3	1	CENTREVILLE	\$670,000	Detached	0.62	VIRGINIA RUN	11/30/10
2	15445 EAGLE TAVERN LN	4	3	1	CENTREVILLE	\$645,000	Detached	0.30	VIRGINIA RUN	10/15/10
3	6102 RIDGE HAVEN CT	4	3	1	CENTREVILLE	\$633,500	Detached	0.30	VIRGINIA RUN	12/17/10
4	6460 GRISTMILL SQUARE LN	4	2	1	CENTREVILLE	\$612,000	Detached	0.39	VIRGINIA RUN	12/15/10
5	15510 EAGLE TAVERN LN	4	3	1	CENTREVILLE	\$610,000	Detached	0.30	VIRGINIA RUN	11/08/10
6	15315 JORDANS JOURNEY DR	4	2	1	CENTREVILLE	\$550,000	Detached	0.34	VIRGINIA RUN	11/29/10

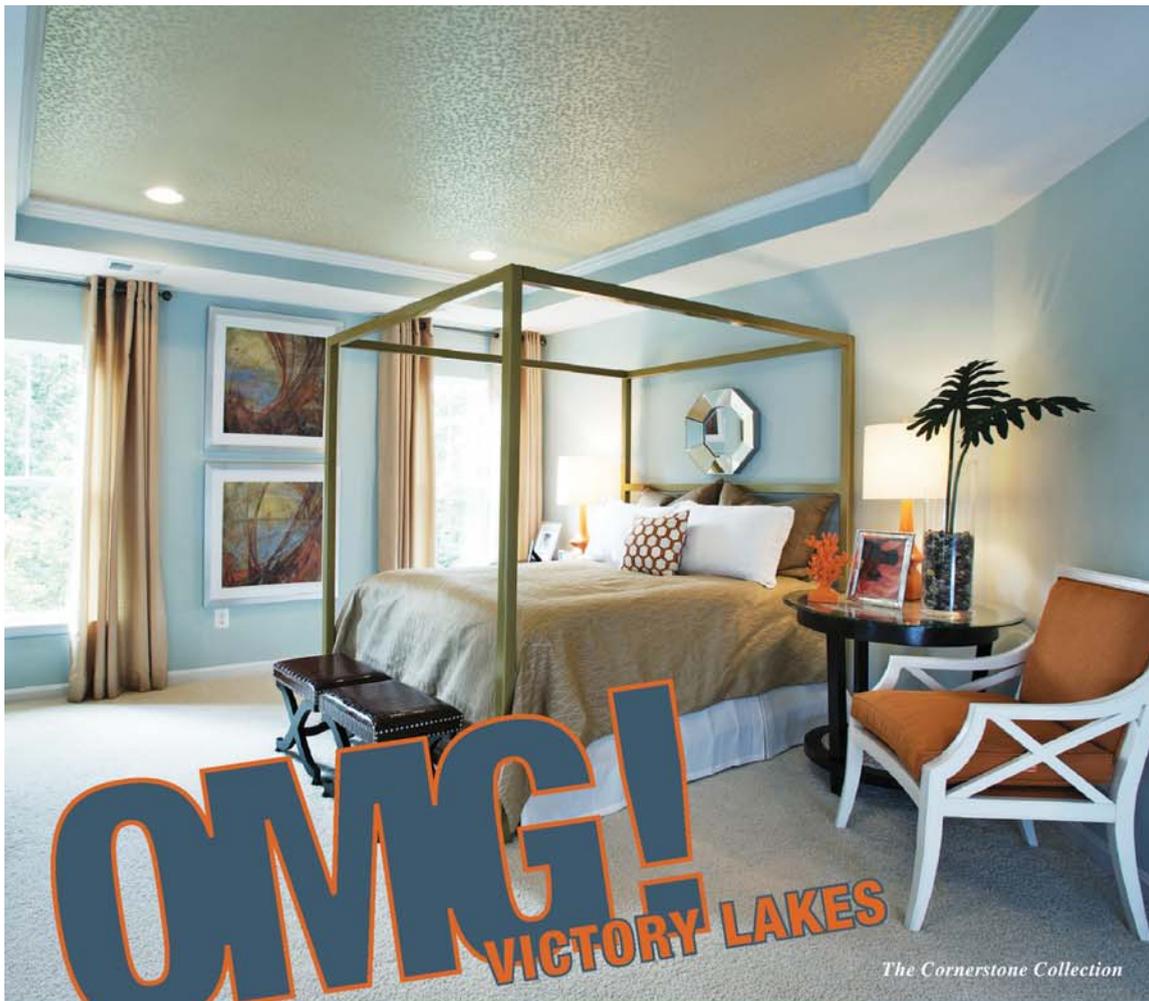
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HOME SALES

In December 2010, 83 Centreville homes sold between \$1,000,888-\$110,000. This week's list represents those homes sold in the \$305,000-\$250,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Subdivision
13831 WAKLEY CT	3	3	1	CENTREVILLE	\$305,000	Townhouse	0.04	LITTLE ROCKY RUN
14096 WINDING RIDGE LN	3	3	1	CENTREVILLE	\$305,000	Townhouse	0.04	WINDING RIDGE
5407 MIDDLEBOURNE LN	4	3	1	CENTREVILLE	\$299,500	Townhouse	0.04	CENTER TERRACE
6902 COMPTON VALLEY CT	3	3	1	CENTREVILLE	\$297,000	Townhouse	0.03	COMPTON VALLEY ESTATES
14107 WINDING RIDGE LN	3	3	1	CENTREVILLE	\$295,000	Townhouse	0.04	WINDING RIDGE
14082 RED RIVER DR	3	3	1	CENTREVILLE	\$281,000	Townhouse	0.04	HERITAGE ESTATES
6036-A MACHEN RD	2	2	1	CENTREVILLE	\$280,290	Townhouse	CENTREVILLE CROSSING
5508 SULLY LAKE DR	3	3	1	CENTREVILLE	\$280,000	Townhouse	0.04	SULLY STATION
6017 ROCKTON CT	3	2	1	CENTREVILLE	\$274,500	Townhouse	0.03	LITTLE ROCKY RUN
14243 GLADE SPRING DR	3	2	2	CENTREVILLE	\$260,000	Townhouse	0.04	CENTRE RIDGE
14433 GLENCREST CIR #127	3	2	1	CENTREVILLE	\$257,000	Townhouse	LIFESTYLE AT SULLY STATN
14247 HERITAGE CROSSING LN	3	3	1	CENTREVILLE	\$255,000	Townhouse	0.03	HERITAGE CROSSING
14718 GROBIE POND LN	3	2	1	CENTREVILLE	\$252,000	Townhouse	0.03	SULLY STATION
6588 SKYLEMAR TRL	2	3	0	CENTREVILLE	\$250,900	Townhouse	0.03	GREEN TRAILS
14530 RAVENSCAR CT	3	3	1	CENTREVILLE	\$250,000	Townhouse	0.06	CROFTON COMMONS
6811 MALTON CT	3	3	1	CENTREVILLE	\$250,000	Townhouse	0.03	CROFTON COMMONS

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11711 Tumbrel Ct #1.....	\$355,000	Sun 1-4	Judy De Sio	Weichert	703-934-0400
12504 Sweet Leaf Ter.....	\$400,000	Sun 12-3	Mary Ann Bendinelli	Weichert	703-368-6677
5222 Concordia St.....	\$494,500	Sun 1-4	Malihe Karimi	Weichert	703-759-6300
9531 Jomar Dr.....	\$499,900	Sun 1-4	Gayle Bailey	The Bailey Team	703-350-2955
4793 Tapestry Dr.....	\$500,000	Sun 1-4	Mary Hovland	Long & Foster	703-425-8000
4295 Birney Ln.....	\$575,000	Sun 1-4	Deb Frank	RE/MAX	703-915-3644
5844 Robeys Meadow Ln.....	\$1,090,000	Sun 12-4	Lola LeCraw	Weichert	703-354-7200

Burke

6616 Bestwicke Ct.....	\$449,900	Sun 1-4	Ashley O'Brien	RE/MAX	571-332-1816
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9328 Hallston Ct.....	\$659,750	Sun 1-4	Steve Childress	Long & Foster	703-981-3277
10945 Rice Field Pl.....	\$995,000	Sun 1-4	Monica Adams	RE/MAX	703-434-9400

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9054 John Sutherland La.....	\$799,000	Sat 1-5	John McNamara	TTR Sothebys Intl	703-395-2908
9043 John Sutherland La.....	\$999,900	Sat 1-5	John McNamara	TTR Sothebys Intl	703-395-2908
9684 Alexandra Nicole Dr.....	\$1,149,000	Sat 1-5	John McNamara	TTR Sothebys Intl	703-395-2908

Springfield

8331 Brookvale Ct.....	\$200,000	Sun 1-4	Kathy Peters	Long & Foster	703-915-2165
7514 June St.....	\$369,000	Sun 12-3	Linda Brack	Long & Foster	571-277-6338
7906 Greeley Blvd.....	\$449,000	Sun 12-4	Gil Clark	Clark Select Prop.	703-288-9611

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All listings due by Tuesday at 3 pm.



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TUESDAYS AND THURSDAYS

Centreville Stitches welcome adults who enjoy knitting, crocheting, or other needlework crafts and conversation. Meets at the Centreville Regional Library, 14200 St. Germain Dr., Centreville, VA. Admission is free. If you have any questions, contact Jo at 703-803-0595 or email joknitter@verizon.net.
Thursday, Feb. 10 — 1:30 to 3:30 p.m.
Thursday, Feb. 24 — 1:30 to 3:30 p.m.

MONDAYS AND WEDNESDAYS

ZUMBA Classes. 7 to 8 p.m. Latin based dance fitness class. The first class is free; afterward it's \$7-\$9 per class. At Cornerstone Montessori School, 4455 Brookfield Corporate Drive, Suite 201, Chantilly. Visit www.gozumbafun.com.

FRIDAY/FEB. 4

Swing Dancing. 9 p.m. to midnight. Admission is \$15. With JP McDermott and Western Bop. Beginner swing lesson from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road, Herndon.

SATURDAY/FEB. 5

Choral Cabaret. 7 p.m. The Centreville High Choral Department presents its annual Choral Cabaret (an informal and fun-filled evening of musical entertainment featuring individual student performances) in the CVHS Cafeteria. Desserts will be served. There will also be a silent auction and raffle to benefit the Choral Department. Tickets are \$10 for adults/ \$5 for students.

Beekeepers Beginners Class. 8:30 a.m. to 11:30 a.m. An eight-week class. The Beekeepers Association of Northern Virginia is offering beginner classes for those interested in learning about beekeeping. At Centreville Regional Library, 14220 St. Germain Drive, Centreville. Visit BANV's website at beekeepersnova.org.

SUNDAY/FEB. 6

Piano Concert. 2 p.m. Tickets are \$10/adults; \$5/children/students. Canadian pianist Bryan Wagorn will perform Stravinsky's piano concerto with the Capital Wind Symphony; George Etheridge, conductor. Other pieces to be performed include Rimsky-Korsakov's "Capriccio Espagnol," Salfelder's "Cathedrals," Saint-Saens' "Occident Et Orient," and Gorb's "A Little Tango Music." At Lanier Middle School, 3801 Jermantown Road, Fairfax.

THURSDAY/FEB. 10

"Race To Nowhere" Screening. 7 p.m. Tickets are \$10/online; \$15/door. Chantilly High School PTSA, Rocky Run Middle School PTA and the Franklin Middle School PTA are hosting a screening of the documentary film. The film is about the pressures faced by schoolchildren and their teachers in a system and culture obsessed with the illusion of achievement, competition and pressure to perform. Visit www.racetonowhere.com.

FRIDAY/FEB. 11

Swing Dancing. 9 p.m. to midnight. Admission is \$15. Have-a-Heart Hop with the Fabulettes. Beginner swing lesson

from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road, Herndon.

FEB. 12-13

Wine and Food Showcase. More than 300 different wines produced by Virginia's leading wineries as well as food and wine demos and pairings. Also 14 demonstrations and seminars led by food and wine experts. Tickets per person run \$45 at the door, \$36 online, and \$20 for non-drinkers. Hours are Saturday 11 a.m. to 6 p.m.; Sunday 11 a.m. to 5 p.m. At the Westfields Marriott Hotel, 14750 Conference Center Drive, Chantilly. Visit www.vawineshowcase.org.
Lunar New Year Celebration. 1-5 p.m. Free. Music, dance, kung fu demos, a lantern festival and kids' drawing contests. At Fair Oaks Mall, Grand Court, 11750 Fair Oaks Mall, Fairfax. Visit www.ShopFairOaksMall.com.

SUNDAY/FEB. 13

DASH at Dulles 5K Mall Walk. 9 to 10 a.m. A fund-raiser for Dating Abuse Stops Here (DASH at www.datingabusestopshere.com). Created in memory of Siobhan Russell, a 19-year-old Franklin Farm resident and Mountain View High graduate who was murdered by her ex-boyfriend in April 2009. Registration 8:30 to 9 a.m. Cost is \$15 per walker. At Dulles Town Center.

MONDAY/FEB. 14

Marriage Seminar. 7 to 8 p.m. Free. "Falling in Love Again: Rekindling Romance and Restoring Hope in Your Marriage." Presented by Marriage Coach Lynn M. Griesemer at the Chantilly Regional Library, 4000 Stringfellow Rd., Chantilly. Reservations accepted, but not required. lynn@marriagecoachlynn.com. Visit www.marriagecoachlynn.com/Feb14Flyer.html.

FRIDAY/FEB. 18

Swing Dancing. 9 p.m. to midnight. Admission is \$20. With London's Jive Aces with special guest Toni Prima. Beginner swing lesson from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road (Route 28 near the airport), Herndon.

SATURDAY/FEB. 19

Bluegrass Gospel Concert. 6 p.m. With Bob Stone and The Virginia Gospel Singers from Fredericksburg. A freewill offering will be received. At Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. The church is located on Route 50, 1/5 mile east of the Route 28 overpass on the corner of Route 50 and Sullyfield Circle. Call 703 631-1799.

MONDAY/FEB. 21

Travelogue on Greece and Turkey. 7 p.m. Free. Lois Price, retired Fairfax County teacher and long-time member and former President of the GFWC-Western Fairfax County Woman's Club (GFWC-WFCWC), will present a travelogue on her tours of Greece and Turkey at the WFCWC meeting. At the meeting room of the Total Wine store in the Greenbriar Plaza Shopping Center, 13055-C Lee Jackson Highway, Chantilly. A tasting of selected South African wines will follow the presentation. Call Jackie at 703-378-8551 or e-mail westernfairfaxcountywfc@gmail.com.

SCHOOL NOTES

The Free Application for Federal Student Aid (FAFSA) is a form that should be filled out annually by high school seniors to determine their eligibility for federal student financial aid to help pay for college.

On Saturday, Feb. 5, Centreville High School will be hosting a Super Saturday "Fill in the FAFSA" event. Free assistance will be available in the CVHS Media Center from 9 a.m.-1 p.m. to help you complete your FAFSA. (Snow date is Feb. 12.)

Anyone is welcome to attend. No appointment necessary. Spanish and Korean translators are available. For more information on Scholarships and Financial Aid, including who should fill out the FAFSA, and to view the flyer, go to http://www.fcps.edu/CentrevilleHS/career_center.htm.

Congratulations to the following Centreville High School Band students on being accepted as a performer or alternate in the District XI 2011 All-District Band.

Before being selected for Districts, these students underwent a rigorous and competitive audition process, competing for positions in Districts alongside more than 700 other students. The musicians selected into the Symphonic and Concert Bands will participate in the All-District Band, and will play in a concert held at WT Woodson High School in Fairfax on Feb. 3-5.

District appointees for 2011 from Centreville High School are: **Jessica Milner** (9th grade, Bass Clarinet in CVHS Symphonic Band, performing in All-District Concert Band); **Rosemary Song** (11th grade, Oboe in CVHS Wind Ensemble, performing in All-District Concert Band); **Brandon Austin** (11th grade, Percussion in CVHS Wind Ensemble, performing in All-District Concert Band); **Alex Hamrick** (11th grade, Euphonium in CVHS Wind Ensemble, performing in All-District Concert Band); **Ali Dettmer** (9th grade, Flute in CVHS Wind Ensemble, performing in All-District Symphonic Band); **Haejung Shin** (12th grade, Flute in CVHS Wind Ensemble, performing in All-District

Concert Band); **Ho-Jin Yeo** (9th grade, Clarinet in CVHS Wind Ensemble, performing in All-District Symphonic Band [+eligible to audition for All State]); **David Chung** (11th grade, Clarinet in CVHS Wind Ensemble, performing in All-District Symphonic Band); **Beomjun Kim** (10th grade, Clarinet in CVHS Wind Ensemble, performing in All-District Symphonic Band); **Beomseok Kim** (9th grade, Clarinet in CVHS Wind Ensemble, performing in All-District Concert Band); **Eunice Ko** (12th grade, Clarinet in CVHS Wind Ensemble, performing in All-District Concert Band); **Paul Kim** (11th grade, Clarinet in CVHS Wind Ensemble, performing in All-District Concert Band)

* **Christian Davis** (11th grade, Contralto Clarinet in CVHS Wind Ensemble, performing in All-District Concert Band); **Rachel Anderson** (9th grade, Alto Sax in CVHS Wind Ensemble, performing in All-District Concert Band); **Josh Kim** (11th grade, Bassoon in CVHS Wind Ensemble, performing in All-District Concert Band); **Richa Namballa** (11th grade, Trombone in CVHS Wind Ensemble, performing in All-District Concert Band); **Karen Johnson** (12th grade, Trombone in CVHS Wind Ensemble, performing in All-District Concert Band); **Matthew Cruz** (12th grade, Trumpet in CVHS Wind Ensemble, All-District Alternate); **Linda Kim** (10th grade, Flute in CVHS Wind Ensemble, All-District Alternate); **Matt Seabrook** (11th grade, Euphonium in CVHS Wind Ensemble, All-District Alternate); **Andrew McLenigan** (10th grade, Alto Sax in CVHS Wind Ensemble, All-District Alternate), and **Thomas Schneider** (10th grade, Tenor Sax in CVHS Wind Ensemble, All-District Alternate)

Juniors and their parents are invited to College Planning Night on Feb. 16 at 7 p.m. in the CVHS theatre. (Snow date Feb. 22). A panel of college admissions representatives from four-year universities and NVCC will present a discussion on issues that will assist students in preparing for the college application process.

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Learn English! Classes now available for adult English-language learners in Northern Virginia. 16 locations meet once or twice a week. Teachers are trained volunteers who support mission of welcoming immigrants to our community. Cost is \$30 to register for these classes at local churches. Visit www.eslim.org or contact English as a Second Language and Immigrant Ministries at 703-841-0292.

Senior Fall Prevention Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. Classes are held Tuesdays and/or Thursdays from 1:30-2:30 p.m.; Mondays and/or Fridays from 2-3 p.m. at The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Registration required. Call 703-667-9800 to register as space is limited. Cost is \$10 per class.

Fair Oaks Parkinson Support Group for people living with Parkinson's disease, caregivers and family, meets on the 4th Saturday, from 10 am-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Free. 703-378-7221. www.ParkinsonFoundation.org

Parkinson Aquatic Exercise Classes for people living with Parkinson's disease and caregivers meets 10:30-11:30 a.m. Tuesdays and Thursdays, The Woodlands, 4320 Forest Hill Drive, Fairfax. People living with Parkinson's \$10, caregivers \$5. Registration required. Sonia Gow 703-378-7221

THURSDAY/FEB. 3

Open House. 7 to 8 p.m. New Family Open House at St. Timothy School in Chantilly. Applications will be accepted on Monday, Feb. 7 at 8 a.m. Snow date is Feb. 8.

SATURDAY/FEB. 5

Food Donations. A Fastran bus will be parked from 9:30 a.m. to 4:30 p.m. to collect food donations for the needy at the Colonnade Giant, 5740 Union Mill Road, Clifton. Sponsored by Neighborhood and Community Services, the Office of Public Private Partnerships and MV Transportation Inc. Visit <http://www.fairfaxcounty.gov/rec/news/nr2011/fstb.htm>. Call 703-222-9764, TTY 711.

STARTING FEB. 7

Financial Planning Class. Monday nights at 7 p.m. starting Feb. 7. The class is Dave Ramsey's Financial Peace University (www.daveramsey.com). At New Life Christian Church in Chantilly (www.newlife4me.com). Contact Caroline Ferhat at cboyer.ferhat@gmail.com or 570-617-2517.

TUESDAY/FEB. 8

Networking Lunch. 11 a.m. Free. MidatlanticNetworking.com in conjunction with Greg Nerantzis of Merrill Lynch will be hosting a Networking Lunch. At Vintage 51 Restaurant and Brew Lounge, 25031 Riding Plaza, Chantilly. Call 703-722-2844 for directions and parking. Email Jay@MidAtlanticNetworking.com.

SATURDAY/FEB. 19

Food Donations. A Fastran bus will be parked from 9:30 a.m. to 4:30 p.m. to collect food donations for the needy at the Fair Lakes Center Bloom, 13065 Fair Lakes Center, Fairfax. Sponsored by Neighborhood and Community Services, the Office of Public Private Partnerships and MV Transportation Inc. Visit <http://www.fairfaxcounty.gov/rec/news/nr2011/fstb.htm>. Call 703-222-9764, TTY 711.

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11:02 AM



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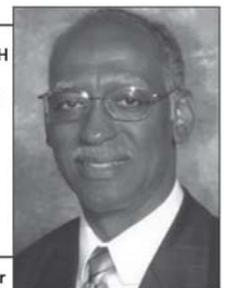
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SUNDAY SERVICE SCHEDULE AT CENTREVILLE HIGH SCHOOL

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Youth Minister: Rev. Bobby Joe Ford, Jr.	
Wednesday Bible Study	7:00-9:00 PM
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NEWS

Gold Burglar Given 46 Months Prison

BY BONNIE HOBBS
CENTRE VIEW

For most of 2009, the homes of dozens of local residents of South Asian descent were targeted for burglaries by a couple from New York. Now, though, this daring duo has been sentenced in federal court and will be spending the next few years in prison.

On Dec. 3, 2010, Melinda Soto, 34, received three years behind bars. Last week, her husband, Dagoberto Ramirez-Soto, 28, of the Bronx, was sentenced to three years and 10 months for conspiring to steal nearly \$600,000 worth of gold and other valuables.

"The defendants engaged in racial profiling of their victims simply because they were South-Asian Americans," said Neil MacBride, U.S. Attorney for the Eastern District of Virginia. "The outstanding work of law-enforcement officers has brought some justice to the victims for these despicable crimes."

Ramirez-Soto pleaded guilty, Sept. 17, 2010, in U.S. District Court in Alexandria to conspiring to transport stolen property in interstate commerce. According to court documents, from January-November 2009, he and his wife, plus Francisco Gray, traveled to Northern Virginia specifically to break into the homes of South Asians.

They believed these residents kept inside their homes large amounts of gold, in the form of jewelry, coins and religious icons. After committing the burglaries, they then took the stolen property back to New York and sold it.

On at least six occasions during 2009, the three drove to Northern Virginia and rented a room at the Landmark Comfort Inn in Alexandria. From that location, they'd drive to the vicinity of a targeted resi-

dence and telephone to see whether anyone was home.

If no one answered, they'd go to that home — where Ramirez-Soto, dressed in a blue workman-style uniform, would knock on the front door. If someone answered, he'd say he was responding to a service call, apologize and leave. They would then go to a second, targeted residence.

But if nobody answered, Ramirez-Soto and Gray would then break into the home through a back or basement door or window, using a large screwdriver or pry bar. Once inside, they'd search for gold items or other easily transportable property, such as laptop computers, cameras, watches and other jewelry.

Soto would remain in the vehicle and monitor the police radio communications for the local police district. Because she and Ramirez-Soto stayed in telephone contact with each other, she could warn him and Gray if she heard any threatening police communications. Ultimately, Ramirez-Soto, his wife and Gray burglarized a total of 37 homes in Fairfax and Loudoun counties.

Soto was sentenced after entering a guilty plea in U.S. District Court. Gray, however, was deported to Peru before the federal investigation began.

Ramirez-Soto appeared in that same court, last Friday, Jan. 28, at which time U.S. District Court Judge Leonie M. Brinkema sentenced him to 46 months incarceration, followed by three years of supervised release. She also ordered him to pay \$590,860 in restitution.

Investigating this case were the Fairfax County Police Department, Loudoun County Sheriff's Office and the FBI Washington Field Office's Violent Crimes Task Force. Assistant U.S. Attorney Michael E. Rich and Special Assistant U.S. Attorney Paul Rosen were the prosecutors.

Indoor, 5K Walk in Memory of Russell

FROM PAGE 4

tern and there are symptoms that can be put together if people are aware of them," said her mother. "There's a link to the warning signs on the DASH Web site. I wish I'd known them, and I'm sure Siobhan didn't, either."

Russell said her daughter had broken up with the boyfriend; she wanted to move on with her life and date someone else, but he refused to accept it. "She didn't tell anybody he was making threats to her," said Russell. "She tried to keep the peace and thought she could handle it."

"You never think the worst is going to happen," she continued. "But she hadn't mentioned his name in about eight months, so we thought it was over."

In October 2010, Siobhan's killer was sentenced to 40 years in prison, but that doesn't stop the pain her parents, brother Jordan, 18, or sister Frankie, 13, still feel.

"We cope on a day-to-day basis," said Russell. "It's a most-horrific thing — you don't ever expect to see your daughter in a coffin. And it's not as if time heals, in this case, because you get further and further away from the last time you held your child."

The idea for the DASH 5K came up while Russell was talking with friend and neighbor, Wendy Claunch, who saw Siobhan grow up. "It's a very close community," said Russell. "We were devastated and so were our neighbors."

Russell also connected with another woman whose daughter was murdered by a boyfriend. This woman

then included Siobhan in a victims' calendar that raised money for the activities of her Web site, www.endingteenviolence.com.

Likewise, it's important for the Russells to get the word out to other young people about the very real dangers they could face if they're in abusive relationships. That's why they print brochures about the subject and speak to groups whenever they can. Next week, for example, they'll talk to Chantilly High seniors.

"Kids should be knowledgeable about the signs," said Lynne Russell. "We don't counsel them, but we give them resources to contact. We encourage the victims or their friends to call hotlines and get advice from the professionals."

So she's hoping for a good turnout at the DASH 5K. "Up to now, we funded the printing, ourselves, but we need some help to keep doing it," she said. "It's an ongoing thing because there's always a new generation of children coming up who need to know these things."

Russell said her mission against dating abuse gives her a focus and helps her keep Siobhan "with" her and her memory "current." She also hopes that knowing the warning signs will prevent a tragedy from happening to someone else.

"I hope people stand up, look at each other and say, 'That's not a healthy behavior and I won't accept it,'" said Russell. "We hope young people will speak out individually against it and, together, will have the strength to fight it, saying, 'Dating abuse stops here.'"



PHOTO COURTESY OF MARY NELMS

The cast of "12 Angry Jurors" includes (front row, from left) Joey Biagini, Taylor Reese, Andy Roca, Brittany Simmons, Westfield Theatre Director Susie Pike; (middle row, from left) Kevin Clay, Max Ehrlich, Jessie Bur, Erica Schmidt, Kerowyn Brewer, Ben Nelms, Chaz Coffin; and (back row, from left) Adam Thomas, Connor Scudder, Trevor Knickerbocker and Kieran Claffey. The school placed second Monday, Jan. 31, in the VHSL One-Act Festival at Herndon High. Chantilly High took first place, and both schools now advance to the Feb. 12 regionals at Lake Braddock Secondary School.

One-Act Plays Friday at WHS

Due to last week's snow, Westfield High's Evening of One-Acts Plays, originally slated for Jan. 28, has been re-scheduled to this Friday, Feb. 4, at 7:30 p.m., in the school theater.

It's presented by the Theatre III and IV classes and tickets are \$8; seating is general admission. This show will raise funds for Westfield's theater students, and all proceeds will pay for their April trip to New York City. Both one-act plays are student-directed.

❖ "Twelve Angry Jurors" (AKA "Twelve Angry Men"), by Reginald Rose, is directed by Trevor Knickerbocker and Max Ehrlich. A jury must decide whether or not to reach a guilty verdict and sentence a man to death. At the beginning of the play, 11 jurors vote "guilty."

Only one juror, Juror number 8, believes the young man might be innocent. He must

convince the others that "reasonable doubt" exists. One by one, the jury is persuaded to agree with Juror number 8. This is based on the teleplay, "Twelve Angry Men," and was Westfield's entry into the VHSL One-Act competition, Jan. 31 at Herndon High.

❖ "Goldilocks on Trial" written by Chantilly High's Theater Director, Ed Monk, and directed by Westfield student Elisabeth Bloxam. Goldilocks is on trial for breaking and entering. Will she be found guilty and sent to prison, or will the truth come out? It's up to Judge Wallabee and some very silly jurors to decide, after hearing testimony from Goldee, the bickering Three Bears, Merwin the Big Bad Wolf and others.

Following the show, the audience may join the actors in the black box theater for funny improvisations. For more information, contact Susie Pike at susan.pike@fcps.edu or producers Andy Roca, Joey Biagini or Ariauna Heck.

CRIME REPORT

Activities reported by the Sully police department through Jan. 28.

ROBBERY

A 23-year-old man was robbed by three men in the area of Poplar Tree Road and Sequoia Farms Drive around 1 a.m. on Wednesday, Jan. 26. The suspects stole the victim's jacket and iPod. They were described as black or Hispanic, with light complexions and between 18 and 25 years old. One suspect was about 6 feet 2 inches tall and 170 pounds; the other two were about 5 feet 8 inches tall, one weighing around 200 pounds and the other around 145 pounds. All three suspects wore dark-colored hoodies and tight, knit caps. The victim declined medical treatment.

BRANDISHING A FIREARM/ ARREST
Police arrested a man for brandishing a weapon at a 24-year-old man during an

altercation in the parking lot of a business in the 7300 block of Ordway Road on Wednesday, Jan. 26 around 7 p.m. The man was clearing the lot with a snow blower. The victim pulled into the lot and got stuck in the ice and snow. The suspect approached the victim and allegedly began to yell at him; he allegedly retrieved a gun and pointed it at the victim and continued yelling at him. Police responded and took the suspect into custody. A 53-year-old male of the same address, was charged with brandishing a firearm. The victim was not injured.

LARCENIES

13600 block of Bent Tree Circle. Jacket, phone and keys stolen from business.
Cranoke St./Soucy Place. Cell phone stolen from school.
5800 block of Post Corners Trail. iPod stolen from school.
6000 block of Westbourne Place. Tools stolen from vehicle.



PHOTO BY SYDNEY SAWYER

Front row, from left, Kacey Nicayenzi, Taran Kooner, Mason Joiner, Trystan Martin and Noah Falke; and back row, Coach Chris Joiner, Thomas Chemmanoor, Lucas deVos, Hayden Aspesi, Sam Labahn and Allen Scott. Not shown: Wesley Ravich.

Cardinals Black Wins Sportsmanship Award

Each season the coaches in the ODSL vote for a team in their division that exhibits the best sportsmanship. In addition to the coaches' votes, sportsmanship points are averaged from each referee report card. Also, points are subtracted for yellow and red cards accumulated during the season. The award is named after Randy Rawls, one

of the league's original founders and its first president. The award honors the winner's sense of fair play, something for which Rawls was renowned as he sought to bring soccer opportunities to the youth of Northern Virginia. The Cardinals Black team is coached by Chris Joiner and assisted by Paul Labahn.

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Valid: February 2 - February 10, 2011

Ruby Tuesday

RT CFFB1CJ2 ROP

Regular Season Wrapping Up in Boys' Basketball

Chantilly gets bounce-back win; rivals Westfield and Centreville play a close, two-point affair.

BY RICH SANDERS
CENTRE VIEW

Following a tough loss to first place Herndon, the Chantilly High boys' basketball team got back into the win column last Saturday night, Jan. 29 with a 65-47 Concorde District win at Robinson.

The game with the Rams was originally set for Thursday night, Jan. 27, but the snowy weather conditions forced the two-day postponement.

A week prior to playing Robinson, Chantilly, with first place on the line, had lost a district home game to Herndon, 55-53, on Jan. 21. The Chargers had eight days to reflect on that hard setback before coming back strong against Robinson.

Chantilly, going into this week, stood at 14-4 overall and 5-1 in district play. The Chargers were scheduled to play games this week at Oakton on Tuesday (Feb. 1) and against visiting Centreville this Friday night at 7:30.

Next week, Chantilly will wrap up the regular season schedule with games on Tuesday, Feb. 8 at home versus Westfield, and on Friday, Feb. 11 at first place Herndon. The Concorde District tournament is set to begin on Tuesday, Feb. 15.

In the meeting against Herndon two weeks ago, Chantilly played the Hornets well most of the game. The Chargers jumped out to a 10-5 lead after one quarter and held a 24-22 lead at halftime. Through three quarters, the contest was tied at 41 before Herndon edged out the two-point win. It was mostly a methodical, half court affair between two of the Northern Region's better defensive teams.

"We led the whole way but let it slip away," said Chantilly head coach Jim Smith.

Chantilly had a balanced scoring attack, led by senior forward Jake Weigand's 12 points. Charger center John Manning (9 rebounds) added 11 points while senior guards Devin Ballam and Jamie Danehower both scored nine points. Brian Sydnor, a



Centreville's Drakkar Sanders, a senior guard, looks to make something good happen during the Wildcats' earlier season meeting versus Westfield.

sophomore wing, added seven for Chantilly.

For Herndon, Jon Beltran scored a game-high 21 points. Point guard Austin Hamilton contributed 11 points and senior forward Raleigh McKenzie and Dorian Johnson both scored eight. Pat McLaughlin chipped in six

points for the Hornets (16-2, 7-0).

In Saturday's bounce-back victory over Robinson, Manning and Weigand scored 17 and 16 points, respectively, to lead the Chargers. Trey Huelskamp, a senior wing, tallied 13 points and Sydnor scored eight.

Chantilly led the Rams 12-8 after one quarter and 31-24 at the half before outscoring Robinson 18-9 in the third quarter to all but put the contest away.

Chantilly's statistical leaders this season have been Weigand (17 points per game), Manning (12 points, 8 rebounds and 6 blocks) and Huelskamp (8 points, 6 rebounds, 4 assists).

CENTREVILLE HIGH, earlier this week, lost a Concorde District game at Herndon, 71-59. The Wildcats (5-13 overall, 1-6 district) played the Hornets toe-to-toe throughout the game, trailing 15-12 after one quarter, 31-27 at halftime and 50-42 after three quarters.

Senior forward Cameron Owens played a terrific game for Centreville, scoring a game-high 26 points. Will Doyle, also a senior forward, scored 11 points for the Wildcats while teammates Travis Whitney and Rahji Johnson scored seven and six points, respectively. Herndon's top scorers were Austin Hamilton (22 points), Marques Berry (15), Jon Beltran (15) and Pat McLaughlin (11).

Last Saturday night, Centreville and cross-town/district rival Westfield played a close, low-scoring contest won by visiting Westfield, 42-40.

Westfield (11-7, 4-3) led 30-26 after three quarters and went on to win by a basket. Quentin Basil, a junior forward, scored 18 points to lead the Bulldogs. Sophomore guard C.J. Hill added six points while Mark Gibson and Julius Rosa, both juniors, scored five points each in the defensive contest. Centreville's leading scorer was Owens with 12 points. Whitney, a 6-foot-3 inch senior, contributed eight points and both Evan Fuller and Drakkar Sanders scored five.

Westfield followed the win over Centreville with a victory over visiting Robinson, 69-55, earlier this week on Monday, Jan. 31. The Bulldogs dominated the middle portion of the ball game, outscoring the Rams by eight points in the second quarter and six points in the third, to gain the district victory. Zach Elcano, Westfield's 6-10 junior forward, scored a game-high 19 points to pace Westfield, while Basil and Rosa both finished with 15. Senior guard David Aurora scored nine points in the Bulldogs' balanced scoring attack. Robinson's Mike Rice led his team with 16 points.

Westfield will host Herndon this Friday night at 7:30. Next Tuesday, Feb. 8, the Bulldogs will play at Chantilly.

SPORTS NOTES

Mark McCormick, a Centreville High senior baseball player, committed earlier this week to play college baseball at Shepherd University (Shepherdstown, W.Va.) next school year. The announcement was made by Wildcats head baseball coach Morgan Spencer and the school's athletic department.

McCormick, a third baseman/outfielder who is entering his third varsity season this spring, hit .443 (31-for-70) last spring as a

junior with a team-high 11 doubles and 24 runs scored. He was named a First Team All-Concorde District selection as Centreville went 16-7, won the district's regular season championship, advanced to the district tournament championship game and on to the Northern Region quarterfinals before falling to Madison. The versatile senior was also second on the team with a .605 on-base average, tied for the team lead with four stolen bases and

drove in 13 runs out of the leadoff spot in the Wildcats' order.

McCormick will join a Shepherd program that went 21-18 last year under head coach Wayne Riser, who is entering his 21st season with the program.

The **SYA's competition cheer squad Extreme** won first place at the Coastal Richmond Battle and second place at the Mary-

land Cup Beach Blast. They compete next on Saturday, Feb. 12 at the Terp Championship.

The **Golden Girls** of Northern Virginia, a senior women's softball league, is looking for players. Anyone over the age of 40 is encouraged to join. All skill levels are welcome. The team plays on Wednesday evenings and Saturday mornings in Vienna. Call Donna at 703-938-0387 or visit www.goldengirls.org.

CVHS SPORTS NOTEBOOK

BY KAREN FULKERSON

Ice Hockey: Congratulations on another win for Wildcat ice hockey at Skatequest of Reston, on Friday, Jan. 21, over a combined team from Battlefield and Brentsville High schools in Prince William County. The Wildcats cruised to a 7-3 victory for their second consecutive win. The next game is Friday night, Feb. 4, at Kettler Capital Iceplex in Ballston, at 5:15 against Bishop O'Connell HS. Please come out and support Wildcat ice hockey. Visit www.wildcathockey.com.

Wrestling: Centreville won, 44-33, over Fairfax HS, on Jan. 22. The following Wildcat wrestlers were victorious:

Kyle Roarty, won by disqualification over Salim Chadli; Ryan Sepulveda, won by pin over Shaun Hasenpflug; John Horoho, won by pin over Eric Villani; David Chenevey, won by pin over Alexis Lazo; Joey Steinbach, won by pin over Eubin Jin; Joey Nowak, won by pin over Nick Moran; Connor Mitchell, won by tech fall over Luke Cox.

Centreville falls to J.R. Tucker HS, on Jan. 29. Wildcat winners were: Ryan Sepulveda, won by decision over Judd Fleming; John Horoho, won by pin over Treavor Hargrave; David Chenevey, won by major decision over Ramy Yacoub; Joey Steinbach, won by decision over Eric Garnett.

Visit www.centrevillewrestling.com.

Men's Basketball: On Saturday, Jan. 29, the Centreville boys basketball team rallied from 10 points down in the second half and even had a two-point lead with under two minutes to go in their game against cross-town rival Westfield HS. With the score tied at 40 with eight seconds remaining, a loose ball in the Centreville frontcourt was picked up by Westfield for a layup and tip-in as time expired. The Wildcats were led by an all around effort from Cameron Owens, who finished the night with 12 points, 6 rebounds, 4 assists, 3 blocks, and 2 steals. Travis Whitney added 8 points and 3 rebounds.

Lady Wildcats: The Centreville Lady Wildcats basketball team played a solid game from start to finish to secure a 47-38 victory over Concorde District rival Westfield on Saturday afternoon at CVHS. Erin Meador led the scoring with 23 and Chaney Forbush added 12 points and 10 rebounds as the Wildcats evened their district record to 3-3 and improved their overall record to 11-6.

Swim, Dive Districts: The Centreville HS Swim/Dive team had a fantastic Concorde District meet on Saturday night, Jan. 29. Due to the inclement weather last week, the team had their timed finals on Saturday night at Cub Run Rec Center. Overall, the team had a super meet with almost every swimmer dropping seconds off their



PHOTO COURTESY/CENTREVILLE JV BASKETBALL

The Centreville High girls' JV basketball team went undefeated this season at 12-0. The Wildcats concluded the season with a win over Westfield last Saturday. Centreville was coached by Tom Watson. Team members are: Daria Baker, Katie Blumer, Danielle Williams, Ashley Brusick, Lindsay Egbers, Ailyn Kelly, April Lee, Adrienne Lewis, Amanda Linthicum, Kasey Martino, Cristiana Messi, Elizabeth Richards, and Danielle Smith.

best times.

"The team was very spirited and improved so much throughout the season," said Centreville swim coach Jen McFeely. "Their hard work in the pool has really paid off."

One of the meet highlights was the girls' 200 Free Relay team qualifying for states, and swimmer Rachel Anderson qualifying for states in the 100 Fly. (Swimmer Johnny Germanis had already earned a boys' qualifying time for states).

The Northern Region Championships are scheduled to take place this Thursday through Saturday, Feb. 4-6, at Oak Marr Recreation Center beginning at 5:30 p.m.

The following are the top 6 finishers at districts and Regional Qualifiers: Boys 200 Medley Relay (5th place): Johnny Germanis, Alex Hamrick, Mitchell Cole, Connor Culleiton; Girls 200 Medley Relay (fourth place): Rachel Anderson, Melanie Luck, Taylor Avery, Abby McCranie; Rachel Anderson, third place and a school record time of 2:13.07 in the 200-IM; Johnny Germanis, 2nd place in boys' 50-free; Taylor Avery (Girls 50 Free), 5th place; Abby McCranie 6th place; Johnny Germanis (Boys 100 Fly), 2nd place in team record 51.84; Rachel Anderson (Girls 100 Fly), 2nd place; Taylor Avery 4th place; Abby McCranie (Girls 100-Free), 5th place; Boys 200 Free Relay (5th place) - Johnny Germanis, Mitchell Cole, Jonathan Clarke, Connor Culleiton;

Girls 200 Free Relay (1st place, State qualifying time of 1:41.51) - Taylor Avery, Kylie Cuomo, Rachel Anderson, Abby McCranie; Boys 400 Free Relay (6th Place) - Matt Rice, Nicholas Cole, Michael Helme, Jonathan Clarke; Girls 400 Free Relay (6th Place) - Mackenzie Cripe, Erin Hessler, Brooke Worley, Kylie Cuomo.

The following Centreville swimmers earned season-best times at districts: 200 Free boys swimmers Andrew McLenigan (7 second drop) and Nick Cole 1 second; 200 Free girls swimmers Mackenzie Cripe (2 seconds) and Rachel Avery (2 seconds); 200 IM boys - Sam Maney (3 seconds); 200 IM girls swimmers Shannon O'Donnell (12 seconds) and Katie Schwindt (2 seconds); 50 Free boys Jonathan Clarke (2 seconds) and Calvin Jones (5 seconds); 50 Free girls Kylie Cuomo (.1 second) and Gina Masters (.2 seconds); 100 Fly boys Alex Hamrick (.2 seconds) and Michael Helme (.2 seconds); 100 Free boys Calvin Jones (5 seconds); 100 Free girls Kylie Cuomo (2 seconds), Erin Hessler (2 seconds), Melanie Luck (4 seconds); 500 Free girls Katie Schwindt (8 seconds); 100 Back boys Michael Helme (2 seconds); 100 Back girls Rachel Avery (2 seconds), Macy Luck (4 seconds); 100 Breaststroke boys Alex Hamrick (3 seconds), Andy Balberde (2 seconds), Sam Maney (2 seconds); 100 Breaststroke girls Shannon O'Donnell (3 seconds), Melanie Luck (3 seconds).

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PHOTOS BY BONNIE HOBBS/CENTRE VIEW

The day after the snowstorm, sidewalks in this Penderbrook community were impassable.

Snowstorm

FROM PAGE 9

possible from her refrigerator and freezer into coolers and put them into the snow on their deck so the food wouldn't spoil. "It was frustrating, because I'd just gone to Giant and stocked up," she said. "But it worked — all the food was fine. And Saturday night, the power came back on."



The white snow on the branches of this tree in Fair Oaks was in stark contrast to its deep-brown bark.



Snow-covered trees overhang a small fence and an icy, white walkway in Fair Oaks.

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Membership Has Its Privileges



By KENNETH B. LOURIE

Membership in the cancer club, that is. And the specific privilege to which I refer is sponsorship, to invoke a familiar component of Alcoholic's/Narcotic's/Gambler's Anonymous' multi-step recovery program: someone to talk to, 24/7, who's been there and still doing that; a voice of experience and reason, a compassionate and caring individual who can appreciate – and relate, to the new life your cancer diagnosis has forced you to live. My sponsor is Mary Kimm, Publisher/Chief Operating Officer for Connection Newspapers. Diagnosed with breast cancer a month or so before I was diagnosed with lung cancer; neither of us a smoker or a child born into a family with a history of cancer, Mary has repeatedly offered her time and insight to me – whenever I needed it. In effect, she has become my go-to cancer survivor.

As yet, I have not cell-phoned Mary on her off-time, but I nearly did so a few Sundays ago which led me to realize – in my mind, anyway, that our regular weekly cancer conversations about life in the cancer lane these past two years have created in me a kind of reliance on her judgment, not uncommon I would imagine, among people experiencing similar kinds of traumatic-type diagnoses and life-changing circumstances.

What comfort for me to know there is someone so close and so available to whom I can reach out – and not touch, whose words have been so touching and reassuring to me on so many occasions. Mary has told me that she has enjoyed a similar relationship with some women in a cancer support group she regularly attended; learning about her cancer and treatment as she listened, and subsequently sharing some of what she learned with me. I never would have guessed that someone else's participation in a cancer support group in which I was not a direct participant would have mattered and affected me so much. But I'm grateful every day that Mary is "paying it forward" and so lucky to be the recipient of her kindness.

Who's to say what contributes to my better-than-expected health result? Is it my body's tolerance to the chemotherapy? Is it a reduction in stress brought about by a different work schedule/routine and a corresponding nearly 100 percent elimination of my daily/weekly commute? Are the financial changes in my life/income contributing as well to an improved quality of that life, even though I still have stage IV lung cancer? Are the thoughts and prayers of readers – regularly mailed, e-mailed and phoned, likewise contributing to my atypical good quality of life? Is the love and support from family, friends and co-workers helping me Carpe diem ("seize the day") without worrying too much about the night? Is having a sponsor (Mary Kimm) providing the kind of unspoken – and spoken comfort a phone call away – any-time, more valuable than perhaps even I realize?

The answer is; yes, yes and yes! However, you probably need everything working for you to defeat (deter) cancer but missing anything might have tragic consequences. If I had written a what-I-need-to-do list to survive cancer back in February 2009 when I was first diagnosed, I don't think, given my nature, I would have listed having/need a go-to-type sponsor/support person as a necessity. Two years later, I've certainly learned my lesson.

Cancer is bigger – and badder – than any one person, and thinking that suffering in silence earns you some kind of medal for valor is foolish – and stupid! Thanks to Mary Kimm, I was never allowed to be either; not too often, anyway. It's been my privilege – and great, good fortune, to be so sponsored.

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

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NEWS

CVHS Class of 2010 Gift

This bronze statue of a wildcat is the most recent edition to Centreville High School, situated outside the front entrance of the school. It was a gift donated to the school by the Class of 2010.



MILITARY NOTES

To have military news listed in Centre View e-mail centreview@connectionnewspapers.com. Photos, especially color, are encouraged. Deadline is one week before publication.

Navy Seaman Recruit Christopher J. Park, son of Woo C. Park, of Centreville, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. Park is a 2010 graduate of Mountain View High School of Centreville.

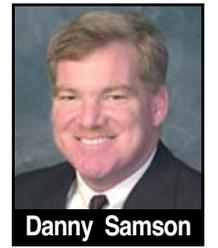
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Absolutely gorgeous townhouse

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Herndon
Beautiful 4BR 2.5BA home \$460,000

JUST SOLD



Oak Hill
4BD/4.5BA brick colonial \$770,000

JUST SOLD

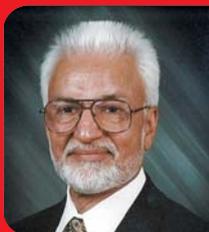


Oak Hill
Beautiful 4BR 2.5BA brick front home \$640,000

JUST SOLD



Herndon
5BR, 2.5 BA LARGE 3-LVL COLONIAL \$527,000



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UNDER CONTRACT



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Oak Hill
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UNDER CONTRACT



Fairfax
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UNDER CONTRACT



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Fairfax
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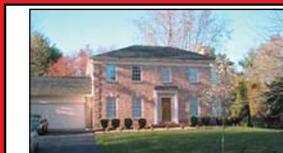
Herndon
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Fairfax
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Herndon
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Herndon
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Herndon
4BR, 2 FB, 2 HB Stunning brick front colonial
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