



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

More than 100 residents attended a heroin-education meeting last week in the Virginia Run community center.

## 'Heroin Will Steal Your Soul'

Substance-abuse experts, doctor, address parents.

BY BONNIE HOBBS  
CENTRE VIEW

First in a two-part series.

Since so many of the young people selling heroin in Centreville came from its Virginia Run community, it seemed fitting that a heroin-education meeting for parents last week was held in its community center.

It was standing-room-only, last Thursday, March 5, as more than 100 people jammed into a room normally used for happier occasions. It was also the first anniversary of the death of Centreville resident Alicia Lannes, 19, who'd died of a heroin overdose.

"This community has been through a lot, and we respect and understand that," said Capt. Cindy McAlister, com-



**Leslie Roberts, student assistance coordinator at Centreville High and Mountain View School.**

mander of the Sully District Police Station. "Tonight is about giving you information to support you. The last thing we want is for anyone else to go through what this community has been through."

Alicia's father, Greg Lannes, thanked the community for its

"It can be anybody's kids."

— Fairfax County Police Narcotics Detective Steve Carroll

thoughts and prayers during "this most-difficult year" and recalled "the pain, shock and horror" he and his wife felt upon discovering their daughter's lifeless body. "She was a victim of a violent, unspeakable crime at age 13, and her pain made her vulnerable to the wolves in sheep's clothing [who introduced her to heroin]," he said. Now, bringing them to justice, said Lannes, "will save lives in this community."

Fairfax County Police Narcotics Detective Steve Carroll discussed local heroin use, what parents should look for and heroin's effects. He said he and other detectives interviewed about 100 people, including a

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## Hoye Is Sentenced For Bank Robberies

Judge decides on 12-year prison term.

BY BONNIE HOBBS  
CENTRE VIEW

Prior to before being sentenced Friday for committing bank robberies in Chantilly and McLean, Charles Terrence Hoye stood and addressed the judge.

"I will not try to excuse my actions," he said. "My behavior was reprehensible and my conduct was beyond contemptible."

In the end, Fairfax County Circuit Court Judge Dennis Smith agreed, sentencing Hoye, 56, of Bethesda, Md., to 12 years in prison.

Police Det. Gary Bailey described

the case against him in a March 13, 2008 affidavit for a warrant to search Hoye's green Honda Accord. He wrote that Hoye's arrest after the March 11 robbery of a BB&T Bank on Georgetown Pike in McLean led to his being charged with the March 6 robbery of the PNC Bank in Chantilly.

During the BB&T robbery, wrote Bailey, a man entered the bank, demanded money from the tellers and "implied that he had a weapon. After receiving the [money], the suspect left the bank and was [seen] getting into a green, Honda Accord."

Police were alerted and, as they raced to the scene, a lookout was broadcast for the Honda. Officers saw it speeding away from the bank and tried to stop it but, wrote the detective, "The driver continued driving at high rates of speed.

SEE 12 YEARS, PAGE 4

## Im Receives Prison For Sexual Battery

BY BONNIE HOBBS  
CENTRE VIEW

Before Stephen F. Im was sentenced for sexually assaulting a 19-year-old woman while she was passed out from drugs and alcohol, the prosecutor said Im still doesn't take responsibility for what he did.

During preparation of his presentencing report, said Assistant Commonwealth's Attorney Camille Turner, he stated that "girls black out all the time — and

it wasn't as if she didn't know what she was doing."

She also said Im, 22, lied about using drugs while out on bond, but then tested positive for marijuana. Saying he refuses to admit or treat his drug problems, she called him a "continued danger to the community."

Im and the victim met at a Tysons Corner bar with friends on Aug. 22, 2007 and exchanged phone numbers. Two days later,

SEE IM, PAGE 4

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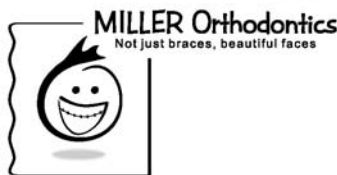
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## Lyme Disease in Dogs

**Dr. Rhonda Pierce**  
Centreville Animal Hospital



As spring approaches, we look forward to flowers blooming, warmer temperatures and getting outside with our pets. This is one of my favorite seasons, yet there are some hazards lurking out there that we usually cannot see until they are either attached to us or walking on us. I am hinting about the dreaded deer tick, also called Ixodes scapularis in this area. This tick can carry a bacterium called Borrelia burgdorferi. This is the bacterium that actually causes what we call Lyme disease.

Lyme disease is a very interesting disease and it manifests itself very differently between human and dog infections. The majority of people that are infected develop a flu-like illness with or without the characteristic bull's eye rash. Also important to note, the majority of people never knew that they had even been bitten by a tick. Following the flu-like symptoms or rash, some people develop joint pain and even smaller percentages develop neurologic or heart problems. This all occurs within a matter of weeks. Some people will have long term problems from this infection that can be very serious.

Lyme disease in dogs has a completely different appearance. It does not show clinical signs in about 90% of dogs who have been bitten by a tick infected with Borrelia. The 10% who do show signs may not demonstrate them for weeks or even months after the tick bite. The first sign owners usually call us about is lameness. This lameness can appear in one leg and then switch to a different leg day by day. In dogs, a smaller percentage can develop severe kidney damage, so early testing and tick preventatives are important to help us diagnose and prevent this disease.

At Centreville Animal Hospital, we test dogs showing clinical signs of Lyme disease in the hospital and can have results in a few minutes. These results will confirm exposure to the Borrelia bacteria. A doctor will then determine if further testing is necessary. Treatment for Lyme disease infected dogs that do not have signs of kidney damage utilizes a month treatment on antibiotics. These dogs usually do great, responding within about 48 hours to the treatment.

Lyme disease prevention is the best course of action. We recommend year round flea and tick preventatives in this area. There is also a Lyme vaccine that is used on a case by case basis depending on the dog's exposure to ticks. Please stop by with any questions that you might have and have a great spring!

Two websites that have further details about human and dogs Lyme disease:  
[www.cdc.gov/ncidod/dvbid](http://www.cdc.gov/ncidod/dvbid)...[www.veterinarypartner.com](http://www.veterinarypartner.com)



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## ROUNDUPS

### Man Charged In Car Fire

Fairfax County Fire and Rescue Department fire investigators have charged Anthony Sofo, 20, of 12500 block of Summer Place in Chantilly's Franklin Farm community, with two felonies. On Monday, March 9, he was charged with burning a vehicle valued at more than \$200 and with starting a fire capable of spreading.

The vehicle-burning offense carries a penalty of a possible two to 10 years in prison; the other offense is punishable by as much as five years behind bars. The charges were placed in connection with a vehicle fire on Aug. 18, 2008, at 12509 Summer Place. Damages were estimated at \$7,000.

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections, Thursday, March 12 and March 19, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly.

### Parents' Internet Safety Meeting

A program entitled "Internet Safety 101: Empowering Parents" will be held Monday, March 16, from 7-8:30 p.m., in the lecture hall at Chantilly High. Sponsored by the Chantilly PTSA, it will show parents how to help their teens avoid online predators and pornography on the Internet.

### County Budget At WFCCA

The West Fairfax County Citizens Association (WFCCA) will hold a special meeting, next Tuesday, March 17, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. The topic is the proposed Fairfax County Fiscal Year 2010 budget.

Susan Datta, director of the county's Department of Management and Budget, will present budget details and answer questions. Contact Carol Hawn at 703-266-6872 or [cahawn@verizon.net](mailto:cahawn@verizon.net).

### 'Saturday Night In Suburbs'

Seniors at Westfield High will hold a substance-abuse awareness

SEE ROUNDUPS, PAGE 13

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# Residents Learn About Route 50 Widening

BY BONNIE HOBBS  
CENTRE VIEW

Concerns about traffic flow and property access marked the design public hearing on the Route 50 widening project. It was held Thursday, Feb. 26, at VDOT's Northern Virginia District Office in Chantilly.

The plan is to increase a 3.6-mile span of Route 50 from four lanes to six from Poland Road in Loudoun County to Route 28 in Fairfax County. And more than 100 people came to the public hearing to learn about the project and add their comments.

"We do our best to put together a good design," said Jim Zeller, VDOT's preliminary engineering manager in Loudoun. "But members of the community often bring up good ideas that get incorporated into our projects."

The preliminary design plan is about 30-percent complete, and attendees got to see it and ask questions about it. VDOT representatives also explained why they want to improve the road.

"We're building it to deal with the horrendous congestion this stretch of the Corridor experiences every day," said Zeller. "You have six lanes east of Route 28 and out by South Riding — and a chokepoint bottleneck in the middle. This project will address that and will also enhance safety in that area."

It will also provide 10-foot-wide, pedestrian and bicycle paths on each side of the road. And, said Zeller, "It will better manage the forecasted traffic growth that will come in the future."

Project Manager Kim McCool, a senior VDOT transportation engineer, said there'll be a grass median on the inside and either curb-and-gutter or eight feet of paved shoulder on the outside. "We'll also do a reconstruction so the lanes will all be the same height," she said. "Widening will be on the north side of the road, where we have more right of way and will impact less businesses."



**Chantilly's Vijay Malladi discusses his property along Route 50 with VDOT's John Leddy, who deals with right-of-way issues.**

der on the outside. "We'll also do a reconstruction so the lanes will all be the same height," she said. "Widening will be on the north side of the road, where we have more right of way and will impact less businesses."

VDOT already did traffic studies and, where warranted, it plans to upgrade intersections, install new signals, lengthen turn lanes, add pedestrian signals and add crosswalks with curb ramps. It will also upgrade the small bridges over Cub Run, put in landscaping where there's room and install stormwater management facilities.

**TOTAL ESTIMATED COST** is \$75 million: \$4 million for preliminary engineering and design, \$20 million for right-of-way and utility relocation, and \$51 million for construction. The selected contractor will finish the design according to the approved plans, acquire the right of way, relocate utilities and do the actual road construction,

beginning in 2010.

"Doing it this way provides a significant time savings," said McCool. "This is a high priority; we have full funding and will keep moving forward."

As part of the project, the existing left turn from southbound Route 28 to Lee Road west and the popular Chantilly Crossing Shopping Center will be eliminated. But that will lead to another problem, said Sully District Transportation Commissioner Jeff Parnes.

"Traffic would have to go to the new, Willard Road interchange and then back to turn right onto Lee," he said. "But if you're going to make the traffic go there, you need to make Lee Road the four-lane road it needs to be. It's four lanes, north and south of the bridge [over the creek on Lee Road], and two lanes in the middle [on the bridge]. So it needs to be part of this project."

Calling it an "excellent comment," Zeller said VDOT will look into it.

**THEN VIJAY MALLADI** of Chantilly said he owns property at Route 50 and Pleasant Valley Road that could be taken for this project. He asked if he'd be compensated for the "fair value" of his land, and Zeller said he would.

Nicole Philkus of South Riding remarked that, if the entrance to the Chantilly Crossing Shopping Center is moved near the Five Guys restaurant, "There's no signal, so something needs to be done." And McCool told her that other residents have expressed the same concern.

Greg Zakarian, representing that shopping center's developer, told VDOT that, by eliminating the left turn from Route 28 south to Lee Road west, "You're penalizing the shopping center and industrial park." Furthermore, he added, "Lee Road isn't equipped to come from Route 50 to the shopping center. It's a hazardous road and

people are going to drive off the road there."

Also worried was the Rev. Will White, pastor of Pleasant Valley United Methodist Church, along the four-lane section of Route 50. "We've been there 110 years and have made many contributions to Route 50," he said. "And in terms of our long-term health as a congregation, we really want to maintain our safe access to Route 50."

White said half of his congregation comes from the eastern side of the county, westbound, so he urged VDOT to "make connectivity between the east and west lanes so people can access our facility coming west."

One woman was concerned about provisions for pedestrians and bicyclists during the road construction. She said the shared-use paths need a stronger pavement portion and recommended a safe haven for walkers and cyclists crossing Route 50 at Stonecroft Boulevard because "they have to cross nine lanes of traffic with no place to stop, and it's dangerous."

Noting that, driving on Pleasant Valley Road north to turn right onto Route 50 east, there's currently a lane where motorists may merge into traffic, another woman wondered if this lane would be "done away with." John Vandergriff, with The Louis Berger Group, which prepared the design for VDOT, said it's not envisioned as part of the project.

And in response to comments regarding traffic flow during construction, Vandergriff said some lanes would remain open because the existing long backups on Route 50 toward Loudoun County, especially during the evening rush hour, are "one of VDOT's top concerns."

Residents may still weigh in on the project until March 12.

E-mail VDOT at [meeting\\_comments@VDOT.Virginia.gov](mailto:meeting_comments@VDOT.Virginia.gov).



## Runway Revolution

Westfield High School's advanced fashion marketing class will hold its Spring 2009 Fashion Show on March 26. The Fashion Show Team includes, front row, from left, Ximena Oyola Zapata, Sukriti Kaushal and Shahbano Farid. In the back row, from left, are Tara Cassens, Jennifer Lane, Julianne Thompson, and Wafa Hamid. Tickets are \$10 each or \$5 with a donation of a clothing item. Items must be good condition and clean, and will be collected at the door. All donations will go to Goodwill Industries.

## Six Years Prison for Rickey Price

### One of four who robbed Chantilly Prime Mart.

BY BONNIE HOBBS  
CENTRE VIEW

Three down and one to go. When Rickey Fentrell Price was sentenced last week to six years in prison for his part in the summer 2007 robbery of the Chantilly Prime Mart, he became the third of the four people involved to be punished for this crime.

On Oct. 3, 2008, his brother, Robert F. Price, 31, of Springfield, was given a year behind bars. And on Feb. 6, an acquaintance, Antonio Wilson, 27, of Lorton, received an eight-year prison sentence.

Then on Feb. 4, a jury found **Rickey Price** the Prices' cousin, Devin Manigo, 31, of Chantilly, guilty of robbery and abduction with intent to extort money and recommended he serve 25 years in prison.



Sentencing is April 3.

The incident occurred June 22, 2007. Wilson and Rickey Price, then 21, of no fixed address, both went inside the Prime Mart and sprang into action. Both wore masks and bandanas, and Price used a taser to intimidate and subdue the clerk — shocking him three times before he collapsed.

Then both men stole \$30,000 total from the cash register and the back room. But all four participants were later arrested and charged, and their cases have made their way, one by one, through Fairfax County's court system.

Last Friday, March 6 — charged with the same two offenses as Manigo — it was Rickey Price's turn to learn his fate in Circuit Court. But first, defense attorney Chris

SEE SIX YEARS FOR ROBBERY. PAGE 5

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**NEWS**

**12 Years in Prison for Robberies**

FROM PAGE 1

A police chase ensued for approximately 10 minutes, ending at Route 7 and Downey Drive."

Hoye was identified as the vehicle's owner and driver. And police saw clothing and disguises he'd worn during the robbery in plain view within the car. In addition, bank photos and surveillance showed that Hoye matched the physical description and wore the same clothing during the March 6 robbery of the PNC Bank.

Police charged him with two counts of bank robbery, use of a firearm in the commission of a felony, possession of a firearm by a violent felon, eluding police, receiving stolen property and two counts of drug possession.

On Nov. 24, 2008 in Circuit Court, Hoye pleaded guilty to both robberies, the eluding charge and the felon firearm possession. The other charges were dropped.

He returned last Friday, March 6, for sentencing, and defense attorney Jason Britt asked the judge not to "warehouse" Hoye, but to sentence him below the 20-year, high end of the state sentencing guidelines for his case. He said it's

been 21 years since his client's last felony and, after being released from incarceration, Hoye got a job, began raising a family and contributed to society.

"He won't again find himself in such dire, financial straits that he'd make such a bold and ill-informed choice," said Britt. He also noted that Hoye's punishment will result in "the loss of seeing his young children grow up and the certain loss of the relationship with his wife."

Hoye, too, acknowledged the devastating effects of his crimes. "I did more than rob a bank," he said. "I robbed the victims of a sense of security, and I robbed my wife of a husband and my children of a father."

Now, he said, his wife has to work, from dark to dawn, seven days a week, to keep the family afloat. Said Hoye: "Words fail me to [describe] the heartbreak and humiliation I visited upon my family and friends."

When sentencing him, he asked Judge Smith to "consider my oldest daughter, who asked when I'd be able to take her places again. And my youngest daughter asks when Daddy will be coming out

of 'that building.' I ask you to do what I didn't, and consider my family."

The problem, Smith told him, was that, when he was in a tough situation, he made bad choices and "endangered a lot of people. When you were stopped, you had a loaded, semi-automatic pistol with a round in the chamber, ready to go."

He said Hoye jeopardized the lives of the people in both banks because of his financial problems. "Everyone in those banks is changed indelibly," said the judge. "And you've demonstrated that, when put in a corner, you have no regard for others."

Smith then sentenced Hoye to five years in prison for each robbery — 12 years with seven suspended — and one year each for the firearm and speeding-to-elude charges. He then ran the sentences consecutively, for 12 years total to serve. Hoye also has 20 years suspended time over his head and will be on five years probation following his release.

"There's a price to pay, and I think that's appropriate," said Smith. "Do I consider your children? When I go home tonight, I'll have tears in my eyes thinking of them. But I have no alternative, due to the seriousness of these crimes."

**Im Receives Prison Time**

FROM PAGE 1

they met at a Chantilly restaurant. Afterward, they each took one ecstasy pill, bought beer, went to his apartment and played a drinking game.

"She drank five beers and felt a buzz," said Turner. "He said he was interested in her, but she told him she had a boyfriend and just wanted to be friends. About 1:30 a.m., she passed out. When she woke up, she was face down on his bed with her pants off."

The woman discovered that Im was violating her sexually, but then passed out again. Turner said the effects of the alcohol and the ecstasy rendered her helpless.

After she told police, Im, formerly of 13153 Quail Creek Lane in Fair Lakes, was charged with aggravated sexual battery, plus one count of animate object penetration and two counts of forcible sodomy. But in exchange for his guilty plea in October on the first charge, the other three were

SEE IM, PAGE 7

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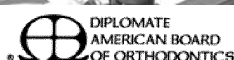
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# Six Years Prison for Robbery

FROM PAGE 3

topher Bruno explained that Price's older cousin, Manigo, and older brother, Robert, were "the architects who designed this plan. They cased the place, targeted it and then predetermined to taser the victim — and they targeted Rickey to do it."

Bruno said Rickey looked up to and was influenced by them, so they were able to easily instruct and direct him. "He is not the most culpable one in this case," said Bruno. "They also directed him to recruit Wilson — [who had] a rich and seasoned, criminal history, unlike Rickey."

The others expected Rickey Price to carry out their orders, said the attorney, and Robert Price even visited the store in advance to make sure the robbery would go smoothly. Later, after they were all apprehended, Rickey Price "wanted to cooperate and accept responsibility," right from the start, said Bruno.

But, he added, Robert Price was the first one to make a deal with the commonwealth and was allowed to plead guilty to a lesser offense of conspiracy to commit robbery. Bruno then asked Judge Bruce White to "recognize and reward [Rickey's] cooperation. He's very re-

morseful, and I'm confident that this young man will never darken your courtroom door again."

Rickey Price then apologized to the victim, a 51-year-old Herndon man, and to his family. "My conduct was irresponsible and wrong," he said. "I'm ashamed of what I did; I sincerely wish I could take back the harm I've done to everyone. I know I, alone, must take the consequences for my actions."

The judge said he took into consideration that this was Price's first felony conviction and he's only 22, plus his cooperation in the others' prosecutions. "What troubles me is that you were the one with the taser," said White. "You had the ability to say no at every stage of the planning, and you chose not to. You voluntarily undertook the tasing of the victim."

He then sentenced Price to 10 years in prison on the abduction charge, suspending all that time. He also gave Price 10 years for the robbery, suspending four years, and placed him on five years active probation upon his release. The sentences will run consecutively.

Noting that six years was the midpoint in the state sentencing guidelines for this case, White told Price, "Had you not cooperated with the commonwealth, been so young or had a prior felony record, you would have been sentenced at the high end [nine years] of the guidelines."

Afterward, outside the courtroom, Bruno said, "To Mr. Price's credit, he accepted responsibility for his conduct immediately and never sought to minimize it. In light of the troubling nature of all the co-defendants in this case, a sentence in the midpoint of the guidelines range is balanced and fundamentally fair."

**"I wish I could take back the harm I've done."**

— Rickey Price, convicted of robbery/abduction

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## A Million Trees?

Landscape architect, sound walls are small consolation for loss of leafy canopy.

If you've driven on the Beltway lately between McLean and Springfield, you might find some understatement in this week's announcement that VDOT wants "to help mitigate concerns with the tree canopy loss."

Along the 14-mile path of planned HOT-lanes, Fairfax County communities appear to have lost more than two square miles of tree canopy and a million or more trees.

The approval of the construction of "high occupancy toll" lanes along the Beltway via a public private partnership came swiftly, and with little fresh consideration of the impact on local communities. Most local residents became aware of the project as they watched the clear-cutting of mature trees and stands of forests that have sheltered birds and wildlife along the Beltway for decades. Elected officials were also caught by surprise at the extent of the tree clearing and other work.

The project will add two lanes in each direction on 495 between Springfield and McLean, available free for vehicles with three or more occupants, and by a variable toll for the rest.

EDITORIALS

The contractor, Fluor-Transurban, will keep the toll revenue for 50 years or more to pay for the construction.

VDOT, we're told, will hire a landscape architect to develop landscaping plans in coordination with adjacent communities, "to help mitigate concerns with the tree canopy loss and to take advantage of available green space as the project develops."

## Local Culture

This weekend, the Fairfax Symphony will audition Gregory Vajda, 35, as its fifth of six prospective music directors. It's an audition anyone can attend, and offer feedback.

The Fairfax Symphony is a local treasure, remarkable in quality and well worth seeing, hearing and supporting.

The Fairfax Symphony is in search of its first new music director in 37 years, choosing six finalists, selected from a pool of 249 applicants.

Also welcome is a new VDOT commitment to provide sound walls over virtually the length of the project.

The work of the landscape architect and coordinating with local communities should have come before the project began. But better late than never.

See VirginiaHOTLanes.com for more.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

## LETTERS TO THE EDITOR

### Schools Have Other Priorities

To the Editor:

The following is an open letter to the Fairfax County School Board:

I want to start by thanking you for taking the time to survey the community before voting on the

proposed changes to school start times. I want to thank you for listening to all sides of this issue and not just the well organized minority group of parents who believe these changes benefit the entire school community. I want to thank you for allowing those of us who supported the SLEEP study but who do not support the proposed

changes to school start times to have our voices heard with an updated opinion.

At this time, given the overwhelming response to the on line survey stating a resounding "No" the changes proposed I have to ask you some questions once again.

Why do some members of the school board believe that a major-

ity wants later times, even though survey results suggest otherwise?

How do late start times rank in a list of priorities for our school system?

If we were to list: smaller class sizes; more science & technology resources; better salaries; and so on — where would changing start times be on that list of priorities?

It also seems reasonable to ask what are the benefits we're trying to achieve? We have many of the top public schools in the nation, and moreover, in the world right here in Fairfax County, so what are we really trying to do and who are we benefiting?

Again I say to you that these are my concerns as a parent who pays their taxes to support our public education and who casts a vote for school board representatives. Many of us are going to take note of how our elected officials vote on this topic when so many other things are more pressing in our school system and so many of the county have told you they oppose this. Should we really waste more time and money on an issue that causes more problems than it solves? Right now, in this current economy with more pressing problems in our schools, I think we need to put this issue to bed and let it sleep.

Mary Bankert

Centreville parent of graduates and current school students



### Robotic Accomplishments

The Chantilly Academy Robotics team 612 along with instructor, Marty Rothwell, competed at the FIRST (For Inspiration and Recognition of Science and Technology) Regional Robotic Competition in Trenton, N.J., Feb. 27-28, and took 2nd place out of 61 teams. Team 612 won the 2009 Engineering Inspiration Award for the third consecutive year. The Engineering Inspiration Award celebrates outstanding success in advancing respect and appreciation for engineering within a team's school and community.

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# Prison Time for Im

FROM PAGE 4

dropped. He returned to Fairfax County Circuit Court on Feb. 20 for sentencing, and the victim was there, too. "Consider the impact these events have had on [her] and will have, forever," Turner asked Judge Jane Roush. "She experiences anxiety and fear and it's affected her ability to form interpersonal relationships. This defendant deserves a lengthy period of incarceration. [He] took advantage of her in the vilest way possible, preying upon her while she was helpless."

Defense attorney Lavonda Graham-Williams said Im was just 20 then and "both young adults were pretty high. He accepts responsibility and knows he'll be [labeled] a convicted felon and a sex offender for life. Coming to grips with what it means for his future is difficult for him."

She said he's disappointed his family and is ostracized by his friends, and "he knows he put himself in this situation." Graham-Williams said Im was stressed while speaking with the doctors during pre-sentencing, but continued driving here for treatment from Suffolk, where he now lives with his father.

"This was a single night of his life; he made a series of unfortunate decisions," she said. "He's humble, remorseful, frustrated and depressed. Prison time is not appropriate. They were two adults and he misread the situation."

Then, crying, Im stood and apologized to the victim. "I never meant to hurt her," he said. "I messed up and I'm sorry in so many ways. I want to do better."

When Judge Roush asked him about his "degree of culpability" and if he felt he took advantage of the woman's incapacitation, Im replied, "It was just a big misunderstanding. I could have — I really don't know."

"Because of your own drug and alcohol use [that night]?" asked Roush. "Yes," he answered.

She then sentenced him to five years in prison, suspending three years, two months. That left Im with one year, 10 months to serve. She also placed him on two years active probation upon his release and ordered him to submit to a sex-offender evaluation and obtain the required treatment. Additionally, said Roush, "You are to register as a sex offender and have no contact of any kind with the victim."

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Valón Salon & Day Spa received *The Best Hair Salon of Centreville Award of 2008* from the US Local Business Association (USLBA). The program recognizes outstanding success in the small business industry and service to customers in their communities throughout the country. Valón Salon & Day Spa has been in business for 11 years, in the past 2 years expanding to a day spa, offering premiere spa services.



*Come visit the award winning salon today!*  
[www.valonsalon.com](http://www.valonsalon.com)

The experienced and talented staff of 23 work as a team to make the salon and spa as enjoyable and satisfying as possible. "I love coming to work. It's a healthy, warm environment and I think that's very important for our clients to feel," says Monica Arrington, hairstylist. Valary Brown, who has worked here for 16 years and owned the salon for 11 years, is a firm believer in advanced education. She and her staff regularly attend seminars and hold classes in the salon to stay up to date on the latest techniques and hairstyles. "We are proud to offer a wide variety of services to our community to keep them looking and feeling their best," says Brown. Valón Salon's staff actively participates in many charities, including Locks of Love and St. Baldrick's Day.

**Valón Salon & Day Spa**  
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# Communities of Worship

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

## CENTREVILLE



**Worship Services**  
8:00 & 9:30 am Celebration Service  
11:00 am Contemporary Service

**Bible Study**  
9:30 am & 11:00 am

**Ministries Include:**  
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15100 Lee Highway, Centreville, VA 20120  
703-830-3333 www.cbcva.org

*Warm People ~ Hot Coffee  
Come in for a serving of both this Sunday*



## Centreville United Methodist Church

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



Worshipping God ~ Serving Others

703.830.2684  
www.centreville-umc.org  
6400 Old Centreville Road, Centreville VA 20121  
Corner of New Braddock Road & Route 28



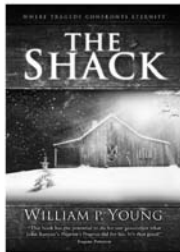
## CENTREVILLE

Centreville UMC invites the community to participate in a Lenten Book Read featuring

**The Shack** by William P. Young.

Small groups are forming now.  
Contact the church office to find a day/time that works for you!  
For more information, check out the CUMC Lenten Book Read blog:  
www.theshackcumc.wordpress.com.  
Lenten Sermon Series corresponds with the Lenten Book read.

### Lenten Book Read Sermon Series For Lent



**March 1**  
Guilt versus the Sense of Guilt  
**March 8**  
Believing in the Totally Irrational  
**March 15**  
Images of God and the Trinity  
**March 22**  
Questioning God: Where do you go when you are sick of God?  
**March 29**  
Theodicy and Loss: God is NOT Causing the Pain  
**April 5**  
Healing and Forgiveness

Centreville United Methodist Church  
**Sunday Worship Services**  
8:15, 9:30 & 11:00 AM Traditional Worship in the Sanctuary  
11:02 AM Contemporary Worship in the ROC  
6400 Old Centreville Road, Centreville, VA 20121  
www.centreville-umc.org ~ (703)830-2684

## Saint Andrew Lutheran Church

Sunday Worship: 8:30 a.m., 11:00 a.m.  
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Adult Bible Study: Wed. 9:30 a.m.

*Our mission is to welcome all people,  
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and to serve the Lord*

Braddock Road and Cranoke Street  
Centreville, VA 20120

www.saintandrewlc.org  
703-830-2768

## Tree of Life Bible Church

*In Historic Centreville at Lee Hwy & Braddock Rd*

13924 Braddock Road  
Centreville, VA 20120  
**(703) 830-4563**

Pastor James & First Lady Ada Vanison, Founders

**Worship Services:**  
Sunday Services 11 AM & 4 PM  
Wednesday Service 8 PM

Visit us on-line at [www.treeoflifebiblechurch.org](http://www.treeoflifebiblechurch.org)



## Come Worship with us at Centreville Presbyterian Church

**Sunday Mornings**  
8:30 am Contemporary Worship  
9:45 am Sunday School  
11:00 am Traditional Worship

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

**Centreville Community Bible Church**  
*A Family Church Where Every Person is Loved And Cared For*  
Meeting at Deer Park Elementary School  
15109 Carlbern Drive Centreville, VA 20120  
Bible Study-9:30 a.m.  
Worship- 10:30 a.m.  
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• Nursery Provided  
(703) 815-8860 www.ccbc-va.com Pastor, Gary L. Maines

## Mount Olive Baptist Church

6600 Old Centreville Road  
Centreville, VA 20121  
703-830-8769

Rev. Eugene Johnson, Pastor  
www.mountolive-church.org  
"MOVING FROM MEMBERSHIP TO DISCIPLESHIP!"

### Worship Services:

Sunday Praise & Worship Services:  
7:30 am and 10:45 am  
Sunday Children's Church 8:00 am and 11:00 am  
Sunday Communion Services  
Third Sundays 7:30am and 10:45 am  
Sunday School 9:45am - 10:45 am  
Wednesday Bible Study 7:00 pm- 9:00 pm



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## WORTH NOTING

To have community events listed in *Centre View*, mail to 7913 Westpark Drive, McLean, VA 22102, e-mail to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com) or fax to 703-917-0991. Call Rebecca Halik at 703-917-6407.

### THROUGH MARCH 15

**The third annual Home and Garden Show** will take place March 6-15 from 10 a.m. until 9:30 p.m. at Fair Oaks Mall. The event will showcase current trends in home and garden design. Free and open to the public. Presented by Merrifield Garden Center. Visit [www.ShopFairOaksMall.com/HomeAndGarden](http://www.ShopFairOaksMall.com/HomeAndGarden) or call 703-359-8302.

### MARCH 13-14

**The play, "The Children Eden"** will be performed at Centreville Presbyterian Church on March 13-14 at 7:30 p.m. and March 15 at 2:30 p.m. Come enjoy a wonderful musical performed by over 50 students from the area middle and High schools. From Stephen Schwartz ("Wicked," "Godspell," and "Pippin") and John Caird ("Les Misérables") comes a joyous and inspirational musical about parents, children and faith... not to mention centuries of unresolved family business. Tickets \$10 available at CPC 15450 Lee Highway, Centreville, or on the Web site at [www.centrevillepres.com](http://www.centrevillepres.com).

### MONDAY/MARCH 16

**Lecture.** 7:30 p.m. at Clifton Elementary, 7010 Clifton Road, Clifton. Learn about "Identity Theft." Free.

### WEDNESDAY/MARCH 18

**Meeting.** New Neighbors League Club is looking for women new to the area or newly retired and looking for activities and friends. The club offers games, dinners and more. 703-392-

## FAITH NOTES

**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 winter semester.
- ❖ Join the congregation and Cantor Zucker for a Friday night Shabbat service on **March 20** at 8 p.m. at Little Rocky Run Community Center.
- ❖ Celebrate Passover with the congregation with a special seder service on Thursday, **April 9** at 5:30 p.m. at Little Rocky Run Community Center.
- ❖ Join the congregation for a Friday night Shabbat service on April 24 at 8 p.m. at Little Rocky Run Community Center # 3.

For more information and/or directions, 703-579-6079, or visit [www.yadshalom.com](http://www.yadshalom.com).

On **March 15, Wellspring Church** will hear from Pastor Al Fuentes on "Spiritual Living in Tough Times." The choir will provide special music. Sunday worship is at 11 a.m., at the chapel on Route 29, 13510 Lee Highway, Centreville. Sunday School for children meets during the worship hour, and following worship there will be a potluck lunch to which all are invited.

A "Living the Questions" evening Bible study meets in Manassas, and a daytime Bible study group meets in Centreville. Other covenant groups are forming. Check the website, [wellspringucc.org](http://wellspringucc.org), or call Sara Little at 703-257-4111 for information on more events.

4641 for time and location.

### THURSDAY, MARCH 19

**La Leche League of Centreville/Chantilly** will hold its March meeting on Thursday, March 19 at 10 a.m. The topic is "The Art of Breastfeeding and Avoiding Difficulties." Pregnant and nursing women as well as their children are welcome to attend. Meeting location is the Centreville Library, 14200 St. Germaine Drive. Free. Call a La Leche League Leader at 703-471-7762 or 703-449-0131.

**The New Providence Republican Women** meeting will be held Thursday, March 19 at 7 p.m. at the Oakton Library, Meeting Room 1, 10304 Lynnhaven Place. Guest speaker is Anthony Bedell, chairman of the Fairfax County Republican Committee. All welcome. Call 703-591-7368.

### MARCH 20-22

**The Super Pet Expo** will be held March 20-22 at the Dulles Expo Center in Chantilly. The fun-filled family event will feature more than 150 pet-related exhibitors along with some unique entertainment and educational activities. Show hours are 4-9 p.m. on Friday; 10 a.m. to 7 p.m. on Saturday; and 10 a.m. to 5 p.m. on Sunday. Admission is \$12 for adults, \$6 for children ages four to 12, and free for kids age 3 and under. Buy tickets online at [www.superpetexpo.com](http://www.superpetexpo.com) and save \$2 and kids attend free.

### MARCH 20-21

**The Alliance Theatre** will present "Capital Cabaret", an eight-person singing group, at Mountain View High School in Centreville on March 20 and 21 at 7:30 p.m. and on March 8 and 22 at 2 p.m. Featuring a 90-minute show with songs from "Mamma Mia," "Manhattan Transfer," "Wicked," "Man of La Mancha," "Rent," "Mowtown," Tom Lehrer, and many more. Cast includes director-

**Mount Olive Baptist Church** will hold its Spring Revival through March 13 at 7 p.m. nightly. Contact Audrey Washington at 703-338-3762 with questions.

The church is located at 6600 Old Centreville Road, Centreville. The Rev. Dr. Eugene Johnson is the pastor. Call 703-830-8769 or go to [www.mountolive-church.org](http://www.mountolive-church.org).

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**Oakton Baptist Church of Chantilly** will host a Southern Gospel Concert with Michael Birchfield on Sunday, March 15 at 6 p.m. The church is located at the corner of Sullyfield Circle and Route 50 in Chantilly. A free will offering will be received. Call the church at 703-631-1799.

**The Hazak Active Retirees Chapter of Congregation Beth Emeth**, Herndon, will present Dr. Louis

Joe Philipoom, musical director - Charlie Manship, Cathy Arnold, Stacy Crickmer, Annie Ermlick, Jim Mitchell, Denica Shook, Trace Stokes and Lee Wilbur. Go to [www.thealliancetheatre.org](http://www.thealliancetheatre.org) for tickets.

### TUESDAY, MARCH 24

**The first Centreville Day 2009 Planning Committee** will be held on Tuesday, March 24 at 7:30 p.m. at the Sully Government Center on Stonecroft Blvd. Volunteers are needed for the following committees: Parade, Vendors, Sponsors, Entertainment, Publicity, Transportation, and Historical Activities. It's an opportunity to learn more about the community and to meet people from local business, churches, social organizations and more. Proceeds from Centreville Day support the Centreville Community Foundation.

### THURSDAY, MARCH 26

**Saturday Night in the Suburbs** will be held Thursday, March 26 at 7 p.m. at Westfield High School's lecture hall. This is an evening of dialogue with a panel of senior students to discuss drugs, alcohol, parties, driving, sexting, and communication between teens and parents. Funded in part by Safe and Drug-Free Schools and Communities Act. Supported by Westfield Community Coalition and Westfield PTSA. Contact Jennifer Cooper at [jalcooper@aol.com](mailto:jalcooper@aol.com) or Jennifer Campbell at [Jcampbellpta@aol.com](mailto:Jcampbellpta@aol.com).

### SATURDAY, MARCH 28

**The Fairfax Jubil-Aires** will hold its 53<sup>rd</sup> annual show, "Let's Bust a Chord Tonight" on Saturday, March 28 at 2 and 7 p.m. at the Ernst Theater of Northern Virginia Community College, Annandale Campus. Special guests will be SoundWorks from Richmond and Maxx Factor. Parking is free. Visit <http://www.fairfaxjubilaires.org>.

Blumen, speaking about "Jewish Medicine in Medieval Times" on Tuesday, March 17 at 1 p.m.

Dr. Blumen, a retired Cardiac and Thoracic Surgeon, is a graduate of Brown University. He received his M.D. degree from Tufts University Medical School.

He did his residency and further training in Cardiac and Thoracic Surgery in Boston and went on to practice surgery for more than 50 years. His talk will focus on role of the Jewish physician in both the Jewish and secular communities of Medieval Europe.

The CBE Hazak Chapter presents a uniquely Jewish program on the third Tuesday of each month — September through June — at this same time. Meetings feature prominent speakers and entertainers, providing area Jewish seniors with a time to socialize and learn. There is no cost and light refreshments are served. Call 703-860-4515, ext. 127.

Congregation Beth Emeth is located at 12523 Lawyers Road, Herndon, VA 20171, 2.9 miles south of the Dulles Toll Road, Reston Parkway Exit.

**Living Savior Lutheran Church** will hold a multi-church rummage sale on Saturday, April 18 from 8 a.m. to noon, rain or shine.

The church is at 5500 Ox Road (Route 123) in Fairfax. Proceeds will help NOVACO meet its client's needs. Contact John Mitros at [jmitros@rhinofpe.com](mailto:jmitros@rhinofpe.com) or JoAnn Grant at [jjjgrant@verizon.net](mailto:jjjgrant@verizon.net)

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## NEWS

# Heroin Use

FROM PAGE 1

girl, 20, who told them how heroin had changed her life.

"She said heroin will steal your soul and, truly, [it will]," said Carroll. "And we want to prevent this from happening to others." He said the usual progression they've seen starts in the early teens with alcohol, then leads to marijuana, cocaine, prescription drugs and ecstasy and finally to heroin.

Carroll said movies glamorize drug use and people's perceptions of a heroin addict is an older man with a belt tied around his arm. "But it's actually honor students, band members, athletes, neighbors and relatives," he said. "It can be anybody's kids. They communicate by text messages, FaceBook, MySpace and instant messages. Learn how your child communicates and monitor the communication. And you can get Spyware for your home computer."

**SYMPTOMS OF HEROIN** use include constricted, pinpoint pupils for eight to 12 hours; disheveled appearance — "They're just living to get that next use;" nodding out (eyes close and come back again); sweating for no apparent reason; nausea, often violent, when first starting to use; snoring to the point of extreme distress, breathing only five or six times a minute; and needle marks and scars, sometimes from infection.

Short-term effects are euphoria — within 10 seconds if injected, and 10 minutes if snorted. Users also feel tired and relaxed, with heavy extremities. Respiration is slowed and there's violent vomiting. Long-term effects are collapsed veins, abscesses and knots, sinus issues, scars, a greater tolerance leading to more addiction, and ultimately HIV, Hepatitis C and death.

Carroll said paraphernalia includes aerosol cans with indentations on the bottom, spoons, needles, mint tins, cotton balls, Q-tips, cellophane wrappers, cigarette boxes and needles. Consumption methods include snorting lines. Injection requires spoons or anything with an indentation that can hold water. The heroin and water are mixed in the indentation, a cotton ball or Q-tip is dipped into it and the mixture is then injected with a needle from the Q-tip or cotton ball. A brown cotton ball is one that's been re-used. Carroll said users inject their hands, groin, feet, neck and un

SEE HEROIN, PAGE 15

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# SPORTS

# All-Connection Basketball Teams



PHOTO BY ROBBIE HAMMER/THE CONNECTION

PHOTO ILLUSTRATION BY ROBBIE HAMMER/THE CONNECTION

**First-team All-Connection boys' selections include: (from left to right) Skylar Jones (Mount Vernon), Edward Jenkins (T.C. Williams), John Manning (Chantilly), Dominic Morra (Lake Braddock) and Kendall Marshall (O'Connell).**

**First-team All-Connection girls' selections include: (from left to right) Shelby Romine (Westfield), Myisha Goodwin (Edison), Tracy King (Mount Vernon), Tierra Ruffin-Pratt (T.C. Williams) and Erin McGartland (Oakton).**

## Boys' First Team

SKYLAR JONES — MOUNT VERNON	19 PPG	9 RPG	1 BPG
KENDALL MARSHALL — O'CONNELL	16 PPG	8 APG	7 RPG
DOMINIC MORRA — LAKE BRADDOCK	30 PPG	7 RPG	3 SPG
EDWARD JENKINS — T.C. WILLIAMS	21 PPG	5 APG	3 RPG
JOHN MANNING — CHANTILLY	13 PPG	10 RPG	3.5 BPG

## Girls' First Team

TIERRA-RUFFIN PRATT — T.C. WILLIAMS	18.5 PPG	14.5 RPG	4.5 APG
SHELBY ROMINE — WESTFIELD	16.5 PPG	4.5 RPG	4 APG
TRACY KING — MOUNT VERNON	19.1 APG	8.3 RPG	3.4 SPG
MYISHA GOODWIN — EDISON	25 PPG	5 APG	7 SPG
ERIN MCGARTLAND — OAKTON	11.7 PPG	8.2 RPG	2 APG

## Boys' Coach of the Year

JULIAN KING  
T.C. WILLIAMS

## Boys' Player of the Year

EDWARD JENKINS  
T.C. WILLIAMS

## Girls' Player of the Year

TIERRA RUFFIN-PRATT  
T.C. WILLIAMS

## Girls' Coach of the Year

FRED PRIESTER  
OAKTON

## Second Team

T.J. WILSON — HAYFIELD  
GIVEN KALIPINDE — EPISCOPAL  
FRANK HOLLOWAY JR. — LEE  
STEPHEN STEPKA — W.T. WOODSON  
CHRIS KEARNEY — WESTFIELD

**Honorable Mention**  
Warren Denny (Centreville)  
Simon Kilday (Yorktown)  
Derek Baker (Langley)  
Will Clarkson (Madison)  
Isaac Johnson (Herndon)  
Erick Green (Paul VI)  
Justin May (Chantilly)  
Travis Williams (South Lakes)

## Second Team

SIMONE ANTWI — SOUTH COUNTY  
SAM LANDERS — WEST SPRINGFIELD  
JALINDA VENABLE — MOUNT VERNON  
PRISCILLA MOSEH — LEE  
LAUREN BURFORD — FAIRFAX

**Honorable Mention**  
Melissa Gallo (W.T. Woodson)  
LaNia Charity (Yorktown)  
Danielle Williams (St. Stephen's/St. Agnes)  
Khalia Boston (T.C. Williams)  
Audrey Dotson (Langley)  
Sam Partonen (Robinson)  
Danielle Landry (Madison)  
Kelcyn Manurs (South Lakes)

Welcome to the 2008-09 All-Connection basketball issue. In this special section, the Connection's sports department honors the best and brightest on this year's Northern Virginia hoops scene. For a complete look at this year's basketball landscape, check out [www.connectionnewspapers.com](http://www.connectionnewspapers.com). Special thanks to Lawrence Foong, Robbie Hammer, Louise Krafft and Craig Sterbutzel.

# Manning Makes Presence Felt

At 6-foot-11, sophomore John Manning clogs up middle for Charger defense.

BY JASON MACKEY  
CENTRE VIEW

**B**y dodging tacklers or sometimes just plowing through them, Chantilly running back Torrian Pace was capable of making one of his offensive lineman's mistakes go unnoticed on the football field.

"He makes plays even when we don't block right," head football coach Mike Lalli said after Pace ran for 353 yards and five touchdowns in a Northern Region semifinal win over Westfield on Nov. 14.

In the school's gymnasium, sophomore center John Manning has had a similar effect on the boys' basketball team. Even if an opposing player outsmarts four Chargers, he still must account for the shot-blocking and shot-altering of Manning, who averaged 3.5 blocks per game this season.

"That's kind of my job, to pick up any slack," Manning said. "I have the role of holding down the middle and it's nice to

know that you can help your teammates out so they don't have to be perfect all the time."

According to Smith, there has been a tendency to rely too much on Manning. Often when he's breaking down film with his players, Smith can point to a specific play and say, "Look, John bailed you out again."

"I've had years where we had five guys and every one of them had to do everything right to get a stop," said coach Jim Smith, whose in his 20th year of work on Chantilly's bench. "With John, you could have four guys make a mistake and he's going to block the shot and get the rebound."

At 6-foot-11, Manning towers above every other player in the Northern Region. But there's a reason why — a few of them, re-

ally — every tall person can't earn millions of dollars playing professional basketball. Manning wants to work and get better.

In his second year on Chantilly's varsity team, Manning has developed a voracious work ethic and he's often the first to arrive at practice and the last to leave, Smith says. And from the very first day he arrived at the school off of Stringfellow Road — when many questioned his desire to not take the private school route — Manning has been extremely coachable.

"Generally, when you get someone who's that good that early, they can be a little hard to coach because everybody tells them how good they are," Smith said. "He's a great role model for everyone else."

Manning helped Chantilly compile the school's first-ever undefeated Concorde District season and the Chargers, at 20-1, posted the best regular-season mark in school history. In addition to becoming the first Charger to be honored as first team

**"You could have four guys make a mistake and he's going to block the shot and get the rebound."**

— Coach Jim Smith, Chantilly High

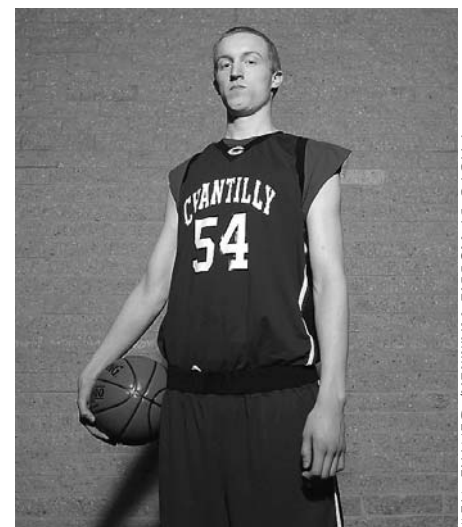


PHOTO BY ROBBIE HAMMER/CENTRE VIEW

**Chantilly sophomore John Manning, a first team All-Connection pick, averaged 13 points, 10 rebounds and 3.5 blocks per game this season for the Chargers (22-1).**

All-Region during his sophomore season, Manning averaged a double-double, with 13 points and 10 rebounds per game.

His scoring ability, defensive tenacity and his maturity beyond his years are all reasons that Manning is recognized as a first team All-Connection pick.

"It's a good feeling," Manning said, "but it couldn't have been possible without my teammates."

## WEEK IN SPORTS

### SYA Velocity Captures Title

The SYA Velocity defeated Alexandria in the final game of its end-of-season tournament to win the 13-year-old Division 2 championship of the Fairfax County Youth Basketball League and Christian Gray was named the tournament's Most Valuable Player. The top 12 teams from around the county earned berths to the tournament based on their records upon completion of the regular season. The Velocity had a record of 24-1, which included wins in both the Braddock Road Youth Club Thanksgiving and Holiday Tournaments. Additionally, head coach Bernard Gray was voted the league's Most Valuable Coach and Sam Clark was voted Most Valuable Player. Christian Gray and Lamar Hardy were All-League selections.

### Firecats Start Strong

The Chantilly Firecats, a girls 14-U soccer team, opened their season on Sunday, March 8 with a 2-0 win over the 2008 Maryland state and regional champion Bethesda Freedom at the SoccerPlex in Germantown. The Firecats scored 21 minutes in the first half and, while both teams re-grouped at the half and came out aggressively in the second half, the Firecats were able to score their second goal at the 11-minute mark. Danielle Fitzgerald scored both goals, while Haley Roberson assisted on the second tally. The Firecats compete in the Region 1 Premier league, which consists of talented



PHOTO COURTESY OF GREG WITTMAN

**The SYA Velocity includes (front row, left to right) Brian Murphy, Will Biagi, Christian Gray, Lamar Hardy, Nathan Kiley; (second row, left to right) assistant coach Chris Mullins, Will Sheahan, Christopher Mullins, Ryan Wittman, Marcus Prater, Sam Clark and head coach Bernard Gray.**

teams from Pennsylvania, New York and Maine.

The team is coached by Nadir Mouden of Total Futbol and is sponsored by Dr. Crutchfield and Glory Days Grill.

### SYA Summer Registration Open

Registration for Southwestern Youth Association (SYA) summer sports is now open. Register online at [www.syasports.org](http://www.syasports.org). Summer sports include basketball, travel basketball, rugby and track and field. For more information, contact the SYA office at [syaboard@verizon.net](mailto:syaboard@verizon.net) or visit the SYA Web site, [www.syasports.org](http://www.syasports.org).

### Nereids Shine At Have-A-Heart

The novice, intermediate and 12-and-under age group teams of the Northern Virginia Nereids synchronized swimming club opened their competition season on Sunday, Feb. 22 at the Have-A-Heart Invitational in Laurel. Top performances by the Nereids propelled them past other teams from Pennsylvania, Maryland and Virginia. The Nereids are the oldest and largest competitive swimming club in Northern Virginia. The team is comprised of swimmers between the ages of 7 and 18 from all over the Washington, D.C. area. For more information on the Nereids, visit the organization's Web site at <http://www.nvnsynchro.com>.

And for more information on the Have-A-Heart Invitational, visit the Connection's Web site at [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

### Hoops Team Seeks Players

The BRYC Tar Heel AAU basketball program is seeking players and coaches for the upcoming spring-through-summer season. For more information, visit [www.brychoops.org](http://www.brychoops.org) or [www.tarheelsbasketball.org](http://www.tarheelsbasketball.org) for tryout dates and program information. Contact Jim Watson at 571-243-4142, Parker Roach at 703-627-0380 or Rocky Carter at 703-855-7614 for additional information.



PHOTO COURTESY OF RICH GLEASON

**The CYA Firecats are (front row, left to right) Madison Smith, Maddie Gray, Courtney Gleason, Adelle Clinton, Maryfay Jackson, Cassie Smith, Danielle Fitzgerald, Bianca Blazquez, (second row, left to right) Haley Roberson, Hanna Hannesdottir, Alyssa Morgan, Marlo Sweatman, Kyndall Finch, Kaylee Hohien, Kara DeGuisto, Genevieve Grundy, Caroline Collier.**

# ROUNDUPS

FROM PAGE 2

## Get Ready For Carnival

Poplar Tree Elementary School will host its annual carnival on Saturday, March 21 from 11- 3 p.m, featuring an old-fashioned state fair theme. Area families are invited to come out and enjoy the midway including a moon bounce, an 85-foot inflatable obstacle course, penny pitch, ring toss, goldfish pong and other games with prizes, food, a 50-50 raffle, cake walks, and a themed gift basket raffle and silent auction. The school is located on Melville Lane off Stringfellow Road in Chantilly and tickets are available at the door.

## Cabaret Offers Broadway Songs

Broadway comes to Centreville during the second season of Capital Cabaret. An offshoot of The Alliance Theatre, it's an upbeat program of music from shows such as "Mamma Mia," "Wicked," "Man of La Mancha" and "Rent."

The nine-person show also features pop and contemporary music and is produced in collaboration with Mountain View School, where it will be held. Called "Cabaret II: The Cabaret Strikes Back," it will be performed Friday-Saturday, March 20-21, at 7:30 p.m., and Sunday, March 22, at 2 p.m. Tickets are \$10, adults, and \$8, children 12 and under and senior citizens, at the door or at [www.thealliancetheatre.org](http://www.thealliancetheatre.org).

— BONNIE HOBBS

## Almost Time for St. Baldrick's Day

In Centreville, the fifth annual St. Baldrick's Day celebration will be Sunday, March 15, from 3-6 p.m., at Fast Eddie's in the Newgate Shopping Center. The event raises money for doctors and medical institutions working on a cure for childhood cancer.

St. Baldrick's is the world's largest, volunteer-driven fund-raiser for childhood cancer. In nine years, events have been held in 18 countries and 48 U.S. states, shaving more than 72,000 heads — and raising more than \$50 million. Events in 2008 yielded \$15 million for childhood-cancer research, including 47 grants to medical institutions treating children on clinical trials — currently, their best hope for a cure — and also to the Children's Oncology Group, plus other institutions working on pediatric brain tumors, neuroblastoma and bone-marrow transplants for young cancer patients. To donate to Centreville's St. Baldrick's event, go to [www.stbaldricks.org](http://www.stbaldricks.org) and click on "Donate Now." Contributions may also be made by phone, via credit card, at 888-899-BALD, or by checks payable to St. Baldrick's Foundation and mailed to 1443 E. Washington Blvd., Suite No. 650, Pasadena, Calif. 91104.

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# A Scale of Two Weights



By KENNETH B. LOURIE

"It was the best of times, it was the worst of times," there were euphoric highs, there were abysmal lows, there were numbers I thought I'd never see, there were other numbers I was tired of seeing. Overall, I've had a Dickens of a time finding the proper balance between diet and exercise, risk and reward, pain and pleasure, finding clothes that fit and throwing a fit when clothes couldn't be found.

As a former shopper in the "Husky Department" in some of Boston's finest department stores (at least when I was younger): Jordon Marsh, Filene's and Kennedy's, I know all too well the frustration and disappointment the effect one's over-weight can have on their appearance and disposition. Every year that I went clothes-shopping with my mother, from childhood through adolescence, it was the same story; only the specific sizes, colors, styles, etc. changed. And though I never had great expectations that one day, one of these visits to downtown Boston wouldn't consume an entire day and/or that I wouldn't experience excruciating anxiety during the entire ordeal, still, I had hope that something would fit on the first try, anything, even if it were just the shoes.

Occasionally, something did fit, but more often than not, it was socks or underwear. Most everything else — pants, shirts, sweaters, sport coats, jackets — had to be tried on, then taken off, then another size selected, then that other size tried on, then taken off, and on and on. My dressing room would always be littered with the clothes that didn't make the fit. Pants were hanging on a hook, shirts and sweaters were piled on the bench, pins and needles and cardboard and plastic wrapping from the items I opened were scattered about like Halloween candy the morning after, except that there would be no inspection of this haul.

This haul was going nowhere, at least, nowhere with me. It had not made the cut, or more specifically, couldn't make it over my hips or around my stomach or over my shoulders. Either it was to be seen and approved by my mother and thus considered for a ride home and a place in my closet — ultimately to be worn and seen at school where occasionally a discouraging word was heard — or it would never be seen or heard from again. The reality was, when you're young and not exactly "a perfect 36," clothes don't exactly make the man, they embarrass and humiliate the man.

If I were to characterize my clothes-shopping in the past, my clothes-shopping in the present and my likely clothes-shopping in the future, my emotions would run the gamut from the sublime to the ridiculous with a few stops in between for apathy and indigestion. I don't really see how it could have been (continues to be) any different though. It's my body, it's my eating habits, it's my choice. I have no one to blame but myself but also I have nothing to fear. So far I'm healthy (relatively speaking), but unfortunately not wealthy.

A little extra weight never hurt anyone. The question is, how much is a little? Don't ask my wife, Dina, we don't exactly agree; so what else is new?

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

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# 'Heroin Will Steal Your Soul'

FROM PAGE 10

derarms.

**THERE ARE DIFFERENT** purities of heroin, including "scramble," which contains impurities. "Sellers mix anything fluffy and white into it" to make their heroin go farther, said Carroll. "[That way], they can double and triple their profits, and they don't care what happens [to the user]."

He said heroin costs \$40/bag, \$70/two bags and \$100/three bags. A dose is .1 gram and heroin sells for \$120/gram wholesale in Washington, D.C. and Maryland. "A gram's about thumbnail size, and they can get 10 doses out of it and sell it for \$480 to feed their own addiction," said Carroll. "To get the cash to buy it, they'll steal their parents' ATM cards or steal from local stores anything they can take to a pawn shop for money."

The heroin is packaged in little, powder-filled baggies with the ends tied, in paper or tin foil or in wax packs from New Jersey or New York. Bundles of 10 cost \$80-\$90 a pack.

In addition, drugs often used with heroin are benzodiazepines — for anxiety and seizures — and pain pills such as Klonopin, Xanax, Suboxone and Oxycontin. The latter, said Carroll, is "synthetic heroin in a pharmaceutical grade and is a terrible thing to get addicted to."

He also said teens become adept at concealing their heroin. "Try unscrewing the tops or bottoms of soda, aerosol or soup cans," he told parents. "They also use lighters and hide it beneath the battery in their phones or put it in the heels of their shoes, underneath insoles and inside zippers. We see this a lot in high school. And it's not somebody else's problem — it's here in our community."

**THE WAY TO STOP IT**, said Carroll, is through education, enforcement, therapy and medication. "If you have information, call us," he said.

Leslie Churn, student assistance coordinator at Westfield High, said addiction should be considered a disease needing treatment. She also said teens tell her they need more and more drugs to get a euphoric feeling and that's how they get addicted.

Furthermore, she said, "Addiction is hereditary; children of alcoholics are four times as likely to get addicted." Churn said parents should notice any change in their children's hair or dress, use of new slang words, drop in grades and school attendance, and blackouts with no recollection. Eventually, she said, addiction can lead to loss of motivation, criminal behavior and suicidal thoughts, with teens using drugs "to feel normal."

According to Churn, 21 percent of eighth-graders and 50 percent of 12<sup>th</sup>-graders reported trying illicit drugs. "Kids who learn about the risk of drugs from parents are up to half as likely to use," she said. "But only 32 percent learn about it from parents."

Leslie Roberts, student assistance coordinator at Centreville High and Mountain

## Learn about Substance Abuse

### ❖ Saturday Night in Suburbs'

Seniors at Westfield High will hold a substance-abuse awareness program for parents, Thursday, March 26, at 7 p.m., in the Chantilly High auditorium. Parents will conduct a discussion about drugs, alcohol, parties, driving, sexting and communication between teens and parents. The Westfield Community Coalition and Westfield PTSA are the sponsors. Contact Jennifer Cooper at jalcooper@aol.com.

### ❖ Preventing Teen Drug Abuse

"A Parent Wake-Up Call: Preventing Teen Drug Abuse" will be presented Thursday, April 16, from 7:30-9 p.m., in the Chantilly High auditorium. Parents and teens are invited to hear a variety of speakers discuss the signs and symptoms of teen-age drug abuse and what parents can do to prevent abuse or if they suspect their teens have started using illegal drugs.

Parents may obtain supportive resources and learn from the experiences of professional counselors, local parents, court representatives and youth who've been through treatment. Co-sponsors are the Centreville, Chantilly and Westfield high schools PTAs, plus the Centreville, Chantilly and Westfield community coalitions.

View School, said parents should be concerned if their children don't come home for a whole day. She also urged them to "find out what your kids' friends are doing. Have an ongoing dialogue with them and talk to other parents."

Then she asked if they knew what Skittles are, and a mom answered, "Candy." Wrong, said Roberts. "Skittles are slang for Coricidin, so know the slang," she said. "Call us; we'll help you and tell you how to talk to your kids and broach the subject. And be a positive role model." She said parents should realize the unspoken message they're giving if, for example, they're drinking a case of beer at night. And they should enforce clear boundaries and "make 'No' mean no."

Roberts told parents to be alert to their children's increased use of gum, mints or deodorant; changes in friends or increased secrecy. "Notice if you're missing money or objects or if your teen is stealing from younger siblings," she said. "Other signs of drug use are drawings of mushrooms and the presence of bongos." Roberts also advised them that teens can hide alcohol in a certain type of sandals and marijuana in skate wheels.

Chantilly High's student assistance coordinator, Karen Case, encouraged parents to call her or her counterparts at the other schools. "We can arrange no-cost evaluations with Alcohol and Drug Youth Services," she said. "We can also meet with teens individually and provide resources for them and for parents, such as support groups."

Most of all, said Roberts, "The more you know about the signs and symptoms, and what your kids are doing, the better off you are."

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### 21 Announcements

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#### Public Notice – Environmental Permit

PURPOSE OF NOTICE: To seek public comment on a draft permit from the Department of Environmental Quality to limit air pollution emitted by a facility in Fairfax County, Virginia.

Public comment period: March 13, 2009 to April 14, 2009

Permit name: State Operating Permit issued by DEQ, under the authority of the Air Pollution Control Board

APPLICANT National Reconnaissance Office, 14675 Lee Road, Chantilly, VA 20151-1715, Registration Number 71988

Project description: The National Reconnaissance Office has applied for an amendment to a permit for five diesel fired generators with SCR emissions controls at the National Reconnaissance Office located in Chantilly, VA. The amendment to the permit provides short term NOx limitations with & without SCR, removes the limitation on hours of operation and restores the previous opacity limitation.

HOW TO COMMENT AND/OR REQUEST A PUBLIC HEARING: DEQ accepts comments and requests for public hearing by e-mail, fax or postal mail. All comments and requests must be in writing and be received by DEQ during the comment period. Submittals must include the names, mailing addresses and telephone numbers of the commenter/requester and of all persons represented by the commenter/requester. A request for public hearing must also include: 1) The reason why a public hearing is requested. 2) A brief, informal statement regarding the nature and extent of the interest of the requester or of those represented by the requestor, including how and to what extent such interest would be directly and adversely affected by the permit. 3) Specific references, where possible, to terms and conditions of the permit with suggested revisions. DEQ may hold a public hearing, including another comment period, if public response is significant and there are substantial, disputed issues relevant to the permit.

Contact for public comments, document requests and additional information: Doug Stockman; DEQ – Northern Regional Office, 13901 Crown Court, Woodbridge, VA 22193; Phone: (703) 583-3930; E-mail: rdstockman@deq.virginia.gov; Fax: (540) 583-3821. The public may review the draft permit and application at the DEQ office named above.

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