

CENTRE VIEW

SOUTHERN EDITION

SEPTEMBER 6-12, 2012

25 CENTS NEWSSTAND PRICE



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Students walk from the buses into Centreville High shortly before 7 a.m.

Back to the Classroom

School begins again for local students.

BY BONNIE HOBBS
CENTRE VIEW

More than 181,000 students headed back to their classrooms Tuesday morning, Sept. 6, for the start of the 2012-13 school year. They toted backpacks, lunchboxes and assorted supplies and greeted the new year with varying degrees of enthusiasm.

CENTREVILLE HIGH

Not only are the freshmen new to Centreville High, but so is the principal, Martin Grimm, who stood outside the school welcoming students as they exited their buses and streamed inside the building.

Brothers John Carlos and Anthony Portal walked in together. A junior, John Carlos advised sophomore Anthony to “focus on what he has to do and to do his homework.” Although sad that summer’s over, John Carlos was “kind of excited to see my new teachers, play soc-



New Centreville High Principal Martin Grimm welcomes students as they arrive for school.

cer and see how my photography class goes.”

Anthony looked forward to “doing good, passing all my tests and playing soccer.” A forward and midfielder, he played on last year’s JV and varsity teams.

Adrie Johnston, Victoria Angel and Danielle Alby are all JV cheerleaders for the Wildcats and are happy to be back at school. “I’m pretty excited to see all my friends and cheer,” said Johnston, a sophomore. “And I’m also looking forward to chorus.”

Besides cheering, classmate Angel is eager to do gymnastics in the winter and swim in the spring. She also wants to “meet new people and hopefully get good grades.” Alby, a junior, will miss sleeping in, but is looking forward to school sports, pep rallies and Spirit Week, the week before Homecoming in October.

Freshman Catherine Wilson was “nervous about trying to get to my classes on time,” but eager to perform in the Color Guard with the marching band. Her sister Tamara, a senior, is beginning her fourth year in Color Guard. To prepare

SEE SCHOOLS, PAGE 4

Lesson Plan For Success

Teachers are excited about new school year.

BY BONNIE HOBBS
CENTRE VIEW

The bells have all rung and the students returned to their classes this week. But school started earlier for their teachers, who spent part of their summer working on lesson plans and readying their classrooms for the new school year.

DEER PARK

Band teacher Bill Schnepfer pulls double duty, teaching half the day at Deer Park Elementary and the other half at Westfield High. In his 13th year with FCPS, he’s in his seventh year at Westfield and 12th at Deer Park.



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Lee Kaiser, counselor, Centreville Elementary

“I love being at Deer Park,” he said. “I’m with fifth- and sixth-grade teachers who are easy to work with. One of the biggest challenges is getting band time scheduled at the beginning of the year, but they’re flexible.”

SEE TEACHERS, PAGE 8



From left are Stone Middle School teachers Charlotte Chrostowski, math, and Liz Deal, civics.

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Restaurant Fundraiser Benefits Best Buddies

Event scheduled for Sept. 16.

By BONNIE HOBBS
CENTRE VIEW

Piero's Corner Italian Restaurant will host a Best Buddies fundraiser Sunday, Sept. 16, at 5 p.m. for its busboy, Eric Latcheran of Chantilly, and his friend Ryan Gutkowski of Clifton. The restaurant is at 9959 Main St. in Fairfax.

Eric, 25, and Ryan, 24, have intellectual disabilities and are raising money so they may participate in the fun run at the annual Best Buddies Challenge, Oct. 20, in Washington, D.C.

They're co-hosting the Fairfax event with their moms, Gina Latcheran and Mary Jane Gutkowski, at the invitation of the restaurant's owner, Gian Piero Mazi, and its manager, Benny Geruardi. On Sept. 16, Piero's will donate a percentage of its food proceeds that night toward the cause.

Every year since 2007, when they met, Mazi has supported Eric and his advocacy for Best Buddies Virginia.

This year, their friend Bob Smith, former White House pianist, will perform during



From left are Benny Geruardi, Mary Jane Gutkowski, Gina Latcheran, Gian Piero Mazi, Ryan Gutkowski and Eric Latcheran.

PHOTO COURTESY OF ADAM GOLDMAN

the event on the baby grand, accompanied by both professional and aspiring singers.

"Eric is so proud of his job at Piero's and his friendship with Gian," said Gina

Latcheran. "Best Buddies is all about making local residents more aware and involved, as well as visible supporters in the lives of all the intellectually challenged in-

dividuals of all ages active in their community."

Best Buddies brings people with intellectual disabilities together with peer buddies in friendships that, one by one, are creating opportunities in schools — and, post graduation, in the community and workplace.

Eric and Ryan have been friends since they met in special-ed preschool at Poplar Tree Elementary in the early 1990s. Today, they still live 10 minutes from each other, are still friends and have been advocates for Best Buddies Virginia since their high-school days.

"Gina and I couldn't be prouder of them, and we credit Best Buddies Virginia with enriching their lives," said Latcheran. "Whether at GMU where Ryan's an intern in The Mason Life Program, or at Piero's Corner restaurants in Fairfax and Herndon where Eric works, Best Buddies has opened doors and created lasting friendships for both of them and their mothers."

Hoping for a good turnout for the Sept. 16 fund-raiser, Latcheran said, "Great food, great wine, great music and great friends will make it a memorable, Best Buddies evening."

To participate, diners just have to mention Best Buddies. Reservations are suggested; call 703-246-6097.

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Chantilly's Matt Lilley (front) and his dad Clint peer inside a 1929 Ford.



This 1982 red Ferrari is owned by Centreville's John Miller.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Cool Cars In Clifton

The 13th Annual Labor Day Car Show in Clifton was Monday, Sept. 3. All proceeds went to Life with Cancer and the Northern Virginia Therapeutic Riding Program.



Clifton's Laurie and Mark Waldron and son Conner, 7, inspect a 1930 Ford two-door.



A 1965 Shelby Cobra coupe.



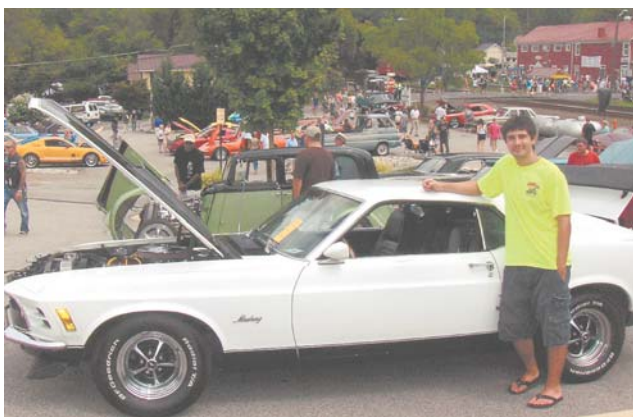
Attendees peruse the vehicles parked along Clifton's Main Street.



Phil Foss stands beside his 1930 Model A Ford. It was his first car; he's owned it for 50 years.



This shiny, blue 1996 Dodge pickup truck is open for inspection.



Chantilly's Matt Lilley stands by his 1970 Ford Mustang.



Cars line Clifton's Main Street.



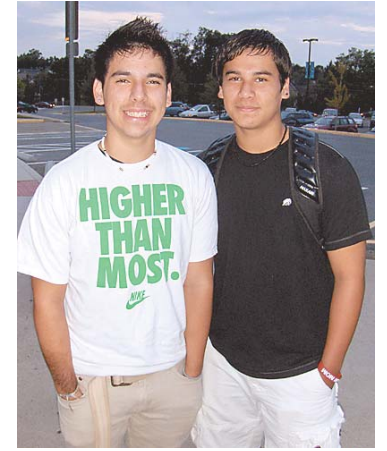
A snazzy-looking 1932 Ford.



Attending Centreville High are (from left) sisters Catherine and Tamara Wilson and Jeanette Rodriguez.



Friends chat inside Centreville High before school starts.



From left are brothers John Carlos and Anthony Portal outside Centreville High.



From left: Centreville High freshmen Grace Kim and Shruthi Prabhakar.

School Begins Again for Local Students

FROM PAGE 1

Catherine for high school, Tamara told her what to expect in her classes.

"I said, 'Don't worry, you'll be fine and will figure everything out as time goes on,'" said Tamara. Meanwhile, she was looking forward to "being more independent and responsible and having a fun year before going to college. I hope I like all my classes. I'm taking teacher cadet [class] and might join the National Honor Society."

Her friend, senior Jeanette Rodriguez, was excited about taking a class at Fair Oaks Mall in marketing and management.

Sophomore Victor Das planned on having a good time while passing his classes. "I just want to be

with my friends and go to every football game," he added. And Junior Christian Hall looked forward to his Sculpture II class.

Gurleen Matharoo, a freshman, eagerly anticipated starting high school. "But I'm also scared because it's bigger and really different [from middle school]," she said. "But I'm happy about being with my friends. I'm looking forward to English and I might try out for basketball."

Classmate Grace Kim was "nervous about getting to my classes, but super-excited to meet new people." She likes biology and may participate in volleyball. Fellow freshman Shruthi Prabhakar was a bit apprehensive about "the workload and finding my way to my classes," but also looked for-

ward to seeing old friends and making new ones.

Senior Damon Gresham hopes to someday go into engineering. He plays defensive lineman on the varsity football team and feels good about the Wildcats' prospects this year. "I believe in these guys," he said. "I think we'll do pretty well."

STONE MIDDLE

At Stone Middle School, eighth-grader Katie McKenzie was a bit sad to return to class because she "liked sleeping in and having more time for swimming for the Chantilly National team." But as a Lady Panther on the girls' after-school, cross-country team, she's looking forward to doing well. "I want to get first place in the 5K,"

she said. She also hopes to get good grades in science, math, English and choir and pass her SOLs.

"Summertime is busy," added her mother, Terrie McKenzie. "As a parent, I feel very happy to get back into the routine again of school, swimming and after-school activities."

Seventh-grader Austin Cole, a Deer Park Elementary grad, was looking forward to Spanish class. Virginia Run alumni Alex Cameron and Bobby Pickett are also starting seventh grade at Stone. Saying he's "happy to be in middle school," Alex was excited about taking honors history. Bobby was eager to take his math class, but added, "I'm nervous about the

lockers because I don't know how to do the lock, yet."

Tania Vasquez, an eighth-grader, looked forward to participating in after-school programs, playing soccer and going to art class. But, she said, "I'll miss going to the pool."



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Centreville High students milling in the front hallway before the first bell.



From left: Centreville High JV cheerleaders Adrie Johnston, Victoria Angel and Danielle Alby handed out programs before the Wildcats' varsity football game last Friday evening.

PEOPLE

Wylie, MacDougall Wed

Laura Ann Wylie and Scott Clement MacDougall were married Saturday, March 31, 2012 at The Tower Club in Tysons Corner. Pastor Jay Higham officiated.

The couple met while students at Elon University in Elon, N.C.

The bride is a first grade teacher in the Fairfax County Public Schools. The groom is an analyst for the federal government in Washington, D.C.

The bride is the daughter of Mr. and Mrs. David Wylie of McMurray, Pa. Her grandparents are Mr. and Mrs. J. Russell Wylie of Washington, Pa., Mrs. John Salter of Gibsonia, Pa. and the late John Salter.

The groom is the son of Dr. and Mrs. Alan MacDougall of Centreville. His grandparents are Mr. and Mrs. Larry MacDougall of Nashua, N.H., Mrs. Alfred Clement of Madison, N.J., and the late Alfred S. Clement.

The bride was given in marriage by her father.

Maid of honor was Megan Sweeney of McMurray, Pa. Bridesmaids were Megan Wylie Ruffing of Shaler, Pa., sister of the bride; Amanda Wylie of McMurray, Pa., sister of the bride; Lauren Giesey of Madison, Wis.; and Susannah Brooks of Cambridge, Md. Flower girl was Brea Higham.

Best man was Steven MacDougall of Alexandria, brother of the groom. Groomsmen were Tristan Kissell, also of Alexandria, Justin McDougall of West Chester, Pa. and Matthew Cobb and Taylor Blunt, both of Fairfax.

Mitchell, Hammond Engaged

Larry and Mary Mitchell of Centreville and Joan Hammond of Tulare, Calif. and Richard Hammond of Irvine, Calif. are happy to announce the engagement of their children, Michael Stephen and Michelle Marie.

Mike, a 1996 graduate of Centreville High School, received his degree in science from Penn State in 2000. A lieutenant commander and FA-18 Super Hornet pilot with the Navy, he is currently attached to Squadron 154 (the "Black Knights") as a department head based at Lemoore Naval Air Station, Calif.

Michelle graduated from Mt. Whitney High School in Visalia, Calif. in 1998, received her bachelor's degree in psychology from Cal Poly in Pomona, Calif. in 2003 and master's degree in counseling psychology from National University in Fresno, Calif. in 2008. She is a social worker with the Child Welfare Services in Tulare County, Calif.

Following a Sept. 29 wedding at the Ahwahnee Lodge in Yosemite National Park the couple will reside in Visalia, Calif.

In early 2013, Mike will deploy on an 8-month cruise aboard the carrier USS Nimitz (CVN-68). Michelle will continue working with the Child Welfare Services.



After a honeymoon cruise to the western Caribbean, the couple resides in Fairfax.



fare Services.

parents of a 14-year-old who reportedly said that West had given him or her — and other teens — a massage. After questioning the teenager further, the parents learned of the alleged abuses and contacted police on Aug. 3.

Police later arrested West and charged him on Aug. 31. They ask anyone with information to contact Detective L. LaBarca at 703-246-7810. Or call Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

Back-To-School Safety

Fairfax County police urge motorists to be extra SEE ROUNDUP, PAGE 15

Youth Group Volunteer Arrested

Fairfax County police have charged a church youth-group volunteer with two counts of aggravated sexual battery. He is James West, 23, formerly of Hope Park Road in Fairfax.

He wasn't a member of the paid staff of the King's Chapel Church, 12925 Braddock Road, but volunteered there for several years. However, police began an investigation after receiving a call from the



West

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Registered To Vote at Current Address?

Oct. 15 deadline; encourage eligible high school and college students to vote as well.

It's a key question that must be answered by Oct. 15 in order to vote in this Presidential election: Are you registered to vote at your current address? Answering that question early, and voting early, will help ensure that your vote is counted and will contribute to a more orderly Election Day.

Check your registration status online at www.sbe.virginia.gov.

Voter turnout will be high, and unknown challenges from natural phenomena like earthquake or derecho lurk on Election Day. A significant percentage of the more than 700,000 registered voters in Fairfax County, more than 155,000 in Arlington and more than 140,000 in Alexandria will turn out to vote on Nov. 6. Four years ago in 2008, a record number of voters turned out at the polls, nearly 75 percent of registered voters across the Commonwealth.

If you can wrap your brain around the concept of voting "absentee in-person," you can vote starting Sept. 21.

EDITORIAL

BACK TO SCHOOL CIVICS LESSON

If there are high school students in your household who will be 18 by Election Day, encourage them to register and vote. Any person who is 17 years old and will be 18 years of age at the next general election shall be permitted to register in advance, according to the State Board of Elections. Parents should help their children see voting as a right and a responsibility, not something to be left to others. I've heard numerous voting age high school and college students express doubts about voting, mostly based on lack of confidence.

While college students are already away at college, they should also confirm their voter registration and vote absentee. If they will be at home anytime between Sept. 21 and Nov. 3, they can vote "absentee in person," and otherwise they can mail or fax a request for an absentee ballot and then mail or fax the ballot itself. For more, visit http://www.sbe.virginia.gov/cms/absentee_voting/index.html

ensure that the neediest children in our community receive the backpacks and school supplies they need to succeed in school. The program is made possible through a partnership with Kids R First, Fairfax County Public Schools, and the numerous community-based organizations and businesses in the Fairfax County area who are working to provide supplies in a more cost-effective and efficient way.

WFCM collected 1,729 backpacks which were delivered to 23 high schools, middle schools, and elementary schools in Fairfax

LOCAL VOTING INFORMATION

Alexandria Board of Elections
703-746-4050,
<http://alexandriava.gov/Elections>
132 North Royal Street, Alexandria, 22314;
FAX 703-838-6449; email
tom.parkins@alexandriava.gov

Fairfax County Board of Elections
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www.fairfaxcounty.gov/eb/
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email voting@fairfaxcounty.gov

Arlington Board of Elections
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FAX 703-228-3659;
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City of Fairfax General Registrar
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<http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>
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Fairfax, 22030;
FAX 703-591-8364;
email kevin.linehan@fairfaxva.gov

More information at <http://www.connectionnewspapers.com/news/2012/aug/28/how-register-vote-and-vote-early/>

County for students on the free and reduced lunch program. Last year, we provided 1,055 backpacks for students returning to school. This year, our goal was to help 1,500 students. We exceeded that goal by 15 percent. Thank you to our churches, businesses, and individuals for supporting our efforts.

Thank you to these churches, businesses and organizations for helping with the WFCM Backpack Collection: Access National Bank; Apple Federal Credit Union, Chantilly and Centreville Branches; Centreville Baptist Church; Centreville United Methodist Church; Chantilly Baptist Church; Chantilly Bible Church; Christ Central Presbyterian Church; Christ Presbyterian Church; Church of the Epiphany; Clifton Presbyterian Church; Fairfax Church of Christ; Junior League of Northern Virginia; King of Kings Lutheran Church; Korean Presbyterian Church; Lord of Life Lutheran Church; Mount Olive Baptist Church; Neustar, Inc.; New Life Christian Church; Ox Hill Baptist Church; Pender United Methodist Church; Philanthropic Education Organization (PEO); Quest Diagnostics; Saint Andrew the Apostle Catholic Church; St. Timothy's Catholic Church; Wellspring United Church of Christ, and WFCM individual donors.

Thank you especially to the many generous individual donors to WFCM who saw the need advertised on our website or in the local papers and dropped off backpacks at our offices, many of them who didn't give a name but just wanted to help. We love and appreciate you.

If you would like to learn more about Western Fairfax Christian Ministries' Backpack Program to help next year, contact Jennie Bush at jbush@wfcma.org.

Western Fairfax Christian Ministries

LETTERS TO THE EDITOR

Support for Needy Students Appreciated

To the Editor:

Because of the generosity of our churches, businesses, and individuals, more than 1,700 students will go back to school with the backpacks and supplies they need for success.

Western Fairfax Christian Ministries (WFCM) partnered with Collect for Kids (<http://collectforkids.org>) in a county-wide effort to

Hosting Blood Drive

One hundred and twelve Virginia Tire & Auto (www.vatire.com) customers donated 103 units of blood at the Fairfax-based provider of automotive maintenance, repair and tire services' first ever blood drive through a partnership with Inova Blood Donor Services. The blood drive was Monday, Aug. 27 at the Ashburn/Dulles (44285 Ice Rink Plaza, Ashburn) and Centreville (14611 Lee Highway, Centreville) facilities. Customers who donated blood received a voucher for a free oil change at any of its 11 locations (or \$30 off any service). Above, Mike Holmes, vice president of Virginia Tire & Auto, donates blood.



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A Connection Newspaper

Living Long, Living Healthy

Experts offer advice for staving off health deterioration.

BY MARILYN CAMPBELL
CENTRE VIEW

There's No Place Like Home

Andrew Carle of George Mason University's Senior Housing Administration Program says there are three primary factors to consider when deciding whether to age in place or move into a retirement community or nursing home:

Safety

"Families and seniors need to assess the overall physical and cognitive needs they are confronting. The average 75-plus-year-old takes anywhere from seven to 12 medications. Half of those over the age of 85 fall each year. Physical limitations make cooking, cleaning and driving difficult."

as possible.

"Paying careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a positive lifestyle, especially as we age," said Carolyn Worthington, executive director of Healthy Aging, a national health initiative to raise awareness about the positive aspects of growing older. "Take stock of where you've been, what you really would like to do. We're encouraging people to find a new passion ... and to know that it's not too late to take control of your health [or] get started on something new."

WHILE EXERCISE WON'T LEAD to eternal life, staying active can keep age-induced deterioration at bay. "Research shows that

Loneliness

"Rates of depression in the rest of society are 10 percent, but for those 65-plus, it can be 25-50 percent.

Suicide rates of those 85-plus and living at home are double that of teenagers. The causes of depression in seniors can be both environmental and physical (chemical imbalances)."

Affordability

"Satisfaction rates for those living in assisted living communities are very high, upwards of 90 percent, but it is a mostly private pay industry."

physical activity can positively affect blood flow and oxygen to the brain, thereby improving mental clarity [and] the part of the brain responsible for learning and memory," emailed Dominique Banville, Ph.D., director of George Mason University's Division of Health and Human Performance.

Banville credits exercise with boosting information-processing skills, and Worthington adds that older adults who exercise regularly are 60 percent less likely to get dementia.

"In our society, most older adults continue to be underactive. They aren't stretching themselves to the level that could actually improve their functioning," said Rita Wong, Ed.D., chair of the Department of Physical SEE EXPERTS OFFER ADVICE. PAGE 9

On most days, Springfield-based retiree 69-year-old Mary Sue Garner can be found lifting weights in a fitness center, power walking on a treadmill or breathing in fresh air during a stroll on one of Northern Virginia's nature trails.

"When I was teaching I was in this rut ... but when I retired, I decided to make changes and get myself fit," said Garner, who spent 45 years as a ninth-grade algebra and geometry teacher in Alexandria's public schools, including T.C. Williams High School.

As part of her self-reinvention, she fills her days with exercise, knitting, crocheting and volunteer work. She also tutors the Fairfax County high school students who work as servers in the dining room of her retirement community.

"I've made a lot of friends and I socialize with them," said Garner, who lives at Greenspring. "I feel so strongly that as you get older you get slower, so you have to keep moving."

Gerontology experts agree, and are using September, National Healthy Aging Month, as an opportunity to offer aging adults ideas for living healthy lives as long



Mary Sue Garner, of Greenspring retirement community in Springfield, volunteers, spends time with friends and exercises regularly. Experts say physical activity can improve mental clarity by increasing blood flow and oxygen to the brain.

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Teachers Are Excited about New School Year

FROM PAGE 1

He and Principal Carol Larsen have known each other since elementary school and were in Honors Band together as students at Rocky Run Middle School, Chantilly High and JMU. So, said Schnepfer, "She's a real big supporter of the arts, which is a bonus for me."

Besides that, he said, Larsen plays her flute with the school band at the end-of-the-year concert, "which is special for the students to see their principal playing an instrument."

As for the beginning of school, Schnepfer said it's always exciting. "There's a buzz in the air and an excitement to get the band program started," he said. "The teachers are warm and nice, and it's a fantastic environment to be in."

Deer Park office assistants Cathy Roberson and Cathy McCormick agree. "I enjoy the staff, kids and parents," said McCormick. "It's never the same day twice." Added Robertson, last Wednesday: "We're ready for the students and excited for the school year to begin."

Back-to-school nights at Deer Park are Thursday, Sept. 20, at 7:30 p.m., for grades K-3, and Thursday, Sept. 27, at 7:30 p.m., for grades 4-6.

STONE MIDDLE

Starting her fourth year at Stone Middle School is Charlotte Chrostowski, who teaches eighth-grade math — pre-algebra and honors geometry. "I relaxed enough during the summer that I'm ready to come back," she said. "I like getting to know the new students and showing them they can do math, even though in the past, they didn't think they could."

Liz Deal has been at Stone since it opened, so she's now beginning her 22nd year there. She's always taught seventh-grade history, but this year is her first teaching eighth-grade civics. "A teacher had retired, so there was an opening," she said. "And since I'm a department chair, I wanted to learn all there is to middle-school social studies."

She's also looking forward to teaching something new and has already mapped out big plans for her students. "We'll do the political process — which will be a big point of focus, this election year," said Deal. "In the first quarter, we'll study the [presidential] election and will have a schoolwide mock election. There's lots of technology that will enhance and make it more realistic for the children. And we'll study the three branches of government."

Throughout the year, her students will also do what she calls "service-learning."

SCHOOL NOTES

Michelle Colandro, a senior majoring in biological systems engineering, was named Outstanding Graduating Senior in the Virginia Tech College of Agriculture and Life Sciences' Department of Biological Systems Engineering for the 2011-12 academic year.

The University of Mary Washington has announced its Dean's List for the spring semester of the 2011-2012 academic year.

Deal will teach them to become lifelong volunteers and "reflect on how the volunteer work they do helps the community as a whole." Stone students in all grades do similar things, participating in a walk for the homeless, beautifying their school's grounds and helping with the Panther Pickup event for Our Neighbor's Child at Christmastime.

Some of Deal's students join in those projects, and others come up with their own ideas to help "so it's meaningful to them and they can develop a lifelong volunteer spirit," she said. "For example, some students have volunteered at the [county's] Animal Shelter and others have participated in WFCM's canned food drive."

She'll also teach her students about economics. "In the spring, they'll go through Finance Park in Fairfax as part of the county's financial initiative," said Deal. "They'll learn to budget their money and live within their means. They'll also learn about different types of economic systems and how ours compares with other countries."

She, too, was eager for school to begin. "You're always starting fresh every year, and I like how excited the kids are on the first day of school," she said.

"I'll have some new students and ones I've taught before," she said. "And I'm looking forward to working with eighth-graders and teaching civics. It's a new adventure for me and it's going to be a good year."

CENTRE RIDGE

Music teacher Josie Walker is beginning her first year at Centre Ridge Elementary and second with FCPS. "I'm really excited to be here," she said. "Everyone seems really nice; it seems like a fun place to be a teacher. I was a voice major in college, with a secondary in piano. I wanted to be a teacher and I've loved music my whole life. My brother's a music teacher in Arlington County, so I got to see it from his perspective."

Walker will teach music to grades K-6; her students will play a variety of instruments, sing, dance and learn music theory. She's also excited about getting to know the chil-

dren. "Last year, I was at two Fairfax County schools," she said. "But this year, I'm just at Centre Ridge, so I'm looking forward to being part of the community here."

Assistant Principal Janice Sutte is in her second full year at the school and expects an enrollment of about 830 students. There are several new staff members, including three specialists in language arts, math and special ed, plus a second assistant principal, Chip Deliee.

What makes Centre Ridge so special, said Sutte, are "the children, supportive parents, community and staff and the great teachers. We also have a wonderful principal [Margo Dias-Pareja] with a great vision. She cares about the community and the children."

Sutte also noted the school's "neat family center where families may come in and get what they need for their children. They can use computers, get information about resources and programs and participate in our parenting program. We also have parent liaisons who speak Spanish and Korean.



Katie McKenzie stands with her mom, Terrie McKenzie, outside Stone Middle School. Katie is an eighth-grader there.

We want to make the building inviting to reach out to the community."

As the new school year starts, she said, "I like seeing the parents bringing in their kids and seeing how excited they are. The kids look around and see how big the building is. I enjoy greeting them and meeting their parents; it's a good time. I like that newness of a new experience — even for returning students. This is just a great place to be."

CENTREVILLE ELEMENTARY

Centreville Elementary counselor Lee Kaiser is "excited and eager" to return to school. "I love the energy a new school year brings to the staff, students and teachers," he said. "It's bringing everyone back together."

He said the school is opening with 950 students. "We have a lot of new staff this year, plus a new modular unit for fourth grade, because we've grown so much," said Kaiser.

Centreville is holding its annual, welcome-back picnic this Friday, Sept. 5, at 5:30 p.m., and Kaiser is expecting a good turnout of teachers, adminis-

tration, parents and students. And throughout the school year, he said, "I'd encourage parents and families to come and get involved in the school in any way possible."

WESTFIELD HIGH

Freshman Fatima Rivera was "pretty nervous" about beginning high school at Westfield. "I've got to get used to a new environment and meeting new people," she said. But she was eager to start her biology and journalism classes and possibly join the lacrosse or soccer teams. And, she added, "I'm looking forward to going to the football games."

Bill Schnepfer is assistant band director at Westfield. "What's fun for me is seeing kids I've taught in elementary school," he said. "Last year, we had a fantastic year. Our bands cleaned up at the competitions and we had a really good group of kids. This year, it looks like another great, cohesive group of students, and we're looking forward to our band holiday concerts, Dec. 7-9."

The following Centreville area students are among the 796 students who have been named to the Dean's List:

Andrea M. Castro, a senior
Gabrielle D. DeVincenzo, a sophomore
Caroline E. Filippone, a sophomore
Eun-Mi K. Ju, a freshman
Danica R. Leninsky, a junior

been named to the President's List:
Peter G. Hawes, a senior, of Centreville
Meena Sediqi, a freshman, of Herndon

Stacy Logsdon of Clifton received a Doctor of Veterinary Medicine degree from the Virginia-Maryland Regional College of Veterinary Medicine at Virginia Tech's graduation on May 11.

The following students graduated with honors from James Madison University during the May 5 commencement exercises.

Stacy Morrisette graduated cum laude with a bachelor of business administration degree in accounting.
Margaret Kiely graduated magna cum laude with a bachelor of business administration degree in accounting.

Experts Offer Advice on Healthy Living

FROM PAGE 7

Therapy at Marymount University in Arlington. "Your physical capabilities decline as you get older, but it is realistic to believe that you can improve your functioning."

Wong says that even those with limited mobility can get moving: "If a person has a lot of physical difficulties or if they have health issues that have left them with some movement impairment, seeing a physical therapist can be helpful to them at first," said Wong. She recommends the Centers for Disease Control (CDC) and Prevention's Physical Activity Guidelines for Older Adults as sources for exercise ideas.

A HEALTHY DIET is another valuable tool in preserving and improving one's wellbeing, say experts. "We all know the importance of having a good diet, but sometimes that is not always possible," said Worthington. "People can go out to local farmers markets and find fresh, local produce. They can make food from scratch instead of buying processed foods."

Experts say a few weapons in staving off the ravages of time are often overlooked: "When people think about successful aging, they immediately talk about the physical, but in reality, social and mental wellness are even more important," said Worthington.

Healthy relationships with family and friends are critical to one's overall health. "Relationships become so important, getting out to interact with others. Showing concern and understanding as well as the willingness to help others is also beneficial because it keeps us connected. Family connections of multiple generations can be invaluable," said Springfield-based social worker Sue Franke.

"Connecting with or finding new

friends is important, but how do you do that, especially after the kids have gone and maybe you're out of the workforce?" said Worthington. "Why not go back to school or take continuing education courses where you would not only be stimulating your mind, but also reconnecting with other people?" She also suggests volunteer activities and travel.

When it comes to safeguarding one's health, money matters. "Good financial wellbeing or health is being able to live a life where people can support themselves and not be dependent upon other people. That happens through planning, and in today's economy when plans don't work out, people have to be creative," said Worthington.

Garner says her greatest inspiration is not research, but her retirement community peers: "There are so many people, some who are in their 80s and 90s, who come to the fitness center in their walkers and scooters and they exercise. I'm just in awe of these people because they're continuing to move and I think that's really important."



PHOTO COURTESY OF MARYMOUNT UNIVERSITY

Arlington resident, Dr. Rita Wong, of Marymount University, says that most older adults are "under-active." "They aren't stretching themselves to the level that could actually improve their functioning. Your physical capabilities decline as you get older, but it is realistic to believe that you can improve ..."

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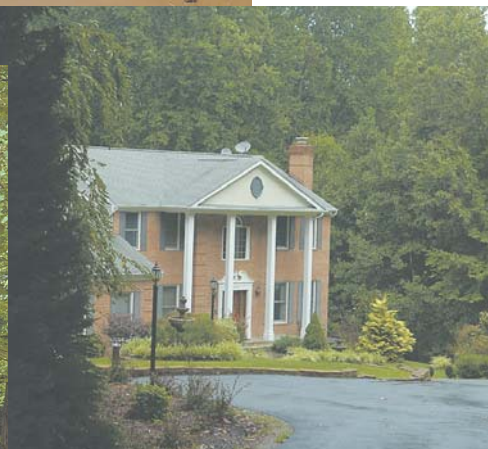


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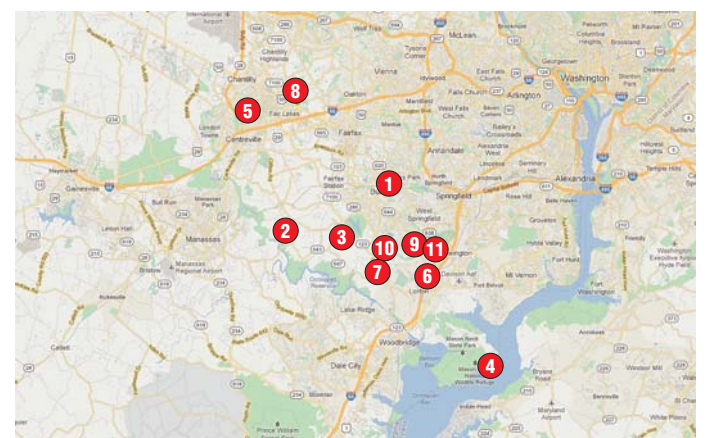
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2	12406 CLIFTON HUNT DR	4	4	1	CLIFTON	\$865,000	Detached	5.00	20124	CLIFTON HUNT	07/27/12
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7	8602 WOODWREN TER	5	3	1	FAIRFAX STATION	\$820,000	Detached	0.36	22039	CROSSPOINTE	07/31/12
8	12273 HARBOR TOWN CIR	4	4	1	FAIRFAX	\$815,000	Detached	0.19	22033	FAIR OAKS CHASE	07/25/12
9	8301 COVINGTON WOODS CT	5	5	0	SPRINGFIELD	\$805,000	Detached	0.22	22153	COVINGTON WOODS	07/16/12
10	8001 BRANDT CT	6	5	1	FAIRFAX STATION	\$805,000	Detached	0.29	22039	BARRINGTON	07/17/12
11	8305 COVINGTON WOODS CT	5	4	1	SPRINGFIELD	\$800,000	Detached	0.21	22153	COVINGTON WOODS	07/02/12



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ENTERTAINMENT

Email announcements to centreview@connectionnewspapers.com. Photos welcome.

TUESDAY NIGHTS

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

WEDNESDAY NIGHTS

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

WEDNESDAY/SEPT. 5

CVHS Fundraiser. 6-9 p.m. Support the Wildcat Band at Tropical Smoothie, 14220-B Centreville Square, Centreville. Students are raising funds towards their spring trip and for band programs.

SATURDAY/SEPT. 8

How to Create Fresh Flower Bouquets. 10 a.m. Learn how to

arrange flowers into a display to bring a focal point and an artistic touch to any room. At Merrifield Gardens at Fair Oaks, 12101 Lee Hwy.

Home & Lifestyle Expo. 10 a.m. to 6 p.m. Fair Oaks Mall, immediately off I-66 at Route 50 (Lee Jackson Memorial Hwy). The Expo will feature more than 20 exhibitors focusing on products and services for residential buyers for use in and around the home in the fall and winter months. Free and open to the public. Visit www.ShopFair.Oaks.Mall.com or call 703-359-8302.

Consignment Sale. 9 a.m.-1 p.m. FCMOM Semi-Annual Consignment Sale at Chantilly High School Cafeteria (Entrance #11), 4201 Stringfellow Rd. 200+ families will be selling gently used clothing, shoes, toys, books for the whole family. Free. Cash and Checks Accepted. Visit <https://www.facebook.com/pages/Fairfax-County-Mothers-of-Multiples-Consignment-Sale/405509456163912>.

SUNDAY/SEPT. 9

CVHS Fundraiser. 9 a.m. - 2 p.m. Support the Wildcat Band at the car wash. Colonnade Shell Gas Station, 5784 Union Mill Rd, Centreville. Students are raising funds towards

their spring trip and for band programs.

Home & Lifestyle Expo. 11 a.m. to 6 p.m. Fair Oaks Mall, immediately off I-66 at Route 50 (Lee Jackson Memorial Hwy). The Expo will feature more than 20 exhibitors focusing on products and services for residential buyers for use in and around the home in the fall and winter months. Free and open to the public. Visit www.ShopFair.Oaks.Mall.com or call 703-359-8302.

SATURDAY/SEPT. 15

Build the Lawn of Your Dreams. David Yost, Merrifield Plant Specialist will provide the know-how to create a beautiful lawn. At Merrifield Gardens at Fair Oaks, 12101 Lee Hwy.

SUNDAY/SEPT. 16

New Programs. 1-4 p.m. Sully Historic Site will present two new programs to help visitors understand life in the 1700s when Sully was a plantation and home to Northern Virginia's first congressman, Richard Bland Lee. After a house tour, participants will sit in the historic east wing and fill in their own family trees using templates provided. \$8 per adult, \$7 per student, and \$6 per senior and

child. One grandparent is admitted free of charge with each family. Call 703-437-1794, or visit www.fairfaxcounty.gov/parks/sully.

MONDAY/SEPT. 17

GFWC-Western Fairfax County Woman's Club First Meeting. 7 p.m. In meeting room of the Total Wine store in the Greenbriar Plaza Shopping Center, 13055-C Lee Jackson Highway, Chantilly. Meet members, learn more about the Club and its programs, and a wine tasting. To register, contact Lucy Smith at 703-587-7543 by Sept. 14.

THURSDAY/SEPT. 20

Homeschool Days at Sully. 10 a.m.-1 p.m. Children will visit stations focusing on different aspects of daily life - the open hearth kitchen, schoolroom, games in the yard, slave life, and textiles. Hands-on fun and learning centers are designed to enrich the understanding of late 18th century life in Fairfax County. Children should bring a lunch and picnic on the grounds. This program is open to both groups and individuals. Reservations are required by Sept. 17. Call 703-437-1794. \$8 per child, \$4 per adult. Call 703-437-1794, or visit www.fairfaxcounty.gov/parks/sully.

SATURDAY/SEPT. 22

NAMI Walks Northern Virginia 2012! Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Check-in at 9:30 a.m. and start time at 10 a.m. The National Alliance on Mental Illness (NAMI) Northern Virginia is a non-profit organization that provides support, education, and advocacy programs for individuals with mental illness and their families. The walk is 1.5 miles long. Registration is now open for both teams and walkers. Visit www.namiwalks.org/NorthernVirginia to register.

"Rally for Roses." 1-6 p.m. The Potomac Rose Society and Arlington Rose Foundation will host the Colonial District Rose Show and Competition at Merrifield Gardens at Fair Oaks, 12101 Lee Hwy.

Irish Folk Festival. Noon-7 p.m. Free. The 17th annual festival will highlight performances from traditional Irish fiddle players direct from County Donegal, Ireland. There will be live traditional Irish music and dance at both the Sherwood Community Center at Van Dyck Park, 3740 Old Lee Hwy, and the Auld Shebeen Irish Pub, 3971 Chain Bridge Rd. Rain or shine. Visit www.ccepotomac.org or call 703-919-1031.

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Youth Sunday Morning Worship: 10:30 AM
(Rev. Bobby J. Ford Jr., Youth Minister)
Holy Communion (Third Sunday) 10:00 AM
Wednesday Prayer Meeting/ Bible Study
and Spiritual Development Courses: 7:00 PM
(Includes Youth Bible Study)



SPORTS



Centreville's Xavier Nickens-Yzer (4) chases after Lake Braddock quarterback Caleb Henderson.



Centreville running back Taylor Boose scores a touchdown.

PHOTOS BY CRAIG STERBUTZEL/CENTRE VIEW

Centreville Edges Lake Braddock in Season-Opening Thriller

Wildcats score in final minute to beat Bruins, 28-27.

BY JON ROETMAN
CENTRE VIEW

Centreville and Lake Braddock, winners of the last three Division 6 Northern Region championships, opened their 2012 seasons on Aug. 31 with the high school football equivalent of a heavyweight boxing match.

Centreville landed some early punches as the Wildcats used a punishing ground game to build a 14-0 lead. Lake Braddock countered, using its big-play ability to score 27 unanswered points. The Bruins' barrage was nearly enough to win the fight. But in the contest's final minute, the Wildcats delivered the decisive blow.

Centreville quarterback Scott Walter connected with A.J. Turner for a 14-yard touchdown pass with 42 seconds remaining in the fourth quarter, lifting the Wildcats to a 28-27 victory at Centreville High School. Lake Braddock reached the Wildcat 33-yard line during the game's final possession, but the Bruins came up empty.

Centreville, which graduated five first-team all-region athletes from its state runner-up team in 2011, trailed 27-14 in the fourth quarter.

"These kids are fighters, they're competitors, they're gamers," Centreville head coach Chris Haddock said. "The youth in them and the inexperience in them are going to create some mistakes, but our heart and our toughness and our guts are hopefully going to make up for a few of those things."

Lake Braddock led 27-21 and had possession at Centreville's 25-yard line with about four minutes remaining. Facing third-and-10, Henderson threw downfield and

was intercepted by Turner at the 8-yard line. The Centreville sophomore returned the pick 36 yards to the Wildcats 44, and caught the game-winner 11 plays later.

"I saw [Henderson's] eyes when he turned and cocked [to throw]," Turner said, "... so I just ran that way and tried to pick the ball off or even swat it down, but I had a chance for a pick, so I got it."

Centreville led 14-0 early in the second quarter thanks to a 32-yard touchdown run by Marcel Smith on the Wildcats' first possession and a 12-yard touchdown pass from Walter to Christian Martey on their third series. Lake Braddock quickly dug itself out of the two-touchdown hole, responding with 21 points before the half. After Martey's touchdown reception, Lake Braddock defensive back Aaron Hollins returned the ensuing kickoff 96 yards for a touchdown. The Bruins tied the score on their next possession, when quarterback Caleb Henderson found Jong Yoo for a 15-yard touchdown. The nine-play, 53-yard drive was kept alive when Lake Braddock, facing fourth-and-six on the Centreville 49, executed a fake punt and Tim Coulter raced 22 yards for a first down. Three plays later, the Bruins converted on third-and-16 when Henderson hit A.J. Alexander for a 19-yard gain.

While Lake Braddock had answered Centreville's strong start, the Bruins grabbed momentum by the throat when Henderson launched a deep pass to Alexander for a 58-yard touchdown on the final play of the first half, giving Lake Braddock a 21-14 lead.

"I'm just pleased that our kids fought back the way they did," Haddock said. "You could feel it. The entire momentum had shifted right before the half — we give up a kickoff return, they score on the last play of the half. With the youth that we had and the inexperience we had, they could have very easily packed it in, [but] then we score with [42] seconds left in the game. That's fighting until the

bitter end."

Sophomore running back Taylor Boose led Centreville with 17 carries for 78 yards. His 6-yard touchdown run with 6:13 remaining in the fourth quarter cut Lake Braddock's lead to 27-21. Seven Centreville ball carriers combined to rush 45 times for 276 yards.

Junior running back Martey carried eight times for 51 yards and caught two passes for 17 yards and a touchdown, but sat out the second half with a right leg injury.

Walter completed 8 of 20 passes for 88 yards and two touchdowns. He was intercepted twice.

In his first start for Lake Braddock, Henderson completed 16 of 27 passes for 212 yards and two touchdowns. He was intercepted once and sacked five times.

"I thought," Haddock said, "the defense did a very solid job tonight against maybe one of the best quarterbacks that we're going to see."

Henderson transferred to Lake Braddock after earning second-team all-region honors as a sophomore signal caller at West Potomac. Trailing by one in the final minute, he led the Bruins down the field and thought they had a chance to win when he

connected with Vince Sica for 24 yards down to the Centreville 40.

"I felt like when they scored, we had a great chance to score again," Henderson wrote in a direct message on Twitter. "When Vince caught that ball near our sideline, I thought he was gone."

Alexander had seven receptions for 123 yards and a touchdown. Running back Jon Carrier's 2-yard touchdown run gave Lake Braddock a 27-14 lead with 4:34 remaining in the third, but the point after attempt failed, leaving the door open for Centreville to win by a point.

Kyle Shanahan and Hollins each intercepted a pass for the Bruins.

Lake Braddock will host Annandale at 7:30 p.m. on Friday, Sept. 7.

"This week we are completely different," Henderson wrote, "and we are going to be great this week. I can't wait."

Centreville will travel to face West Potomac at 7:30 p.m. on Friday.

"I think it can really boost our confidence up really, really high," Turner said about beating Lake Braddock. "Coach Haddock was telling us how Lake Braddock really wants to kick our butts, so we just have to step it up and play as a team."

SPORTS BRIEF

Centreville Opens Cross County Season

The Centreville cross country team opened its season at the =PR= Kick-off Invitational at Bull Run Regional Park in Centreville on Thursday, Aug. 30. Bobby Dunn and Jackie O'Shea scored third-place finishes in both the boys' and girls' sophomore races, respectively.

McKinsey Smith also ran well in the girls' sophomore race, with a fifth-place finish. Senior Rebecca Vinter placed fifth in the girls' junior/senior race, with fellow senior Isabella Medina finishing in

the top 15 as well.

The top finisher for the boys' junior/senior race was senior Calvin Jones.

The top finishers for CVHS in the freshman races were Aidan Barnes for the boys and Kayley Bogemann for the girls. The runners of the week were junior Ashley Lawrence and freshmen Joshua Roller and Nicho Stevens.

Centreville is scheduled to compete this Saturday, Sept. 8 at the Monroe Parker Invitational at Burke Lake Park at 8 a.m.



PHOTO COURTESY OF KYLE MCDANIEL

Those cutting the ribbon for Centreville High's new, artificial-turf fields included Supervisors Michael Frey and Pat Herrity, Centreville Principal Martin Grimm (not pictured) and School Board members Ilryong Moon and Elizabeth Schultz.

Ready for Some Football

Centreville High inaugurates new, artificial-turf fields.

BY BONNIE HOBBS
CENTRE VIEW

When the Centreville High football team beat Lake Braddock last Friday, 28-27, it underscored the Wildcats' intention to successfully defend their regional title. It was also the inaugural game on their new, artificial-turf field.

Centreville actually raised some \$1.25 million and installed two such fields. And before the Aug. 31 game, school officials, contributors and local dignitaries joined to cut their ribbon in a ceremony by the football field's entrance gate.

"It was just about a year ago when we decided to do this," said Wildcat Athletic Director Jimmy Sanabria. "Little did I realize how big an endeavor it would be. But this project couldn't have been done without the entire community all pulling together to put in these two, state-of-the-art fields for the community to enjoy."

He said Sully District and Springfield District School Board members Kathy Smith and Elizabeth Schultz, respectively, plus Board Chairman Ilryong Moon supported the project, and he thanked them for "thinking of our community."

Because grass fields must rest, be reseeded and have time to grow for the high-school seasons — and cleats, weather and usage damage them — no one but Centreville has been able to use its practice and game fields. But artificial turf will enable SYA's young athletes to play on them, too.

In addition, heavy rains will no longer be a problem because the fields' synthetic material will absorb and drain water. So soggy, muddy fields won't force games to be cancelled or rescheduled. Artificial-turf fields are also cost-effective because they

don't need the maintenance and materials required by grass surfaces.

To raise the funds needed for the new fields, Centreville sold name-engraved bricks with which it will construct a wall leading to the football stadium in honor of the donors. It also received donations from SYA, plus various companies, organizations, individuals and the school's Athletic Booster Club. Supervisors Michael Frey (R-Sully) and Pat Herrity (R-Springfield) also found \$275,000 for the project.

Friday evening, with new Centreville Principal Martin Grimm participating in the ceremony, Sanabria acknowledged everyone who'd helped make the new fields a reality. He thanked First Virginia Community Bank for working with the school, and Neighborhood Community Services for awarding Centreville a grant. Regarding SYA, he said, "We couldn't have done it without them and the money they gave us."

Sanabria also praised the two supervisors, calling them heroes. "Superman Frey and Superman Herrity helped us navigate the political waters and found us funds at just the right moment," he said. Sanabria then thanked the companies and community members "who really put the kids in our community first."

These donors included the Carney Foundation and Centreville parent Tom Healy, who Sanabria dubbed a "community member extraordinaire who kept asking, 'What can I do?'" Noting that the same was true of the Athletic Boosters, Sanabria said, "I just kept asking for more and, somehow, they found it."

He also expressed appreciation to FCPS Design and Construction personnel who helped put the fields in place in just two-and-a-half weeks. Sanabria said that was the second-fastest artificial-turf installation in the U.S., with the first being the New England Patriot's turf field.

Last, but not least, he tipped his hat "to everyone who bought bricks and donated money, regardless of the amount. You gave and gave, and I'm honored and proud to give [these fields] to you to enjoy for decades to come."

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Symptoms or just Sometimes



By KENNETH B. LOURIE

Is what I feel – wherever I feel it, cancer or middle age? Is what I feel worthy of a mention to my oncologist or merely yours truly looking for trouble? Moreover, is the pain/discomfort I feel in my chest (between my lungs) par for the course of treatment I'm on and characteristic of the disease with which I've been diagnosed, or is it completely unrelated and not at all noteworthy (dare I say, normal)? Or is this a repeat of a symptom I've experienced previously? Once the pain represented a tumor growing in my lungs (bad news); another time, the same pain was scar tissue growing over tumors that had shrunk (great news). (Scar tissue, as my oncologist explained to me, is similar to the scab that eventually forms over a skinned knee and is a sign of healing.) In each case, however, the identical symptom had two very different causes: one good, one bad. Ergo my confusion now. Is what I feel good, bad, or shall I remain indifferent?

And if I remain indifferent, how do I remain indifferent about the most important thing in my life: my health/diagnosis/prognosis? However, stressing about unconfirmed complications seems itself an unnecessary complication and one to be avoided. Where's the benefit in making myself sick (see 8/29/2012 column: "Diagnosed But Not Sick") simply because I have a terminal disease? Then again, if I am to remain proactive with respect to my care and feeding, I must advocate for myself and not allow time to pass when pain and suffering need not occur. I don't want to worry myself sick, but nor do I suppose that neglecting myself dead serves any particular purpose either. As Curly Howard of The Three Stooges said: "I'm too young to die, too handsome; well, too young, anyway." My feelings exactly.

Not only has the same pain-in-my-chest symptom led to opposite interpretations, it has also caused me to wonder if what I've felt was real or imagined (see 8/22/2012 column: "Life in the Cancer Lane") and typical of the roller-coaster existence that becomes "normal" for cancer patients. The dilemma is, I don't want to make something out of nothing any more than I want to make nothing out of something. Nor do I ever want to be damned, but with some days/certain symptoms, I feel as if I'm damned if I do and damned if I don't. Still, I can live with it: I have lived with it, but it certainly doesn't make me feel like I've mastered it.

Even writing a column about it (cancer, and the emotional confusion it causes) seems like I'm bringing unnecessary attention to a condition (some condition) with which I'm forced to live, but a condition any cancer/terminal patient still living would be happy to endure: life. And let me be clear: I am not complaining. I am "introspecting" into the peculiarities and perplexities of living a life for which I had no preparation, no experience and zero indication – until the biopsy confirmed it, that my life, as I had previously known it and expected it to be, was officially over. Not literally, but figuratively. Yet another conundrum.

Making the best of a bad situation, that's how I roll (I'm a Red Sox fan after all). Some days are easier than others, some symptoms/treatments/results are better than others. And some columns make more sense than others. But that's cancer for you: an equal opportunity "screw-upper."

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

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21 Announcements
21 Announcements

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OBITUARY
Alice T. McGrath (Age 78)
On August 27, 2012, Alice (Gallagher) McGrath passed away peacefully at Sudley Manor House in Manassas, VA.

Born April 3, 1934 in Springfield, MA she was the daughter of the late Chief of Police Raymond P. and Emily (Hanson) Gallagher. Alice graduated from Our Lady of the Elms College in Chicopee, MA. A devoted wife and mother, she started her family in MA and then moved to Chantilly, VA. She and her husband retired to Shallotte, NC. She was a parishioner of St. Timothy Catholic Church where she taught CCD classes. She enjoyed gardening, teaching, sewing, and animals.

She is preceded in death by her loving husband of 51 years, John Howard McGrath.

She is survived by a son, John Michael McGrath of Hendersonville, NC; daughters Kathleen Adams and husband Thomas of Southlake, TX, Rosemary Johnson and husband Steve of Haymarket, VA, Elizabeth Keen and husband Andrew of Ijamsville, MD and Theresa McGrath of Chantilly, VA; brother-in-laws L. Neil "Doc" McGrath and wife Nancy of Westfield, MA and Frederic "Ted" Curtin of Cromwell, CT; and four grandchildren, Tommy Adams, Emily Keen, Michael Keen and Hayden Sidley.

The family received friends Tuesday, September 4, 2012 at Covenant Funeral Service Lee Chapel, 8521 Sudley Road, Manassas, VA.

A Catholic mass was celebrated Wednesday, September 5, 2012 at 10 a.m. at St. Timothy Catholic Church, 13807 Poplar Tree Road, Chantilly, VA followed by interment at 2 p.m. at Quantico National Cemetery.

In lieu of flowers, memorial donations may be made to the charity of your choice.

Online guest book is at covenantfuneralservice.com.

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FROM PAGE 5

vigilant for pedestrians and bicyclists, now that school is once again in session. Commuters should expect increased congestion throughout the week and build time into their schedules to accommodate for this traditionally heavy time period. Police also remind drivers that, when bus lights and stop signs are activated, vehicles must stop in both directions, unless they are separated from the bus by a median. In 2011, officers issued 1,364 citations for speeding in school zones. They issued 364 citations for improperly passing school buses and not stopping for school buses with flashing lights.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 6 and Sept. 20, 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.

Park Authority To Meet

The Fairfax County Park Authority will meet Wednesday, Sept. 12, at 7:30 p.m., in the Herry Building, 12055 Government Center Parkway, Suite 900 in Fairfax. Call Judy Pedersen at 703-324-8662.

Charitable Donations Still Accepted

Proceeds from the 13th Annual Labor Day Car Show in Clifton went to Life with Cancer and the Northern Virginia Therapeutic Riding Program. But tax-deductible donations to these charities will still be accepted until Oct. 1. To contribute, send checks payable to the Clifton Lions Club to: Jim Chesley, 7207 Main St., Clifton, VA 20124-0225.

Draft Bicycle Master Plan

After more than a year of effort — including public meetings with area cyclists, focus group meetings, workshops and meetings of the master plan Bicycle Advisory Committee — on July 31, Toole Design Group gave Fairfax County the final draft of the Countywide Bicycle Master Plan.

Charlie Strunk, the county bicycle coordinator, is now incorporating final comments into the plan and finalizing the map of recommended bike facilities. It's expected to go before the Planning Commission in early 2013 and then to the Board of Supervisors for possible adoption.

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