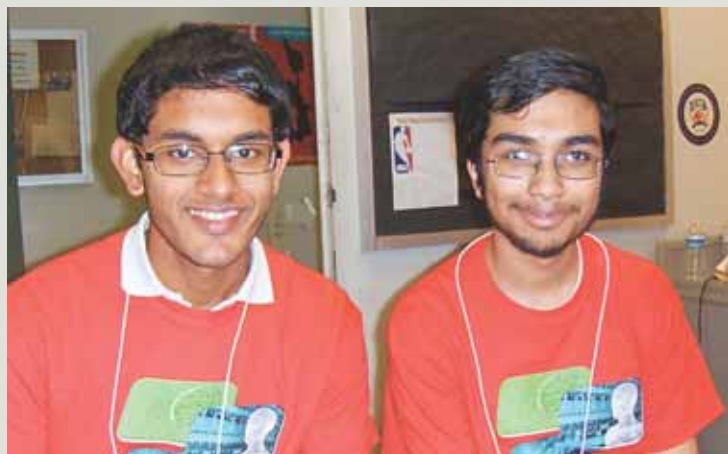


OCTOBER 4-10, 2012

25 CENTS Newsstand Price



Westfield High sophomore Mohamed Robertson at his computer during class.



Chantilly students Revanth Kolli (left) and junior Anirudh Bagde during Cybersecurity Camp.

Photos by Bonnie Hobbs/Centre View

Building Tomorrow's Cyber Defenders

Students participate in Cybersecurity camp at Chantilly.

By Bonnie Hobbs
Centre View

In May, The Chantilly Academy was officially designated by the Virginia Board of Education as Chantilly Academy – A Governor's STEM Academy. It still provides students with career and technical education, but with an added focus on STEM (science, technology, engineering and math) subjects.

Accordingly one of the new offerings this school year is a course called Information Technology-Cybersecurity; and before school started, students got a taste of what's in store for them. One of Chantilly High's business partners, Northrop Grumman Information Systems, partnered with the academy and held a Cybersecurity Camp at the school.

"Northrop Grumman is the largest cybersecurity provider to the federal government," said corporate spokeswoman Marynoele Benson. And the company sent instructors to Chantilly to develop the camp's curriculum, teach the classes and run the challenges.

"It's about network defense, for kids to under-

See Partnership Builds, Page 6

Centreville Labor Center Seeking New Director

Shani Moser leaves for job teaching Spanish.

By Bonnie Hobbs
Centre View

For the past year, Shani Moser has been using her Spanish-language expertise in her position as director of the Centreville Labor Resource Center (CLRC). Since the majority of the day laborers there are Hispanic, her fluency proved an invaluable asset.

But she's now left that job and, as of Monday, Oct. 1, she's using her Spanish-language skills to teach students at Madison High in Vienna. She's taught Spanish previously at several grade levels so, for her, it's a return to the classroom.

Meanwhile, Molly Maddra, the center's coordinator/organizer, will be the interim director, aided by several part-time staff members and volunteers. And Alice Foltz, president of the Centreville Immigration Forum (CIF), responsible for the center's daily operations, assures the community that, while a new director is sought, the center will continue to be fully operational.

"Shani created a strong set of procedures and created a good atmosphere within the center, and her style of warm welcome to all, and efficient services to workers and to employers, will continue," said Foltz. "Transitions like this are never easy for the staff and volunteers left behind, but we will continue to carry out our mission to the community and to the day laborers."

Still, she's sad to see Moser go, but understands why she left.



Photo by Bonnie Hobbs/Centre View

Labor resource center Director Shani Moser speaks during the center's open house in December 2011.

Madison is close to Moser's home in Vienna; and when the principal asked if she'd take over a job vacated by a Spanish teacher there at the beginning of the school year, it was difficult for her to pass up the opportunity. Said Foltz: "The geography and the needs of her young children made it very compelling."

Moser has a daughter, Kana, almost 11, and a son, Corey, 8, and has spent much of her life helping the Hispanic community. "I'm still a friend of my first-year, high-school Spanish teacher," she said. "My great teachers instilled in me a passion for the language because I realized it could open up whole, new worlds."

Once she accepted the job at

See Centreville, Page 6

Zombie Slouch Will Help Sick Children

Centreville Day is presenting the first annual Zombie Slouch 5K Run and Walk, on Saturday, Oct. 20, outside Colin Powell Elementary, 13340 Leland Road in Centreville. Check-in time is at 8 a.m. and the race starts at 9 a.m.

Proceeds benefit DC Candlelighters Childhood Cancer Foundation which supports local children with cancer, as well as their families. It's a family-friendly event, and strollers and dogs are welcome in the walk.

See www.DCCandlelighters.org, go to Current Events, and click on the Centreville Day link for registration in the Upcoming Events section. Online registration closes Oct. 15.

Since this event is happening so close to Halloween, participants and onlookers are encouraged to come in costume. Prizes will be awarded for the most creative adult, most creative child, plus the fastest male and female runners and the fastest runner under age 12.

"This is the first time we have done something like



this," said organizer Meg Crossett of Centreville's Pleasant Hill community. Her daughter Rachel was just 6 in July 2001 when she died of neuroblastoma; and Crossett, who's a member of DC Candlelighters, does everything she can to help other families whose children are struggling

with cancer. "We are in need of money to fund the requests that we get," she said. "The Angel Kisses 5K [on Mother's Day in Chantilly] funds most of what we do. It's just that we have an amazing amount of requests for help for our local families. We sponsor monthly dinners and meetings in the hospitals and at Life with Cancer for the families."

"I have personally given out over 30 new patient bags since June — and that does not include the other board members and the bags they have given out," added Crossett. "Way too many kids are being diagnosed. The fundraising I do in the spring goes to research, but the proceeds from the Zombie Slouch are for direct services to the families."

— Bonnie Hobbs

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Biology teacher Deborah Swantek created 1,000 paper cranes for her wedding and re-purposed them into this mobile for her 2-year-old daughter.



Christine Gamache, biology teacher, made a hand-embroidered silk skirt.



Art teacher Theresa Di Joseph holds a pottery vase and rattle she made.

Chantilly Staff Exhibit Their Art

During September, Chantilly High teachers and staff exhibited their own creations in the school's art gallery. "We wanted to see who, besides the art teachers, creates art, so we invited the entire faculty and staff to bring their work to exhibit," said Art Department Chairman Donna Sinclair. "We got 30 pieces — drawings, paintings, ceramics, textiles and two mobiles — from 17 people."



Math teacher Giti Mazhari with her watercolor paintings.



Science teacher Linda Correll created this needlepoint.

Photos by Bonnie Hobbs/Centre View



Testing coordinator Caitlin Franks with her ink drawing.



Yvonne Hernandez, a special-ed teacher, poses by her photography.

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Roundups

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Oct. 4 and Oct. 18, 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.

Clifton Day is Oct. 7

The annual Clifton Day festival will be held Sunday, Oct. 7, from 9 a.m.-5 p.m. (Rain date, Oct. 14). The family-friendly fun includes crafts, food, antiques, jugglers, bagpipe players, unicyclists, music, pony rides, civil war reenactments and children's activities. For VRE train schedule plus parking information, go to www.cliftonday.com.

Bullying Awareness Day

Rocky Run Middle School will host the Chantilly High pyramid's first Bullying Awareness Day on Friday, Oct. 12. The theme, "Stand by Me," was chosen to support the countywide initiative to provide children with information and strategies about what bullying is and how to handle themselves if they're ever faced with a bullying situation.

All students are encouraged to wear purple shirts on that day. During the event, students will learn the definition of bullying — which is when a person or group of people repeatedly use words or actions to intentionally cause physical or emotional harm to another person.

They'll also be given the opportunity to take an anti-bullying pledge and receive a purple wristband with the words, "Stand by Me," on it. The pledge is as follows: "Students in the Chantilly Pyramid are bully free; I will not bully others. I will stand up to help others who are being bullied. I will report bullying to an adult. If I see something, I will say something. I know sticking up for someone is the right thing to do. My name is _____ and I will stand by you, in return, I hope you will stand by me."

Alliance Book Fair Fundraiser

The Alliance Theatre is holding a Book Fair Fundraiser on Saturday, Oct. 13, all day, at Barnes & Noble, 12193 Fair Lakes Promenade (off West Ox Road) in Fair Oaks. When customers mention "The Alliance Theatre" at check-out, a percentage of the purchase will go to Alliance. The same thing applies to online purchases made from Oct. 14 through Oct. 18. Go to <http://www.bn.com/bookfairs> and use Alliance's special, book-fair number, 10807774.

Special activities from noon-4 p.m. will include face-painting, Clifford the Big Red Dog reading stories to children, and Alliance actors singing songs from their upcoming production of "Nonsense." Also planned is a raffle for tickets to see "Nonsense" in November at Mountain View High School, plus information on Alliance's 2013 season. Special in-store food discount vouchers are available by e-mailing contact_us@thealliancetheatre.org.

WFCM Seeks Food, Volunteers

Western Fairfax Christian Ministries' (WFCM) food pantry urgently needs donations of oil (48 oz. or smaller); flour (2-5 lb. bag); sugar (2-5 lb. bag); rice; canned meats; salad dressing, jelly; jam; peanut butter, spaghetti sauce, Ramen Noodles, canned fruit; canned beets and collard greens; canned soup and beans; dry pasta and beans; ketchup, mustard, pancake mix and syrup; hot and cold cereal and coffee. In addition, the Food Pantry would appreciate fresh produce, such as tomatoes, from local gardens.

Also needed are laundry detergent, toothpaste, shampoo, toilet paper and diapers (sizes 4, 5 & 6). WFCM clients are also in great need of gasoline cards.

See Roundups, Page 15

News



Bonnie Hobbs/Centre View

From left are Capt. Ed O'Carroll, MPO Garrett Polowy, PFC Adam Jantosciak, Lt. John Trace, and Leslie Jenuleson and Steve Pollard of the CAC.

Officers of Quarter Honored at Sully

Police work reduced crime in Chantilly Lace community.

By Bonnie Hobbs
Centre View

Two police officers who worked together to reduce drug dealing and other criminal activity in a Chantilly community were honored recently as the Sully District Station's Officers of the Quarter. They are PFC Adam Jantosciak and MPO Garrett Polowy.

The officers were recognized for their actions during the second quarter of this year (April, May and June) and were feted during the Sept. 18 meeting of the police station's Citizens Advisory Committee (CAC).

Recommending them for the honor was 2nd Lt. Paul Cleveland of the station's Neighborhood Patrol Unit. Both men are members of his unit and, in his June 26 letter to the station commander, he wrote that they've done "exemplary work."

He said they worked tirelessly for six months to rid the Chantilly Lace community and surrounding areas of "narcotics traffickers and problem residents committing criminal activity." First, they compiled a list of suspects.

Then the officers gathered intelligence through "observations, surveillances, criminal records, probation and parole, housing authority, community contacts and station-level resources," wrote Cleveland. Using the knowledge they'd obtained, they focused their efforts on the most problematic residents and suspected traffickers and formed a plan to address the issues.

"Through countless hours of conducting surveillance, the officers observed individuals conducting criminal activity and narcotics-related activity," wrote Cleveland. Afterward, the pair conducted "traffic and

subjects stops and gathered intelligence on suspected narcotics traffickers."

As a result, they arrested several people and did thorough interviews of them. "[These] interviews ultimately confirmed the intelligence already known and provided some new information," wrote Cleveland. "The officers also used their resources and reached out to [the] Narcotics Unit and assisted those detectives with furthering their investigations."

Several of these investigations led to the execution of search warrants requiring "a great deal of coordination with numerous entities throughout our agency, such as Narcotics, Money Laundering, SWAT, CIB and CIS," wrote Cleveland. "On several occasions, the search warrants yielded positive results for narcotics, weapons and stolen property."

Cleveland said the efforts of Polowy and Jantosciak led to numerous arrests and convictions in Fairfax County General District and Circuit courts. "The officers also followed up after gaining the convictions and passed the information to the proper housing authorities," wrote Cleveland. "These problem residents are currently in the process of being banned and removed from assisted living because of their criminal activity."

Overall, he added, because of the two officers' actions, the residents of the Chantilly Lace neighborhood are enjoying a safer community that is "slowly ridding itself of the criminal element." Although that may never be completely accomplished, wrote Cleveland, that community is "far better off than it was at the beginning of this year."

To date, several gang members have been arrested and removed from the property, narcotics have been confiscated and weapons have been seized — including a short-barrel shotgun owned by a drug dealer. Many people who don't belong in Chantilly Lace have been banned from the area, and partnerships have

See Honored, Page 15

'Election Ready?' Fairfax County prepares voters for new election measures.

By Victoria Ross
Centre View

Frustrated by a bad economy, empty promises and echo-chamber politics, voter apathy is at an all-time high across the nation. According to a recent USA Today poll, about 90 million American voters, nearly 40 percent of those registered, won't go to the polls this year.

The same is not true in Fairfax County, where 79 percent of the County's registered voters cast their ballots in the 2008 elections, compared to 38 percent nationally. And nearly 90 percent of eligible voters, about 721,000 out of 800,000, have already registered to vote in Fairfax County.

But a slew of changes—from congressional redistricting to new voter ID laws—may leave even the most committed voter stymied at the polls this year.

"The good news in Fairfax County is that almost everyone who is eligible is registered to vote," said Cameron Quinn, Fairfax County's chief election official. "Our problem in Fairfax County is not voter apathy, and it's not getting people to register. What we don't have is every registered voter registered at their correct address."

Quinn said voters, especially those who only vote during presidential elections, get

Photo by Victoria Ross/Centre View



Norma Rengel and Patricia Ferguson, with the Office of Elections, spent hours last week putting tent cards in cafeterias and lobbies in the Fairfax County Government Center, to educate voters and recruit volunteers.

complacent about where they vote or who their candidate is. She calls them "cicada" voters, who go into their cocoon every four or more years, and emerge thinking that nothing has changed.

"These are voters we want to reach now," Quinn said. "The most important thing is to check your voter status before Monday, Oct. 15," Quinn said. "Are you, in fact, registered? Have you moved? Do you know if your precinct changed during redistricting? You must update your voter registration if

you have changed your address or name, or you may not be able to vote," Quinn said.

TO CHECK YOUR STATUS, call the Office of Elections at 703-222-0776 (TTY 711) or go to one of the websites listed. "We'd rather people call us with questions now than get frustrated when they go to the polls," Quinn said.

Fairfax County's Office of Election employees have been working overtime the past few months to make sure voters are

"election ready" on Tuesday, Nov. 6. In conjunction with the State Board of Elections, the County recently kicked off an intensive voter preparedness campaign to inform and educate voters on changes.

Quinn estimates the election's office currently gets 600 calls every day, and many calls concern the new voter ID measures.

Brian Moran, chairman of the Virginia Democratic Party, said it's important that voters remember that Voter ID does not mean "photo ID."

"There are a number of acceptable forms of Voter ID, and it's important that this issue doesn't discourage voters," Moran said.

In August, the Justice Department signed off on Virginia's new Voter ID law, a bitterly contested measure that some claimed discriminates against minorities. Virginia, one of 16 states with a history of voter discrimination, must receive federal approval under the Voting Rights Act before making any changes to voting law.

The new law, which closed a provision allowing Virginians to vote without identification, also expanded the types of ID accepted at the polls.

Quinn said the State Board of Elections just mailed every voter a new voter card, which was sent to ensure that all voters have at least one acceptable form of identification.

See County Gets, Page 5

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News

County Gets Election Ready

From Page 4

tion. She said if voters bring their voter card, they don't need another form of identification. "Virginia tweaked its voter ID laws this year to allow many new forms of acceptable identification," Quinn said in an online forum.

"Virginia also has mailed a voter information card (or sometimes called voter registration card) for many years. You need some form of identification under Virginia law, and this voter information card is considered an acceptable form of identification," Quinn said.

Other forms of acceptable identification include a driver's license, military ID or current utility bill. For other forms of acceptable ID, visit www.sbe.virginia.gov/votinginperson.html.

In addition to getting voters ready for the general elections, the office has also been preparing to comply with new mandates and changes.

Last year, the state mandated that all voter education material be translated into Spanish. While the county has complied with that mandate, they are still short on election-day volunteers, especially those who are bilingual in Spanish and English.

Norma Rengel, the office's language accessibility coordinator, and Patricia Ferguson, the County's outreach coordinator, spent hours last week putting tent cards in cafeterias and lobbies in the Fairfax County Government Center and other Fairfax County locations to encourage volunteers to call the elections office.

"One challenge for us is to recruit bilingual polling officials, and by law, Spanish is a priority," Rengel said.

Quinn said the Elections Office also spent \$50,000 this year to beef up office security. Several new walls and barriers were constructed last week so visitors are not able to wander, intentionally or unintentionally, from one department to the next or get too close to where ballots are stored and counted.

"We know there are concerns about integrity, and we realize there are people in both parties who will try to skew elections, people who think the end justifies the means," Quinn said. The fact that Northern Virginia is now considered a battleground region in a battleground state spurred the new security measures.

Voter Checklist

❖ Voters with any questions about voting this Election Day can visit two websites for answers: The Virginia State Board of Elections website at www.sbe.virginia.gov and The Fairfax County Office of Elections website at <http://www.fairfaxcounty.gov/voterinfo>.

❖ If you don't find the information you need at the websites, call the Office of Elections at 703-222-0776.

❖ Fairfax now has a free smartphone mobile app to check your registration and other voting information. Download the free app by searching Fairfax County Government at the App Store (coming soon to Android Market) or go to <http://www.fairfaxcounty.gov/news/mobile/>.

Once you download the app, look for the Vote icon.

By Monday, Oct. 15:

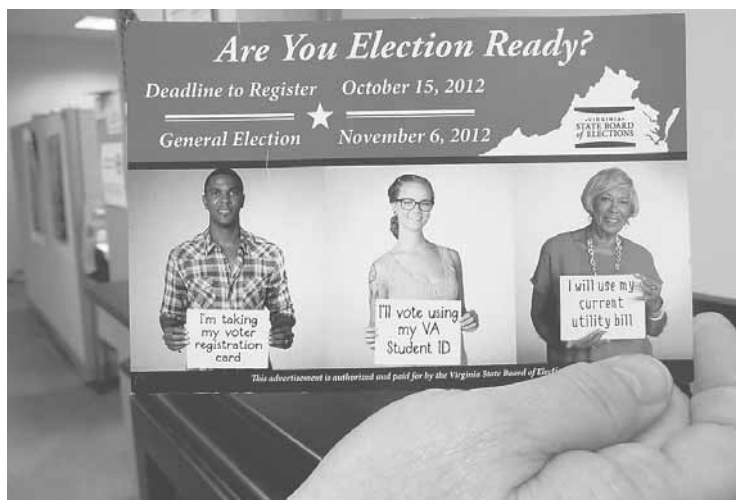


Photo by Victoria Ross/Centre View

In conjunction with the State Board of Elections, the County recently kicked off a voter preparedness campaign—"Are You Election Ready"—to inform and educate voters on changes.

"In the end, we want the votes to reflect the will of the people and they know that their vote counted," Quinn said.

Another way to ensure the integrity of elections, Quinn said, is to make sure polling officials are educated and up-to-date on the law and the latest technology. Travis Patten, an elections office training coordinator, said about 3,000 polling officials have undergone training since August. "One of the things we're excited about is the electronic poll books," he said, which will allow voters to check in faster, and reduce waiting time.

ON ELECTION DAY, staff will be coming through voter lines with a handheld device called "Ask ED," which contains the entire County voter list to check once again if the voter is in the correct precinct. If there is a discrepancy between what's on the voter's card, and the most current information on the County's election rolls, the staff person will call the registrar's office.

If the voter is trying to vote in the wrong precinct? Best not to argue, or insist on a provisional ballot, Quinn said. According to the Virginia State Constitution, provisional ballots don't count if the voter casts a ballot in the wrong precinct.

"The only way your vote counts is if you are voting in the correct precinct. That's why we don't want people waiting until the last minute. When in doubt, call the elections office. We will pull the most current voter card and match it to our map," Quinn said.

❖ Update your registration, or you may not be able to vote if you have moved since you last registered.

❖ To check if your registration is correct, go online at www.sbe.virginia.gov/register, or call the Office of Elections at 703-222-0776.

❖ If you are not registered, or need to update your registration, complete a Virginia Voter Registration Application, which you can download at <http://www.sbe.virginia.gov>, or call 703-222-0776.

By Tuesday, Oct. 30:

❖ Virginia does not have "no excuse" absentee voting. If you want to complete a Virginia Absentee Ballot Application, download from www.sbe.virginia.gov, or call 703-222-0776 to have one sent. The Office of Elections must receive the ballot by 7 p.m. on Nov. 6.

Election Day, Tuesday, Nov. 6.

❖ Polls will be open from 6 a.m. to 7 p.m.

❖ It's Voter ID, not "Photo" ID: When you arrive at your polling place, a voting official will verify that your name is on the registration list.

Voters will be asked to present one valid form of identification. It can be any of the following:

❖ A Virginia Voter Registration Card
❖ A Social Security Card
❖ A valid Virginia Driver's License
❖ Any official ID Card issued by a Virginia government or Federal government agency

❖ An employee ID Card with photo of the voter issued by an employer

❖ If you are unable to provide any of the above, you can sign an "Affirmation of Identity" statement affirming your identity under felony penalty for making a false official statement.

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Find out about plans to replace the Walney Road bridge over Flatlick Branch in Fairfax County.

Review project information at www.virginiadot.org or at VDOT's District Office at 4975 Alliance Drive, Fairfax, Virginia 22030. Please call ahead at 703-259-1940, 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

If your concerns cannot be satisfied, VDOT is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Mr. Arif Rahman, P.E., Virginia Department of Transportation, at the above address on or prior to **October 19, 2012**. If a request for a public hearing is received, notice of date, time and place of the hearing will be posted.

A Programmatic Categorical Exclusion (PCE) has been prepared pursuant to the requirements of the National Environmental Policy Act (NEPA). This document is available for your review.

The officials with jurisdiction, the Fairfax County Park Authority, have given their preliminary concurrence that the transportation use of the Section 4(f) resource, Flatlick Branch Stream Valley Park, together with any impact avoidance, minimization, mitigation or enhancement measures incorporated into the project, does not adversely affect the activities, features, and attributes that qualify Flatlick Branch Stream Valley Park for protection under Section 4(f). Based on this, FHWA intends to make a de minimis impact finding.

In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places are included in the environmental document.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you have questions or concerns about your civil rights in regards to this project or special assistance for persons with disabilities or limited English proficiency, contact the VDOT manager listed above.

State Project: 0657-029-396.P101.R201.C501.B641 UPC: 82214
Federal Project: BR-5401(795)

News

Labor Center Seeking New Director

From Page 1

Madison, things moved quickly. The principal wanted her to start immediately, so last Tuesday, Sept. 25, Moser tendered her resignation to the CIF board, which accepted it with "great regret." Then the tasks at the center were reorganized so the regular volunteers and part-time staff members could step in and carry them out.

The change is also bittersweet for Moser, who's been the center director since Oct. 24, 2011. "I am going to terribly miss working with the very special individuals at the CLRC," she said. "This past week, with the rapid changes, has been filled with a roller coaster of emotions and a lot of tears."

"I am honored to have been such a key part of this community hub that brought so many disparate civic groups, institutions of faith and individuals together to work for the same cause," she continued. "I loved meeting all of the different employers and helping them to be best matched with workers who could fit their needs."

The center provides a safe place for employers, including homeowners, to meet workers seeking temporary labor. Its staff hopes to eventually eliminate all "dangerous and unlawful" hiring from the streets. The CLRC also provides workers with opportunities for education and training and offers a computer lab for the workers. During Moser's tenure as director, more than 350 workers and more than 300 employers met there.



Photo by Bonnie Hobbs/Centre View

From left: Carlos Gonzalez, Alice Foltz, Terry Angelotti and Shani Moser help celebrate the CIF's one-year anniversary last fall when Moser was introduced as the center's director.

"I'm very proud of several accomplishments; however that which stands out most in my mind is the development of the value of volunteerism," she said. "The idea of volunteerism and community engagement isn't necessarily a cross-cultural value, and it warmed my heart to be a part of workers' growth in their sense of community."

The center's workers maintain regular Adopt-a-Highway cleanups, serve on the CIF Board and give their opinions and vote on the CLRC's Code of Conduct and Work Distribution Rules as members of its general assembly. Moser also noted that, when the

workers see that most of the people who help with the center's operations are volunteers, it "makes a very deep impression on them."

"They start to realize that time is just as valuable as money, and to give oneself through time is a valuable contribution to society," she said. "Those who participate in the CLRC are willing to work for more than simply a day's worth of pay; they're willing to work to make the CLRC a functioning community organization."

And even though she's moving on, Moser said she's hopeful that the contractors and

More Information

❖ The CIF's annual meeting will be Tuesday, Oct. 23, at 7:30 p.m., at Mount Olive Baptist Church, 6600 Old Centreville Road in Centreville. At that time, Shani Moser will present her annual report on the center's operations.

❖ During October, the CIF is conducting a search for a new director, and those interested should email the board at afoltzva@verizon.net.

❖ The center's continuing projects for fall include ESL classes scheduled during regular operating hours, Monday-Saturday, 6 a.m.-noon, plus weekly evening classes in trade skills, such as electricity and dry wall.

❖ The CLRC is the only labor center for temporary workers in Fairfax County. It's also the only one in the mid-Atlantic region that's fully privately funded.

❖ For more information about CIF or to donate to this nonprofit group, see www.centrevilleimmigrationforum.org; to hire a worker or volunteer, call the center at 703-543-6272 or go to www.centrevillelrc.org.

homeowners who continue to hire workers from the street "will discover a new, better and safer way of hiring their temporary labor by coming to the CLRC."

"It will only be when those hiring individuals cease in their practice of unlawful street-side hiring, that those workers who remain on the street will learn that they can no longer get work there and they will come to the CLRC," she said. "The education of those who continue street-side hiring practices must fall on our shoulders as a community."

Moser also had a special message to the CIF board. "It has been a true honor to work with so many wonderful people during my time as director," she said. "Thank you for the faith and the trust you put in me and in the CLRC. I have high hopes for the future of the CLRC, and I look forward to following the progress."

Partnership Builds Tomorrow's Cyber Defenders

From Page 1

stand how their computers can be infiltrated and how to protect against it," said Benson. "This is all about building tomorrow's cyber defenders, and that's why we teach cyber ethics so they act ethically on the Internet."

And someday, she said, "They can use this knowledge to go out and get a great job with industry, the Department of Defense or the federal government. This area is so rife with these kinds of positions that this is what we want to groom students for — to secure America and its networks. This is a small step in a bigger effort."

According to a study released by the Center for Strategic and International Studies, America not only has "a shortage of the highly technically skilled people required to operate and support systems already deployed, but also an even more desperate shortage of people who can design secure systems, write safe computer code and create the ever more sophisticated tools needed to prevent, detect, mitigate and reconstitute from damage due to system failures and malicious acts."

So Benson said it's crucial to teach this knowledge now because it's predicted that the U.S. will eventually need between 10,000 and 30,000 cyber defenders to adequately protect and defend its systems.

During the weeklong camp in August, students learned how to keep their networks safe from intruders, recognize an intrusion, discover where they need patches and de-



Photo by Bonnie Hobbs/Centre View

Chantilly High junior Caroline Manik learned how to keep her computer safe.

tect vulnerabilities and malware in their systems, as well as basic cybersecurity fundamentals.

Some 70 students from 20 different high schools throughout Fairfax County participated; and at week's end, two teams competed in a cybersecurity grand challenge. They also received information about cybersecurity internships and careers.

Chantilly senior Revanth Kolli and junior Anirudh Bagde were among them. "I've always been interested in technology and took AP computer science, so I was interested in cybersecurity, too," said Kolli.

Bagde was in the Air Force Association's national CyberPatriot competition, earlier

this year. It's sponsored by the Northrop Grumman Foundation, which presented more than \$50,000 in scholarships to students on the winning teams.

"We had to defend operating systems while other people were hacking them and find vulnerabilities and fix them," he said. "So everything we learned got me interested in cybersecurity." He then spoke with Joan Ozdogan, the Chantilly Academy's career experience specialist. Said Bagde: "She told me about the new classes here, and I thought this would help me find a job in the future."

Kolli also likes computer engineering and sees the connection between it and cybersecurity. "If I'm writing code, cybersecurity is a priority to learn now," he said. "In camp, they gave us a vulnerable computer operating system with viruses in it, so I used the tools I learned in the classes to detect and figure out what to do with them."

One of them was NMAP. "It's a remote tool for scanning networks and finding programs opening back doors into the operating system," said Bagde. "We had to install antivirus software like Malware Bytes, and we also used regular tools that Microsoft already comes with, like Command Prompt and Control Panel."

He said the camp was valuable because "As our world becomes more immersed in the Internet and Cloud technology, computers become a bigger target for people want-

ing to steal information. So cybersecurity jobs are becoming more important as the hackers become more intelligent."

"I'd definitely recommend cybersecurity classes," added Kolli. "Even if you're not going into this field, it's important to know how to create good passwords and protect yourself from hackers."

Chantilly junior Caroline Manik, however, came to the camp because her mom signed her up. "I never really thought about anything with computers until now," she said. "It's been really interesting; I've learned a lot about how to find root kits — similar to back doors that hackers set up to get into your computer — and various commands to block them."

She said the knowledge will help her keep hers and her family's computers safe because "I honestly didn't know anything about this before. So this is helpful if you want to protect what's on a computer."

Westfield High sophomore Mohamed Robertson also attended on his mom's suggestion and was glad he did. "It was pretty fun," he said. "We learned about programs that hack Windows users' passwords. To prevent it from happening, you can install firewalls, change your password frequently, install the latest security and update your Windows Defender."

"Now I can help my cousin or brother in case their computers get hacked or get a virus," continued Robertson. "The world we

See Cyber, Page 7

News

World Awaits Cyber Experts

Northrop Grumman cybersecurity employee Lu Goon had the idea to hold a cybersecurity camp at Chantilly Academy – A Governor's STEM Academy. And Joan Ozdogan, the academy's career experience specialist, made it happen.

Goon also mentors students in the CyberPatriot competition and, he said, "We found that just doing Saturday practices for it wasn't enough to prepare the kids as well as we wanted to. So I saw this as a great opportunity to help them."

He said Chantilly's camp gets students interested in IT (information technology) and gives them another skill set to add to their portfolios, no matter what computer career path they ultimately choose. Learning cybersecurity is critically important, said Goon, because "In all instances of technical skills, the U.S. is falling behind. And someone's career can be defined by participating in these technical programs."

Lynn Gilmore, Northrop Grumman's director of Corporate Citizenship, noted that the company has a paid internship program for students on high-school CyberPatriot teams. At least four Chantilly High students have gone through it, and two of them worked for Northrop Grumman last summer and returned. So there's a direct link between what they learn and their future employment. They're learning real-world skills they can apply immediately. Pleased

with the successful business partnership between the company and the school, Ozdogan said, "I want to recognize Northrop Grumman Information Systems for their cyber academy's gift of time, talents and expertise as instructors for the Cybersecurity Camp."

"In our new role as a Governor's STEM Academy, the Chantilly Academy is launching an expanded IT program that includes cybersecurity," she continued. "So students will be able to build on what they learned at the camp in their academy classes."

Stressing that cybersecurity professionals are in great demand in this region's workforce and across the country, Ozdogan said the cybersecurity programs at both NOVA and GMU are outstanding. So, she said, "Our students can start here, go on to NOVA and GMU and realize successful, productive careers in cybersecurity."

For more information about the Chantilly Academy's STEM programs, contact Ozdogan at 703-222-7464 or jeozdogan@fcps.edu.

— Bonnie Hobbs

Cyber Defenders

From Page 6

live in isn't a safe place; there are lots of people who want to break the law or do unsafe things. So it benefits us to work together and help prevent that."

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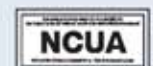
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Be Prepared: What's on the Ballot?

Early voting (technically voting absentee-in-person) is already underway in Virginia, so you can go out and vote this week.

Every voter in Virginia will vote for U.S. senator and member in the U.S. House of Representatives, in addition to President of the United States and two constitutional questions.

Two constitutional questions will appear on all Virginia ballots, one about the use of eminent domain and one about the timing of a particular session of the General Assembly to consider overriding vetoes by the governor of legislation that was passed by the assembly. See www.sbe.virginia.gov/webdocs/201211ConstitutionalAmendmentsPoster.pdf.

In the races for U.S. House of Representatives, it's worth noting that redistricting resulted in significant changes in Northern Virginia in terms of who your U.S. representative will be. If you live in Reston, for example, you were represented by Jim Moran and the 8th district, now you are in the 11th district where the incumbent is Gerry Connolly. Fairfax County is represented by three Congressional Districts, 8, 10 and 11.

In Fairfax County, voters will also decide whether to invest in infrastructure based on

Serve as Election Officer

Election Officers work at the polls on Election Day to ensure elections are run in an honest and well-organized manner. Election officers are paid \$100 - \$200 for the day depending on assignment and locality. Election Day begins by showing up at an assigned polling place before 5 a.m. and remaining on the job until all votes are tallied after the polling places close at 7 p.m.

Requirements to serve as an election officer include: being registered to vote in Virginia; not holding elected office and not being an employee of an elected official; enjoying meeting other people and serving the public; being detail-oriented, able to take direction well and not easily distracted. Election officers must attend training before Election Day. Many officers are assigned to their "home" precinct or a nearby precinct or asked to work in the absentee precinct.

Fairfax County needs 3,000 election officers in its 239 precincts for Election Day. Call 703-324-4735.

Arlington County will need 900 election officers in its 52 precincts on Nov. 6. To apply, visit <https://sites.google.com/site/arlingtoncountypollworkers/apply-now>

The City of Alexandria needs 500 election officers to serve at its 27 precincts. Call 703-746-4050.

four bond questions, answering yes or no to supporting \$75 million for parks, \$55 million for public safety facilities, \$25 million for library facilities and \$30 million for stormwater and sewer improvements. www.fairfaxcounty.gov/elections/nov_2012_county_bond_issues.pdf

Last Week to Register to Vote

To vote on Election Day, you must be registered at your current address no later than Oct. 15, 2012. Registered voters should have received a new voter card in the mail by now. You can check your registration status online by visiting the State Board of Elections website at www.sbe.virginia.gov. There you can also download a voter registration form and mail or fax it to your elections office address.

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703-222-0776, www.fairfaxcounty.gov/eb/
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State Board of Elections,
804-864-8901 Toll Free: 800-552-9745 FAX:
804-371-0194
email: info@sbe.virginia.gov
http://www.sbe.virginia.gov/cms/Voter_Information/Index.html

Letter Can It Get Worse?

To the Editor:

The brutal, horrific murders of our ambassador and three other brave Americans in Benghazi, Libya, continue to be a non-issue with most of the Main Stream Media. Never has a presidential response been more incoherent, misleading and confused. It took days before the administration called it what it was — a terrorist attack — which was apparent to most of the world from the beginning. Our Leader, however, has not been able to utter the truth even yet. Where is the press?

Can you imagine how the families of the victims felt as they watched our Commander-in Chief jet off to Las Vegas for a campaign event within hours of the attack? And while he was in Las Vegas campaigning, he used the American deaths as fodder for his campaign when he said to his campaign workers: "Like them, you guys are Americans who sense that we can do better than we're doing." Where was the press?

All Americans should be ashamed of the current White House occupant and his administration and furious with the enabling press ... where are "Woodward and Bernstein" when you need them?

It just can't get any worse than this ... or can it?

Paul and Orene Blum
Clifton

Commentary

A Chance to End Homelessness

By John R. Dearie

In the wake of the worst housing and foreclosure crisis since the Great Depression, the problem of homelessness in our area has worsened. Service providers across the Commonwealth report an enormous increase in the number of people seeking housing and food assistance. Many are families with children who, until recently, had enjoyed upper middle-class lifestyles, but lost their homes after one or both parents lost their job or had their salaries suddenly and significantly cut. In at least one case, according to school officials, a family was found living in the woods behind the house they used to call home.

But an enormously significant policy tool has emerged in recent years that can end homelessness in Virginia — provided that we as a community make the commitment. Consider becoming a member of the Virginia Coalition to End Homelessness (VCEH) at vceh.org. It's easy and is vitally important to many of our most unfortunate and vulnerable neighbors.

According to Virginia's Department of Housing and Community Development, as many as 50,000 Virginians experience homelessness each year — more than 9,000 on any given night. More than 2,000 are homeless right here in the communities of northern Virginia.

Worst of all, a third of our area's homeless are kids. Homeless children are twice as likely to struggle with learning, three times as likely to experience emotional and behavioral problems, and four times as likely to experience develop-

mental difficulties.

In January, the Maryland Department of Education reported that the number of homeless students has doubled since 2007 to more than 14,000. Comparable figures for Virginia are not available, but you can be sure that similar patterns have emerged here.

That's the bad news.

Here's the good news — and it's significant and exciting.

A consensus has finally emerged among homeless advocates that the best and most effective approach to combating homelessness is to get folks off the streets, or out of emergency shelters, and into a stable and secure housing situation first. The approach is called "permanent supportive housing." PSH provides immediate access to affordable rental housing, followed by a range of services such as job training, health care, and family, financial, mental health, and substance abuse counseling.

In stark contrast to the conventional emergency shelter approach — which provides temporary assistance, but does little to solve the underlying causes of homelessness — this "housing first" approach creates a context of safety, stability, and affordability within which real progress on other key fronts can be achieved.

PSH works. More than 2,000 Virginians — including almost 500 families with children — currently reside in PSH units. And so far, nearly 90 percent of participants have not returned to homelessness.

PSH also delivers dramatic savings. The homeless-
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A Connection Newspaper

Raising Funds for Best Buddies

By Bonnie Hobbs
Centre View

Eric Latcheran and Kevin Whalen are teaming up again for Best Buddies. Both are participating this month in the annual Best Buddies Challenge in Washington, D.C.

But before they can do so, they have to raise money to donate to the cause. Toward that end, they're holding a Bartenders Night fundraiser, Thursday, Oct. 11, from 5-8 p.m., at Glory Days Grill. It's at 13850 Braddock Road in the Old Centreville Crossing Shopping Center.

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.

During the Oct. 20 Best Buddies Challenge, Whalen and his Little Rascals team will bicycle 100 miles from the District to Leesburg. Latcheran, 25, of Chantilly's Poplar Tree Estates community, will participate in the fun run.

Although he has intellectual disabilities, that doesn't stop Latcheran from having a job and leading a full life. He also has good friends, such as Whalen, of Centreville's Walney Glen community. And each year, they partner to help Best Buddies.

Proceeds from the event will directly benefit the Virginia Chapter of Best Buddies and local schools

— including Centreville, Chantilly and Westfield high schools — containing Best Buddies chapters. That's why Whalen and Latcheran are hoping for a good turnout at Bartenders Night.

"We're going to show our Best Buddies colors, bring awareness to a great organization and have fun," said Whalen. "Eric and I will be bartending, and my Little Rascals team will be working the door, giving out Best Buddies material, cleaning tables and selling raffle tickets for Glory Days Grill, Bonefish Grill and Dogfish Alehouse gift cards, as well as sports jerseys."

The jerseys will be from the Washington Redskins, Washington Nationals, Baltimore Orioles and Pittsburgh Steelers (NFL game night). Also raffled off will be a baseball autographed by Nationals Manager Davey Johnson. Raffle tickets will cost \$5.

Raffle-ticket proceeds, bartenders' tips and 10 percent of Glory Days food sales that evening will be contributed to the cause. For more information, see www.bestbuddiesvirginia.org. Donations may also be made at www.dccchallenge2011.org/kevinwhalen.

Said Latcheran's mom, Gina: "Eric and I are very excited about giving back to Best Buddies so that many more self-advocates with intellectual disabilities and their families can enjoy the friendship and networking Best Buddies Virginia has to offer — not only in middle schools, high schools and colleges — but now following the graduates into the work place and in the social network."

Home Sales

In August 2012, 25 homes sold between \$845,000-\$30,000 in the Chantilly area.

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision
4729 LOGWOOD LN	5	4	1	CHANTILLY	\$845,000	Detached	0.30	20151	PARKSIDE MANOR
4809 AUTUMN GLORY WAY	5	4	1	CHANTILLY	\$795,000	Detached	0.25	20151	WALNEY WOODS
13566 MELVILLE LN	4	3	1	CHANTILLY	\$667,000	Detached	0.40	20151	POPLAR TREE ESTATES
4900 FOX CREEK CT	4	2	1	CHANTILLY	\$655,000	Detached	0.24	20151	BIG ROCKY FOREST
4309 POPLAR BRANCH DR	5	3	1	CHANTILLY	\$630,000	Detached	0.34	20151	HUNTERS RUN
4636 STAR FLOWER DR	4	2	1	CHANTILLY	\$601,000	Detached	0.29	20151	POPLAR TREE ESTATES
13506 STAR FLOWER CT	4	2	1	CHANTILLY	\$560,000	Detached	0.32	20151	POPLAR TREE ESTATES
13504 GRANITE ROCK DR	4	2	1	CHANTILLY	\$553,000	Detached	0.23	20151	POPLAR TREE ESTATES
13706 ROSETREE CT	4	3	1	CHANTILLY	\$530,000	Detached	0.15	20151	ARMFIELD FARMS
13948 LEETON CIR	4	3	0	CHANTILLY	\$500,000	Detached	0.19	20151	ESTATES AT LEETON MANOR
13519 LEITH CT	4	3	0	CHANTILLY	\$410,000	Detached	0.20	20151	ARMFIELD ESTATES
4403 CUB RUN RD	5	3	1	CHANTILLY	\$399,000	Detached	0.24	20151	PLEASANT VALLEY
4408 CARRIER CT	4	3	0	CHANTILLY	\$395,000	Detached	0.41	20151	PLEASANT VALLEY
4691 DEERWATCH DR	3	2	1	CHANTILLY	\$365,000	Townhouse	0.04	20151	WALNEY VILLAGE
4317 LEES CORNER RD	4	2	0	CHANTILLY	\$360,800	Detached	0.19	20151	BROOKFIELD
4672 DEERWATCH DR	4	3	1	CHANTILLY	\$358,000	Townhouse	0.04	20151	WALNEY VILLAGE
13606 TABSCOTT DR	4	2	1	CHANTILLY	\$340,000	Detached	0.27	20151	BROOKFIELD
3025 VIRGINIA DARE CT	5	3	1	CHANTILLY	\$285,000	Townhouse	0.08	20151	BROOKLEIGH
3010 VIRGINIA DARE CT	4	3	1	CHANTILLY	\$285,000	Townhouse	0.06	20151	BROOKLEIGH
4014 NOVAR DR	3	1	1	CHANTILLY	\$275,529	Detached	0.25	20151	BROOKFIELD
4235 CLARET CT	2	2	1	CHANTILLY	\$234,000	Townhouse	0.01	20151	BROOKLEIGH
4136 NOVAR DR	3	2	2	CHANTILLY	\$230,999	Townhouse	0.07	20151	BROOKSIDE
3850 LIGHTFOOT ST #157	3	2	0	CHANTILLY	\$218,000	Garden 1-4 Floors		20151	CHANTILLY PARK
4159 PLEASANT MEADOW CT	3	2	1	CHANTILLY	\$205,000	Townhouse		20151	WINDING BROOK
14544 TRANSWORLD AVE	3	2	0	CHANTILLY	\$30,000	Double Wide		20151	MEADOWS OF CHANTILLY

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School Notes

Myles Anhalt of Centreville, a cadet in the Virginia Tech Corps of Cadets Class of 2016, majoring in university studies, has joined Virginia Tech's regimental band, the High-Tighties. The High-Tighties are celebrating their 119th anniversary this year under the direction of Maj. George McNeill.

The fall semester is underway at the Georgia Institute of Technology with the following students in its freshman class:

Hye Min Cha, Computer Engineering major, from Chantilly

Baovy Do, Business Administration major, from Chantilly

Isaac Lee, Computer Engineering major, from Chantilly

Jesse Liu, Computational Media major, from Oak Hill

Holly Parrish, Computer Engineering major, from Oak Hill

Nicole Votaw, Biomedical Engineering major, from Oak Hill

Twenty-eight students from Fairfax County Public Schools (FCPS) have been named 2013 National Achievement Scholarship program semifinalists in an academic competition for Black American high school students conducted by the National Merit Scholarship Corporation (NMSC). This is a record number of National Achievement Scholarship program semifinalists for FCPS.

The semifinalists at Chantilly High School are **David Keith** and

Johanen Sowah.

Air Force Airman **Joel C. Weems** graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force. Weems is the son of Towana Vance of Lee Highway, Fairfax. He is a 2011 graduate of Westfield High School, Chantilly.



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Schools

New Man at Centreville High School's Helm

Martin Grimm begins first year as principal.

By Bonnie Hobbs
Centre View

Martin Grimm, Centreville High's new principal, has spent most of his life coaching, teaching and leading children. So it's understandable how he ended up in education.

"I wanted to play and coach basketball, but was a better coach than a player," he said. "I always worked with kids, coaching in basketball programs and camps."

Going into his sophomore year of college, Grimm ran a summer sports camp for a Boys and Girls Club in Washington State. "That was neat, so I did it for four years," he said. "And that's when I decided to go into teaching, because I loved it. People would pay me to do something I loved, and I could still coach."

He later moved to Colorado and graduated from Colorado State University with a bachelor's in exercise and sports science. He then taught advanced weight training and social issues in high school. Next, Grimm taught elementary-school P.E. in Colorado Springs while coaching basketball at Colorado College.

He was dean of students at Eldorado, a K-8 school in Boulder Valley, Colo. He also taught freshmen and sophomore exercise physiology and served as athletic director and men's head basketball coach at Oxford College of Emory University in Atlanta.

Grimm came to FCPS in 2003 as the director of student activities at Edison High. He became assistant principal there in 2008 and took over the helm at Centreville on July 1.

"High school was always my favorite," he said. "I like high-school kids — it's just such a fun age. What's cool is watching and hopefully contributing to their maturation from grades nine-12. I don't think there's a period where you grow more."

At age 14, said Grimm, "Some of them can hardly find their locker. But when they graduate, they've got to be ready for that



Centreville High Principal Martin Grimm at his desk in his office.

next step, whatever it may be — military, college, jobs. So high school is a time when you can really make a lasting impact on them."

"And now and then, they thank you and acknowledge that," he continued. "It's really neat when they come back and tell you how much they appreciated what you did for them."

So how did Grimm end up at Centreville? "I'm picky about where I apply," he said. "And you have to be prepared." He applied for the job that became vacant after former principal, Mike Campbell, retired from FCPS and left for a similar post in Alabama.

"First, I asked around a lot about the school," said Grimm. "I talked to people at all levels, and everything they said to me about Centreville I liked. They said it feels like a family and the teachers take care of the kids. They said it's a very supportive community and that people really like it here — and those who leave want to come back."

He also learned that Centreville's students were excelling, so he decided that this school would give him "the opportunity, as a first-year principal, to get to know the kids and community and work on [new] relationships, without having to make a lot of changes."

Grimm said people he spoke with told him he'd be a good fit here and have fun. "You spend a lot of hours at work, so being able to enjoy the people you're around is important."

When he found out in May that he got the job, he was excited. It also meant he

and his wife Grace — the principal at John Adams Elementary in Alexandria City Public Schools — now comprise a two-principal family, along with son Zachary, 7, and daughter Clare, 6.

Grimm first met Centreville's staff in June and then met with them and with the department chairs in August. He wanted to get to know them and ask what they'd change and what they were afraid he'd change.

"Mike Campbell was a successful, highly-thought-of principal," he said. "Change is always hard, but I feel like they'll have an open mind. I feel welcome and that people are willing to give me a chance and see what I can do." He said any "tweaking" by him will just support what the teachers are already doing. "I think our people do a good job," he added.

One goal was to create a new position of dean of students, and Kyle Hill has now joined the staff in that capacity. "It's to pay more attention to attendance," said Grimm. "We know, if we can get kids in class every day on time, they learn. So this will support both teachers and staff and benefit the students, too."

His other goal deals with technology. "I want thousands of iPads — but being used for instruction," he said. "If we can connect our instruction with more interactive technology, the students will be able to be more engaged. Kids could have their notes in there and see newspapers articles for current events. And they're more likely to read information on an iPad than on a handout or in a textbook."

Teachers wouldn't have to print out articles for students; they could direct students to read them on their iPads. Math and science teachers could also use them. For example, said Grimm, a teacher could read on the iPad, "Twitter reaches the 500 million mark."

"If I'm teaching differential equations, I could use it to make a math equation or have the kids figure out something related to that information," he said. "I've just made math relevant to my students. They can do some really high-level thinking while having fun, so I want the students and teachers trained to use the iPads properly. But it's just a tool for instruction; it's not the only way to learn, and it needs to be interactive."

Regarding his philosophy of leadership, Grimm said, "If you do what you say and you say what you do, then you do what's best for students — and everything flows out of that. You keep your promises."

But, he added, "One of the best things you do as a leader is to listen and ask good questions because, generally speaking, the answer is in the room. Even if you do have the answers, often the best way to lead is to have people come up with the answers on their own."

At Centreville, Grimm wants to talk with and get to know the more than 2,400 students, visit their classrooms and be visible in the school. He says his biggest challenge will be meeting all the demands of his job. "It's probably a 90-plus-hour workweek to do everything," he said. "So I'll need to strike a balance between going to meetings, doing paperwork and managing the building with strong instructional leadership."

"Between supporting the students and attending extracurricular activities, you could be here every night," he continued. He's also serious about being a good father to his own children, but believes he'll be able to accomplish "all these things well and within a reasonable amount of time."

Happy to be Centreville's principal, Grimm said, "These kids amaze you. Teens sometimes get a bad rap, but they're capable of such incredible things and acts of empathy. I'm excited to see how we can push the envelope from where we already are — in an outstanding place — and interested in seeing where we'll be in five years."

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CENTRE VIEW

Calendar

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

OCT. 18-21

Centreville Regional Library Used

Book Sale. The Friends of the Centreville Library will conduct their semi-annual used book sale at the Centreville Library, 14220 St. Germain Dr. A special preview sale will be held on Oct. 18 from 6-8:30 p.m. for members of the Friends of the Centreville Library. An annual membership fee of \$15 will be collected from new members beginning at 5:30 p.m. before the preview sale. All proceeds from the sale will benefit the Centreville Library and its patrons. The sale will be open to the public on:
❖ Oct. 19, Friday 10 a.m.-6 p.m.
❖ Oct. 20, Saturday 10 a.m.-5 p.m.
❖ Oct. 21, Sunday 1-3 p.m.

SATURDAY/OCT. 6

Curb Appeal. 10 a.m. Join Seth Warner, Merrifield Landscape Designer, and learn about trees and shrubs to provide structure and year-round interest and colorful annuals and perennials to add seasonal splashes of color. At Merrifield Gardens at Fair Oaks, 12101 Lee Hwy. Call 703-968-9600 or visit www.merrifieldgardencenter.com.

Archaeology Program for Kids. 1-3 p.m. Sully Historic Site is celebrating Archaeology Month with a special program for children ages 8-12. "Holding the Past in the Present" is a hands-on program for kids who want to learn how to dig like an archaeologist. This behind-the-scenes look at history takes places in large outdoor sandbox. Kids should dress to get dirty. The cost is \$6 per Fairfax

County resident and \$8 for visitors from elsewhere. Registration is available at www.fairfaxcounty.gov/parks/sully/calendar.htm. Call 703-437-1794. Sully Historic Site is located at 3650 Historic Sully Way.

SATURDAY & SUNDAY/OCT. 6 & 7

Annual Fairfax Festival of the Arts. Saturday, 10 a.m.-6 p.m. and Sunday, 11 a.m. to 5 p.m. Free with abundant free parking. At Fairfax Corner, 4100 Monument Dr. Visit www.paragonartevents.com/fairfax/

SUNDAY/OCT. 7

Clifton Day. 9 a.m.-5 p.m. The family-friendly fun includes crafts, food, antiques, jugglers, bagpipe players, unicyclists, music, pony rides, civil war reenactments and children's activities. Visit www.cliftonday.com.

TUESDAY/OCT. 9

Stitchers Session. 6:30-8:30 p.m. Centreville Stitchers welcome adults who enjoy knitting, crocheting, or other needlework crafts, and conversation to come to the Centreville Regional Library, 14200 St. Germain Dr.. Admission is free. Contact Jo at 703-803-0595 or email johnitter@verizon.net.

FRIDAY/OCT. 12

Fellowship Dinner. 6:30 p.m. Western Fairfax Christian Ministries will be holding its 5th Annual Fellowship Dinner at the Fairview Park Marriott, 3111 Fairview Park Dr. Reservations are required as seating is limited. Adults only. There will be an opportunity to give financially to WFCM. Visit www.wfcmva.org.

SATURDAY/OCT. 13

Chrysanthemum Show. 2-5 p.m. Hosted by the Old Dominion Chrysanthemum Society. At Merrifield Gardens at Fair Oaks, 12101 Lee Hwy. Call 703-968-9600 or visit www.merrifieldgardencenter.com.

Race to Rid Sids 5K Run/Walk & 1K Little Angels Fun Run. There will be entertainment and children's activities before, during and after the race to include music, snacks, awards, children's face painting, moon bounces and balloon animals. The goal is to raise funds for Sudden Infant Death Syndrome (SIDS) research by a team of doctors at the University of Virginia Research Hospital. At Oak Hill Elementary School in Herndon. Visit www.RacetoRidSIDS.com.

Yard Sale. 8 a.m.-2 p.m. Treasure maps will be given out on the corner of Pleasant Valley and Wetherburn Drive the morning of the sale. Yard sales at individual residences in the community. Rain or shine. Contact Paula Ferrara-Garcia 703-216-6730 or Helaine Newman 703-402-3134.

SUNDAY/OCT. 14

Chrysanthemum Show. 10 a.m.-3 p.m. Hosted by the Old Dominion Chrysanthemum Society. At Merrifield Gardens at Fair Oaks, 12101 Lee Hwy. Call 703-968-9600 or visit www.merrifieldgardencenter.com.

Table Top N Gauge Model Trains. 1-4 p.m. The Northern Virginia NTRAK members will have a T-TRAK (table top) display and running model trains at the Fairfax Station Railroad Museum at 11200 Fairfax Station Road. \$3 for adults; \$1 for children. Call 703-425-9225 or visit www.fairfax-station.org.

Bulletin Board

Email announcements to centreview@connectionnewspapers.com. Deadline is Thursday at noon. Photos welcome.

SATURDAY/OCT. 6

DAR Meeting. 1-3 p.m. Lane's Mill Chapter, Daughters of the American Revolution monthly meeting will include a presentation about preservation of the Mount Vernon Estate and Gardens by Stephen McLeod, Assistant to the Director, Wreaths Across America. Free. Social time is 12:30 p.m. Prospective members are encouraged to attend. At the Sully Station II Community Center (Pool facility), 5501 Sully Park Dr. No RSVP needed. Contact lanesmillchapter@aol.com.

WEDNESDAY/OCT. 10

Free Fall Caregiver Seminars. 3-4:30 p.m. Legal Tools for Caregivers. Call 703-324-5205, TTY711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/caregivereducation.htm to register. At the Sully Governmental Center, 4900 Stonecroft Blvd.

SATURDAY/OCT. 13

Annual Watershed Clean-Up Day. 9-11:30 a.m. Volunteers of all ages are welcome. Help clear out the Earth's arteries. Collect debris from local waterways. Wear boots, old clothes and bring gloves. Trash bags will be provided. Call one of these sites

to reserve your section of the watershed: Sully Historic Site, 703-437-1794 (Cain's Branch) or Walney Visitor Center in Ellanor C. Lawrence Park, 703-631-0013 (Flatlick Branch, Big Rocky Run, Cub Run and Frog Branch).

MONDAY/OCT. 15

The Republican Women of Clifton Meeting. 7 p.m. Following President Marianne Gearhart's business segment and before celebrating the club's sixth anniversary, Bishop Jackson will talk about "The Black Robed Regiment," featuring preachers from Country's Founding Era. At Centreville High School, 6001 Union Mill Rd. Visit www.cliftongop.com.

ONGOING

Holiday Greenery. Order holiday greenery from the Westfield H.S. crew team. Select from two sizes and colors of florist quality poinsettias and mixed wreaths. Order online now at <http://poinsettiasale.westfieldcrew.org/>. Orders due by Nov. 16 with pickup on Nov 28. Contact Candis Anhalt, anhalt.dc@cox.net.

White House Ornament Sale.

The Western Fairfax County Woman's Club is selling 2012 White House Christmas ornaments. This year's ornament honors the 27th President, William Howard Taft. 2012 ornaments cost \$19. Proceeds benefit charity. Order at 703-378-6841 or 703-378-6216, or visit www.whitehousehistory.org/whha_ornament/ornament.html.

OPEN HOUSES SATURDAY/SUNDAY, OCTOBER 6 & 7

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link.
Call Specific Agents to Confirm Dates & Times

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Centreville

6056 Deer Hill Ct.....\$264,500....Sun 1-4.....Debbie Besley.....Long & Foster..703-346-5103

Chantilly

13722 Springhaven Dr...\$419,900....Sun 1-4.....Anne Lefevere.....Weichert..703-402-7595

Clifton

8209 Cub Den Ct.....\$1,125,000....Sun 1-4.....John Cooney.....Fairfax..703-989-9969

11906 Wolf Run Ln.....\$699,900....Sun 1-4.....Marsha Wolber.....Long & Foster..703-618-4397

Fairfax

4027 Maple St.....\$399,900....Sat 1-4.....Jenny Arias..Coldwell Banker..571-221-2688

4027 Maple St.....\$399,900....Sun 12-3.....Josie Barondess..Coldwell Banker..571-217-7447

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CENTREVILLE DAY

Mason Students Develop Cost-Effective Device To Help Those Who Stutter

Electrical Engineering Students, motivated by desire to help a friend, volunteered their time and talent.

By Marilyn Campbell
Centre View

When Taylor Mullen dines at his favorite restaurants his eyes scan the menu and stop when he spots a dish that whets his taste buds. Often, he settles on an entrée with less palate appeal.

"[I] usually order something that is easy to say," he said. Mullen is one of the three million Americans who experience stuttering, a communication disorder in which speech patterns are broken by repetitions, prolongations or abnormal stoppages of sounds and syllables. "I have severe social anxiety due to not being able to talk clearly," said Mullen. "I feel lonely a lot. Doing things that should be simple ... are nerve-racking."

Inspired by Mullen's plight, and the struggle of others with the same disorder, a group of George Mason University electri-

cal engineering students, along with a faculty adviser, developed a cost-effective device to help those who stutter.

The idea was inspired when Mason student John Posey, who is a close friend of Mullen's, began attending local National Stuttering Association support group meetings to better understand his friend's condition.

"It was at these meetings that I was introduced to the concept of 'Delayed Auditory Feedback' devices," said Posey. "It is an electronic device which plays back an echo of a person's voice into their ear when they speak, sometimes with a



Photo Courtesy of George Mason University

George Mason University professor Nathalia Peixoto said that she and her students hope to increase the quality of life of people with disabilities.

slight delay or change in pitch, creating a personal chorus effect. It [helps control stuttering] because it changes the pathways in the brain for speech, and it's this trick in the brain that makes the technology work."

One problem with the device, said Posey, was the cost. "DAF devices are expensive," he said. "The cheapest is about \$2,500 [and] are not covered by most insurance carriers because the technology is considered experimental."

Posey wanted to use his engineering skills to remove the financial barrier. "I was bothered by the fact that these devices cost so much, yet have the potential to provide relief to people with severe stuttering," he said. "People like Taylor could wear it to get through a job interview, or other students at Mason could wear it long enough to ask a question and interact in class. I keep wondering: Why are devices for the disabled so expensive? How can I make them better and cheaper?"

POSEY RECRUITED A GROUP of fellow students and together they came up with a plan to create a device that could replicate the technology and cost significantly less than electronic earpieces currently on the

"I was bothered by the fact that these devices cost so much, yet have the potential to provide relief to people with severe stuttering."

—Jonathan Posey

market. The team also included seniors James Beatty and JS Ham; juniors Thomas Parnell and Steve Lim; and Jack Lechner, who graduated earlier this year.

The students chose to volunteer their time and did not receive class credit for the project. "I saw this as an opportunity to help others and gain more experience with electronic devices," said James Beatty.

The students asked Nathalia Peixoto, Ph.D., assistant professor of neuroscience to help guide the project. "My students and I want to increase the quality of life of people with disabilities," she said. "This project is of that kind: making technology so that it helps people. As a teacher, I also see a huge value in this project for the students to learn how to work in a team, how to interact with the user and how to modify their project so that it actually helps someone."

Will the Mason device be made available to the general public? "There are good chances of making this project available to anyone who would like to try it," said Peixoto. "The students have a software version that could

be fairly easily made available on our website."

Mullen is optimistic. "I hope with the George Mason project that they will make a device that would be cheaper for those who don't have much income," he said. "A device that can help you talk much more clearly ... can go a long way to help someone with a bad stutter."

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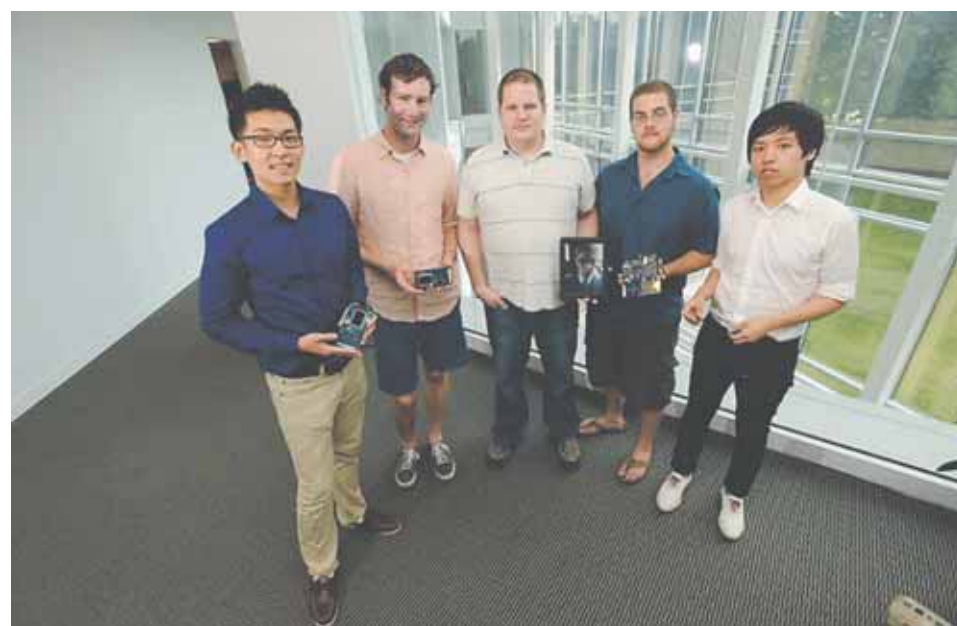


Photo Courtesy of George Mason

George Mason University electrical engineering students (from left) J.S. Ham, Jim Beatty, Jonathan Posey, Jack Lechner (pictured on the iPad), Thomas Parnell and Steve Lim chose volunteered their time to create a device to help those who stutter.

Wellbeing

Preparing for Cold and Flu Season

Health care advice for staying healthy.

By Marilyn Campbell
Centre View

While many of her friends and family members enjoy the cooler temperatures and vibrantly colored leaves that herald the arrival of autumn, Mary O'Brien braces herself. For her, fall and winter mean sniffles, sneezes and frequent trips to the doctor.

"I usually catch about four colds between October and April," said the North Potomac, Md., mother of two preschool children. "Between myself, my husband and our kids, it seems like someone always has a runny nose, fever or cough."

Local health care professionals say that while cold and flu season peaks in January and February, it can begin as early as October and extend through May. While there is no cure for the cold or flu, there are a few strategies that can increase one's chances of staying healthy.

Clean hands are the first line of defense against germs that cause illness. "I advise my patients to practice good hand washing habits, avoid touching their faces when possible, and cover their mouths when they sneeze or cough," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church and Molina Healthcare.

Rachel Lynch, manager for Prevention and Self Care at Inova Health System in Fairfax, adds, "Hand sanitizers are a great option if you're out and about or don't have access to soap, but you should always make sure you clean your hands before and after eating, when you've been around other people who might be sick, or when you've come in contact with animals."

Experts also stress the importance of safeguarding one's immune system: "Getting enough sleep, drink-

ing lots of water and getting exercise are also important in helping your immune system stay healthy and strong," said Lynch.

She went on to advise patients to avoid spreading germs to others: "If you're not feeling well, stay home. If we keep people who are sick at home, we're not spreading it to individuals who aren't sick. A lot of times, people think it's strong to push through and still go to school or work even if you're not feeling well."

WHEN IT COMES to staying off the flu, healthcare professionals say to vaccinate.

"The CDC (Centers for Disease Control and Prevention) reminds us that the single best way to prevent the flu is to get an influenza vaccine each season," said Diane M. White, a registered nurse with a master's of science in nursing and director of the Nurse Practitioner Marymount University Student Health Center in Arlington.

How does one know whether or not they should get a flu shot? "The CDC recommends that anyone over 6 months of age gets vaccinated, especially those at high risk for complications ... like [people with] asthma, diabetes and chronic lung disease, pregnant women, children between 6 and 23 months of age, anyone 65 or older and those who live with or care for those [at] high risk," said Glossa.

Glossa adds that because the antibodies take about two weeks to provide the full measure of protection, the CDC recommends that the public get vaccinated as soon as the new vaccine is offered.

Experts say that some people are afraid to get the vaccine because they believe it may cause the flu, but that notion is inaccurate: "Injected flu vaccines only contain dead virus so it can't infect you," said Glossa. "The nasal vaccine, known as FluMist, is the one type of live virus flu vaccine, but this virus is specially engineered to remove the parts of the virus that make people sick."

Glossa offers one caveat: "People with severe allergies, especially those with an allergy to eggs, or anyone who has had a severe reaction to flu vaccines in the past, should check with their doctors before getting a flu shot."

Beating Bad Breath

Dental experts offer solutions for chronic halitosis.

By Marilyn Campbell
Centre View

When Amanda Welch's boyfriend asked her to marry him last spring, she accepted his proposal on one condition: that he find a cure for his bad breath.

"I just couldn't live with the smell," said the Arlington resident. "It was horrible. I told him he had to do something."

Foul breath, also known as halitosis, can affect a person socially and professionally. "I have heard many stories about bad breath ruining people's lives: business executives losing their jobs, young people whose dating lives were ruined, and even a few engagements and one marriage that were broken off," said McLean resident and halitosis specialist Richard A. Miller, DDS. He is also the author of "Beating Bad Breath."

Halitosis can be triggered by everything from poor oral hygiene to smoking to diabetes to kidney failure. "Typically, bad breath originates in your gums and tongue. It is caused by waste from bacteria in the mouth, decayed food particles [or] other debris

in your mouth, and bad oral hygiene," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "The decay and debris produce a chemical compound that causes the unpleasant odor. Even stress, dieting, snoring, age and hormonal changes can have an effect on your breath. Dry mouth and tobacco also contribute to the problem."

Mouthwash, experts said, often only provides a temporary solution. Martin recommended cleaning one's tongue with a toothbrush or tongue scraper, increasing water intake and chomping on sugar-free gums that contain xylitol, a sugar substitute.

Bad breath treatment centers offer hope to those with super-sized malodorous dilemmas. During the initial session, which typically lasts about an hour and a half, patients get a diagnosis of the culprit behind the offensive fumes. "We have a halimeter that monitors the amount of sulfite in the breath that causes odor. This gives an idea of the severity of the problem," said Miller, who runs the Fresh Breath Clinic in Falls Church. "We check for bleeding under the gums and look for everything that can possibly contribute like stones in the back of the throat or anything going down the sinuses."

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From left: Elisa Newell; Will Eging, 8; Jonathan Newell, 7; Will Newell, a Stone Middle seventh-grader; and Lisa Schilling are at a table with some of the bags they filled.



Standing in the food-storage area afterward are (back row, from left) Lee Kaiser, Charlie Wolford, Doug LeDoux, Bishop Bob Walter and Kristy Wolford; (middle row, from left) Enid Smith, John Pulsifer and Lynn Mayer; and (front row, from left) sisters Hannah and Lucy Garfield, who attend Centreville Elementary.

Community Comes Through for School's Food Drive

Since so many students at Centreville Elementary are in need of meals over the weekend, last year the school created a backpack program. On Fridays, these children could go to Centreville's food-storage area and people would fill their backpacks with weekend snacks.

The program's continuing this year and the need is greater than ever. So the school partnered with the nearby Church of Jesus Christ of Latter-day Saints to solicit food donations and prepare weekly food bags for these children.

A call for help also went out to the community, and the residents came through. Saturday morning in Centreville's cafeteria, they gathered together to deliver and sort the non-perishables that had been requested – items such as cereal, juice boxes, instant macaroni-and-cheese pouches, granola bars and fruit snacks.

And by the time they were through, some 800 food bags had been filled and the school's food-storage area restocked. Organizing the efforts on Centreville's end were counselor Lee Kaiser and Assistant Principal Lynn Mayer. Coordinating the church's participation were Kristy Wolford — whose daughter attends kindergarten at Centreville — plus Enid Smith and Doug LeDoux, with Bishop Bob Walter overseeing.

"We really appreciate the community's help with this," said Smith. About 175 church members lent a hand on Saturday, including children. "If you start them young, they're more likely to volunteer later, and we want our kids to be of service," said Smith. "As Christians, we want to help the community; and because many of our members come to this school, we wanted to do something locally."

Centreville's administration was also grateful. "This is a tremendous effort," said Mayer. "Some of the participants need help, themselves, but they contributed food, too, so they could help others. This is what community is all about; I was incredibly touched."

— Bonnie Hobbs



Stone Middle School seventh-grader Stacia Bangerter made her own food pyramid out of Chef Boyardee microwavable meals.

Photos by Bonnie Hobbs/Centre View



Centreville Elementary sixth-grader Savannah Gregory arranged packages of fruit snacks into a smiling face. "I'm making it look fun," she said.



Centreville kindergartner Maya Wolford, 5, starts to pack extra juice boxes into a box for the storage area.



Packing food bags are (from left) Raquel Garfield; Sister Carter, a church missionary; Michelle Mallory, 11; and Tori Jones.

News Honored

From Page 3

been formed with that community's property management, the Fairfax County Housing Authority, the county zoning department and HUD housing.

"The results of Polowy's and Jantosciak's efforts have been very noticeable in reduced calls for service [in Chantilly Lane], and the number of street robberies has decreased," wrote Cleveland. "The officers have partnered with several other entities to continue investigations that will lead to numerous other arrests."

"I believe this shows what two highly motivated officers can do to have a positive impact within a problematic community," he continued. "The efforts of these two officers are worthy of Officer of the Quarter consideration. Their continued efforts within this community will yield very positive results. I commend them for their efforts and believe they are deserving of this award."



Also honored at the CAC meeting were (from left) PFC Brett Katinsky and Lt. John Trace. Katinsky is returning to Patrol after four years as the Sully District Station's crime prevention officer. Trace, who was the station's assistant commander, is moving to the Dispatch Center.

Roundups

From Page 3

Bring all items to WFCM's food pantry at 13981 Metrotech Drive (near Backyard Grill and Bar) in Chantilly. Volunteers are also needed:

Thrift store: Volunteers are needed Tuesdays, Thursdays, Fridays and Saturdays, from 10 a.m.-4 p.m., to receive donations. Contact Volunteer Manager Annette Bosley at 703-988-9656.

Food pantry: Regular volunteers are needed needed to pick up donated food from Costco on Thursday mornings and from Harris Teeter on Fridays between 9-10 a.m.

Bike Summit Is Slated

The inaugural Fairfax Bike Summit will be held Saturday, Oct. 27, from 9 a.m.-2 p.m., at George Mason University. The goal is to bring together current and future bicyclists, bicycle organizations, bike shops and transportation professionals to discuss how to make Fairfax County a better place to live by making bicycling a major component of the transportation system.

Nationally known speakers will include county resident Andy Clarke, president of

the League of American Bicyclists, Chris Eatough of BikeArlington and Stewart Schwartz of the Coalition for Smarter Growth. And on display will be the latest transportation bikes and gear from local bike shops.

Register for free at <http://ffxbikesummit.eventbrite.com>; attendance is limited to 200 people. Display space is free and available for bicycle businesses and organizations. The event will be held at The HUB at GMU in the front-middle ballroom, 10423 Rivanna River Way in Fairfax. Further information is available at www.fabb-bikes.org and bikesummit@fabb-bikes.org.

Sponsoring the summit are Fairfax Advocates for Better Bicycling (FABB), GMU and Fairfax County.

Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, VolunteerSolutions@fairfaxcounty.gov or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

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Holy Communion (Third Sunday) 10:00 AM
Wednesday Prayer Meeting/ Bible Study
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Sports



The Chantilly boys' cross country team finished fourth at the Great American Cross Country Festival during the weekend in Cary, N.C.



Chantilly senior Sean McGorty posted the nation's best high school 5K time during the weekend when at the Great American Cross Country Festival race in Cary, N.C.

Photos by Ed Lull

Chantilly's McGorty Records Nation's Top Prep 5K Time

Chantilly senior Sean McGorty posted the nation's fastest high school 5K time during the weekend when he placed first at the Great American Cross Country Festival last weekend in Cary, N.C., with a time of 14 minutes, 43.6 seconds.

McGorty's performance helped the Chantilly boys' team place fourth at the event, finishing behind three teams ranked in the milesplit.com national top eight. Chantilly entered the meet ranked No. 24 in the nation.

McGorty, who was ranked No. 8 na-

tionally at the time of the race, edged No. 3 Jacob Thomson of Holy Cross High School in Kentucky by less than a second.

After McGorty, Chantilly's Logan Miller finished 12th (15:23.6), Faris Sakallah was 26th (15:33.6), Peter Malander finished

65th (16:03) and Adam Huff was 97th (16:17.9).

In girls' action, Chantilly's Kendall Cowne finished 24th with a time of 18:24.6. Oakton's Allie Klimkiewicz finished sixth (17:51.1), leading the Cougars to a sixth-place team finish.

Westfield Field Hockey Mowing Down Northern Region

By Jon Roetman
Centre View

A lightning-quick goal from Katelyn Rennyson was all the Westfield field hockey team needed to win a fast-paced game at South County on Sept. 27 that ended quickly on account of lightning.

Westfield defeated South County, 1-0, in a weather-shortened contest between last season's state tournament representatives from the Northern Region. Rennyson fired a laser into the cage less than 5 minutes into the contest, which proved to be the difference. The teams completed the first half, which made the game official, but never made it back onto the field after coaches and players were forced into the school due to inclement weather at half-time.

The two teams met in last year's region final, with South County winning, 4-1. This season, Westfield beat the Stallions, 3-0, during a tournament on Aug. 25 prior the Sept. 27 victory.

"This was a highly-skilled game," Westfield Head Coach Starr Karl said. "The girls all know each other and I have a lot of respect for [South County Head Coach] Leah [Conte], so we were really looking forward to playing."

Conte echoed Karl's words.

"It's a bummer," Conte said, "because it was a very high-speed, well-skilled game and you love to play high school games at that level."

Rennyson's well-struck goal made her the fourth Bulldog to reach 10 goals this season.

"I wouldn't get in her way," Karl said. "She's got a wicked hit."

Westfield's Emily McNamara had 15 goals through 13 games. Meghan Winesett had 12 goals and Katie Winesett had 10.

"It makes it a lot more balanced," Karl said of having four double-digit goal-scorers, "so [the defense] can't go after one person."

On Oct. 2, Westfield defeated Centreville, 8-0, improving its record to 12-2. The Bulldogs are 11-0 against Northern Region foes, outscoring those opponents 52-2.

Photo by Craig Sterbutzel / Centre View



Westfield's Katelyn Rennyson scored the lone goal in the Bulldogs' 1-0, weather-shortened victory against South County on Sept. 27.

Last season, Westfield finished 20-4 and reached the state semifinals.

"We have everybody back but two from last year," Karl said, "so expecta-

tions are high. They set high goals for themselves."

The Bulldogs will travel to face Chantilly at 7:30 p.m. on Thursday, Oct. 4.

Play 4 the Cure

The Centreville varsity and JV field hockey programs will host Robinson on Tuesday, Oct. 9 to Play 4 the Cure. Admission is free and all proceeds will be donated to breast cancer research.

The JV game is scheduled for 6:15 p.m. with the varsity game to follow.

Remembering Grace

Fairfax family honors sister's fighting spirit by forming "Team Grace."

By Victoria Ross
Centre View

Call it charm or charisma, some people just naturally light up a room when they walk into it. Grace Ann LeGros of Centreville was one of those people.

"When Grace walked into a room everyone knew she arrived and smiles swept over their face," said her brother, Tom Bresnahan. "She was the most vocal of the children and always cracked jokes whether it was appropriate or not. Out of the six kids she always got 'the look' from Mom and the frown from Dad to keep it down. But how do you stop a room full of people from laughing?"

On Jan. 12, 2012, Grace LeGros, 54, died after an 18-month battle with brain cancer. Her close-knit family was devastated.

On Sept. 8, her family formed "Team Grace," in her memory, and competed in the Tough Mudder race in Fredrick, Md. Tough Mudder, known as the "toughest endurance race on the planet," supports the Wounded Warrior Project.

"We wanted to find a way to honor Grace's fighting spirit. She demonstrated the same characteristics a Tough Mudder pledges. She never complained, she always helped others, she overcame all of her fears, and put team — or family — first," said Richard Thomas, her brother.

UNLIKE OTHER traditional endurance events, Tough Mudder consists of 10-12 mile trail run over rugged terrain, featuring steep inclines, water hazards and 18-25 military-style obstacles testing one's toughness, fitness, strength, stamina, mental grit, teamwork and camaraderie.

"Grace was one Tough Mudder tackling her brain cancer. We know Grace was looking down on us as we competed in this crazy event, keeping her spirit alive," said sister Kim Thomas Krongaard.



Grace LeGros

Born in Bethesda on Feb. 6, 1958, LeGros was the oldest child of John and Mary Bresnahan's six children and grew up in Fairfax County. She married Scott LeGros in 1987, and had a daughter, Marygrace, 23, whose college graduation she was able to attend while battling her cancer.

The oldest of six children, Grace LeGros was "always in charge and always there" for her mom and dad, her husband Scott, her daughter Marygrace, her brothers and sisters — Betsy, Richard, John, Kim, Tom — and extended family and friends.

LeGros graduated from Robinson Secondary School in 1976, and pursued an art degree at Northern Virginia Community College. She also worked as a Fairfax County Animal Warden for 10 years after graduating from the Fairfax County Police Academy. She had a passion for animals, especially horses.

LeGros loved to ride horses in the Virginia countryside, and dreamed of one day owning her own horse farm, her family said. But more than anything, she loved spending time with family and friends at the

beach.

"If we were to really have a Grace moment it would have to be Christmas mornings and Thanksgiving dinners, those were her moments she shared with the family which meant the world to her and to us," said Tom Bresnahan, her brother.

IN THE SUMMER OF 2011, Grace went in the hospital for routine gall-bladder surgery. After the surgery, she had difficulty waking up from the anesthesia. That was the first time her family knew something was wrong. A brain scan showed she had an aggressive brain tumor.

"We all felt such an overwhelming sense of helplessness," said Mary Bresnahan, Grace's mother. "But she was a fighter. She never complained."

Instead, Grace inspired her family and friends with courage, determination and compassion throughout her battle with cancer.

Krongaard said the family chose the slogan — "Cancer Cannot Conquer The Spirit" — for the "Team Grace" T-shirts because it embodied Grace's

strength and determination as she fought cancer. Cancer could take her physically, but it could not crush her spirit, her family said.

"She was a trooper and 'Team Grace' will continue to train for future races with that motto in mind. It's our way of keeping Grace's spirit alive," Tom Bresnahan said. "It comes back to family and friends. It was her love for us that carried us all through this difficult time."

Throughout her trial with cancer, LeGros' family said she taught them many lessons.

"It takes tremendous courage for cancer patients in not only dealing with the realization of your diagnosis, but, in Grace's case, the acceptance that there is no cure but there is always hope," Mary Bresnahan said. "She taught us to embrace each day and know that there is so much kindness out in the world that will open up to you in your struggle with cancer or other serious illnesses. Do not be afraid to accept it."

Grace's LeGros family did just that.

For more information about Tough Mudder races, go to www.toughmudder.org.



"Team Grace" T-shirt



"Team Grace" at the Tough Mudder event in honor of Grace Thomas LeGros, their sister who died from brain cancer in January. From left, Kris Floyd Thomas, Rich Thomas, Tom Bresnahan and Kim Thomas Krongaard.

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By KENNETH B. LOURIE



These are the exact words, ergo the quotation marks, e-mailed to me by my oncologist describing/assessing my most recent CT Scan. Words which no doubt will be clarified-and-questioned by yours truly at our next face-to-face appointment (in two weeks approximately). Subject to interpretation, misinterpretation, one's level of denial, that same one's level of acceptance; these are words that for now, I must live with, and considering the operative word "live," I am happy – and amazingly fortunate, to do so.

Given the availability of e-mail, results regarding lab work, diagnostic scans and miscellaneous other tests are now just a mouse click away. No more sitting anxiously in the doctor's office waiting for his arrival, eager to observe his facial expressions, body language, tone and inflection, desperate for a hint, until he shares the latest news about your health; now we know, sort of. Although there is a wide margin for conversational disconnect and misunderstanding when doctors provide such information electronically (and not personally, and with no real-time feedback loop), knowing something quickly (same day service for this most recent result), has its place. Not perfect, by any means. But they are a means to an end – of worrying and wondering when you are going to receive a phone call/hear back from your oncologist.

Nevertheless, it is impossible – for me, not to get existential when you receive these e-mails and wonder, what does it all mean? Of course, you know what you want it to mean. But as much as I'd like to think I can be objective about such communications, given the seriousness of the underlying diagnosis (NSCLC, stage IV), I suppose if I were being totally honest, I would have to say that's probably being unrealistic. Moreover, even though I've been through this emotional ringer for three and a half years now, and much of what occurs is familiar, presuming that wishful thinking, naïveté and plain old hope don't subconsciously take over and lead the patient/survivor down the garden path is probably also a bit unrealistic. Still, what's a terminal patient to do? As Tug McGraw of the "Amazin'" '69 Mets made famous: "You Gotta Believe." So I do.

It's not that I'm totally out of touch with the severity of my diagnosis and the statistical probabilities of living beyond a certain number of years, it's more that I choose to ignore them and try extremely hard not to dwell on them. (Much easier written than actually done.) As my brother Richard encouraged me at the very beginning: "There are exceptions to every rule. You'll be the exception that disproves the rule." And so, he has been proven correct as I have survived beyond my oncologist's original prognosis, grim as it was ("13 months to two years"). It's not to say I didn't believe what the oncologist said to me when I first heard it, (life expectancy/prognosis), but it was sure hard to process it since I was asymptomatic and felt completely fine. Still, I took the news very seriously, as you can imagine. To say the next few days at home were not incredibly difficult would be a lie.

Within a few weeks or so, I had made a variety of changes in my life and tried to assimilate my diagnosis/prognosis into my present so that maybe I'd have a future. For a long time I became a proponent of George Allen's football philosophy: "The future is now!" Given how I feel now, three-plus years later, and considering the results of this most recent scan, the future may simply be what it is: not now, but later. At least, that's the way I see it, subjectively speaking. (Now whether "subjectively speaking" is just a euphemism for "unrealistic" is likely a topic for a "future" column.)

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

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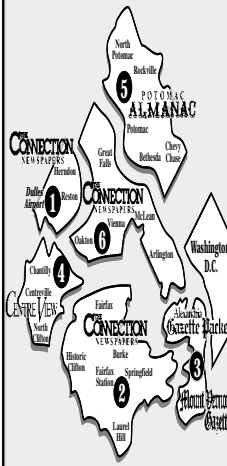
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Commentary

Homelessness

From Page 6

less population often cycles between life on the street, hospital emergency rooms, mental health facilities, and jail – all of which costs communities money. A 2010 analysis of Virginia's "A Place to Start" initiative showed that the program had dramatically reduced this hopeless and costly cycle, saving the local community \$320,000. Other communities around the country have experienced similar savings.

PSH represents a policy breakthrough in fighting homelessness. The challenge now is resources. VCEH estimates that an additional 7,000 PSH units are needed to end homelessness in the Commonwealth. That's where we as the northern Virginia community come in.

Become a member of VCEH – the "C," after all, stands for "coalition." Created in 1984, VCEH is a coalition of individuals, service providers, businesses, and churches, and the only statewide organization dedicated to ending homelessness. VCEH builds relationships among local providers, expands their capabilities through education and training, serves as a repository of best practices, and advocates on behalf of the homeless with state policymakers in Richmond.

In permanent supportive housing we have the tool we need to end the destructive power of homelessness. At long last, homelessness need not be an ever-present scourge within our communities – and the homeless need not be regarded as helpless. PSH programs work, and they save money. Most importantly, they save lives.

Join VCEH and become a partner in that worthy effort. Visit www.vceh.org today.

John R. Dearie is a resident of Great Falls and a member of the board of the Virginia Coalition to End Homelessness (VCEH).

Write

The Centre View welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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