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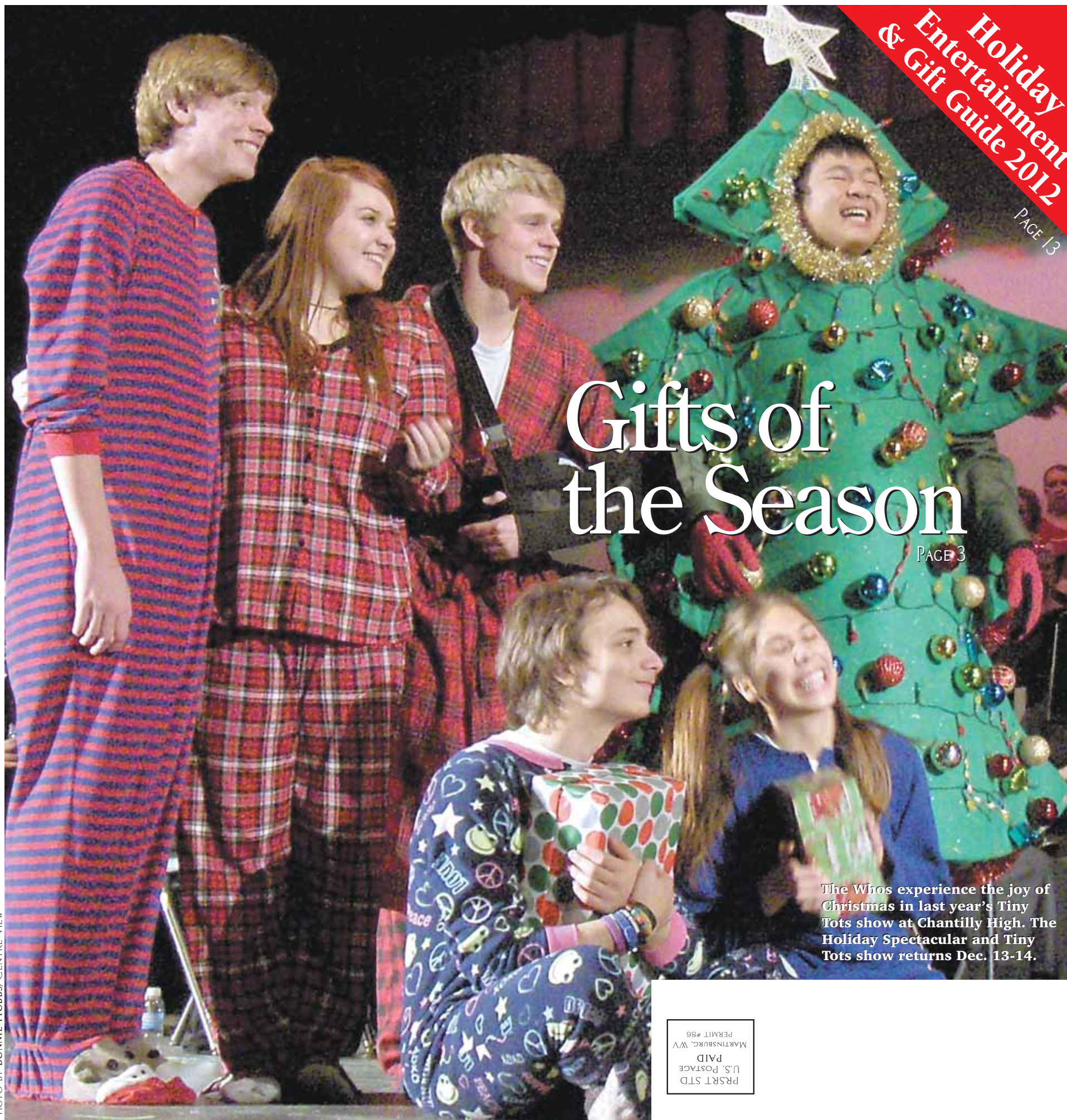
CENTRE VIEW

SOUTHERN EDITION

WELLBEING
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DECEMBER 6-12, 2012

25 CENTS NEWSSTAND PRICE



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The Whos experience the joy of Christmas in last year's Tiny Tots show at Chantilly High. The Holiday Spectacular and Tiny Tots show returns Dec. 13-14.

PHOTO BY BONNIE HOBBS/CENTRE VIEW

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'The Sun Will Come Out Tomorrow'

Stone Middle presents iconic musical, "Annie."

BY BONNIE HOBBS
CENTRE VIEW

Annie, Daddy Warbucks, even Sandy the dog — they'll all be on stage when Stone Middle School presents the much-loved musical, "Annie Jr."

Show times are Thursday, Dec. 13, at 3 p.m.; Friday, Dec. 14, at 7:30 p.m.; and Saturday, Dec. 15, at 3 p.m. Tickets are \$7 at the door, except for the Dec. 13 show, which is pre-sale only during school lunches, Dec. 10-12.

The cast and crew of 35 have been rehearsing since September, and Director Lois Stanzioni is pleased with their progress. "They're extremely talented kids and I'm proud of them," she said. "They're really stepping up and 'becoming' their characters."

It's 1930s New York City, FDR is the president and the U.S. is in financial difficulties. Annie's an orphan in Miss Hannigan's orphanage; but after she meets the wealthy Warbucks, her life changes forever. The action takes place in the rundown orphanage, Warbucks' lavish mansion and on the streets of New York.

There'll be a live pianist and drummer, and Drew Tobin, as FDR, will be in an authentic, 1930s wheelchair. Stanzioni did the



Rehearsing "Annie" are (back row, from left) are Sean Luffy and Molly Van Trees; and (front row, from left) are Isabelle Bingham-Wright, Jacob Dietz, Aubrey Cervarich and Maggie Deely.

choreography, starting work in July. She said the audience will love Annie's "relentless optimism. It may strike adults as unreason-

able because it's based on nothing. Her life is cold, dark and depressing — and yet, she clings to hope."

In the title role, eighth-grader Aubrey Cervarich described Annie as "spunky and close to my own personality — loud, bubbly and outspoken. But inside, she just wants to be loved and nurtured because she's always been the one to do that to others."

She and classmate Maggie Deely, playing Hannigan, planned on acting these roles together since fifth grade, so "it's a big dream for both of us. Broadway and dancing are huge to me, and 'Annie' was the show that opened my eyes to that."

Besides having singing talent, Aubrey's been an Encore dancer for four years now, so she's a triple threat in Stone's show. "There'll be a little tap, some modern hip-hop and a lot of jazz numbers," she said. "It's amazing playing the leading role, and I'm also the dance captain, so I teach the dances to the others, which is really cool."

Her favorite song is "Tomorrow" because a live dog will be onstage while she sings it. "I like the sincerity of Annie, who's never had anything, and the dog, all by itself," she said. "They come together, ready to love and take care of each other." Aubrey said the audience will like the dog, plus all the characters' personalities. And, she added, "We've been working really hard on the show."

SEE 'ANNIE,' PAGE 6

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ROUNDUPS

Two Hospital ATMs Skimmed

Fairfax County police responded last week to two reports of skimmer devices attached to ATMs at local hospitals. One was discovered Tuesday, Nov. 27, on the ATM near the lobby gift shop at Inova Fairfax Hospital. A hospital employee noticed that the input slot for the card was loose and wobbly; when she inserted her bank card, the device fell off.

She immediately reported it to security, who contacted police. Detectives believe the device may have been on the machine for weeks and urge anyone who used it to monitor their financial statements closely.

A second device was discovered last Wednesday, Nov. 28, on a machine in the Inova Fair Oaks Hospital lobby adjacent to the cafeteria. A hospital security guard discovered the device after being notified of the prior incident. Neither of these bank machines are either owned or monitored by Inova staff. They're on hospital property, but banking institutions are responsible for their maintenance and management.

Detectives urge people who may have used either of these machines in recent weeks to check their bank statements closely. If they detect inconsistencies in their transactions, they should contact their bank and the police.

Chantilly High Craft Fair

Chantilly High is holding its annual Holiday Craft Fair this Saturday, Dec. 8, from 9 a.m.-3 p.m. The school is at 4201 Stringfellow Road and admission is free. There's also free face-painting for children from 11 a.m.-2 p.m., and shoppers will receive a free raffle ticket with each purchase they make.

There'll be Christmas crafts and ornaments, handcrafted jewelry, gourmet kitchen items, fashion bags and accessories, scarves, skin-care items and cosmetics, sweaters, blankets, pet items, home décor, children's books, team-branded items, photography, fragrances, candles and stocking stuffers.

This event is sponsored by the Chantilly Athletic Boosters and provides funding to student-athletes participating in 19 sports on 42 teams. Customer participation supports their efforts.

Encore's Christmas Show

Featuring dancers from Centreville and Chantilly schools, Encore Theatrical Arts Project's newest musical production, "All I Want for Christmas," is for audiences of all ages.

Show times are Dec. 8 and 15 at 1, 4 and 8 p.m.; Dec. 9 and 16 at 1 and 4 p.m.; and Dec. 14 at 8 p.m. at NOVA's Annandale campus at 8333 Little River Turnpike. Tickets range from \$17-\$30 at www.encore-tap.org/. Or call 703-222-5511.

Police Collect Children's Gifts

As the holiday season begins, Sully District Police Station personnel are collecting new, unwrapped gift donations for children in Inova Fairfax Hospital and for children in the community who might not otherwise have a cheerful holiday season. Donations of new toys, books and games will be accepted at the station until Monday, Dec. 10, at 9 p.m.

The motorcycle officers' "Santa's Ride" toy collection will be Dec. 11. Gifts will then be distributed Dec. 12 at Inova Fairfax Hospital and Dec. 13 at Georgetown Hospital.

"We need the community's help," said PFC Tara Fruecht. "We would greatly appreciate any donations people are able to give." For more information, contact her at SulCPO@fairfaxcounty.gov or 703-814-7018.

CAC: Holiday Safety Tips

Holiday Safety Tips is the topic of the next Sully District Station Citizens Advisory Committee meeting. It's set for Wednesday, Dec. 12, at 7:30 p.m. Police officers will discuss safety in the home and while out shopping. Refreshments will be served and attendees are invited to bring their favorite desserts.

SEE ROUNDUPS, PAGE 7

NEWS



The Chantilly Chamber Chorale performing at the fall concert.

Joyful Noise at Chantilly High

School presents Holiday Spectacular and Tiny Tots show.

BY BONNIE HOBBS
CENTRE VIEW

A musical feast for the ears and eyes, Chantilly High's Holiday Spectacular will take the stage Thursday-Friday, Dec. 13-14, at 7 p.m. in the school theater. Living up to its name, this annual event features more than 300 choral, band, orchestra and theater students joining together to entertain the community.

A day earlier, Wednesday, Dec. 12, the school will offer its Tiny Tots show at 9:15, 10:15 and 11:30 a.m. and 12:45 p.m. It's a shorter version of the Holiday Spectacular and is geared specifically for children.

Tickets are \$10 for the Holiday Spectacular and \$5 for the Tiny Tots show at www.ChantillyChoral.org; group rates are available. And this year they're helmed by Chantilly High's new choral direc-

tors, Juliana Woodill and Evan Ayars, replacing Glenn Cockrell who retired.

Comprising the choir are 22 students in the Chamber Chorale, plus about 38 students in the newly named Chantilly ShowStoppers (formerly the Touch of Class). And Woodill and Ayars say their talented students are really something special.

"They'll perform all the songs together as one massive choir," said Woodill. "It's going to be a wonderful night of music."

"It's a staple in the community and we're happily continuing that tradition," added Ayars. "We're excited to be a part of it."

In the Holiday Spectacular, the orchestra will perform "It's the Most Wonderful time of the Year" and "Christmas Eve/Sarajevo 12/24." It will also play "Russian Christmas Music" with the band and choir.

Songs performed by the band and/or choir will be "The Little Mermaid," "Masters in this Hall," "The Grinch," Christmas on Broadway," "Twas the Night," "Mary Poppins" and "Hanukkah Song."

Just the band will play "13 Days," "Sleigh Ride" and "A Christmas Festival." Theater students will also perform onstage while the musicians perform. Said

SEE JOYFUL NOISE, PAGE 7



Chantilly High's ShowStoppers perform at the fall concert.

Paying It Forward

Leukemia survivor raises money for hospital that helped him.

BY BONNIE HOBBS
CENTRE VIEW

When Centreville's Daniel Shank-Rowe was 9, he was diagnosed with leukemia. But he was successfully treated at Georgetown University Hospital in Washington, D.C., and is now in remission.

Instead of going on with his busy teenage life — without as much as a glance back at the doctor and hospital that helped him — the Westfield High freshman does fundraising for their annual Georgetown Jingle.

The event raises money for the pediatric oncology programs directed by Dr. Aziza Shad at Georgetown's Lombardi Comprehensive Cancer Center. Shad was Daniel's doctor and, since 2006, the Jingle has raised more than \$1.5 million for the hospital's pediatric oncology programs.

This year's event is Dec. 16 and Daniel's selling raffle tickets for a chance to win a Toyota Prius c. And he's hoping people in the local community will buy some from him. Tickets are \$50 and the winner doesn't have to be present to win. Just make checks payable to "Georgetown Jingle" and mail to 5308 Cat Tail Court, Centreville, VA 20120, and the tickets will be mailed back.

So why does he do it? Because Shad and the hospital saved his life.

"When I was 9 years old, my arm was hurting so bad that I woke my mom and dad to take me to the ER," said Daniel. "I was told by a doctor at 3 in the morning that I had leukemia, or blood cancer."

"The only word that I really heard out of that sentence was 'cancer' and, as a 9-year-old, all I knew about cancer is that it kills a lot of people," he continued. "So my first thought was, 'I'm going to die?' Before I knew it, I was lying in a hospital bed being pricked and prodded by various nurses and asked lots of questions by doctors."

Over time, however, Daniel got to know



From left are Dr. Aziza Shad and Daniel Shank-Rowe at a hospital fundraiser in August.

all the staff there and learned that his cancer was treatable. Indeed, after enduring 26 months of shots, medical procedures, and check-ups, he was officially declared to be in remission.

In addition, he'd made some wonderful friends at the hospital. During his time there, he said, the nurses were in good moods and would always brighten his spirits.

"The doctors wouldn't just ask if I was feeling any pain," said Daniel. "They also would ask, 'How are your friends?' or 'How's life?' They actually wanted to get to know me. Instead of just making sure that I was medically OK, they made it their priority to find out if I was emotionally OK — and that's what makes Georgetown so special. Dr. Shad teaches everyone at the clinic how

to make kids not feel scared and at least enjoy the time they have to stay there while they get treatment."

When Daniel wasn't in the hospital getting chemotherapy, he'd spend every Wednesday in the clinic all day. He actually looked forward to going because he had a good time with the art therapists there or playing video games.

"At Georgetown, I could see that their mission is to heal the entire person and their family, not just the part they're paid to heal," he explained. "I'm a cancer survivor, and I'm now asking people to give whatever they can to the Georgetown Jingle so Dr. Shad and her team can keep doing the amazing job they do — and to help kids who are still going through what I've already done."

"Any amount given will help Dr. Shad

understand and treat the late effects of cancer so other survivors like me can really live their lives," continued Daniel, now 15. Contributions will also benefit the pediatric bone-marrow transplant program and the pediatric palliative-care program.

"I hope a lot of people will donate," he added. "It's one of the best ways to spend their money. I promise."

Daniel finished treatment in 2009 and, according to his mother, Donna Shank of Sully Station, he's doing great. "We'll forever be indebted to Georgetown and Dr. Shad," she said. "January will be four years in remission."

Shank said her son has sold 32 raffle tickets so far, but hopes to sell 100. "Only 2,000 total will be sold, so people's chances of winning the Prius are pretty good," she said. "And at the same time, it helps the children Georgetown takes care of."

Now, Daniel has a full and busy life. He plays percussion in Westfield's marching band and is looking forward to performing with the band in the Tournament of Roses Parade on New Year's Day in Pasadena, Calif. Out of hundreds of bands nationwide that applied, Westfield was one of only 10 bands chosen.

"And he just started winter conditioning for crew," added his mom. "It's the first time he's gone out for crew, which is a big milestone for him physically."

But at the moment, he's focusing on selling the raffle tickets. Basically, said Shank, "Daniel does it because he realizes what great care he had at Georgetown. He also misses the friends he had there who've passed and wants to keep their memory alive and help the hospital provide care for every kid who needs it."

Reflecting back to that terrible moment when Daniel was diagnosed, she said, "You never think it's going to happen to you. But it gave me a great perspective and appreciation of life and how precious it is, and that you shouldn't take anything for granted."

Church Hosts Community Feast

Mount Olive Baptist Church in Centreville is kicking off this season of giving with a festive, family-style dinner for its neighbors in the community. It's set for this Saturday, Dec. 8, from noon-4 p.m., in the church banquet hall at 6600 Old Centreville Road.

"The event we're calling a community feast is another way for our congregation to live out its commitment to service and giving by feeding and fellowshiping with our neighbors and friends," said the Rev. Eugene Johnson, Mount Olive's pastor. "We know some of them, but then there are others who we need to get to know in the surrounding area. This free event is a great way to do just that."

He said people who come to the feast as the church's guests can look forward to a time of "wonderful fellowship, as well as great music and food." While the event is

open to all, outreach will include neighbors in need.

The first community feast was held a year ago — just months after the congregation moved into its new church facility. On Saturday, Mount Olive members will be on hand to serve, greet, entertain and dine with their guests.

To make the experience a rich and welcoming one for all, the church plans to have Spanish-language translation for guests who need it and will offer free transportation to those who want to attend, but have no way of getting to the feast. In addition, the banquet hall and church are handicap and wheelchair accessible.

Mount Olive is also partnering with its neighbors to make this event a success. Merchants, individuals and organizations that would like to donate turkeys for the menu may call 703-830-8769.



Book Fair

Union Mill Elementary held its annual Fall Book Fair earlier last month. Students were surprised by a visit from the Cat in the Hat while they browsed for books.

Helping Families In Need

Our Neighbor's Child collecting toys, clothing.

BY BONNIE HOBBS
CENTRE VIEW

With only a week left until packaging day, the volunteers of Our Neighbor's Child are working to make sure local children's Christmas wishes come true.

The nonprofit ONC is responsible for providing new toys and clothing for 680 families — including 2,300 children — in Chantilly, Clifton, Fair Oaks and Fair Lakes. But it can only do it with the community's help.

And although children love receiving toys and games as presents, their parents also struggle with the reality of keeping them warmly clothed during the coming winter. So now, in its 21st year, ONC finds itself inundated with clothing requests.

"Our clothing request list is more than twice what it was last year," said ONC Clothing Coordinator Stephanie Somers. "More children are receiving free and reduced-price lunches at school, so that means more families here are in need. That's what motivates me each day to try to fill all these requests — but we need more people willing to help buy clothes for these children."

Many of the clothing requests are listed on ornaments on the giving trees in various local churches, schools and businesses. People may also contact Somers at volunteer@ourneighborschild.org to fulfill children's clothing needs.

This year, because the need for clothes is so acute, Somers said parents aren't requesting particular styles or colors of clothing for



Alina Urdu of Chantilly's Winding Brook community selects an ornament from ONC's giving tree inside the Chantilly Walmart.

their children. They just need clothing — period.

"I think that, because of the economy, people need anything and everything," she said. "At this point, what I'm hoping for is to give a whole outfit to each child. That includes basic school clothes — shirts, pants, sweaters, underwear, etc. — as well as coats, jackets, scarves and mittens."

Actually, said Somers, "The clothing need is so huge that it's been very eye-opening. Parents just want something clean, new and good for their children to wear. And it may be one of the few times all year that they get something new."

Being ONC's clothing coordinator, she said, is "so rewarding and wonderful, but the demand for help is so overwhelming. But when people e-mail me and say they'll take care of some children's clothing needs, I'm just so happy."

Also important, said ONC Executive Director Kelly Lavin, is support for Stone Middle School's Panther Pick-Up/Drop-Off.



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Creative Dance Center of Chantilly's competition team collects toys for ONC last Saturday outside the Walmart at the Dulles Expo Center. (From left) are Cristina Sturniolo, Tara Mattimiro, Heather Cameron, Erin Mattimiro, Rowan Thomas, Raphael Schreiber and Carolyn Cameron.

The event is this Saturday, Dec. 8, from 9 a.m.-1 p.m. Area residents may bring new clothes and toys to the school, and it will all be donated to ONC.

Stone students will be posted in front of the school for drive-by drop off of new clothing, toys, books and/or games, and Westfield High students will be on hand to make pick-ups. To arrange for a pick up, e-mail the address to PantherPickup@ourneighborschild.org.

Those unable to make it to Stone on Saturday may also go to the ONC Web site at www.ourneighborschild.org and click on the "donate now" link. Monetary contributions made there will also help purchase the needed clothing.

"Our Neighbor's Child is not subsidized and there's no funding," said Lavin. "It's the goodness of the community's heart — and everyone pulling together — that makes it happen."

Each family in need has a story and many of them are heartbreaking. And ONC data

How To Help ONC

❖ Visit the web page at www.ourneighborschild.org for up-to-date information, current volunteer opportunities and a link for donations.

❖ To "adopt" a child and purchase his or her specific clothing needs, e-mail Stephanie Somers at volunteer@ourneighborschild.org.

❖ Groups or businesses still have time to host a giving tree; the link to sign up is on the Web site. ONC will provide ornaments listing a child's specific gift wish, or organizations may host a general, gift or gift-card collection.

Gifts for young teens are particularly needed. Especially popular with teens are iTunes gift cards or Target or Walmart gift cards for clothing that allow them the opportunity to select just the right fit and style.

❖ A box of homemade cookies accompanies every ONC gift delivery. More than

SEE OUR NEIGHBOR'S. PAGE 8

SEE HOW TO HELP. PAGE 8

Our Neighbor's Child Toy Drives Yield Many Gifts

BY BONNIE HOBBS
CENTRE VIEW

Our Neighbor's Child (ONC) held toy drives last Saturday, Dec. 1, outside two local Walmarts and both were big successes.

Holly Cameron organized the one staffed by Creative Dance Center's (CDC) competitive dance team at the Dulles Expo Center store, and Phyllis White organized the one at the Fair Lakes store manned by members of Phase Cheer & Dance. And both volunteers were delighted with the results.

"I'm thrilled with the new location, the participation we've seen and the outpour-

ing of generosity right here in Chantilly," said Cameron. "For example, one gentleman went right by us outside and we didn't think he was going to donate anything. But he came out with a whole shopping cart full of toys, which he donated. He even gave us a cheese platter to snack on while we worked."

Some 25 CDC dancers and about 10 parents worked in three shifts outside the Dulles Expo Walmart and were glad to do it. With so much need in the community, said Cameron, "The dancers may see a coat they donated being worn by a child sitting next to them in class."

She also praised store manager Regina

Drinkard for being so nice to the ONC volunteers. "She's just been so wonderful to us," said Cameron. "She made sure we had everything we need and was very accommodating to our dancers."

In turn, Drinkard was in awe of the community's response to the toy drive. "The outpouring was unbelievable," she said. "And the children aren't asking for electronics — they're asking for coats, shoes, baby dolls and books."

Meanwhile, at the Fair Lakes site, White and Phase coach Joy Hansen worked from 9 a.m.-3 p.m., along with 16 Phase cheerleaders and some members of Westfield High's National Honor Society. "It went very

well," said White. "We set up a tree outside the store and people took ornaments from it and bought the specific gifts requested on the ornaments."

"We got a tremendous amount of gifts," continued White. "People were so generous. And when they came out of the store and gave the girls the toys to put into the donation box, the girls were so excited."

She said it was wonderful to see the community's generosity to those less fortunate. "We even got \$185 in monetary donations," said White. "It was very heartwarming, all around. One couple pulled up

SEE ONC TOY DRIVE. PAGE 8

OPINION

Holiday Revels With a Safety Net

A serious backup, but seriously, make a plan ahead of time.

There is a little life in the economy this year, and that is quite likely to allow some to be the life of the party.

You know the drill, the five-to-seven or six-to-eight drop-in happy hour, you've been invited to five of them, and you could attend an infinite number of these between now and the second day of 2013. And there are many other varieties of holiday festivities, many involving more than a drink or two.

So make a plan. Plan for a designated driver. Plan to celebrate at home. Plan to spend the night. Plan to take public transportation. Plan to call a friend for a ride home. But if the best laid plans go awry, Washington Regional Alcohol program has a safety net for you.

The annual Holiday SoberRide program will operate 10 p.m. to 6 a.m. Friday, Dec. 14, 2012 until Tuesday, Jan. 1, 2013 as a way to keep impaired drivers off the road during this traditionally high-risk holiday period.

Residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI for a no-cost (up to \$ 30 fare) safe ride home. Last holiday season, more than 2,000 people used the service.

Local taxicab companies will be providing this no-cost service to local residents age 21 and older who otherwise may have attempted to drive home after drinking.

More information at www.soberride.com.

Parents can encourage their young adult children who are over 21 to carry the number with them if they are celebrating. It's probably more important to talk to their underage revelers about moderation and contingency plans to avoid drinking and driving, or risking getting into a car with an underage driver who might have been drinking.

Correction

Last week's editorial included information about upcoming community meetings on the search for a new superintendent of Fairfax County Public Schools. Thank you to School Board member Cathy Smith for noticing that we omitted one meeting, Dec. 5 at Chantilly High School. Here are the meeting dates and places repeated, including Chantilly:

Dec. 4—7 p.m., cafeteria, Langley High School, 6520 Georgetown Pike, McLean, VA 22101.

Dec. 5—7 p.m., cafeteria, Robinson Secondary School, 5035 Sideburn Road, Fairfax, VA 22032.

Dec. 5—7 p.m., cafeteria, Chantilly High School, 4201 Stringfellow Road, Chantilly, VA 20151.

Dec. 6—10 a.m., Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church, VA 22042 Room 1600.

Dec. 6—7 p.m., cafeteria, Annandale High School, 4700 Medford Drive, Annandale, VA 22003.

Dec. 6—7 p.m., cafeteria, Groveton Elementary School, 6900 Harrison Lane, Alexandria, VA 22306.

Dec. 7—1 p.m., Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church, VA 22042 Room 1600.

Stone Middle Presents Iconic Musical, 'Annie'

FROM PAGE 2

Portraying Warbucks is eighth-grader Jacob Dietz. "He's a rich businessman who doesn't know anything except how to run businesses," said Jacob. "When he gets an orphan to spend Christmas at his home, it's to boost his image. But eventually, he falls in love with Annie and wants to adopt her. He's awkward at first, but livens up. He changes character as the play goes along, and it's fun to act that out on stage."

Jacob solos on the number, "You Won't be an Orphan for Long," and likes how "the song doesn't seem to make sense, but really does." And he believes the audience will say, "The whole play was awesome."

As Hannigan, running the orphanage, Maggie Deely plays someone "angry, moody and annoyed easily," she said. "She's also an alcoholic and hates little girls. She's supposedly looking for love, but rejects people who flirt with her."

Maggie loves this part because "I get to be loud, which I enjoy. It's my first big role — and my dream role — because playing a villain, you get to really show your acting abilities." She likes her solo, "Little Girls," because "it's funny and I get to show lots of expression and really belt it out."

She said the audience will enjoy the show's acting and singing. "We have some serious talent," said Maggie. "They'll also like the 'NYC' number because it makes you think of the city's



Aubrey Cervarich and Jacob Dietz as Annie and Daddy Warbucks.

hustle and bustle, but it's pretty, as is New York City with all the lights."

Eighth-grader Sean Luffy plays Hannigan's brother, Rooster. "He's a ladies man, he's classy, has tricks up his sleeve and is a swindler and a crook," said Sean. "He doesn't have much money, but likes it a lot." Sean's enjoying por-

traying someone so different from himself. "It was a challenge at first," he said. "But then I got to know him better and it worked."

He likes the "Easy Street" number, which Rooster sings with his girlfriend, Lily St. Regis, and Hannigan. "It's got a wide range of notes and exposes what they really plan to do about Annie," said Sean. "I think the audience will like the villains and the colorful costumes."

Playing Lily is seventh-grader Molly Van Trees. "She's Rooster and Hannigan's accomplice, trying to get reward money as 'Annie's parent,'" said Molly. "She's ditzy, dumb, blonde, kind of an airhead, materialistic and likes money. I get to have a high, nasally voice and funny expressions, and I definitely have the best costume — a purple-and-white, flapper dress with a purple sequined jacket."

Most of all, she said, "The audience will love Aubrey's performance; she's going to steal the show. They'll be talking about her for awhile."

Classmate Isabelle Bingham-Wright plays Grace Farrell, Warbucks's secretary. "She's prim, proper and educated and never loses her cool," said Isabelle. "She's also graceful and elegant. I love acting so ladylike and I love my costumes — a pencil skirt, blousy shirt and pretty dress."

Isabelle says the audience will like the show's energy. Agreeing with Molly, she added, "Our Annie is phenomenal. She really brings out that childish excitement and happiness that can be in people."

PHOTO BY BONNIE HOBBS/CENTRE VIEW

VOLUNTEERS NEEDED

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

Advocates. The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Training is

provided. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/vol_ombud_program.htm.

Volunteers Needed. Our Neighbor's Child (ONC) is the local volunteer organization coordinating holiday assistance (gifts of new toys and new clothing) for children of families in

financial crisis in Centreville, Chantilly and Western Fairfax. Assistance is made possible each year through the generous support of local churches, schools, businesses, and individuals. We are preparing for our 21st holiday season and in the face of a difficult economy, ONC needs help more than ever from groups or individuals willing to "adopt" the

special needs of local children. The number of requests for winter coats/jackets and other warm clothing is high again this year. Specific information (sizes, etc.) will be available before Thanksgiving. Contact Stephanie Somers at somerss@cox.net. For volunteer opportunities or to make a monetary donation, visit www.ourneighborschild.org.

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A Connection Newspaper

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
centreview@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9438
bhobbs@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Janis Swanson
Display Advertising, 703-778-9423
jswanson@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

A Connection Newspaper

Joyful Noise at Chantilly High

FROM PAGE 3

Ayars: “The drama students will be acting out the Disney stories in wild costumes while the choir students sing the songs from those movies and the band plays.”

The Holiday Spectacular will include the Tiny Tots show, whereas the separate Tiny Tots show on Dec. 12 will contain most of the same music as the Holiday Spectacular. It will also feature the theater students performing in “The Grinch” and “Twas the Night before Christmas,” among other vignettes. A highlight each year is the appearance of the “sugar-plums” during that poem; but don’t blink — they run across the stage quickly.

Both shows are festive, fun-filled family events, and the students have been rehearsing for the past five weeks. Woodill directs Chantilly’s show choirs and Ayars directs the concert choirs, and both work well together to have a united choral department.

Woodill graduated from Westminster Choir College in Princeton, N.J., with dual degrees in music education and musical theater. For the past four years, she’s taught at Falls Church High, South County Secondary and Westbriar Elementary schools.

Ayars grew up in Fairfax County and attended Lan-



Chantilly High’s choral directors, Evan Ayars and Juliana Woodill.

PHOTO CONTRIBUTED

gley High. He’s a JMU graduate with a bachelor’s in music education. Now in his seventh year with FCPS, he taught the past six years at Brookfield Elementary. And, said Ayars, “It’s nice to see some of my former students in the music program here.”

Both he and Woodill are delighted to be at Chantilly. “It’s a really exciting program here,” said Woodill. She said it’s also a good fit for her because of her background in theater, dance and music. “I’m loving the opportunity to combine music and dance with students who are so excited about performing in show choir,” she said. “It’s been

a whirlwind transition, but we’re settling in.”

Agreeing, Ayars said, “We’re in a good place and we’re moving forward. I’ve really liked the music here because it’s so different and more complicated and challenging than what I taught at Brookfield, and it’s fun to relate with the kids.”

During the Tiny Tots portion of the show, he’ll sing the Grinch song and narrate the story — something Cockrell did for years. However, said Ayars, “I have big shoes to fill, but I’m ready for the task.”

Woodill called the show “a really good kickoff to the holiday season.”

“It gets you in the holiday spirit,” said Ayars. And, added Woodill, “It’s fun for all ages.”

ROUNDUPS

FROM PAGE 3

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Dec. 13, 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.

Centreville Elementary Seeks Grant

Centreville Elementary has been nominated by its PTA for a \$50,000 Clorox Bright Futures Grant. If awarded, the grant will be used to support the school’s healthy movement initiative. The school will install a running/walking track for the students and community. This is a nationwide competition, and the entity with the most votes will win.

Anyone from the community may vote twice a day (once online at <https://powerabrightfuture.clorox.com/nominees/detail/?nid=2099> and once by texting 2099pbf to 95248). Anyone 13 and older may vote every day until Dec. 19. So Centreville counselor Lee Kaiser is asking residents to “please vote, and tell your friends and family to do it, too.”

Holiday Lighting Safety Tips

While festive and joyous, the holiday season can also be dangerous. Authorities say more than 400 lives are claimed, more than 1,600 injuries occur, and more than \$990 million in property damage occurs. According to the U.S. Fire Administration, taking simple, common-sense, life-saving steps will help ensure a safe and happy holiday: Look for the Underwriters Laboratories label on all holiday light sets to ensure UL standards are met. Buy lighting sets according to indoor or outdoor use, or both. Before attaching lights, check for fraying wires, damaged sockets or cracked insulation. If defects are found, replace the entire set.

To minimize fire and shock danger, make sure a bulb is in each socket. If a bulb burns out, leave it in and unplug the light set; then replace the bulb. Don’t connect more light strings than the manufacturer recommends. Keep indoor extension cords and lights away from water. All outdoor cords, plugs and sockets must be weatherproof. Have a working smoke alarm on every level of the home, have an escape plan and practice it.

Home Child-Care Facilities

Fairfax County has a new Web page available with information on home child-care facilities. It includes public hearing dates and background information on the upcoming Zoning Ordinance Amendment, current zoning requirements, the application package for special permits for home child-care facilities and links to more info. Visit www.fairfaxcounty.gov/dpz/zoning/homechildcarefacilities/.

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Our Neighbor's Child Collecting Toys, Clothing

FROM PAGE 5

manager Nicole Rogers hears them all.

For example, she said, "We have families that have recently been foreclosed upon and are living in hotels. Some are single parents who've been injured in car accidents and are unable to work. Others have only asked for grocery-store gifts cards so their children won't go hungry. A couple families are living in their cars, and one family of four is living on \$520/month."

Whatever is collected will be packaged Dec. 13 and delivered on Sunday, Dec. 16. But with so many families receiving gifts, it's a monumental task, and more residents are needed to help with the deliveries.

"We have a lot of deliveries to make, but we can only do them if the community shows up to help," said Lavin. "Directions and maps are provided to each driver." To lend a hand, go to www.ourneighborschild.org and click on "Volunteer Needs."

Meanwhile, there's still a lot of work to do and a lot of children's gift wishes still unfulfilled. "I'm definitely concerned about the clothing needs and the impact it'll have on the families if not enough clothing — or the donations needed to purchase it — come in," said Lavin.

"But each year, there are a lot of unsung



From left are Rebecca Gallagher, Joy Hansen, Becca Owens, Kelly Domas and Madison O'Neill of Phase Cheer & Dance outside the Fair Lakes Walmart.

heroes who make all this possible," she continued. "And the community has always come through for us in the past, so I'm confident that it'll do it again — I have faith."

PHOTO BY BONNIE HOBBS/CENTRE VIEW



Phase Cheer & Dance members McKenna Howell, Eliza Futa and Izzy Perez by the giving tree outside the Fair Lakes Walmart.

How To Help Our Neighbor's Child

FROM PAGE 5

20,000 cookies are needed. Anyone wishing to bake cookies for the families should drop them off Thursday, Dec. 13, from 10 a.m.-4 p.m., at the Virginia Run Community Center, 15355 Wetherburn Court, off Route 29 and Pleasant Valley Road in Centreville. Any type of disposable container is fine; they'll all be repackaged into assortments. Contact Pam Ryan at volunteer@ourneighborschild.org with any questions.

❖ Packaging Day is also Dec. 13, when hundreds of volunteers will be needed to help match up each item to the children's wish lists provided by the recipient parents.

❖ Delivery Day is Sunday, Dec. 16, from 1-4 p.m. People interested in volunteering for either packaging or delivery should go to www.ourneighborschild.org and click on "Volunteer Needs."

❖ To volunteer for any part of this effort or to reach someone in charge of a particular portion, e-mail volunteer@ourneighborschild.org and the e-mail will be redirected to the volunteer Project Leader organizing that event.

❖ Financial contributions are more important than ever this season. These funds are critical to help ONC purchase any remaining gifts that aren't adopted by a sponsor. Due to the increase in clothing requests this year, that number is ex-

pected to be at an all-time high.

Checks payable to Our Neighbor's Child may be mailed to: Karen Moore, Treasurer, Our Neighbor's Child, P.O. Box 276, Centreville, VA 20120, or online donations may be made via the "donate now" link on the ONC website, www.ourneighborschild.org. One hundred percent of the monetary contributions collected by this all-volunteer organization go directly to the purchase of gifts for local children in need.



Creative Dance Center members hand out flyers explaining the ONC toy drive.



Phase cheerleader Madison O'Neill holds a toy dump truck donated to ONC.



Some of the toys donated to ONC during the toy drive at Walmart.

ONC Toy Drive Successes

FROM PAGE 5

in an SUV and the husband said, 'I need all your elves to help.' So we all unloaded presents from the whole back of his car."

All in all, she said, "I think it's good for the kids to see how generous people can be. And the Phase Cheer & Dance members also felt good about what they'd done."

And so does White; it's her first season volunteering with ONC and, besides organizing a toy drive, she's helped make an ONC brochure, labels for cookie containers, nametags for volunteers and signs for the giving trees. She also returned to the Dulles Expo Walmart this week to pick up five more bags full of toys from the giving tree inside that store and brought more gift-wish ornaments to place on it. But she's glad to do it. Said White: "I've thoroughly enjoyed everything I've done."

She's also coordinating a book drive that the Barnes & Noble in Springfield is holding for ONC. Each year, the company holds a holiday book drive and, this time, it's picked ONC to be its recipient.

"They're expecting to receive over 3,000 new books donated to the drive," said ONC Executive Director Kelly Lavin. "We have 2,300 children to provide for, so that's at least a book per child, which is phenomenal."

In addition, GMU's Phi Beta Phi adult fraternity contributed \$1,500 worth of books that ONC chose from FirstBook, which provides books to nonprofits. And Mary Evelyn Anderson, a former sixth-grade reading teacher at Virginia Run Elementary, teamed up with that school's librarian to make the book selections for each age group. Said Lavin: "Mary Evelyn said they wanted to choose children's books that 'would spark their love of reading.'"

SCHOOLS

School Opens Family Center

Bull Run Elementary creates welcoming climate for parents.

BY BONNIE HOBBS
CENTRE VIEW

On the surface, it's a beige trailer in a parking lot outside Bull Run Elementary. But inside, it's both a haven and a source of information for parents. And on Nov. 12, it was officially dedicated as the Bull Run Family Center.

"We've worked hard in the past year to bring this vision to fruition," said Principal Patti Brown. "We wanted to create a welcoming place where our families could gather, learn and access school and community resources."

"We hope our parents will consider this family center a home away from home where they can build relationships, learn about our school practices and policies, practice and improve skills and take on active roles within the school," she continued. "We have lots of information, programs and services to offer here, and today is to introduce to you all that our new family center offers."

The facility is open weekdays (phone 703-227-1447), and Spanish-speaking parent liaison Lisa Cordova (Lisa.Cordova@fcps.edu) and Korean-speaking parent liaison Robin Garito (Pok.Garito@fcps.edu) have their offices inside. Cordova is there mornings and Garito, afternoons.

It's hoped that the family center will become a hub for school, family and community events, with the goal of helping parents find what they need so they, in turn, can help their children reach academic success.

During the ceremony, Brown thanked Cordova and Garito for helping make the center a reality. She also noted the hard work of Robbi Moore, Laura Quinn and school counselor Dana Doss in creating the center inside a space formerly used as a storage unit "with stuff stacked up to the ceiling."

SEE CREATING, PAGE 19



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Helping hands (from left): Principal Patti Brown and parent liaisons Lisa Cordova and Robin Garito cut the ribbon on Bull Run Elementary's new family center.

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14153 Lee Jackson highway, Chantilly, VA 20151

For those that know the story that devastated our friend and neighbor, Sean Lanigan and his family, there is a bright light at the end of this horrendous event. Sean is turning a page and celebrating the end of a nearly 3 year long fight for his reputation, freedom and family's financial well-being.

Still \$60,000 in debt from defending himself and attempting to obtain reimbursement from the Fairfax County School Board, Sean's friends are holding a fundraising celebration event for him and his family on 12/14 @ Sully's. Silent Auction items are rolling in from David Beckham, Landon Donovan, signed Willie Mays baseball, a ski week, a beach week, golf packages and other great things for a great cause! Advance bidding for those that wish to, but cannot attend, can be made by contacting Beth Tweddle at bethtweddle@cox.net or by visiting the Facebook page at <http://www.facebook.com/SeanLaniganSilentAuction>.



If you cannot attend but would like to help Sean and his family, please follow this PayPal link and accept our most heartfelt gratitude for your kind donation.

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SATURDAY/SUNDAY, DECEMBER 8 & 9

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

Burke	
9750 Rehanek Ct.....\$550,000...Sun 1-4.....	Shanna Miller.....Weichert..703-615-3178
5491 Lighthouse Ln.....\$408,888...Sun 1-4.....	Dan Mleziva.....RE/MAX..703-380-9915
Centreville	
6123 Stonepath Cir.....\$315,000...Sun 2-4.....	Donny Samson.....Samson Props..703-864-4894
Clifton	
6601 Newman Rd.....\$850,000...Sun 2-4.....	Pat Fales.....RE/MAX..703-503-4365
7500 Tuttle Terr.....\$849,900...Sun 1-4.....	JoAnn Brainard.....Weichert..703-934-0400
Fairfax	
4102 Maureen Ln.....\$474,900...Sun 1-4.....	John Purvis..Jennifer Young Homes..703-927-6802
Fairfax Station	
11107 Hampton Rd.....\$1,295,000...Sun 1-4.....	Dana LaFever.....Weichert..703-609-3479
8030 Woodland Hills Ln...\$1,100,000...Sun 2-4.....	Pat Fales.....RE/MAX..703-503-4365
7513 South Reach Dr.....\$849,950...Sun 1-4.....	Kathleen Quintarelli.....Weichert..703-862-8808
11215 September Ln.....\$642,500...Sun 2-4.....	Pat Fales.....RE/MAX..703-503-4365
Falls Church	
3804 Munson Rd.....\$829,000...Sun 1-4.....	Patrick Kessler/Luci Blodgett.....Keller Williams..703-405-6540
Kingstowne/Alexandria	
5924 Embry Spring Ln.....\$812,000...Sun 1-4.....	Janet Price.....McEneaney..703-960-5858
4904 Apple Tree Dr.....\$759,000...Sun 1-4.....	Casey Margenau.....RE/MAX..703-442-8600
6209 Abbottsbury Row.....\$439,500...Sun 1-3.....	Delia Roebuck.....Prudential..703-396-6000
Lorton	
5941 Kentia Trl.....\$599,900...Sun 1-4.....	Patrick Coen.....Keller Williams..703-564-4000
9237 Lorton Valley Rd.....\$360,000...Sun 1-4.....	Monina Diaz.....NextDoor..703-462-5478
8960 Fascination Ct #314...\$359,990...Sat 11-3.....	Shawn Evans.....Long & Foster..703-795-3973
8960 Fascination Ct #111...\$269,990...Sat 12-4.....	Shawn Evans.....Long & Foster..703-795-3973
8960 Fascination Ct #131...\$226,346...Sun 12-3.....	Shawn Evans.....Long & Foster..703-795-3973
8435 Peace Lily Ct #131...\$205,000...Sun 1-4.....	Lisa Langlais.....Keller Williams..703-964-1290
Springfield	
7117 Braddock Rd.....\$1,599,775...Sun 1-4.....	Casey Margenau.....RE/MAX..703-442-8600
5229 Ravensworth Rd.....\$475,000...Sun 1-4.....	Tim Belanger.....Long & Foster..703-475-5242
6308 Millwood Cir.....\$419,900...Sun 1-4.....	Candace Johnson.....Long & Foster..703-683-0400

To add your Realtor-represented Open House to these weekly listings, please call Karen Washburn at 703-778-9422 or E-mail the info to: kwashburn@connectionnewspapers.com All listings due by Tuesday at 3 P.M.

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CENTRE VIEW SOUTH ♦ DECEMBER 6-12, 2012 ♦ 9

A Life Lesson in Giving Back

An immigrant's son becomes state delegate and introduces the Virginia DREAM Act.

By ALFONSO H. LOPEZ
STATE DELEGATE (D-49)



My father was born in a small town in the Andes mountains region of Venezuela. He was one of 22 brothers and sisters from the same parents. At the age of 19 he came to this country with \$280 in his pocket and the dream of a better life. He worked as a bus boy and waiter, learned English, and went to school. He graduated from Northern Virginia Community College when I was 5 years old. He then took one class a semester at George Mason University every year, until he graduated from college one month before I graduated from Robinson High School in Fairfax. As a result of his achieving the American Dream, my father was able to change the lives of my entire family in Latin America.

My mother was a teacher and guidance counselor in Arlington Public Schools for over 20 years. For most of her career she worked with ESL and immigrant children at Washington & Lee High School. As a direct result of her efforts, over 1,000 children, who might have otherwise fallen through the cracks, were able to continue their education after high school and graduate from college.

Throughout my life, my parents reminded me of the value of public service and taught me that if you have the opportunity, you should always give back to your community. My father also never hesitated to remind me that in the U.S. it is possible for the son of an immigrant to have the opportunities I have had—to work for the governor of Virginia, as a presidential political appointee, and to be elected to the General Assembly.

My mother and father touched the lives of countless people in our community. Every day I hope to honor them and live by their example.

With that in mind, I have fought efforts to pass anti-immigrant legislation in Virginia. Today, everyone agrees that we

need comprehensive immigration reform that is tough, fair and practical. However, that reform must come at the federal level. We do not want or need a patchwork of immigration laws from state to state—nor do we want an unworkable patchwork of rules from locality to locality. These attempts in Virginia to pass constitutionally questionable Arizona or Alabama-style legislation only serve to unnecessarily make us appear less tolerant and put us on a slippery slope towards hurting business and lowering state revenues.

I am proud to have introduced the Virginia DREAM Act. This legislation would allow undocumented children—who in many cases know no other home than Virginia—to receive in-state tuition if they meet certain strict criteria. Similar language was included in executive orders by Governors Warner and Kaine and similar legislation recently passed the State Senate. I will continue to fight for the DREAM Act until it becomes the law in Virginia.

Working with House Republicans I am also happy to have helped pass legislation allowing legal immigrants who have lived in Virginia for less than five years to receive prenatal health care coverage under the state Medicaid and FAMIS (Family Access to Medical Insurance Security Plan) programs. Prenatal care improves the health outcome of the child and reduces the neonatal and long-term health costs for the commonwealth.

Over 100 languages are spoken in the 49th District. There are 58 languages spoken at my local high school. This amazing, vibrant tapestry of cultures enriches our community and the commonwealth immeasurably. We should do everything we can to embrace these new immigrants who bring so much to Virginia.

Alfonso Lopez is the first Latino Democrat ever elected to the Virginia House of Delegates.

FOCUS ON IMMIGRATION Living Life in 'The Dream Land'

Jorge Adeler shares his story of the American Dream coming true.

By JENNIFER BENITZ
CENTRE VIEW

Part three of an ongoing series.

The American Dream has been shared for generations—some call it an idea; others call it a reality. Many people come leaving behind former lives in search for better ones, not only for themselves but also for their children.

Jorge Adeler is one of those people. Businessman, optimist, entrepreneur and enthusiast are just a few ways to describe the Argentine immigrant.

"I learned to look for ways to make a living by using my imagination," said Adeler. "That helped me envision opportunities as they crossed in front of me."

At 27 years old, in 1975, Adeler moved to the United States with his wife and two young daughters after visualizing the direction Ar-

gentina was heading in as a nation and not liking what he saw. With only \$450 in his pocket and unable to speak English, he faced a rough transition but took on the challenge with fierce and hopeful drive. Now a successful, internationally recognized jeweler, he has a story unlike any other.

"The price was high, but it was the best decision I've ever made," he said. "I'm delighted here."

THE ROAD TO SUCCESS was a difficult one for the self-taught master designer, but neither the challenge nor the fear of failure stopped him. Growing up in Mar del Plata, Argentina, Adeler helped his parents run their hotel and restaurant business. Consequently, he came to the U.S. with



Jorge Adeler stands between his daughters, Valentina Adeler Armour (left) and Wendy Adeler Hall (right), both of whom work in the family business. Valentina is the appraiser and apprentice designer while Wendy is the vice president of marketing and philanthropy for Adeler Jewelers.

the intentions of continuing in the same business, but soon found it wasn't for him.

Instead, Adeler decided to pursue his own business in the form of trade. He took out a credit line worth \$1,000 with Woolworth to

buy basic necessities, such as pocket knives, fishing hooks and light coats, before traveling to Argentina and setting up camp in a small village in the mountains of Córdoba to trade for stones. Upon return from his trades, he carved

it, he slowly made the transition from stones to jewelry.

It wasn't long before Adeler opened his first jewelry store, selling mostly pendants and other small items in Ocean City, Md. As his business expanded, so did the

number of stores. Within a few years, he had five jewelry stores in Ocean City under his operation.

His success came with his drive to go against the mainstream of popular demands. While most jewelry stores were selling turquoise stones, something Adeler couldn't yet afford, he sold other gems that often caught the attention of those looking for something different. One of those out-of-the-ordinary stones was rhodochrosite, the pink national Argentine gemstone.

"When you have something you're selling that would be much more different because it is something people aren't looking for, I realized it has its virtues," Adeler said. "You'll always have customers searching for something original or different. I began my career doing something different than the rest of the industry."

FROM THEN ON, Adeler focused on what no one else was selling, forcing him to be more creative and look into new ideas. With an overall goal to do what no one else was doing and present it in a way that would attract the minority of customers looking for something dif-

SEE DREAM LAND. PAGE 12

Day Shifts, Night Shifts On the Road to Success

By ANAGHA SRIKANTH
CENTRE VIEW

When the chain pharmacy he worked for opened a drive-through pharmacy, it was the final straw for Amit Shah of Fairfax.

"I thought, 'we are becoming Taco Bell,'" Amit said. "So I said 'I'm going to open my own store.' The chain had moved away from taking care of customers. They were more like a machine playing a number game. You went there, they filled your prescription but they counted numbers more than people and it wasn't something I liked."

Having arrived in America from India in 1987 with only \$20 and a green card in his pocket, it wasn't going to be easy. For over a decade he had worked day shifts at pharmacies and the night shift as a technician at George Washington Uni-

versity hospital, all the while studying to earn a bachelors degree in pharmacy from Howard University and a license to practice pharmacy in New York, Maryland and Virginia.

IN THOSE YEARS, before Google or smart phones, information was scarce, and it took him over a year just to figure out how to obtain a pharmacist's license. His wife Kamini Shah gave up her hopes of pursuing further education in psychology to take computer courses at a local university and become a technician.

During all that time, however, they were learning lessons that would prove invaluable in the future. Amit said communication was one of the biggest challenges he faced as an immigrant and it took years of interacting with customers to earn their trust and acceptance. He had to overcome his ac-

cent and learn to talk slower, use less medical jargon and listen.

Kamini, who had earned a masters degree in psychology and sociology from India, found she could use her education to reach out to customers.

"Our customers are all sick people and in their difficult times it helps to have someone to listen to their problems," she said. "I might not be able to do anything but just listening to them makes them feel a little better. Especially when they are all alone by themselves, seniors and single parents taking care of little kids, [they] have a lot to handle. It makes you feel like you can give back to society by helping them."

Providing the best services they could to the community has been one of their main priorities since they opened their first store in 2001. Even when it was just the two of them working seven days a week, they would make deliveries

An Indian immigrant's story: Making it and giving back.



Amit Shah checks an order for a customer during a busy Friday morning at his Woodbridge Pharmacy.

PHOTOS BY ANAGHA SRIKANTH/
CENTRE VIEW



Kamini Shah greets customers at the pick-up desk and said she enjoys interacting and developing relationships with them.



PHOTOS BY HANNAH BUNTING

From left—Sarah (William & Mary), Sophia (junior, Westfield High School), Kamran (fifth grader, Cub Run), Robin and Bob Zahory.

Building a Better Life

An Afghan immigrant's story: From Soviet war to American Dream.

By HANNAH BUNTING
CENTRE VIEW

Personally, I never think anyone is better than me, and I never think I'm better than anyone," Bob Zahory of Centreville said, chuckling as he offers up another pomegranate lemonade.

Mahboob "Bob" Zahory moved to America 31 years ago from Afghanistan, ready to work and begin a new life. At just 21 years old, Zahory and his three brothers left their homeland behind to escape the Soviet War. The brothers soon settled in Northern Virginia, with their first priority being to learn English.

"I knew the better you can communicate, the easier it will be to succeed," Zahory said.

So Zahory enrolled in one year of English at Northern Virginia Community College, where he also studied hotel management for two years. Right from the start, the Zahory family worked full-time for a better future.

According to Zahory, the family also refused to accept anything from the U.S. Government to assist them. They each had a job after a month, and worked in addition to their schooling. As for Bob, he worked for two years at the Marriott, focusing on food and beverage management. Zahory said he valued his time there and learned a lot, but still aspired to someday work for himself and make his own decisions for a business.

Eventually Zahory achieved the dream of owning his own restaurant, and opened what is now Mazadar Restaurant at 11725 Lee Highway in Fairfax, an establishment specializing in Middle Eastern cuisine. Mazadar means delicious.

Through his hard work, Zahory was able to combine his past with his future.

However, this success did not come about easily. Family proved to be a bit of a sacrifice Zahory had to make when building his business. He described the process as constant work, planning and management through long hours and late nights.

Zahory's daughter Sarah, who now studies at The College of William & Mary, shares her father's hardworking personality. "I'm really proud of her and how hard she works. That is your goal as a parent, to give your child a better life than you had," Zahory said.

Another obstacle Zahory had to overcome was xenophobia.

"There is some discrimination in the beginning, especially when they hear your accent. Those are some of the challenges you have," Zahory said.

Zahory elaborated on the fact that sometimes people will talk with their hands when explaining things to him; patronizing him while assuming he would not understand.

"At least four or five times, I've actually taken their hands and put them down. I asked them, do you honestly talk to everybody like that?" Zahory said.

Zahory said he has never felt like a minority; however there have certainly been issues of discrimination over the years. These have been demonstrated in subtle ways such as being seated in the back of the restaurant near the bussing station, or assuming him to be an unskilled worker.

Zahory said, "Because I've been through it, I never want anyone to be treated less. In my business that's very important to me. I make sure my employees feel equal and I try to help them wherever I can."

FOCUS ON IMMIGRATION

Social Programs Adapt to Fulfill Immigrant Needs

Fellowship House, Interfaith help immigrants on their way to self-sufficiency.

BY AMIEE FREEMAN
CENTRE VIEW

A visitor to Hunter's Woods Fellowship House in Hunter's Woods Square in Reston could hear 21 different languages. Residents speak every Middle Eastern language, Russian, German, Polish, Filipino and several Asian languages, said Fellowship Square Housing and Services Executive Director Jana Broughton.

Fellowship Square Housing and Services, a charitable, not-for-profit organization, offers affordable housing for elderly people and for people with disabilities in the D.C. Metropolitan area. Fellowship Square runs four Fellowship Houses: Hunter's Woods and Lake Anne in Reston, Lake Ridge in Woodbridge and Largo Landing in Largo, Md. In recent years, said Broughton, there has been an uptick in the number of immigrants on the waiting list for affordable housing in Fairfax County and specifically for apartments at the Lake Anne and Hunter's Woods Fellowship Houses.

"The resident population in the Lake Anne and Hunter's Woods Fellowship Houses really matches the demographics of Fairfax County," said Broughton.

According to a 2011 American Community Survey for Fairfax County compiled by the Fairfax County Department of Neighborhood and Community Services and based on statistical data from the 2010 U.S. Census, 29 percent of the people living in Fairfax County were foreign born. Of that percentage, 51.5 percent hailed from Asia, 31.5 percent from Latin America, 8.8 percent from Africa, and the remaining 8.2 percent from Europe, Canada or Oceania.

COMPLICATING ISSUES FOR IMMIGRANTS, Fairfax County is one of the most affluent counties in the country, according to census data. In recent years the cost of housing has increased despite the housing crisis and economic turmoil. In 2009, the last year for which this data was available, the average monthly rent in Fairfax County was \$1,375.

"There is a huge need for affordable housing in Fairfax County," said Broughton.

Fellowship House does not give preference based on immigrant or non-immigrant status, said Broughton. They provide housing based on a first come, first served policy. The waiting list for an apartment at one of the Fellowship Houses is six to eight years.

Most of the immigrant residents at the two fellowship houses in Reston have family who immigrated to the U.S. for better schooling or for better economic opportunities, said Broughton.

"With housing so expensive here, if you are a young immigrant family you cannot afford to house grandma or aunt and uncle. It is important that we offer affordable housing to immigrants. Many of these immigrants bring very important family values with them and we as a society need to respect those values."

Broughton remembered one example of an Iranian family who escaped political retaliation with "only the clothes on their back." This family was well-to-do in their home country, but here they became part of the immigrant poor. Many families, regardless of their reason for immigrating to the U.S. become the immigrant poor as the cost of living is so high, said Broughton.

"By providing affordable housing to immigrants, we are fulfilling part of [the] American dream that we are a home for all," said Broughton.

Reston Interfaith, a Reston-based nonprofit that promotes self-sufficiency through direct support and advocacy, does not specifically direct services to immigrants, but feels that their mission statement requires them to provide services to everyone.

"Our services are open to everyone. We try to provide a diversity of programs that help facilitate access to the community," said Bill Threlkeld, division director of



Every other month at Hunter's Woods Fellowship House in Reston, residents attend an International Tea and share dishes from their country of origin, with one such function pictured here. At Hunter's Woods Fellowship House, 50 percent of the residents are Asian, 21 percent are from Middle Eastern countries and the remainder are Russian, Caucasian and Hispanic.

PHOTOS CONTRIBUTED



Residents at the Lake Anne Fellowship House also gather for similar events and celebrate holidays. At Lake Anne, 53 percent of the residents are Caucasian, 35 percent are Asian and the remainder are African American, Indian and Hispanic.

Neighborhood Resources at Reston Interfaith.

RESTON INTERFAITH offers job and housing assistance. They offer programs on foreclosure prevention. Through their community centers they offer legal clinics and try to provide a lawyer who is familiar with immigration issues as there is a high demand for that service. They also offer English as a Second Language classes. This is the only program that is geared specifically for immigrants, said Threlkeld.

Reston Interfaith also offers programs on new life skills. "The person attending this program might be new to the community or new to the country," said Threlkeld.

Threlkeld said that Reston

Interfaith's programs need to be responsive, so they can work toward meeting the needs of anyone who comes into their offices. "These are folks that are part of our community. We want to help them integrate. They want to be able to do what everyone else is doing. We try to help them do that," said Threlkeld.

The goal of many of Reston Interfaith's programs is to promote self-sufficiency. "We don't want people to fall from a position of self-sufficiency to dependency. We want to keep them going on [a] self-sufficient path. If we can keep someone in their home through our intervention, then we do that. The work we do here at Reston Interfaith helps provide stability in our community," added Threlkeld.

Dream Land

FROM PAGE 11

ferent, he stopped carrying designer pieces in his stores and began making all of his own.

"I placed goals for myself, from challenge to challenge," Adeler said. "I make mistakes and I learn from them. I don't have much fear of failure."

By 1980, Adeler decided to combine his family-run businesses under one roof. Great Falls was the place he chose to call home for his business and family. "Great Falls ended up being one of the most fantastic communities I've ever lived in," Adeler said.

Adeler Jewelry has provided services to 3,500 of the 7,000 households in Great Falls since it opened its doors over 30 years ago and continues to grow each year. Recently, Adeler won the 2012-2013 International Pearl Design Competition Designers Award as well as placing in the top competitors at the JCK "Jewelers Choice Awards."

In recent months, the internationally recognized jeweler has received requests from various magazines to showcase his designs to Hollywood stylists and celebrities asking to wear his designs, including Sally Fields in the movie Lincoln this year.

Adeler is so appreciative of the opportunities he has been given to succeed in the country he calls "the dream land," that he makes it a point to give back to the community as much as he can through various donations and volunteer work.

"We believe that if you don't give back to the community, you break the rules in how society should be."

His long list of community partnerships include everything from the Red Cross to various organizations benefiting diabetes, veterans and Inova Hospital, and he continues to reach out.

"I have so much to be grateful for," Adeler said. "Every single day I have everything to be grateful for. Life has been extraordinary to us."

HOLIDAY ENTERTAINMENT

Ho-Ho Holiday Show at Westfield High School

Westfield High presents annual children's program.

BY BONNIE HOBBS
CENTRE VIEW

The Grinch, Charlie Brown, Frosty the Snowman – these characters and more will be onstage to delight children during Westfield High's 13th annual Ho-Ho Holiday Show.

Entirely student-directed by seniors in the theater program, it'll be presented Saturday-Sunday, Dec. 15-16, at 2 p.m. in the school theater. Tickets are \$5/person and \$12/groups of four.

"There's something for everyone," said senior Sarah Schweit, the stage manager. "They're classic holiday stories told in dance, song and acting."

In her position, she organizes rehearsals, gives blocking and performance input and makes sure all the props, costumes, makeup, etc., are there when the directors need them.

"I love putting on children's shows because they're a simple kind of theater that's a good start for the underclassmen actors,"

said Schweit. "It's important that they make big and animated motions on stage to appeal to the kids."

The Grinch

Directed by Bayleigh Aschenbrenner and Olivia Joseph, "The Grinch" has a cast of 15. Ariana Willis plays the title role; Niki Evertson portrays Max the dog and Audrey Weatherholtz plays Cindy Lou Who.

"The Grinch hates the Whos and Christmas and tries to stop Christmas from coming by stealing the Whos' presents, tree and feast," said Joseph. "But then his heart grows bigger and he realizes Christmas means more than boxes and bows."

She said the show has a "really strong cast" so she's excited to see how it's going to turn out. The song, "You're a Mean One, Mr. Grinch," will be played and the actors will sing the Whos' song.

Joseph said directing can be challenging, "trying to relay your ideas to the cast. But it's been a lot of fun casting the show, and it's been a good experience directing it." She said the audience will especially like the happy Whos and the "brightly-colored costumes, wacky hair and makeup in Whoville."

Charlie Brown Christmas

SEE WHS HOLIDAY SHOW. PAGE 20



PHOTO COURTESY OF LORI KNICKERBOCKER

Directing Westfield High's "Ho-Ho Holiday Show" are (top row, from left) Aidan Quartana, Shannon Douglass and Mitchell Buckley; (middle, from left) Abby Picard and Sarah Schweit; and (bottom row, from left) Alex Mann, Allie Koenigsberg, Maggie Mitchell and Olivia Joseph.

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Be a Part of CHILDREN'S (& TEENS') CENTRE VIEW

Every year between Christmas and New Year's, Centre View turns its pages over to the contributions of local students. We are seeking artwork, photography, poetry, opinions, short stories and reflections. We welcome contributions from public schools, private schools and students who are home schooled.

E-mail to: centrevue@connectionnews.com, or mail (.jpg and text files on disc only) to 1606 King St., Alexandria, VA 22314. Please be sure to include the student's name, age, grade, school and town of residence along with each submission. For information, call 703-778-9410.

CENTRE VIEW

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HOLIDAY ENTERTAINMENT

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

FRIDAY-SATURDAY/DEC. 7-8

Holiday Used Book Sale. The Friends of the Centreville Library will be holding a used book sale: Friday from 10 a.m. to 6 p.m. and on Saturday from 10 a.m. to 5 p.m. in the lobby of the Centreville Regional Library, 14220 St. Germain Drive, Centreville. Call 703-830-2223 or visit FriendsOfCentrevilleLibrary.blogspot.com.

Sweeney Todd at TJ. 7 p.m. Stephen Sondheim's classic tale about a London barber and his landlady's meat pies as performed by the Thomas Jefferson High School for Science and Technology's student choir along with the TJ faculty, parent and alumni choirs. \$10 at the door on performance days at the Thomas Jefferson High School for Science and Technology at 6560 Braddock Road in Alexandria. Visit www.tjchoir.org.

FRIDAY-SUNDAY/DEC. 7-9

Sugarloaf Craft Festival. Visitors can shop wares hand-crafted by more than 300 artists. Craftspeople will demonstrate iron forging, papermaking, stone sculpting and other media. Live music, children's entertainment and gourmet goodies from dozens of specialty food vendors. Admission is \$8 online, \$10 at the door. Free for children under 12. Admissions are valid all three days. Visit www.sugarloafcrafts.com or call 800-210-9900. Free parking. At Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly. Show hours: Friday, Dec. 7: 10 a.m.-6 p.m.; Saturday, Dec. 8: 10 a.m.-6 p.m. and Sunday, Dec. 9: 10 a.m.-5 p.m.

SATURDAY/DEC. 8

Toy Train Show. 9 a.m.-3 p.m. The Washington, Baltimore & Annapolis Chapter (WB&A) of the Train Collectors Association will be holding a Holiday Toy Train Show and Sale at the Shriner's Kena Temple, located at 9001 Arlington Blvd., Fairfax. Attendees of all ages will get into the

holiday spirit at the Holiday Show, which will include working layouts of model trains of all types and gauges. Model trains, track, and components will also be available for sale.

Admission is \$5, free for children under 12 and Boy Scouts and Girl Scouts in uniform (when accompanied by an adult); active members of the military, National Guard, Coast Guard, and Reserves; and members of the WB&A. Call James or Colleen Hall at 540-497-1840 or email memberwba@gmail.com.

Snacks with Santa. 1-4 p.m. at Lord of Life Church, 13421 Twin Lakes Dr, Clifton. Snacks, Face painting, crafts, raffle prizes and time with Santa. Cash and non perishable donations appreciated. All donations will be used to adopt an elementary school filled with families in need. Sponsored by local Girl Scouts and The Dulles Airport Rotary Club. All are welcome.

Craft Fair. 9 a.m.-3 p.m. Chantilly High is holding its annual Holiday Craft Fair at 4201 Stringfellow Road. Admission is free. Free face-painting for children from 11 a.m.-2 p.m., and shoppers will receive a free raffle ticket with each purchase. Sponsored by the Chantilly Athletic Boosters, this event funds student-athletes participating in 19 sports on 42 teams. Customer participation supports their efforts.

SUNDAY/DEC. 9

Santa Paws. 8-9:30 p.m. Owners with their dogs and cats will be able to access Fair Oaks Mall during "Santa Paws" hours only from the lower level south east entrance adjacent to Todai Japanese Seafood Buffet. All pets must be on a leash or in a lightweight cage or pet carrier with a harness. Dogs and cats must be up-to-date with their shots and owners will be responsible for their pets at all times.

FRIDAY/DEC. 14

"Annie Jr." 7:30 p.m. Bring the whole family to enjoy this production. Open to the public, tickets are \$7 each and will be sold at the door. The show will be presented in the Stone Middle

School Auditorium, 5500 Sully Park Circle, Centreville.

SATURDAY/DEC. 15

Art Show and Sale. The Art Guild of Clifton will hold an art show and sale, featuring a variety of original art, hand-made by the member artists, including paintings, pastels, sculpture, jewelry, pottery, fiber art, and photography, some of which will also be demonstrated. Followed by a reception where the public can mingle and chat with the artists. Show and sale are noon-6 p.m., reception is 6-8 p.m. No entrance fee. At Clifton Town Hall, 12641 Chapel Road. Call 703-830-1480 or visit www.artguildofclifton.org.

Free Christmas Banquet & Concert.

Dinner starts at 5 p.m., followed by a concert at 6 p.m. At Oakton Baptist Church located at 14001 Sullyfield Circle, Chantilly. Call 703 631-1799. Free. Bring a can of food to help support local ministry. A love offering will be taken.

"Annie Jr." 3 p.m. Bring the whole family to enjoy this production. Open to the public, tickets are \$7 each and will be sold at the door. The show will be presented in the Stone Middle School Auditorium, 5500 Sully Park Circle, Centreville.

SUNDAY/DEC. 16

Luminary. The Gate Post Estates Luminary returns. Drive or stroll through the neighborhood (rain/snow date of Sunday, Dec. 23).

SUNDAY-MONDAY/DEC. 16-17

Renaissance Dinner. 6:30 p.m. An evening of food, music, and entertainment set in the Renaissance period. Members of the adult choir will act as the Royal Court to the Lord and Lady of the manor. The evening will include a four-course, catered dinner and entertainment by a Madrigal Choir, harp, brass quartet, vocal soloists, and dramatic vignettes. Tickets are \$30. At Centreville United Methodist Church, 6400 Old Centreville Road, Centreville. Call 703-830-2684, ext. 1869.

for breakfast and photos. Admission is an unwrapped toy. Located at 4090 B Lafayette Dr., Chantilly. Call 703-652-5760.

THROUGH DEC. 14

Toy Drive. Centreville Chiropractic Center is working with Hispanics Against Child Abuse and Neglect to collect new and unwrapped toys for children in need in the Fairfax/Falls Church area. Toys for both boys and girls between the ages of 7-15 are needed. Please visit the office located at 13880 Braddock Road, Suite 108 during regular office hours. Call 703-266-0505 for more information.

Toys for Tots. The Northern Virginia Electric Cooperative's non-profit organization, NOVEC HELPS, will be collecting toys for the United States Marine Corps Reserve Toys for Tots program. New unwrapped toys may be dropped off at NOVEC's office located at 10323 Lomond Drive, Manassas. The Marine Corps will distribute toys to underprivileged children in Northern Virginia. Visit www.novecHELPS.org or www.toysfortots.org.

ONGOING

Respite Care Volunteers. Volunteers are matched with families in or near their own neighborhoods in Fairfax County. Support, training provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

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BULLETIN BOARD

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

FRIDAY/DEC. 7

Registration Open House. 9:30-11:30 a.m. Clifton Children's Academy will be holding a Registration Open House for kindergarten for preschool classes for fall 2013. There will also be limited registration available for this winter.

Bring children and tour the school. The school is located at 14315 Compton Road in Centreville. Call 703-968-8455. Registration information is available at www.childrensacademy.com.

SATURDAY/DEC. 8

Breakfast With Santa. RE/MAX Gateway will be collecting toys for the Marine Corps' Toys for Tots program, as well as welcoming Santa

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Present Needing to be Accounted For



By KENNETH B. LOURIE

As a stage IV non-small cell lung cancer diagnosee/patient/survivor/anomaly, living long – whether prospering or not, is not the simple and presumptive proposition I had anticipated. No more do I anticipate living the same number of years and in the same relative good health that my parents (both deceased), experienced well into their 80s. Now, my life revolves around my oncologist and the CT Scans and lab work that precede our recurring appointments. Whether I think I feel, or hope I don't feel, or worry about what I do feel, or wonder if what I felt meant that my greatest fear has been realized: tumors growing, moving, medication not working and/or causing collateral damage to internal organs, visits (and I use that term loosely) with my oncologist will certainly cut through any emotional clutter.

Presuming that this cancer thing (routine I now live) is unlikely to change, I probably need to enjoy the good reports/appointments as much as possible, because let's face it: this is an extremely serious situation I find myself in. However, just as it is said that fame is fleeting and money can't buy happiness, one "stable" CT Scan followed up by a widely grinning oncologist saying how "pleased" he is with my results does not a future guarantee or remission make. It is what it is: good, make that excellent news, but it's hardly a corner that's being turned, it's simply a road less traveled: that being a lung cancer patient outliving his original prognosis and beyond any protocols/clinical studies available to determine a prescribed/acceptable course of treatment. The short version: I'm still alive. Now what?

"Now what," for me, since I don't worry or second guess what my oncologist is advising/how I am being treated, is to embrace the highs more (and no, I've never been prescribed medical marijuana) and stop being so damn neutral anticipating the next low (tumors growing/moving) trying to maintain my even disposition. Intellectually, logically, it makes sense. Still, I can't get a particular Henny Youngman joke out of my head, that in my head, seems/feels relevant, especially given the various intervals of scans and appointments and all the associated medical expenses that I incur: "A doctor gave a man six months to live. The man couldn't pay his bill; the doctor gave him another six months."

Every day, every symptom, every lab result, every diagnostic scan might cause my doctor to tell me – as he did originally back in late February, 2009 ("13 months to two years") that I only have so many more months to live. And presumably, he won't be joking. For me however, finding humor somewhere, anywhere, during this whole cancer business has been how I've rolled. Perhaps it's time, 45 months post diagnosis, to consider the seriousness of my situation and when I receive some less-than-distressing-better-than-I have-a-right-to-expect scan results: love it, live it, appreciate it; don't joke about it. My oncologist was smiling when he saw me. That's not funny. That's amazing. I can worry – and be negative about, later – later. Right now is what counts. Tomorrow is promised to no one, especially terminal cancer patients. The future will get here soon enough. I need to savor the present. It probably won't kill me to do so.

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

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21 Announcements

ABC LICENSE
New Kang Chon Restaurant, Inc trading as Kang Chon Restaurant, 5930-5932 Centreville Crest Lane, Centreville, VA 20121. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer on Premises/ Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Bong J. Kang, president
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE
Super Gasoline, Inc trading as Centre Ridge Exxon, 6330 Multiplex Dr. Centreville, VA 20121. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL(ABC) for a Wine and Beer off premise license to sell or manufacture alcoholic beverages. Raj Kumar Gupta, President.
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the published date of the first two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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21 Announcements

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NEWS

Fire Damages Townhouse

By BONNIE HOBBS
CENTRE VIEW

A townhouse fire Sunday afternoon in Centreville's Newgate community caused an estimated \$100,000 damage, according to fire officials. They say an unattended candle in the kitchen caused the blaze.

Fairfax County Fire and Rescue units responded to the single-family home at 5650 Chapel Run Court on Dec. 2, around 2 p.m. Numerous engines and ambulances, plus 35 personnel, came from both Centreville fire stations 38 and 17, as well as from Fair Oaks Station 21 and Station 40 in Fairfax.

First-arriving firefighters encountered smoke and fire coming from the front of the attached, two-story, middle-townhouse unit. But they were able to quickly extinguish the flames.

The occupants — a husband, wife, teenager and a dog — were displaced by the fire, but the American Red Cross is assisting them. No one was injured.

Walter Reyes lives two doors down from the home and, that afternoon, he and his wife were outside, just about to take their two youngest sons, ages 5 and 7, to get a haircut. But then something caught their eye. "When we were getting into the car, we saw a ton of black smoke coming out of the neighbor's open front door," said Reyes. "It looked like it was coming from the back of the house. And the lady was outside screaming."

"I asked if they were OK and they said yes," said Reyes. "I also asked if they needed any help, and they said they'd already called the fire department. Then I heard the [fire-engine] sirens coming, so I went to the corner and directed them here."

Next, he moved his car from its parking space in front of his home and told the man whose house was on fire that he should move both his cars, too, so the emergency vehicles could park there. And there were lots of them. "My kids counted 14 vehicles," said Reyes. "They were excited to see the fire engines hook up to the fire hydrant; they didn't know there was water in there." Since all the townhouses there are attached, he was concerned that the fire might spread to his and other homes on the street. So he told his older children, a son, 14, and a daughter, 9, to get out of their house. "We don't have gas," he said. "But I didn't know if the other houses had gas and something might explode."

After that, Reyes and his family stayed outside for awhile and watched all the drama, along with several other neighbors doing the same. Since his older children were staying home, he didn't want to leave before making sure the fire was out and they'd be safe. "The firefighters broke a couple windows in the back of the house, plus the sliding glass door, to let out the smoke," he said Monday evening. "It was incredible, the amount of smoke that came from that house. We can still smell it, but it's not as bad as last night."

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Staying Healthy During Holidays

Finding balance can preserve one's well-being.

BY MARILYN CAMPBELL
CENTRE VIEW

Food, festivities and friends are synonymous with the holidays. However, celebrations can take a toll on your health.

"The holidays are times of rush and chaos and of thinking of everyone but yourself," said Michelle Walters-Edwards, department chair and association professor of health and human performance at Marymount University in Arlington.

Health and fitness experts say that even during the hustle and bustle of the season, it is possible to stay healthy and energized. It just takes a little focus.

"I may be stating the obvious, but exercise is the key to staying healthy during the holidays," said Rosa Ganey, a nurse health educator for Fairfax County Health Network and a Burke resident.

Between shopping, parties and decorating, many people feel pressed for time and exercise can fall by the wayside. Here are a few creative ways to sneak in some fitness:

Incorporate exercise into holiday shopping. "You can walk at the mall and do some window shopping or use your home as an exercise base: The stairs can be used as a perfect location to get your blood pumping," said Walters Edwards.

Make it a family affair. "If you have kids at home, maybe you can play exercise or dance videos or CDs and try the moves together," said Ganey.

Celebratory gatherings can offer opportunities for exercise as well. "Dance at your holiday party," said Michelle Walters-Edwards.

"Thirty minutes of moderate dancing can burn around 200 calories in a person [who weighs] 150 lbs."

If there's no time for the gym, improvise, say experts. "Sometimes it can be challenging to find time to make it to the gym, but there are quite a few bodyweight exercises you can do at home," said Joel Martin, an assistant professor of kinesiology at George Mason University in Fairfax. "Most people think of pushups and sit-ups when they hear the words 'bodyweight exercise.' However, there are quite a few other exercises like air squats, burpees, planks, mountain climbers."

"The holidays are times of rush and chaos and of thinking of everyone but yourself."

—Michelle Walters-Edwards, Ph.D., Marymount University



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Exercise is the key to holiday health preservation, say experts.

Accommodate for less workout time during the holidays. "Probably the most important piece of advice I would give, since your workout will most likely be shorter than usual, is try to maintain a high intensity for the duration of the workout and minimize the time you spend resting," said Martin.

Break up a workout routine. "Doing several 10-15 minute workouts throughout the day using only body weight movements at home may be another solution for someone crunched for time," said Martin.

"I recommend picking three or four movements or exercises and doing several sets of each with less than a minute of rest between sets."

Above all, say experts, balance is vital to preserving one's health and well-being during the holidays. "Maintain a focus on balancing your stress, eating and exercise year-round.

Extremes of each of these factors are not healthy. Remember, moderation is key," said Walters-Edwards.



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Centreville Boys' Basketball Drops Four Straight

The Centreville boys' basketball team lost to Yorktown, 48-47, on Tuesday, dropping the Wildcats' record to 0-4.

Centreville lost to Lake Braddock, 48-43, on Nov. 27, Langley, 54-36, on Nov. 29 and South Lakes, 65-46, on Nov. 30.

Junior guard Matt Sedlock has led Centreville in scoring during each of the Wildcats' first four games. Sedlock scored nine points against Lake Braddock, seven against Langley, 11 against South Lakes and 21 against Yorktown.

Brennan Tait finished with 18 points against Yorktown and Charles Tutt finished with seven against Langley.

Centreville faced Fairfax on Wednesday, which was after Centre View's deadline. The Wildcats will travel to face South County at 7:30 p.m. on Tuesday, Dec. 11.

Centreville Girls' Basketball Starts 4-0

The Centreville girls' basketball team defeated Yorktown, 69-21, on Tuesday, improving the Wildcats' record to 4-0.

Centreville opened the season with a 59-55 win against Lake Braddock on Nov. 27. The Wildcats beat Broad Run, 59-40, on Nov. 29 and Stafford, 95-23, on Dec. 1.

Jenna Green is Centreville's



Centreville's Matt Sedlock drives against Langley on Nov. 29.

PHOTO BY CRAIG STERBUTZEL/CENTRE VIEW

top scorer at 17.3 points per contest. Ashley Brusick led the Wildcats in scoring against Yorktown and Stafford, with 19 and 20 points, respectively. Clara Logsdon scored 11 points against Lake Braddock and Chrissy Jacksta scored 16 points against Stafford.

Centreville will host Fairfax at 7:30 p.m. on Friday, Dec. 7.

Westfield Swim and Dive Teams Beats Centreville

The Westfield swim and dive teams defeated Centreville on Nov. 30. The Bulldog boys' won, 218-97, and the girls' team won, 180-129.



PHOTO BY CRAIG STERBUTZEL/CENTRE VIEW

Dalaun Richardson and the Westfield football team lost to Oakton in the Division 6 Northern Region championship game on Nov. 24.

Westfield Football Finishes Region Runner-Up

Another undefeated regular season ended in disappointment for the Westfield football team.

The Bulldogs finished Division 6 Northern Region runner-up for the second consecutive season, this time losing to Oakton, 23-16, in the region final on Nov. 24 at Westfield High School. The top-seeded Bulldogs were 12-0 entering the game and had defeated Oakton, 28-14, during the regular season, but the No. 7-seed Cougars found a way to win, leading by as many as 16 points in the fourth quarter.

According to stats from the Washington Post's Web site,

Westfield running back Dalaun Richardson carried 18 times for 118 yards and a touchdown in the region final. He finished the season with 1,749 rushing yards, good for fifth in the Washington, D.C.-metro area. He also scored 18 rushing touchdowns.

Quarterback Chris Mullins scored Westfield's other touchdown on a 1-yard sneak in the fourth quarter.

Last season, Westfield went 12-0 before losing to Centreville, 27-24, in the Northern Region championship game. The Bulldogs defeated the Wildcats, 13-10, in overtime during the regular season.



PHOTO COURTESY OF LAURIE HORSTMANN

The family of Bonnie Huneke, in whose honor this year's Turkey Trot was run, attended this 24th annual event.

2012 Turkey Trot Yields Success

Just like the Thanksgiving turkey and pumpkin pie, this year's Virginia Run Turkey Trot is history. But the good it'll do for others will last a long time into the future.

All the funds raised from this annual event go to Inova Health System's nonprofit program for cancer patients and their families. And, said event Co-Chairman Laurie Horstmann, "By our estimates, we're close to being able to donate \$100,000 to Life with Cancer from the proceeds."

This year's Turkey Trot was run in honor of Virginia Run resident Bonnie Huneke, who died of breast cancer Oct. 27, 2011 at age 50. The 5K winner was Taylor Torino, 20, of Centreville with a time of 15:46.

More than 5,200 people participated in the walk and run, and Horstmann praised the

"phenomenal Virginia Run Turkey Trot Race committee" members for all their hard work in making this year's event such a triumph.

"They are a wonderful group of very capable and dedicated volunteers," she said. "Many have been on the committee for 15 years or more. But we also have new members who've been instrumental in the race's success: Dean Jones, Mirchelle Enright, Mary Mitchell, Tom Redman, Steve Logon, Janet Day, Donna Latham, Bonnie Major, Steve Boyles, Jim Horstmann, Helaine Newman, Janet Logan, Joann Sevel, Geri Lightburn, Jackie Horstmann, Betsy Higgins, Greg Richter, John Lalley, Erik Kean from DC Timing Company and Catherine Intartaglia from Life with Cancer. They are the heart and the soul of the event."

— BONNIE HOBBS

SCHOOLS



PHOTOS BY BONNIE HOBBS/CENTRE VIEW



From left: Mary Shepherd, who oversees the parent centers for FCPS; Bette Morris, Cluster VII representative for Family and School Partnerships and Bull Run Principal Patti Brown chat inside the new family center.

Bull Run parents and staff inside the school's family center.

Creating a Welcoming Climate for Parents

FROM PAGE 9

There are 50 such centers in FCPS, and Brown acknowledged Mary Shepherd, Bette Morris and Lynne Whildin from the FCPS Family and School Partnerships office for their guidance. She also thanked Bull Run's PTA for contributing funds and supplies to the effort, as well as the 2011-12 SCA (Student Council Association) for donating money earned last year.

"We know student success is tied to parent involvement, and we hope many more parents will come to this center," said Brown. Then she, Garito and Cordova cut the ribbon on the new facility together, and parents went inside to check it out for themselves.

The interior is cheerful and cozy. There's a couch, chairs, table, rug, desks, computers, a flat-screen TV, chalkboard and children's play area with toys. "Many people don't have computers at home," said Brown. "So they can use the ones here to look for resources on the FCPS Web site or even look for jobs." Parents may even learn basic computer skills there.

The center also contains a clothes closet where parents may donate or obtain shoes and clothing for their children. And in the lending library, parents may borrow learning materials to use at home. They'll also find dual-language books, math games and books on, for example, parenting, building character in children and promoting good study habits.

Parents may participate in morning-coffee conversations at the center and choose the topics they'd like to discuss. Parent-to-parent support groups will meet in the center, as well as parent workshops on subjects such as homework hints and preparing for parent-teacher conferences.

Also in the center, parents may obtain information about volunteer opportunities in the school. Volunteers are always needed to

help the teachers, participate in school events, lend a hand in the cafeteria and library, and go on school field trips.

At Bull Run, students speak 48 primary languages and, said Brown, "With so many families speaking different languages, parents aren't always comfortable coming into the school. But at the center, they can come and meet other parents, become more comfortable and eventually volunteer in the school and in their child's class."

Whildin made the center's brochure and attended the grand opening. "I think it's wonderful," she said. "The school has done a phenomenal job of pulling everything together and reaching out to all different organizations and groups to create this fabulous environment."

"The people working on it had so much passion, and you can see it by the final product," continued Whildin. "This has been a wonderful experience working with the school."

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HOLIDAY ENTERTAINMENT

WHS Holiday Show

FROM PAGE 13

Madeleine Bloxam, Mitchell Buckley and Shannon Douglass are directing "A Charlie Brown Christmas." Charlie's depressed about the holidays because of all the commercialism, so Lucy tries to cheer him up by making him the director of the community Christmas play. He decides they need a Christmas tree and he brings back a small, scrawny one. But everyone gets angry because it's such a tiny tree, so then Linus explains to everyone the true meaning of Christmas.

The show features a cast of 14, with Brandon Sanchez playing Charlie Brown. Olivia Witt is Lucy; Stephen Cox, Linus; Juliette Jacobson, Snoopy; and Rachel Moser, Sally.

"All three of the directors have

been in this show before, so we're working well together and want to present it like it's been done before," said Douglass. "I like being able to shape how the product's going to be and see what's in my head come out on stage."

She said the audience will enjoy the show's youthfulness. "It reminds you what it's like to be a kid at Christmastime," said Douglass. "And it's full of big, expressive characters."

A Hanukkah Story

"A Hanukkah Story" is directed by Alex Mann and contains eight speaking parts plus an ensemble. Keegan Garant portrays the male lead and Zoe Hawryluk plays his wife. King Antiochus is played by Zack Walsh.

Antiochus was an oppressive

Syrian king who wanted a group of Jewish people, the Maccabees, to worship idols. They refused, so he waged war against them; and though the Maccabees were few in number, they were able to survive.

In this show, the husband and wife relate this story to the audience while it's being acted out onstage. The culminating event, said Mann, is "when the little bit of oil the Maccabees have is enough to light their menorah for eight nights."

"It's a story that might be new to some people and it's also funny," he continued. "Directing is enjoyable because I was able to mess with the script a bit and have creative control of the project. Many of my actors are freshmen, and it's comforting to know we have talent in the lower grade levels."

Frosty the Snowman

Aidan Quartana and Abby



PHOTO COURTESY OF TINA DEMPSEY

In costume, on a break from rehearsing for Westfield's "Ho-Ho Holiday Show" are (back row, from left) are Zack Walsh, Aidan Quartana and Jake Ehrlich; (front row, from left) are Olivia Witt, Audrey Weatherholtz and Shaina Greenberg.

Picard are directing "Frosty the Snowman." There are seven in the cast; Angelie Benn plays Frosty, Sara Berrios is Karen and T.J. Vinsavich is Prof. Hinkle.

"Both Aidan and I were in this show last year," said Picard. "He was Hinkle and I was the train master, so we wanted to direct it this year. 'Frosty' is a lot of fun because we stick to the story of the Christmas special, but add our own, little twists."

"We have a really talented cast, so I'm excited about working with everybody," said Picard. "Children's shows are so much fun because the actors can be cheesy and relaxed and wear crazy and bright costumes."

She loves directing and getting to put her own spin on things. What's surprising, she said, is that "as a director, I'm seeing things in the script I didn't notice as an actor and begin thinking about how to stage particular scenes."

Night Before Christmas

Directing "Twas the Night before Christmas" are Maggie Mitchell and Allie Koenigsberg. The show features a cast of 20 dancers and actors, and the only speakers are narrators Paolah Urista and Sarah Dickenson who recite the poem; everyone else is dancing. In fact, said Mitchell, "We've added a couple extra rehearsals because of all the dancing and choreography."

Mitchell was the Sugar Plum Fairy in her freshman year, is on Westfield's dance team and has been in this show all four years of school. "It's a tradition that the Sugar Plum Fairy is always a freshman, so I'm happy to pass it on to Shaina Greenberg," she said. "Besides her, also dancing will be fairies, the Nutcracker, plus the Rat King and the rats, as well as reindeer, and everyone will be in costume."

Mitchell said things are going really well and she was "pleasantly surprised" with the number of dancers who turned out for this year's show. "I love directing it and carrying on the tradition - whoever dances as the Sugar Plum Fairy as a freshman directs the show as a senior," she said. "So I've been happily anticipating my senior year to do this."

She said it's nice to finally see the whole picture, instead of just being one of the dancers. She also noted that she only made a few changes to the choreography.


As for the show, Mitchell called it "visually enticing." Seeing the story fully acted out - and not just a poem in a book, she said, is "going to be really special and exciting for the audience."

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