

JANUARY 17-23, 2013

25 CENTS NEWSSTAND PRICE



PHOTO COURTESY OF DAVID SIMMS

The Rough Riders Buffalo Soldiers and the Junior Buffalo Soldiers Drill Team lay a wreath at the Tomb of the Unknown Soldiers at Arlington National Cemetery.

And They're off to Washington, D.C.

Two local groups will perform at President Obama's inaugural balls.

BY BONNIE HOBBS
CENTRE VIEW

While most people will have to watch President Barack Obama's inauguration celebration on TV, Army Sergeant Major (retired) Keith Jarman of Centreville will be there in person.

He's president and founder of the Rough Riders Buffalo Soldiers Association of America, Northern Virginia Chapter. And that group, plus the Junior Buffalo Soldiers Drill Team of Centreville's Mount Olive Baptist Church, will be participating in two of the formal inaugural balls.

"We submitted a proposal to President Obama's Inauguration Committee to either participate in the inauguration parade or an inauguration ball in Washington, D.C.," said Jarman. "We

also provided a copy of our DVD, 'Eyes Still On the Prize - Buffalo Soldiers Legacy,' filmed in June 2011 at Arlington National Cemetery."

To their delight, they were selected to present the legacy and spirit of the Buffalo Soldiers during the All American Heroes ball on Jan. 20 and the Global Peace ball on Jan. 21. Said Jarman:

"The essence of our unique presence and dramatic reenactment performance — in our authentic, 1885 U.S. Union Army Blue Calvary uniforms — will personify excellence, pride and a tremendous honor for all the participants."

— Keith Jarman

"The essence of our unique presence and dramatic reenactment performance — in our authentic, 1885 U.S. Union Army Blue Calvary uniforms — will personify excellence, pride and a tremendous honor for all the participants."

The Junior Buffalo Soldiers Drill Team will have the honor to post the Colors. "It will march into the main ballroom during the playing of the National Anthem with the U.S. flag, Defense flag Army flag

SEE BUFFALO SOLDIERS, PAGE 4

Defining the Dream of Martin Luther King, Jr.

CPMSAC presents annual celebration Jan. 20.

BY BONNIE HOBBS
CENTRE VIEW

Each year, the Chantilly Pyramid Minority Student Achievement (CPMSAC) Committee celebrates the life and legacy of Martin Luther King Jr. This year's event is slated for Sunday, Jan. 20, at 4 p.m., at Westfield High.

The theme is "Dr. Martin Luther King Jr.: 'Defining the Dream in an Era of Change.'" Students from schools throughout Centreville and Chantilly will perform in his honor. The event is free and the public is welcome.

Emceeding will be Westfield High senior Jamilla Vizcaino and Chantilly High senior Brian

Sydnor. The co-chairs are Deneen Vaughn, Brenda Johnson, Wanda Gregory-Tanks and Kim Graham.

"This festival over the years has been well attended," said Vaughn. "We expect this program to be equally as successful. This celebratory event is always uplifting and inspiring, with a diverse group of participants from various local schools, churches and civic organizations." Graham said this event is "a chance for all of us to reflect on a man who realized that, by speaking in a peaceful way, more can be accomplished in settling differences." He loved America, and the many positives that have happened in history since Dr. King's assassination should be the focus for this day of remembrance."

Johnson, a special-education teacher at Lees Corner Elementary,

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BONNIE HOBBS/CENTRE VIEW

The Colin Powell Elementary Puma Choir sings "Something for Me, Something for You" during the 2012 festival.

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Trainer Inducted Into Hall of Fame

Treating sprained ankles, separated shoulders and aching backs are everyday occurrences for Fairfax County Police Department's athletic trainer Nancy Burke.

Burke serves a vital role for the agency in keeping over 1,300 Fairfax County Police officers in top form despite the tough physical toll the job can have on one's body.

"Obviously physical fitness is critical for those in public safety; whether they are chasing a suspect in the dark or helping lift a person out of a wrecked car, it is a very physically demanding job," Burke said. She added, "It's extremely rewarding to be able to help treat and educate officers on how to get healthy, stay healthy and get them back to duty after they've had an injury."

Burke's efforts are now being widely recognized as she has been tapped for the 2013 Virginia Athletic Trainers' Association (VATA) Hall of Fame. The



Nancy Burke

VATA is an organization dedicated to the health and well-being of Virginians who are physically active and this is the third year for the Hall of Fame selection process.

Burke began her career as an athletic trainer in a secondary school setting after graduating from James Madison University in 1973. After earning her Master's Degree from Eastern Kentucky University, she continued her career in Fairfax County. Her expertise in sports medicine is nationally known as she served as the head athletic trainer for World Cup Sabre Fencing in 1992 and 1994, a site medical director for the Atlanta Olympic Games in 1996, and chaired the U.S. Lacrosse Association Safety Committee, where her contributions helped result in the mandate of protective

eyewear and new safety standards for goalkeepers' helmets.

For more information about the Fairfax County Police Department's programs or personnel, contact the Public Information Office at 703-246-2253.

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ROUNDUPS

Dozens of Vehicles Vandalized

Fairfax County police are investigating reports of more than 40 cases of property destruction and larcenies that happened last Thursday, Jan. 10, between 1-5 a.m., in Centreville. Suspects smashed passenger-side windows of 44 vehicles and then rummaged through the glove boxes and stole items including GPS units, iPods, sunglasses and loose change.

The areas targeted were Bent Tree Circle, Little Rocky Run, Summer Tree Road, Glad Spring Drive and Cider Barrel Circle. Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

National Day of Service

President Barack Obama has designated Saturday, Jan. 19, as a national day of service. Volunteer Fairfax is partnering with Points of Light and Target to put on a signature, national-service project in Washington, D.C., linking the vision of Martin Luther King Jr. with inauguration events and engaging political leaders, celebrities, and the community in service and dialogue.

Some 10,000 volunteers will gather at the D.C. Armory and, throughout the course of the day, they'll pack 100,000 toiletry care kits filled with necessities for deployed U.S. service members, wounded warriors, veterans and first responders. For more information, go to www.volunteerfairfax.org

Frey to Address WFCCA

Supervisor Michael R. Frey (R-Sully) will be the guest speaker at the quarterly meeting of the West Fairfax County Citizens Association (WFCCA). It's slated for Monday, Jan. 21, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd., in Chantilly.

Sully District Council Meeting

The Sully District Council of Citizens Associations and its Land-Use Committee will meet Wednesday, Jan. 23, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Call Jeff Parnes, evenings, at 703-904-0131.

On tap is a review of the FY 2014 Fairfax County Public Schools budget by Kristen Michael, the FCPS budget director. There'll also be a status update on a proposal for independent-living and medical-care facilities on Centreville Road in Oak Hill.

Free Carseat Inspections

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

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

Help Assemble Food Bags

Each week, more than 70 Centreville Elementary students who receive free and reduced-price lunches also receive food in their backpacks on Fridays so they won't go hungry on the weekend. To help this program, Mount Olive Baptist Church has purchased and donated the foods needed to go into the backpacks.

But volunteers are needed Saturday, Jan. 26, starting at 9 a.m., to help assemble more than 1,200 food bags at the church at 6600 Old Centreville Road in Centreville. (A sign outside the church will identify which doors to use). These bags will then be driven to the school for distribution by the school counselors.

SEE ROUNDUPS, PAGE 7

NEWS

'He's Centreville's Family Doctor'

Beloved physician, Richard Bowles, retires after 42 years.

BY BONNIE HOBBS
CENTRE VIEW

All day long, a steady stream of people flocked to Dr. Richard Bowles's office in the Old Centreville Crossing Shopping Center. But this time, it wasn't because they were sick; instead, they'd come to say goodbye.

Bowles, a family-practice doctor, retired shortly before Christmas after 42 years as a physician — 38 of them in Centreville. And though his patients understood and wished him well, they were genuinely sad to see him go.

"He's Centreville's family doctor and he will be sorely missed," said Clifton's Phyllis Jacoby. "My children, who are in their 30s now, went to him. He saw my husband through cancer and even gave me his home number in case we needed anything. He made us feel like we're all special and the only patients he had."

She said Bowles "ministered to the heart and soul. He asked about your family and gave you a hug on



Dr. Richard Bowles (at far right) chats with Kathleen and Kenyon Davis.

the way out. When people came from his office, it was like they just left their best friend."

Sanford and Helen Hughes of Centreville's Manorgate community were patients for some 25 years. "He's been our family doctor, and as much of a friend as he was a doctor," said Helen. "You didn't feel like a number. He didn't rush you out, but spent time talking with you and discussing any concerns you had. He was a thorough and caring doctor, and

SEE PHYSICIAN, PAGE 7

Looking Back on a Satisfying Career

BY BONNIE HOBBS
CENTRE VIEW

Richard Bowles always knew he'd someday be a doctor.

"My dad was a doctor and I used to ride on calls with him," he said. "I think he had a big influence on me. I was around medicine all my life and I looked up to him, so there was never any question about what I wanted to do."

A newly retired family practitioner, he's seen patients in Centreville for almost four decades and was pleased that so many of them came to his office recently to thank him for his services and wish him well in the next chapter of his life.

"It was sweet of everybody," said Bowles, 68, of Oakton. "I was humbled; it was very gratifying. I had a wonderful relationship with my patients and staff."

A 1970 graduate of UVA's medical school, he joined another doctor's practice in 1975 in the Newgate Shopping Center. That doctor left in 1984 and Dr. Janice Keyes joined Bowles in 1988. A year later, they moved to the practice's current location in the Old Centreville Crossing Shopping Center.

He chose family practice because "I like the personal contact and getting to know families as a whole. That makes you able to respond and react more appropriately when you look at the whole person."

When asked about any particularly memorable cases, Bowles replied, "When I was with a patient,



From left: Patient Judy Betts of Virginia Run chats with Barby and Richard Bowles.

that person was the most important case. They were all very meaningful to me. They were all special people — extraordinarily nice, kind and understanding. I truly believe we had the best patients of any practice."

Even if someone called near closing time, he'd try to work that person into his busy schedule. "Sometimes, other patients had to wait because of it," he said. "But they understood and, sometimes, they were the patients that kept others waiting."

And, yes, Bowles even made house calls. "Nowadays, you can do procedures in an office that you

SEE LOOKING BACK, PAGE 7

Rough Riders Buffalo Soldiers To Perform for Obama

FROM PAGE 1

and our organization's flag, Gideon, during the initial opening ceremony," said Jarman. "This is an honor normally executed by a military Color Guard."

And at both balls, the Rough Riders Buffalo Soldiers will execute a reenactment called, "A Tribute to our Military American Heroes." Some 20 Rough Riders and 24 drill team members — boys, ages 6-17 — will take part.

"I am so humbled, honored and blessed to have this opportunity to represent the legacy of the Buffalo Soldiers and to present my organization at such high visibility and prestigious events as the American Heroes and the Global Peace inaugural ball celebrations in honor of President Obama's second term as the President of the United States of America," said Jarman.^o

Each inaugural ball committee interviewed and reviewed many requests to perform at the balls, but only a few were selected. Said Jarman: "We are all extremely excited that our presence at each ball fits perfectly within the themes and expectations for each event."

Buffalo Soldiers were all African-American units during the Civil War and helped protect and expand the American West during



PHOTO COURTESY OF DAVID SIMMS

The Rough Riders Buffalo Soldiers and the Junior Buffalo Soldiers Drill Team at Arlington National Cemetery.

the late 1800s and early 1900s. "They're sometimes called America's 'forgotten' military heroes," said Jarman. "And while their history may not be well known or included in American history books, their legacy has left a lasting imprint on this country."

"As we remember our American heroes who died in service to our country, let us also honor the service of the Buffalo Soldiers," he continued. "Since the birth of our nation, African American soldiers have demonstrated the core values of an American hero. For gen-

erations, these proud heroes have played an integral role in protecting and shaping this nation."

Initially denied the right to bear arms in the first year of the Civil War, by the end of 1862 black soldiers were fighting for the Union. Volunteer units from different

states went on to serve with distinction throughout the war. Said Jarman: "President Abraham Lincoln's decision to transform the conflict from a fight to preserve the Union to a crusade to abolish slavery transformed the history of our nation and the role of the black soldier."

Now, he said, both of his Buffalo Soldiers groups have served their community through reenactments, plays and drills at schools, local government, military installations, and government agencies.^o

"Involving our youth in this experience brings a unique element to our organization that inspires hope, pride, respect and patriotism in people," said Jarman. "Presenting the wreath at the Tomb of the Unknowns at Arlington National Cemetery and being selected to participate in two, highly visible and prestigious inaugural balls in our nation's capital truly will be our most honorable experiences to date."

So what's left to achieve? Replied Jarman: "The Junior Buffalo Soldiers Drill Team's greatest desire is to be invited to the White House to meet with President Obama."

For more information on either group, go to www.rough-riders-buffalo-soldiers.com.

Celebrating Life and Legacy of Martin Luther King, Jr.

FROM PAGE 1

has a personal reason for celebrating King and all he accomplished.^o "I was born and raised in Mississippi, during the late '50s and '60s," she said. "It was hard growing up in the rural South, being told that you would not be able to excel to your full potential."

But, said Johnson, "Dr. King taught us not to give up, to work hard and one day your dreams will become a reality." "I am glad that I can walk the streets of my hometown and see the many changes that have taken place over the years." "No more 'colored only' signs. Dr. King gave many people hope, determination, self-confidence and courage."

"Our children do not fully understand what sacrifices Dr. King and many others had to endure so that they can go to the school of their choice, walk the streets freely, and shop and sit in a restaurant without being harassed or told, 'We can't serve you here.' This celebration is our way of saying thank you to Dr. Martin Luther King Jr. for a life well lived."^o

Performers on Sunday will include the Mount Olive Baptist Church Children's



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Brookfield Elementary's Chorus sings "Woke Up This Morning" during last year's Martin Luther King, Jr. event.

Choir, the Centreville High Wildcats Guitar Ensemble and a nine-person Latin dance group from Westfield High.

The Chantilly High chorus will also entertain, as will Westfield's Step Team, plus students from Brookfield, Colin Powell, Bull Run and McNair elementaries. There'll be

hip hop dancers and sisters playing piano, and Ashley Little will sing the National Anthem.

RATheMC, two rappers who competed on the "X Factor," will perform, and Hari Kappiyoor will play an ancient Indian instrument. Ambica Kalurgi, Lalitha Guraju and Shilpa Gokhale will do an Indian dance,

and Farhana Khan and Manika Ponakala will sing an Indian song.

Chantilly resident Shirley Nelson founded CPMSAC in 1984 to provide a way of improving the academic achievement of minority students in Fairfax County Public Schools. For more information, go to www.cpmasac.org/aboutus.



The Stone Middle Stomp Squad entertains during last year's Martin Luther King, Jr. celebration.

CAC Honors Auxiliary Officer

Thad Palmer
praised for his
dedication.

BY BONNIE HOBBS
CENTRE VIEW

During the daytime, Thad Palmer is an AOL network engineer. But in the evenings, he volunteers as an auxiliary police officer for the Sully District Station.

He volunteered nearly 300 hours in 2012 and, last week, APO Palmer was honored as that station's Citizens Advisory Committee (CAC) Officer of the Month.

"He proudly volunteers his time with us, honorably serving the community," said Capt. Ed O'Carroll, the station commander. "He has done an excellent job on the street with his friendly demeanor and clear dedication to his duty as a police officer."

"Thad's an almost-10-year veteran of the program," continued O'Carroll. "He receives no money for the work he does; he's a sworn police officer, but a volunteer. He works all day and comes in on weekends and evenings to do his civic duty. Thad can often be found assisting with patrol duties and helping with DWI checkpoints."

After the school shooting in Newtown, Conn., Lt. Ryan Morgan put out a notice for more police staffing at the schools here. "So the week following the shootings, Thad left his family to go to the elementary schools and work with us," said O'Carroll. "That was very meaningful."

But all year 'round, said O'Carroll, "Thad steps up to the



BONNIE HOBBS/CENTRE VIEW

APO Thad Palmer with his wife and children: (Back row, from left) are Jessica, 12; Brooke and Thad Palmer; and Thadius, 11. (Front row, from left, are Mitchell, 8, and Nathan, 6.

plate, like all the auxiliary officers do." Addressing him directly during a ceremony, last Wednesday, Jan. 9, in front of Palmer's wife and four children, O'Carroll said, "The Sully CAC recognizes you for your exemplary service to the community. We're proud of you; congratulations."

To Palmer's three sons, Thadius, 11; Mitchell, 8; Nathan, 6; and daughter Jessica, 12, he added,

"Your dad's service means a lot. Thank you for your sacrifice."

Receiving his plaque, Palmer said, "I'm very humbled by this and grateful for it. Thank you all."

Also pleased was his wife of 18 years, Brooke. "We're really proud of him," she said. "He's enjoying doing it. We miss him while he's gone, but we're glad that he's willing and able to help the community."

BULLETIN BOARD

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

THURSDAYS/JAN. 17 AND JAN. 31

Registration Open House. 9:30-11:30 a.m. at Clifton Children's Academy, 14315 Compton Road, Centreville. Come tour the school and register for morning, afternoon or full-day preschool classes. Visit www.childrensacademy.com or 703-968-8455 to register for one of the open houses.

SATURDAY/JAN. 19

Rev Up Your Metabolism. 12:15 p.m. at The Women's Club Fitness Center and Day Spa, 14175 Sullyfield Circle, Chantilly. Get tips on foods that boost metabolism, how to exercise efficiently and more. Free. Registration required. Visit www.thewomens-club.com or 703-817-0700 to register.

A Gardener's Calendar. 10 a.m. at

WWW.CONNECTIONNEWSPAPERS.COM

Merrifield Garden Center, 8132 Lee Highway, Merrifield. David Yost, Merrifield plant specialist, will discuss how to start caring for a garden. Free. Visit www.merrifieldgardencenter.com or 703-968-9600.

SATURDAY/JAN. 26

Luncheon and Meeting. 1:30 p.m. at Greenbriar Community Center, 4615 Stringfellow Road. The GFWC-Western Fairfax County Woman's Club will host a luncheon and presentation titled "Around the World in 40 Minutes." To register contact Marion Brown at 703-631-7093 or e-mail westernfairfaxcountywc@gmail.com by Jan. 18.

SUNDAY/JAN. 27

Trial Class. Torah tots is holding free trial classes of their program for children ages 2.5 years through pre-k and their parents at 11 a.m. at 4212-C Technology Court, Chantilly. No

registration required.

TUESDAY/JAN. 29

Preschool Open House and Registration. 9:30-11:30 a.m. for Pleasant Valley Preschool located in Greenbriar Community Center, 4615 Stringfellow Road, Chantilly. Learn about the program. Visit www.pleasantvalleypreschool.com or 703-378-6911.

THROUGH JAN. 31

Registration Deadline. Register by Jan. 31 for Torah Tots, a program for children ages 2.5 through pre-k. \$90/member; \$120/non-member. Classes held on Sundays at 11 a.m.

THURSDAY/FEB. 7

Program Information. Learn about Lifetime Leadership Program at 11 a.m. at Leadership Fairfax, 8230 Old Courthouse Road, Suite 350, Vienna.

SEE BULLETIN BOARD, PAGE 16



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OPINION

Transportation Money

Eliminating the gas tax makes no sense.

Virginia, and especially Northern Virginia, is woefully short on funds for transportation. One reason is that its gas tax, a logical way to fund transportation infrastructure, is one of the lowest in the nation, and has remained flat since the '80s, since it is not indexed for inflation. So the buying power of the gas tax has been dwindling.

It seems obvious that one way to fix this is to allow it to rise with inflation, or change it to a percentage of the price of a gallon of fuel. Tying road funding to gas consumption is a logical connection, and the increase encourages conservation and more fuel-efficient vehicles.

Instead, Gov. Bob McDonnell has proposed eliminating the gas tax, replacing the funding with an increase in the sales tax plus a plan to shift money from other state spending, like education, human services and public safety,

to transportation.

With considerable agreement that Virginia needs about \$1 billion a year to pay roads and transit, this proposal would raise about one-third of that.

EDITORIAL

Part of the Governor's plan also calls for a \$100 annual fee on vehicles that use alternative fuels.

Raising the sales tax to pay for roads is particularly unfair to the many residents of Northern Virginia who have chosen to live in Arlington, Alexandria and other areas that are walkable and provide easy access to public transit.

Penalizing drivers of hybrid and electric vehicles by charging them more than six times what other vehicles pay is not in the best interests of anyone who breathes the air in Virginia, and is a stark slap at innovation.

The entire proposal makes about as much sense as forcing a select few Northern Virginia

residents, the drivers on the Dulles Toll Road, to almost single-handedly pay for rail to Dulles. Dulles airport is one of the key economic drivers for the Commonwealth of Virginia. Building rail to serve the airport is an economic investment that will have broad benefits in revenue for the state. A disproportionately small amount of that revenue will make it back to Northern Virginia. So it is welcome that the Governor's proposal calls for diverting some of the "new" transportation money to Dulles rail.

The current proposal would make Virginia the only state without a gas tax. It seems unwise for a state with such dramatic transportation deficits to abandon the one source of funding that makes sense. More money is needed; that requires addition, not subtraction.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

A 10-Year Mission: To End Homelessness

BY MICHAEL O'REILLY

Editor's Note: This month, The Centre View begins featuring a monthly column written by community leaders involved in Fairfax County's nonprofit organizations. Every year, thousands of Fairfax County residents volunteer with nonprofits in a variety of ways, whether it's driving a senior citizen to a medical appointment or serving meals to the homeless in one of the county's hypothermia shelters. According to Volunteer Fairfax—a nonprofit that matches volunteers with service projects—individuals volunteered 205,688 hours of service to the community. We launch this series with a column by Michael O'Reilly, chairman of the Governing Board of the Fairfax-Falls Church Partnership to Prevent and End Homelessness.

Our Fairfax-Falls Church community is one of the most affluent in the country. Our schools are second to none. We are the home for many Fortune 500 businesses. Even with the challenging economy, our unemployment rate is among the lowest in the country.

Despite these strengths, our community also includes people who are homeless and are staying at emergency shelters, living in their cars or camping in the woods. Our community includes families with no place to sleep at night and children with no place to go after school. It saddens me to report that there were over 3,000 homeless individuals in our community this past year. It is unacceptable to have homeless men, women and children in our community.

Homelessness impacts every person in our community and each has a role in ending it. Through the good work of many non-profit and religious organizations, for many years we have directed our collective efforts to managing the homeless issues. However, little was done to find longer term solutions to prevent and end homelessness. That has now changed.

The leadership of Congressman Gerry Connolly helped to galvanize all of the energy and effort in the entire community. The Fairfax County Board of Supervisors with leadership from Chairman Bulova and Supervisor Catherine Hudgins and all of our key stakeholders from the non-profit, government, faith

and business community came together to develop an impressive 10 Year Plan to Prevent and End Homelessness. The Plan recognizes the right of all people to have a safe, affordable place in which to live. The Plan envisions our entire community working together as partners to eliminate homelessness. We have some very steep goals and lots of hard work ahead to reach our goal of ending homelessness in Fairfax County by the end of 2018.

We have made huge strides in the development of the governance structure called The Partnership to Prevent and End Homelessness. The Office to Prevent and End Homelessness was established within Fairfax County. We have constituted a Governing Board made up of business leaders, elected officials, builders, clergy, law enforcement and others. We have created a new Consumer Advisory Council to ensure that currently homeless and formerly homeless have an active voice in the implementation of our plan.

We have much more work to do. We have recently moved our collective efforts to the Plan's goal of creating 2,650 new housing units. We have supported and will continue to support efforts to amend the County's housing code to permit more individual housing options. We hosted a day-long outreach program for our faith based communities which shows promise at increasing the housing stock.

Through our collective prevention and rapid rehousing strategies, community case management and the provision of other critical services, we prevented last year over 1,400 individuals from becoming homeless by providing community case management and other services. In addition, we have launched a Housing Locator Network to strengthen relationships with landlords and to help move the homeless in our community more rapidly into permanent housing. Through the work of our Partnership we have seen an impressive increase in homeless families and individuals placed in permanent housing from 482 in 2010 to 853 in 2012. Many adults and children have been positively impacted. This can only be at-



PHOTO BY VICTORIA ROSS/THE CONNECTION

From left: Michael O'Reilly, Jim Corcoran and Dean Klein during Jeans Day 2012.

tributed to the commitment that many in our community have made to end homelessness.

Our approach to preventing and ending homelessness is predicated on us doing so in partnership with a broad coalition of nonprofits, faith communities, businesses and government. Working together allows us to do amazing things.

I thank you for your interest and commitment and look forward to our continued work together with all of our partners in the coming years as we strive to prevent and end homelessness in our community. If you would like to become involved in this important work please go to www.fairfaxcounty.gov/homeless or call 703-324-9492 for more information.

Michael O'Reilly is chairman of the Governing Board of Fairfax Falls Church Partnership to Prevent and End Homelessness.

CENTREVIEW

SOUTHERN EDITION

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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](https://twitter.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](https://twitter.com/TheismannMedia)

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

A Connection Newspaper

Physician Richard Bowles Retires after 42 Years

FROM PAGE 3

we were so comfortable with him that we kept coming all these years. It'll be hard for someone else to fill his shoes."

Greenbriar's Christine Elder saw him for more than 32 years. "He has a daughter three weeks younger than my grandson, so we compared notes through the years," she said. "I'm sad to lose him as a doctor, but I'm happy for him and I hope he has a long retirement — he deserves it."

Former Clifton resident William Smith called Bowles "the greatest doctor. It breaks my heart to see him leave. I had spinal meningitis in 1997 and no one knew what it was. But he told the hospital, 'This man needs to be admitted right now — he's dying.' He saved my life and came to see me every day in the hospital."

Marvin Roberson was disappointed that Bowles was retiring, but said his replacement, Dr. Kim, "seems very nice." And, added Roberson's wife Karen, "We're glad he'll get to spend more time with his grandchildren. We've been going to him more than 40 years; we brought our kids and [other relatives]. He's a fantastic doctor; he treats you as a person and really gets to know you."

Similarly, Brenda Vieregge of Fair Oaks has been a patient for decades. Recalling how he once brought medicine to her home on a Saturday night for her daughter's earache, she said, "He's a wonderful, old-fashioned doctor. And when I told a friend about him, she said, 'He sounds just like the doctor I grew up with in Matthews, N.C. — Dr. Richard Bowles Sr.' It was his father, so he's the second generation of this sort of doctor."

"It's remarkable the way he took care of his patients," said her husband, retired Fairfax County Circuit Court Judge Arthur



Cathy Riley-Hall (on left) presented Dr. Richard Bowles with a medical-themed quilt made for him by her sister-in-law, Pat Stinson.

BONNIE HOBBS/
CENTRE VIEW

Vieregg Jr. "We love this guy so much. He was the doctor for a number of judges on the court. He also saved Brenda's brother's life. Her brother said he had a 'little discomfort,' so Richard gave him an EKG and told him to take another test immediately. He was then sent to the hospital and had a quadruple bypass."

"Everyone raves about him to someone else," said Brenda. "He just made you feel safe. And even when he was young, he liked taking care of older people. My 94-year-old father was one of his patients."

Calling Bowles "terrific, trustworthy and a good listener," Vienna's Martha Schworm said he always made himself available. "In 35 years, I've only seen his partner once," she said. "I wish

him a great adventure in retirement."

Also 35-year patients, Kenyon and Kathleen Davis of Centreville's Rocky Run community came to bid Bowles farewell, too. "We feel like he's a part of us," said Kathleen Davis. "We hate to lose him."

Agreeing, Kenyon Davis said, "He's not only our doctor, he's a friend. I thank him for a couple lifesaving things; he discovered I had prostate cancer and that my carotid artery was stopped up. I owe him a lot. He's

well-respected in the hospitals, too; he's going to be missed by a lot of people."

Bowles's partner for the past 25 years, Dr. Janice Keyes said, "It's been fantastic. He's one of the best physicians I ever met and we're great friends. He's a wonderful human being, and it's been great working with him."

Jo Ann Kamauff, his office manager for 26 years, said Bowles "cared about every patient as much as the next and instilled that in all of us. He's amazing; words can't say what he means to me. Everybody has a story about him, and he can tell you their story from 30 years ago. I'm happy that he'll now get to spend more time with his family."

Virginia Run's Judy Betts praised the great care Bowles gave her parents since 1994, and patient Cathy Riley-Hall of Centreville's Country Club Manor community presented him with a handmade quilt of medical-themed fabric surrounded by hearts.

Noting his "compassion, sincerity and concern," she said, "Even if it was 8 o'clock at night, he'd call you with test results and would even see you on weekends in an emergency. His staff's phenomenal, too; he's been a good role model for them. I want him to still be here; but if anyone's earned retirement, it's him."

ROUNDUPS

FROM PAGE 3

Improve Transportation for Elderly, Disabled

Local residents' answers to a brief survey will help Fairfax County improve transportation services for older adults and people with disabilities in this county and the cities of Fairfax and Falls Church. The questionnaire consists of 27 mostly multiple-choice questions. It takes 5-10 minutes to complete.

Take the survey online at <https://www.surveymonkey.com/s/mobilityoptions>. It's sponsored by the Fairfax Area Mobility and Transportation Committee, which reports jointly to the Fairfax Area Disability Services Board and the Fairfax Area Long Term Care Coordinating Council. For an alternate format of the survey, contact Jill Clark at 703-324-5874, TTY 703-449-1186.

Advocates Needed for Elderly

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 in Spring 2013.° Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Give Caregivers a Break

Fairfax County needs Respite Care volunteers throughout the county to give family caregivers

of a frail older adult a well-deserved break. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Meals on Wheels Volunteers

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

Women's Self Defense

The Fairfax County Law Enforcement Foundation is partnering with the Fairfax County Police Department to offer the Women's Self Defense Training program. It's based on the SAFE program formerly provided by the Police Department, but now being taught by C&J Security Corp.

The program is a two-day class that will meet on consecutive Tuesday and Thursday evenings from 6:15-9:30 p.m. It's currently offered free and all class materials are included. Program funding is provided through the Fairfax County Law Enforcement Foundation.

The course is offered to females, age 13 and older. For more information, call 703-246-7806, or go to www.fairfaxfoundation.org.

Looking Back on A Satisfying Career

FROM PAGE 3

can't do at home, so office visits are generally better," he said. "But I still made house calls, when necessary, right up to the end."

He and Barby, his wife of 43 years, have three grown daughters and five grandchildren — four girls and a boy. And now that Bowles has retired, they're looking forward to being able to spend more time with them.

"I was blessed to have a family who would support my hours," he said. "There was no medical talk at home; so when I was there, I could concentrate on my family."

Bowles said getting to know his patients as people was the most rewarding part of his career.

"When someone was ill, I wanted to help them," he said. "My staff and I were a family and cared for each other, too, and we all cared about our patients."

He said his interaction with the staff and patients is what he'll miss the most. But, he added, "I'm 68, and it just seemed like it was a good time to retire."

Looking back at his many years as a family practitioner, Bowles said, "It's a wonderful occupation. And I was very blessed to be in Centreville and have the staff and patients that I did. But I also enjoy being home with the family." During the recent holidays, he said, "I think it was the first time in 40 years I had both Christmas and New Year's off."

Importance of Recess

Pediatric researchers say unstructured play can help a child's cognitive, physical, emotional and social development.

BY MARILYN CAMPBELL
CENTRE VIEW



COURTESY OF NORWOOD SCHOOL

Students at Norwood School in Potomac, Md., enjoy outdoor recess. The American Academy of Pediatrics says that recess — when provided in a safe, supervised environment — offers children physical, emotional and social benefits.

classroom. “Time outside in an unstructured environment among peers provides an important avenue for the development of their creative, social and moral development,” said Colin Gleason, head of the Lower School at The Heights School in Potomac.

Gleason says unstructured play provides a much-needed outlet for some children. “At this age, children, and especially boys, overflow with physical energy,” he said. “They are wired ... to explore and learn about the world around them in an active way, using all of their senses. Also, by organizing play with their peers in this environment, they learn the natural laws of social interaction. They learn that it pays off to be kind towards others, to work together to make a game run smoothly [and] to make rules that are fair.”

American Academy of Pediatrics researchers also recommended that recess not be withheld from children as punishment.

Shannon Melideo, chair of the education department and an associate professor at the School of Education and Human Services at Marymount University in Arlington, agrees: “Too often the children who are denied recess as a punishment are the children who need recess most.”

Some local educators say that recess gives children an opportunity to learn how to manage their free time. “Current research in brain development highlights the connections between physical activity, attention and memory,” said Dresden Koons, head of Lower School at St. Andrew’s Episcopal School in Potomac. “We ... [believe] that what happens outside the classroom benefits what goes on inside it, and vice versa. Most of all, we want our students to take appropriate risks in a safe environment and to experience repeated successes on the playground that will translate into their success as learners and as human beings.”

THE AMERICAN ACADEMY OF PEDIATRICS STATEMENT stresses that recess should complement, not replace physical education classes, even for schools with limited outdoor space, and Reston-based National Association for Sport and Physical Education spokeswoman Paula Keyes Kun agreed.

She said, “All children need a minimum of 60 minutes of physical activity every day. Regular daily recess should be a part of every school day. It provides children with discretionary time to be active, helps them develop healthy bodies and enjoy movement.”

She added that NAPSE is calling on schools across the country to find creative ways of increasing their students’ physical activity levels before, during and after school.

Can climbing on monkey bars help a child’s cognitive development? Can a game of tag boost preschooler’s social skills? The nation’s top pediatricians say “yes” and some local educators agree.

A policy statement released earlier this month by the American Academy of Pediatrics said recess, when provided in a safe environment and under supervision, provides children with cognitive, physical, emotional and social benefits. Additionally, the AAP recommended that unstructured play be used in conjunction with physical education in schools.

“Recess and unstructured play provide children with opportunities to explore, problem-solve and learn in ways that enhance their socio-emotional, physical and cognitive development,” said Julie K. Kidd, associate professor and early childhood education academic program coordinator at George Mason University in Fairfax. “The physical and mental break from academic activities enables children to return to their studies more focused and ready to learn.”

SOME LOCAL SCHOOLS agree that recess is an important part of a student’s day. “In addition to physical education classes, our students enjoy unstructured recess every day,” said Dick Ewing, head of school at the Norwood School in Potomac, Md. “Of course, there are the health benefits of the physical activity, and teachers will tell you that children are more focused in the classroom after recess, but there are also several social-emotional benefits. Children learn important life skills during recess. They learn how to effectively communicate, collaborate, cooperate and problem solve during various playground games. Creativity also comes into play as children make up their own games.”

Lizabeth Borra, school counselor at Potomac Elementary School in Potomac, added: “This unstructured time gives children the opportunity to develop lifelong skills such as conflict resolution, communication, creativity and negotiation.”

Joan Holden, head of school for St. Stephen’s & St. Agnes School in Alexandria, developed play areas known as “Tinkering Spaces” on campus, “dedicated spots where students work together with educational games, building tools and puzzles, where there are no assessments or evaluations, just a relaxing, fun atmosphere that brings out teamwork, creativity, invention and problem-solving,” said Holden. “I thought it would be great to have age-appropriate spaces on each campus where students could tinker in a very informal way, with no instructions. The only ground rule is that you can’t destroy what someone else has started. You can either build on it or start your own project.”

American Academy of Pediatrics researchers and local educators concluded that recess and free play activities are a critical part of development and social interaction that students may not get inside a

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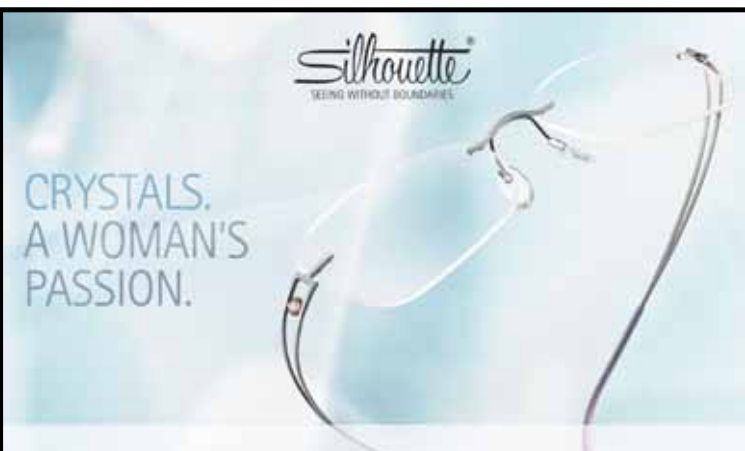
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ENTERTAINMENT

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

THURSDAY/JAN. 17

English Conversation Group. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can practice with other students. Registration required. 703-502-3883.
Guys Read. 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Boys in grades 5 and 6 can participate. Call for title. Free. Registration required. 703-502-3883.

SATURDAY/JAN. 19

Whewee! 10:30 a.m. at Centerville Regional Library, 14200 St. Germain Drive. Children ages 3-5 with adult can enjoy stories and activities. Free. Registration required. 703-830-2223.
Theater Performance. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Chantilly High School drama department presents humorous stories and fairy tales featuring audience participation. Free. Registration required. 703-502-3883.
Mill Races. 10 a.m. at Cabell's Mill, 5235 Walney Road. Race paper boats in the same stream that used to power the mill just down the road from the E.C. Lawrence Park. \$7/child age 7 and older. Visit www.fairfaxcounty.gov/parks/parktakes or 703-222-4664.

TUESDAY/JAN. 22

English Conversation Group. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can practice with other students. Registration required. 703-502-3883.
Ready for School Storytime. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 4-5 can enjoy stories and more. Free. Registration required. 703-502-3883.
Starlight Storytime. 7 p.m. at Centerville Regional Library, 14200 St. Germain Drive. All ages can bring a stuffed animal and enjoy stories and fun. Free. Registration required. 703-830-2223.

WEDNESDAY/JAN. 23

Toddlin' Twos. 10:30 a.m. and 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 can enjoy stories and activities. Free. Registration required. 703-502-3883.
Time for Tots. 11 a.m. at Centerville Regional Library, 14200 St. Germain Drive. Children age 2-3 can enjoy stories and fun. Free. Registration required. 703-830-2223.
Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.
Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

THURSDAY/JAN. 24

Storytime. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.
English Conversation Group. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can practice with other students. Registration required. 703-502-3883.
Ask an Expert Lecture. 12:30 p.m. at the Udvar-Hazy Center, 14390 Air & Space Museum Parkway. Short talks about aviation and space related

Sugarloaf Crafts Festival

After a long holiday season of giving, craft lovers in Northern Virginia will have a chance to browse and buy contemporary handmade creations at the Sugarloaf Crafts Festival with only one person in mind— themselves. Taking place Jan. 25-27 at the Dulles Expo Center, the Festival gives shoppers an excuse to treat themselves to something nice in sculpture, glass, jewelry, fashion, leather, wood, metal, furniture, home accessories, photography and fine art.

While browsing thousands of original items by more than 250 artists from around the country, shoppers can enjoy live jazz music and sample gourmet goodies from dozens of specialty food purveyors. The three-day event offers family-friendly festivities with children's costume storytelling by Middle Earth Studios.

This celebration of American creativity and craftsmanship is also a wonderful opportunity to "buy American" from the nation's finest artisans offering their one-of-a-kind creations. Visitors can meet the artists who make each handcrafted piece, and all who are jury-selected for superior quality and unique style.

The Sugarloaf Crafts Festival will be held Friday, Jan. 25 and Saturday, Jan. 26 from 10 a.m. to 6 p.m.; and Sunday, Jan. 27 from 10 a.m. to 5 p.m. at the Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly.

Adult admission is \$8 when purchased online, \$10 at the door, and children under 12 admitted free. Admission is good for all three days of the festival. Free parking is available on site. For more information, including driving directions and admission discounts, go to www.sugarloafcrafs.com or call 800-210-9900.

objects in the museum. Visit <http://airandspace.si.edu/udvarhazy>.

FRIDAY/JAN. 25

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. at Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly. \$8/advance; \$10/door; children under 12 free. Browse sculpture, glass, jewelry, photography and more. There will be children's activities, artist meets and more. Visit www.sugarloafcrafs.com for more.

THROUGH JAN. 25

New Exhibit. Sully Historic Site, 3650 Historic Sully Way, Chantilly, is displaying 80 dolls, some antique, in an exhibit called "Doll Crazy." The dolls belong to local collectors. Tours are \$7 per adult, \$6 for students 16 years and older, and \$5 for seniors and children. Sully is open daily from 11 a.m. to 4 p.m. and closed Tuesdays. Visit www.fairfaxcounty.gov/parks/sully or call 703-437-1794.

SATURDAY/JAN. 26

E-book Help. 2 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can get any questions about their eBook reader answered. Free. Registration required. 703-502-3883.
English Conversation Group. 3:30 p.m. at Centerville Regional Library, 14200 St. Germain Drive. Adults can talk with others learning English. Free. 703-830-2223.
Sugarloaf Crafts Festival. 10 a.m.-6 p.m. at Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly. \$8/advance; \$10/door; children under 12 free. Browse sculpture, glass, jewelry, photography and more. There will be children's activities, artist meets and more. Visit www.sugarloafcrafs.com for more.

SUNDAY/JAN. 27

Sugarloaf Crafts Festival. 10 a.m.-5 p.m. at Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly. \$8/advance; \$10/door; children under 12 free. Browse sculpture, glass, jewelry, photography and more. There will be children's activities, artist meets and more. Visit www.sugarloafcrafs.com for more.

MONDAY/JAN. 28

Sully Book Club. 1 p.m. at Centerville Regional Library, 14200 St. Germain Drive. Adults can discuss "Jerusalem:

The Biography" by Simon Sebag Montefiore. Free. 703-830-2223.
Kinder-Budds. 2:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Kindergarteners can enjoy a book discussion. Call for title. Free. Registration required. 703-502-3883.
Book Buddies. 3:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. First and second graders can enjoy a book discussion. Call for title. Free. Registration required. 703-502-3883.
Writers of Chantilly. 6:45 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can share their work and receive feedback. Free. 703-502-3883.
YA Matters. 7 p.m. at Centerville Regional Library, 14200 St. Germain Drive. Teens 12-18 can take home a free book, make something, catch up with friends. Free. 703-830-2223.
ESL Book Club. 7 p.m. at Centerville Regional Library, 14200 St. Germain Drive. Ask for title. 703-830-2223.

TUESDAY/JAN. 29

English Conversation Group. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can practice with other students. Registration required. 703-502-3883.
Small Wonders. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.
Whewee! 11 a.m. at Centerville Regional Library, 14200 St. Germain Drive. Children ages 3-5 with adult can enjoy stories and activities. Free. Registration required. 703-830-2223.
Bouncin' Babies. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.
Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.
Toddlin' Twos. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 can enjoy stories and activities. Free. Registration required. 703-502-3883.

WEDNESDAY/JAN. 30

Toddlin' Twos. 10:30 a.m. and 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 can enjoy stories and activities. Free. Registration required. 703-502-3883.



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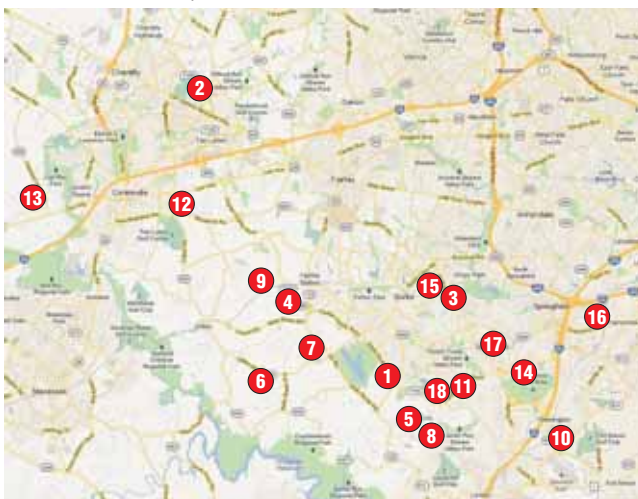


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4 11225 ROBERT CARTER RD	4	..	2	..	1	FAIRFAX STATION	..	\$655,000	...	Detached	...	0.59	22039	FAIRFAX STATION	10/26/12
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6 11703 AMKIN DR	4	..	3	..	1	CLIFTON	\$649,900	...	Detached	...	5.00	20124	PLANTATION HILLS	10/01/12
7 6814 BRIMSTONE LN	4	..	2	..	1	FAIRFAX STATION	..	\$636,400	...	Detached	...	0.63	22039	ARDMORE WOODS	10/12/12
8 9108 WOOD POINTE WAY	4	..	3	..	1	FAIRFAX STATION	..	\$635,000	...	Detached	...	0.18	22039	CROSSPOINTE	10/04/12
9 5938 INNISVALE DR	5	..	3	..	1	FAIRFAX STATION	..	\$625,500	...	Detached	...	0.61	22039	INNISVALE	10/16/12
10 8315 GRACEWAY DR	5	..	3	..	1	LORTON	\$625,000	...	Detached	...	0.18	22079	RACEWAY FARMS	10/30/12
11 7418 SILVER PINE DR	4	..	3	..	1	SPRINGFIELD	\$619,888	...	Detached	...	0.23	22153	GREENWOOD ESTATES	...	10/31/12
12 5571 ROCKPOINTE DR	5	..	3	..	1	CLIFTON	\$615,000	...	Detached	...	0.30	20124	ROCKPOINTE	10/16/12
13 6514 TRILLIUM HOUSE LN	4	..	3	..	1	CENTREVILLE	\$615,000	...	Detached	...	0.31	20120	VIRGINIA RUN	10/15/12
14 7203 KYLES LNDG	4	..	3	..	1	SPRINGFIELD	\$615,000	...	Detached	...	0.30	22150	MEYERS	10/15/12
15 5601 MOUNT BURNSIDE WAY ..	5	..	3	..	1	BURKE	\$600,000	...	Detached	...	0.25	22015	SIGNAL HILL	10/19/12
16 6105 TOBEY CT	5	..	2	..	1	SPRINGFIELD	\$600,000	...	Detached	...	0.24	22150	HURON POINT	10/22/12
17 6708 CANEEL CT	6	..	3	..	1	SPRINGFIELD	\$600,000	...	Detached	...	0.39	22152	WEST SPRINGFIELD	10/17/12
18 8832 SHADOWLAKE WAY	4	..	2	..	2	SPRINGFIELD	\$600,000	...	Detached	...	0.20	22153	LAKEWOOD HILLS FOSTER BR	10/19/12	

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PEOPLE



PHOTOS CONTRIBUTED

The Hernandez family enjoys the holiday party. Gloria, 8, and Moises, 10, got gifts from Santa and the American Legion. Their mom, Rosa, loves bringing her children to Easter Seals Respite events.

Special Delivery at Holiday Party

Easter Seals, Legion Post and Moose Lodge combine forces.

The American Legion Unit 85, Centreville Moose Lodge 2168 and Easter Seals serving D.C., Maryland and Virginia hosted their annual holiday party for children with disabilities and their families as well as families of veterans, active military and wounded warriors on Saturday, Dec. 8. The children and their families are participants in the Easter Seals Respite Services Program. The event was held at the Centreville Moose Lodge in Fairfax. The day included lunch, arts and crafts and visit from Santa Claus, who arrived on a fire engine. The American Legion donated gifts that Santa delivered to each of the 23 children in attendance. The goal of the event is to provide families with a day without stress, worry, or concerns. Families in the community came together and made new friends and enjoy the special moments with their children.

Easter Seals' Respite Services serves families whose children have severe disabilities. For military families in particular, juggling the special care of their children with the demands of service to the nation places these families at the risk of burnout and other domestic challenges. This intervention provides families with "time off" from parenting and specialized support for their children. The program has recently expanded to include "Little Warriors," children of wounded soldiers.



The Easter Seals Respite Program makes Saturdays a brighter for families like the Heywards. Imani, 4, and Jeremy, 6, pose with Santa and Mrs. Claus.

"We appreciate this program and what it does for families," said Cassidy Norman, a Naval aviator based at the Pentagon and father of Marisa, 9, and Chase, 3. "Not only does it provide incredible respite care, but also helps us make connections to other families that understand what we are going through. As a military family we have to move a lot. This is a nice way to meet other folks in our position."

Sherry Lemnah, Children and Youth Chairperson for American Legion Unit 85 in Arlington organizes the event annually. She helps coordinate the logistics with the Moose Lodge, prepare the decorations and, most importantly, shop for toys. "We do this because we are all a military family. We take care of the veterans, military and their children. That's what the American Legion does. The children and the military are our heart. These children are so grateful for everything, just looking at their faces makes it all worth it," she said.

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

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9507 Burning Branch Rd...\$489,950.....Sun 1-4..Kathleen Quintarelli.....Weichert..703-862-8808
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10523 Reeds Landing Cir..\$369,900.....Sun 1-4.....Doris Crockett.....Weichert..703-615-8411

Centreville

6487 Trillium House Ln.....\$999,900.....Sun 12-4.....Jean Marotta.....Birch Haven..703-402-9471

Clifton

5659 Gosling Dr.....\$329,000.....Sat/Sun 1-4.....Barbara Blumer..Coldwell Banker..703-405-5993

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7513 South Reach Dr.....\$849,950.....Sun 1-4..Kathleen Quintarelli.....Weichert..703-862-8808

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3804 Munson Rd.....\$829,000.....Sun 1-4.....Patrick Kessler....Keller Williams..703-405-6540

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6008 Brookview Dr.....\$819,000.....Sun 1-4.....Mike Hatter....Keller Williams..703-562-1800
7501 Ashby Ln #1.....\$280,000.....Sun 1-4.....Eileen Summers....Long & Foster..703-759-9190

McLean

919 Swinks Mill Rd.....\$1,339,000.....Sat 12-3.....Debbie Mesen.....Weichert..703-201-7723

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7205 Layton Dr.....\$399,900.....Sun 1-4.....Trong Trinh.....TMT..703-237-6779

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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.

Herndon's Ferguson, Johnson Burn Chantilly for 50 Points

**Coach Smith says
Chargers have had
season-long
offensive problems.**

BY JON ROETMAN
CENTRE VIEW

Chantilly boys' basketball coach Jim Smith said the Chargers knew they had to slow down Herndon standouts Will Ferguson and Dorian Johnson during their Jan. 10 meeting with the Hornets.

After the Herndon duo combined for 50 points while Chantilly struggled to capitalize at the offensive end, Smith said the Chargers, who entered the game with a 12-1 record, received a "wake-up call."

Herndon defeated Chantilly 75-65 in a Concorde District matchup at Chantilly High School. Ferguson and Johnson each scored 25 points while taking turns as the Hornets' primary scorer. Johnson scored 13 of

**"It was a
good wake-up
call for us."**

**— Chantilly boys'
basketball coach
Jim Smith**

Herndon's 15 first-quarter points, Ferguson scored 16 in the third quarter, and Johnson scored nine points late in the fourth quarter after Ferguson went to the bench with an injury.

Meanwhile, Chantilly shot less than 50 percent from the free-throw line and struggled in the paint, Smith said.

"We came into the game with the idea that we had to do a pretty good job on Johnson and Ferguson," Smith said.

"They combined for 50 points. You allow those two guys to score 50 and then we missed 18 shots in the paint and we [make] 9 of 20 from the free-



Chantilly sophomore Josh Conwell scored 12 points against Herndon on Jan. 10.

throw line, it's hard to win when you do that."

The Chantilly coach said the Chargers have had season-long offensive problems, crediting defense for keeping the team in most games. Chantilly is shooting 56 percent from the foul line.

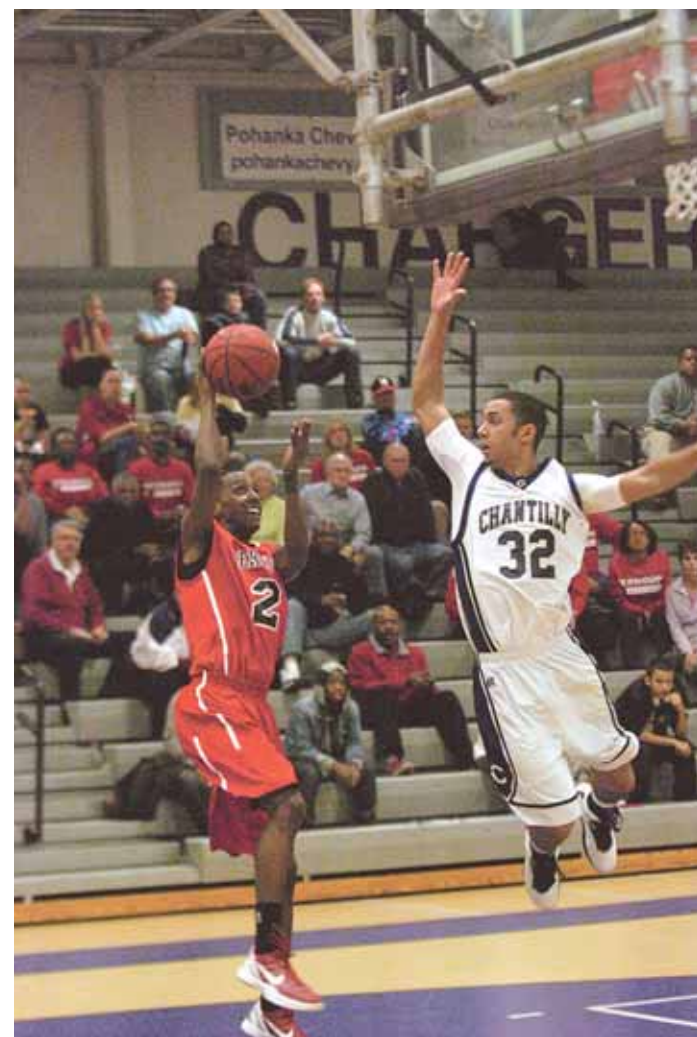
"We've left a lot of points on the floor going back to our very first game," Smith said. After the game, he told the Chargers: "Obviously, as coaches we can maybe do some things to get you guys in better spots, but that being said, we still missed 18 shots in the paint and missed 11 free throws, so I'm not sure it's really a matter of getting better shots. We got good shots, it's just

making a higher percentage of them."

One player who had a strong offensive performance was 6-foot-4 sophomore Josh Conwell, who finished with 12 points — a season high, according to stats from the Washington Post's web site. Conwell drained a pair of 3-pointers, including one that cut the Herndon lead to 56-51 with 4:44 remaining in the fourth quarter.

"He's a very good shooter," Smith said. "We need him to continue to develop as a player. If he becomes a better defender, then it's going to be hard to take him off the floor the way he shoots the ball."

DeAndre Harris led Chantilly with 15 points and Brian Sydnor finished with 14.



Chantilly's Brian Sydnor, right, defends against Herndon's Will Ferguson on Jan. 10.

Sydnor is Chantilly's leading scorer at 18.9 points per game, according to the Post's stats. Smith praised the Hornets for their defensive job against the senior forward.

"They were physical with him," Smith said. "They put their hands on him [and] they bumped him. They were in a triangle-and-two and really manned him up and tried not to let him touch the ball. I thought they did a very good job."

Chantilly fell to 12-2 overall and 2-1 in the district.

"It was a good wake-up call for us," Smith said.

The Chargers will host Robinson at 7:30 p.m. on Friday, Jan. 18.

SPORTS BRIEF

Centreville Indoor Track and Field

The Centreville boys' team started strong with a first-place finish in the 4x800 relay, which included an exciting come-from-behind victory. The relay team consisted of seniors Calvin Jones and Chan Young Lee, junior Chase Heiner and sophomore Bobby Dunn.

Heiner qualified for the Northern Region championship in his third running

event with his photo-finish, second-place run in the 1000-meter run. Dunn and Lee finished fifth and seventh, respectively, in the 3200-meter run, with Dunn meeting the district-championship qualifying time. Heiner teamed up with Michael Bishop, Young Bin Jin and Mike Wright in the 4x400 for a second-place finish. These results led to a fifth-place finish for the boys' team.

The girls' team had another point-scoring result from senior Rebecca Vinter in the 1000-meter run, with a fourth-place result. Jackie O'Shea finished sixth in the 3200-

meter run. The girls' 4x800 relay team of sophomores McKinsey Smith, Natalie King, Bella Muzo and senior Vinter placed seventh to conclude the point scoring for the Wildcat girls' team.

Sophomore Young Bin Jin did not score points in the overall standings with his 10th-place finish in the triple jump, but his 40-foot, 5 1/2-inch jump was a personal best by more than 2 feet.

The previous weekend, a very small squad competed in the Southern Maryland Indoor Classic. Junior standout Heiner set a meet

record in the winning the boys' 500-meter dash. His time of 1:06.3 is the third-fastest time in Virginia this season. Heiner hasn't run this distance, nor anything this short, since his freshman season. Vinter showed she's recovered from a late-season cross country injury with a fourth-place finish in the 1000-meter run. Senior Sydney Pryor jumped to a season-best distance and fifth-place finish in the girls' triple jump.

— MONIQUE KING

SCHOOLS



PHOTO CONTRIBUTED



At Verizon Center

Students in the Franklin Middle School chorus sing the National Anthem on Friday, Jan. 4, before the Washington Wizards' basketball game at the Verizon Center in Washington, D.C.

SCHOOL NOTES

Amanda Karstetter, from Centreville, will join the College of Liberal Arts and Human Sciences Ambassador Program. Karstetter, a junior majoring in humanities, science and environment and English in the College of Liberal Arts and Human Sciences, volunteers with a faculty member for a minimum of two hours a week and volunteers for other various events hosted by the college. Ambassadors work closely with faculty, staff, parents, and alumni to expand the college's outreach.

Deborah Yoon, from Clifton, will join the College of Liberal Arts and Human Sciences Ambassador Program. Students are selected to join the team

each spring through a competitive application process. Yoon, a junior majoring in communication and human development in the College of Liberal Arts and Human Sciences, volunteers with a faculty member for a minimum of two hours a week and volunteers for other various events hosted by the college. Ambassadors work closely with faculty, staff, parents, and alumni to expand the college's outreach.

Nine doctoral students have been selected to receive the University of Kansas' Madison and Lila Self Graduate Fellowship for the 2012-2013 academic year, including **Blair Benson**. She is conducting her research at KU under

George Tsoflias, associate professor of geophysics, and Rolfe Mandel, executive director of the ODYSSEY research program at the Kansas Geological Survey and professor of anthropology. She received a Bachelor of Science in geology in 2009 from James Madison University and a master's degree in geology in 2012 from KU. She is the daughter of Richard Benson and Lisa Enright and a graduate of Centreville High School.

Fairfax County Public Schools (FCPS) student publications earned high marks from the Virginia High School League's (VHSL) publications evaluation services.

SEE SCHOOL NOTES, PAGE 15

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The New Year, Same as the Old Year?

By KENNETH B. LOURIE



As I scan (no pun intended) my living-with-cancer horizon, my focus isn't long term, nor is it short term. It's somewhere between intermediate and immediate. I haven't received any discouraging news, thank God!; I've just taken stock – as the new year approaches, and have to decide how I want to invest in my future, cancer-care wise. Are there changes I need to make to my diet? Is it beneficial to commit to – and buy – organic whenever possible? Can I even afford to increase my food expense that much or am I being penny-wise and extremely pound-foolish (narrow minded) by assuming that what's kept me alive so long (relative to my original prognosis) is likely to continue to do so in the future – just because? And ultimately – and most importantly, do I need to recommit to the many non-traditional methods I've employed to fortify my immune system and continue to fend off the ravages of cancer? And if I do so, will the stress of assimilating/modifying/indoctrinating "Royal Jelly," as but one example, into a new routine, create yet another alternate universe for me to inhabit, the stress of which might upset the entire apple cart? Moreover, is making – or even considering to make, any New Year's resolutions likely to make me more resolute in my adherence to keeping Kenny-with-cancer alive and reasonably well? Or should I not give a hoot and try to find joy (meaning minimal stress; stress is the enemy in this fight) wherever I can and throw caution to the wind and let the cancer chips fall where they may? I want to live but I'm not sure I want to die trying.

I want to live my future by staying as true to my convictions as possible without neglecting alternative approaches, make that changes; changes which could possibly enhance/improve a diagnosis-to-date, above-average quality of life that I've been EXTREMELY FORTUNATE to live. As Stella (Linda Hunt) said to Paden (Kevin Kline) in the classic Western "Silverado:" "The world is what you make of it friend, if it doesn't fit, you make alterations." So my continuing dilemma is: do I in fact make alterations or do I get back on the horse I rode in on – so to speak?

I want to be open to change, really I do, especially if it's a change that might save my life. However, if that change creates new stresses in my life – the effect of which is particularly difficult for terminal patients, is the change worth it? Is a maybe – with all its uncertainty and unknowns, worth the risk when the definite changes I've already made have gotten me so much further than one – or many, had initially anticipated? I agree that change is good, healthy even; but in my circumstance, I wonder: Is it better? And I need better. And given the fact that there are very few guarantees offered to stage IV non-small cell lung cancer patients, I see no tangible benefit to making any resolutions to change because (A) I don't need the additional pressure (pressure being the first cousin to stress) of having to do anything I don't feel comfortable and committed to doing and (B) Having survived almost four full years from the date of my original diagnosis/prognosis doing what I've done, all I should feel is: that anything is possible. I'm living proof.

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

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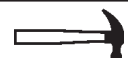
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SCHOOLS

FROM PAGE 13

Publications evaluated were from the 2011-12 school year.

Earning top marks in the Trophy Class were (adviser's names are in parentheses):

❖ Newspaper Division: **The Watchdog**, Westfield High School (Anthony Whitten).

❖ Yearbook Division: **The Guardian**, Westfield High School (Anthony Whitten).

The following publications earned first place recognition:

❖ Magazine Division: **Calliope**, Westfield High School (Todd Kelly);

❖ Yearbook Division: **The Legend**, Centreville High School (Melissa Rife)

Brendan English of Centreville was recently inducted into James Madison University's chapter of Beta Gamma Sigma, an international honor society for business students.

English is on track to graduate in May 2014 with a degree in economics.

Meredith Rigby, of Clifton, is among more than 180 students recently honored as University Scholars at Susquehanna University. Rigby, a 2010 graduate of Centreville High School, is a junior majoring in communications and the daughter of Susan and Peter Rigby.

The following were students selected to be members of the Marching Virginians at Virginia Tech: **Andy Cho**, a sophomore majoring in architecture, plays the alto sax.

Logan Hyer, a freshman majoring in international studies, plays the trumpet.

Carolyn Korch, a senior majoring in music, plays the clarinet. Korch also holds a leadership position as a rank captain.

Edward Sciortino, a freshman majoring in business, management plays the horn.

Matthew Seabrook, a freshman majoring in university studies, was selected as a manager.

Nizar Taifour, a freshman majoring in business information technology, plays the tuba.

Mitchell Kalala, a freshman, participated in the Bonner Scholars Program at Emory & Henry College.

The Bonner Program offers 80 scholarships annually in return for eight hours of direct community service and two hours of reflection and participation in enrichment events per week. Projects from the fall semester have included the creation of a "Great Outdoors Learning Dome" in the Sugar Hollow Park in Bristol.

Students have served at public schools, the Boys & Girls Club, and the William King Museum in Abingdon. Students have also tutored Washington County Regional Jail inmates in preparation for GED testing.

Brett Johnson, the son of Andrew and Kimberley Bensimon of Herndon and David and Tawnya Johnson of Centreville, has been selected to serve as the Sergeant-at-Arms of the Class of 2013 at Randolph-Macon Academy. He is currently a senior at the Academy.

Several area students spent Thanksgiving break serving others as part of James Madison University's Alternative Thanksgiving Break program.

Emily Volkmann of Chantilly, volunteered on the New England Center for Homeless Veterans trip in Boston. Volkmann is majoring in inclusive early childhood education and is scheduled to graduate in 2013.

Brandon Lawlor of Centreville, volunteered on the New England Center for Homeless Veterans trip in Boston. Lawlor is majoring in marketing and is scheduled to graduate in 2013.

Shannon O'Connor of Centreville, volunteered on the Project Lazarus trip in New Orleans. O'Connor is majoring in psychology and is scheduled to graduate in 2012.

Joshua Koons, a student at Notre Dame Academy and a resident of Centreville, has been accepted to Coastal Carolina University.

Sean Douglass and **Matt Pisarcik**, both from Centreville and freshmen majoring in applied physics, were named to the dean's list at Bridgewater College.

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BULLETIN BOARD

FROM PAGE 5

SATURDAY/FEB. 9

Second Saturday. 9 a.m. at Marriott Courtyard, 11220 Lee-Jackson Highway, Fairfax. Professionals speak towards educating spouses about separation and divorce process in order to encourage them to be civil and reasonable for their pocketbooks, emotional health and children. RSVP to clapham@beankinney.com.

FRIDAY/MARCH 8

Scholarship Deadline. High school seniors must submit their application form online to be eligible for a scholarship from the Virginia, Maryland & Delaware Association of Electric Cooperatives Educational Scholarship Foundation. Detailed information is available at www.vmdaec.com or 804-968-7153.

TUESDAY/MARCH 12

Civil War Lecture. 7 p.m. at Cabell's Mill in Centreville. Lt. Col. Bill Hewitt will discuss the Gettysburg Campaign and July 1 battle. Donation of \$5 will be accepted for Sully Historic Site. Reservations required, 703-437-1794.

MONDAY/MARCH 18

Scholarship Application Deadline.

High school seniors can apply for \$1,500 scholarship from Northern Virginia Electric Cooperative. Visit www.novec.com/community/index.cfm and select "scholarships" or contact Donna Snellings at dsnellings@novec.com or 703-392-1511.

TUESDAY/APRIL 9

Civil War Discussion. 7 p.m. at Sully Historic Site. Angie Atkinson will discuss the second day of the battle at Gettysburg, including Little Round Top and Devil's Den. Donation of \$5 will be accepted for Sully Historic Site. Reservations required, 703-437-1794.

TUESDAY/MAY 14

Civil War Discussion. 7 p.m. at Sully Historic Site. Matt Atkinson will discuss the final day of the battle at Gettysburg. Donation of \$5 will be accepted for Sully Historic Site. Reservations required, 703-437-1794.

TUESDAYS AND/OR THURSDAYS

Senior Fall Prevention Classes.

1:30-2:30 p.m. Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. At The Woodlands Retirement Community, 4320 Forest Hill Dr. Registrations are required. Call 703-

667-9800 to register as space is limited. Cost is \$10 per class.

VOLUNTEERS NEEDED

Respite Care Volunteers. Give a family caregiver of a frail, older adult a break so they can go shopping, attend a doctor's appointment or have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods in Fairfax County. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

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.

The Stuart-Mosby Civil War Cavalry Museum at 13938 Braddock Road. is now open, Saturdays and Mondays, 10 a.m.-4 p.m. Docents and additional

volunteers needed, plus people willing to donate or loan artifacts. Call Don Hakenson at 703-971-4984.

ONGOING

NAMI Northern Virginia

Connections a free education and support program for individuals living with mental illness at the Chantilly Library 4000 Stringfellow Road Chantilly, every Tuesday from noon to 1:30 p.m. in the conference room. Visit www.NAMI-NorthernVirginia.org for more.

ReStore Anniversary Event. The main goal of the ReStore (4262 Entre Court, Chantilly) is to fund Habitat for Humanity in the mission of building simple, decent, and affordable housing for low-income, hard-working partner families. Donations are accepted and can be made by individuals as well as companies. In many cases, if the items were not donated, they would go straight to landfills. To donate, call 703-360-6700 or visit www.restorenova.org. Regular store hours are 10 a.m. to 4 p.m. from Monday to Friday; 9 a.m. to 5 p.m. on Saturday.

Pleasant Valley Preschool, a non-profit cooperative preschool located in the Greenbriar Community Center, currently has limited openings in its program for 4 and 5 year olds that meets on Monday, Wednesday and Friday. 4615 Stringfellow Road. Visit

www.pleasantvalleypreschool.com or call 703-378-6911.

Congregation Yad Shalom in Centreville provides a variety of activities in a traditional format with a modern flair. We welcome interfaith couples who wish to participate, and openly invite inquiries about a range of programs offered for the entire family. Contact the Congregation at 703-579-6079, or visit www.yadshalom.com.

The Chantilly Academy Auto Technology and Auto Collision Repair classes are looking for used cars as donations to the program. Contact Ann Booker at 703-227-3041 or Kenny Brown at 703-222-7466.

Northern Virginia Neighbors Club.

A non-profit organization offering an opportunity to meet new friends. Activities include book clubs, card games, crafts, fitness, gardening, mah jong, needleworks, rummoli, theater and more. Meet members at one of the monthly luncheons, coffees or mixers. Email nvn156@yahoo.com.

The National Alliance on Mental Illness (NAMI) Northern Virginia

Connections groups are free, bi-weekly recovery support groups for adults living with mental illness.

Second and fourth Tuesdays 12-1:30 p.m. Chantilly Library, 4000 Stringfellow Road. Contact Janette at 703-631-2410 or NAMINorthernVA@gmail.com

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

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

Parkinson Aquatic Exercise

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

Colonial Dames. Are you a lineal descendant of an ancestor who lived and served prior to 1701 in one of the Original 13 Colonies? If so, the John Witt chapter of the Colonial Dames of the XVII Century is looking for you. As a Dame you will help educate your community about the importance of the Colonial Period in American history, participate in patriotic activities, learn about heraldry and its role in our ancestors' lives and research your family history. Email johnwittchapter@aol.com.

DAR. Membership in the Daughters of the American Revolution (DAR) honors and preserves the legacy of one's Patriot ancestor. Any woman is eligible for membership who is no less than 18 years of age and can prove lineal, blood-line descent from an ancestor who aided in achieving American independence. Admission to membership is by invitation through a Chapter. Contact lanesmillchapter@hotmail.com

New Neighbors League Club of Northern Virginia is looking for women who are new to the area, looking to reconnect, or just interested in meeting new people for fun and friendship. Visit www.newneighborsvirginia.com or email Newneighborsleagueclub@yahoo.com.

Communities of Worship

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

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