

# Centreville ♦ Clifton ♦ Little Rocky Run

# CENTRE VIEW

## SOUTHERN EDITION

JANUARY 24-30, 2013

25 CENTS NEWSSTAND PRICE



**MPO John Alford, Fairfax County Police motorman, shows off the race car he had painted in honor of fallen Fairfax County Police Officers MPO Mike Garbarino and Detective Vicky Armel to the officers' family members and colleagues at the Sully District Police Station on Jan. 17.**

## Remembering Two Fallen Heroes

**Armel's and Garbarino's names adorn arena race car.**

BY BONNIE HOBBS  
CENTRE VIEW

In spring 2006, the community united in grief for two Sully District Station police officers, Det. Vicky Armel and MPO Mike Garbarino. Both died following a May 8, 2006 ambush in the station's back parking lot by a mentally unbalanced 18-year-old with an AK-47 assault weapon and enough ammunition to fire 70 rounds at police before they could bring him down.

Armel, 40, left a husband and two children under 7; Garbarino, 53, was survived by his wife and two daughters, then 10 and 14. Armel died soon after being shot, but Garbarino — who managed to warn other officers about the shooter after taking five bullets, himself — held on nine more days before succumbing to his injuries.

Since then, life has moved on, but the two officers will never be forgotten by all those who

knew and loved them. In addition, their names are inscribed on memorials at the station, at the Massey Building in Fairfax and in Washington, D.C.

Now, a fellow officer has honored them in a more-lighthearted, but still meaningful, way. MPO John Alford has been a Fairfax County police officer for 18 years and, when he's not busy with his duties at the McLean District Station, he's an arena race-car driver.

Before each of his races, he decorates his race car with the name or names of a particular county's fallen police officers and firefighters. And last Thursday, Jan. 17, he visited the Sully District Station to unveil his car adorned with both Armel's and Garbarino's names.

"It really is an honor for Mike's and Vicky's names to be on the race car for all to see," said Station Commander Ed O'Carroll. "It's a great way

to acknowledge the service our fallen officers have provided the community." Before a gathering of police personnel, plus family members of both Garbarino and Armel, O'Carroll

said, "Thank you, John, for what you do, honoring the firefighters and police officers."

"I used to race cars professionally and then be

SEE ARMEL'S AND GARBARINO'S, PAGE 4

**"It's a great way to acknowledge the service our fallen officers have provided the community."**

**— Station Commander Ed O'Carroll**

## 'They Treat Him Like One of Their Own'

**Centreville High football players mean the world to Juwaan.**

BY BONNIE HOBBS  
CENTRE VIEW

Juwaan Espinal, 15, was born with cerebral palsy and is wheelchair-bound. But that doesn't mean he can't live a life as full of joy and meaning as possible.

Now 15 and a sophomore at Centreville High, he has a loving family and has been unofficially adopted by both the Wildcat varsity and freshman football teams. And both he and the players couldn't be happier about it.

"This school has done so much for him," said Juwaan's mother, Ibis Espinal-Banks of Centreville's Singleton's Grove community. "Both the freshman and varsity

teams went out of their way to make him feel a part of them."

Born at only 5 months gestation, Juwaan weighed just 2 pounds, 12 ounces at delivery. "But he was a little fighter," said Espinal-Banks. And as he grew up, he always loved sports.

His sister, Shanelle, a 2012 Westfield High grad, now attends Mary Baldwin College. But when she was younger, she played SYA soccer and basketball, plus basketball at Westfield, and Juwaan was her biggest cheerleader. The family later moved to Centreville's boundary area and, now in high school, Juwaan wanted to be part of a team, too, like his sister was.

"I told him, he might not be able

SEE CVHS FOOTBALL, PAGE 7

## Katcham Receives McDonnell Award

**Honored for his long-time community service.**

BY BONNIE HOBBS  
CENTRE VIEW

Jim Katcham has been serving his community for years, so it's only fitting that he was honored Monday night with the James D. McDonnell Award for dedicated and outstanding community service.

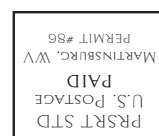
Katcham is the West Fairfax County Citizens Association (WFCCA) president and chairman of its land-use committee, and so

was McDonnell, who lived in Centreville's Virginia Run community and died several years ago.

"Jim McDonnell set a fine example for participating and being active in one's community, and he'd approve of this selection," said At-Large Planning Commissioner Jim Hart, who presented a plaque to Katcham during the Jan. 21 WFCCA quarterly meeting.

"Jim Katcham has been involved in his community, Centre Ridge

SEE KATCHAM, PAGE 4





# Hilarious, Mixed-Up Bedtime Stories

**Chantilly High presents children's play, Feb. 1-3.**

BY BONNIE HOBBS  
CENTRE VIEW

**M**ixed-up tales and laughs galore are in store for those attending Chantilly High's upcoming children's play, "Bedtime Stories."

Show times are Friday, Feb. 1, at 7 p.m.; Saturday, Feb. 2, at 2 and 7 p.m.; and Sunday, Feb. 3, at 2 p.m. Tickets are \$5 at the door or at [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com).

Written by Chantilly Theater Director Ed Monk, it's the story of a dad who comes home from work and finds his pregnant wife tired and not feeling well enough to put their three other children to bed. They each want him to tell them a different bedtime story, and he does. But he messes up the details and hilarity ensues while he tells them about "The Princess and the Pea," "Chicken Little" and "The Boy who Cried, 'Dinosaur'" — all of which are acted out for the audience.

The play is double-cast, with 20 students in each cast. "We have so many talented kids, I didn't want to leave anybody out," said Monk. "So I wrote in some extra parts so we could get everybody in. It's fun to see the students from last year who've grown and matured as actors, plus the freshmen, to see what they can offer."

Monk said the play should have something for everyone. "We have silly, goofy stuff for the very little kids," he said. "But there are also funny jokes for the older ones, as well as things the parents will enjoy."

Sophomore Marcellus Willoughby portrays the father. "He's a good dad, but he's also a hardworking accountant who just wants to go home and sleep," said



Willoughby. "It's really fun playing him — I get to yell at the kids, telling them not to wake up their mother. And the kids bring out the dad's imagination."

Everything in the play happens so fast, said Willoughby, that "the audience will feel like they're actually in the story. Mr. Monk writes wacky children's plays, so you never know what kind of part you'll get. And you act in a funny voice for the children."

Playing the prince in "The Princess and the Pea" is sophomore Thatcher Furgerson. "He's a snobby, rich prince who doesn't want to get married unless he's truly in love with a princess," said Furgerson. "But he eventually meets the princess of his dreams."

He said it's a terrific part "to get lost into and just enjoy yourself. He's different than

my real-life personality. And in children's shows, you get to let yourself loose and do whatever you want, as long as it's funny. Kids will be able to relate to being told a story by their dad. So they'll have a connection between what happens in the story and what goes on in real life."

Sophomore Karin Frizzelle portrays the queen in that story. "She has a fine kingdom, but acts younger than she is and just wants to go and have fun, while her son takes over the kingdom," said Frizzelle. "But he can't do that until he's married, and he can't find the right girl."

She loves her role because "there are so many different things you can do with her character. And there are many comedic bits that I can really accentuate because of the way Mr. Monk wrote the script."

Frizzelle said characters are "so overdone, crazy and extravagant in children's shows that it's great to play in them. It's entertaining for the audience and for ourselves. In our show, children will like the colors, characters and plot; there are so many stories inside the main story that this play is very appealing to any listener."

Playing the prime minister and a servant/assistant to the queen is junior Madison Kambic. "She also helps the prince find a princess," said Kambic. "When she's around the queen, she's loyal and subordinate. But when the queen leaves, she can relax and be goofy."

"It's my biggest part, so far, at Chantilly, and I have a lot of lines to memorize," continued Kambic. "But since my character's lines aren't very exciting, I get to create an exuberant personality for her."

She likes being in this type of show because the costumes and makeup are bright, and "there's nothing like making little children laugh and being a goofball on stage. They'll like how the stories are kind of

**Cast members of Chantilly High's upcoming children's show, "Bedtime Stories," are having fun with their roles.**

mixed-up. For example, the boy cries, 'dinosaur,' instead of 'wolf,' and the dinosaur is really friendly."

Similarly, said Kambic, "In 'Chicken Little,' the characters think the sky is falling, but it's really something else that's funny. And in 'The Princess and the Pea,' the characters are different, too — the prince isn't perfect and the queen wants to go to Vegas."

Sophomore Mia Rickenbacher plays Bo Peep in 'The Boy who Cried, 'Dinosaur.' Calling her a "simple-minded shepherd," Rickenbacher says Bo Peep is bored watching sheep all day. And when she sees a dinosaur and tells her parents, they don't believe her.

"This role has a lot of opportunities for comedy," said Rickenbacher. "I use a funny voice and walk." She said children will love the show because "they're stories they've heard and know, but they'll be surprised by all the plot twists."

In "Chicken Little," sophomore Hannah Grudi plays the title role. "She's nerdy, dorky and not the brightest," said Grudi. "She doesn't like to go places, and she follows around her friend, Peter the Raccoon. There's a lot of funny, physical stuff that goes along with my character."

Overall, she said, "We've got lots of silly characters, great jokes and crazy costumes, and I think children will really enjoy it all."



**Chantilly High's children's show includes "The Princess and the Pea," "Chicken Little" and "The Boy who Cried, 'Dinosaur.'"**



**Some of the leads in Chantilly's children's show, "Bedtime Stories," are (back row, from left) Madison Kambic, Diego Encarnacion and Grace Mattes; and (in front) Karin Frizzelle.**



## ROUNDUPS

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Jan. 24, and Feb. 14, 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.

### Fair Oaks CAC to Meet

The Citizens Advisory Council of the Fair Oaks District Police Station will meet Tuesday, Jan. 29, at 7 p.m., in the roll-call room of the police station. It's at 12300 Lee Jackson Memorial Highway in Chantilly.

### Making Children Resilient

Fairfax County Public Schools (FCPS) will host a presentation by resiliency expert Nan Henderson, "Resiliency in Action: How Families, Schools and Communities Create 'Bounce Back' Kids," on Tuesday, Jan. 29, from 7-8:30 p.m., in the Robinson Secondary School cafeteria. Robinson is at 5035 Sideburn Road in Fairfax. (From the main entrance, turn left and the cafeteria is on the right).

This free workshop is designed for parents, school staff and community members. The goal is to help students develop social competence, problem-solving skills, self-awareness, control and initiative. These are all traits that resilient individuals possess to bounce back and overcome challenges and adversity, including trauma, crises and stress. Register at [www.fcps.edu/dss/ips/resiliency/workshop/HendersonWorkshop.shtml](http://www.fcps.edu/dss/ips/resiliency/workshop/HendersonWorkshop.shtml).

### 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](mailto:Lisa.Callahan@fairfaxcounty.gov).

## NEWS

CENTRE VIEW EDITOR STEVEN MAUREN  
703-778-9415 OR [CENTREVIEW@CONNECTIONNEWSPAPERS.COM](mailto:CENTREVIEW@CONNECTIONNEWSPAPERS.COM)



**State Sen. Dave Marsden (D-37) would lose Centreville and gain Woodbridge.**

VIRGINIA PUBLIC ACCESS PROJECT

## Northern Virginia Senators Targeted

### Redistricting effort puts Fairfax County seats in the spotlight.

BY MICHAEL LEE POPE  
AND VICTORIA ROSS  
CENTRE VIEW

**F**our Northern Virginia state Senators are targets of a Republican-led effort to draw new districts — Sen. George Barker (D-39), Sen. Dave Marsden (D-37) and Sen. Toddy Puller (D-36) and Sen. Chap Petersen (D-34). Democrats say the redistricting effort is a cynical attempt to take advantage of the absence of Sen. Henry Marsh (D-16), a prominent civil rights veteran, who was in Washington, D.C. for the inauguration on Monday. But state Sen. John Watkins (R-10) of Powhatan defended the effort as a way to create a sixth majority black Senate district in Southside. It passed the Senate on a 20-to-19 vote.

"This is about political power," said Barker, who was in one of the most competitive races of 2011. "They are trying to target the Democratic senators who represent districts that are basically swing districts."

The drama took place Monday afternoon, when the state Senate took up a bill that would have made small changes to four Senate districts. During the floor the debate, Republicans amended the bill in a way that would radically change districts throughout Virginia. Barker's seat and Marsden's seat, for example, would be about 80 percent different. And Puller's seat would swap about 70 percent of her current precincts for new ones. Petersen, who represents sections of Fairfax City, Vienna, Dunn-Loring and Centreville, said in a call Tuesday he stands to lose nearly half of his constituents if the politically redrawn map holds up to legal challenges. He said he would lose precincts that he's held for 12 years, including Mantua, Mosby Woods, Fairfax Villa and some newer precincts in Centreville.

"This is outrageous, and it must be stopped," said Del. Charniele Herring (D-46), chairwoman of the Democratic Party of Virginia. "This goes beyond partisanship. It's downright undemocratic."

**REDISTRICTING USUALLY** takes place once a decade, a process that's tied to the decennial census. Lawmakers have deviated from that once-in-a-decade timetable from time to time, usually to address problems with split districts that have presented problems for registrars. The effort that passed the Senate this week, however, goes far beyond that kind of

tweaking by dramatically redrawing the map for the entire commonwealth. On the Senate floor, Watkins said failing to create a sixth majority black district in Southside Virginia would invite lawsuits under the 1965 Voting Rights Act.

"I wish to avoid litigation," Watkins said during the floor debate Monday afternoon.

Democrats countered that a court fight is imminent.

"We will fight this all the way to the Supreme Court of Virginia if necessary," said Senate Democratic Leader Dick Saslaw (D-35) in a written statement. "First voter suppression efforts, then the war on women, and now draconian changes to a Justice Department-approved redistricting plan. It appears that there are no boundaries to their overreaching political agenda."

**THE TIMING** of the effort was galling to many Democrats, who accused the Republicans of taking advantage of the presidential inauguration to score political points. Because the state Senate is evenly divided between 20 Democrats and 20 Republicans, any change in the balance of power could create an imbalance. Although the Republicans have delayed the bill on several previous occasions, they waited until Monday to move on the legislation.

"To plot to do this on Martin Luther King Day, when civil rights icon Sen. Henry Marsh, left to attend the historic inauguration of our president is truly embarrassing," said Marsden. "I am deeply disappointed that the Republicans continue to play these petty partisan games."

Republicans pointed to a 2011 newspaper column by former Democratic Gov. Doug Wilder, the nation's first elected black governor, supporting a Senate redistricting plan passed when Democrats ruled the Senate. Democrats countered by accusing Republicans of "packing" the districts by using the change in Southside Virginia to free up more districts that would be friendly to Republicans.

"Obviously we went through redistricting in 2011. The constitution specifically speaks to 2011 as being the redistricting year, not 2012, not 2013," Petersen said. "You can't say 'Obama was elected in 2012, but now we don't like him in 2013, so we'll just have another election in a year when the constitution doesn't authorize elections ... That's absurd.'"

Petersen said he is confident any judge would find the bill unconstitutional, but one question still out there is whether Attorney General Ken Cuccinelli, a Republican who is running for Governor in 2013, will defend the tactic.

"This is what happens when Republicans regulate other Republicans," Petersen said. "Every layer of oversight is stacked against us."



# Armel's and Garbarino's Names Adorn Arena Race Car

FROM PAGE 1

came a cop," Alford told them. "But I always loved racing and the adrenaline rush, so I found the Arena Racing League. It has miniature racing cars, half the size of NASCAR cars, and talented, professional and aggressive drivers. But we have full gear and equipment."

"There are 14 cars on the track at a time, and my car only has a 14 horsepower Honda motor," he continued. "On the track, we get up to 55-60 mph; but on a straightaway, we can go 100 mph. The track is the size of

a professional hockey rink, and it's a lot of action and fun."

But Alford has gone the extra mile to honor fallen public-safety officers on his race car. "I select a different firefighter and police officer each week to ride in their honor," he said. And last Saturday, Jan. 19, he raced on the indoor track of the Richmond Coliseum in his car bearing Armel's and Garbarino's names.

"I've gotten a lot of 'ataboys' from people who appreciate what I'm doing," he said. "It's also been a big joy because, the first time I drove it, it got voted the Most Beautiful car. When I was coming up with its design, I called Sue Garbarino [Mike's widow] and asked for her help."

Her daughter Natalie came up with the idea. She told Alford to paint the car black, with a blue stripe on one side and a red stripe on the other, similar to Fairfax County's police cruisers, and he did.

And last week, Sue Garbarino, with daughters Natalie, 17, and Katie, 21, were at the Sully District Station, along with Armel's sister, Betty Owen Chase, for the unveiling of the race car embellished with their loved ones' names. The hood was adorned with the words, "Fallen Heroes," in gold, flanked by police- and fire-department logos.

Chase wore something special to the ceremony — a necklace with miniatures of her sister's and her son's police badges. "My son John just became a police officer at the Mount Vernon District Station and he loves it," she



PHOTOS BY DEB COBB/CENTRE VIEW

**Family members of fallen Fairfax County Police Officer MPO Mike Garbarino look at the race car painted with his name and that of fallen Fairfax County Police Detective Vicky Armel at Sully District Police Station.**



**MPO John Alford Fairfax County Police motorman, sits in his race car painted with the names of fallen Fairfax County Police Officers MPO Mike Garbarino and Detective Vicky Armel at Sully District Police Station.**

said. "He joined the police department because of everything that happened after Vicky's death." "I never understood what the Thin Blue Line truly meant when Vicky was killed," she said. "But the Fairfax County Police Department has included us in their extended family. Every year at Christmas, they send us a wreath and cards from the station. And five years after her death, they had a ceremony here to say they haven't forgotten. The police department has been awesome, and it means so much."

**AS FOR ALFORD'S** race car, Chase said, "What an amazing thing. It's another way the police department honors its fallen heroes. And what a wonderful tribute to all the police officers and firefighters he's honoring."

Agreeing, Sue Garbarino said, "My husband said, if anything ever happened to him

in the line of duty, he'd want his actions to be remembered and people to learn from them. And now, seven-and-one-half years later, he and Vicky are still being remembered by people like John — who combined his passion for racing with honoring and remembering our fallen heroes."

She said her family still receives a great deal of support from the police. "They still come and check on us," said Garbarino. "[Former] Chief Dave Rohrer has been there for us through everything. I spoke at his retirement and got a chance to thank him and the department."

So what do Natalie and Katie think about their father's name being on a race car? "I've seen my dad's name memorialized in a lot of ways, but this is the coolest," she said.

"I love it," added Katie. "It's a fun way to remember him, with no pomp and circumstance."

# Katcham Honored for Long-time Community Service

FROM PAGE 1

Regent, for several years and represented it on the WFCCA," added Hart. "He's been on the WFCCA Land-Use Committee for 18 years and its chairman for more than 10 years."

Hart noted, as well, that Katcham chaired the Sully District's APR (Area Plans Review) Task Force multiple times and also served on other entities, including the VRE Task Force. He was recognized by a local paper as its Citizen of the Year in 2004 and was honored by Virginia's General Assembly in 2005.

"His leadership style works well with controversial subject matter," said Hart. "He listens to everyone's point of view and is always fair. His characteristics embody those we look for in the McDonnell Award recipient and we're pleased to present it to him."

Supervisor Michael R. Frey (R-Sully) then

presented a plaque to Katcham. Frey also told him his name would be inscribed on another plaque listing all the McDonnell Award recipients throughout the years and hung on a wall inside the Sully District Governmental Center.

Shaking Katcham's hand and thanking him for his many years of service to the community, Frey added, "This is certainly an appropriate way to recognize you."

Pleased, Katcham said, "I saw Jim McDonnell at WFCCA meetings and saw his passion. So getting this award in honor of someone like that is a great honor."

**Jim Katcham (second from left) receives the James D. McDonnell Award from (from left) WFCCA Land-Use Committee member Judy Heisinger, Sully District Supervisor Michael Frey and Planning Commissioner Jim Hart.**





# SCHOOLS



**Hugo Trinidad and daughter Leila, in second grade, stand by a display of items from Brazil.**



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

**Back row, from left, are Simran Darhele, Alina Saiyid and Stephanie Brobbey. Front row, from left, are Sammy Darhele and Sanjana Subbanna. Stephanie represented Ghana and the others represented India.**

## Bull Run Elementary Heritage Night

Students and parents at Bull Run Elementary showed their cultural pride last Thursday, Jan. 17, at the school's Family Heritage Night. The event included ethnic food, a "museum" displaying items from various countries, plus songs and dances by students wearing outfits reflecting their heritage.



**Student Katie Lenshin sings a Russian song onstage.**



**Third-grader Santiago Crespo Aguilar wears a devil outfit from Bolivia to perform a special dance.**



**Twin sisters (from left) Sanju and Sanyu Srikanth, both fourth-graders, pose before performing a classical, Indian dance.**



**Julianne Shrank and son Caden, a sixth-grader, serve spaetzle in chicken broth. They represented Alsace-Lorraine, a city on the border of Germany and France.**



**Third-grader Rosalyn Shin wears a traditional Korean dress for young girls.**



**From left: Fifth-graders Vedant Balu, Jay Sharma and Suchet Sapre are garbed in Indian attire.**



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## Expanding Medicaid Good for Virginia

**Real health coverage for an additional 400,000 people is in reach.**

Virginia has an opportunity to expand Medicaid in a way that could extend health coverage to more than 400,000 residents who currently have no health insurance while the Federal government picks up the tab; Virginia would pay 10 percent of the additional cost after 2020.

**EDITORIAL** The Medicaid expansion would give medical insurance to 25,000-30,000 Fairfax County residents, where more than 132,000 have none.

More than 12 percent of the slightly more than 1 million people who live in the wealthiest county in the nation are without health insurance. Household income in Fairfax County averages more than \$122,000 a year.

In Arlington, 17 percent of adults under age 65 lack health insurance.

Under the health care reform act, many of Virginia's uninsured residents could be covered by an expansion of Medicaid to cover residents who earn up to 133 percent of the poverty line, and that expansion would be paid for almost entirely by federal funds. But while the reform act itself was upheld by the U.S. Supreme Court, the court also opened a door for states to opt out of the expansion of Medicaid.

Virginia's current eligibility requirements for Medicaid are so strict that although it is the 11th largest state in terms of population and 7th in per capita personal income, Virginia ranked 43rd in Medicaid enrollment as a proportion of the state's population and 47th in per capita Medicaid spending, according to a 2013 Fairfax County report.

The report says that new coverage would extend to individuals earning less than \$15,302 per year or families earning less than \$31,155 per year, low income children who lose Medicaid when they turn 19, and adults with disabilities not currently eligible.

It isn't as if there were no health care costs for these currently uncovered residents. Right now, they access health care when they are very sick by going to an emergency room, where the hospital spreads the cost of care around.

But this is inefficient, expensive and unhealthy. Expanding Medicaid coverage would allow far less expensive preventative care and lead to better health outcomes.

A new analysis by the Commonwealth Institute shows that expanding Medicaid to 133 percent of the poverty level would generate state general fund savings and new revenues that would total \$2.08 billion and more than offset the state's share of expansion costs over the next eight years, plus provide significant numbers of new jobs and economic growth. Expanding health care will add tens of thousands of new jobs. People with access to preventative and early health care use fewer sick days and are more productive on the job as well.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation because you don't like the feds telling you to wear your seatbelt.

From a human perspective, passing up the chance to offer health coverage to 400,000 Virginians is inconceivable.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

### LETTERS TO THE EDITOR

## Fewer Mental Health Resources

To the Editor:

It's the same story, over and over again.

As an advocate for youth, I give presentations to parents, counselors, and other professionals about mental wellness resources for our community's children, teens, and young adults. I have made it my business to connect them to needed resources and therapy in order to prevent and address depression, anxiety, and suicidal ideation.

Every time I meet a new group of concerned adults, I hear the same story: "Our insurance is not connecting us to a therapist who can treat the person in need. The in-network providers don't work with kids his age, they don't treat his condition, they have a waiting list, or they don't accept insurance or work with Medicaid clients at all."

According to the Surgeon General and SAMHSA, 1 in 5 kids has a mental or behavioral health problem, and of those, only 1 in 5 gets the treatment he or she needs. The most troubled kids, those with aggression, delusions, or antisocial characteristics, can be the most difficult and expensive to treat. Yet, as parents are telling me every chance they get, few of the providers qualified to address these types of behaviors are accessible for parents who can't pay the hourly fees of \$300-\$500 out-of-pocket, or \$15,000 - \$25,000 per year. That's most of them.

In these times of economic hardship, budgets for such "extras" as mental health programs have been slashed everywhere, and American families are expected to absorb the cost when they, too, have fewer resources at

their disposal.

Let me be clear: by refusing to guarantee that those who need treatment receive it, and by placing other budgetary priorities above the care that these youth and young adults need, we are ensuring that serious emotional and mental disturbances go unaddressed. And while the typical sufferer of depression or anxiety is no more dangerous than you or I, the small fraction of the mentally ill who we consider profoundly disturbed are much more likely to be aggressive or even commit mass violence. Don't we want to do everything we can to address serious mental illness in its earliest stages?

The signs that a child may have a serious problem are often there even at preschool age, and a preponderance of evidence shows that early intervention is key. We must adjust our course, and do everything we can to ensure that we provide needed care for troubled youth and young adults, not to mention the supports their families need to cope. This must be our highest priority if we are to provide a safe, healthy environment for all of our children.

**Kristen Brennan**  
Centreville

## Lack of Neighborly Respect

To the Editor:

I have lived in Country Club Manor over 20 years. I have very good memories and I am sure they will continue. Over the years, we have been of lesser means than many that surround us. This has never bothered me until I was told about a recent incidence.

We have no home owners association. This is a benefit in some ways and a major detriment in others. We can not control our crazy house colors, ludicrous lawn ornaments not to mention forests planted in the front yard. Fortunately, these do not make up the majority of our neighborhood. Most of us take pride in how we are maintained.

Unfortunately, the residents of Sully Station that back up to us have decided they should add to the negligence our worst neighbors show.

They border our neighborhood, have parking for 4-6 in the driveway, a garage for two and have street parking. Their reasoning for parking on our street behind them is that they have cars that leak oil and do not want them on their street. One barely has moved and is storing "junk" in the back. The other rarely moves. This neighborhood has overload parking streets for trucks and such things as extra "oil leaking" cars that are used rarely or should be fixed. I am sad that they feel our streets are the best for their "junk" as most of us want our neighborhood to be the best we can have.

How are we to do that when you add to our situation? I really want to get the answer why you want to litter our neighborhood instead of your own. Why does your oil have to leak in our "front yard" instead of yours? We are not perfect but we would never do that to you ... we do not park our junk in the public streets near your house when we do not live there. Why are you? It makes me sad. Out kids know each other. Mutual respect would be much welcomed and appreciated. Please reconsider who we are and who you can be.

**Vicki Darby**  
Centreville

Newspaper of  
**Centreville**  
**Little Rocky Run**  
A Connection Newspaper

*An independent, locally owned weekly newspaper delivered to homes and businesses.*

**Published by**  
**Local Media Connection LLC**

**1606 King Street**  
**Alexandria, Virginia 22314**

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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:**  
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**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



# 'Part of Our Team — Part of Our Family'

BY BONNIE HOBBS  
CENTRE VIEW

Not only was Juwaan Espinal's association with Centreville High's football teams meaningful to him, it meant something special to the players, too. They learned about compassion, as well as acceptance of someone different from themselves.

"It was a pleasure having Juwaan involved with our team," said Wildcat Varsity Football Coach Chris Haddock. "He is a special young man who, like many others, loves his high-school football team. His mom contacted me over the summer and I worked out some ways he could be involved."

Haddock gave Juwaan a football jersey to wear at home and on the road so he could match the team. And Juwaan gave the players his devotion and dedication.

"He waited for us outside the locker room before every game and gave each of the players and coaches 'high fives' and 'pounds' as we took the field," said Haddock. "He always had a huge smile

on his face, and you could tell how much he enjoyed being a part of it all."

After one of this season's games, Haddock gave Juwaan the game ball and had the players include him in the cheer they do after every game. "Juwaan sent me a great e-mail the next day, saying he slept with the ball that night," said Haddock. "He has physical limitations that don't allow him to play football, but it is obvious that he loves the game and, most importantly, 'his' team, the Wildcats."

"I think his involvement lends perspective to the kids on the team," continued Haddock. "We all have gifts to be thankful for each day; and seeing Juwaan and his great big smile helps remind me how lucky I am for the blessings in my life."

Similarly, Chris Barron, one of the freshman football coaches, was also impressed and moved by the teen. "Juwaan is a young gentleman who is also our No. 1 fan," said Barron. "When I got the news that he would be joining us this year, I knew it would be a special season. And the players went on to have great friendships with



PHOTO CONTRIBUTED

**Juwaan Espinal and Centreville High's jubilant, undefeated freshman football team celebrate the season together.**

Juwaan, especially Matt Laurence and Zach Kehoe, who spent time with him and made him feel even more a part of the team then he already was."

Barron said Juwaan would lead the team up to the football field

before cheering on the players to victory. "He would be down next to the field for all of our home games," said Barron. "And he always had a smile on his face when the Wildcats were [playing]."

"At our year-end freshmen ban-

quet, we presented him with a championship sweatshirt like the players got because he was part of our team — part of our family," added Barron. "Hopefully, he can return next season and make new friends."

## CVHS Football Players Mean the World to Juwaan

FROM PAGE 1

to compete on a team like she did, but he could still be part of one," said his mother. "So I talked to the varsity basketball coach, Drew Murphy; and Juwaan's freshman year, he became an honorary team manager, wore a jersey and sat behind the team bench."

Juwaan was also a huge football fan. He knew Westfield grad Eddie Royal — who went on to become a wide receiver for the San Diego Chargers; and through that acquaintance, he'd developed a love for football.

"So this year, I reached out to Varsity Football Coach Chris Haddock and, with no hesitation, he gave Juwaan a jersey with No. 1 on it and made him co-captain of the first game," said Espinal. "He also introduced the players to him and gave him the game ball."

From there, things took off. "Freshman Football Coach Thomas Lamb e-mailed me, asking me to bring Juwaan to meet his freshman team, and they adored him, too," said his mom. "They adopted him completely and wanted him at every home game and in the locker room for speeches. They won the championship undefeated — and when they took team pictures, the players insisted that Juwaan be in them. They wheeled him to the center of the photo, themselves."

She said both the freshman and varsity teams went out of their way to make her son feel like one of them. For example, said Espinal, "Juwaan couldn't make it to the last two varsity games because the weather was

too cold for his 46-pound body. So one of the players had his girlfriend Facebook-friend Juwaan and give him the play-by-play. And at the end, she wrote to him, 'We miss you; the game wasn't the same without you.'"

The players also made the homecoming dance special for him. Juwaan went with his aide and a friend, and almost all the members of the freshman team, plus some of the varsity players, were there. "They were so loving to him," said Espinal. "When Juwaan came in, they all went over to see him, take pictures and dance with him. He smiled, laughed and screamed with joy."

He's been on Facebook since seventh grade, but only had about 40 friends. Since homecoming, that number has rocketed to 400.

Juwaan's nonverbal, but very smart, said his mother. "He can nod or shake his head to answer 'yes' or 'no' questions," she said. "He also has a communication device to click on pictures and words to make sentences. His wheelchair has switches attached to it and he hits them with his head to operate them."

He's now learning to use an electric wheelchair so that, someday, he can "run out" on the field with the team. "That's his dream," said Espinal. "He can't do that alone in a manual wheelchair."

At school, Juwaan attends some regular classes, plus smaller, slower-paced classes for English, reading and math. "We're happy with the school, administration and stu-

dents," said Espinal. "Centreville High has done so much for him. Some of the freshmen players sit with him at lunch. And when he's wheeling around school, the team, cheerleaders, classmates and friends say 'Hi' to him; he's very popular."

He also boasts a 3.8 GPA. "He's doing well in school and I attribute that to his having all these kids around him, encouraging him and being his friend," said his mom. "He especially likes science and English and wants to be a sports announcer. Juwaan's in the communication class at school that does the announcements and in-school TV program and loves it. He did it at Centreville Elementary and Stone Middle School, too."

Basically, said Espinal, "He wants to be like everybody else; that's why I wanted him to be included. Whatever's possible for him, I will make happen for him. As a parent, you want to provide the best for your kid and protect him. But he has a great support system at school — the administrators, teachers, students, coaches, his peers — and that's what makes a family. They treat him like one of their own."

He also participates in Best Buddies. "Centreville High was the top school for the most money raised for it," said Espinal. "And Juwaan won a trophy from the Virginia Best Buddies; he raised more than \$2,000 for its October [2012 fundraising] walk. And he got to meet President Obama when he came to Centreville High."

Before Juwaan started high school, his mother worried about him, envisioning her



PHOTO CONTRIBUTED

**After Centreville's undefeated freshman football team won its last game of this season, Juwaan posed with one of the coaches, Chris Barron, plus players (from left) Brett Clark, David Leckie and Zach Kehoe.**

child sitting alone in a corner. "But the acceptance they gave him at Centreville is just awesome," she said. "It makes me happy to see it. The parents there should be proud of their children. Juwaan's so happy, too; he loves school. He wakes up at 5 a.m. and he's ready to go. I'm so grateful to all of them."



# Celebrating Martin Luther King Jr.

The Chantilly Pyramid Minority Student Achievement (CPMSAC) Committee held its 19<sup>th</sup> annual King Festival on Sunday, Jan. 20, at Westfield High.



Brookfield Elementary's fifth- and sixth-grade chorus sings "One Candle, One Flame."



Westfield High senior Hari Kapiyoor plays the veena, an ancient Indian instrument.



Chantilly senior Matt Calvert leads the a cappella group, Unaccompanied Minors, in singing "Some Nights."



The Levy sisters, Jessica of Oakton High and Justine of Franklin Middle, perform together.



Chantilly High grad Edward Brient is a college student en route to becoming a professional Gospel singer.



Juliette Barber sings "Dream the Impossible Dream."



Colin Powell Elementary's Puma Choir sings "The Power of the Dream."



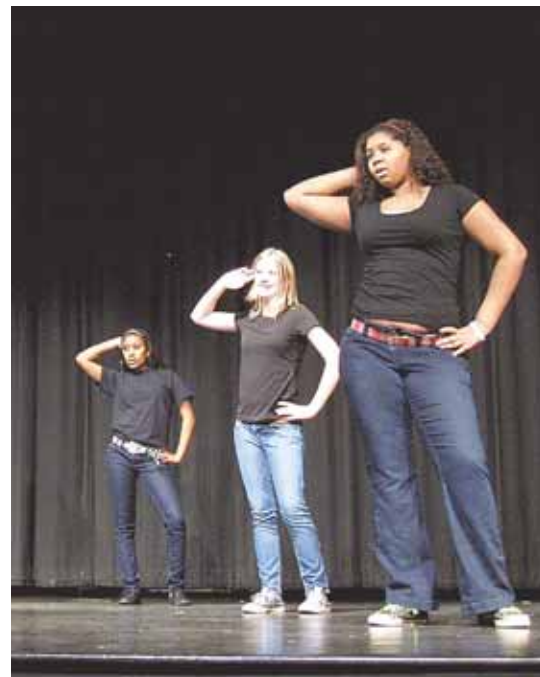
Bill Burke conducts the Centreville High Wildcat Guitar Ensemble.



Chantilly's Chamber Chorale performs the spiritual "Walk Together, Children."



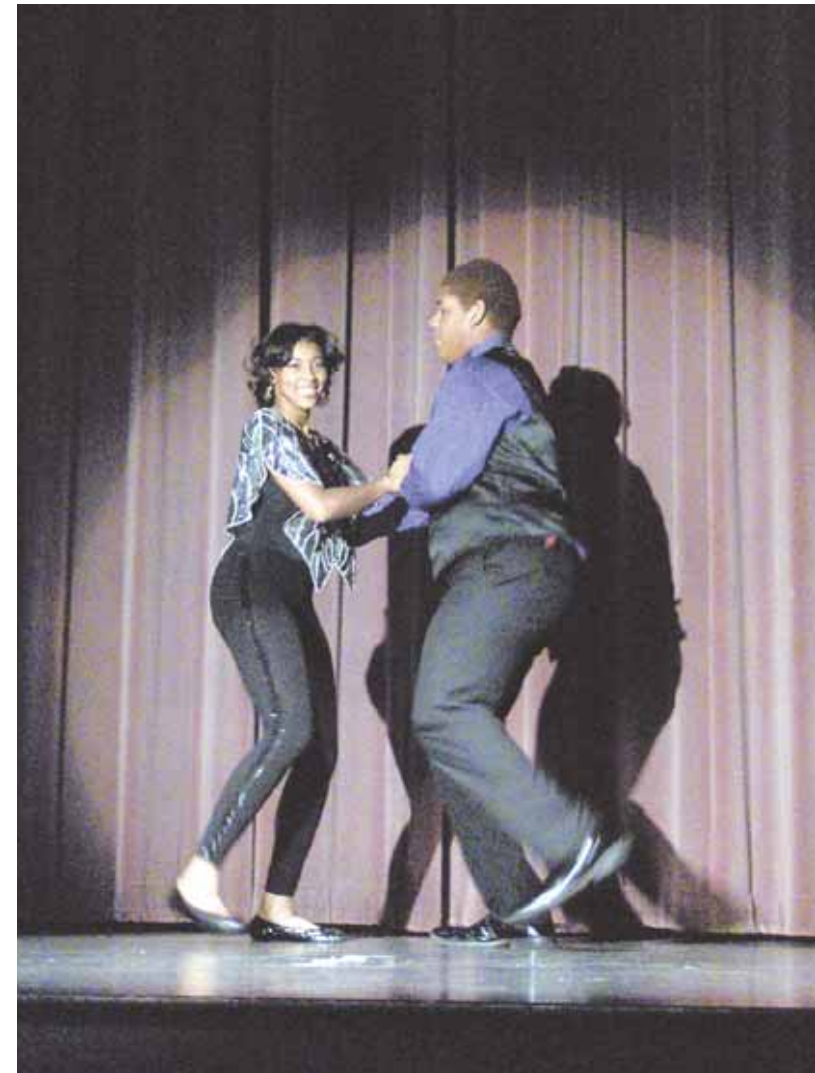
Mount Olive Baptist Church's Children's Choir sings "Dr. King."



Some members of Westfield's Step Team strike a pose.



Sisters Anupa and Anjala Sharma of Westfield do a dance from Nepal, India.



Westfield's Latino Dance Team performs "Sazon."

PHOTOS BY  
BONNIE HOBBS  
CENTRE VIEW

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## CENTRE VIEW



**Michael Lee Pope**

❖ **Michael Lee Pope**, FIRST PLACE, Breaking News Writing, *Alexandria Gazette Packet*

❖ **Michael Lee Pope**, FIRST PLACE, Government Writing, *Alexandria Gazette Packet*

❖ **Michael Lee Pope**, FIRST PLACE, Health, Science & Environmental Writing, *Alexandria Gazette Packet*

❖ **Michael Lee Pope**, FIRST PLACE, In-Depth or Investigative Reporting, *Alexandria Gazette Packet*

❖ **Michael Lee Pope**, FIRST PLACE, Public Safety Writing, *Alexandria Gazette Packet*

❖ **Montie Martin**, FIRST PLACE, Business & Financial Writing, *Alexandria Gazette Packet*

❖ **Montie Martin**, FIRST PLACE, Personal Service Writing, *Alexandria Gazette Packet*



**Montie Martin**



**Deb Cobb**

❖ **Deb Cobb**, FIRST PLACE, Photo Illustration, *Burke Connection*

❖ **Deb Cobb**, FIRST PLACE, General News Photo, *Fairfax Connection*

❖ **Deb Cobb**, FIRST PLACE, Online Slide Show, *Fairfax Connection*

❖ **Bonnie Hobbs**, FIRST PLACE, Education Writing, *Centre View North*

❖ **Bonnie Hobbs**, FIRST PLACE, Feature Writing Portfolio, *Centre View North*

❖ **Michael O'Connell, Victoria Ross, Deb Cobb, Robbie Hammer, Bonnie Hobbs,**



**Bonnie Hobbs**



**Victoria Ross**

**Amber Healy**, FIRST PLACE, Multimedia Feature Report, *Fairfax Connection*

❖ **Alex McVeigh**, FIRST PLACE, In-Depth or Investigative Reporting, *Great Falls Connection*

❖ **Kenny Lourie**, FIRST PLACE, Local Column, *Potomac Almanac*

❖ **Kenny Lourie**, FIRST PLACE, Sports Column, *Potomac Almanac*

❖ **Ken Moore, Mary Kimm, Robbie Hammer**, FIRST PLACE, Continuing News Coverage, *Potomac Almanac*



**Alex McVeigh**



**Mary Kimm**

❖ **Staff**, SECOND PLACE, General Makeup, *Alexandria Gazette Packet*

❖ **Staff**, SECOND PLACE, Lifestyle or Entertainment Pages, *Alexandria Gazette Packet*

❖ **Jeanne Theismann**, SECOND PLACE, Headline Writing, *Alexandria Gazette Packet*

❖ **Jeanne Theismann**, SECOND PLACE, Business & Financial Writing, *Alexandria Gazette Packet*



**Robbie Hammer**

❖ **Jeanne Theismann**, SECOND PLACE, Feature Story Writing, *Mount Vernon Gazette*

❖ **Michael Lee Pope**, SECOND PLACE, Personal Service Writing, *Alexandria Gazette Packet*

❖ **Michael Lee Pope**, SECOND PLACE, Health, Science & Environmental Writing, *Arlington Connection*

❖ **Michael Lee Pope**, SECOND PLACE, Business & Financial Writing, *Mount Vernon Gazette*



**Lashawn Avery-Simon**

❖ **Lashawn Avery-Simon**, SECOND PLACE, General News Photo, *Arlington Connection*

❖ **Mike O'Connell, Victoria Ross, Deb Cobb, Robbie Hammer, Bonnie Hobbs, Amber Healy**, SECOND PLACE, Special Sections or Special Editions, *Fairfax Connection*

❖ **Julia O'Donoghue**, SECOND PLACE, Education Writing, *Fairfax Connection*

❖ **Marilyn Campbell**, SECOND PLACE, Personal Service Writing, *Great Falls Connection*

❖ **Victoria Ross**, SECOND PLACE, In-Depth or Investigative Reporting, *Fairfax Station/Clifton/Lorton Connection*

❖ **Jon Roetman**, SECOND PLACE, Sports Writing Portfolio, *Fairfax Station/Clifton/Lorton Connection*



**Kenny Lourie**



**Ken Moore**



**Jeanne Theismann**



**Marilyn Campbell**



**Louise Krafft**

❖ **Louise Krafft**, SECOND PLACE, Picture Story or Essay, *Mount Vernon Gazette*

❖ **Ken Moore, Laurence Foong**, SECOND PLACE, Infographics, *Potomac Almanac*

❖ **Carole Dell**, SECOND PLACE, Local Column, *Potomac Almanac*

❖ **Susan Belford**, SECOND PLACE, Feature Story, Profile, *Potomac Almanac*



**Laurence Foong**



**Susan Belford**

❖ **Louise Krafft**, THIRD PLACE, Pictorial Photo, *Alexandria Gazette Packet*

❖ **Michael Lee Pope**, THIRD PLACE, Breaking News Writing, *Alexandria Gazette Packet*

❖ **Michael Lee Pope**, THIRD PLACE, Business & Financial Writing, *Alexandria Gazette Packet*

❖ **Michael Lee Pope**, THIRD PLACE, In-Depth or Investigative Writing, *Alexandria Gazette Packet*

❖ **Michael Lee Pope**, THIRD PLACE, In-Depth or Investigative Reporting, *Mount Vernon Gazette*

❖ **Mary Kimm**, THIRD PLACE, Editorial Writing, *Alexandria Gazette Packet*

❖ **Mary Kimm**, THIRD PLACE, Editorial Writing, *Burke Connection*

❖ **Victoria Ross**, THIRD PLACE, In-Depth or Investigative Reporting, *Fairfax Connection*



**Kemal Kurspahic**

❖ **Kemal Kurspahic, Laurence Foong, Amna Rehmatulla**, THIRD PLACE, Special Sections or Special Editions, *Reston Connection*



**Amna Rehmatulla**

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# SCHOOLS



**Winter Concert** Virginia Run Elementary School students, staff and parents enjoyed a rousing Winter Choral Concert last month that included a skit of the Grinch that stole Christmas and other holiday favorites. Mrs. Everton and Mr. Tyler, the school's music teachers, directed the choral performance.

## SCHOOL NOTES

**Daniel Nascimento**, the son of Jose and Izanete Nascimento, was inducted into the Randolph-Macon Academy chapter of the National Junior Honor Society. He is a freshman at Randolph-Macon Academy.

**Megan Cleveland**, a senior at Harding University was named to the dean's list.

**Dorothy Vu** was initiated into Phi Kappa Phi. She is pursuing a degree in communications at Virginia Tech.

The following students were named to the dean's list at The Citadel: **Jarrod Austin Branch, Ryan Christopher Branch** and **Frank Vincent Healy**.

The following students were named to the dean's list at University of Delaware: **Brittany Bonzano, Brigid Deely** and **Ryan Hilker**.

## BULLETIN BOARD

### 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.

### THURSDAYS THROUGH 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](http://www.childrensacademy.com) or 703-968-8455 to register for one of the open houses.

### SATURDAY/JAN. 26

**Luncheon and Meeting.** 1:30 p.m. at Greenbriar Community Center, 4615 Stringfellow Road. The GFWC-Western Fairfax County Woman's

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Photos welcome.

**Anna E. Spitzer**, a Management major, was named to Coastal Carolina University's fall 2012 dean's list.

**Jacob C. Harrell**, a student at Hampden-Sydney College, was named to the dean's list for the fall semester. The graduate of Centreville High School is the son of Kimberly Harrell and Steven Harrell.

**Willans Delgadillo** has been named to the dean's list at New River Community College.

**Valeria Diaz** was named to the dean's list at the University of New Haven.

**Torrian Pace**, majoring in criminal justice at Youngstown State University, has been named to the dean's list.

**Ashley Barreto** and **Emma Brady**

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Deadline is Thursday at noon. Photos welcome.

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](mailto:westernfairfaxcountywc@gmail.com) by Jan. 18.

### 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](http://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.

were named to the dean's list for the fall 2012 semester at St. Mary's College of Maryland.

**Kyle Johnson**, of Centreville, has earned a bachelor of science degree in mechanical engineering from the Georgia Institute of Technology in Atlanta.

**Meghan Marie McCafferty**, of Clifton, earned a bachelor of science in environmental studies with a concentration in ecology and environmental biology from U.N.C. Asheville in December 2012.

The following students were named to the dean's list at Bucknell University:

**Shelby A. Romine**, daughter of Richard and Tracy Romine, and a graduate of Westfield HS.

**Stasia A. Schlatter**, daughter of Philip and Ranell Schlatter, and a 2009 graduate of Westfield HS.

### SATURDAY/FEB. 2

**Blood Drive.** 8 a.m.-1 p.m. at Ox Hill Baptist Church, 4101 Elmwood St., Chantilly. Donate blood through the American Red Cross. Visit [redcrossblood.org](http://redcrossblood.org) or 1-800-Red-CROSS to make an appointment or information.

### THURSDAY/FEB. 7

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

### 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](mailto:clapham@beankinney.com).

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# OPEN HOUSES

## SATURDAY/SUNDAY, JANUARY 26 & 27

 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](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link. 

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 9618 Deep Lake Way.....\$738,995...Sat/Sun 12-5.....Clark Massie.....Tetra Corp..703-391-6245  
 6308 Swan Landing Ct.....\$609,000.....Sun 1-4.....Suzanne Burch.....Century 21..703-328-5606  
 9515 Vandola Ct.....\$575,000.....Sun 1-4.....Helen Grozbean.....Keller Williams..571-233-4287  
 6200 Fushimi Ct.....\$475,000..Sun 1:30-3:30.....James Nellis.....RE/MAX..703-930-0655  
 10523 Reeds Landing Cir.....\$369,900.....Sun 1-4.....Doris Crockett.....Weichert..703-615-8411  
 12213 Wye Oak Commons Cir..\$364,900.....Sat 1-3.....Kimberly Neff.....Avery-Hess..703-237-6779  
 10310 Rein Commons Ct #2C..\$129,000.....Sun 1-4.....David Ingram.....Weichert..703-250-8500

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6487 Trillium House Ln.....\$999,900.....Sun 10-4.....Jean Marotta.....Birch Haven..703-402-9471

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6324 Deepwood Farm Dr.....\$579,000.....Sun 1-4.....Ed Duggan.....Century 21..703-989-7735

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# Manner's 37 Points Lead Oakton Past Centreville

**Cougars beat Wildcats in battle of Concorde's top two teams.**

BY JON ROETMAN  
CENTRE VIEW

**T**he Centreville girls' basketball team, owner of an up-tempo style and winner of 14 of its first 15 games, approached Friday's contest confident it could beat Oakton despite a losing streak against the Cougars dating back to 1995.

But after the opening tip, the Wildcats' confidence turned to timidity against 6-foot-1 Oakton senior Elizabeth Manner and the eight-time defending Concorde District champion Cougars.

Manner scored 37 points and grabbed 14 rebounds as Oakton defeated Centreville 65-48 on Jan. 18 at Oakton High School. The defending state champion Cougars improved to 14-2 overall and moved into sole possession of first place in the Concorde District with a 4-0 mark.

The Wildcats had no answer for the physically-imposing Manner, who burned Centreville in the paint, from the perimeter and at the free-throw line. At the other end of the floor, head coach Tom Watson said the Wildcats weren't their usual attacking selves.

"I think we came out scared in the first half," he said. "I think we were awful. I think we didn't bring our game. We were afraid to penetrate — that's not our game. I think that big girl from Oakton intimidated [our players]."

Manner scored 16 points in the paint, made one jumper, knocked down one 3-pointer and went 16-for-19 at the free-throw line.

"We don't have bunches of plays for her," Oakton head coach Fred Priester said. "We're an equal-opportunity offense. But when things break down, the kids have great trust in her and great faith in her. She's a big girl, but she's extremely agile and she moves around that basket very well. ... She has worked as hard and has come as far as, really, any kid I've ever coached."

Oakton led by 12 at halftime, but Centreville pulled to within five on three occasions late in the third quarter and trailed 43-36 entering the fourth. Manner extended the Oakton lead with a pair of buckets in the opening minute and finished with 15 points in the final quarter. She made 7 of 8 free-throw attempts during the final 4 minutes, 25 seconds.

Oakton led 17-8 at the end of the first quarter. Manner scored 11 points in the opening period, making 9 of 10 free-throw attempts.

Priester said Manner has come a long way at the foul line since her freshman season. According to stats from the Washington Post's Web site, Manner shot 76 percent from the line through this season's first 16



**Centreville guard Jenna Green scored 12 points against Oakton on Jan. 18.**



**Centreville sophomore Caroline Wakefield shoots against Oakton on Jan. 18.**

PHOTOS BY CRAIG STERNUTZEL/CENTRE VIEW

games.

"Her freshman year, I think she started the season something like 3-for-28," Priester said. "She got better to get it up to some reasonable number by the end of the year. We didn't do anything ridiculous or strap her to a waterboard or anything like that. Every day we work on form shooting, form shooting, form shooting. It just comes about."

Manner said improvement at the line was about building confidence.

"We work on our shot every day in practice," Manner said, "so I started to get more comfortable with it and then I just stopped thinking about it and just shot the ball like we do in practice every day."

While Watson praised Manner, the Centreville coach wasn't pleased the Oakton center was not whistled for a foul during the game.

"She's great. She's a good player. She's another [Washington Mystics guard and former Oakton star] Jasmine [Thomas] — she gets every call in the world," Watson said. "It doesn't matter what you do, she gets a call. That's irritating for a coach. That's why I was barking. It just gets old. She had 16 free throws and she had zero fouls. How could she not have a single foul in there? You don't think we drove on her and bumped her the same way she bumped us?"

Oakton senior guard Helen Roberts scored 11 points. Senior forward Angela

Sickels finished with seven points and sophomore guard Karlie Cronin had six.

Sophomore guard Lindsey Abed added four points and seven rebounds.

"I think Lindsey played phenomenal tonight," Manner said. "She has a good sense of where people are open and she has a good calmness about her where she can take what Priester tells her and put it into action."

After scoring 15 points in the first half, Centreville tallied 21 in the third quarter to make things interesting. Sophomore guard Caroline Wakefield buried a 3-pointer to cut the Oakton lead to 37-32 with 1:37 remaining in the quarter. Senior forward Tori Collar scored her 10th point of the quarter to make the score 39-34 and junior guard Jenna Green's bucket cut the Oakton lead to 41-36, but the Wildcats got no closer than five.

"I don't think we really came to play today, especially me," said Green, who was born in 1996, one year after Centreville last

beat Oakton. "My shot was off. We weren't playing our usual game. I don't know if it was because we were intimidated; I don't know what it was. I definitely think that we can beat them and I can't wait to play them again."

Green finished with 12 points for Centreville. Collar scored 10 points, junior forward Ailyn Kelly finished with eight, and Wakefield and sophomore guard Chrissy Jacksta each added five.

Centreville defeated Chantilly 48-28 on Tuesday, improving the Wildcats' record to 15-2 overall and 4-1 in the district. Centreville will host Robinson at 5:45 p.m. on Friday, Jan. 25.

Oakton defeated Westfield 58-48 on Tuesday. The Cougars are 15-2 overall and 5-0 in the district. Oakton will host Herndon at 7:30 p.m. on Friday, Jan. 25.

The second meeting between Oakton and Centreville will be Feb. 5 at Centreville High School.

"I can't wait," Watson said.

## SPORTS BRIEF

### Westfield Boys' Basketball Wins Fourth Straight

The Westfield boys' basketball team extended its win streak to four with a 48-46 victory against Oakton on Jan. 22. The Bulldogs improved to 10-7 overall and 3-2 in the Concorde District.

According to stats from the Washington Post's Web site, C.J. Hill led Westfield with 17 points and Tre'Von Walton had 14.

Westfield will host Chantilly at 7:30 p.m. on Friday, Jan. 25.



## NEWS

# Gaining Confidence for SATs

## Educators offer “Turbo Tutoring” prep seminar.

By BONNIE HOBBS  
CENTRE VIEW

For high-school students, a great deal rides on doing well on the SAT test. But it can be both a daunting and an intimidating experience.

And that's where Westfield High counselor Dan Harris and English teacher Gregg Greentree come in. Together, they've developed an SAT prep course.

“There are test-taking skills that have nothing to do with the content and everything to do with the way the answers are written,” said Greentree. “It's overlooked by a lot of people, but is actually teaching a smarter way to take a test.”

Harris is in his 16<sup>th</sup> year in Fairfax County Public Schools and Greentree is in his 17<sup>th</sup>. Harris has been a counselor all of his six years at Westfield, but obtained a master's in both counseling and math education from UNC Chapel Hill and still helps students with math.

Greentree has a master's in secondary education, with a focus in English instruction, from GMU. He's been at Westfield since it opened, nearly 13 years ago, and teaches freshman honors English, plus a class of English to juniors.

“Dan and I had been working with kids, separately, for years,” said Greentree. “I did private SAT tutoring and charged far less than the market average. One kid's SAT score went up 100 points and more people started coming.”

But most formal SAT prep classes in this area cost \$1,500-\$2,000, said Harris, and “We wanted to create something more affordable. Ours is just \$150.”

“I felt people were overcharging for this, and I didn't think it was fair that the cost should be a barrier to education,” added Greentree. “And I knew significant parts of the population needed access to the instruction, but didn't have the money.”

So he and Harris discussed it and decided to pool their expertise in math and English and develop their own SAT prep class to reach as many students as



Gregg Greentree and Dan Harris, who developed the SAT prep seminar, Turbo Tutoring.

possible. In addition, students attending other prep classes go once or twice a week for two or three hours at a time.

“Ours is just one, two-and-a-half-hour session on a Saturday,” said Harris. “Kids in this area are very involved in sports, clubs, band, theater, community service, etc., and don't have a lot of time. So our class is rapid-paced and packed with information. Kids can come to one session and be done with it.”

The two educators created their program, Turbo Tutoring, last summer and 70 students attended their first four sessions in the fall. It's open to all students in public and private schools in seventh through 12<sup>th</sup> grades. But it's mainly geared toward juniors and seniors because they're the ones taking the SAT.

“We tell them how to eliminate answer choices and move through the test sections quicker,” said Harris. “And we talk about styles of questions that repeat on the test.”

They also do a PowerPoint presentation and let students see what kinds of questions they'll be seeing. And students receive a packet of information, including handouts of the PowerPoint, that they may take home.

“The class is interactive; we don't just lecture,” said Harris. “It's class participation, Q & A and more con

SEE SATs, PAGE 14

## Turbo Tutoring Receives High Marks

Educators Gregg Greentree and Dan Harris created an SAT prep seminar to help students pass a test that's important to their college aspirations. And so far, so good.

“Our first four sessions were fantastic,” said Harris. “The feedback was tremendous, and the response drove us to offer more sessions. It's gotten really good reviews from both parents and students, and a lot of kids told us their test scores went up dramatically – 60-100 points.”

Westfield junior Ben Wu attended Turbo Tutoring's Sept. 29, 2012 seminar in preparation for taking the SAT this year. And he's glad he did.

“I'd taken an SAT prep before that wasn't much help; they just tell you to go over certain questions, but don't tell you test-taking strategies,” he said.

But Turbo Tutoring was different. “It was really informative and useful,” said Wu. “It got into the ins and outs of this test. You have to study [the content] on your own, but they told us the common patterns of problems you'd see on the test.”

He said Harris and Greentree showed the class “how to attack [the SAT] and the best way to man-

age your time on each section — and it's stuff you can't figure out on your own. They researched it and really knew what they were talking about. They also give you review packets that I'll use to refresh myself before I take the SAT in the spring.”

Now that Wu has these tips and strategies, he said he feels more confident about how he'll do on the SAT when the time comes. He'd also recommend Turbo Tutoring to others. “It's a great help,” he said. “And it'll really make you comfortable with how to take this test.”

Parent Beth Tweddle of Centreville's Virginia Run community was also pleased with the seminar. “I thought it was a good fit for our daughter, Morgan, who's a junior at Westfield,” said Tweddle. “She felt completely prepared to take the test after just one session.”

Tweddle said Morgan considered the prep class “a great overview of how to strategize to best perform on that particular exam. Turbo Tutoring seems to have a really good program.”

— BONNIE HOBBS

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# Gaining Confidence for SATs

FROM PAGE 13

versational. And at the end, we give them take-home questions, plus additional things to practice, such as similar-type math questions. We also tell them which SAT prep books are most helpful in preparing for the test."

"People in education are there to help kids, and it's a wonderful feeling to be able to give them a positive outlook about a test that scares so many people," said Greentree. "We look at the most common kinds of questions and the most common kinds of mistakes that people make. For example, most people don't know how to use a semicolon, so there are semicolons all over the test."

He said the SAT test presents questions containing the errors people often make, such as subject and verb agreement. "So we teach students what these errors are so they won't make them, themselves," said Greentree. "When I was in grad school, I took a class about test-writing, and it put a human element in testing, for me, and informed the way I looked at tests as both a teacher and a tutor. It was noticing the nuances between the answers — for example, whether they're long or short and have more or less punctuation in them."

He and Harris "boil it down to the essential, test-taking skills that enable students to finish the test in a timely manner," said Greentree. "There are even advantages in filling in answer bubbles faster and using a sharp vs. a blunt pencil. And these things have nothing to do with content. Most kids are scrambling to finish, but ours usually have time left at the end of each section. The SAT is a huge endurance test, so our approach helps kids to be rested and refreshed between the sections."

"We build kids' confidence, making them feel sure they can do this," added Harris. "A lot of it is knowing what to expect; and that, in turn, leads to better results. We also give them verbal strategies in class that aren't on the handouts."

## Centreville ES Offers Parent Workshops

Centreville Elementary is holding an evening of parent workshops, Thursday, Feb. 28, and any parent in the community is welcome to attend. The school surveyed its population and will present information and advice on the four topics that generated the most response.

The program is called "Family Matters – Connecting With Your Child," and the school is at 14330 Green Trails Blvd. (off Route 28) in Centreville. Pizza, beverages and ice cream will be available for purchase in the cafeteria from 6-6:45 p.m.

### 7-7:45 P.M. - SESSION ONE

#### ❖ Raising Responsible Children -

Learn ways to foster self-discipline, responsibility and personal accountability in children so they may become contributing members of the family and society. Room 122/124.

❖ **Motivating Students To Succeed in School** - Motivation comes from within a person, but parents can cultivate qualities that help children become motivated to



Gregg Greentree



Dan Harris

PHOTOS CONTRIBUTED

He said their seminar isn't trying to compete with the larger corporations offering their own versions of test prep. "We're trying to reach a different niche — kids who want a one-time seminar at a much-cheaper price," said Harris. "And in turn, we're donating money back to the community by giving one scholarship annually to a student who takes our course."

Furthermore, they'll donate one free seminar at community fundraisers and will contribute money to the organizations of a school from which they've received many students.

"I really like helping kids feel more confident about a test that's such a huge factor toward their getting into college and creating an affordable, quality experience for them and their families," said Harris. "Ultimately, if their children do well on the SATs and get scholarships, that's less of a financial burden on the parents."

Calling the SAT test a "giant hurdle" for many students, Greentree said, "Our seminar makes them realize it's something they can conquer and do well on. It helps them see things they may not have seen on their own. It also demystifies the test and can help them get into the college of their dreams. And for me, that's incredibly rewarding — that's a great feeling."

To sign up for the seminar or learn more about it, go to [www.turbo-tutoring.com](http://www.turbo-tutoring.com). The next session is Saturday, Feb. 9, from 9:30 a.m.-noon, at Westfield High.

learn, including a sense of self-worth and perseverance in the face of challenges. Identify ways to encourage these qualities in children. Topics include goal-setting and positive self talk. Room 123.

### 8-8:45 P.M. - SESSION TWO

#### ❖ Practicing Positive Discipline -

Learn age-appropriate limits for children and get pointers on how to set and maintain them. Recognize the difference between discipline and punishment and the subsequent outcomes they generate. Strategies for encouraging positive behavior and discouraging negative behavior will be discussed. - Cafeteria.

#### ❖ Improving Study Skills -

Learn strategies to help children develop effective study skills for lifelong learning. Topics include goal-setting, time management and study strategies. Room 106.

Anyone needing translation services or childcare for school-aged children only should contact school counselor Lee Kaiser at [LRKaiser@fcps.edu](mailto:LRKaiser@fcps.edu) by Feb. 13.

## The Best of Intentions, I'm Sure

By KENNETH B. LOURIE



Regularly, throughout my now nearly four years of living as a stage IV non-small cell lung cancer "diagnosee"/survivor, I have had conversations where the person with whom I've been speaking — in response to a query of mine, said about a particular set of their circumstances: "Oh, it's nothing, really. I mean, it's not cancer, so it's not as bad as what you're (meaning me) going through." Said with the utmost sincerity and sensitivity to me of course, and with my feelings/reaction most definitely in mind; for a long time, I simply acknowledged their empathy/sympathy and continued on with our conversation as if no emotional pot — of mine, had been stirred.

As time has passed, however, and I have continued to evolve as a cancer patient; meaning it wasn't about me all the time any more, responses to questions I asked, like the one inferred in the previous paragraph, began to irritate me — regardless of how well-meaning they were. Granted, a cancer diagnosis is bad news, but there's always worse — in my mind. And when people would self-censor their answers to me about something bad in their lives — which from their perspective was not as bad as receiving a diagnosis of terminal cancer as I had, it began to have the opposite effect on me. I felt worse for their not having said whatever their bad news was as if I was (A) inadvertently responsible for their not answering my question and (B) since I was the ultimate bad situation, nothing could ever be worse than my situation, so it seemed inappropriate somehow to consider even mentioning it. In short, I became the measuring stick for "bad," and since people rarely shared their bad news with me (out of kindness, I know), it meant — to me, anyway, that my news/situation was worse. How would you like to be the bad news/situation against which all presumably bad situations are compared? Every time I hear: "Well, compared to your...," I feel even worse than I try to never let myself feel. Internally I can manage it. But when external forces — random though they may be, context me in a depressing and disparaging way, I feel depressed and disparaged; two feelings which I fight hard to avoid. Cancer already has a foothold. I'm trying to prevent it from having a stranglehold.

As a cancer patient, one has sufficient challenges and surprises navigating through the various treatment protocols/requirements/appointments/scans, etc., attempting to assimilate the unthinkable into the "first-thing-you-thinkable." The experience is sort of like going from the sublime to the ridiculous except there's nothing sublime or ridiculous about it. (And by the way, your life depends on it.) Ergo, reinforcing a negative, as in my diagnosis being a conversation stopper — or re-director — takes me to a place, emotionally, that I never want to go to or be perceived as having been. I'm not sure if this is ego or naïveté or denial, but I can manage my feelings better when I bring them on myself rather than when others do so.

Now whether where I am emotionally, or how I got there really matters in the short term, I cannot say. But if there's going to be a long term, I need to feel better about my circumstances, not worse. They're bad enough on their own; I don't need any help making them worse.

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

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# ENTERTAINMENT

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Photos welcome.

## 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 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.sugarloafcrafter.com](http://www.sugarloafcrafter.com) for more.

**Acapella Festival.** 7:30 p.m. at CVHS. Listen to music from groups around the area including FCPS alumni. \$10/

adult; free/students. Reception to follow.

## 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](http://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 Centreville 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.sugarloafcrafter.com](http://www.sugarloafcrafter.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.sugarloafcrafter.com](http://www.sugarloafcrafter.com) for more.

## MONDAY/JAN. 28

**Sully Book Club.** 1 p.m. at Centreville 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 Centreville Regional Library, 14200 St. Germain Drive. Teens age 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 Centreville 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 ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

**Wheeee!** 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.

**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.

**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 ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

**A Novel Society.** 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can discuss "Doctor Zhivago" by Boris Pasternak. Free. 703-830-2223.

## THURSDAY/JAN. 31

**Storytime.** 3 p.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.

## THROUGH FEB. 1

**Art Exhibit.** Paintings by Rosemary Gallick celebrate the second inauguration of President Barack Obama. See 23 portraits of President Obama, Michelle Obama, Joe Biden, Hillary Clinton and more. The exhibition is free and located at the Woodbridge campus of Northern Virginia Community College, 15200 Neabsco Mills Road.

## SATURDAY/FEB. 2

**Animal Program.** 1:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Participants 3 years and older can learn about this animal and the story behind Groundhog Day. \$5/person. Register online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) with code #2741879701. Call 703-631-0013.

## SATURDAY/FEB. 9

**Lunar New Year Festival.** From 1-6 p.m. celebrate the year of the snake during Fair Oaks Mall's 10th annual festival. Features traditional Chinese dragon dances, music, martial arts demonstrations, crafts and more. Free. Visit [www.ShopFairOaksMall.com](http://www.ShopFairOaksMall.com) or 703-359-8300.

**Purple Tie Bash.** 6:30 p.m.-midnight at Westin at Washington Dulles. Chantilly High School presents an evening of fun with dinner, dancing silent and live auctions and more. Proceeds benefit the athletic programs at the high school. Visit [www.chantillysports.org](http://www.chantillysports.org) to buy tickets.

**Choral Cabaret.** 7 p.m. at Centreville High School. Enjoy dessert, coffee and tea while listening to the choir perform. There will be a silent auction and raffle. \$10/adult; \$5/student. CVHS students who buy tickets during lunch will get a free raffle ticket.

# Communities of Worship

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