

SEPTEMBER 5-11, 2013

25 CENTS NEWSSTAND PRICE



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

From left: Centreville High seniors Hasib Abbasi, Shivam Gupta, Matt Severance and Matteo Iafrati are ready to tackle the new school year.

Students Stream Back to School

Centreville's 25th year;
Stone has new principal.

BY BONNIE HOBBS
CENTRE VIEW

Some 184,625 students streamed back to school Tuesday morning, Sept. 3, in Fairfax County. And their feelings about it seemed to vary depending upon their grade level.

Some high-school seniors just wanted to get the year over with so they could graduate. But for many students, teachers and administrators, Tuesday's annual migration back to class was the start of an exciting, new adventure.

CENTREVILLE HIGH

Heading into class, Centreville High senior Mark Mahoney was already focusing on college. But he was excited about the Wildcat football season, saying, "I think we're going to go to States again."

Classmate Hasib Abbasi was looking forward to "getting good grades, getting school over with and starting my real life." An offensive lineman on the varsity football team, he, too, hopes the Wildcats will "go far this year."

Freshman Janey Doyle called Centreville "kind of overwhelming, with all the students, but I'll get used to it fast." She was eager to meet new people there and plans on running cross country and doing track and swimming.

John Kim, also a freshman, was both "nervous and excited" about his new school, but looked forward to playing basketball and taking English and biology. "My college depends on high school,

so I've got to do well in academics," he said.

Sophomore Laura Cho was happy to return to school. "Everyone's so nice and really welcoming around here," she said. "I'm looking forward to passing all my classes and being focused on academics and sports. I'm on the varsity cheer squad."

Gabby Meador, a junior, said it's "too early to get up," but planned to "do better about attendance this year" and was excited about making new friends. She took Criminal Justice I last year and will take Criminal Justice II this year; she hopes to someday become a probation officer or homicide detective.

Freshman Alexia Springer joined her sister Devin, a senior, at Centreville. She called it "a good sports school" with lots of nice people. "I'm going to be in SGA, and helping plan homecoming and prom will be fun," said Alexia. "I'm also

SEE CENTREVILLE'S 25TH, PAGE 7



From left are Centreville High freshmen John Kim and Joe Finrock.

Garza Discusses Top Priorities

New schools superintendent visits Chantilly High School.

BY BONNIE HOBBS
CENTRE VIEW

New Fairfax County Public Schools Superintendent Karen Garza kicked off the 2013-14 school year, Tuesday, Sept. 3, by visiting six schools, starting with a 6:30 a.m. press conference at Chantilly High. "I came to Chantilly because I hadn't been here, yet," she said. "I'm looking forward to seeing it and returning here many times in the future. I'm excited about the new school year and I believe there's a lot of success [in FCPS] to build upon."

Regarding some of her priorities, Garza said, "I'll be paying attention to teacher workloads and I intend to address the student-achievement gap. We're also examining school start times and the School Board will get a report on [the findings] later this year. I'm open to and understanding of these issues."

She said the school system is also piloting changes to some of the school vending machines and cafeteria menus. And with the dangers of concussions to high-school football and soccer players being such a hot topic of concern these days, Garza will be involved in this issue, as well.

"I'm proud of our leadership in our athletic department and the coaches and trainers who are paying close attention to keeping our students safe," she said. "Our school system is one of the leaders in the nation in supporting that initiative. Consultants are doing a



BONNIE HOBBS/CENTRE VIEW

New FCPS Superintendent Karen Garza

report on this for us, and the community will get to express its opinions, as well."

Although new to FCPS, Garza has already made a favorable impression on many of its leaders. "I'm excited to see where she's going to take us," said Centreville High Principal Martin Grimm. "I think she's going to be very good for the school system."

"I think Dr. Garza's amazing," said Chantilly High Principal Teresa Johnson. "She's going to bring some innovation and new ideas and take us to greatness. I also like her direct approach; she's really straightforward and is FCPS's first female superintendent, so I'm very excited."

Chantilly counselor Julie Edstrom noted how thrilled everyone at the school was to have Garza visit, adding, "We wish her

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'It's a Nice Way To Cap Off the Summer'

CentreStage Community Theatre to perform "High School Musical 2 Jr."

BY BONNIE HOBBS
CENTRE VIEW

Featuring a cast and crew of 60, CentreStage Community Theatre presents "High School Musical 2 Jr."

Show times are Thursday-Saturday, Sept. 12, 13 and 14, at 7:30 p.m., and Sunday, Sept. 15, at 2 p.m., at Centreville Presbyterian Church, 15450 Lee Hwy. in Centreville. Tickets are \$12 at www.centrevillepres.com.

The actors have been rehearsing since May and hail from 10 different schools, including Westfield, Centreville and Chantilly High; Bull Run Elementary and Stone and Rocky Run middle schools. Director Rachel Harrington said things are going well and it should be a great show.

"The kids are having lots of fun and the production team is enjoying working with them," she said. "Everyone's very talented, and that's why it's such a terrific cast — they each bring something dif-



Rehearsing a scene are (from left) Eni Oyeleye, Josh Nixon, Asriel Walker, Livi Jung-Moss, Hana Tawil, Jacob Nelson, Ian Smithgall, Maura Aschenbrenner, David Koenigsberg and Grace Shields.

ferent to the table. There's also a five-person pit orchestra. Jonathan Blank is the music director, and

Jonathan Faircloth, the choreographer.

"It's a family show and a really

nice way to cap off the summer," continued Harrington. "It's colorful, fabulous and entertaining and

is great for all ages. And one of the coolest things is the community the kids have created onstage and off. They really take care of and support each other."

She said the theater company is also trying to do more community service, so it's collecting canned goods at the show to donate to a local food bank.

Woodson High junior Jacob Nelson plays Troy Bolton, the popular, high-school jock. "In the first 'High School Musical' movie and play, he's introduced to musical theater," said Nelson. "It's now the following summer and he's struggling between choosing which friends to be with and following his dreams. He's a well-liked and nice guy, and is trying to do the right thing, but he has inner turmoil."

Thrilled to have this role, Nelson said, "It's my first lead and I enjoy taking it my direction. Troy's an average, friendly teen and an expressive, confident character. And it's fun interacting with the other

SEE MUSICAL, PAGE 8

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From left are Bull Run administrators Danielle Bruno, Patti Brown and Mattie Fallen.



Standing by Deer Park Elementary's mascot, Buck the deer, are (from left) the principal's administrative assistant, Cindy Jeter; registrar Peggy Van Cleave; and office assistants Cathy McCormick and Cathy Roberson.

Preparing for the Big Day

Teachers, staff get ready for the first day of school.

BY BONNIE HOBBS
CENTRE VIEW

Fairfax County students didn't return to class until this Tuesday, Sept. 3. But their teachers and administrators were hard at work, well in advance, getting everything ready for the big day and the school year to follow.

DEER PARK

At Deer Park Elementary, Band Director Bill Schnepfer was eager to meet his students. He's also the assistant band director at Westfield High, which will march in January's Tournament of Roses Parade. But at Deer Park, he has to drum up interest in the program.

"I'm very excited," he said last week. "It all starts here at the elementary level. I'll be doing lots of recruiting, the first couple days, to get kids interested in band and orchestra."

Schnepfer works with strings teacher Holly Taylor, plus "a great team of fourth-, fifth- and sixth-grade teachers who help get the students' schedules organized so they can take music. We have 80-100 students in band here and perform both winter and spring concerts."

Vivian Perseo is the head teacher in the SACC (school-aged child care) program, with about 63 children in the afternoon and some 30 in the morning. She's one of four teachers in the program and is looking forward to school beginning and to seeing the children again.

"We have child-directed homework time in SACC, and the students also learn as they play," said Perseo. "And this year, we're digging deeper into nature. The students will be planting flowers and bulbs, watching the roots grow and charting them. They'll also



Centre Ridge second-grader Brooke Dawson, 8, hugs her former K-1 teacher, Kristin McClure.

do science activities and will make things out of recycled items. Last year, they used recycled objects to make toy frogs and then put on a play with them."

School registrar Peggy Van Cleave is also "excited to be back and looking forward to seeing the new students and the ones who've been here before. The start of school is fresh and new and makes you feel young. It's fun to see how excited the kids are and how much they've grown. Everything's new for them, and I like seeing that in their eyes."

BULL RUN

Bull Run Elementary has gained some 50 students since June, for about 865 total. It also has some specific focuses.



Centre Ridge sixth-grade teacher Brian Hollingsworth.

"Our number-one priority is building strong relationships with the students — making sure every child has a champion," said Assistant Principal Danielle Bruno.

"We also want each one to feel like a champion," added Assistant Principal Mattie Fallen.

Bruno said every student will have a particular person — a teacher, administrator, instructional assistant, etc. — they can go to for help or just to talk about something, have lunch with or read together. "It'll be someone they trust and someone who'll be their advocate," said Fallen.

In addition, staff members have a motto to have their daily work be "exceptional, engaging and ethical." Said Bruno: "We owe it to our students to provide an environment in which they have opportunities for exceptional instruction, to be engaged in their learning and to be surrounded by ethical educators who care about what they're doing." And Fallen said the staff members show the students they mean it by holding themselves accountable to provide these things.

At the FCPS leadership conference in early August, new Schools Superintendent Karen

Garza spoke to Bull Run's leadership team, asking its members, "What can be?"

So, said Bruno, "We're going to think about this every day for our students, school and community and use that challenge in making good decisions about what's good and right for our kids. It'll drive everything we do."

"We don't want to put our children in a box," said Fallen. "We want them to dare to dream so they can be those critical thinkers, collaborators, creators and communicators. We're planting those seeds for the future."

Noting that Bull Run's also starting an after-school drama club, Principal Patti Brown said, "We're hopeful about what can be and positive about the school year. There's an aura of excitement, energy and camaraderie, and we just can't wait for the children to get here."

CENTRE RIDGE

In her seventh year at Centre Ridge Elementary, Kristin McClure was getting ready to teach one of the two multi-age, K-1 classes. Lauren Rodriguez-McCleary teaches the other one, and each has 22 students.

"We piloted it last year and it was wildly successful," she said. "It gives first-graders an opportunity to be leaders and mentors for the kindergartners. And students are with the same teacher for two years because they'll have the teacher again in first grade, so they're comfortable and confident."

While she spoke, second-grader Brooke Dawson came over and hugged McClure, her former K-1 teacher. Brooke likes math, especially subtraction, but McClure said she's also a "fantastic reader." Happy about school starting, Brooke's looking forward to meeting new friends and reading more

SEE SCHOOL, PAGE 5

SCHOOLS

Virginia Run Elementary Extends Welcome Mat

Teachers walk through community to greet students.

BY BONNIE HOBBS
CENTRE VIEW

Wearing their bright blue, Team VRES T-shirts, teachers from Virginia Run Elementary visited students at home last week to introduce themselves and welcome their families to the school community.

They held their first-ever Welcome Walk, the morning of Aug. 29, for two hours, visiting all three of the school's attendance areas — Virginia Run, Pleasant Valley and the Meadows of Chantilly. They gave out welcome packets with bus and lunch schedules, medical forms and personal welcome letters from each teacher.

If no one answered the door, the teachers left door hangers containing the students' teacher assignments and class information. But they were especially pleased to find them home.

"The kids were so surprised to open the door and see their classroom teacher there," said math resource teacher Courtney Baker. "Sometimes, they were outside waiting for us [since the school had notified parents of the event in advance]. And we got to have five minutes with just that one kid, which was really nice."

Fifth-grade teacher Libby Wayne, at Virginia Run since 1997, said the Welcome Walk was "an amazing way to see the children in their own environment. And it was one-on-one and more personal than having 23 children come at you at once in the classroom. We walked in pairs and it was really fun; at one house, they even gave us cupcakes and lemonade."

Baker said some students showed them the artwork they'd done over the summer, and Wayne gave each of her students a Hawaiian lei with the words, "Welcome to Mrs. Wayne's class."

Also participating was second-grade teacher Brigid Donlevie, who just moved from Delaware to join the Virginia Run faculty. Baker and Wayne walked together, and



Ready for the Welcome Walk are (from left) Virginia Run teachers Martha Darif (3rd grade), Sara Kubik (music), Jeremiah Tyler (music), Jason Skerker (assistant principal), Brigid Donlevie (2nd grade), Laraine Edwards (principal), Christine Mohrweiss (4th grade), Daniel Furman (4th grade) and Kathy Roberts (technology).

PHOTOS COURTESY OF
LINDA NICKLYN

Donlevie went with Principal Laraine Edwards.

"It was nice to see where the kids live and our different attendance areas," said Donlevie. "And the kids were all so excited to see us." Some of those who weren't home even left letters for their teachers.

"Building relationships is a big push for FCPS this year," said Baker. "If you don't know the kids, you can't teach them as well. They're more motivated to learn when they have those relationships."

"It's a really good, first opportunity, face-to-face, with the students and the parents," added Wayne. She said the walk also helped foster teacher collaboration and let them know in which homes English isn't spoken. And it made it less awkward for the children dropping off their supplies at school that afternoon, since they'd see some familiar faces.

CALLING the beginning of school exciting, Baker said, "Every year is so different; there are amazing opportunities all the time."

"I love it here," said Donlevie. "Everybody's been so welcoming and it's a supportive environment, so I'm excited to get started."

Also new to the school is first-year teacher Daniel Furman, who teaches fourth grade. Originally from New York, he's a UVA grad and says Virginia Run "seems fantastic. There's loads of support and everyone's been warm and accepting of me as a first-year teacher, which is always great for any new job."

Besides teaching his students math, science and social studies, he plans to focus on reading and writing to improve their skills, fluency and comprehension. First, though, he said, "I'm looking forward to establishing my classroom and getting all the procedures and rules out of the way, the first couple days. Once that's done, I can focus on making learning fun for the kids."

Furman said his philosophy of teaching — to promote a safe and structured environment for learning — is compatible with Virginia Run's, so "it's great for me to be working here and I was thrilled to be hired. Diversity is encouraged here, and it's all



From left are Virginia Run teachers Courtney Baker, Brigid Donlevie and Libby Wayne.

PHOTO BY BONNIE HOBBS/CENTRE VIEW

about the children."

Principal Edwards said enrollment is about 770 students and she hired six new teachers, including ones for ESOL and music. "It's a very energetic staff," she said. "I've always loved school and the first day is the best, so I'm looking forward to it. It's great to work with this community, and we're always happy to serve them."

Back-to-School Nights

Below are the Back-to-School Night schedules for some local schools:

Brookfield Elementary — Tuesday, Sept. 10, at 7 p.m., grades K-2. Thursday, Sept. 12, at 7 p.m., grades 3-6.

Bull Run Elementary — Monday, Sept. 9, at 6:30 p.m., grades 4-6. Tuesday, Sept. 10, at 6:30 p.m., grades K-3.

Centre Ridge Elementary — Monday, Sept. 9, at 7 p.m., preschool and grades 2, 4 and 6. Wednesday, Sept. 11, at 7 p.m., grades K, K-1, 1, 3 and 5.

Deer Park Elementary — Thursday, Sept. 19, at 7 p.m., grades K-3. Thursday, Sept. 26, at 7 p.m., grades 4-6 and the 3-4 AAP class.

Lees Corner — Tuesday, Sept. 10, kindergarten, 6 p.m.; 2nd grade, 6:50 p.m.; 5th grade, 7:40 p.m. Thursday, Sept. 12, 1st grade, 5:30 p.m.; 3rd grade, 6:20 p.m.; 4th grade, 7:10 p.m.; 6th grade, 8 p.m.

Poplar Tree — Tuesday, Sept. 10, at 6:30 p.m., grades K-3. Thursday, Sept. 12, at 6:30 p.m., grades 4-6.

Virginia Run Elementary — Monday, Sept. 9, at 7 p.m., grades K-3. Tuesday, Sept. 10, grades 4-6.

Franklin Middle — Thursday, Sept. 19, at 6 p.m.

Liberty Middle — Tuesday, Sept. 10, at 6:30 p.m.

Rocky Run Middle — Wednesday, Sept. 11, from 6:30-9:30 p.m.

Stone Middle — Thursday, Sept. 12, from 6-8 p.m.

Centreville High — Thursday, Sept. 12, at 7 p.m.

Chantilly High — Thursday, Sept. 26, at 6 p.m.

Westfield High — Wednesday, Sept. 18, at 7 p.m., grades 11-12. Tuesday, Sept. 24, at 7 p.m., grades 9-10.

Heading out to welcome students last week are Virginia Run Elementary teachers Brian Siwert (ESOL) and Siri Jeffry (3rd grade).



Teachers, Staff Get Ready for First Day of School

FROM PAGE 3

Junie B. Jones books.

As for McClure, she's "excited to see my kindergartners from last year as first-graders and build that sense of community with the parents."

Sixth-grade teacher Brian Hollingsworth taught 17 years at Centreville Elementary, but switched this year to Centre Ridge. "I just wanted a change of scenery and a new challenge," he said. He especially enjoys teaching children how the U.S. was shaped and influenced by the Native Americans, European exploration and settlement, early Colonial life and the Civil War.

"I love teaching history because it tells kids the story of how we became us and the struggles we endured to become who we are today," said Hollingsworth. "I'm also the lead science teacher, and we'll do the Kids' Inquiry Conference — a student-led, professional-style conference on whatever they'd like to investigate. For example, they could learn what makes planes fly; they'd research it, design an experiment and then

present it."

Another reason he came to Centre Ridge is to design outdoor classrooms, walking paths and trails here. "It's so kids could, for example, measure plant growth in a garden, chart it, develop hypotheses and test soil and water quality," he said.

Hollingsworth would eventually like this school to be certified as a National Wildlife Federation habitat. "And we could also become a Green Flag program using energy efficiently, recycling and donating items to the Hanley Shelter," he added. "There'd be a Green Team led by students, parents and teach-

ers that would make program recommendations to the whole school."

Noting that part of the FCPS goals are academic excellence, stewardship of the environment and community partnerships, he believes his ideas would mesh well with them. He's also delighted to

be at Centre Ridge.

"I'm looking forward to learning about my new school and meeting my teammates," said Hollingsworth. "I bring leadership and experience, and I'm figuring out where I fit in and where I can help — and that's rejuvenating for me."

SCHOOL NOTES

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

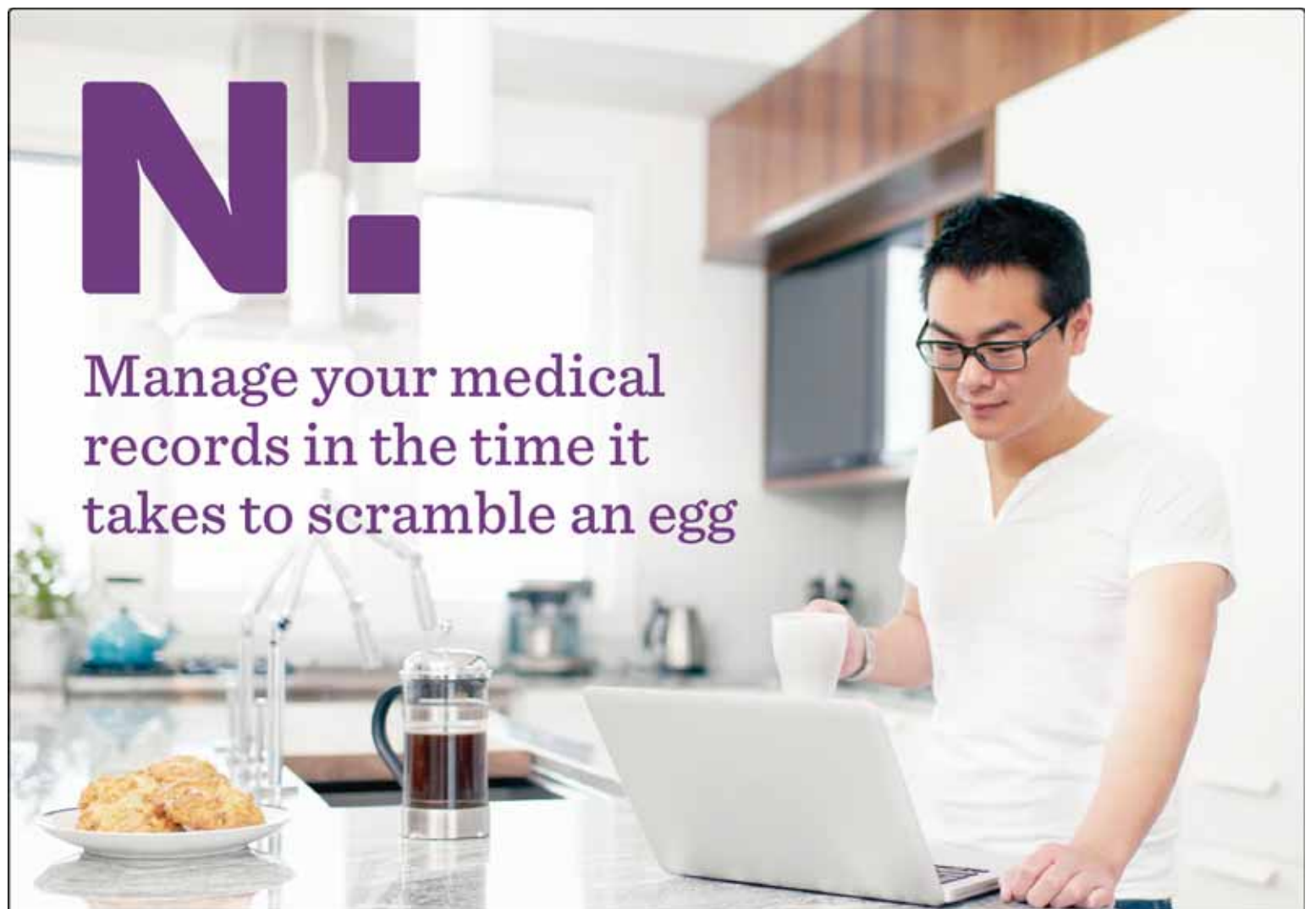
Troy Barrett has been named to the honors list at Fairleigh Dickinson University's Metropolitan Campus for the spring 2013 semester.

The Pamplin College of Business at Virginia Tech awarded **Sean A. Scott**, of Clifton, the Pamplin Leadership Award offered through University Honors for the 2013-14 academic year. Scott, who graduated from Centreville High School in 2013, will be majoring in general engineering at College of Engineering at Virginia Tech.

Freshman goalkeeper **Lauren Saltus** of Centreville, is a member of the 2013 Hofstra Field Hockey team.

Army Cadet **Remso W. Martinez** has graduated from the Army ROTC Leader's Training Course at Fort Knox, Ky. Martinez will be attending Marion Military Institute, Ala.

He is the son of Kimberly and Remso J. Martinez of Clifton and graduated in 2013 from Centreville High School.



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OPINION

Later Start Times for High School

It's past time to act; let this year be the year.

Tuesday morning, Sept. 3, the first day of school in Fairfax County, Dr. Karen Garza began her official day at 6:30 a.m. at Chantilly High School. While Garza was making herself available for interviews before the first class started at 7:20 a.m., many students were already on the school bus.

That means the students, and most likely their sleep-deprived parents, were roused out of bed before 6 a.m., a time that is essentially the middle of the night for teenagers.

The science on teenagers, sleep schedule, health, learning and more all points in a single direction.

"The scientific evidence is irrefutable:

chronic sleep loss and disruption in circadian rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks, said Judith Owens, MD, director of Sleep Medicine at Children's National Medical Center. "We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

Children's National Medical Center's Division of Sleep Medicine has been contracted by the Fairfax County School Board to develop a plan to delay high schools' start time to 8 a.m. or later.

A 2011 survey showed that more than a quar-

ter of 10th and 12th grade students were getting less than five hours of sleep on school nights, about half of the recommended eight-and-a-half to nine-and-a-half hours of sleep for teenagers.

Sleep deprivation can also affect teen mood and ability to cope with stress. About a third of Fairfax County students surveyed in the last county student youth survey reported feeling depressed, with more than 15 percent reporting that they had considered suicide in the past year.

Fairfax County Public Schools, with a new superintendent supportive of later start times, is poised to do the right thing. It's time to make this the last year that high school begins at 7:20 a.m.

For more information see <http://smartschoolstart.wordpress.com/> and <http://www.sleepinfoairfax.org/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

ROUNDUPS

Be Alert for Students

Now that school is back in session, Fairfax County police urge motorists to be even more vigilant for pedestrians and bicyclists. Commuters should expect increased congestion throughout the week and build extra travel time into their schedules.

Residents may also notice police officers posted in school zones and near bus stops to help ensure pedestrian safety, plus safe loading and unloading of students. Drivers are reminded that, when bus lights and stop signs are activated, vehicles must stop in both directions, unless they're separated from the bus by a median.

Meet Police Honor Guard

The Sully District Police Station's Citizens Advisory Committee will

host the Fairfax County Police Honor Guard at its next meeting, Wednesday, Sept. 11, at 7:30 p.m., in the Sully District Governmental Center. It's at 4900 Stonecroft Blvd. in Chantilly.

Honor Guard members will talk about their team, the services they offer to county residents and businesses, plus the heart and dedication it takes to be a part of this elite team. Residents may also bring their worn flags for proper disposal.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 12, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. They'll also do them on Saturday, Sept. 14, from 9 a.m.-noon, outside the Chantilly Target.

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 Sept. 12 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.

Democratic Women to Meet

The Democratic Women of Clifton is now called the Democratic Women of Clifton and Northern Virginia (DWCNV). It'll hold its next meeting Sunday, Sept. 15, from 3-5 p.m. Guest speaker is Eleanor Clift, a contributor to Newsweek and The Daily Beast, an author and a member of "The McLaughlin Group," a weekly public-affairs program.

The group's October meeting will focus on the statewide election in November. All Democratic women in Northern Virginia are invited to become members. Meetings are held Sundays, from 3-5 p.m., in the Clifton Town Meeting Hall, 12641 Chapel Road in Clifton. For more information, e-mail cliftonwomendems@aol.com or see www.democraticwomenofclifton.org.

Five Charged with DWI

On Saturday, Aug. 24, police officers from the Sully District Station patrolled the area searching for drunk drivers. Police charged five drivers with DWI and issued 20 summonses and 19 warnings; they also made one criminal arrest.

Eat Pizza, Help Children

Paisano's Pizza is going to "Share the Pie" with the Boys and Girls SEE ROUNDUPS, PAGE 14

CENTREVIEW

SOUTHERN EDITION

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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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A Connection Newspaper



150,000th Customer

Kelsea Glidden (left) is Northern Virginia Electric Cooperative's 150,000th customer. She's a Centreville resident returning to NOVEC service territory with two roommates: Lyndsey Medlin (right) and Melissa Sayyad (not photographed). "I had no idea when I called to set up service with NOVEC we'd be the 150,000th customer," said Glidden as NOVEC President/CEO Stan Feuerberg (middle) presented her with gifts in recognition of NOVEC's major milestone. "It is definitely a nice surprise." Visit www.novec.com or call 703-335-0500 or 1-888-335-0500.

Centreville's 25th Year; Stone Has New Principal

FROM PAGE 1

on the cross-country team and will be on the swim team in the spring. My dad, David Springer, was an Olympic swimmer."

Leading this school of about 2,400 students is Principal Martin Grimm, starting his second year at the helm. "I feel much better now because I know what's happening and I already have some relationships with the students and staff," he said. "I know people's names and what they do. I tried to spend as much time as possible last year in the hallway, meeting everyone."

Tuesday morning, all students saw a welcoming video produced and acted in by Centreville students. They discussed the rules and dress code, but in a light-hearted, fun way to create a positive atmosphere.

"The students and staff are excited and have good energy, so it's been a nice start to the year," said Grimm. "We had a smooth opening."

Centreville has two, new assistant principals, Michael Burch and Tina Wrublski, and about 13 new teachers. This year's also special because it's the school's 25th anniversary.

"So we'll look at our values, vision and mission statement to redo them with 21st-century, critical reading, writing and thinking skills," said Grimm. "During the school day, I'll lead student groups to get their input. And through the PTSA, we'll encourage the community to participate, too."

"We want staff input, as well, and we'll bring representatives of each group together to create a final product," he continued. "We're doing this for the students, the parents know their kids best, and the faculty and staff work with

Garza

FROM PAGE 1

the best in her first year as Fairfax County's superintendent."

"We realized, from the get-go, that Dr. Garza has a key understanding that communications with the stakeholders have become frayed, teacher workload has pushed teachers past the breaking point and the SOL testing regime is having negative consequences for the teachers and students," said at-large School Board representative Ted Velkoff. "She has the personal and professional skills to address these issues, and I'm convinced that, in June, we'll look back and see tangible progress in all three of these areas, in just one year."



Sophomore Laura Cho is a Wildcat varsity cheerleader.



Centreville High Principal Martin Grimm will help create a roadmap for the school's future.



Amielia Mitchell is the new principal of Stone Middle School.

the kids every day, so we want them all involved in the process."

The end result will be a document to serve as Centreville High's guidepost in making future decisions.

"I think I'm more excited about this than anything else this year because, from there, we can really lay out the roadmap for where we want to go," said Grimm. "It'll be the foundation for the school's future."

STONE MIDDLE

The seventh-graders aren't the only people new to Stone Middle School, this year — so is the principal, Amielia Mitchell, former director of student services at Hughes Middle.

"The first day went great," she said. "The eighth-graders knew where to go and what to do, and the seventh-graders were a little nervous. So I told them, 'I'm a little nervous, too, but we have a great

staff and faculty here to help you and we'll get through this together."

Mitchell also addressed all the students at the beginning of the day via the school's in-house TV station. "I told them I'm looking forward to a great year and that they'll be challenged to work on their 21st-century skills — critical thinking and problem-solving," she said.

The students' citizenship is also

important to her. "We want students who are respectful, responsible and ready," said Mitchell. "We'll focus on how we treat one another and what makes us good citizens at Stone and in the world."

On the first day of school, she met the students as they got off their buses and came into the building, and she visited with the walkers in the cafeteria. "Middle-schoolers are so much fun ... and they're excited to be here," said Mitchell.

Like many of the local schools, Stone experienced some growth over the summer.

It was projected to start the year with 779 students, but Mitchell said that number may actually be closer to 819.

Excited to be the principal there, she called it "the best job in the building, besides teaching. I want to build relationships here; I sent out the first greeting to the staff [Tuesday] morning, and they gave me back a lot of kind responses. I'm looking forward to a great year — I think it's going to be phenomenal. I'm excited about all the wonderful things we do here."

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News

Presenting 'High School Musical 2 Jr.'

FROM PAGE 2

characters, portraying different emotions and showing Troy's growth as a person."

Nelson's favorite song is the opening number, "What Time is It?" because "it's super-high energy as the students start their summer break." As for the audience, he said, "They'll be able to connect with the various characters, and the plot has many sides and is really intricate, so they'll be able to see it from a variety of different perspectives."

Playing Gabriella Montez is Centreville High sophomore Hana Tawil. "She's talented and smart and has discovered she can sing," said Tawil. "So now, she's more comfortable with who she is and is looking forward to having a fun summer with her boyfriend, Troy. But when he starts acting like somebody else, she's hurt and confused."

Since others have played her role, Tawil said she has to find different angles and interpretations of her character and play her in depth. And, she said, "Because the story moves so easily and naturally, I can be in the moment when I'm acting."

She likes the song, "Gotta Go My Own Way," because "it's emotional on a level that the other songs aren't. And it's my big solo." She said the actors play their parts in such "new and creative" ways that they "really bring something wonderful to the show that people who've seen it, and those who haven't, will enjoy. We bring new life to it."

Amanda Holsinger, who's homeschooled, portrays Sharpay Evans. "She loves pink and sparkly stuff and thinks she's better than anyone else," said Holsinger. "She has a boyfriend, but loves Troy, the star of the basketball team — but his girlfriend is Gabriella. Sharpay has a posse of friends, but only stays around them because they do things for her. I love this role because she's unique and mean, and it's fun playing someone rich and snotty."

Holsinger's favorite number is "Fabulous" because the audience gets to know Sharpay through that

song. She said people will enjoy the play because "there's lots of energy and it's an easy show to get into."

Portraying Sharpay's brother, Ryan Evans, is Westfield sophomore Drew Sharpe. "He's flamboyant and star-struck and dreams about getting the Star Dazzle award from a resort and beating out his sister, for once," said Sharpe. "I like it because it's a new challenge and it's fun being someone really different from me."

He likes the song, "Humuhumunukunuaapua," because "I teach everyone how to do this dance and I can go crazy with it." He said audience members will appreciate the cast's commitment and enthusiasm and the show's attractive staging. Besides that, he added, "The music is catchy and they'll want to sing along with it."



BONNIE HOBBS/CENTRE VIEW

From left: Drew Sharpe, Amanda Holsinger, Hana Tawil and Jacob Nelson perform the song, "Work this Out," from "High School Musical 2 Jr."

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CENTRE VIEW

WELLBEING

How To Set Realistic Goals

Local experts say key to success is setting achievable goals.

BY MARILYN CAMPBELL
CENTRE VIEW

Laura Wheeler Poms, of Fairfax, set out to earn a doctorate degree and make a career change. As a wife, mother and working professional, the goal, she said, often felt lofty.

"Writing my dissertation at times felt overwhelming, especially if I looked at it as one huge project," said Poms, who now holds a Ph.D. in industrial/organizational psychology and is an assistant professor of global and community health at George Mason University in Fairfax. "I set goals like writing one page or doing one analysis each day and I was able to get it done. I also gave myself little rewards along the way."

While Poms set and achieved an ambitious goal, she and other psychologists say many people do not. Whether one desires to make a career change, set boundaries in an unhealthy relationship or lose weight, setting and achieving goals is difficult for some.

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish," said Linda Berg-Cross, Ph.D., a therapist in private practice and a professor of psychology at Howard University in Washington, as well as a Potomac, Md., resident. "If you say, 'I'm going to exercise an hour a day,' but you have a full-time job and children, you really don't have time to exercise for an hour."

Poms says that a person's reasons for waiting to make a change could affect his or her success or failure. "If your goal is motivated by guilt, fear or regret, you're less likely to achieve that goal," she said. "If someone tells you that you need to lose weight, unless that realization has come home to you, it is not very useful. ... If you don't see the need, you're not going to be motivated to accomplish it."

To make lasting changes, experts say, one must be prepared for the work involved in making the shift. "Sometimes when people want to make a change, they are not quite ready," said Amy Van Arsdale, Ph.D., assistant professor of psychology at Marymount University in Arlington and a therapist in private practice who lives in Fairfax. "And sometimes people want to make a change, but they aren't sure how."

"Another reason that sometimes makes it really hard for people to make changes like setting boundaries with someone they love, is because that person might feel hurt, so the person who is trying to change backs down," Van Arsdale continued.

Whether your goal is getting out of a toxic relationship, making a career change or maintaining an exercise plan, there are strategies that you can implement to maintain your perseverance.

"If someone starts to give up," said Van Arsdale, "I recommend that they do a check-in and ask 'What is going on that makes me want to quit?'"



PHOTO BY MARILYN CAMPBELL/CENTRE VIEW

When working to make behavioral or physical changes, experts recommend dividing one's goals into small, gradual steps.

Assessing how much control one has over the situation is another key tactic. "A person should look at what they can change and what cannot change," said Van Arsdale. "When setting a boundary with another person, for example, a person could say, 'Maybe I can change how often I call my mother, but I can't control how often she calls me so I need to change how I respond, because I can only control myself.'"

Berg-Cross recommends small, gradual changes. "Make the teeniest changes you can think of that are part of your normal routine," she said. "It is not making behavioral changes, it is fading from one behavior to another on a long continuum, little by little."

Van Arsdale said that sometimes she asks clients to think in reverse. For example, "If I didn't lose weight and I didn't get in shape, what is the worse part?" she asks. "I am having problems with my mother and want to set better boundaries. [If] I don't change set boundaries, I will feel powerless, and I want to feel more powerful."

Re-evaluate specific goals and tweak them if needed. "Sometimes people set goals that are too high," said Van Arsdale. "If you set you goals to go to the gym five days a week and that it isn't happening, instead go three times a week. Hanging in there and tweaking goals so that they work for you is better than giving up."

Poms recommends a SMART (specific, measureable, achievable, realistic, time-based) model when setting and working to reach goals. "Set small, achievable goals and get excited when you meet your goals," she said. "Accentuate the small things that you've done."

Van Arsdale said, "Think how your life will change if you make the change, but be realistic. Saying I want to lose 10 pounds is vague. Saying 'I really want to be able to walk a 5K race with my friend' is more doable."

This strategy also works in interpersonal relationships. "You have to figure out what it is about the other person that makes you feel the need to set the boundary," said Poms. "You have to figure out deep down what is the source of the irritation and then set a boundary, but you want to try to talk to that person first."

Get support from friends and family for any challenging goal. Also, "Don't set too many goals at once because it gets overwhelming," said Poms. "You need practical solutions for dealing with things."

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BULLETIN BOARD

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

THURSDAY/SEPT. 5

Board of Directors Meeting. 7:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. The Southwestern Youth Association will be holding their annual Executive Board of Directors Election Meeting. The SYA Executive Board of Directors positions are for a one-year term and include the following positions: President, Vice-President, Secretary and Treasurer. Nominations are currently being accepted and may be submitted to the SYA Office at

syaboard@verizon.net. Applicants must be in good standing with SYA and at least 21 years of age. Nominations are now being accepted. This meeting is open to the community. Call 703-815-3362 or contact the SYA office at syaboard@verizon.net.

FRIDAY/SEPT. 6

Softball Complex to be Renamed.

3:30 p.m. at Braddock Park in Centreville. The park will honor local "Hall-of-Famer" Sharon H. Sealock, a longtime player, volunteer and Fairfax Adult Softball employee. 703-324-8662.

SATURDAY/SEPT. 7

Meeting. Lane's Mill Chapter Daughters of the American Revolution (DAR) members will meet at 5501 Sully Park Drive, Centreville. Prospective members are welcome to attend and should contact haynes2va@yahoo.com for more information.

SUNDAY/SEPT. 8

Author Reading and Outreach. 2-4:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Members of the Writers of Chantilly will be reading selections from their most recent book. Students who took

place in a writing contest will also be recognized. Light refreshments served, all welcome. Visit www.writersofchantilly.blogspot.com.

SATURDAY/SEPT. 14

Blood Drive. 7 a.m. to 1 p.m. at St. Timothy Catholic Church, 13809 Poplar Tree Road. Donors are encouraged to give all summer long, but especially near key summer holidays when donations decline. From May, 23 to Sept. 9, donors, recipients and blood drive coordinators will be asked to share their inspirational videos and personal messages about how their lives have been touched. Visit

www.redcrossblood.org or call 1-800-733-2767.

SATURDAY-SUNDAY/SEPT. 14-15

Admission Fee Waived. Sully Historic Site will be free to the public as part of the Year of the Historic Home initiative and the Time Travelers program. Hours are 11 a.m.-4 p.m., with the last tour starting at 4 p.m. 703-437-1794.

SUNDAY/SEPT. 15

Volunteers Wanted. Volunteer with the Young Professionals Network during the 2nd annual Pink Boa Breast Cancer 5k Run/Walk from 8 a.m.-noon at 11945 Grand Commons Ave. Help hand out event t-shirts, water, aid in clean-up and other aspects of the race. To volunteer contact Renette Noel at community@nvulypn.org.

MONDAY/SEPT. 16

Annual Kick-off Meeting. 7 p.m. at Cale Center, 4615 Stringfellow Road. The GFWC Western Fairfax County Woman's Club will feature speakers from Artemis House and Alternative House. Free. Visit www.wfwc.org or 703-631-7093.

WEDNESDAY/SEPT. 18

RWC Meeting. 7 p.m. at Fairview Elementary School, 5815 Ox Road, Fairfax Station. The Republican Women of Clifton presents Genevieve Wood, vice president of the Heritage Foundation, on "Obamacare: Unfair, Unaffordable, Unworkable," and David Bobb, director of The Kirby Center, who will talk about the importance of Constitutional governance. Social hour at 7 p.m.; business meeting at 7:30 p.m., after which Wood and Bobb will present their topics and answer questions. Attendance is open to RWC members and their guests, associate members, members of other Republican Women's Clubs and all women interested in becoming members. Visit www.cliftongop.com.

SUNDAY/SEPT. 22

Author Discussion. 4-5 p.m. at Sully Historic Site. Paul Dickson will discuss "Words from the White House," which deals with words and phrases created by U.S. presidents. Free. To make a reservation, 703-437-1794.

SATURDAY-SUNDAY/OCT. 12-13

Teams Wanted for Softball Tournament. The Fairfax County Park Authority in partnership with Fairfax Adult Softball is seeking teams for its first ever overnight coed softball tournament. Moonlight Madness will take place at Braddock Park's softball complex in Clifton. Participants will compete in umpired games under the lights starting at midnight. Other activities, such as home-run derbies, speed competitions, softball bingo, and giveaways will start at 9 p.m. The rain date is Nov. 2-3. The entry fee is \$285 per team and the deadline for registration is Oct. 8. Register at www.tourneymachine.com/E2673.

VOLUNTEERS NEEDED

Northern Virginia Family Service is seeking volunteers to organize collection drives of toiletries products for clients in need. Requested items include such things as shampoo, soap, lotion, deodorant, hand sanitizer, toothbrushes and toothpaste. Learn more about Northern Virginia Family Service at www.nvfs.org and contact Colleen Ross cross@nvfs.org if interested.


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ONGOING

The **Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center**, 14390 Air & Space Museum Parkway, is showing movies including "Hubble," "Fighter Pilot," "Space Junk," "Air Racers" and "The Dream is Alive". Visit <http://airandspace.si.edu/udvarhazy/> or call 703-572-4118 for the movie schedule.

Super Science Saturdays. 10 a.m.-3 p.m. the second Saturday of each month at the Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway. Visit <http://airandspace.si.edu/udvarhazy>.

Paisano's Pizza is going to "Share the Pie" with the Boys and Girls Clubs of greater Washington. For all customers who mention "BGC" when placing an order, Paisano's will donate 10 percent of their purchase price to help support that organization. The fundraiser goes until Sept. 15. Locally, Paisano's has locations at 12715 Shoppes Lane in Fair Lakes and 10330 Main St. in Fairfax. Visit www.pizzapaisanos.com.

THURSDAY/SEPT. 5

Small Wonders. 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-830-2223.

Teen Book Club. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. For teens in grades 7-9. Call for title. Free. 703-502-3883.

FRIDAY/SEPT. 6

Yoga Storytime. 4 p.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 6-9 can enjoy story time that incorporates basic yoga moves. Free. Registration required, 703-502-3883.

SATURDAY/SEPT. 7

Free Yoga with Melissa Baker. 8:30 a.m. at Chantilly Library, 4000 Stringfellow Road. For teens (age 16 and older) and adults, bring a yoga mat. Designed for beginners to experienced yoga students. Free. 703-502-3883.

Cat Show. 9 a.m.-5 p.m. at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. The National Capital Cat Show will feature up to 450 cats competing in multiple classes, adoptions, pedigreed kittens for sale, education, vendors and more. Visit www.nationalcapitalcatshow.com, www.dullesexpo.com or call 703-378-0910.

Master Gardeners. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

CHS One Book Group Discussion. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Call for title. Free. 703-502-3883.

Paws for Reading. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 5-12 can meet and read to a trained therapy dog. They can read from a library book or already owned one. Free. Registration required, 703-502-3883.

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Cat Show. 9 a.m.-4 p.m. at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. The National Capital Cat Show will

feature up to 450 cats competing in multiple classes, adoptions, pedigreed kittens for sale, education, vendors and more. Visit www.nationalcapitalcatshow.com, www.dullesexpo.com or call 703-378-0910.

Author Reading and Outreach. 2-4:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Members of the Writers of Chantilly will be reading selections from their most recent book. Students who took place in a writing contest will also be recognized. Light refreshments served, all welcome. Visit www.writersofchantilly.blogspot.com.

MONDAY/SEPT. 9

Bouncin' Babies. 10:30 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.

Small Wonders. 11:30 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.

Frying Pan Farm. 2 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Meet local animals, enjoy a story and take home a craft. For children in grades K-6. Registration required, 703-502-3883.

Kids Knit. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children in grades 3 and up can meet new friends, learn to knit or get help on a project. Beginners welcome. 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.

ESL Book Club. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Ask for title. 703-830-2223.

TUESDAY/SEPT. 10

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.

Thriving Three to Fives. 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children age 3-5 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.

WEDNESDAY/SEPT. 11

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.

THURSDAY/SEPT. 12

Civil War Lecture. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults and school age children can hear "Battle of Fort Wagner, South Carolina and the 54 Massachusetts," by author and historian Ronald Nichols. Free. 703-830-2223.

CHS One Book Group Discussion. 7 p.m. at Chantilly Library, 4000 Stringfellow Road. Discuss "Peak" by Roland Smith. Free. 703-502-3883.

FRIDAY/SEPT. 13

Ready for School Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 4-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

Comedy Show. 8 p.m. at Fast Eddies, 14114 Lee Highway. Performance by the Drink Til We're Funny Tour. Visit fasteddies.com.

SATURDAY/SEPT. 14

Master Gardeners. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

Kaleidoscope Storytime. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. All ages can enjoy a sensory story time focusing on the strengths and adapting to children on the autism spectrum and with other developmental disabilities. Free. Registration required. 703-502-3883.

Lego Mania. 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades K-2 can build. Free. Registration required, 703-502-3883.

Raise the Roof Auction and Wine Event. 7-11 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Live auction called by Mike O'Meara, silent auction, live music, food and more. Proceeds benefit Helping Haitian Angels. \$35/advance; \$40/door. Visit www.helphaitianangels.org for tickets.

SATURDAY-SUNDAY/SEPT. 14-15

Admission Fee Waived. Sully Historic Site will be free to the public as part of the Year of the Historic Home initiative and the Time Travelers program. Hours are 11 a.m.-4 p.m., with the last tour starting at 4 p.m. 703-437-1794.

SUNDAY/SEPT. 15

Train Display. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Northern Virginia NTRAK members will have a display and N gauge trains running. Museum members are free; \$4/adults 16 and over; \$2/children 5-15; under 4 are free. Visit www.fairfax-station.org or 703-425-9225.

MONDAY/SEPT. 16

Bouncin' Babies. 10:30 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.

Time for Tots. 11 a.m. at Centreville Library, 14200 St. Germain Drive. Children ages 2-3 can enjoy stories and activities. Free. 703-830-2223.

Small Wonders. 11:30 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.

ESL Book Club. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Ask for title. 703-830-2223.

TUESDAY/SEPT. 17

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.

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.



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CENTRE VIEW SOUTH ♦ SEPTEMBER 5-11, 2013 ♦ 11

Best Buddies Fundraiser This Saturday, Sept. 7

Best Buddies is an international organization that promotes friendships with and jobs for people with intellectual disabilities. One of these people is Chantilly's Eric Latcheran, 26, who, besides having Down Syndrome, has a job, friends and a love of giving back to his community. On Oct. 19, he and his mom, Gina Latcheran, are taking the Best Buddies D.C. Challenge for the fourth year in a row, walking on the Mall in Washington, D.C. First, though, they must make a combined \$1,700 donation so they can be in this event.

Toward that end, Best Buddies is having a fundraiser, this Saturday, Sept. 7, from noon-4 p.m., at Jimmy's Old Town Tavern, 697 Spring St., in Herndon, off the W&O Trail. It'll be held after that morning's training-trail bike ride and walk/run.

There'll be live music by local musicians, plus lots of food and fun. Donations are welcome and attendees may vie for more than \$500 in raffle prizes donated by local merchants.

"Eric personally requested and collected all the raffle prizes," said Gina Latcheran. "But for us to reach our goal, we need the community's help." We want to promote friendship among our friends, family and community and raise the funds we need to



PHOTO COURTESY OF GINA LATCHERAN

From left are Clifton's Ryan Gutkowski, Olympic Medal-winning swimmer and Best Buddies advocate Gary Hall Sr., and Chantilly's Eric Latcheran at the Best Buddies DC Challenge 2012.



From left are Kevin Whalen and Eric Latcheran at a previous Best Buddies walk.

participate."

Clifton's Mary Jane Gutkowski and son Ryan, who also has Down Syndrome, are teaming up for the walk/run, too. And Centreville's Kevin Whalen is taking the Challenge again and will ride his bike, Oct. 19, in the cycling part of the event, traveling to Morven Park in Leesburg.

Besides the Sept. 7 fundraiser, three others are also planned — and during each of

them, a portion of customer sales will be donated to Best Buddies. These events are set for:

❖ Sunday evening, Sept. 15, at Piero's Corner restaurant, 9959 Main St. in Fairfax. (Eric Latcheran has worked at Piero's Corner the past eight years).

❖ Wednesday, Sept. 18, all day, at Sweet Frog in the Greenbriar Shopping Center in Chantilly, next to Dunkin' Donuts.

❖ Friday evening, Sept. 27, at Glory Days Grill in the Old Centreville Crossing shopping center. Whalen, Eric Latcheran and Ryan Gutkowski will all be guest bartenders.

In addition, those wishing to contribute online to the Latcherans' fundraising efforts may do so at <http://mydc.bestbuddieschallenge.org/ginalatcheran>.

Local Writers To Host Reading for Grandparents Day at Library

The Writers of Chantilly, a not-for-profit organization of local professional and aspiring writers in Chantilly, will host an author reading and outreach event at the Chantilly Regional Library on Sunday, Sept.

8, to celebrate National Grandparents Day.

Members of the Writers of Chantilly will read selections from their most recent book, "Nana ... and Other Grandmothers," and area high school students who participated

in a National Grandparents Day writing contest sponsored by the Writers of Chantilly will read their winning stories, essays and poems about grandparents.

Students will be recognized and read their winning entries beginning at 2:45 p.m.

The free event will take place at the Chantilly Regional Library, 4000 Stringfellow Road, Chantilly, from 2-4:30 p.m. in the meeting room.

Visit <http://writersofchantilly.blogspot.com> for more information.

WEDDING

Patterson, Meador Wed

Mr. and Mrs. Stephen Meador of Clifton are pleased to announce the marriage of their daughter, Holly, to Brett Patterson, son of Mac and Theresa Patterson of Herndon.

The wedding was held at the Cathedral Basilica of St. Augustine in Florida with the reception at the St. Francis Officers Club, June 8, 2013.

The couple honeymooned in the Turks and Caicos and now reside in Herndon. Holly is a graduate of Paul VI High School, Virginia Tech and is employed at Il Pioppo. Brett graduated from Westfields High School, George Mason University and works at Dunn & Phelps.



PHOTO CONTRIBUTED

Brett Patterson and Holly Meador married June 8.



PHOTO CONTRIBUTED

Award-winning LabLearner Science Lab

The Superintendent of Arlington Diocesan Schools Sister Bernadette McManigal, BVM, flanked by the Saint Timothy PTO officers MaryAnn Coleman and Karie Brown, Principal Joseph McLaughlin, science teachers Anita Ostrander and Karen Young, and the middle school scientists, unveil the brand new LabLearner Science Lab at the Back to School Night ribbon-cutting ceremony. LabLearner was developed by science professors at Penn State University. The hands-on science program encourages students from K-8 grades to be "scientists" — getting actively involved in the learning process. For more information about the Saint Timothy Catholic School science program and their two full science labs (one for K-5th, and the other for Middle School), log onto www.sainttimothyschool.org.

Centreville Football Throttles West Potomac in Opener

Quarterback Walter
throws three
touchdown passes
against Wolverines.

BY JON ROETMAN
CENTRE VIEW

After the Centreville football team's season opener against West Potomac, head coach Chris Haddock said the Wildcats had been concerned with the big-play capabilities of speedy Wolverine running back DeMornay Pierson-El.

The University of Nebraska commit is a threat to score whenever he touches the ball, but Centreville's defense was up to the task of slowing the standout, while the Wildcats were the ones lighting up the scoreboard.

Centreville quarterback Scott Walter threw three touchdown passes and the Wildcats rushed for 300 yards en route to a 51-7 victory over the Wolverines on Aug. 29 at West Potomac High School. Walter competed 5 of 7 passes for 117 yards, receiver Charles Tutt finished with four receptions for 81 yards and two scores and more than 10 Centreville ball carriers combined for a dominant ground attack against a West Potomac team that beat the Wildcats in the 2012 regular season.

On defense, the Wildcats forced three turnovers, limited Pierson-El to 33 first-half rushing yards and held the Wolverines scoreless until the final minute of the game, when Pierson-El, who had moved to quar-



AJ Turner and the Centreville football team beat West Potomac 51-7 on Aug. 29.

terback, threw an 87-yard touchdown pass.

"Certainly, it was a pretty good start," Haddock said. "We were very concerned about their speed. We've not had a lot of success coming out here. ... We wanted to make sure we came out and really did a nice job, especially on DeMornay. He's just an outstanding player, one of the best I've ever seen. The danger there is that on any play, he can go, and our defense did a great job tonight."

Junior defensive lineman Devante Wright had an interception and a fumble recovery for Centreville, and junior defensive lineman Jordan Brooks returned a West Potomac fumble 61 yards for a touchdown in the second quarter. The defense also forced Wolverine quarterback Preston Jones to throw the ball away in the end zone, lead-

ing to an intentional ground penalty and a safety — all of which helped the Wildcats build a 44-0 halftime advantage.

On offense, more than 10 different ball carriers totaled 300 rushing yards, including a team-high 97 from junior Taylor Boose.

Junior running back Xavier Nickens-Yzer carried six times for 55 yards and two touchdowns and senior Chase Heiner carried twice for 32 yards and a score. Junior AJ Turner rushed four times for 36 yards and caught a 36-yard touchdown pass.

Walter, in his second season as Centreville's starting quarterback, didn't get many opportunities to pass, but made West Potomac pay when he got the chance.

"He's got a year of experience under his belt," Haddock said. "This is the first time



Scott Walter threw three touchdown passes against West Potomac on Aug. 29.

since I've been a head coach where I've had a quarterback return for me. He has a lot of the nuances down that take a lot of time to get to. He's a smart kid, he's athletic. What I love about him, though, he's just such a great competitor and he gets fired up about things. He and I get after each other pretty good and I love that about him. I think that he's been a great leader for us, too, as a senior."

Centreville reached the state championship game in 2011 and lost to Oakton on a late touchdown in the 2012 region semifinals. This year's team has high hopes.

"Expectations this year," Walter said, "are through the roof."

Centreville will host T.C. Williams at 7:30 p.m. on Friday, Sept. 6. The Titans defeated Oakton 38-2 on Aug. 30.

SCHOOL NOTES

DAR Presents Student Awards

Providence Chapter of the Daughters of the American Revolution (DAR) announced the 2013 recipients of two DAR awards.

The DAR Youth Citizenship Medal is presented to fifth- and sixth-grade students who fulfill the qualities of honor, service, courage, leadership, and patriotism. The Outstanding Work in American History Medal is presented to students in any grade for excellence in American history studies.

Students receiving the DAR Youth Citizenship Medal from their schools were Brett Morrow and Anthu Cung (Oak View Elementary), Joshua Sawin and Dylan Syron (Fairview Elementary), Sonia Chaudhary and Ian Drummond (Greenbriar East Elementary), Sidhu Dogiparthi and Seon Woo Cho (Greenbriar West Elementary), Meghan Rock (Oak Hill Elementary), William Cha

(Brookfield Elementary), and Yoshi Iketani and Emma Rowson (Lees Corner Elementary). Students receiving the Outstanding Work in American History Medal were Julie Elizabeth Estrada (Chantilly High School); Steven Burris and Julia Zhou (Oak View Elementary); Ryan Smith and Cameron Johnstone (Fairview Elementary); Vraj Desai, Lara Demir, Rebekah Myers, and Justin Wang (Greenbriar East Elementary); Lizzie Han and Vaishnavi Visveswaran (Greenbriar West Elementary); Kyle McClelland and Eli Kaufman (Oak Hill Elementary); Anna Turtiainen and Jade Heilemann (Poplar Tree Elementary); J. P. Miner (Brookfield Elementary); and Steven Sekar (Lees Corner Elementary).

To learn more about the work of today's DAR, visit www.DAR.org.



PHOTO COURTESY OF LISA KOLB

CYA Basketball Team Thanks its Coaches

The Chantilly Blue, a CYA High-School Division team, thank their CYA Coaches Rick Shyrock and Don Goodwin for supporting them and providing them the opportunity to play basketball for the last four years. Back row, from left, are Claire Callahan, Christy Quetsch, Angela Nguyen, Coach Rich Shyrock, Brenna Ellison, Madelyn Palmer, Meghan Shankar and Coach Don Goodwin. Front row, from left, are Catherine LaPlaca, Kali Levendis and Taylor Kolb.

ROUNDUPS

FROM PAGE 6

Clubs of greater Washington. For all customers who mention "BGC" when placing an order, Paisano's will donate 10 percent of their purchase price to help support that organization. The fundraiser goes until Sept. 15.

Locally, Paisano's has locations at 4078 Airline Parkway in Chantilly and 12715 Shoppes Lane in Fair Lakes. Also participating is Paisano's Bella Pizza at 5740 Pickwick Road in Centreville. For phone numbers, go to www.pizzapaisanos.com.

Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of oil, canned fruit, rice (2-lb. bags), canned meat, canned white beans (garbanzo, northern, cannellini, navy), fruit juice, Hamburger Helper, dry pasta, sugar, dry beans, and canned vegetables. (Also needed are shampoo, feminine napkins and dish soap.

Bring all items to WFCM'S new food-pantry location, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

Thrift-store needs include bathing suits and shorts for all ages, Bibles in English and Spanish, plus large black yard bags. The store is at 13939 Metrotech Drive. In addition, Thrift Store volunteers are needed for two- to four-hour shifts Fridays, between 9 a.m. and 6 p.m., and Saturdays, between 9 a.m. and 5 p.m.

How to Hire CLRC Workers

The Centreville Labor Resource Center (CLRC) serves businesses and homeowners needing help with just about any home remodeling or maintenance project. And local residents who'd like to hire a worker from the CLRC may do so easily. Either call 703-543-6272 or go to www.centrevilleLRC.org and click on the "How to Hire" link. Tell what kind of work is required, how many workers are needed and when.

The CLRC will match the needs to its registered workers' skills and set up the job. The price for work will be negotiated. After the job is completed, employers are encouraged to provide the CLRC with feedback to ensure that the work was done well and to their satisfaction and to make sure the workers are fairly paid.

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.

Indeterminate Sentence

By KENNETH B. LOURIE



And no, that's not another made-up phrase by yours truly describing my occasionally cluttered/run-on prose with which many of you extremely patient regular readers are all too familiar. No, it has to do with how I perceive my future now that I'm post-hospital and sleeping in my own bed. Instead of nurses, respiratory therapists, X-ray technicians, doctors and miscellaneous other hospital staff too numerous to list, I have one wife and five cats to do my bidding. And though they're not nearly as attentive as the hospital staff, I know that they all have my best interests at heart.

Not that I thought I was going to die during this most recently-written-about hospital stay; still, the experience was unsettling and reminded me of how fragile and maybe even precarious my situation might be. As much as I try to ignore certain stage IV, terminal-type facts/prognosis, a four-day stay in S.I.C.U. sort of brings the reality into sharper focus, despite my best – and continuing – efforts to delude myself otherwise.

As I sit here at home, comfortably and relatively normally (I know, "normally" is a relative term), I am betwixt and between emotionally. I can't decide if this hospital stay has given me direction or misdirection. Do I now have a truer, more honest sense of my own insecurity (mortality) or have I just created a false sense of security in its place – having survived the ordeal so unexpectedly well?

I realize I'm not bullet-proof; but if there ever were a hollow point-type metaphorical bullet, stage IV non-small cell lung cancer would likely be it; it's a killer, usually. However, I can't help but feel empowered somehow, more confident even, in my body's ability to withstand the rigors an incurable disease can impose. I'm sure there's a toll to be paid, but so far, I'm living proof that statistics are not exactly about everybody, if you know what I mean. I know that wishing and hoping don't necessarily make it so, but after yet another experience where I far exceeded my doctor's rather modest expectations, I can't help but feel more positive about my prospects (there's my delusional naïveté rearing its illogical head).

In February, 2009, I was "prognosed" to live "13 months to two years" according to my oncologist. Yet, here I still am, four-and-a-half years later, released from the hospital, better than when I went in. Anything is possible: I think I've proven that. And I don't intend to stop now.

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

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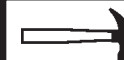
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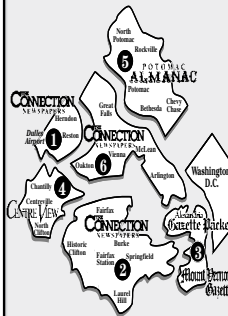
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21 Announcements

21 Announcements

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as
6258 Paddington Lane, Centreville, Virginia

In execution of a Deed of Trust from Cynthia Glacken and William Glacken, dated September 16, 2005, and recorded September 19, 2005, in Deed Book 17755 at page 1160 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Tuesday, September 17, 2013 at 9:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lot 41, Section 2, London Towne, as the same appears duly dedicated, platted and recorded in Deed Book 2711 at page 684, among the Land Records of Fairfax County, Virginia, together with and subject to the provisions of the declaration of covenants and conditions (including membership in London Towne Homeowners Association) recorded in Deed Book 2788 at page 487 among the aforesaid land records.

Commonly known as 6258 Paddington Lane, Centreville, Virginia 20120.

TERMS OF SALE: A deposit of \$25,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 3.125 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or material-man's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY
Substitute Trustee

FOR INFORMATION CONTACT:
David N. Prenskey
Chasen & Chasen
5225 Wisconsin Avenue, N.W. #500
Washington, D.C. 20015
(202) 244-4000

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21 Announcements

ABC LICENSE

Fanfare Eatery at Greenbriar, LLC trading as Fanfare Eatery, 13061 Lee Jackson Memorial Hwy, ste S, Fairfax, VA 22033 The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for Wine and Beer on and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Jeffrey Newman, member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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