

WELLBEING

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JANUARY 2-8, 2014 25 CENTS Newsstand Price



Some of Centreville High's SGA members gathered for a photo after packaging all their cookies for Our Neighbor's Child.

Cookies, Cookies Everywhere

entreville High SGA members brought in and packaged 6,240 cookies on Dec. 12 to donate to Our Neighbor's Child for local families in need. Each of the 260 students contributed two dozen, homemade cookies to the effort. They then repackaged the cookies so each family would receive an assortment.

Packaging cookies together are (clockwise from left) juniors Freddy Meny, Jack Broadus, Scott Stevenson, T'ziah Roy and Michelle Newell.





Holding some of the homemade cookies are (from left) seniors Rosemary Nwokeforo and Jenna Green.



Packing the cookie assortments into a large box for transport to ONC are (from left) junior Griffin Winter, senior Kevin Grimm, junior David Hyde and senior Jahan Sattarzadeh.

Library Has Some Helpful Friends

Area residents invited to Jan. 6 meeting.

By Bonnie Hobbs Centre View

veryone needs friends, even a library. And the Friends of the Centreville Regional Library provide an invaluable service by buying items the library needs, but Fairfax County doesn't fund.

Since 2006, the Friends have raised more than \$150,000 through their sales of donated books, CDs and DVDs. These proceeds paid for literacy programs for children and adults, as well as the purchase of new furniture.

"The Friends of the Centreville Regional Library provide critical support to the library," said Branch Manager Christine Jones. "People might expect that the Friends fund 'extras,' such as special programs, but I think they'd be surprised to learn how much more the Friends do for their local library." O

For example, the Friends' efforts funded youth service programs; early reader books; dramatic performances for family, teen and children's reading programs; Summer Reading Program books and supplies, flat-screen TV and computer sign in the lobby, children's programs and props for story time; plus subscriptions to magazines and newspapers not previously available there.

"Anyone who's visited the Centreville Regional Library for any reason in the past four years has benefited from the work of the Friends," said Centreville Branch



Amelia Grazioso (left) and Juanita Klinker inside the Centreville Regional Library.

Manager Christine Jones. "Over the past four years the Friends have paid to replace every chair in the building — over 200, purchased 30 tables for both the meeting room and main reading area, funded dozens of programs and events, and paid for subscriptions to more than 45 periodicals."

But the money doesn't come easily — the Friends earn it, 50 cents at a time, through their used-book sales, two or three times a year. And not only do those book sales help the library, but the community, too, by providing low-cost books to people who might not otherwise have books of their own.

"It's an incredible win-win situation, but it requires a lot of organization and work on the part of our dedicated Friends," said Jones. "Library staff and the Centreville community are very lucky that the Friends of the Centreville Regional

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Top Local Issues for 2014

entre View asked various, local leaders what they believe will be the top issues facing the local area in 2014. Below are their answers:

"The number one issue countywide is dealing with a flat economy with little hope near term for a strong recovery. The ripple effects run through our local economy, making it very difficult to address the chal-



Frey

lenges we are facing. We are also continuing to see cutbacks at the federal and state levels, putting increased budget pressures on the county government.

Locally, our biggest problem continues to be traffic. As Prince William and Loudoun counties continue to grow, and the business growth continues to be in Fairfax, we will see more traffic. And the longer the state delays finalizing a route and building a north-south connector road, the more our neighborhoods will be inundated.

Even the good news has a down side. 2014 will see the start of several needed projects — the bridge on Route 29 over the Little Rocky Run, the two-lane section of Walney Road between Route 28 and 50, and the Lee Road culvert near the Costco. However, the construction itself will cause some congestion, as we have seen over the last year along Stringfellow Road."

 MICHAEL R. FREY, SUPERVISOR, SULLY DISTRICT

"We can no longer ignore the impact that mental-health issues have had on our community, our state and our nation. We must address depression, suicide, drug and/or alcohol addiction, bullying, bi-



McNabb

polar disorder and schizophrenia at the local, state and national levels in order to prevent the tragedies that many in our community have suffered over the past few years.

As always, the bread-and-butter issues will be on the minds of most citizens: transportation, the economy, jobs and education. I do believe, however, that Pope Francis's focus on social justice and economic inequality may resonate with many, along with the issues of immigration and civil

rights for all."

Lu Ann McNabb, President,
 Angel Fund Board

"It is not easy to predict 2014's land-use controversies, but the Planning Commission [PC] and Board of Zoning Appeals [BZA] usually face a surprise or two.



Hart

Whatever else materializes, the PC will continue

to review redevelopment applications in Tysons Corner, as Phase 1 of the Silver Line Metro extension comes online. The future grid of streets in Tysons also will start to take shape, as construction begins on the first wave of redevelopment approvals.

The PC will continue to evaluate amendments to the Comprehensive Plan dealing with green buildings, as well as policy recommendations for facilitating electric vehicle charging-station infrastructure. The PC also will begin a review of policies for energy consumption in buildings.

Upcoming zoning ordinance amendment topics in 2014 will include food trucks, electronic signs, riding lessons as a home occupation, and donation drop boxes."

 JIM HART, AT-LARGE PLANNING COMMISSIONER AND BOARD OF ZONING APPEALS MEMBER

"2014 promises to be another year of people needing affordable housing, food and utility assistance. While more are working than in previous years, their wages are minimal and many do not have enough money to



Jansen

survive on month to month.

The majority of the calls to Fairfax County and to WFCM are for emergency food and rent or utilities, so we are grateful to be in a place where we can provide those services on an ongoing basis. We do not provide housing, but there still appears to be a shortage of available housing in the area, and there are still waiting lists for those awaiting vouchers.

Based on the great need for holiday assistance this year, it looks like there may be an increase in the number of clients looking for basic needs such as food and heat, and we are gearing up to serve as many as 50 new clients in the new year.

Thankfully, we have generous community donors and a well-stocked food pantry, plus some limited funding from The Fairfax County Consolidated Community Fund (CCFP) to help our community."

Melissa Jansen, Executive
 Director, Western Fairfax
 Christian Ministries

"The overall economy for the county will be the number-one issue in 2014. Although the Sully District is slowly moving forward with new companies and jobs coming to the district, it will still be a financial challenge to try



Litzenberger

and provide all the services our residents and taxpayers are used to. The key is to keep broadening our tax base to increase revenues while holding taxes in check. This is the best approach to recover our economy.

The good news is that there will be three, significant road improvements started or completed in the Sully District in 2014. The widening of Route 50 west of Route 28 will finally be completed, the Route 29 bridge between Union Mill Road and Pickwick Road will be replaced and the narrow bridge on Walney Road will also be replaced.

These projects have been on the schedule for years and now it's Sully's turn for some road improvements. Next year at this time will see, hopefully, a significant improvement in traffic flow in these areas."

 John Litzenberger, Planning Commissioner, Sully District

"Three of the major issues that will be coming before the General Assembly this session are mental health, K-12 education reform and ethics reform. The attack on Sen. Creigh Deeds, and the circumstances surrounding it,



Hugo

were a tragic reminder that Virginia must readdress how it deals with citizens suffering from mental-health issues.

With the \$38.3 million in new funding for mental-health priorities proposed in the FY 2014-2015 budget, it is clear that mental-health policy should and will be looked at in a comprehensive fashion in 2014. Education is always a major concern in Northern Virginia. Issues that need to be addressed include SOL reform, reducing

class sizes and reducing the onerous paperwork regulations so that teachers have more time in the classroom.

Finally, the reform of gift disclosures and ethics laws is another top priority issue during this session. I believe that we must continue to make sure that the integrity of Virginia's government is preserved."

— Del. Tim Hugo (R-40), Majority Caucus Chairman

"Because this area of the county has endured its growing pains in the past one to two decades – and for the most part is now built-out – I no longer see land use as a top issue. The Braddock-Pleasant Valley Roads intersection



Hawn

may command early-year headlines, particularly since it has not yet been resolved.

The county budget will continue to be an issue. While the focus will be on the revenue level provided to the school system, an emphasis must be placed on the continued funding reductions suffered by the human services system throughout Fairfax County."

 Carol Hawn, Former member, WFCCA Land-Use Committee

"I believe the top issue — and one that's contentious — will be the renewed focus on the roundabout [proposed for the Braddock and Pleasant Valley roads intersection]. I would hope that VDOT



Katcham

has or will give serious consideration to the alternative of the four-way stop, as many people and communities have suggested.

Yet another issue which I have only read about is the future of our libraries in Fairfax County. With the availability of so much information available via the Internet, one would think that library and book research would diminish. But I drive by the Centreville Regional Library on the weekends and the parking lot is always full.

And finally, budget problems for the county are always an issue. The need for community services continues to grow, and funds via taxes never seem to be sufficient."

— Jim Katcham, Chairman, West Fairfax County Citizens Association Land-Use Committee

Roundups

Two School Buses Burn

The Fairfax County Fire Marshal's Office is investigating the fire destruction of two county school buses at a bus-storage lot near Westfield High. Fire and Rescue Department units responded Dec. 18, around 12:30 a.m. to 4700 Stonecroft Blvd. in Chantilly. Upon arrival, firefighters encountered a bus fully involved in flames. They were able to bring the blaze under control in approximately 20 minutes. A second nearby school bus was also heavily damaged. There were no injuries, but damage is estimated at \$160,000.

Learn about Unsolved Crimes

The Fairfax County Police Department's Cold Case Unit will be the topic at the next meeting of the Sully District Station's Citizens Advisory Committee. It's set for Wednesday, Jan. 8, at 7:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly.

Attendees will get a look at the Cold Case Unit's tools, techniques and investigative methods as its members pursue and resolve longstanding homicides, search for missing persons and handle other complex cases. The public is welcome.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Jan. 2 and 16, 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.

How to Help the CLRC

The Centreville Labor Resource Center (CLRC) needs volunteers to lead vocational training workshops to increase the workers' job skills. A Wednesday morning ESOL instructor is also needed; contact Molly Maddra at coordinator@centrevilleLRC.org for more information.

In addition, end-of-year contributions to CLRC may be made at www.centrevilleimmigrationforum.org. The organization is supported totally by grants and donations; it receives no government funding.

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of cooking oil; sugar; flour; canned fruit, meat, tuna and greens (spinach, collards); fruit juice and cold cereal. (Also needed are toothpaste, deodorant, baby wipes and shampoo). 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 coats, fall and winter clothing, socks and underwear for adults and children, plus Bibles in English and Spanish. 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

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.

News



From left are Clifton's Jim Chesley, three Marines, two servers from the **Juke Box** Diner and **Gary Binge** with the donated toys.

Locals Donate to Toys for Tots

mplementing an idea from Phil Williams of the Clifton-Hoadly-Area-Pancake-Society, Gary Binge (president of the Kena Shrine Antique Car Club in Fairfax) and Clifton's Jim Chesley cochaired the first annual NoVA Cruise & Collection of Toys for

Then they held a gathering of car enthusiasts, Dec. 15, at the Juke Box Diner in Manassas and donated tovs they'd collected for the U.S. Marine Corps's Toys for Tots program.

Marine representatives from the base at Quantico met them at the diner and received 13 boxes of toys.

"I want to thank all the businesses and organizations that helped us in this endeavor," said Chesley. "Many thanks, as well, to the U.S. Marines for



Phil Williams and three Marines unloading toys from Williams's 1959 MG at the Juke Box Diner.

Participating were: Virginia Tire & Auto, CC Hair Salon, Sears Church, Cupcaked, Clifton Cleangiving hope and putting a ers, The Wine Shop, T & K Treasmile on so many young faces." sures, Clifton-Hoadly-Area-Pan-

cake-Society, McCabe's Printing, Clifton Fire Station 16, Sully Dis-Hardware, the Clifton-Centreville trict Police Station and Govern-Animal Clinic, the Clifton Store, La mental Center, West Springfield Bella Luce, Clifton Presbyterian Police Station and Governmental Center, Northern VA Electric Cooperative (NOVEC) and the Juke Box Diner.

Library Has Some Helpful Friends

From Page 1

Library give back to the community in such a practical and generous fashion."

All these things have been accomplished by a small group of members who desperately need more help. "We have 10 active volunteers, but could easily use another 10," said Friends volunteer Juanita Klinker.

Meetings are once a month; the volunteers scan and sort donated books, CDs and other media. The next one is scheduled for Monday, Jan. 6, at 6:30 p.m., at the library. Go to www.friendsof centrevillelibrary.blogspot.com to check for any date and/or time changes.

"We'd love people to come to this first board meeting of the year," said Amelia Grazioso, another Friends volunteer. "We're really looking forward to a wider membership, especially on the board. We hope that, once people come to this January meeting and learn and observe what the board does, they'll be so excited that they'll want to join

After all, as the population of Centreville con-

tinues to grow, there's a rising need for the library's services. And that's where the Friends come in.

"The Friends raise money for many of the things on our library's wish list that the county's budget cannot cover," said Friends President John Brugger. "We are a small group with big goals, but we need the help of fresh volunteers for the weekly tasks of sorting donations and conducting the sales. We need help every week and at every semi-annual sale, but welcome anyone who is interested and can help out, regardless of how often."

Anyone interested in getting involved with the Friends may contact the organization via www.fairfaxcounty.gov/library/friends/ce/ or sign up at the Centreville library's information desk.

So why does Grazioso volunteer with them? "It's my way of giving back," she said. "And it's for people to come in and love the library. English wasn't my first language, and this library is especially a great place for people who are foreign, too, because there are wonderful resources here for them. I also get satisfaction knowing I'm doing something with real purpose for the community.

A Look at Top Local Stories of 2013

By Bonnie Hobbs Centre View

nteresting, exciting and dramatic events happen all year long in the Centreville-Chantilly-Clifton area. Below were some of the top local stories of 2013:

Pleasant Valley/ Braddock Roads Roundabout

The most contentious and controversial issue in the local community in 2013 was VDOT's proposal to build a roundabout to eliminate rush-hour traffic gridlock at the Pleasant Valley/Braddock roads intersection in Centreville.

It's near the Fairfax/Loudoun border so, at Loudoun's urging, VDOT plans to build a 105-foot circle to move vehicles through there more quickly. But many residents in nearby Centreville communities are furious and adamantly opposed to the idea.

Sully Station II Community Association President Bill Perry said his community believes the project "will facilitate unabated traffic flow from Loudoun County into the communities of western Fairfax, further clogging our rural and residential roads with traffic. It will negatively impact all residents in western Fairfax."

In addition, people living along Braddock and Pleasant Valley roads say they won't be able to get out of their streets due to the steady stream of Loudoun drivers on both



VDOT's latest diagram of the proposed Braddock Valley/Pleasant Valley roads roundabout.

roads if a roundabout's built. They stress that the circle would skew dramatically in Loudoun's favor, with Fairfax drivers being mostly out of luck.

"Right now, the majority of the traffic comes from Loudoun and, once they're in the roundabout, no one else will be able to get in," said Judy Heisinger of Bull Run Estates. "I think there'll be accidents and people from Loudoun won't slow down."

Virginia Run's Ted Troscianecki also has a safety concern. "Just east of Braddock Road is the notorious S-curve," he said. "And

IAM E. TRUSSELL, JR. STADIUM

improving that intersection puts more pressure on the other substandard roads there, as well as on the S-curve."

But Michael R. Frey (R-Sully) says many residents have wanted something done about that intersection for years. "At some point, you've got to build roads," he said. "More traffic's going to come on Braddock, not matter what – Loudoun County development plans call for it. If I thought not fixing the intersection would stop the traffic, I'd be all for it. But that won't stop the traffic increase."

Nonetheless, many Centreville residents worry about the potentially harmful environmental impacts a roundabout could have on the wetlands surrounding that intersection. And still others contend that it won't be needed, anyway, once the Route 50 widening is completed.

Centreville High Wins State Football Championship

Under Coach Chris Haddock, the Centreville High Wildcats racked up a school record of 15-0 and defeated perennial powerhouse Oscar Smith, 35-6, to win the Virginia 6A state football cham-

pionship. The game was Saturday, Dec. 14, at UVA and marked Centreville's second state championship in varsity football.

10 Years in Prison For Former Principal

For most of his 62 years, Little Rocky Run's Thom Clement led an exemplary life. He was a 28-year employee of Fairfax County Public Schools and was Bull Run Elementary's principal for seven years until his July 2006 retire-

But on Oct. 2-3, 2009 in Burke Lake Park, while leading a church Scouting troop, Clement sexually molested an 8-year-old boy. The crime came to light in February, when the victim, now 13, told his family and the Virginia State police that he'd been inappropriately touched by Clement during an overnight camping trip.

Following an investigation, Clement was arrested May 23 and charged with two counts of felony aggravated sexual battery of a minor. He later pleaded guilty in Fairfax County Circuit Court and, on Nov. 22, he returned for sentencing. First, though, his attorney asked Judge Gaylord Finch to factor in Clement's lifetime of "good character" when sentencing him.

But prosecutor Kathy Stott urged the judge to remember the victim. "This defendant put himself in situations, throughout his employment and personal life, where he was entrusted with other people's children," she said. "But he knew, starting in his 20s, that he had feelings for children in this age range — and that's frightening."

Ultimately, Finch sentenced Clement to 10 years in prison, telling him, "I can't get past the enormous, unforgivable betrayal of trust and moral authority this crime represented."

Westfield Marching Band Preps For Rose Parade

On Jan. 1, Westfield High marching band members and their parents watched the 124th annual Tournament of Roses Parade on a big screen in the school auditorium. But on New Year's Day 2014, they'll be in it.

It's viewed live in Pasadena, Calif., by more than 1 million people and televised to more than 50 million people in the U.S. and 100 million worldwide. And Westfield will be only the third Virginia public high school to ever march in this pre-Rose Bowl parade.

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News



Westfield's band marches in the school's homecoming parade in September.

Top Local Stories of 2013

No band from Virginia has been in the parade since the early 1960s, and never one from Fairfax County. Out of 120 applicants, only 18 bands total — and just 12 from high schools — were selected.

So all year long, the more than 200 band members have been busy perfecting their marching routine and music, while raising funds for the trip. And excitement is running high.

"It's just exhilarating — a bucket-list achievement for a band director," said Westfield Band Director Stephen Panoff. "It's one of those iconic moments you hope for, and I'm thrilled for the kids."

In June, Parade President R. Scott Jenkins came to the school to officially extend the invitation to Westfield's band. "There are over 25,000 high-schools in the U.S., so for you to be selected for the parade is really extraordinary," he told the young musicians. "Your music is not only technically really good, but your emotions come through, as well – it's a powerful thing. I look forward to seeing all of you in Pasadena in January 2014."

Rocky Run Girls Win **National Competition**

In June, a team of three, seventh-grade girls from Rocky Run Middle School won the national championship in the U.S. Army's 11th annual eCybermission competition.

The members of Team STEM Ninjas were Divya Mereddy, Rachana Subbanna and Sneha Thandra. Each girl received a \$5,000 U.S. Savings Bond (matured value), besides the \$1,000 bonds awarded to them as state winners in April and the \$2,000 bonds as northeast regional winners in May.

The online science contest cultivates interest in science, technology, engineering and math by encouraging students to develop solutions to real-world problems. Team STEM Ninjas investigated algal biofuels derived from algae as an alternative source of energy to replace fossil fuels and foreign oil.

Not only can their creation remove pollution from bodies of water, it can also turn algae into oil which can become biodiesel fuel. "We wanted it used in a car [in place of gasoline] without changing the vehicle's infrastructure," said Rachana.

"Our team worked hard and was very professional," added Coach Ranjit Mereddy. "The judges were impressed by the team's research focus, live presentation and benefit to the community and nation."

Chantilly Academy Wins CyberPatriot V Competition

On March 15, Five Chantilly Academy students captured the championship in the Air Force Association's (AFA) CyberPatriot V National Finals. Working together, Team VOID — seniors Weyland Chiang, Chris Kim and Bryan Nguyen and juniors Anirudh Bagde and Tim Rothschild - defended computer networks and systems from external threats.

For their efforts, each received a \$2,000 scholarship from the Northrop Grumman Foundation, presenting sponsor for CyberPatriot V. They also brought home a trophy for the Chantilly Academy — a Governor's STEM Academy.

"Right from the beginning, they were driven, focused and passionate about it," said their academy coach, computer-systems technology teacher Davi Anson. "So it doesn't surprise me, at all, that they

The competition was held in the Gaylord Hotel at Maryland's National Harbor. Some 28 teams participated after battling through three rounds of virtual competition to reach the national finals.

"This year, the [initial] field of competitors was 1,225 teams, so making it to finals was a big deal," said Marynoele Benson with Northrop Grumman Information Systems. "[The challenges] also get increasingly more difficult, so these kids are really impressive."







OPINION

Looking to Hear from Readers in New Year

s local, weekly newspapers, the Centre View's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

To succeed at any of that, we need your help.

If you know of a person or an organization doing important work, something newsworthy or something that might make a good feature story, let us

know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to centreview@connectionnewspapers.com. Events generally must be open to the public and either free or at nominal cost to be included in calendars.

After your events, email us a photo and a note so we can consider including it in our coverage. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

> In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

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The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions. If you or your organization appreciate the Connection publications, please support them by patronizing our advertisers and by spending a portion of your marketing budget with us.

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Herrity's Top Local Issues for 2014

upervisor Pat Herrity (R-Springfield) talks about what he believes will be the top issues this year in Fairfax County:

"1. Relieving transportation congestion: Transportation will continue to be a major issue in 2014, but will not be Herrity focused on finding funding. Some major transportation issues will be:

❖ Making sure that the funding from the new transportation bill is spent on the projects that give us the most congestion relief and biggest impact for our taxpayer dollars.

Getting an Express Lanes-like solution to I-66 congestion underway that will bring congestion relief and effective mass transit and carpooling to the most congested corridor in the region

* Examining the possibility of having Braddock Road reclassified in the state system to a primary road — like we did with the Fairfax County Parkway — to ensure more state dollars for improvements and maintenance, and

Moving forward my proposal for a Corridor Improvement Study on the Fairfax County Parkway to develop and rank the best solutions to parkway congestion, including widening and grade-separated interchanges.

2. Defeating the threat of Residential Studio Units (RSUs) to our suburban neighborhoods: There has been some progress in keeping the problems caused by the density of the RSUs from our suburban neighborhoods, but there is more to be fixed in the proposed ordinance. The Planning Commission will make its rec-



EDITORIAL

ommendations early in the year. We need to protect our suburban neighborhoods.

3. Preparing for the age wave: As chairman of the 50 Plus Committee, I will be working with the Board of Supervisors to prepare a new 50+ plan to prepare for the age wave, as the baby

boomers are hitting their 50s and 60s. Fairfax County will see an 88-percent increase in residents over the age of 70 by 2030.

4. Fighting debilitating Lyme Disease: 2014 will see us continue our efforts to fight Lyme disease. Although the pilot on the four-poster deer-bait station that I requested will not be

complete until early 2015, 2014 will mark the final year of the pilot, and the data collected will be pivotal in seeing whether or not these stations could be a tool we could use to eradicate this debilitating disease in our area.

5. Combating sex trafficking: This ugly business has increased as gangs have found it more profitable than weapon and drug sales. 2014 should see us fight back against this crime with the new Human Trafficking Unit that Fairfax County installed to work with our regional partners. And I'm sure we will see further efforts to eradicate this terrible crime from tireless advocates Congressman Frank Wolf and Del. Barbara Comstock."



Colonial Day

Fourth grade students at

Union Mill Elementary participated in Colonial Day on Friday, Dec. 6. The fourth graders and their teachers dressed in Colonial attire during the event, which included Colonial games, music, and traditional dancing. Each fourth grade class hosted an activity related to Colonial Virginia. Activities include Colonial letter writing, making pomander balls, and a silhouette and quill activity. Students also played games and participated in activities similar to those experienced by Colonial children.

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A Connection Newspaper





WELLBEING

Spiritual Wellness in the New Year

What is it and how does one achieve it?

BY MARILYN CAMPBELL CENTRE VIEW

s we begin a new year, many are focused on their spiritual health and well-being. In fact, the National Wellness Institute names spiritual wellness as one of the seven dimensions of overall wellness. It's essential in life, say experts.

Lisa Jackson-Cherry, Ph.D., chair of the Department of Counseling at Marymount University in Arlington, who specializes in pastoral counseling and pastoral integration, believes spiritual well-being doesn't always have to do with religion. It's about being connected to something greater than one's self. "It doesn't have to be a higher power," she said. "It can be your community or nature, but the key piece is that there is a connection to something other than yourself."

Elizabeth Rees, the associate rector at St. Aidan's Episcopal Church in Mount Vernon, said, "I would say at its heart, spiritual wellbeing is knowing ourselves to be loved and cherished by God and then living into that truth."

Kathy Judd, Alexandria-based meditation teacher and director of No Place Like Om, said, "Spiritual health and well-being is when you more, connected to what you can't see as to what you can. It's about knowing that there is an animating force that drives the show and seeing all the ups and downs of our human experience as just like

that - a show." Some say that expectation management is a factor in spiritual wellbeing. "If there is a gap between expectation and reality, there can be a ... lack of contentment," said Rabbi Stuart Weinblatt of Congregation B'nai



Connecting with others is an important part of spiritual well-being say

Tzedek in Potomac, Md. "When we set our expectations lower in terms of what we expect from others, we are less likely to be disappointed. It is appropriate to set our goals high, but our expectations lower. Goals motivate us, but when we have expectations, we set ourselves up for disappointment."

> WHILE SPIRITUAL WELLNESS can mean different things to different people, experts said there are common factors that can help one achieve it, such as engaging with others. "When we think about spiritual health or wellbeing, we think about people being at peace with themselves and others," said Jackson-Cherry.

"In my opinion," she said, "once people become connected with

other people and not so consumed with themselves or their own tragedies or pain and they give of themselves to others, share their gifts, often they experience content-

"Community is a big one, and also what you pay attention to and consume," Judd said. "If you're constantly tuned in to the news cycle and people who are negative and arguing, you're going to see the world from a certain viewpoint. ... If you take time to be in nature, read uplifting things, eat [the right] foods, and surround yourself with a community of people who are loving, supportive and want to bring out the best in you, you'll have a very different experience of the world."

"Until we learn to love and forgive ourselves, it's almost impossible to love and forgive others," Rees said. "For me, the Christian story in general, and the Church community in particular, is the place where that comes together and makes sense."

Prayer is an important part of many religions. "Spirituality is found both within the context of meditation and reflective time, which could be prayer, as well as being part of a larger community," said Weinblatt. "That is why people can find contentment in prayer and places of worship and as well as in other contexts."

Jackson-Cherry said, "When I'm working with clients, I find that people who have the healthiest spiritual well-being are people who have a sense of purpose in life or have a meaning in life. They might not have achieved it, but they are working toward it. Having a sense of purpose or meaning in life leads to contentment."

So how does one find a sense of purpose and meaning in life? "We've talked about this question a lot," said Rees. "What comes up most frequently is the idea of finding ways to live in the present, slowing down and finding God present in the moment. ... Hearing where other people are finding God, and taking the time to look for God acting in my own life and share that with others makes me much more aware of God all around, and helps me to remember that God is also acting in and through the people around me."

Judd said there is work involved in achieving spiritual well-being. "It takes practice, just like anything else," she said. "Yoga and meditation are extremely valuable. Spirit is nothing more than an energy field, so if there is a lot of static in the field, it's going to be hard to hear messages that are there. So anything you can do to calm the 'talk radio' in your head will make it easier to listen. When you learn to listen, you are able to be lead, to be called, to find your calling.'

LIVING IN THE MOMENT is also a factor that can lead to contentment and spiritual well-being. "I think trying to ... find as much love and joy in it as possible is a huge piece," Judd said. "Also, worry less about what others think and be more willing to live and love greatly. Developing gratitude, as something that runs through all of our life, not just as something that comes when life seems to be going really well, is important too.'

Rees said keeping a journal is a useful tool in developing gratitude. "One spiritual exercise that helps me sometimes is to practice gratitude by prayerfully journaling about the things for which I am grateful," she said. "Sit down and write 100 things for which you are grateful. You start with the big and obvious things, but then also find yourself digging deep for the small but ever-present graces of life. ... Journaling in general can be a great for spiritual wellbeing."

"When we think about spiritual health or well-being, we ... feel just as, if not think about people being at peace with themselves and others."

> - Lisa Jackson-Cherry, Ph.D., **Marymount University**

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News

On Bulova's 2014 Radar Screen

airfax County Board of Su- Phase 2, extending pervisors Chairman Sharon Bulova discusses the issues she sees taking center stage in the county in the coming year.

"The following items are on my radar screen for the year ahead:

The Silver Line, Phase 1, will open for passenger service through Tysons Corner to Wiehle Avenue in Reston, Construction for

Metrorail from Wiehle Avenue to Reston Town Center, Route 28, Herndon, Dulles Airport and to the Ashburn area of Loudoun County will

Construction associated with rezonings in

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Bulova

Tysons will take place throughout 2014. 'Pop-up' activities and uses will provide vibrancy to Tysons while permanent uses are beginning to fill in.

The newly redeveloped Springfield Town Center in the old Springfield Mall

area will open in fall of 2014.

A new state administration will begin as Gov. Terry McAuliffe is sworn in as the 72^{nd} governor of the Commonwealth of Virginia. Fairfax County has asked the General Assembly to prioritize Medicaid expansion and state funding for pre-K through 12th-grade education when they meet this win-

During 2014, Fairfax County and the Northern Virginia Transportation Authority (NVTA) will be advancing transportation priorities in Northern Virginia, putting new state transportation funding to work in order to address congestion and traffic safety.

On Monday evening, June 9, my office will be hosting a new Evolution program: Evolution of the Workplace.

We will trace the trends and expectation of workers in Fairfax County, beginning when Fairfax was one of the largest producers of dairy products in the commonwealth through the modern, 'work/lifestyle' balance younger workers look for.

Back by popular demand will be our second season of Evenings on the Ellipse Concerts in the Government Center's "back yard." Concerts and wine tastings are free, thanks to corporate sponsors. I'm looking forward to balmy nights and great music already.'

NOTE: Bulova's State of the County address will debut Wednesday, Jan. 15, at 7:30 p.m. It will air on Channel 16 and may be watched online at http:// www.fairfaxcounty.gov/chairman/ starting Jan. 16.

The address will immediately follow her annual Chairman's New Year Reception, on Jan. 15, from 4:30- 6:30 p.m., at the Government Center.

"The Chairman's Reception is my opportunity to say thank you to the many county employees, volunteers and active neighbors who help make Fairfax County the exceptional place it is to live, work and play," she said. "All active/engaged constituents are welcome to attend."

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SPORTS

Top Sports Moments of 2013

he year 2013 provided several exciting moments in local sports. For Centreville, the football team won its first state championship in more than a decade. Westfield field hockey coach Starr Karl captured her first state title.

Here is a look at the top moments in Centreville sports for 2013.

Centreville Football Are State Champs

After the Centreville football team defeated Westfield in the 6A North region final and punched its ticket to the state championship game, the Wildcats knew they would be facing a talented Oscar Smith team ranked by USA TODAY as one of the top teams in the country.

Both teams were undefeated and had dominated opponents during the season.

"We know we've got our hands full," Centreville head coach Chris Haddock said after the region final. "Oscar Smith is a nationally-ranked team. They're going to be the best team we play all year. Hopefully we're going to be the best team they've played all year."

One week later, on a cold and rainy night at the University of Virginia's Scott Stadium in Charlottesville, Centreville put forth a dominant performance, making mighty Oscar Smith appear no better than the 14 foes the Wildcats had dispatched en route to the state final.

Centreville defeated Oscar Smith 35-6 on Dec. 14, giving the Wildcats their first state championship since 2000. Centreville dominated in rushing yards (327-14), total yards (338-88) and time of possession (34:02-13:58). Wildcat junior A.J. Turner carried 18 times for 175 yards and two touchdowns. Senior quarterback Scott Walter rushed 22 times for 90 yards and two scores.

"Today, all the credit goes to Centreville," Oscar Smith head coach Rich Morgan said after the game. "They flat-out out-played us, out-hit us; they honestly just did things to us today that we usually do to everyone else."

After the win, USA TODAY ranked Centreville as the No. 15 team in the nation.

"It's tough to choose a favorite moment," Haddock wrote in an email. "The camaraderie with the players and coaches was phenomenal. It made it fun to go to work every day. Game day at Centreville is always special. Running out of the tunnel to see our fans is always an exciting moment.

"This team succeeded because of the high quality of their character, their heart, their dedication to each other, and their chemistry. We were a family. It was gratifying to hear from so many people in our community. I received hundreds of emails and text messages in the last few days. Thanks to all our fans and community members for all their support throughout the year."

Centreville finished the season with a 15-0 record, the best in school history.

Westfield Field Hockey Wins State

Westfield Head Field Hockey Coach Starr Karl's decorated resume includes 21 district/conference championships and more than 300 victories in 24 seasons. But if she was to win her first state title, the Bulldogs would need to knock off two-time defending champion First Colonial in the state final

Westfield entered with a plan, applied pressure and came out on top.

The Bulldogs defeated First Colonial 2-1 on Nov. 16 to win the state title. Westfield became the first Northern Virginia team since W.T. Woodson in 2003 to win a state



Emily McNamara and the Westfield field hockey team won the 2013 state championship.

championship.

"When the whistle blew and the game was over it was a sense of pride for a group of young ladies that started off the season fragmented and little by little as the season progressed bought into 'TEAM," Karl wrote in an email. "After the first 7 minutes of the game we started playing our game and we stayed composed throughout the entire 60 minutes. We put First Colonial back on their heels after the first goal [and] we became much more confident. We were tested at the very end of the game with defensive penalty corners and we stayed to the game plan and stuck FC, who had scored most of their goals during the season on penalty corners.

"For me, it was about 24 years of hard work paying off for this Westfield team that won it and all of my other teams that had come up short."

The teams were tied at 1-all at halftime and Westfield's Katie Winesett scored the game-winner on a corner eight minutes into the second half. Emily McNamara scored the Bulldogs' first goal.

Westfield finished the season with a 22-2 record. The Bulldogs dropped their opener to South County and had a 4-2 record after a loss to Tabb, but closed the season with 18 consecutive victories.

"We had great individuals, but to have a great season it had to be about everyone working together each day in practice and believing in each other," Karl wrote. "We knew going into the finals that the pressure was on First Colonial. They had won the last two state titles and knew what it takes to win a title. It had been 10 years since a Northern Region team had brought it home to NOVA. In the state tournament, the playing surface helped raise the level of our game. The water-based turf is where the best game of hockey is played and I think we displayed that during the state tournament. We could play a very fast-paced game which was to our advantage and use our

skills at a top level.

"Our bench played a huge part each day in practice when they challenged the starters to play top level-hockey. I don't sub a lot and the bench had bought into the program and they knew their role on the team. The FC corners were huge in their offensive game plan. We studied them from scouting reports and we were able to shut them down."



The Chantilly boys' cross country team repeated as state champions.



The Chantilly boys' lacrosse team won the 2013 state championship.



The Centreville football team defeated Oscar Smith 35-6 on Dec. 14 in Charlottesville to win the Group 6A state championship.

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In Defense of My Own Mechanism



By KENNETH B. LOURIE

So much of what I feel as a cancer survivor comes from the feedback I receive from others. Positive, complimentary, flattering characterizations are crucial to my optimistic outlook. Negative descriptions, reactions, etc., are not. Not to discount honesty, but the emotional divide on which a cancer patient's self-assessment/attitude teeters is delicate indeed and honesty is sometimes (I said "sometimes") not the best policy. If I'm in the right mood, negativity can be deflected, absorbed even; not a problem. If I'm in the wrong mood, however, the negative can push me into a black hole of emotional despair. Regardless of whether the comment/observation is well-intended, accurate or even prudent under the circumstances, its effect can be deeply felt. Getting back to normal is not impossible and mostly within my control, but if it's all the same to you, I'd rather not have to claw my way

In most instances, this kind of cancerpatient feedback is harmless and fairly random; it happens when you least expect it and you're either up to the emotional punch or not. It's not as if you can prepare or study for it. It's certainly not a test; it's a reality. And there's really no way to know from whom and from where or even when the comments will come. It's not exactly hit or miss. It's more like you wouldn't miss not getting hit – figuratively speaking, of course. Nevertheless, it is part of the survival process, and the longer you survive, the greater the potential for unintended consequences.

Having experienced a wide range of such innocent commentary over my nearly five years since being diagnosed, there are a few steps I have taken to over-compensate in advance to prevent the inevitably negative consequences: I try to act as positive as possible. Make jokes. Stay strong (after all, I am from Boston). Sound body and mind, so the comments will be positively reinforcing as to how well I look, sound, seem, etc. This tends to elicit the desired positive response. And when the desired response (dare I say, manipulated) is offered, I embrace it with sincere appreciation. You see, the fewer times I have to explain my deficiencies, the fewer times I am likely to invoke the cword. And the fewer times I hear the cword come out of my mouth relating to me, the more often I can believe that my cancer is somehow inactive. (Delusions of my life being grander you might say.) And the longer I can think my cancer is inactive, the more normal I think my life will be. Granted, this is all mental gymnastics, but as a terminal patient – with an abbreviated life expectancy, if I don't find a way to make light of the incredibly heavy burden I am carrying, the weight of it is likely – if the anecdotal evidence is to be trusted, to exacerbate an already unpleasant set of medical

Not to deny my reality – too much, but there's enough of it present in my life already that Ĭ can't ignore that (A) I don't need any more of it inadvertently or otherwise and (B) minimizing what there already is of it, however foolish or unrealistic, contributes to a life worth living. However unintentionally - physically and/or emotionally – a cancer diagnosis/terminal prognosis can suck the life right out of you. Finding a way to fight back – on your own terms, has been the operandi of my modus. So far, so good. Besides, it's too late to change now.

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

Entertainment

Email announcements to centreview@connection newspapers.com. Photos welcome.

ONGOING

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FRIDAY/JAN. 3

Ready for School Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 4-5 can enjoy stories and more. Free. 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-

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-

SATURDAY/JAN. 4

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. 12:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades K-2 can build. Free. Registration required, 703-502-

MONDAY/JAN. 6

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

BULLETIN BOARD

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

SATURDAY/JAN. 4

DAR 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 lanesmillchapter@hotmail.com. DAR is a volunteer women's service organization dedicated to promoting patriotism, preserving American history.

MONDAYS/JAN. 13-MARCH 31

Conversational English. 7:30-9 p.m. at Chantilly Bible Church, 4390 Pleasant Valley Road, Chantilly. There are four levels: beginning, basic, intermediate, and advanced. lso a citizenship class eighth year church members have offered this free program. Childcare provided. Call 703-263-1188, ext. 15.

WEDNESDAY/JAN. 15

Application Deadline. The Arts Council of Fairfax County will award three \$5,000 grants to recognize professional working artists'

more. Free. Registration required. 703-502-

Book Buddies. 2:15 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in kindergarten can discuss a book. Free. 703-502-3883 for title.

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.

TUESDAY/JAN. 7

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

Time for Tots. 11 a.m. at Centreville Library, 14200 St. Germain Drive. Children ages2-3 can enjoy stories and activities. Free. 703-830-2223

Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy songs, stories and more. Free. Registration required. 703-502-3883.

WEDNESDAY/JAN. 8

Read, Build, Play. Duplo Story Time. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 3-5 months can enjoy stories and more. Free. Registration required, 703-502-3883.

Mystery Book Group. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults call for title. Free. Registration required. 703-502-3883.

Starlight Storytime. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Children of all ages can wear pajamas and bring a favorite stuffed friend and enjoy stories and fun. Free. Registration required. 703-830-2223.

Chantilly Book Discussion Group. 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can call and ask for title. Free. 703-502-3883.

THURSDAY/JAN. 9

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

Small Wonders. 11 a.m. at Centreville Library, 14200 St. Germain Drive. Children ages 13-23 months can enjoy stories and activities. Free. 703-830-2223.

Civil War Lecture. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults and school age children can hear "Major John S. Mosby, 1863: Summary of Events" by author and historian Eric Buckland. Free. 703-830-

FRIDAY/JAN. 10

application materials.

Bouncin' Babies. 3 p.m. at Chantilly Regional

accomplishments, while promoting the

continued pursuit of creative work. Visit

www.artsfairfax.org for guidelines and

Relay For Life Kick-Off. 7-8 p.m. at nZone,

learning more about the American Cancer

is invited. Visit www.CentrevilleRelay.org

achievements and their demonstrated history of

14550 Lee Road, Chantilly. Anyone interested in

Society's 2014 Relay For Life fundraising event

more. Free. Registration required. 703-502-**Small Wonders.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and

Library, 4000 Stringfellow Road, Babies up to 11

months can enjoy rhymes, songs, stories and

more. Free. Registration required. 703-502-3883.

SATURDAY/JAN. 11

Thriving Three to Fives. 10:30 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children age 3-5 can enjoy stories and activities. Free. Registration required. 703-830-

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-

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.

MONDAY/JAN. 13

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-

Bookalicious! Book Group. 2 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades 3-4 can discuss a book. Free. 703-502-3883 for title.

Hidden Pond. 2 p.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 6-12 can learn how to recognize the signs that animals leave behind. Free. Registration required, 703-502-

Afternoon Adventures: Introduction to Hip Hop. 3 p.m. at Centreville Library, 14200 St. Germain Drive. Children ages 8-12 can learn basic moves and put it to music. Wear tennis shoes with socks. Free. Registration required, 703-830-2223.

TUESDAY/JAN. 14

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

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

object collections, event programming and museum store and visitor center operations. Candidates will be asked to provide a completed application, written essay, and teacher recommendations by Jan. 31, 2014 for panel review. Email Carol McDonnell, site manager at Sully Historic Site (carol.mcdonnell@fairfaxcounty.gov) or Noreen

McCann, visitor services manager (noreen.mccann@fairfaxcounty.gov). Call 703-

WEDNESDAY/JAN. 22

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov/parks/ boardagn2.htm for meeting materials, archives and more. For more information contact the Public Information Office at 703-324-8662.

FRIDAY/JAN. 31

Application Deadline. Juniors at Herndon, Chantilly and Westfield high schools who are in good standing and have an interest in history are encouraged to apply for this paid ninemonth internship that runs April through December 2014. Up to three interns will be hired. Participants will gain experience in museum operations, public speaking, historic

WEDNESDAY/FEB. 12

Fairfax County Park Authority Board

Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov/parks/ boardagn2.htm for meeting materials, archives and more. For more information contact the Public Information Office at 703-324-8662.

WEDNESDAY/FEB. 26

Fairfax County Park Authority Board

Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov/parks/ boardagn2.htm for meeting materials, archives and more. For more information contact the Public Information Office at 703-324-8662.

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Example: \$800,000 Home Purchase = \$8,000* cash gift

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