

Holiday Joy At Chantilly High

Choral, orchestra and theater students performed Dec. 18 at Chantilly High's Tiny Tots Christmas Show. See page 3.

Top Local Issues for 2014

The Connection 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 challenges 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, bipolar 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.

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 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.



Hart



McNabb



Litzenberger



Hugo

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 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, 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 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, WFCFA 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 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.”

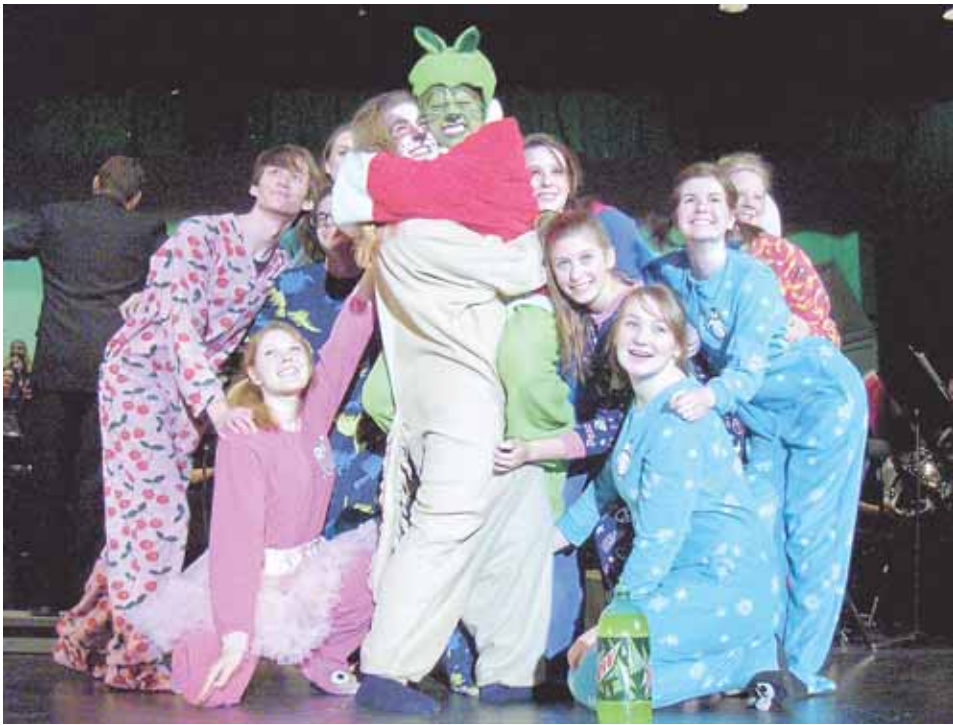
— JIM KATCHAM, CHAIRMAN, WEST FAIRFAX COUNTY CITIZENS ASSOCIATION LAND-USE COMMITTEE



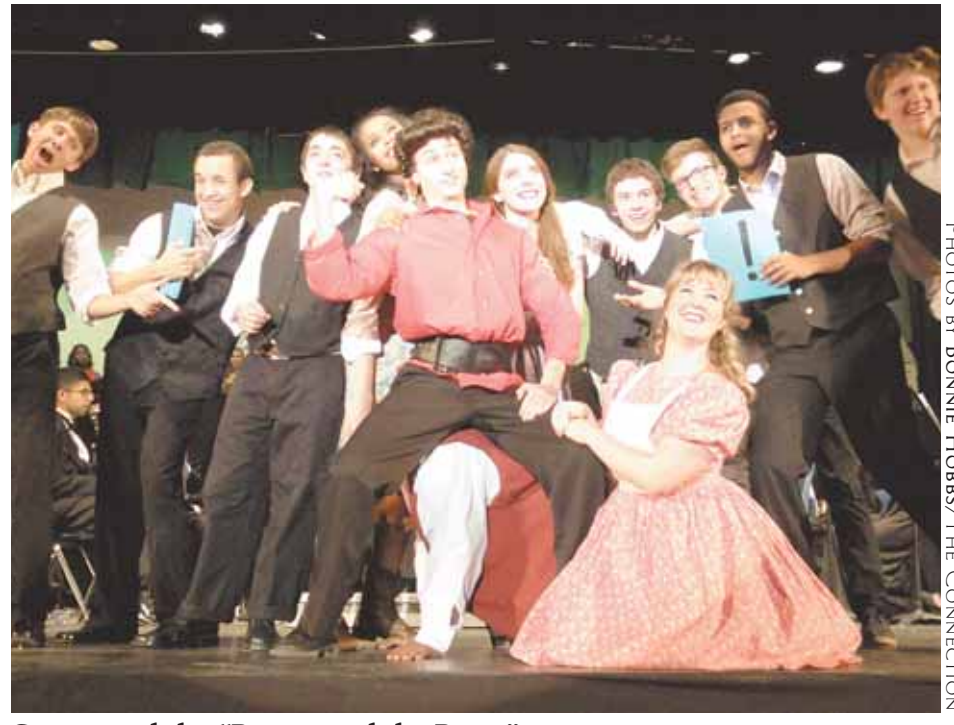
Hawn



Katcham



Max, the Grinch and the Whos share the joy.



Gaston and the "Beauty and the Beast" cast.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Holiday Joy at Chantilly High

Choral, orchestra and theater students performed Dec. 18 at Chantilly High's Tiny Tots Christmas Show.



The Whos are excited because Santa's coming.



Chantilly's choir and orchestra show their holiday spirit.



From left are Lumiere, Belle and the Beast.



Part of the strings section performing "A Mad Russian's Christmas."



Cast members of "A Charlie Brown Christmas."

A Look at Top Local Stories of 2013

By BONNIE HOBBS
THE CONNECTION

Interesting, 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 Trosciancki also has a safety concern. "Just east of Braddock Road is the notorious S-curve," he said. "And

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 Had-dock, 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 retirement.

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.

SEE TOP LOCAL, PAGE 5

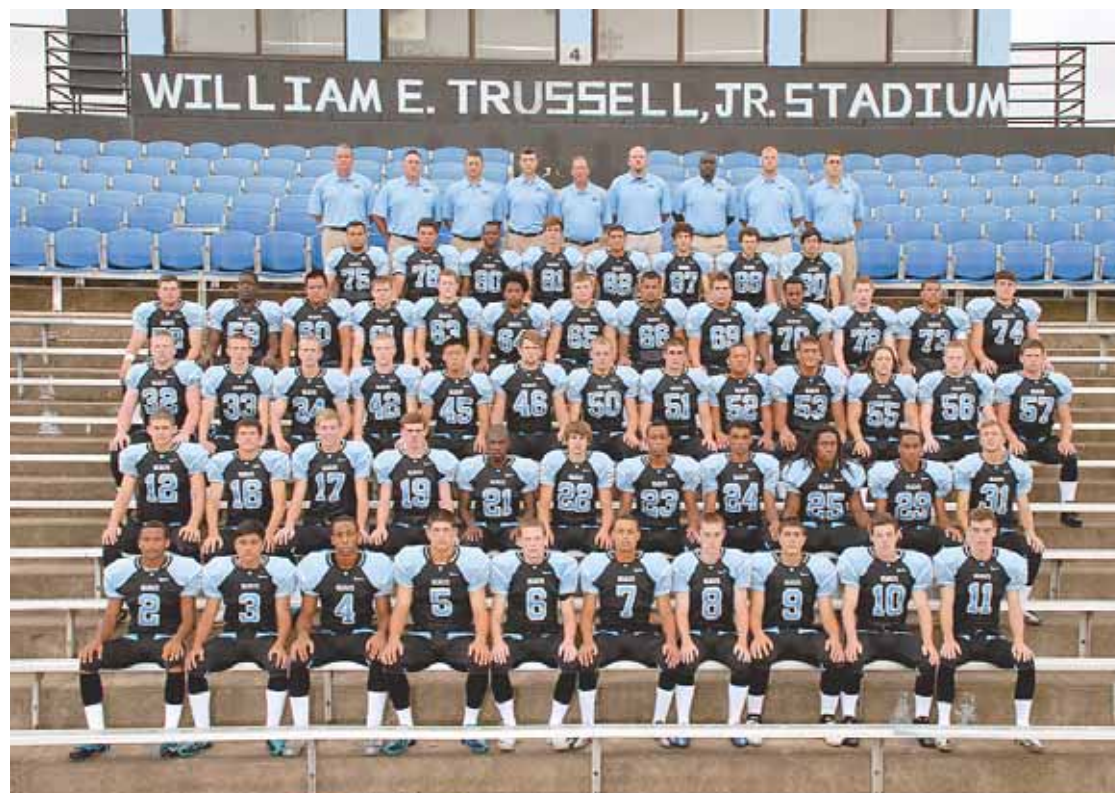


PHOTO CONTRIBUTED

The Wildcats' 6A State Championship Team



BONNIE HOBBS/THE CONNECTION

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

Top Local Stories of 2013

FROM PAGE 4

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 won."

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."

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OPINION

New Name, New Look, Same Community Coverage

Chantilly Connection, formerly the Centre View Northern Edition.

Welcome to the Chantilly Connection, formerly known as the Centre View Northern Edition. The new name and new look (The Connection newspapers have a full photo on the cover) are intended to clarify the mission of the paper and its place in the Connection family. The paper's commitment to community coverage, staff and management remain the same. The Chantilly Connection will also serve Fair Oaks and Fair Lakes.

There are 15 papers and associated websites and social media in the Connection Newspapers group, www.connectionnewspapers.com, including 12 papers in Fairfax County, published by Local Media Connection, LLC.

The Centre View Southern Edition will now be known simply as the Centre View and will continue to cover Centreville and Little Rocky Run.

The Chantilly Connection editor is Steven Mauren, smauren@connectionnewspapers.com;

community reporter is Bonnie Hobbs, bhobbs@connectionnewspapers.com; sports is handled by Jon Roetman, jroetman@connectionnewspapers.com; calendar items, news, notes and other submissions should be sent to chantilly@connectionnewspapers.com.

Comments, questions, concerns or complaints? Please email me, Mary Kimm at mkimm@connectionnewspapers.com.

— MARY KIMM

Looking to Hear from Readers in New Year

As local, weekly newspapers, the Connection'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 chantilly@connectionnewspapers.com. Events generally must be open to the public and ei-

ther 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.

EDITORIAL

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

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

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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— MARY KIMM.

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

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

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

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

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

Kim Taiedi
Display Advertising, 703-778-9423
ktaiiedi@connectionnewspapers.com

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

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

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

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

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

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

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



Help Appreciated

Some of Fairfax County's firefighters went above and beyond to help Glorianne Picini when she had a late-night flat tire in front of their fire station. Not only did they change her tire, but also invited her to have dinner with them before she left. Fair Oaks Volunteer Fire and Rescue Company, Station 21 B-Shift at left are Annita Reynolds, Raul Perla, George Loayza, (Glorianne Picini,) Mark Velasco, Vern Tomczak and Chris Rinderknecht.

PHOTO CONTRIBUTED

Spiritual Wellness in the New Year

What is it and how does one achieve it?

BY MARILYN CAMPBELL
THE CONNECTION

As 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 well-being 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 ... feel just as, if not 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

"When we think about spiritual health or well-being, we think about people being at peace with themselves and others."

— Lisa Jackson-Cherry, Ph.D.,
Marymount University



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

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 well-being, 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 contentment."

"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 well-being."

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News

On Bulova's 2014 Radar Screen

Fairfax County Board of Supervisors 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

Phase 2, extending Metrorail from Wiehle Avenue to Reston Town Center, Route 28, Herndon, Dulles Airport and to the Ashburn area of Loudoun County will begin.

Construction associated with rezonings in



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 72nd 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 winter.

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 in Chantilly

The year 2013 provided several exciting moments in local sports. For Chantilly, the boys' cross country and lacrosse teams won state titles. Westfield field hockey coach Starr Karl captured her first state title. Here is a look at the top moments in Chantilly sports for 2013.

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 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



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

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.

Chantilly Boys' XC Repeats as Champs

Despite the loss of 2012 individual state champion Sean McGorty, one of the top high school harriers in the country, who now competes for Stanford University, the Chantilly boys' cross country team found a way to repeat as state champions in 2013.

The Chargers won the state title with a score of 85 on Nov. 15 at Great Meadow. Lake Braddock finished runner-up with a score of 87, followed by Robinson (89) and Battlefield (89).

"It's hard to pinpoint one specific moment that I am most fond of, but I suppose that there were a few minutes, right after we had learned that we had won, when everyone came through the chute, and we were exchanging hugs and cheering, and everyone was really, really happy," Chantilly head coach Matt Gilchrist wrote in an email. "It was a lot different from last year, because going in to the 2012 race, we knew that we would win, as long as we didn't implode. This year, winning by only two points, and

with only four points separating first from fourth, it was almost a feeling of disbelief that we actually pulled it off. I can't say that one memory was better than another, but it is still a really amazing feeling to have set a lofty goal of defending a state championship, and then actually being able to pull it off. It was a moment of both pride, and cheer euphoria."

Ryan McGorty placed third for Chantilly with a time of 15:45. Dakota Lange finished fifth with a time of 15:51. McGorty and Lange earned all-state honors by finishing in the top 15.

Adam Huff finished 25th (16:11), Peter Malander came in 27th (16:12) and Evan Compton was 50th (16:40).

"Obviously, you have to have some talent to be competitive," Gilchrist wrote. "We lost our top three runners from our state championship team last year, but brought back three runners with serious state experience. We were fortunate to get a strong transfer, Dakota Lange, who was an all-state runner in Utah. With that being said, we still had to maneuver through a very, very strong district, region and state. I think that the keys were: setting our focus from the beginning of the season, back in June, on running well at states, and letting that be our main focus. This allowed us to relieve ourselves of the pressure to try and win every single week, because we felt that if we took a second or third in an invitational, all that mattered was to be the best in the postseason, when it really counts

"... I will say that as a coach (and I think the runners and their families share this sentiment), to win a state championship is a huge feat, and not one that comes along very often. To be able to defend it, and win two years in a row is even more rare. At Chantilly, no boys' team has ever won two titles in a row (softball won titles in both 1989 and 1990). In terms of the region or state, the last team to successfully defend their title was West Springfield, who won three titles from 1993-95. Those are teams I always looked up to when I was a younger coach. It is hard to believe that we are writing our own little piece of history, and it is humbling to think that one day, we can all look back on this period and remember that we did something pretty special. Knowing the work, the sacrifice, and the love that went into winning this year, it is definitely something I can be proud of, and look back upon with fondness, for years to come."

Chantilly Boys' Lacrosse Solves Title-Game Woes

The Chantilly boys' lacrosse team in 2013 reached the state championship game for the fifth time in six years. After coming up short the last three times, the Chargers captured their first state title since 2008.

Chantilly defeated Madison 9-5 on June

8 in the VHSL AAA state final. Madison defeated Chantilly in the Northern Region championship game on May 24, but the Chargers were able to get revenge on the state's biggest stage.

"I think one of my [favorite memories] is the smiles on the players' faces, considering our struggles in the championship game the last couple of years," Chantilly head coach Kevin Broderick wrote in an email. "On the bus home they took pictures of themselves holding the state championship trophy with their cell phones. By the way, the trophy broke in the first 2 minutes on the field, they were so excited."

After winning the state championship in 2008, Chantilly lost to Langley in the state final in 2009, 2011 and 2012. The Chargers lost to Langley during the 2013 regular season, but beat the Saxons in the region semifinals to secure a berth in the state tournament.

"The regional semifinal game vs. Langley was a key point in our season," Broderick wrote. "Lose that game and your season is over. In fact, Langley had ended our season the last four years in a row and beaten us seven straight times. The most recent and seventh loss was earlier in the season in a spring break tournament. The team really prepared, focused and worked hard in practice for that game.

"Then, losing the regional championship game to a really good Madison team two days later gave us even more resolve to work even harder. We had to travel to Charlottesville to play a skilled Albemarle team in the first round of states and then play an undefeated Battlefield team in the semis to even get a chance to play Madison again for the state championship. In the end of season practices the players weren't exactly happy with the coaching staff but they believed we had the right plan for success.

"We really try to stress a team approach where not just the top players are important but everyone has a role and makes a contribution to the team's success. We attempt to play as many players as possible in the games to reward their efforts in practice."

— JON ROETMAN



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

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ENTERTAINMENT

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 out.

In most instances, this kind of cancer-patient 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 c-word. And the fewer times I hear the c-word 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 facts.

Not to deny my reality – too much, but there's enough of it present in my life already that I 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.

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

ONGOING

The **Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center**, 14390 Air & Space Museum Parkway, is showing movies including "Hunger Games: Catching Fire", "Hubble," "Fighter Pilot," "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>.

Exhibit. See an array of colorful nesting dolls on display at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Exhibit runs through Jan. 31. Enjoy a guided tour of the 1794 home of Northern Virginia's first congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are daily, except Tuesdays, from 11 a.m.-4 p.m. 703-437-1794.

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

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

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, 703-502-3883.

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

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

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. 703-502-3883.

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.

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. 703-502-3883.

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. 703-830-2223.

FRIDAY/JAN. 10

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

Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Relay For Life Kick-Off. 7-8 p.m. at nZone, 14550 Lee Road, Chantilly. Anyone interested in learning more about the American Cancer Society's 2014 Relay For Life fundraising event is invited. Visit www.CentrevilleRelay.org

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 nine-month internship that runs April through December 2014. Up to three interns will be hired. Participants will gain experience in museum operations, public speaking, historic

achievements and their demonstrated history of accomplishments, while promoting the continued pursuit of creative work. Visit www.artsfairfax.org for guidelines and application materials.

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 703-437-1794.

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. 703-830-2223.

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.

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. 703-502-3883.

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, 703-502-3883.

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. 703-502-3883.

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.

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.

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.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. There is also a citizenship class. This is the 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'



With Santa (PFC Wayne Twombly) are (from left) Darren Almodiel, Marcus Naugles and Seth Litchfield.



Wrapping presents (clockwise from left) are Photo Club members, all seniors, Ilaf Rahmouni, Emily Harrington, Angelica Shaw and Megan Walberer.

Wrapping up Joy for Christmas

Students, Scouts, police brighten holiday at Hanley Shelter.

BY BONNIE HOBBS
THE CONNECTION

PHOTOS BY BONNIE HOBBS/THE CONNECTION

The children living in the Katherine Hanley Family Shelter may not have many possessions; but on Christmas Day, they had presents. The gifts were donated by a variety of groups, including the Fair Oaks District Police Station and Chantilly High's photography students.

And the evening of Dec. 19, the students kept the children busy with arts and crafts projects while, in another room, their parents picked out their Christmas presents from the donated items. The gifts were then wrapped by more students, plus some members of a Girl Scout troop from Burke.

"We like helping the community and this is a fun way to do it," said Chantilly sophomore Autumn Tury. "And since this is Christmastime and some kids' families can't afford presents, it's important that we do this."

PFC Wayne Twombly, the crime-prevention officer with the Fair Oaks District Station, has donated toys to the shelter before. But for the past two Christmases, he's teamed up with Chantilly's Photography Club for an even bigger impact.

"A lot of the kids know him from working the [Charger] football games and doing driver's-license ceremonies at the [Fairfax County] courthouse," said photography teacher and club advisor Betty Simmons. "And when Photo Club decided to do a service project, Officer Twombly's name was given to me as a good point of contact to help us find a cause we could contribute to."

When the two spoke on the phone, Twombly suggested the Katherine Hanley shelter, which provides a temporary home for mothers with young children. He also offered his help coordinating their joint efforts.

"I loved the idea because I think it's important for students to see the police in a positive light and be able to work alongside them for the betterment of the community," said Simmons. "Last year [2012]



Chantilly High sophomores Zee Davis (left) and Autumn Tury helped organized the "toy shop" inside the family shelter.

we partnered for the first time, and Officer Twombly was a tremendous help in making this project a success."

And Twombly couldn't be happier about their participation. "She and her students get very excited about wanting to make it a special time for the children there," he said. "We're now making it an annual event."

So when Simmons asked her Photo Club members what service project they wanted to do in 2013, they voted unanimously for this one. "It's a fun and interesting way to give back to the community during the Christmas season," said sophomore Zee Davis. "I brought makeup for the teenagers and a couple of books for the younger kids."

Last Christmas, the shelter children each got two or three gifts; but this Christmas – because of the community's generosity – they each received five presents. And nearly 80 of them came from Chantilly High.

"We've been collecting toys since November," said Simmons. "We got the photogra-

phy classes involved, too."

On Dec. 19, Chantilly students wearing green T-shirts they decorated in a Christmas theme helped the children color Christmas cards and make picture frames for their parents. Meanwhile, other photography students took photos of the children with Santa Claus (Twombly in costume).

"I've never been to one of these parties at the shelter before, and I wanted to come and experience it," said junior Seth Litchfield. "It's nice here, and it's great seeing homeless parents pick out toys for their children."

Sophomore Marcus Naugles brought warm socks for them and helped take the photos with Santa. He enjoyed "seeing how the kids react when they see Santa Claus." He and the other students also handed out stockings full of snacks and toys.

Junior Darren Almodiel brought toys for both boys and girls. "I just wanted to give back," he said. "It helps you realize how



Freshman Bridgette Solarte is carrying gifts to a child.

lucky you are."

"A lot of the students said they couldn't imagine being in a situation where Christmas was an impossibility," said Simmons. "So they really wanted to do something personal for these families."

And the shelter residents appreciated everything that was done for them. Alberta Fryar and Dathan Azariah picked out gifts for their children together and were overjoyed to be able to give them presents for Christmas.

"I think this program is awesome," said Fryar. "And considering the situation we're all in, it really lifts our spirits when they do something as nice as this."

Azariah was also pleased that an "ample amount" of gifts had been donated. "It looked like a toy store in there, and it gave the kids a variety," he said. "I think it's great how people give back to the less fortunate, and I really appreciate what the volunteers did. Hard times don't last, but it's important to have a little something for the kids at Christmas. In this time of joy, that's what it's all about."