

NOVEMBER 2-8, 2016

25 CENTS NEWSSTAND PRICE

From left are Pete
and Lauren Kirby
and sons Kevin
and Michael.

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VOTE TUESDAY, NOV. 8!

CONGRESSWOMAN

BARBARA COMSTOCK

A LIFETIME OF SERVICE IN THE 10TH DISTRICT

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- › Advance breakthroughs in 21st century cures for chronic disease such as cancer, Alzheimer's and diabetes.
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**"I ask for your vote on
Tuesday, November 8th.**

As your Congresswoman, I will continue to work tirelessly to strengthen our national security and protect us from terrorism; advance breakthroughs in 21st century cures for chronic diseases such as cancer, Alzheimer's and diabetes; promote a 21st century economy with more opportunity and higher wage jobs; provide transportation funding and solutions; and fight the growing problem of human trafficking and heroin abuse in our community."

Barbara Comstock

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A Man of 'Selflessness, Heroism and Humility'

Pete Kirby retires after 40 years as a firefighter/EMT.

BY BONNIE HOBBS
CENTRE VIEW

It takes a special person to be a firefighter, and Pete Kirby is all that, and then some. That point was abundantly clear, Saturday night, as family, friends and colleagues marked his retirement by celebrating his four decades as a volunteer firefighter/EMT (emergency medical technician).

He's a veteran of both the Vienna and Centreville volunteer fire departments, and more than 100 people gathered Oct. 29 at Vienna's fire station to honor, roast and share stories about Kirby. But mostly, they came to thank him for all he's done and tell him how much they appreciate him.

"It was on Pete's watch, 19-1/2 years ago, that I became chaplain [for Centreville's Fire Station 17], and he's always supported me," said the Rev. Jerry Foltz, giving the pre-meal benediction. "Tonight we recognize how he's contributed to people's lives, saving both them and buildings; and, God, we thank You for Your spirit in him."

Kirby, 56, and wife Lauren, with the Vienna VFD Auxiliary, live in Centreville's Country Club Manor community. And Saturday, their two grown sons, Kevin and Michael, praised their dad together.

"I'm proud to say that, in a way, I grew up at the firehouse," said Michael. "My nickname was 'Fire Pup.' I spent lots of time in this very building, or asleep in my mom's car at some late-night fire. My father and I



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

This cake with firehose and helmets symbolizes Pete Kirby's service with the Centreville and Vienna volunteer fire departments.

even saw some action as Rescue Team Two when I was in kindergarten. I even visited the Pierce factory [which builds fire engines] once, as a reward for good grades."

"My memories begin with second-grade, Bring Your Parent to School Day," said Kevin. "Your dad installed carpet or sold insurance. Mine went around helping the injured and fighting fires in his free time. I'd be asleep on a school night and would awake to the sound of an ignition outside my window and jump up to see my dad turn on the red lights and take off. It was always so exciting in our house."

"We shared our father with the community," said Michael. "But he never missed my soccer games on Saturday mornings after Friday nights driving the ambulance.



The Kirby family: From left are Pete's sister Ann Marie, Pete and Lauren and sons Kevin and Michael, and Pete's brother Michael.

Other Saturdays, I awoke to find he'd already left, returning after dinner from a day as incident commander at the Bull Run Jam-boree or the Fairfax Fair."

Kevin said Friday night, Oct. 28, was his dad's last high-school football game manning the standby ambulance. Chantilly High, where Michael went, played at Centreville High. "How bittersweet," said Kevin. "Dad would spend Fourth of July driving the brush truck; he'd drive Santa around town on the engine. But his record began here at Vienna before I was born. He joined Co. 2 as a junior at Oakton High and

was soon its youngest officer."

Michael said there's a wall in their home full of their father's plaques and commendations. "Firefighter of the Year, Officer of the Year, most annual hours — the list goes on," said Michael. "He was made an officer in his first year at Centreville and was chief for over a decade. He created a wildland team, a bike team and got a Gator [an all-terrain ambulance]. He formed a platoon system and driver training and hired the department's first chaplain."

SEE A MAN, PAGE 8

Awards and Reminiscences

BY BONNIE HOBBS
CENTRE VIEW

During Pete Kirby's retirement celebration Saturday night, a video highlighting his career was shown. He then received several awards.

Dave Parker and Sue Yamashita, who rode with Kirby when he drove an ambulance for Centreville's volunteer fire department, presented Kirby with a Lifetime Achievement Award. "No one made me laugh like Pete," said Parker.

Kirby has done public-safety consulting for Booz Allen Hamilton since the early 1990s, and still does, and that company's Paul Torpey presented Kirby with an award for his 40 years of "loyal and dedicated service to the citizens of the Commonwealth of Virginia."

Charlie Singleton, former Vienna VFD chief, gave Kirby a plaque of his name read into the Congressional Record. Noting that Kirby also served as the third vice president of the Virginia State Firefighters Association,



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

From left are Dave Parker, Sue Yamashita and Pete Kirby in the late 1980s.

tion, it read that he leaves office "with a legacy of hands-on leadership and deep community ties."

Tom Eisenhardt, who was a volunteer fire captain at Centreville when Kirby was chief there, said, "This man speaks from the heart. He's honest, sincere and thinks of everyone else. I'm honored to have served with you, Pete, and I thank you for everything."

Then, addressing the crowd, Kirby said,

Kirby looks back while preparing for the future.



From left: Dave Parker and Sue Yamashita give a Lifetime Achievement Award to Pete Kirby on Saturday.

"I never expected anything like this. I look around this room and see parts of my life, and I can't express how much you all mean to me." He said how heartwarming it was, not just to see family and friends, but people he's served with at Centreville's Fire Station 17, Vienna's Station 2, the state association and the police 911 call center, where he dispatched fire calls.

Inspired by his uncle, Austin Kirby, who was a fire chief, and a firefighter cousin,

Kirby was fascinated with firefighting from an early age. "Growing up in Oakton, I heard the Fairfax fire sirens," he said. "And when I was 12, I went to a fire at the Drug Fair on Germantown Road. Everyone was inside fighting the fire, and one firefighter outside saw me and called, 'Hey, Kid.' He needed help and asked me to fill the pressurized-air bottles for the firefighters when

SEE KIRBY, PAGE 8

CENTRE VIEW ♦ NOVEMBER 2-8, 2016 ♦ 3

Murder Charge Goes to Grand Jury

Caterer stabbed after E.C. Lawrence Park wedding.

BY BONNIE HOBBS
CENTRE VIEW

On the surface, an argument over folding chairs after an Aug. 6 wedding at Cabell's Mill in Ellanor C. Lawrence Park led a woman's fatal stabbing and a man charged with murder. But according to a witness and a video of the seven minutes leading up to the tragedy, tensions between the man and the wedding party had been simmering all during the event.

Monday afternoon, in Fairfax County General District Court, defense attorney Peter Greenspun argued that his client, Kempton Bonds, had no malice toward Tyonne Johns, the woman he allegedly stabbed to death. If anything, said Greenspun, the crowd there was verbally abusing and threatening Bonds. But ultimately, the judge found probable cause to believe Bonds is guilty as charged and certified his case to the grand jury.

Johns, 35, of Washington, D.C., was the event's chef and caterer. Bonds, a 19-year-old Clifton resident, is a 2015 Robinson Secondary School graduate and was a seasonal employee of the county Park Authority. Police had already responded to the Chantilly park around 9:24 p.m., after Bonds reported the wedding guests' disorderly conduct. But the next call they received, about 10:50 p.m., was about the



Kempton Bonds



Tyonne Johns, the victim.

stabbing.

The chairs for the wedding were supplied by both Chef Tyonne Catering Co., owned by the victim, and the Park Authority. Witnesses said Johns was starting to pack up the folding chairs, but Bonds told her the chairs belonged to the park, and the two began to argue.

Johns's assistant, Shaina Mason, testified Oct. 31 that "There was a conversation about the chairs and the bride was upset and yelling." She said that after Johns asked Bonds why he was upsetting the bride, Johns "yelled at him and he stabbed her and she stepped away and said, 'You stabbed me!' Mason said she didn't see the actual stabbing, but saw Johns back away from Bonds, 'who had a knife in his hand.' She also said Johns never touched him.

Mason then called 911. After that, she said, crying, "Someone put [Johns] in a chair, and [Bonds] went down the steps on the side of the building."

Under Greenspun's cross examination, Mason said that during the event, guests were upset with Bonds turning off the music and taking down the decorations. She said for 10 to 20 minutes, people were yelling and cursing at him. She also said that

Bonds didn't curse, scream or threaten anyone, but "he was rude."

During the seven minutes or so before the stabbing, Bonds videotaped on his phone what the others were saying and doing, and Greenspun played that tape in court. In it, the bride yells at Bonds, "Boy, I'm about to f*#k you up, I swear to God, on my wedding day."

Then the groom yells at Bonds, "I guarantee, you'll be fired; you ruined my whole wedding." He and another woman also call Bonds derogatory names, and a female tells him, "I'm going to knock you out."

Next is the stabbing, and Bonds says, "Stay away from me." Mason said she couldn't tell one voice from another on the tape and was in the driver's seat of a U-Haul during the altercation. However, Greenspun got her to admit that, when she heard a voice threaten to "f*#k [Bonds] up," Johns was "within arm's reach" of him.

"It wasn't Bonds who was acting out of control, with malice, it was the group," said Greenspun.

County police officer Jason Reichel was the first officer responding to the stabbing. "There were people running and screaming, all over the place," he said. Reichel said they told him their friend had been stabbed and they pointed out Bonds as the culprit, so Reichel handcuffed him.

The officer then found Johns slumped over in a chair. "I tore her shirt and saw a wound underneath her left breast," he said. "I applied pressure to her wound and supported her head to protect her airway." When more officers arrived, he directed them to take custody of Bonds and he returned to the victim. "The only thing she said to me was, 'I can't breathe,'" said

Reichel. Then an ambulance came and rushed Johns to a hospital, where she was pronounced dead.

Also testifying was Officer Jason Deal, who arrived at the scene to find Bonds on his knees, in handcuffs. "Officer Reichel said it appeared he'd stabbed someone, and Bonds said, 'Yes, that's correct; that was me.' I found a folding pocket knife on him — about 4 inches, folded up." He then took Bonds to the Adult Detention Center, where he was arrested and charged with second-degree murder.

Summing up, Greenspun said, "This is clearly a tragic situation, but there's no evidence of malice. There was a blistering, ugly, aggressive, assertive assault by numerous people there. But [Bonds] didn't invite or provoke this horrible, verbal assault. It was the vitriol, hate and aggression of the words — and Johns gets in his face, as he's backing up to the railing, and yells at him. If it's anything, it's manslaughter, not murder."

But Assistant Commonwealth's Attorney Brandon Shapiro stressed that Bonds "had a knife in his pocket — a deadly weapon. He had the ability to leave and didn't. There was no physical altercation; at no point was Bonds touched. There's probable cause for second-degree murder."

Agreeing, Judge Michael Lindner said, "Words can be very hurtful, [but] the defendant's responses to the anger were not words of peace. There was a knife inside someone's body. There's a fair probability that Mr. Bonds killed somebody in malice."

Lindner then certified the case to the grand jury for possible indictment. He also continued Bonds's bond of \$250,000 plus house arrest.

Breaking Down the Bonds on Fairfax County's Ballot

Voters asked to approve funding.

BY TIM PETERSON
CENTRE VIEW

Fairfax County will try to make the most of voters' time on election day Nov. 8, having them weigh in not only on the Presidential and Congressional elections, but also proposed Constitutional amendments, a referendum and bond questions.

The so-called "Meals Tax" referendum is a proposal for voters to allow the Board of Supervisors to levy up to a four percent tax on prepared foods and beverages. That would include restaurant food, as well as ready-made meals at grocery and convenience stores.

The referendum specifies 70 percent of the annual revenue generated by the meals tax, an estimated \$70 million, would be designated for Fairfax County Public Schools. The remaining 30 percent would

go to a combination of county services and capital improvements.

Opponents of the meals tax have argued it's a regressive move that will unfairly eat away at the restaurant and catering industry in Fairfax County by making it more difficult for smaller businesses to survive. Also they've said there will be an unnecessary extra financial burden on low income parents to feed their families.

Supporters of the tax point to surrounding areas including Vienna and Alexandria that already have meals taxes, saying they haven't suffered the way opponents predict. At a recent joint budget meeting with the supervisors and Fairfax County School Board, Supervisor John Cook (R-Braddock) observed that without the boost from the meals tax, the school system won't be able to raise teachers' salaries enough in the next year to make them more competitive in the market.

The bonds, which is a way for the county to finance public facilities and infrastructure through long-term borrowing over several years, fall into three categories: transportation, parks, and human services and

community development facilities.

For the first category, citizens are asked if Fairfax County may issue up to \$120 million in bonds to fund road improvements and a share of the Washington Metropolitan Transit Authority Capital Improvement Program. The Metro CIP covers eight categories over six years: vehicles and vehicle parts, rail system infrastructure rehabilitation, maintenance facilities, rail power systems and technology, track and structure, passenger facilities, maintenance equipment, and other transit-related facilities.

\$107 million in parks bonds includes \$94.7 million for the Fairfax County Park Authority's capital needs — such as park renovations and upgrades, stewardship of cultural and natural resources, land acquisition and new park development — plus \$12.3 million in capital contribution to the Northern Virginia Regional Park Authority.

If the parks referendum passes, there will be funding for general park improvements at Burke Lake and Lake Accotink, system-wide renovation and renewal and replacement at the Mount Vernon RECenter.

For human services and community de-

velopment, Fairfax County is seeking authorization to issue \$85 million in bonds, \$48 million of which would be used to renovate, expand or replace bonds four shelters operating at capacity that aren't able to meet crisis or emergency needs of homeless individuals.

The remaining \$37 million of bonds, if the referendum passes, would be used to replace the Sully Senior Center in Centreville and build a new Lorton Community Center, which also provides space and programming for seniors and is currently housed in a leased space that expires in two years.

For more information from Fairfax County on the upcoming Nov. 8 election, including sample ballots, candidate information and ballot questions, visit www.fairfaxcounty.gov/elections/upcoming.htm. Additional descriptions of the bond items are available at www.fairfaxcounty.gov/bond/2016-bond-referendum-pamphlet-web.pdf. More detail on the specific park bonds is available at www.fairfaxcounty.gov/parks/2016bond.htm.

John Totten and Kate Ives rehearse as Bob Wallace and Betty Haynes.

PHOTOS COURTESY OF SUZY MCCARTHY



Getting into Holiday Spirit

Lord of Life Lutheran Church presents "White Christmas."

BY BONNIE HOBBS
CENTRE VIEW

With their former, WWII Army commander in danger of losing his country inn in Vermont, song-and-dance team Bob Wallace and Phil Davis come to the rescue. They join with singing sisters Judy and Betty Haynes to put on a sparkling holiday show that, hopefully, will save the inn.

That's the storyline of "White Christmas," the upcoming Irving Berlin musical being performed by Lord of Life Lutheran Church, across from Little Rocky Run, near Centreville High. Set in the 1950s and featuring a cast and crew of 50, it'll take the stage Nov. 4-12.

"We have four fantastic leads, and the whole cast is amazingly talented at not just acting, but also singing and dancing," said Director Suzy McCarthy. "We have three, specialty dancers performing in the production numbers, and our choreographer is the award-winning Susan Brock, who's done community theater in this area since 1980."

There's a live combo including pianist Michael Thompson, who plays at the church regularly. One of the pastors has a main role, and the lead pastor, Nathan Swenson-Reinhold, makes a cameo appearance. The scenes take place at the Ed Sullivan Theater, a New York nightclub, the inn, a barn and on a train.

"People will enjoy seeing this beloved story performed in front of them," said McCarthy. "They'll catch the energy and excitement of live stage. We like to do something Christmas-themed to get everybody in the holiday mood."

Retired Centreville High teacher John Totten, of Clifton's Cavalier Woods community, plays Bob Wallace, the more famous of the song-and-dance duo. "Phil keeps trying to set Bob up with a girl, and Bob keeps resisting," said Totten. "But this time, with one of the Haynes sisters, he might succeed. Bob likes to appear stoic and serious; but underneath, he has a tender heart. He and Phil were in the Army together and have become successful in show business."

Delighted with his part, Totten said, "For a guy like me, who loves Bing Crosby [who played Bob in the movie], it's a dream role. I get to sing a bunch of great songs, do some musical comedy and work with some neat people. His favorite song is "Count Your

SEE HOLIDAY SPIRIT, PAGE 10



Katherine Iooss and Buz Ringler play Judy Haynes and Phil Davis.

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OPINION

Vote No Later than Tuesday, Nov. 8

Vote early (“absentee in person”) through Saturday, Nov. 5.

Who knows what will happen on Election Day? Voters can avoid the uncertainty of possible traffic gridlock, bad weather or other impediments by voting “absentee-in person.” If you work, you qualify to vote absentee because of the possibility you could be commuting and working for 11 hours on Election Day. There are many other reasons voters qualify to vote early in Virginia.

Voters can vote absentee-in person at Fairfax County Government Center, Conference Room 2/3, 12000 Government Center Parkway, Fairfax, now through Friday Nov. 4, 8 a.m. to 8 p.m. and Saturday, Nov. 5, 9 a.m. to 5 p.m.. Nov. 5 is the last day to absentee vote in-person.

Absentee voting is also available at 10 satellite locations, now through Friday, Nov. 4, 2-8 p.m. and Saturday Nov. 5, 9 a.m. to 5 p.m.

Satellite voting locations:

- ❖ Providence Community Center - 3001 Vaden Dr., Fairfax
- ❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria
- ❖ McLean Governmental Center - 1437 Balls Hill Rd., Community Room, McLean
- ❖ North County Governmental Center, 1801 Cameron Glen Dr., Community Rooms, Reston
- ❖ West Springfield Governmental Center -

LETTER

To Serve Not Attack

To the Editor:

With the election a week away, I want to highlight few Islamic teachings related the elections. The Holy Qur’an describes a vote to be a trust.

It says: “Allah commands you to make over the trusts to those best fitted to discharge them.” (Surah Al-Nisa [4]:59).

So as an Ahmadi Muslim, it is my civic and religious duty to discharge this trust.

On selecting the rightful candidate, the prophet Muhammad stated, “A leader of the people is one who serves them” (Sakhavi). I hope and pray that candidates at all levels understand this message and serve their constituents in best possible manner.

At the same time, I hope that candidates are involved in positive discussions how they can serve better instead of attacking each other by finding weaknesses in one other.

Ahmed Bajwa
Chantilly

6140 Rolling Road, Springfield

❖ Mason Governmental Center - 6507 Columbia Pike, Annandale

❖ Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria

❖ Sully Governmental Center - 4900 Stonecroft Blvd., Chantilly

❖ Lorton Library - 9520 Richmond Hwy., Lorton, Saturdays only.

VOTING ON THE QUESTIONS:

Here are our recommendations:

Vote YES for the MEALS TAX. Fairfax County needs to find alternatives to the real estate tax, and in Virginia, there are not many options allowed to localities. This is one of the few alternatives available, and it requires a referendum.

Vote YES for the three Fairfax County Bond Questions: Vote YES for Transportation; vote YES for Parks; Vote Yes for Human Services.

Vote NO on on Question One. This anti-union language is already Virginia law; it doesn’t belong in the Virginia Constitution.

For Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, or you face any other challenge to voting at your polling place, don’t panic or give up. You will be given the opportunity to vote a provisional ballot. Ask for a provisional ballot if one is not immediately offered. You will then have until Monday, Nov. 14 to resolve

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ROTARY CLUB

Chantilly/Centreville Rotary Club, 11:45 a.m.-12:45 p.m. every Tuesday at Eggspectation Restaurant, 5009 Westone Plaza, Chantilly. Join the men and women of the Rotary Club for their weekly luncheon meeting and meal. Rotary is a service club actively involved in the community. Email Charles@keenerinsurance.com to join the group as their guest.

THROUGH NOVEMBER

Aqua Exercise Flex Passes will be on sale throughout the month of November at Fairfax County Park Authority RECenters and online. Pass holders can use the flex passes to attend any water exercise class, space permitting, at the county’s nine RECenters. The Park Authority is offering a 10 percent discount on the purchase of a 20-visit pass and a 15 percent discount on a 30-visit pass. The passes are valid for four months from the date of purchase.

FRIDAY/NOV. 4

Canned Food Drive. 7 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly. Chantilly High School is holding their annual “Best Fans Bring the Most Cans” Food Drive competition against

Westfield High School during the varsity football game. Community members are asked to donate canned food. The fans with the most cans by weight will win and be announced during halftime. Food will be donated to Western Fairfax Christian Ministries Food Pantry and will directly benefit members of the community. Email janineapalmer@gmail.com for more.

SATURDAY/NOV. 5

American Red Cross Blood Drive 7 a.m.-12:30 p.m. at St. Timothy Catholic Church, 13809 Poplar Tree Road. The American Red Cross encourages eligible donors to give blood to help stock the shelves before the holiday season. Contact Regina E. Boothe Bratton for more information at 410-764-6386 or Regina.BootheBratton@redcross.org.

Free Water Workouts. 2-5 p.m. at all nine Fairfax County RECenters. The Fairfax County Park Authority is hosting Aquathon 2016 events. This free program for teens and adults allows participants to sample the wide variety of water exercise classes available at the RECenters. Visit www.fairfaxcounty.gov/parks or call 703-324-8662.

WEDNESDAY/NOV. 9

Dulles Regional Chamber Luncheon. 1:30 pm, at the National Conference Center, 18980 Upper Belmont Place, Leesburg. Dulles Regional Chamber topic “A Business Case for Drones?” Tickets are \$50-65. To register, visit www.dullesregionalchamber.org.

the issue and demonstrate your right to vote.

After completing the provisional ballot, you will be given written instructions from the election officials on how to submit a copy of your identification so that your vote can be counted.

A voter will have until noon on Monday, Nov. 14, following the election to deliver a copy of identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Monday, or the provisional ballot cannot be counted.

Also by noon on Monday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a temporary identification document. This document may be provided to the electoral board to suffice the identification requirement.

CORRECTION

Voters who do not present photo ID and vote by provisional ballot have until noon on Monday, Nov. 14 after the election to present their identification. Previous coverage reported that the cutoff was Friday.

— MARY KIMM

KIMM.MARY@GMAIL.COM

THURSDAY/NOV. 10

Registration Open House. 9:30-11:30 a.m. at Clifton Children’s Academy, 14315 Compton Road, Centreville. Bring your child and come take a tour of the campus. Clifton Children’s Academy will be holding registration for spring and fall 2017. Call 703-968-8455 for more.

SATURDAY-SUNDAY/NOV. 12-13

Dulles Access Road Overnight Detour. On or about Nov. 12 at 10 p.m. to Nov. 13 at 6 a.m., traffic on the westbound Dulles International Airport Access Highway (DIAAH) will be diverted to the westbound Dulles Toll Road (DTR) between mile marker 8.3 and mile marker 1.8 while Dulles Corridor Metrorail Project crews erect steel beams at the site of the Silver Line’s future Innovation Center Station.

TUESDAY/NOV. 15

Application Deadline. Home Works Painting is now accepting nominations for our Paint-It-Forward project. Winner will receive \$5,000 worth of interior painting for free. Paint-It-Forward project is for persons, families, or nonprofit organizations who are in need of interior painting/drywall repair/carpentry but can’t afford it due to some difficulties in life that they may have experienced. Contact Charlotte Wright at 703-629-6543 or charlotte@homeworkspainting.com.

CENTREVIEW

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A Connection Newspaper

SCHOOLS



PHOTO BY STEVE HIBBARD/CENTRE VIEW

Jason Pensler was named new principal of Bull Run Elementary School in Centreville on Aug. 1, replacing Patti Brown, who retired.

Leading Bull Run Elementary

Pensler oversees ethnically diverse school with 832 students, 100-plus staff.

BY STEVE HIBBARD
CENTRE VIEW

With 17 years in education, Jason Pensler, age 42, was named the new principal of Bull Run Elementary School in Centreville on Aug. 1, replacing Patti Brown, who retired. The South Riding resident oversees the school of 832 students and 100-plus staff members.

"When I think of Bull Run and our kids, we support a very diverse population both academically and culturally, which makes us in my mind the best in Fairfax County," said Pensler. "Being able to be a school where our student population is representative of the area that we reside in, not only in Centreville, but in Northern Virginia, enhances our learning opportunities here at Bull Run."

The ethnic breakdown of students is 33.5 percent white; 21.7 percent Hispanic; 30.6 percent Asian; 9.1 percent Black; and 5.02 percent other, according to the school's website for 2015-2016, the most recent data. The General Education number is 68.9 percent; Advanced Academics Level IV is 25.5 percent; English Language Services is 19.3 percent; and Special Education Services is 11.10 percent. There are 33.64 percent of the students on Free or Reduced Priced Meals. Bull Run is part of the Centreville Pyramid.

"From what I have experienced, our families are very supportive of the education programs we have here at Bull Run and will bend over backwards to ensure that our teachers and students have what they need to be successful learners and prepared as 21st century learners," Pensler added.

As far as challenges, Pensler said: "I think the challenge of being a new principal at Bull Run is familiarizing myself with the traditions, and what makes Bull Run special — and building those relationships with our community, our teachers and our students."

For personal goals, he hopes to build relationships with the staff, students and community members as well as enhance the academic programs that are already in place at Bull Run.

What he loves most about his job, he said, is: "I'm still a teacher at heart. I get to help enhance a teacher's instructional program, which will in turn prepare our students for the global economy. I love working with parents and being able to build the future of what we want Bull Run to look like and sound like as we're educating our students."

He said the parents and the PTA play an integral part of the educational process. "I want to build that relationship with the PTA," he said. "We've gotten off to a great start and being able to hear what their vision is of Bull Run and how we can work to make that happen for our kids."

Bull Run has several business partnerships, including the Fairfax Community Church, Centreville United Methodist Church, Western Fairfax Christian Ministries, Sully Seniors, Westfield High School Mentors, and the American Association for the Advancement of Science, to name a few.

So far this year, Pensler's actually rode home on four different buses with the students. "That allows us to see where the kids live. We are able to talk to family members for a brief moment; it allows us to see a face with a name," he said.

He grew up in South Arlington then moved to Woodlawn in Mount Vernon. He graduated from Mount Vernon High School in 1992; graduated from VCU in 1996 with a bachelor's degree in sociology; and got a master's in education from GMU in 1999 with a concentration in early child education. In 2002, he received an endorsement in administrative supervision in K-12 from UVA.

While attending college, he was a special ed instructional assistant in an inclusive classroom at Oak Ridge Elementary in Arlington County. He taught second, third, and fifth grades at Parklawn Elementary in Annandale for four years. For one year, he was a gifted and talented resource specialist at four schools: Holmes Middle, Weyanoke, Fairhill, and Lemon Road Schools. Then he was part of the Lead Fairfax Learning, Empowering, Assessing and Developing program, as an administrative intern at Belve

SEE PENSLER, PAGE 9

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A Man of 'Selflessness, Heroism and Humility'

FROM PAGE 3

"The fire department also brought our parents together," said Kevin. "They met right here [at the Vienna station], as teenagers. She loitered at ball games across the street and he was a straight-laced sergeant. But after a chance meeting through friends, they grew on each other."

Mike said they were married by a justice of the peace in 1980 while wearing blue jeans. Years later, he said, "There was a time at Centreville when he was the chief and she was the president."

Growing up, recalled Kevin, "Dinnertime at our house was the best. We got to hear all about the daily mayhem. Dad would interrupt his own stories to pull out his pager — sometimes he had two — read an assignment and jump up from the table. As he suited up to respond, my brother and I were so excited when he kissed us goodbye. Mom would say, 'Go get 'em, honey.' For some reason, I always told him, 'Bring back a cheese pizza,' [and] sometimes he did."

Michael remembered being 14 and home



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Pete Kirby addresses the crowd.

alone one summer day and calling his dad at work as a tornado touched down in Centreville. "His colleague said he was busy, which I knew, because I had the scanner on," said Michael. "But he called me right back with instructions for taking cover."

"I remember him leaving for duty before Hurricane Hugo and loading a relief truck after [Hurricane] Andrew. And I remember when he toured Mississippi in a helicopter after Katrina. He told us about seeing a firehouse that had blown away. The image of just the front bays left standing on a con-

crete slab is still haunting."

All their lives, added Kevin, "Mike and I have seen, heard and learned directly from our father about what and who and when and even where it takes a man to be at the right place for someone else in need — whether they're in pain or they could just use a few motivating words — down to how to serve an entire community, wherever and whenever needed."

"Our father embodies selflessness, heroism and humility," said Michael. "He is great, good man. He's earned people's respect as a public servant and our admiration as his sons. Neither of us became firemen, and he never pushed us to."

But, said Kevin, their dad taught them "how to be gentlemen, how to treat women and how to treat ourselves after a job well done. He also taught us how to work hard at a goal or a passion and know deep down that, no matter how wild it may be, no matter where on the totem pole you reside, you can reach it. Basically, a little manpower can move a mountain."

Michael then led everyone in a toast to

those attending who "answer the call of strangers — and to our father, who would do it all over again."

Kirby's brother Michael said how much he appreciates everything Pete's done, and his sister Ann Marie said he's always been "a steady, guiding force" in her life. Lauren Kirby said her husband is all about serving the community and earned any recognition he received.

"He put the department and its members first and helped train them," she said. "He cares deeply for the things his volunteers care for. Our home phone rang at all hours of the day and night, with both operational and personal questions, because they knew they had a chief they could count on."

"Pete went to all the funerals of firefighters [throughout the U.S.] to honor their service and served during 9/11. And he went to hospitals many times to check on patients he'd transported, the day before. He gave his time, talents, compassion and sense of humor. And, Pete, we love and honor you and thank you for giving 40 years of service."

Kirby Looks Back While Preparing for the Future

FROM PAGE 3

they came outside, so I did."

Another time, still age 12, he helped direct traffic while Fairfax City and Vienna firefighters were battling another blaze on Jermentown. Afterward, one of them told him he could volunteer at the Vienna station when he was 16, which he did — and the rest is history.

After serving 14 years there, Kirby switched to Centreville's Volunteer Fire Department in 1990. But it wasn't in his plans. "We bought a house in Centreville while I was working [dispatch] shifts for the police department, and I thought of getting out of the fire business," he said. "I had two young boys and we took them to an open house at Station 17, and the people there asked me to join them."

At the time, he said, "Centreville had six riding members. But with the past chiefs, we worked to develop the volunteers. And now we have one of the strongest departments in the county. When I left as chief, we had 35 operational members and had built great relationships with career staff there."

And Kirby always knew he was making a difference. "My youngest patient was a 24-hour-old baby having trouble breathing," he said. "We took it to the hospital and the baby made it; we saved a life."

In the early days, he drove both an ambulance and a fire engine. He later became a command officer but, since the majority of calls are for medical emergencies, he continued driving an ambulance. He served as chief from 1992-2006 and then assistant chief. He also became qualified as an incident safety officer.

As chief, Kirby modernized Centreville's

fleet by buying different types of ambulances and fire engines with better capabilities. He also campaigned for an all-terrain vehicle called a Gator, so they could reach off-road patients and then transfer them to a regular ambulance.

"There were so many wooded areas in western Fairfax County where it was difficult to retrieve patients, such as Bull Run Regional Park and at special events like Centreville Day, where it wasn't practical to get an ambulance through the crowds," he explained. "The county was slow to respond to our request, but the 9/11 attack changed that."

During Kirby's tenure, he helped develop an agreement with the Board of Supervisors for Station 17 to co-operate the new West Centreville Station 38. So both stations provide its people and vehicles. Kirby also acquired two, fire-hazard houses to teach children about fire safety. And his station started the Emergency Medical Bike Team to provide medical care at special events, such as festivals.

Among the big fires was a three-alarm blaze at an apartment complex on Woodmere Drive. "It was challenging because a lot of the fire was in the attic, where we couldn't reach it," said Kirby. "So Chantilly [firefighters] came and brought a special piece of equipment." Another time, two residential buildings on Braddock Springs Road caught fire. "It was well-advanced before anyone notified us," said Kirby. "We had a close call because a ceiling collapsed and separated our crew members and we worried that we'd lost someone in the fire. But everyone made it out safely."

Station 17 became a shelter for the people displaced by that fire, and the station's La-



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Charlie Singleton (left), former Vienna VFD chief, gives Pete Kirby a plaque honoring him in the Congressional Record.

dies Auxiliary provided comfort and aid. It was also used to shelter 25-30 scared and soggy Cub Scouts who were stranded by a flood. "Heavy rains flooded the western part of the county while a Scout troop from Maryland was camping in Bull Run Regional Park," said Kirby. "The water rose quickly and they became trapped, so we had to rescue them. The Ladies Auxiliary provided blankets and hot food and even opened the Bingo game so they had something to do."

On 9/11, Kirby was on duty for five days straight after the attack. The first three days, he was on an engine, countywide, covering empty stations that had responded to the Pentagon. The next two days, he served as battalion commander for other officers who were also at the scene. "On 9/11, we mobi-

lized everything we could muster to respond to the attack," he said. "If the Coke machine had had a red light on it, I'd have put a crew on it and sent it, too."

Even during regular fire calls, firefighters can't always save everyone. "It's tough when you have to tell someone about the loss of a loved one, and I did that many, many times in my 40 years," said Kirby. "It never got easier; but the training I received as a volunteer prepared me to be strong, and my God above gave me the strength to know I could get through it."

But, he stressed Saturday, "This is a team sport. I'm humbled by the honor and appreciative that you all took time out of your lives to be here tonight." Afterward, Kirby said he was "overwhelmed. It was an amazing turnout, and I'm humbled by all the nice things people said. I thank everybody in the community for their support while I was chief, and everybody in the fire department for what I've gotten to do. But I couldn't have done any of it without my family's support."

Noting the many friendships he made with both career and volunteer firefighters through the years, he said, "So many people really wanted to do the best they could, and helping the community was the most rewarding part. I've enjoyed everything I've done, but I wanted to retire before suffering any permanent injuries."

"It's a very challenging and demanding job, physically and emotionally," continued Kirby. "It's not easy work. You do difficult tasks and see things people shouldn't ever have to see. I'll miss responding to calls, working with the career staff and being a commander for special events. But it's time for younger folks to do it and for me to start a new chapter."

SCHOOLS

Pensler at Bull Run

FROM PAGE 7

dere Elementary and at the Office of Advanced Academics. From there, he became assistant principal at Poplar Tree Elementary for five years; then assistant principal at Orange Hunt for one year, followed by Orange Hunt principal for five years, and finally the principal job at Bull Run.

"I taught in the classroom at three different levels, both primary and upper. I was a gifted and talented specialist at four different schools, and my opportunities as an administrator with all of the professional learning that I've been able to experience and partake in as an administrator has enhanced my toolbox to where I can share that knowledge by working side by side with our staff and our community," he added.

He said he's known for putting his kids first. The quote, "What's good for kids is not necessarily good for us," applies here because he says, "Our children come first no matter what we do." He added: "I am one to getting to know my students, not just academically, but their social life and sports, and sharing a little about myself. I view school as a family, as a community. We are a family here at Bull Run."

According to Rachael Blanchard, assistant principal at Bull Run, "Jason Pensler is an amazing principal because of his dedication and passion for education. This is shown through his actions whether it is riding the bus home with the students to get to know the families and community, staying late to make sure his staff has the support they need, or facilitating conversations about best practices in instruction. He understands the need for building relationships with the staff, students and community and has put that as one of his priorities starting off this school year."

Bull Run PTA President Sunny Heindrichs added: "Jason is the definition of community. He is involved. When he can, you will find him greeting the kids at the buses and walking the hallways. He is very helpful and quick to respond. Jason is thoughtful and creative. He's willing to brainstorm and think outside the box to meet the needs of students, teachers and parents. We are excited to have him at Bull Run."

Alison Jones, an instructional coach at Orange Hunt Elementary, added: "Mr. Pensler is one of the most personable, approachable, and positive leaders I have ever had the pleasure of working with

in a school. He creates a warm and open school environment that fosters relationship building and collaboration. He is visible in the building and is invested in celebrating his teachers and teams."

Carrie Brown, literary specialist at Bull Run, added: "Jason Pensler makes a good principal for he always keeps our students — and the impact of our decisions on kids — as our focus. He has transitioned into our school with the mindset of building and establishing positive relationships with the staff, students, and community. He has often stated that 'we are a family' and the sense of teamwork and strong communication is apparent ... He portrays the energy of one who is always learning and constantly growing in order to best support our teachers in this learning community so that we can best support our students as 21st century thinkers."

Pensler is married to wife Carmen; and the couple has two girls, Jaimilee, age 9, and Cailyn, age 7. Carmen Pensler is an international program coordinator for the USGS in Reston.



PHOTO CONTRIBUTED

For 'Mail Call'

Elizabeth Cramp's third grade students from Union Mill Elementary School display the letters and cards they wrote for WWII veterans as part of the Capital Region Honor Flight Program. The Honor Flight program was created to fly World War II veterans to see the World War II Memorial in Washington, D.C. Non-profit organizations from all over the country fly these veterans to Washington, D.C., at no cost to them. On the flights, they have "Mail Call" where they are presented with letters of thanks, from family, friends and volunteers. For the third year, all the students at Union Mill Elementary School provided letters to these veterans to let them know how grateful they are for their sacrifice and service.

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NEWS

Getting into Holiday Spirit

FROM PAGE 5

Blessings," which he sings alone and as a duet with Kate Ives, who plays Bob's love-interest, Betty. "It's got a great sentiment," said Totten. "The message is; No matter how bad things seem, you can count your blessings and get through it."

Calling it a show good for the whole family, Totten said, "Most people are familiar with the story, and Irving Berlin's music will appeal to all ages. And you can't get any better entertainment for \$15."

Portraying the financially struggling inn-owner, Gen. Waverly, is the Rev. Bruce Burslie. "He's tough on the exterior, but soft on the interior," said Burslie. "He's having a hard time not being in the Army, anymore. But his former troops really love him, so they're trying to help him. I love this part because I spent 27 years in the Army, and Waverly's a fine example of leadership. And I like that he's a general on the outside, but a caring person on the inside."

Burslie especially likes the title song, "White Christmas," which he sings with an ensemble. "It's sentimental, represents the meaning of Christmas to me and embodies the Christmas spirit," he explained. "This is a nostalgic, family show, and the audience will enjoy the music, the period setting and the humor – and it's basically a love story."

Fairfax resident Katherine Iooss, an FCPS elementary-school music teacher, plays Judy Haynes. "She and her sister Betty are looking for their big break," said Iooss. "Judy tries to make it happen by getting Phil and Bob to come see them perform in New York. Then they all end up performing at the inn together, and Phil plays matchmaker between Bob and Betty, while he and Judy connect."

"Judy is fun-loving and outgoing, but Betty's more straight-laced," continued Iooss. "Judy's smart, wants a career for a while and wants to help her big sister make it in show biz. She sees Betty as the real starlet."

Saying she's "having a blast" with her role, Iooss said, "It's fun to find out I can do some things I didn't think I could, like dancing onstage. My late mom was a dancer, and I carry her makeup case onstage with me. I teach music to kids all day long; but ev-



PHOTO COURTESY OF SUZY MCCARTHY

From left: Bruce Burslie (General Waverly), June Johnson (Susan), and Kathy Young (Martha) are performing in "White Christmas."

ery night, I get to do it, myself."

She loves singing the harmonies in "Sisters" and "I Love a Piano." Because she's a soprano, she doesn't usually get to perform harmonies. So, said Iooss, "This lets me challenge myself, and it's fun." She said this cleverly written show will let the audience escape from the serious news of today's world into a simpler time. "They'll love the music and our fabulous pianist – the whole experience," said Iooss. "And with the witty lines, plus the songs of Irving Berlin, you can't go wrong."

Portraying Phil Davis is Buz Ringler. "He's a ladies' man who likes to play the field," said Ringler. "Although he doesn't want to give up his single life, he's smitten with Judy. He and Bob are good buddies; in the Army, Phil was a private, and Bob, a captain, so Phil always feels intimidated by the general."

"I love my role," continued Ringler. "It's fun to play a playboy and flirt with the females in the cast. And I also get to sing and dance, which is great. My favorite number is 'I Love a Piano.' I saw this show on Broadway and always wanted to do it because of that song. It's a fun, upbeat tune that Judy and Phil sing together."

Overall, he said, "White Christmas" is a great show for this time of year, and you can't beat the music. The audience will leave the theater not humming, but singing, the songs."

Volunteers Needed for Food Drive

This Saturday, Nov. 5, Cub Scouts and Boy Scouts will be out in Centreville and Chantilly neighborhoods delivering empty grocery bags with a flyer asking for food donations. The hope is that people will fill them with food for Western Fairfax Christian Ministries' (WFCM) food pantry for local families in need. They should then place the bags outside their front doors by 9 a.m. on Saturday, Nov. 12, for pickup.

The Scouts will collect non-perishable items, such as canned soup, meats, vegetables, fruit, cereal, rice, oatmeal, macaroni and cheese, pasta and sauce (no glass jars), peanut butter and jelly, dried beans, canned tomatoes, etc. Scouting for Food is

the largest food drive of the year for WFCM's food pantry.

More than 150 youth and adult volunteers are needed to help throughout the day. Shifts are available between 10 a.m. and 4 p.m. for set up and tear down, sorting, crating and transporting of food on Friday, Nov. 11. Individuals, small groups, families, service clubs, and students needing community service hours are encouraged to volunteer.

WFCM also needs volunteers with trucks and strong backs to help transport 30- 50-pound crates from the sorting site to the food pantry and/or local storage areas. For more information and to sign up, contact Annette Bosley at abosley@wfcma.org.

ENTERTAINMENT

Email announcements to centreview@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING.

Fields of Fear. Through Nov. 5, 7:30-11 p.m. at Cox Farms, 16521 Braddock Road, Centreville. The friendly Imaginature Trail takes a dark turn for Fields of Fear, transforming into The Forest: Back 40. The Forest has doubled in length for 2016, and now consists of half a mile of fear. The Forest joins two other haunted attractions at Fields of Fear, the Dark Side Hayride and the Cornnightmare. The Firegrounds feature several bonfires, a six-lane slide, music, entertainment, tasty treats, and Fear Games, including the dark maze, Nyctophobia. Tickets are \$6-17. Visit www.coxfarms.com for more.

White House Ornament Sale. GFWC Western Fairfax County Woman's Club is selling 2016 White House Christmas ornaments. This year's ornament honors our 31st President, Herbert Hoover. The ornament, inspired by a White House fire on Christmas Eve, 1929, is a fire truck carrying a Christmas tree. Ornaments are \$21. Call 703-378-6841 or 703-378- 6216. It is possible to order previous years' ornaments.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilairs.org for more.

Toddlin' Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

Storytime for Three to Fives. Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

English Conversation Group. Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

English Conversation Group. Selected Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for a list of dates.

English Conversation Group. Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

Plant Clinic. Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

ESL Book Club. Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and

discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

ESL Book Club. Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

Lego Block Party. Every other Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

PET ADOPTIONS

Adopt a Cat or Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

FRIDAY/NOV. 4

Author Event. 7:30 p.m. at the Fairfax County Government Center's Board Auditorium, 12000 Government Center Parkway, Fairfax. Brandon Mull is the author of the bestselling Fablehaven, Beyonders and Five Kingdoms series as well as titles in the Spirit Animals series. Books available for sale and signing. Cosponsored by the Friends of the Pohick Regional Library and the Friends of the Richard Byrd Library. Ages 7 to adult. Sign up at 703-324-8428.

FRIDAY-TUESDAY/NOV. 4-8

Cox Farms Fall Festival. 10 a.m.-6 p.m. at 16521 Braddock Road, Centreville. The Fall Festival features hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, and all sorts of farm animals and their babies. Tickets are \$6-17. Visit www.coxfarms.com for more.

SATURDAY/NOV. 5

Civil War Soldier Campfire. 5:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In 1861 and 1862, Confederate soldiers camped at Walney Farm, and the property was overrun by Union soldiers after the Second Battle of Manassas. Join a reenactor portraying one of these soldiers and settle in for a Civil War Soldier Campfire. Practice drilling with the reenactor, and see a musket-firing demonstration. Try some hardtack

that soldiers commonly ate, followed by s'mores. Tickets are \$10. Visit www.fairfaxcounty.gov/parks/eclawrence or call 703-631-0013.

15th Anniversary HomeAid Northern Virginia Gala & Auction. 6:30-8 p.m. at Westfields Marriott Washington Dulles Hotel, 14750 Conference Center Drive, Chantilly. HomeAid Northern Virginia celebrates its 15th Anniversary. Tickets are \$200. Visit www.homeaidnova.org for more.

SATURDAY-SUNDAY/NOV. 5-6

Cox Farms Pumpkin Madness. 10 a.m.-5 p.m. at 16521 Braddock Road, Centreville. Bring an old Jack-O-Lantern and destroy it by using the high drop, squisher, smasher, or stomping ground. Tickets are \$6-17. Visit www.coxfarms.com for more.

Mini Maker Faire. 11 a.m.-5 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. A wide range of events for every age, ability and interest. Weekend-long celebration will feature coding and programming, 3D drawing, exploration of mechanical builds, motorized enhanced mechanisms, augmented and virtual reality, and Flint Hill School students will demonstrate some of the team's current project. Free. Call 703-278-0300 for more.

SUNDAY/NOV. 6

Dancing With My Baby. 10:30-11 a.m. at NOVA Natural Birth Center, 4200a Technology Court, Chantilly. Connect through movement, dance, yoga, and the expressive arts as you and your family share in learning simple dance routines to music, practice yoga poses, relax, and create art. Admission is on "pay what you can" basis. Visit briggittawhite.com/dancingwithmybaby for more.

MONDAY/NOV. 7

Animal Vets at Ellanor C. Lawrence Park. 9 a.m.-3 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road. Learn what goes into taking care of all the exotic and animals at a nature center. This program costs \$65 per child in-county and \$80 out-of-county. Call the park at 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SUNDAY/NOV. 13

Dancing With My Baby. 10:30-11 a.m. at NOVA Natural Birth Center, 4200a Technology Court, Chantilly. Connect through movement, dance, yoga, and the expressive arts as you and your family share in learning simple dance routines to music, practice yoga poses, relax, and create art. Admission is on "pay what you can" basis. Visit briggittawhite.com/dancingwithmybaby for more.

SUNDAY/NOV. 20

Dancing With My Baby. 10:30-11 a.m. at NOVA Natural Birth Center, 4200a Technology Court, Chantilly. Connect through movement, dance, yoga, and the expressive arts as you and your family share in learning simple dance routines to music, practice yoga poses, relax, and create art. Admission is on "pay what you can" basis. Visit briggittawhite.com/dancingwithmybaby for more.

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Adults 16 and over - \$4; children 5 to 15 - \$2; 4 and under - free; museum members - free. Visit www.fairfax-station.org or call 703-425-9225.

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WELLBEING

Managing Weight Gain During the Holidays

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL
CENTRE VIEW

Holiday weight gain between Halloween and New Year's Eve is not only common, a new study published in the New England Journal of Medicine found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington, Va. "It's easy to get derailed that way. It's better to say, 'How am I going to manage it?"

What different ways can I celebrate?"

In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption and practicing portion control rather than forgoing tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."

Caring for one's emotional well-being can mitigate the risk of over eating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of family members in close proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon, she said. "It forces a kind of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?' said Rubino. "Planning is most important going into the season. You need winter transition exercises."

Among the activities that Rubino recommends is walking at an indoor location like a museum or shopping mall. "It is harder when it gets colder and darker, but the idea is to get people moving in a way that builds it into their day-to-day life, like taking the stairs," she said.

"It should be a sustainable change like brushing your teeth, so that it feels really weird if you don't do it."

"You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."



PHOTO BY MARILYN CAMPBELL

Develop a plan now to combat holiday weight gain.

"Some people ... just give up on [weight management] during the holiday season. ... Some people say, 'I'm just going to deal with it in the New Year.' It's easy to get derailed that way."

— Domenica M. Rubino, M.D.

Training Service Dogs

Family opens its home and heart to future assistance dogs.

BY ASHLEY CLAIRE SIMPSON
CENTRE VIEW

The Deely family of six, longtime Centreville residents, have been puppy raisers with Canine Companions for Independence (CCI) since 2008, when all four children were still living at home and all hands were on deck when it came to training their household's first future assistance dog.

Recently, the Deelys welcomed their fifth CCI puppy, a golden retriever-labrador mix named Duchess. And, if all goes according to the CCI plan, in approximately two years, Duchess will become one of the many service dogs that the non-profit organization, provides at no charge to people with disabilities.

According to the CCI website, since its 1975 inception, CCI has placed more than 5,000 trained, qualified service dogs into the hands of owners whose limitations make them eligible for full-time canine assistance. Already in 2016, 173 dogs have graduated through the full CCI training program, which all begins with families like the Deelys. These volunteers take on these puppies, nurturing and training them for 18 months, when they relinquish the dogs back in the hands of CCI for the advanced training portion of their preparation.

Cathy Deely, mother of four, said that CCI has been wonderful to work with, and that it has been an honor to be involved with a program that enriches the lives of so many people. What indirectly led her family to CCI about 10 years ago was a set of circumstances that made her own family's needs not so drastically different from those of the people that CCI serves.

"Maggie is the main trainer in our family," Cathy Deely said. "When she was eight years old, she was diagnosed with a brain tumor and had both surgery and radiation. Before the surgery, which was on her optic nerve, I knew there was a possibility that she could lose her eyesight. Although that wasn't a likely outcome, there had been some talk about guide dogs. Then, Maggie had an opportunity with Make-A-Wish, and

I don't know if overhearing those discussions was the reason, but Maggie's wish was to raise a service dog."

At the time, Maggie's older siblings encouraged her to consider a vacation, tickets to the Super Bowl, or other experiences more common for kids to yearn for, but the youngest Deely remained firm in her decision.

"Her desire was to raise a service dog," Cathy Deely said. "Make-A-Wish got us in touch with CCI. And, since raising one of these puppies requires the volunteers to cover all the expenses — getting them neutered, making sure they have their shots, keeping them healthy — Make-A-Wish covered all the costs of our first dog."

Maggie, now a senior at Westfield High School, doesn't see her childhood wish 10 years ago as extraordinary.

"I was set on getting a dog, but my parents didn't think we were ready to get a dog, which is a commitment for so many years," Maggie said. "One of our contacts at Make-A-Wish suggested looking into a service dog program — a shorter commitment — and we fell in love with the idea."

While it is sad saying goodbye to a puppy you grow to love and respect over the course of the 18-month training cycle, Maggie said that the ability to understand just how much the puppies will ultimately contribute makes it easier to let go.

"When you give the dogs back after a year and a half, CCI organizes it so that the return is at the same time as the graduations of the dogs that made it through the advanced training," Maggie said. "So, we get to see the ceremony where the dogs who matriculated get paired up with their new families. Seeing the awesome things that our dog could one day be doing makes the 'goodbye' process so much easier."

Cathy Deely said that she learned that roughly 45 percent of the volunteer-raised puppies graduate from the program to become successful service dogs. So far, two of the dogs that the Deelys raised have achieved this goal.

"The first dog we raised became a service dog for an Iraq War veteran who had lost an arm over there," Deely said. "He came home and spiraled into a deep depression. We've talked with him several times over the years. He travels now, giving inspirational talks and helping over veterans get back into active lifestyles. He develops prosthetics for people in similar situations to his. The dog we raised helps him travel and do what he does for these veterans."

Being part of such a positive domino effect is one of the many reasons that the Deelys have remained steadfast in their dedication to the program.

"My take on it is that the dog was instrumental in his recovery," Cathy Deely said. "It's why we wanted to do this again and again."

The fourth dog the Deelys raised, Louisa, was their second CCI puppy to graduate and



Duchess

went to an 8-year-old with a muscular ailment. In learning more about Louisa's journey, the Deelys realized that these dogs make a difference in ways one can't even fathom.

"Louisa really helped her new owner, Emma," Maggie said. "She had the ability to move her arms and legs, but to do so, Emma had to go to regular therapy. Louisa gave her a real incentive to work hard at her therapy, though. Petting a dog and being able to hold a leash has really helped Emma's strength and coordination. A dog gave her incentive to give everything she had to stay as strong and she could. I get that, too. Physical therapy might seem silly or boring to a young girl, but being able to play with the dog you love is important."

The other two dogs, which Cathy Deely said are still incredible animals, have found forever homes within the family — one with her family and the other with her sister's family.

Generally, the CCI dogs that do not become service dogs often serve Bomb Squads and Fire and Rescue Departments. Others, as in two of the Deelys' cases, go back to the volunteer raisers as permanent pets.

Deely also clarified that the reason for her now fulltime pet dog, Prue, not matriculating from the program was by no means due to a significant flaw. While endearing for the Deelys, Prue's harmless yet excited bark that she still can't always contain made her ineligible for life as a service dog.

"CCI has to be really picky, but that worked out for us," Cathy Deely said. "Prue is an amazing dog, and adopting her as a pet has been great."

What started out as Maggie's childhood dream, the very first CCI dog that the Deelys welcomed into their home, was a family project. After committing 18 months of their lives to this dog and to the program, all six Deelys attended their own training in New York.

"When we started, all four kids were at

home and everyone pitched in," Cathy Deely said. "Back then, everyone had a chance to walk her and feed her. New puppies are a lot of work, and, at this point, three of the kids have gone off to college, and I just have Maggie at home, so now it's her project."

More than half of Maggie's childhood has involved raising CCI service dogs, and she acknowledges that the experience has likely influenced her professional aspirations. At the very least, CCI has confirmed that her calling involves animals.

"I've always wanted to work with animals, and now, I do consider one day becoming one of the paid trainers at one of the CCI facilities," Maggie said. "I plan on pursuing wildlife or environmental conservation in college."

Cathy Deely has noticed other changes in the way everyone approaches the CCI puppies now.

"With the first dog, we were very 'by the book,'" she said. "We didn't bond as much because we were very conscious

about keeping the dog on track. Now that we are familiar with what exactly the dogs need to know and by when, the process is a little more relaxed. I feel like I've gotten to bond more with our more recent puppies. So, you'd think it would get easier to say goodbye to the dogs when they go back to CCI, but in some ways, it gets harder."

Bidding farewell to Duchess is far from Cathy Deely and Maggie's minds though, as they currently find themselves again at the beginning of a CCI puppy-raising adventure.

"Duchess cried all night for the first week we had her, but she's doing just fine now and is already learning fast," Cathy Deely said. "It's great because she's picking up a lot of what she needs to know from Prue, who of course knows all the same words and commands we use for CCI."

While the Deelys won't deny all the hard work that goes into raising a CCI puppy, they said it's definitely worth it for people who are in the right situation to be fully committed. It takes at least a village to get a CCI puppy ready for service pethood, and Cathy Deely said she appreciates other members of this village just as much as she adores the actual puppies that for a time become a part of her family.

"You absolutely, without question, have to want to do it," Cathy Deely said. "But, aside from being a part of the great work CCI does, we also keep raising these dogs because of all the people you meet through the process. Part of your responsibility is to take the puppy you raise to classes, which are run by CCI people and are offered all over the area. They are just some of the most wonderful people you could ever meet, including one woman I have learned so much from, who is currently on her 17th CCI dog. Everyone involved with CCI is so amazing and you never feel alone because everyone, especially the repeat volunteers, are incredible resources."



Maggie Deely and Duchess

Not a Week In the Knees

By KENNETH B. LOURIE



This is an easy week. No 24-hour urine collection on Tuesday. No pre-chemotherapy lab work on Wednesday. No stress on Thursday waiting for the lab results (to determine if I go in for chemotherapy on Friday). No chemotherapy infusion on Friday. No subsequent side effects: fatigue, general discomfort, eating challenges, etc., for the following Saturday to 10-days-later-Monday. No CT Scan. No P.E.T. Scan. No M.R.I. of the brain and/or liver. No anxiety concerning the results, and no follow-up appointment with the oncologist to assess the damage/discuss the results from all of the above. And most importantly, no strategy session (with my oncologist) to consider the treatment options because things have changed for the worse, which at least for this quarterly moment in time, they have not! For a cancer patient undergoing treatment for an incurable disease, this week is as good as it gets.

Given my chemotherapy infusion intervals: alternating between four and five weeks; my CT Scan intervals: occurring quarterly; my P.E.T. Scan and M.R.I. intervals: every six months — and not every infusion/scan is on a similar day/date schedule, I probably experience the kind of relative calm I described in the opening paragraph, one to two weeks out of every four or five weeks (depending on my infusion schedule) per quarter. Every third month, this 'relative calm' is interrupted by my recurring scans and M.R.I.s. To try and summarize, I would say there's probably three to five of these one-to-two-week intervals over the course of six months when I can semi inhale and breathe normally (lung cancer-related issues notwithstanding). Hey, I'm not complaining; it's a living and one I'm incredibly lucky to still have, nearly eight years post diagnosis. I'm just saying.

And though I'm generally not in the chicken-counting business (nor am I in the collecting my eggs-in-one-basket business, either), I am happy take my life one day at a time, and count myself fortunate to do so, never presuming any facts not in evidence. Nor do I expect any guarantees or clarification concerning my present/future treatment and/or any side effects, challenges, compromises, relating to yours truly having cancer. As Linda Hunt as Stella, a k a "The Midnight Star" (she "always shines at night") said to Kevin Kline — as Paden, in a bar scene from the movie "Silverado": "The world is what you make of it friend. If it doesn't fit, you make alterations."

As a cancer patient, 'alterations' is exactly what you make. Every day. Every night. Every lab. Every infusion. Every scan. Every appointment with your oncologist. Change, as has often been said, is the one constant. To expect consistency or predictability — or dare I say, normalcy — in your cancer life, is out of the question and beyond the realm of possibility. Thinking otherwise is creating additional stress regarding an outcome/eventuality which not only is beyond your control, but totally unrealistic, too.

Cancer is like a roller coaster, but one without any tracks; and one that rarely returns to the station to allow you to get off and get your bearings. For cancer patients, the trip is non-stop, with few opportunities to change direction. All you can do is buckle up and enjoy the ride, sort of. Much easier said than done, I admit.

Nevertheless, viewing one's circumstances without any hope or humor is hardly the positive attitude worth embracing. There's good, as this column seeks to highlight; and more than enough bad, as any cancer patient/others impacted by this terrible disease knows, to go around. As much as I wish it had gone around somewhere else, the reality is, it hasn't and it looks as if it's here to stay; just like me (from my pen to God's eyes).

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

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SPORTS



PHOTOS BY WILL PALENSCAR

Centreville's Deonte Edmonds #25 has a lane cleared by teammate Carter Egbers #11.

Centreville Defeats Chantilly

BY WILL PALENSCAR
CENTRE VIEW

When Chantilly and Centreville met on Friday night, Oct. 28, playoff implications were at stake. After consecutive wins at McLean and Oakton, Chantilly came into game losing last week's game with Briar Woods 42-3. Centreville defeated Oakton and Herndon before being handled by Westfield, 35-0.

Just a minute and a half into the game, Centreville's Deonte Edmonds burst 53 yards to the end zone to take a 7-0 lead. Edmonds was not finished. On the first play of the 2nd quarter Edmonds would score his second touchdown on a 2-yard run.

Chantilly would get on the board with 9:04 to play in the 2nd quarter when Mark Harper ran in from 5 yards out to pull the Chargers closer, 14-7. A little over two minutes later Centreville's Julian Garrett would be on the receiving end of QB Jameel Siler's pass and take it 37 yards for the score. Centreville still had more. This time Siler ran in from 1 yard out and the Wildcats were up 28-7 at the half.

Centreville would start the second half even faster getting in the end zone with only 28 seconds elapsed, as Julian Garrett burst 46 yards for a Wildcat touchdown. Trailing

35-7, the Chargers still had fight in them. After catching a pass and bursting towards the end zone, Corey Thomas dove and extended the ball over the pylon with 6:23 to play in the 3rd.

Centreville, still up 35-14, again responded when Julian Garrett scored his 3rd touchdown of the game on a 1-yard run with 2:27 in the 3rd. Little more than a minute later Chantilly's Justin Holl hit Corey Thomas again, this time for a 68 yard touchdown and the Chargers last score, cutting the lead to 42-21 with 1:21 in the 3rd.

In the 4th quarter Centreville's Isaiah Culver scored the game's final points when he ran in from 25 yards and Centreville would close the door on Chantilly 49-21.

Centreville was led by Julian Garrett's 3 TDs, including one through the air and the other two rushing. Deonte Edmonds scored two rushing touchdowns; QB Jameel Siler completed 7-12 passes for 141 yards and a TD. Chantilly's Mark Harper scored once for the Chargers. Corey Thomas scored twice.

With the win Centreville improves to (7-2) (3-1) and will travel to Robinson (4-5) (2-2), who lost to Broad Run on Friday. Chantilly suffers its second consecutive loss and falls to (4-5) (2-2) and will host Westfield (7-2) (3-0). Westfield defeated Herndon 48-7 on Friday night.



Centreville's Edward Maxwell #52 reaches for ball carried by Chantilly's Joey Imperato #32.

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