

CENTRE VIEW

SOUTHERN EDITION

DEC 16-22, 2010

"TIME TO SHARE" 25 CENTS NEWSSTAND PRICE

VOLUME XXIV, NO. 50



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Seasonal Characters

Rudolph, the reindeer and an elf entertained local children, last Wednesday, Dec. 8, during the Chantilly High School's annual, Tiny Tots concert. More photos, page 4.

Race Honors Teacher's Son

In death, Adam Seymour raises funds for heart-defects research.

BY BONNIE HOBBS
CENTRE VIEW



Adam Seymour's high-school graduation photo.

Bright, athletic and artistic, Adam Patrick Seymour had his whole future ahead of him. Just 18, he'd graduated from Robinson Secondary School in June and was about to start his freshman year at Lynchburg College.

But in August, he had a heart attack during a preseason training run with the college's soccer team and died, three days later. Now, a New Year's Eve race in Centreville will be held in his honor to raise money for scholarships to others and to help fund research into congenital heart defects (CHD).

"Doctors think Adam had a cardiac arrhythmia, exacerbated by an asthma attack," said his mother, Beverly Seymour, a second-grade teacher at Bull Run Elementary. "Through the money raised, we hope we can help prevent this from happening to someone else."

Bull Run Runners will host its Fifth Annual 5K Run on Friday, Dec. 31, at 3 p.m., in Centreville's Bull Run Regional Park. Held at the Festival of Lights there, the race will begin at the large pavilion, with 75 percent of

the proceeds going to the CMG Heart Foundation/Adam's scholarship and 25 percent to the park.

Registration is \$27 at www.bullrunrunners.com and will close Dec. 30. Awards go to the overall men's and women's winners and the top two finishers in various age categories. After the race there'll be fruit, water and a drawing for gifts. See the Web site for more information, to donate or to sponsor this event.

The Seymours' neighbors, Terri and Travis Grabb, lost their toddler son, Corbin Marc Grabb, to CHD in 2006 and started the nonprofit CMG Heart Foundation in his name. So while the

Adam P. Seymour Foundation awaits tax exempt status, Adam's friends and family partnered with CMG. It increases awareness of CHD, raises funds for research and

SEE RACE, PAGE 17

"Everyone who met him knew what a kind soul he was"
— Scot Ferris, uncle

Next Step for New Hotels

Planning Commission OKs two proposed hotels.

BY BONNIE HOBBS
CENTRE VIEW



Artist's rendition of the front of the full-service hotel planned near Route 28 and the Willard Road Interchange.

It's on to the Board of Supervisors now for an application to build two, new hotels in Westfields, following approval by the Fairfax County Planning Commission. Both geared toward business use, they're planned for a site called The Ellipse at Westfields.

One would be an extended-stay facility, four stories and 130 rooms. The other, a full-service hotel with a restaurant, would be seven stories and 210 rooms.

They're proposed for construction on 40 acres of the Long & Foster property at Route 28 and Lee Road. However, that land is grandfathered for office use, so the lots for both hotels need special-exception permits from the county to have hotels there.

The Planning Commission unanimously approved the proposal, Nov. 18, and Sully District Planning Commissioner John Litzenger praised the efforts and dedication of Thomas O. Nutt III, Long & Foster's

vice president, Land Acquisition and Development. He also acknowledged others, as well, who've worked so hard, for so long, on this project.

"I want to commend Mr. Nutt and [his land-use attorney] Sara Mariska," said Litzenger. "They who met with residents, county staff, [Sully District Supervisor] Michael Frey and two land-use committees — at least eight times — and then made changes, based on residents' comments."

The extended-stay hotel would be on lot 2, on the east side of Lee Road. The full-service facility is planned for lot 4, just north of the Long & Foster building; it would back up to Route 28 and be slightly

SEE HOTELS, PAGE 11

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NEWS

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Some of those who will be visiting Walter Reed Army Medical Center on Saturday, Dec. 18, are, standing, Mike Sibley, Shane Martin, Kenny Walls, Matt Downing, Kevin Murphy, Mich Edwards, Paula Woodrum and Kendall Stryck, and kneeling, Mia Edwards and Rick Turner.

Bigger Christmas for Wounded Soldiers

**Local group
receives support
from union,
citizens and
businesses.**

BY BRIAN CAIN
CENTRE VIEW

Centreville citizens, businesses and a local union are supporting Friends of the Wounded Veterans (FOTWV), even though they are not a tax-exempt non-profit — yet — in an effort to support recovering soldiers at Walter Reed Army Medical Center during Christmas.

Friends of the Wounded Veterans, started one year ago by Army

National Guard Sgt. Kenny Walls and his friend Mike Sibley, collects Christmas presents for wounded soldiers recovering at Walter Reed.

“We wanted to give something back to the troops, especially those who were wounded and had no family around during the holidays,” said Walls. “This is an important cause, and to be able sit down with a wounded soldier during the holidays makes you feel good deep down inside. More importantly, it helps their morale and ultimately their recovery.”

Although Walls and Sibley did not get a big turnout last year, they did not quit.

“We’re not a nonprofit group yet and I didn’t think anyone would really support us,” Walls said, but that was not the case.

The Fairfax County Government Employees Union (FCGEU), which has nearly 1,000 members,

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learned about FOTWV and decided to help the group as its first major project.

“Our agenda as a union is for county employees to provide quality public service to the citizens of Fairfax County, regardless of who they are and their situation,” said Jon Miskell Jr., an FCGEU officer of its board. “We are all heavily involved with community service and we obviously felt that the Friends of the Wounded Veterans was a great cause, especially since local citizens got involved in creating it, regardless of whether the vets are from the area.”

The union solicited donations from its members, but more importantly, it recently offered to provide financial assistance to FOTWV in order to submit the required paperwork to gain tax-exempt status. The union also provides consultation to FOTWV and plans on working with the group in the future.

“Moving forward, we will work with [FOTWV] for other events as well as the holidays next year,” Miskell said.

At the same time the union was

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ROUNDUPS

Teacher Charged: Indecent Liberties

Fairfax County police have charged a Centreville High teacher with four counts of indecent liberties with a child by a person in a supervisory position. He is Brian White, 32, of Rosemont Manor Drive in Haymarket, and the charges stem from incidents that allegedly took place in 2007 and 2008.

Police say the alleged victim was a student there, at the time, but has since graduated. She didn't come forward to police until this past summer, and detectives have been investigating ever since. Police arrested White last Thursday, Dec. 9, and he was held without bond in the Adult Detention Center.

White was hired by Fairfax County Public Schools in August 2002, and he's spent his career here teaching social studies at Centreville. Last spring, he also coached the Wildcat boys tennis team. Following his arrest, he was suspended without pay.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.



White

WFCCA Land-Use Committee

A church and a pipe-replacement project are on tap for the next meeting of the West Fairfax County Citizens Association (WFCCA) Land-Use Committee. It's slated for Tuesday, Dec. 21, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd., in Chantilly. Agenda items are as follows:

- ♦ Panel members will make their decision on Harvest Chinese Christian Church's proposal to build a place of worship in Centreville. The site is four acres along Route 29 at Cedar Spring Road, and the church needs to obtain a special permit from the county, plus approval from VDOT for its turn lanes on Route 29.

- ♦ The Upper Occoquan Service Authority (UOSA) is responsible for wastewater management in the Occoquan Watershed and it's currently replacing much of its deteriorating, 30-year-old pipes. Work is proceeding

on the 13-mile, Cub Run Gravity Delivery System, consisting of the Upper Cub Run, Middle Cub Run, Lower Cub Run, Flatlick and Rocky Run branches, and the WFCCA will receive an update on the project.

Sully CAC Meets Tuesday

The Citizens Advisory Committee of the Sully District Police Station will meet Tuesday, Dec. 21, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd., in Chantilly.

WFCM Seeks Food, Volunteers

Western Fairfax Christian Ministries (WFCM) urgently needs donations of sugar (2-5-pounds), coffee, tea, cocoa, mayonnaise, ketchup, syrup, toothpaste and deodorant. Bring them to WFCM's food pantry at 13981 Metrotech Drive (near the Backyard Grill and Bar) in Chantilly. The thrift store also needs coats and sweaters.

- ♦ WFCM recently opened a second office in Centreville at 14631 Lee Highway, No. 313, and needs administrative volunteers to help out there. Especially needed is a receptionist to check in clients, make new appointments and answer phones, Mondays-Fridays, from 9:50 a.m.-2:10 p.m.

- ♦ The Chantilly location also needs volunteers. A driver or drivers are needed to pick up store donations for the food pantry on Monday mornings. In the thrift store, general help is needed Mondays-Fridays, 9 a.m.-1 p.m. and 3-6 p.m.; and Saturdays, 9 a.m.-1 p.m.; 10 a.m.-2 p.m.; or 1-5 p.m. An administrative volunteer is also needed; hours and days are flexible. Call 703-988-9656.

NEWS

Bringing Back the Past

'A Christmas Carol' at Chantilly High.

BY BONNIE HOBBS
CENTRE VIEW

Last December, Chantilly High theater students auditioned, rehearsed their lines, picked out costumes and eagerly anticipated performing in "A Christmas Carol." Then came the snow — and the play that was about to be became the play that never was.

Fast forward a year, and Chantilly is preparing to present that play again — and not just with current students — but with those in the original cast, returning from college to reprise their roles.

"It will be great getting to work with them again," said Director Ed Monk. "Every single one of them is coming back to do the show, plus a few extras."

The curtain rises Wednesday-Thursday, Dec. 22-23, at 7 p.m. Tickets are \$8 at the door and at www.Chantillyhsdrama.com.

"We're excited because we had such a great cast last year, but they got robbed of their performance by the December blizzard," said Monk. "They all felt really bad about losing the show; and when our Booster President, Warren Reid, suggested re-staging it with last year's cast, I loved the idea."

The college students won't have much time to rehearse because they all have exams, right up to the week before the play. "But I know how good they are and how excited they were when we asked them if they wanted to do the show again," said Monk. "It's a very special story for a special time of the year, and we hope everyone can come out with their families and remember what the true spirit of the season is all about."

Featuring a cast and crew of nearly 35, the story's about Ebenezer Scrooge, a cruel and wealthy man who hates Christmas and its trappings. He's then haunted by the ghost of his best friend, Bob Marley, who warns Scrooge he'd better change his ways or suffer the consequences in the afterlife.

Playing Scrooge is grad Miles Drawdy, who describes his character as "bitter, cynical and reclusive. He's content to be alone and hate the world. He's had a life of hardships, a terrible relationship with his father and no luck with his relationships with women. At a certain point, he closed himself to learning and sees a pinhole view of the world. But the three ghosts bring him an all-encompassing view."

Drawdy said he needs to portray Scrooge "as people see him — the Scrooge archetype. When you're playing a lesser-known character, you have more freedom of expression. But it's a demanding role, and I like the challenge, plus the chance to do something new."

He also praised Monk's creativity with this play.

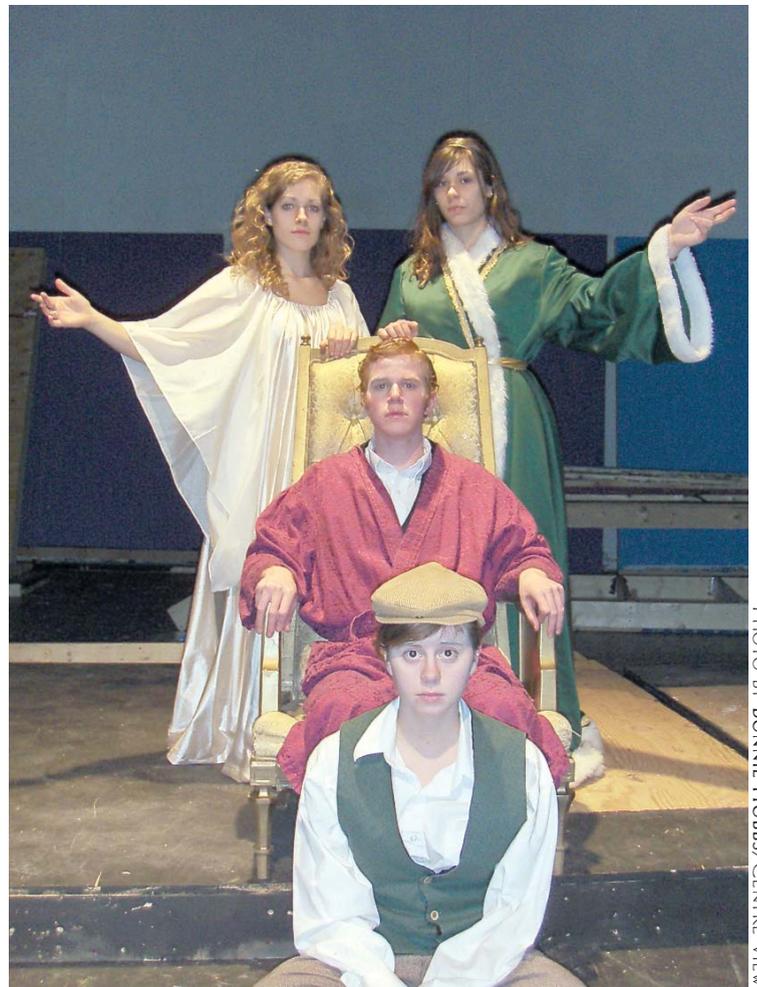


PHOTO BY BONNIE HOBBS/CENTRE VIEW

Striking a pose are (back row, from left) Kelsey Martin, Ghost of Christmas Past; Miles Drawdy, Scrooge; Cory Davis, Ghost of Christmas Present; and (in front) Lauren Manbeck, Tiny Tim.

"The set is amazing, with platforms looking like they're floating, and the ghosts appearing out of nowhere," said Drawdy. "And the story's pulled right from the book and keeps the integrity of what Dickens wrote. It's probably one of my favorite shows."

Graduate Maggie Monk narrates. "I start and end the show and come in throughout the play to tell what's going on," she said. "I've wanted to be the narrator since I was 4, so I'm excited. The first line is 'Marley is dead.' The theater is pitch black, and then I come out with a candle and start speaking — it's so cool."

"There's a lot to memorize," she said. "But the show will be great. Most people are familiar with the story. But our set's interesting and the story's told in a different way."

Playing Scrooge's long-suffering employee, Bob Cratchit, is grad Brian Miller; Scrooge's former business partner, Jacob Marley, is portrayed by grad Chris Albrigo. Among other grads in the show are Kelsey Martin, as the Ghost of Christmas Past; Corey Davis, the Ghost of Christmas Present; and Lauren Manbeck, Tiny Tim.

Junior Amanda Miesner plays Mrs. Cratchit. "She's very caring, loves her children and husband and is trying to make the best of a bad situation," said Miesner. "Her family's poor and her son is very ill. It's a fun role because my character has so many different aspects to her personality. She really hates Scrooge and blames him for their [plight] because he's not paying Bob enough money."

As for the play, Miesner said it contains "both funny and sad parts. It's a classic story and an enjoyable

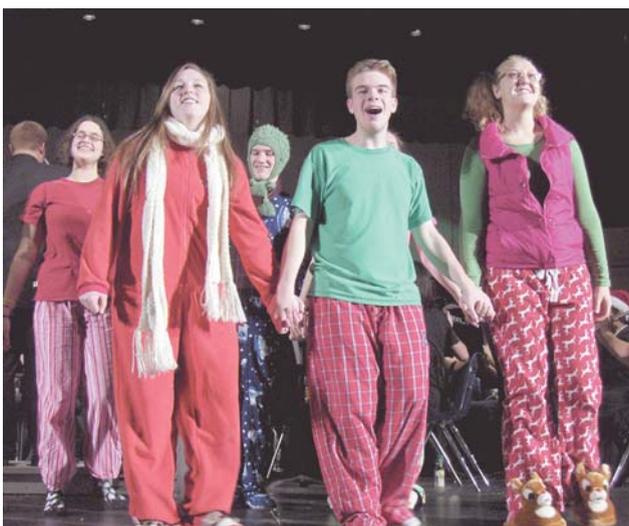
SEE BRINGING BACK, PAGE 18

CENTRE VIEW SOUTH ♦ DECEMBER 16-22, 2010 ♦ 3

SCHOOLS



The Chantilly band performs.



The Whos celebrate Christmas.



The penguins enjoy the holidays.

Tiny Tots At Chantilly High

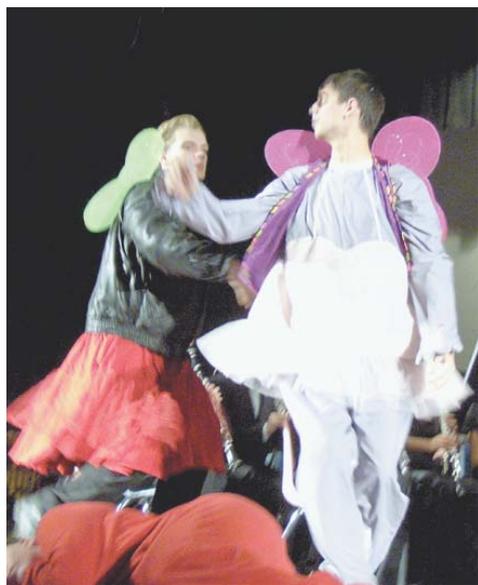
Chantilly High's band, choral, theater and orchestra students entertained local children, last Wednesday, Dec. 8, during the school's annual, Tiny Tots concert.



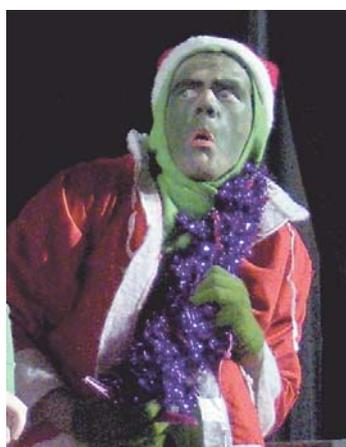
Four colorful elves.



A scene from "Mary Poppins."



Visions of sugarplums ...



The Grinch stealing Christmas...

PHOTOS BY
BONNIE HOBBS
CENTRE VIEW



'Twas the night before Christmas ...



Members of Chantilly's orchestra entertain.



Elves in Santa's Workshop.



Santa kicks up his heels in dance.

NEWS

Christmas For Soldiers

FROM PAGE 2

getting involved, more Centreville citizens and businesses began supporting FOTWV as well — which came as somewhat of a shock for Walls.

“I didn’t expect it,” said Walls about all the support the group has received. “A lot more people care than I thought.” Walls said that last year one of the donation boxes was completely empty. This year it is completely full.

On Christmas Day in 2009, eight people traveled to the Malone House at Walter Reed Army Medical Center to drop off presents they had collected for wounded soldiers. This Saturday more than 25 people are expected to travel to the Malone House to give wounded soldiers Christmas presents.

To donate, presents can be dropped off in Centreville: Blue Water Grille, Fast Eddies’ Sports and Billiards, Red Rocks Cafe & Tequila Bar and Velocity Five Sports Restaurant; in Chantilly: Backyard Grill. For monetary donations, visit www.walterreedsociety.org.

For more information concerning Friends of the Wounded Veterans, visit FOTWV.org or FOTWV.com.

FAITH NOTES

Temple Beth Torah is a Reform Jewish congregation and member of the Union of Reform Judaism (URJ) that meets at St. Johns Episcopal Church in the heart of Centreville. Religious school is held at the Goddard School in Chantilly, Virginia. The congregation offers the Northern Virginia Jewish community services that provide numerous spiritual, educational, support and social opportunities including religious school for member children age 3 through Bar/Bat Mitzvah and confirmation. Our congregation welcomes all members of the community to attend any of our services or events. For more information, a newsletter, or a membership package, call 703-263-2252 or visit www.BethTorah.net

Lord of Life Lutheran Church’s second location, 13421 Twin Lakes Drive, Clifton, is now open. Everyone is invited to worship services at 10 a.m. on Sunday. Call the church office at 703-323-9500 or go to www.lordoflifelutheran.com.

Centreville United Methodist Church offers four worship services in the morning — 8:15 a.m., 9:30 a.m., 11 a.m. and 11:02 a.m. The new Connections Contemporary Worship Service is held in the Recreation and Outreach Center (ROC) each Sunday. Sunday School is offered at 9:30 a.m. and 11 a.m., and a nursery is available for all services. Centreville United Methodist church is located at the intersection of New Braddock Road and Old Centreville Road. Call 703-830-2684.

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DINING AND ENTERTAINMENT

Little Italy Comes to Fairfax Corner

New restaurant offers casual Italian.

BY BONNIE HOBBS
CENTRE VIEW

Ozzie's Corner Italian has been open less than three months, but it's already a big hit with the customers. It's also another success for Great American Restaurants (GAR), which now operates 11 restaurants and one bakery in Northern Virginia.

Featuring casual Italian cuisine in an atmosphere reminiscent of New York's Little Italy, Ozzie's is the company's first Italian restaurant. It's at 11880 Grand Commons Ave. in the Fairfax Corner shopping center, not far from GAR's popular Coastal Flats restaurant.

"Coastal Flats does so well, we felt we could risk cannibalizing some of its business and do something good here," said GAR Chairman Randy Norton. "We also love to be near movies and to have the possibility of a strong, lunch business, and we have that with the [Fairfax County] Government Center nearby."

But Ozzie's wasn't opened hastily, and a great deal of research went into the food. Said Norton: "We ate at different, Italian restaurants around the country and picked things we liked and thought our guests would like, too."

The restaurant was named after Chris "Ozzie" Osborn, vice president of kitchen operations for the whole company. He created GAR's signature rolls made of fried dough balls and was instrumental in developing his namesake's menu.

"We do a limited number of things, but they're all great," he said. "My favorite is our Bolognese sauce. It's really full-bodied and

has terrific flavor; it pairs up wonderfully with the pappardelle pasta."

Osborn's also a fan of the Veal Milanese. "It's rich and buttery, simple but elegant," he said. With GAR since 1981, Osborn said, "This is all new food for us, top to bottom."

He said fine-tuning the details just right was time-consuming, but worth it. "I'm as much a civil engineer as a chef," said Osborn. So he was involved in designing the kitchen flow, selecting the equipment, orchestrating how each meal's made, developing production schedules and "fielding the right team of people" to work there.

His greatest satisfaction, he said, was "seeing it all come together — from a concept to putting it on paper, making plans and seeing the finished product. And through it all, you don't know exactly how it'll work until you do it."

All the pasta is made in house, and Norton says the Crazy Lasagna is, by far, the most popular entrée. "It's not made in advance and cooked in a big pan," he said. "It's assembled to order and made with pappardelle pasta, which is a long, wide noodle. It has meatballs on it and is served in a skillet."

Ozzie's Brick Chicken, at \$15, is also a big seller. A wood-grilled, boneless half chicken comes with lemon-rosemary sauce, garlic mashed potatoes and grilled rapini, in the broccoli family.

Another customer favorite is the Beef Short Rib Ragu, for \$21. "The meat is extremely tender and flavorful," said Norton. "There are onions and mushrooms, and it all goes together very well on the polenta we serve it on."

Seafood includes a hickory-grilled, fish of the day, plus crab,



Part of the interior of Ozzie's Corner Italian.

salmon and bass dishes. And the most popular appetizer is the Arancini — fried risotto balls stuffed with fontina cheese and Italian sausage and served with marinara sauce. Said Norton: "Our first Saturday, we sold 195 of them, which surprised us all."

Also a menu star is the \$16 Sunday Salad with Meatballs. "In old, Italian homes, families would get together Sundays for a big meal," said Norton. "They'd take what was left in the refrigerator and throw it into a salad. We thought it was a lot of fun, and people love the meatballs."

Topping the dessert selections is Tiramisu Ho Ho for \$7. "It's not the typical tiramisu, but our own version," said Norton. "It's rolled up and has more subtle flavors, plus more dark chocolate and caramel than anything else."

SEE OZZIE'S, PAGE 14

From left: Waiter Tony Elmore holds plates of Arancini and Veal Milanese; Leanne Bocchetti, Tiramisu Ho Ho; and David Webb, Sunday Salad.



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

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OPINION

Counting Blessings? Don't Forget Nature

Free gifts to all in Northern Virginia from nature include drinking water from the Potomac River.

The holiday season offers many opportunities to count our blessings and give something back to those who enrich our lives. In the process, we may realize that we've been taking for granted something, or someone, very dear to us. I suspect nature often falls into that category.

From rivers winding through forests to oyster reefs rising from coastal bays, our ecosystems provide us with clean water, fertile soils, food, fuel, beauty, flood control, storm protection and many other benefits. So this year, I encourage you to join me in showing your appreciation for all that nature does to enhance and sustain our lives.

In the Washington, D.C., metropolitan region, whether a faucet runs in the White House or in your house, that water almost certainly comes from the Potomac River. When you fill your coffeepot before breakfast or your children wash their hands before dinner, you are among more than 4 million other people in our area who depend on the Potomac River for water.

LETTER

Positive Response

To the Editor:

Local communities can solve problems, and that is happening now in Centreville with the Centreville Immigration Forum (CIF). CIF has just received news that it is on track for another Foundation grant, and members are working hard on organization and outreach in the community.

The CIF began with church and community volunteers who saw the fast demographic change in Centreville, and wanted to respond in a positive way. Day laborers in front of Centreville Square shopping center and the library are one of the visible signs of this change, and CIF is working to provide a concrete solution that strengthens health and safety for the entire community.

Through the generosity of shopping center owner AJ Dvoskin and Associates, there will be a safe space for a worker center, and CIF is raising money to provide professional staff so that the center will operate smoothly and efficiently. Workers will be matched with employers who need temporary labor, all laws will be carefully followed, and the rights and safety of both workers and community will be enhanced. With the participation of volunteers, the Center will provide training in English language, worker rights and responsibilities, financial management, and health (workplace safety, blood pressure and diabetes care) for workers who are waiting.

The Center will operate from 6 a.m. to noon, Monday-Saturday. It will replace the current unorganized worker site on St. Germain Street and Machen Drive; from this site, hiring is done on the street, which is a difficult system for

In addition to household water, the Potomac provides many other natural services. It creates habitat for fish and wildlife, offers opportunities for recreation and tourism, supplies water for irrigation, absorbs wastewater generated by communities, and supports industry and economic development.

And if we extend our view to take in the whole Potomac watershed, including tributary streams such as Turkey Run and Cabin John Creek, then we see the critical roles that forests play. While some forest benefits are obvious — wildlife habitat, recreation, wood products and forestry jobs — services such as preventing erosion and filtering runoff often go unnoticed.

Now here's the clincher. Nature's services are absolutely free.

But perhaps that fact has been part of their undoing. Many natural systems around the world, from tropical coral reefs to our own Chesapeake Bay, are seriously degraded. This reality begs a question: If humans can't put a

workers, employers and the community. Workers are often not paid fairly, or not at all, which is abusive of the workers, and undercuts the labor market.

Day workers in Centreville come from several Latin American countries, and some are long-time residents and citizens who have lost their jobs in the current economic downturn. All are working to feed and educate their children, and in some cases working to stay away from civil war that has framed their lives.

CIF plans to raise \$50,000 from individual donations, to pay for Center staff. Additional funding is being sought from foundations, churches, and businesses. Please give generously to support this community project, to

price tag on it, do we really value it?

Even professional conservationists sometimes struggle to describe all the benefits we derive from nature, much less determine an economic value. But scientists from The Nature Conservancy are working with conservation and university partners to do both through our Natural Capital Project. In the near future, we will offer practical tools for factoring natural systems into decisions about how humans interact with our world.

This we already know for certain: Nature is the life-support system for every animal, plant and person on Earth. So for all that nature has given to you in 2010, I hope you'll consider giving something back. One way you can show your appreciation is to be a good neighbor to the Potomac River. To find practical tips for protecting water quality, visit our website and download our guide to river-friendly living, the Good Neighbor Handbook: www.nature.org or www.nature.org/wherework/northamerica/states/maryland/files/goodneighborhdbk_web.pdf

— MICHAEL L. LIPFORD

Michael Lipford is Virginia executive director of The Nature Conservancy

show that Centreville one of the top 30 places to live in the U.S. can embrace demographic change and solve problems with positive action. With the Center and with other projects, CIF will continue to work to make Centreville stronger and more welcoming for all residents.

Make out checks to VirginiaOrganizing, with "CIF" on the memo line; mail to CIF, Box 81, Centreville 20122. On-line donations can be made at www.virginia-organizing.org designated for CIF.

Olga Garcia Harper
Alice Foltz
CIF Board of Directors

John Bounds III Earns Eagle Scout Rank

John A. Bounds III, the son of John and Crystal Bounds of Centreville, was presented his Eagle Scout Award on Oct. 23 at Pleasant Valley United Methodist Church. John started his Scouting career by joining Tiger Cubs when he was 6 years old, then continued with Cub Scouts in Pack 448. He joined Troop 682 in 2004 where he held numerous leadership positions over the years such as quartermaster, chaplain's aide and patrol leader. He enjoyed several high adventure trips to Sea Base Florida and twice to Philmont Scout Ranch in Cimarron, N.M.

He is a member of the Order of the Arrow and earned 31 merit badges. For his Eagle project, John built a foot bridge in the Manassas Battlefield adjacent to Bull Run. He would like to thank all those who helped construct the bridge.

John is currently a senior at Westfield High School and would like to attend Virginia Tech in the fall of 2011.



John A. Bounds III

CENTREVIEW

SOUTHERN EDITION

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A Connection Newspaper

Car Crashes into Post Office

By BRIAN CAIN
CENTRE VIEW

A 28-year-old Centreville man was arrested by postal inspectors Friday, Dec. 3, after he crashed his car into the Centreville Post Office, at Newgate Shopping Center, early Thursday morning.

According to U.S. Postal Inspector Frank Schissler, Inspectors arrested the man on Friday for destruction of property valued at more than \$1,000. The charge is a Class 6 Felony.

According to Fairfax County Police Public Information Officer Bud Walker, police responded to a call at 12:13 a.m. Thursday, Dec. 2, for a vehicle that had collided with a brick wall. The car and driver remained on the scene, and the investigation was handed over to postal inspectors, who have jurisdiction in cases involving the U.S. Postal Service and also have conservator of the peace status in the Commonwealth of Virginia.

Virginia affords many Federal agents with



PHOTO BY BRIAN CAIN/CENTRE VIEW

Bricks from the damaged column and knee wall are stacked up for removal.

conservator of the peace status, which gives them arrest authority and other police powers.

Postal police remained on the scene until contractors finished erecting a temporary wall Thursday afternoon. Two large windows, a knee wall and a brick column in front of the Post Office were damaged in the incident.

The Post Office remained open while contractors were working, and Postmaster Kim Timberlake said she hopes the building will be repaired before Christmas.

— BRIAN CAIN

<p>12/10 7:30 PM City of Fairfax Theatre Company presents "Little Women" at the Fairfax Baptist Church</p> <p>12/10 7:30 PM "Home for Christmas" with the Voce Chamber Singers at the Fairfax Christian Church</p> <p>12/10 8:00 PM Bonita Lestina Performance Series at Old Town Hall: Columbia Flute Choir "Celebrating the Season"</p> <p>12/12 2:00 PM Fairfax Museum & Visitor Center Second Sunday Series: Holiday & Popular Tunes at Old Town Hall</p> <p>12/12 7:30 PM The Brethren Christmas Concert at Truro Church</p> <p>12/15 2:00 PM Tales of Winter (ages 3-5) at the City of Fairfax Regional Library</p> <p>12/17 6:00 PM Holiday Reception at the Adam Lister Gallery at theSPACE at Old Town Plaza</p>	<p>12/17 7:30 PM City of Fairfax Theatre Company presents "Little Women" at the Fairfax Baptist Church</p> <p>12/17 8:00 PM A Celtic Christmas with Sior-Og and Friends at Old Town Hall</p> <p>12/18 7:00 PM City of Fairfax Band & Fairfax Choral Society: Christmas in Fairfax at Fairfax High School</p> <p>12/20 10:30 AM Children's Performance Series at theSPACE at Old Town Plaza: Bob Brown Puppets Holiday Show</p> <p>12/29 2:00 PM Wintertime Fun with Kaydee Puppets (all ages) at the City of Fairfax Regional Library</p> <p>12/31 6:30 PM Fairfax Four Miler—see www.runpacers.com for information</p> <p>12/31 See in the New Year with an Ice-cream Social at Woody's</p>
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On the Market



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For more information contact: Keith Harris, Samson Properties ,
703-395-6601, Kharris140@aol.com or coachkeithharris.com
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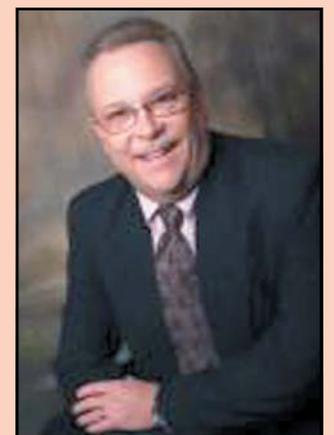
Profile In Real Estate – John Queeney

I was born and raised in Scituate, Massachusetts (go Sox and Pats!) and studied communications in college. I moved to this area 28 years ago where I met my lovely wife, Lisa on a blind date. Together we moved to Alexandria, Virginia and then to the Saratoga Community in Springfield where we've been for the past 12 years. We have two children who have benefited greatly from the education and activities of the Fairfax County School System. Our son is now in eighth grade at Key Middle School and member of the Junior Honor Society. Our daughter is in sixth grade at Saratoga Elementary School and is taking French class after school. Lisa is the Vice President of Finance and Operations at Health Industry Distributors Association in Old Town Alexandria.

In my free time I serve the Media Coordinator and an usher at the Prince for Peace Lutheran Church. I was also a Den Leader for the Cub Scouts and the Manager of my son's Little League team.

While I have always had an interest in Real Estate, I have had a very expansive career. While in Boston, I was a Producer for the Red Sox and Bruins Radio Networks for WITS. I've also worked in the Telecom and IT industries. I finally decided to become a full time Realtor in 2007 and have thoroughly enjoyed helping clients achieve their goals over the past 3 years in spite of the twists and turns of our local market. I have been fortunate to attain the Top Producer award for sales in excess of \$7,000,000 per year for the last 2 years. I've also recently acquired my DC Realtor's license.

I joined Century 21 New Millennium almost 2 years ago as part of the Dare to Compare Team and have help over 120 clients find their way home since that time. I'm always willing and ready to help a new client. Please feel free to call or email me anytime. I look forward to helping you soon.



John Queeney
 Dare to Compare Team
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JQueeney@cox.net
www.JohnQueeney.com



Illustrative site plan of The Ellipse at Westfields. The two proposed hotels are in the upper corners of this drawing.

Commission OKs Proposed Hotels

FROM PAGE 1

north of the Willard Road Interchange.

Mariska represents the applicant, Headquarters 2, LLC, and she said that having hotels there, rather than offices, decreases the impact on local traffic. It also gives the guests proximity to Dulles airports, as well as the high-tech firms along Route 28.

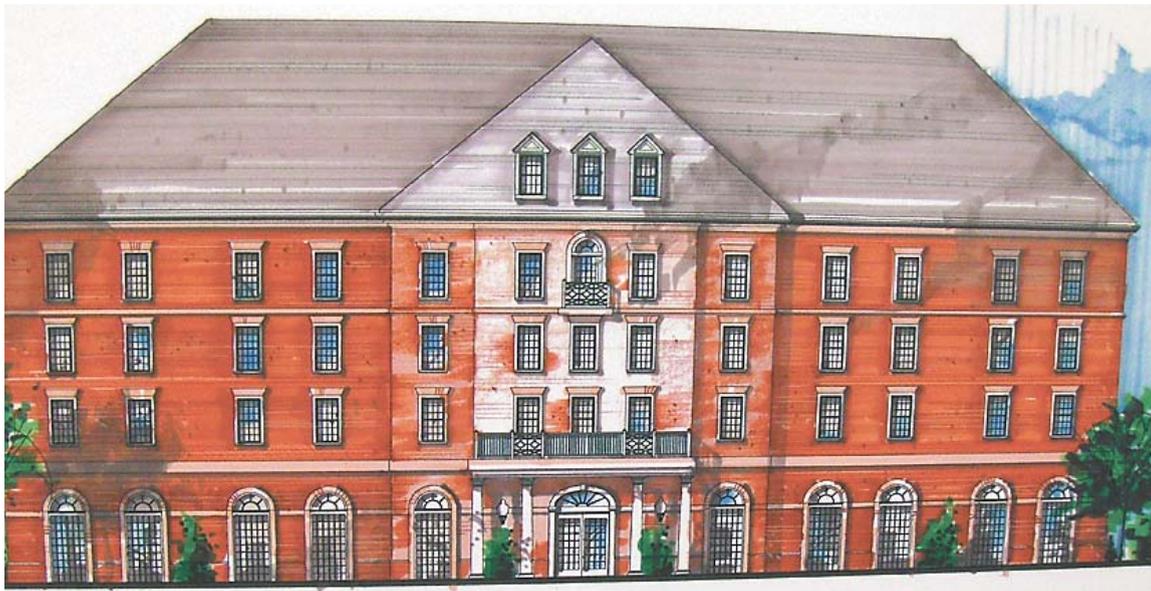
In addition, said Litzenberger, the applicant "will make road improvements to the intersection of Lee and Willard roads. There's a lot of traffic there because of the shopping center, and they'll add a lane and restructure it to make the traffic in that area flow smoother."

The construction project will also include associated sidewalks, trails, crosswalks and paths. And Litzenberger noted that "the way they did the landscaping was very attractive."

The hotels will be all brick, and Nutt said care will be taken to make sure the buildings resemble Long & Foster's corporate office. Litzenberger is also pleased that the hotels will have nice-looking facades on their sides that face Route 28, although their entrances are elsewhere. "It'll cost them more money, but the buildings will look more attractive," he said.

The proposal's OK from the Planning Commission came on the heels of approvals from county staff, the Sully District Council of Citizens Associations Land-Use Committee and the West Fairfax County Citizens Association (WFCCA) Land-Use Committee.

The plan now goes to the Board of Supervisors, Jan 11, 2011, for final approval. Said Litzenberger: "Mr. Nutt has spent 18 months going through the APR [Area Plans Review], zoning and rezoning processes, so these are the last few hurdles."



Artist's rendition of the front of the extended-stay hotel proposed for construction near Lee Road.

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To add your Realtor represented Open House to these weekly listings, please call Karen Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com All listings due by Tuesday at 3 pm.

DINING AND ENTERTAINMENT

Recipes for the Holidays

Roasted Chicken in Wine

Ingredients
 Roaster Chicken
 1 whole bay leaf
 1/4 tsp thyme,
 1/4 tsp rosemary
 small amount of oregano to taste
 Salt & pepper
 1/2 cup Chablis wine

Clean whole chicken inside and out and pat dry. Place the following spices inside the chicken: 1 whole bay leaf and 1/4 tsp thyme, 1/4 tsp rosemary and salt and pepper. Place small amount of oregano inside and out according to taste. Broil chicken breast side up 3-5 minutes until brown. Turn chicken over and brown on other side. Pour over chicken 3/4 cup Chablis wine. Cover pan and bake at 350 degrees for 1 hour. Remove herbs from inside (they will be black). Cut chicken into quarters and lay in juice. Return to oven for 5 to 7 additional minutes.

— BARBARA PARKINSON

Cherry Cheese Cake Brownie Bars

Ingredients:
 1 pkg Fudge Brownie Mix
 1 tsp vanilla
 1 egg (plus 2 in mix)
 1 can (14 ounces) cream cheese softened
 1 can (21 ounces) cherry pie filling
 Heat oven to 350 degrees. Prepare brownie mix as directed on pkg. Bake 20 minutes (no longer). Beat vanilla, egg, milk and cream cheese in large bowl with mixer until smooth. Pour over baked brownie layer and return to oven for 20-25 minutes until topping is set. Cool completely (up to 2 hours if necessary). Spread with cherry pie filling. Store in refrigerator. Makes 24 large or 48 small brownies.

Orange Frost Delight

Ingredients:
 1 3/4 cups Cool Whip thawed
 1 can (6 oz) frozen Orange Juice concentrate
 1 can water
 1 1/2 cups crushed ice
 mint leaves (optional)
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DINING AND ENTERTAINMENT

What's For Lunch/Dinner?

PHOTOS BY DEB COBB/
CENTRE VIEW

Residents choose their favorite restaurants.



Kali Hamlin, one of the first smiling faces that greets visitors at Lees Corner Elementary School,

identifies Heart in Hand as her favorite restaurant. (7145 Main St., Clifton, VA 20124). "The atmosphere is intimate and the food is consistently good."



Brenda Caton, the first smiling face one sees when entering Centreville Elementary School, says without

hesitation that Manginos is her favorite restaurant. "We order at least 2-3x a week." The food is made from scratch and delivery is quick. (6355 Multiplex Drive, Centreville, VA 20121).



Leslie Barnes, of Centreville, loves the au gratin potatoes at Wildfire. "The restaurant has a club feel, like a

speakeasy and the food is good." (Tyson's Galleria, 3rd Floor, McLean, VA 22102)



When asked to identify her favorite restaurant, **Amy Skiavo**, of Chantilly replies without

hesitation, "Merone's Buon Appetito NY Pizza." "It's like eating at your Italian grandmother's house." (13932 Metrotech Dr., Chantilly, VA 20151).



Cheryl Hyatt of Centreville says that her favorite restaurant is

Ciro's New York Pizza (6067 Crest Lane, Centreville VA 20121). "It has the best pizza around." One of the nice things about the restaurant is that you can call in your pizza order, and when you go to pick it up, if you decide you can't wait to drive home and want to sit and eat it there — they welcome you to do so. "They are very friendly," says Hyatt.



Teasa Northern and her children **Jonah** and **Jillian**, of Chantilly, love the food at the Romano's Macaroni Grill. "It is

family friendly and priced well." (12169 Fair Lakes Promenade Dr., Fairfax, VA 22033).



Amani Ishaq and her daughters **Nadeen** and **Dana**, of Centreville, love the

food and the show at Sakura Japanese Steak & Seafood House & Sushi Bar. "It's fun to watch the food prepared in front of you." (12950 Fair Lakes Shopping Center, Fairfax, VA 22033)



Pat and Mario Rebelo of Centreville identify Bonefish Grill as their favorite restaurant. (6315

Multiplex Drive, Centreville, VA 20151). "I love seafood — it's always fresh. They have great margaritas, too!" says Mario Rebelo.



Kim Proppe, of Chantilly, loves the family atmosphere — and chicken cheesesteaks at Tony's

New York Pizza (13087 Fair Lakes Shopping Center, Fairfax, VA 22033).



Susana Meruvia and her daughter **Jessica** love the food at Uncle

Julio's Rio Grande Café. "The carne asada is the best." (4251 Fairfax Corner Ave., Fairfax VA 22030)

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DINING AND ENTERTAINMENT

Ozzie's Corner Opens

FROM PAGE 7

Another unusual dessert is prunes stewed in red wine, cinnamon and sugar and served with mascarpone cheese and candied pecans. "We saw them in a little, Italian restaurant in New York City," said Norton. "There's a really great combination of flavors."

The ambience is 1900s Little Italy. "We looked at old movie clips and stills and tried to recreate the look," said Norton. "So the bar top is white marble and the mosaic floors are authentic to the period. There are iron columns in the entryway and custom-made, bronze lighting fixtures."

Most eye-catching of all, though, are the murals painted by an artist in Maine. Colorful and realistic, they stretch across one wall and over the kitchen archway to the other side. The scenes depict the annual, street festival of San Gennaro in Little Italy, as well as Sonny's wedding from the movie, "The Godfather." Painted in are Osborn, plus Norton's three grandchildren.

The restaurant seats 250 and offers three dining areas, including one that's raised. "It's unusual for us," said Norton. "But it's more intimate and creates a different dining experience from Coastal Flats. I think people will try us because they have confidence in our brand and, hopefully, they'll come back."

Dining there recently for a "girls' day out" lunch was Frances Carson of Little Rocky Run. She had the Roasted Chicken Salad with Artichokes and said it tasted "like a good, Mediterranean salad. I'm Italian, and it's something different from the usual salad. I also love the atmosphere and Italian flair."

Diane Owens of Fairfax came with her daughter, Jennifer Connors, also of Fairfax, and both enjoyed the Roasted Chicken Panini. "I wanted something good to eat, and the cheese and chicken tasted good," said Connors. "I'd recommend Ozzie's to others; it has a nice ambience and a good menu." Added Owens: "It's comfortable here, and I'd come again because the food and service were both good."

Also there for lunch were Suzy and Glen McCarthy of Little Rocky Run. Suzy liked the combination of flavors in her special of mahi mahi with a risotto-mushroom cake, grilled fennel and a lemon-caper sauce. And her husband called the branzino (sea bass) "tasty and light" and its accompanying Brussels sprouts "a new taste sensation."

Furthermore, said Suzy McCarthy, "The wait staff was lovely and pleasant, and the restaurant is in keeping with the high standards of Great American Restaurants. Anyone who likes them will find happiness here at Ozzie's."



This mural depicts the Festival of San Gennaro in New York's Little Italy.



The wedding scene from the movie, "The Godfather," is on a mural inside Ozzie's Corner Italian.

Details

Ozzie's Corner Italian is open Sunday-Monday, 11 a.m.-10 p.m.; Tuesday-Thursday, 11 a.m.-11 p.m.; and Friday-Saturday, 11 a.m.-midnight.

Lunch and dinner are served daily. Call-ahead seating is recommended; 571-321-8000.

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ENTERTAINMENT

To have community events listed in Centre View, e-mail to centreview@connectionnewspapers.com. Call Steve Hibbard at 703-778-9412.

MONDAYS AND WEDNESDAYS

ZUMBA Classes. 7 to 8 p.m. Latin based dance fitness class. The first class is free; afterward it's \$7-\$9 per class. At Cornerstone Montessori School, 4455 Brookfield Corporate Drive, Suite 201, Chantilly.

NOW THROUGH DEC. 19

"Camelot." The Alliance Theatre presents the story of King Arthur, Guinevere, Lancelot, Merlin and the Knights of the Round Table. Directed by Zina Bleck. Show times are Fridays and Saturdays at 7:30 p.m. — Dec. 10, 11, 17, 18; Sundays at 2 p.m. — Dec. 12, 19; Thursdays at 7 p.m. — Dec. 9, 16. At Mountain View High School, 5775 Spindle Court, Centreville. Visit www.TheAllianceTheatre.org or call 703-220-8101.

FRIDAY/DEC. 17

Swing Dancing. 9 p.m. to midnight. Admission is \$15. With the band, the Rock and Roll Relics. Beginner swing lesson from 8:30 p.m. to 9 p.m.; dancing from 9 p.m. to midnight. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road (Route 28 near the airport), Herndon.

DEC. 18-19

Christmas Cantata. Free. Jubilee Christian Center will be presenting a Community Christmas Cantata, "I Heard the Bells on Christmas Day" (including Handel's Messiah, "Hallelujah Chorus") on Saturday, Dec. 18, 6:30 p.m., and Sunday, Dec. 19, 11 a.m. At 4650 Shirley Gate Rd., Fairfax. Call 703-383-1170, or see www.jccag.org

SUNDAY/DEC. 19

Christmas Bird Count. The Audubon Society of Northern Virginia will mark the 111th anniversary of the Christmas Bird Count. Once again, volunteers will count birds in a circle around Centreville. The area includes Manassas National Battlefield, Bull Run Regional Park, undeveloped areas along Bull Run Post Office Road and Dulles Airport, and many other locations. ASNV is seeking volunteers of all skill levels who are interested in birds and birding. Volunteers who cannot go on the count but live within the circle can take part by counting birds at feeders. Anyone interested can contact ASNV at info@audubonva.org or call 703-438-6008.

THURSDAY/DEC. 23

Centreville Stitches. 1:30 to 3:30 p.m. Do you enjoy knitting, crocheting or other needlework crafts and conversation? Join the fun at the Centreville Regional Library, 14200 St. Germain Dr., Centreville. All levels (adults) welcome. Call Jo at 703-803-0595 or email joknitter@verizon.net.

FRIDAY/DEC. 24

Christmas Eve Service. 8 p.m. Jubilee Christian Center will have a Christmas Eve Service on Dec. 24, 8 p.m., with refreshments, at 4650 Shirley Gate Rd., Fairfax. Call 703-383-1170, or see www.jccag.org

DEC. 30 TO JAN. 2

2nd Annual FROSTIVAL! 10 a.m. to 5 p.m. daily, except Dec. 31, 10 a.m. to 4 p.m. only. Will include 15 winter-themed crafts, interactive science activities and games, professional and local celebrity storytelling, 15 bounces, slides and rides, two stages featuring children's performers, as well as numerous exhibits and vendors. At the Dulles Expo and Conference Center, 4368 Chantilly Shopping Center, Chantilly. Visit www.FROSTIVAL.com.

FRIDAY/DEC. 31

Bull Run 5K Run. Held at the Bull Run's Festival of Lights in Centreville. To benefit the CMG Heart Foundation and Bull Run Regional Park with proceeds going to the Adam P. Seymour Foundation. Early registration is open until Dec. 13, (\$22), and regular registration (after Dec. 13, 2010) is \$27. Online registration can be made at www.bullrunrunners.com and will close on Dec. 30. Pick up race numbers at VA Runner, 5734 Union Mill Road, Clifton, VA 20124. Visit www.bullrunrunners.com

SUNDAY/JAN. 2

Southern Gospel Concert. 6 p.m. With The Proclaimers Quartet from Columbus, GA. A freewill offering will be received. At Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. Call 703 631-1799.

FRIDAY/JAN. 7

Swing Dancing. 9 p.m. to midnight. Cost is \$15. With the band, Natty Beaux. Drop-in beginner swing lesson from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road (Route 28 near the airport), Herndon.

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Westfield Repeats at Nova Classic Champs

Centreville High's Ryan Sepulveda wins 160-pound division of No. Region Classic

BY JON ROETMAN
CENTRE VIEW

One Westfield wrestler won his respective weight class for the second consecutive year. Another lost his championship match with tears of frustration seemingly read to burst from his eyes.

Good or bad, Bulldog grapplers were everywhere during the championship round of the Northern Region Classic on Dec. 11 at Fairfax High School. However, it was more good than bad for Westfield, which repeated as tournament champions. The Bulldogs had two first-place finishes and four second-place finishes.

"It just shows that we're reloading, we're not really rebuilding after the losses of all the seniors and captains on our team," said Westfield's Beau Donahue, referencing last year's Northern Region championship team. "It really means a lot to us just because we're a young team and we worked for this and this will show what we have for later in the season."

Donahue defeated North Stafford's Stephen Gwaltney by a major decision of 14-3 to capture the 140-pound title. Last season, Donahue won the 135-pound division.

"Last year, I definitely felt a lot smaller," he said. "I lifted in the offseason, just got prepared and I feel like I'm bigger for this weight."

Brett Campbell was the Bulldogs' other first-place finisher, capturing the 112-pound crown. Campbell defeated Fauquier's Bennett Payne by a 4-2 decision.

"We've been wrestling each other for nu-



Centreville's Ryan Sepulveda, top, beat St. Stephen's & St. Agnes grappler Kyle Swenson to win the 160-pound division of the Northern Region Classic on Dec. 11 at Fairfax High School.

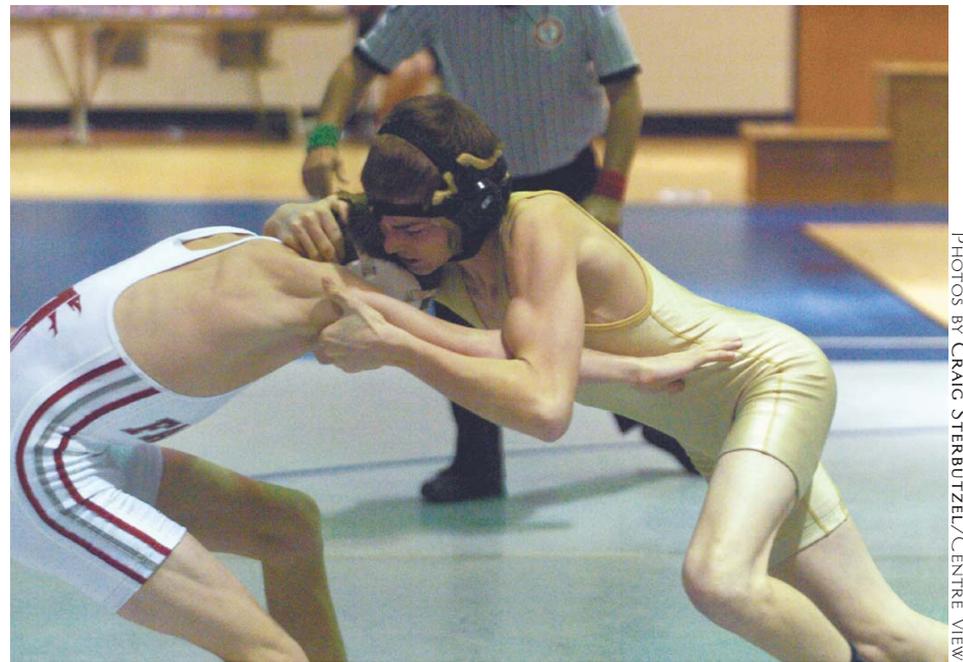
merous years," Campbell said. "We've probably wrestled each other 20 times since we've been little kids. ... It's one of my favorite tournaments. It's always just a blast to come out here and try to get a win. It's a good way to open the season."

Dennon Caranza-Kee (119 pounds), Derek Arnold (125), Stephen Aiello (130) and Tyler DeLeon (heavyweight) each finished second in their respective weight classes for Westfield, which finished with 271.5 points. Fauquier finished second with 253 points, followed by South County (168), North Stafford (139.5), Annandale (117) and Chantilly (115).

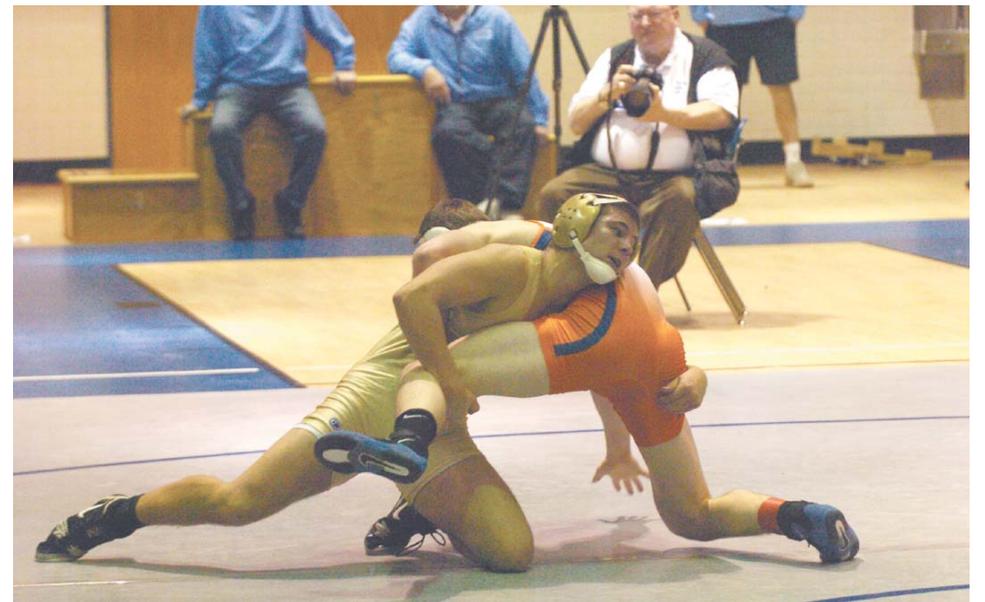
Centreville's Ryan Sepulveda defeated St. Stephen's & St. Agnes grappler Kyle Swenson to win the 160-pound division.

"I'm happy with it," Sepulveda said of the win. "I'll celebrate it this weekend, but I want this toward the end of the year. That's what really matters."

Centreville finished tied for 17th with O'Connell and Madison. Each scored 70 points.



Westfield's Brett Campbell, right, won the 112-pound division of the Northern Region Classic on Dec. 11 at Fairfax High School.



Westfield's Beau Donahue, left, won the 140-pound division of the Northern Region Classic on Dec. 11 at Fairfax High School. Last year, Donahue won the 135-pound division.

PHOTOS BY CRAIG STERBUTZEL/CENTRE VIEW

SCHOOL NOTES

Local students will perform with the Marching Royal Dukes of James Madison University in the 25th annual London New Year's Day Parade on the band's Dec. 27-Jan. 4 European tour. The following students from Centreville will be attending: **Matthew Thomas Dzierzynski, Robert Alan Yeo and Thomas Anthony Yeo.**

Centreville High School

ALL "A's" HONOR ROLL: Congratulations to the 185 CVHS students who received All "A's" for the first quarter of the 2010-2011 school year! Ninth and 10th graders celebrated their accomplishment at the reception on Wednesday, Dec. 8 in the Lecture Hall, and 11th and 12th graders celebrated on Thursday, Dec. 9 in the Lecture Hall.

Centreville's All A's Honor Roll for first quar-

ter include: Alison Abramczyk, Sabrine Ahmed Iqbal, Joanna Ahn, Sabrina Akram, Rachel Anderson, Ryan Barnes, Emily Berkley, Nicholas Bilyeu, Rebecca Blake, Caroline Bollman, Andrew Bongardt, Leilani Boren, Emily Bullard, Melany Bustillos Mariaca, Kelly Ann Cappa, Eun Hee Cho, Sung Cho, Hyung Choi, Stefannie Choi, Seo Woo Chung, Suk Won Chung, Jennifer Conner, Matthew Cruz, Kylie Cuomo, Kyle Daily, Howard Darling, Nikhila Dasari, Margad Erdene Davaajargal, Jordan Louis Deang, Alison Dettmer, Anaya Dhawan, Haley Diamond, Jason Dolinger, Ellen Dranginis, Daniel Drangstveit, Carly Eads, Elaine Edwards, Rebecca Ellis, Joy Elimimian, William Ermlick, Aleksey Ermolaev, Chungan Fang, Bret Fite, Aidan Fitzgerald, Ashley Forbes, Abigail Fornadel, Alaina Forte, Shilpa Garg, Vatsala Goyal, Jenna Green, Rishi Gupta, Hayley Harris, Katrina Heintz, Danica Hong, Alexis Hopkins, Donmonique Hopkins, Natalie Hopkins, Erika Hubbard, Siwong Hwang, Jacob Hyde, Noori Hyun, Ignatius Idio,

McKenzie Islin, Daniel Jackson, Tabitha Jackson, Jessica Jassal, Leah Jeong, Karen Johnson, Kamaldeep Kaur, Brandon Kim, Joy Kim, Moses Kim, Sung Do Kim, Yoonah Kim, Hailey Knapp, Rachel Knutti, Allison Ko, Yoon Ko, Mary Kosters, Andrew Kurowski, Joong Hyun Kwon, Matthew Landwermyer, Thomas Le, Elga Lee, Ji Yun Lee, Jung Hyun Lee, Maria Lee, Min Gi Lee, Rebekah Lee, Soo Lee, Sun Joo Lee, Adrienne Lewis, Soo Hyun Lim, Jackie Lin, Austin Luper, Kathryn Maginnis, Lauren Maginness, Harini Manikandan, Srikar Manjuluri, Cheryl Mazmanian, Jordan McFadden, Anna McKittrick, Emily McLenigan, Daniel Meador, Julio Mendez Cabrera, Alden Methfessel, Melissa Millis, Katelyn Moore, Tasmia Moulvi, Alyssa Muggleworth, Samuel Muggleworth, Megan Murphy, Un Min Nam, Richa Namballa, Sarah Nawab, Monica Nazir, Kyle Nelson, Christopher Nguyen, Khanh Hung Nguyen, Lisa Nguyen, Nhut Nguyen, Minh Nguyenlu, Audrey Anne Nwosu, Keawe O'Connor,

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Race Honors Teacher's Son

FROM PAGE 1

supports children and families fighting it. See <http://cmgheartfoundation.net/> and <http://adampseymourfoundation.org>.

Adam's brother Nick, 14, worked with the mother of one of Adam's soccer teammates at Robinson to design the T-shirts Adam's friends and relatives will wear at the race. They're Adam's favorite color, blue, with the words, "Adam's Angels," in white, with a halo over Adam's name.

"They're selling them over Facebook," said Seymour. "It's Nick's way of raising money for the foundation."

Now living in Clifton, the Seymours are former residents of Centreville's Confederate Ridge community. Adam began playing SYA soccer at age 6; later, he captained Robinson Middle's JV team and played defender for Robinson Secondary's varsity, all four years.

"Adam was a wonderful boy and a great son and brother," said Seymour. "He was kind, caring and easygoing, and always athletic — soccer was his passion." At 12, he won SYA's "Character Counts" award, given by the coaches for good sportsmanship. And in his teens, he spent three years teaching skills to younger soccer players.

While taking a ceramics class in his senior year, he also discovered a talent for pottery. His ceramics teacher, Joe Dailey, mentored him, and Adam sold his vases, bowls and cups at the Robinson art show and at T&K Treasures and La Bella Luce in Clifton. This year, the school even had a display of his pottery, in his memory.

Sadly, though, Adam was born with a heart murmur. "He had a small hole in his heart and we took him to the cardiologist, every year," said his mother. "But the hole was so tiny that doctors said it would never be a problem — and they don't think it had anything to do with his death."

Adam had no physical restrictions, and doctors said exercise would make his heart stronger. So besides playing soccer, he also ran cross-country, indoor track for Robinson. At college, he planned to focus on environmental studies, but was only there 36 hours when tragedy struck.

"We dropped him off on a Tuesday, and Wednesday midnight was the first soccer practice," said Seymour. "The team's tradition was to kick off the season with a 1.5-mile run in under 9 minutes. Adam was a fast runner and was running fifth out of 50 kids, doing well, with no problems."

Toward the end of the race, though, he told a coach he was having trouble breathing, but he kept run-



Adam having fun in the water with younger brother, Nick.

ning. He then told a second coach, who told him to walk, instead. "They said he walked maybe 30 yards and collapsed," said his mother. "His heart stopped, he had CPR in the ambulance and was on life support for three days in the hospital."

But there was no brain activity so, on the fourth day, after family and friends said their goodbyes, Adam was removed from life support and died, Aug. 22. "We're all devastated and sad, but I have a 14-year-old son to take care of," said Seymour. "But we remember the good things about Adam and keep his memory alive, and the 5K run and scholarship foundation will help us do this."

The Adam P. Seymour Foundation will provide scholarships to deserving athletes who demonstrate academic, civic and/or artistic achievement. It will also go toward CHD research and to help support youth programs.

"What a tragedy losing Adam has been, especially for his parents and brother," said his uncle, Scot Ferris of Oak Hill. "Everyone who met him knew what a kind soul he was. Adam had this enigmatic smile, like he knew something nobody else did, and it delighted him. And he was always the first one to help, when needed."

Ferris said Adam's unexpected death has been "incredibly difficult for everyone. It leaves a hole in our lives that will never be filled; all we can do is pad it so it doesn't hurt as bad. I know he was an organ donor, and I often think about how many families got that happy call while we were grieving."

Now, as the 5K race approaches, said Ferris, "I know that hundreds of people from all over the state are looking forward to it. Hopefully, this year's run will be the start of a tradition that not only will help raise funds for a good cause, but will give Adam's friends and family a chance to get together and remember him."



PHOTO COURTESY OF DAVID HAWN

WFCCA Celebrates

The West Fairfax County Citizens Association held its annual holiday party, Sunday, Dec. 12, at the home of Carol and David Hawn in Centreville's Old Mill community. Some of the guests included: (top row, from left) John Litzenberger and Jeff Parnes; (second row, from left) Carol Hawn, Jim Hart and Stephen Vandivere; (third row, from left) Ron Rabbu, Mark McConnell and Mark Malm; and (bottom row, from left) Judy Heisinger, Board of Supervisors Chairman Sharon Bulova, Glenda McConnell and Chris Terpak-Malm.

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A Family Volunteer Day
Monday, January 17, 2011
Shift 1: 10:30 a.m. – 12:30 p.m.
Shift 2: 1:30 p.m. – 3:30 p.m.
GMU - Fairfax Campus

Families of all shapes and sizes can volunteer at projects benefiting six local nonprofits - in the convenience of one, central location.

Spaces are limited and pre-registration is required at www.volunteerfairfax.org.

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NEWS

Bringing Back The Past

FROM PAGE 3

show.”

Portraying Scrooge's nephew Fred is senior Billy Baker. "He's a nice guy, in contrast to Scrooge," said Baker. "He really wants to have Scrooge over for dinner to have a nice time — because his mother loved Scrooge — but Scrooge is all 'Bah, humbug' about it." Baker said his role's interesting because Fred's so complex, with a wide variety of "emotions and motivations."

The audience will like the play, he said, because "It's such a staple of the Christmas spirit and tradition. And the returning graduates are really good and have had a lot of acting experience."

Junior Alex Johnson plays Fan, Scrooge's sister. "She's young and naive, loves Scrooge and is a genuine and good person," said Johnson. "It's a fun part because I get to work with both younger and older Scrooge, so it's cool to see what's going on in his head, in the past and present."

She, too, says the play will be terrific because "the actor playing Scrooge is fantastic. You can see his progression throughout the show, and the whole story is something everyone will enjoy."

BUSINESS NOTES

THURSDAY/DEC. 16

Networking Happy Hour. 5 p.m. Free. MidatlanticNetworking.com in conjunction with Greg Nerantzis of Merrill Lynch is hosting a Networking Happy Hour at Vintage 51 Restaurant and Brew Lounge. At 25031 Riding Plaza, Chantilly. This event is for anyone doing business in Chantilly and the surrounding area. Email Jay@MidAtlanticNetworking.com to reserve a seat. Call 703-722-2844.

Adaptive Methods, developer of advanced sensor systems, has been selected to receive grant funding for its Rapid Portable Biosensor technology research. The matching funds program was authorized under the Qualifying Therapeutic Discovery Project Program (QTDP) created by the Affordable Care Act. The QTDP grant program provides support for innovative projects by small companies that have been reviewed by the U.S. Department of Health and Human Services (HHS) and deemed to have the "potential to produce new therapies, reduce long-term health care costs, or significantly advance the goal of curing cancer within the next 30 years." The sensor technology, co-invented by Adaptive Methods' partners at the University of New Mexico's Health Sciences Center (UNMHSC) and Sandia National Laboratories (SNL), allows for the detection of bio-agents such as bacteria, viruses and toxins, at extremely low levels, in near-real time, and without the need for time-consuming sample preparation or costly equipment.

FAITH NOTES

Congregation Yad Shalom, located in Centreville, provides a variety of programs in a traditional format with a modern flair. It openly invites inquiries about participation in these special activities by the local community. There are a number of exciting activities for the family:

♦ Join the Congregation for a Friday night Shabbat service with Cantor Zucker on Dec. 17 at 8 p.m. at Little Rocky Run Community Center # 3.

♦ Enjoy dinner with the Congregation at Hunan Chef restaurant, 5085 Westfields Blvd., Centreville, on Saturday, Dec. 25, at 6 p.m.

♦ For more information and/or directions, contact the Congregation at 703-579-6079, or visit www.yadshalom.com.

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Not So Much "Fun" Anymore



By KENNETH B. LOURIE

Closer to "Minis" or "Bite Size" is more like it — and I don't like it, if you want to know my candy-eating truth. To what am I referring, specifically? I am referring to the "snack size" candy bars ("Items not for sale," in bags) most of us know and love, especially before, during and after Halloween and on through to the next Halloween when the eating/buying frenzy continues unabated to infinity (at least it does for me). Has anyone noticed the shrinkage in the size of M&M/Mars' brand "Fun Size" Milky Ways, Three Musketeers, Snickers and M&M varieties (my brand-area of expertise)? The "Fun Size" as they are still labeled, used to require two bites to finish — when I was in mixed company; alone, they were gone in just one bite, in my mouth, anyway. Now, however, one bite is sufficient — alone or in mixed company (and the ounces are less, too).

And as disappointing and inevitable as that shrinkage is, it's certainly not unique to M&M/Mars or "snack-size" candy bars. It appears to be a relatively common/recurring phenomenon among many pre-packaged items with which I'm familiar (not that I've done a study but I know what I buy): Half gallons (64 oz.) of Breyers ice cream are now 48 oz., bags of Utz potato chips have shrunk from 11.5 oz. to 10 oz., jars of the Classico pasta sauce have been reduced from 26 oz. to 24 oz., cans of Bumble Bee tuna fish I buy for my wife are now 5 oz. instead of 6, the 1 lb. bag of M&Ms are now 11.4 oz give or take (depending on the specific variety), bags of Oreo cookies (my formerly long-time favorite) which used to be 21 oz. are now as low as 15.25 oz (again depending on variety) and on and on. Moreover, not only is there shrinkage in the package/volume itself; where applicable, the individual items in those packages have been reduced as well. However, I wouldn't say this shrinkage has led to any reduction/discount in price. Hardly. From what I'm buying, mostly, I am definitely getting less and paying more.

But I am consuming less calories as a result; 80, to be specific (like it's a good thing, not an obfuscating thing), per this product anyway: according to the starburst featured prominently on the bag of Milky Way "Fun Size" candy bars whose recent purchase has inspired this column. So I really and truly am getting less for more. And why don't I consider that lower calorie number "Fun"? Because I consider it spin: telling me I'm consuming less calories; not because of any Earth-shattering, sugar-reformulating breakthrough but because there's less actual candy bar to eat (than in previous "Fun Size" bags). As Danny Glover ("Mal") said in Lawrence Kasdan's classic Western, "Silverado": "That ain't right. I'm tired of things that ain't right."

Consuming fewer calories, though, is not the reason I'm eating Milky Ways (or any number of other "Fun Size" bars with which I'm familiar). So no, it doesn't make me happy — or induce me in any future Milky Way-buying way. It's merely an attempt to veer me off my how-much-is-this-bag-of-candy-really-costing-me course. And, of course, I'm paying attention; I'm paying money, aren't I? I just don't eat indiscriminately without realizing how much — or how little of what's actually in the bag, is going into my mouth. This reduction in calories is, strictly speaking, nothing more than a reduction in value. And reduction in value during a struggling economy is hardly the thing from which legends — and new business are spawned, especially when most of us need more, not less. It's into this environment that M&M/Mars, among many others is instead providing the exact opposite: less for more.

Just remember, Mr. Manufacturer, consumer's dollars don't grow on trees anymore than sugar cane does (it's a "tall grass," actually; who knew?). And trying to sell me less value for more money is definitely going to reduce my calorie intake — to zero! From your products, anyway.

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

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21 Announcements 21 Announcements

OBITUARY



Arthur David Bendinelli, 70, of Centreville, passed away December 8th, 2010 at his home surrounded by his loving family.

Born October 12th, 1940 in Portsmouth, OH, he was the son of the late Rizzi and Anna Kageals Bendinelli. On July 3rd, 1998 in Centreville, he married the former Jeanette Lucille Hendricks, who survives.

Mr. Bendinelli was a Comptroller for PSP-Products for over 15 years.

Surviving besides his beloved wife of 12 years are one daughter, Elizabeth Bendinelli and her husband Andy Kanterman of Spokane, WA; one son, Robert "Bob" Bendinelli and his wife Karen of Warrenton; three step-daughters, Michele Spencer and her husband James of Centreville; Jennifer Stokes and her husband George of Centreville; Cynthia Smoot and her husband Terry also of Centreville; three sisters, Rita Reis and her husband John of Columbus, Ohio; Mary Ann Albrecht and her husband Bob of Mesa AZ; Angela Bendinelli-Kaskey of Chicago, IL; one brother, Richard "Bendi" Bendinelli and his wife Norma Jean of Portsmouth, Ohio; and 15 grandchildren.

The family will receive friends on Monday December 13th, 2010 from 6 to 8 p.m. at the Baker-Post Funeral Home & Cremation Center, 10001 Nokesville Road, Manassas. Funeral Services will be held on Tuesday, December 14th, 2010 at 11:00 a.m. in the funeral home chapel with Pastor Brett Andrews officiating.

Interment will be private and take place at a later date.

In lieu of flowers, the family requests memorial contributions be made to Capital Hospice, 10530 Linden Lake Plaza, Suite 200, Manassas, VA 20109.

Arrangements have been entrusted to the Baker-Post Funeral Home & Cremation Center under the direction of Michael Post. Please sign the guestbook at www.bakerpostfh.com.

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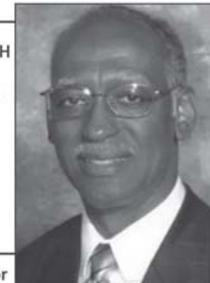
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