

Family, Friends Mourn Belter

Former School Board member dies at 67.

BY BONNIE HOBBS
CENTRE VIEW

For many people, New Year's Eve is a time of celebration. But for the family of former Springfield District School Board member Cathy Belter, it will forever be tinged with sadness.

With her husband Len by her side, Belter, 67, died early Saturday morning, Dec. 31, after battling Alzheimer's for several years.

"She received an early diagnosis of mild, cognitive impairment, about seven years ago," said Len Belter. "She was for

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From left are Cathy and Len Belter with grandchildren Bailey and Dean Shannon, in September 2009, after Len Belter participated in the Tour de Canal, the annual bike ride along the C&O Canal that raises money for the Alzheimer's Association. Its National Capital Area Chapter has now raised more than \$1.2 million for the fight against Alzheimer's.

Colleagues Remember Cathy Belter

BY BONNIE HOBBS
CENTRE VIEW

Cathy Belter is gone, but she's remembered fondly by friends and colleagues on the Fairfax County School Board.

Sully District School Board representative Kathy Smith knew Belter through her PTA work and from serving on the board with her. They shared some schools — Chantilly and Centreville High and their elementary feeder schools — and attended their PTA meetings together.

"We worked together well as a team," said Smith. "She was very thoughtful about kids and what was best for them. She was one of those really good people. When you saw Cathy, it made you smile. She always had positive things to say, and that's how she worked with the board, too."

When Smith first joined the board in 2002, Belter had heard concerns from the community about the way children were dressing in school. "So she pushed the board to develop a dress-code policy," said Smith. "She had a passion for education and a concern for children. And through her work on the PTA, she knew how important it was to have a strong, family/school partnership.

Regarding Belter's death at age 67, Smith said, "It's so sad; it's too young. She had such a spirit about her."

Fairfax's Janet Oleszek represented the

Braddock District on the School Board during Belter's second, four-year term, from 2004-08. And they were longtime, personal friends since then.

"I've always thought of her as a gracious and gentle lady," said Oleszek. "She looked for the civility in everyone and almost always got it. She was a pistol, but not harsh and aggressive. She was a consensus-builder, a listener and then a doer. She did it quietly, but was very determined. And she was my first ally, when I joined the board, in getting all-day kindergarten passed."

Calling Belter a well-rounded person, Oleszek said she was very religious and an advocate for the underserved in education. She believed in social justice and was active in SALT (Social Action Linking Together), a Catholic organization that helped people in need. Said Oleszek: "She saw it as her role, as a good Catholic, to make sure people were taken care of."

And likewise, Oleszek stood by her friend during her ordeal with Alzheimer's. "I've been in touch with Len and Cathy, the whole time, and had visited her a couple days before she died," said Oleszek. "We held hands and walked."

"It's tragic when someone that young is attacked by such a cruel disease," she continued. "I'm sad for us all because all the things she weighed in on and helped in the community have lost a great champion."

What's Ahead?

Resolutions, reflections and local expectations for 2012.

The Questions

Shortly before the end of the year, Centre View asked some local residents three questions:

1. What are your New Year's resolutions?
2. What were the most significant happenings in 2011 for you in your community?
3. What should residents watch for in the coming year — what will the top local happenings be in 2012?

The Answers

Gina Latcheran, Chantilly's Poplar Tree Estates community:

1. Get more exercise, get to know my options to downsize and move out of a single-family home and into condo living. Take more time for myself.



2. Making new friends in my community through Best Buddies. Finding The interPLAYcompany band at the Strathmore for my son to join. Joining the ranks of advocates for action and awareness for people with Down Syndrome in the realm of research and government policy and affairs.

3. Getting to know the candidates for president in ways to make an informed decision in the election process. Finding alternate routes to travel around the beltway and in our neighborhood to lessen the stress of traffic. Par-

ticipating in the Washington, D.C. Best Buddies Challenge in October 2012 and Special Olympics Virginia, and joining in the fun that leads up to the events that will help support friendships, exercise and jobs in our community for people with special needs and talents.

Lee Kaiser, counselor, Centreville Elementary:

1. My new year's resolutions are to be the best husband, father and school counselor I can be. I'd also like to get back into a regular gym routine and participate in another triathlon.



2. One of the most significant happenings of 2011 for me took place at the school where I work, Centreville Elementary. We make a concerted effort to create and maintain a very positive school climate where the focus is on recognizing the positive efforts and achievements of all students. Part of this effort included myself and our other school counselor making hundreds of phone calls to families, sharing their child's successes as observed by CES staff. This helps to build a strong, home/school connection and send the message that positive choices receive positive recognition.

3. Nothing jumps out for me in regards to what's coming up in 2012.

Michael Frey, Sully District Supervisor:

SEE RESOLUTIONS, PAGE 9

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NEWS

Family, Friends Mourn Belter

FROM PAGE 1

mally diagnosed with Alzheimer's in 2007, a few months before the end of her term on the [Fairfax County] School Board."

But in her typical, caring fashion, he said, she did what she could to help doctors solve the riddle of this as-yet incurable disease that affects so many people. According to the Alzheimer's Association, it's the sixth leading cause of death in the U.S. and the fifth leading cause of death for those 65 and older.

"For three years, Cathy took part in an experimental-vaccine trial at Georgetown University Hospital," said her husband. "Ultimately, it wasn't successful, but her brain is being donated to Alzheimer's research because people need to know about and be encouraged to do so."

The couple met over Labor Day weekend in 1963 in Manhasset, Long Island, before returning to college. Cathy went to Good Counsel College in White Plains, N.Y., and Len was about to start his senior year at St. Bonaventure in Olean, N.Y.

"A friend and I decided to drive up to the Catskills for an end-of-summer blowout," he said. "Cathy was there too, with a bunch of friends. But my friend danced with her all weekend and I danced with a girlfriend of hers."

However, Cathy had caught his eye. "She was a bubbly, cute, young woman who enjoyed talking," said Belter. "Three days later, at a dance bar in [her hometown of] Queens, I cajoled her into one date before I had to leave for college for several months."

The pair clicked and was married, three years later. Jan. 28 would have been their 45th wedding anniversary. They've lived in Springfield since 1970 and raised two children.

Daughter and son-in-law, Laura and Brian Shannon of Vienna, are the parents of their granddaughter, Bailey, 11, and grandson Dean, 8. Their son, Douglas Belter of Springfield, works in the restaurant business and is qualified in wine, spirits and beverage management.

"Cathy was a devoted wife and mother and a born leader," said her husband, a retired energy-law attorney. "She had tremendous energy and enthusiasm and could work countless hours in her volunteer work."

She was a full-time education activist for more than four decades, beginning as PTA president at Hunt Valley Elementary, where her children attended. She served two terms on Fairfax County's School Board, from 2000 through the end of 2007. She was also president of the Commonwealth of Virginia PTA.

And during her 10-year stint on the national PTA Board, she was education chairman and legislative



Cathy Belter holding her granddaughter Bailey in 2003.

vice-president — instrumental in creating the national PTA's legislative program. Cathy Belter lobbied, met with Congress and discussed funding priorities with members of the state Department of Education. She also wrote many articles and manuals and presented workshops on legislation, educational issues and parental involvement in 29 states.

For several years, she was a part-time librarian, first at the Richard Byrd Library and later at the Pohick Regional Library. "She loved to read to children in the schools," said Len Belter. "And at one time, she was president of the county Library Employees Association."

He said she also "took great delight" in shopping for Christmas presents each year for needy families through their church, St. Mary of Sorrows, in Fairfax. "Cathy was an inveterate volunteer," said Belter. "She could never say no when asked to do something."

She said yes, as well, to active sports. "I convinced her to go skiing, for the first time in her life, on our honeymoon," said Belter. "We then went on family ski vacations for 40 years in Colorado, Utah and New England. We also water-skied every summer in Fredericksburg at our second home at Lake of the Woods."

Cathy Belter still enjoyed many activities, until the last year, when the disease took a strong, downward turn. "She knew what was happening to her and was frustrated," said Belter. "I took care of her and encouraged her to be as active as she could and to take everything one step at a time. Her faith also helped her, and we spent a lot of time together."

The couple took a cruise to the Baltics, three years ago, and to Bermuda, two years ago, sharing as much happiness and joy together as they could. But as 2011 drew to a close, the foe proved overwhelming.

"I was a bit surprised at her sudden, rapid decline," said Belter. "I thought we had a lot more time."

She went into the Arden Courts assisted-living facility in Annandale on Nov. 1.

By the second week in December, her disease was quickly progressing and, six days after Christmas, she was gone.

Now, said her grieving husband, "It's a difficult and emotional time. I'm happy Cathy's in a better place and I've been busy with her funeral details, but it'll probably hit me more later on. I've been leaning on family and friends for support and have had hundreds of offers from people wanting to help, and it's very heartening."

He does have some advice for others, however. "Carpe diem [seize the day]," said Belter. "You never know how much you'll miss somebody until they're gone."

"I thought we had a lot more time."

— Len Belter, husband

Arrangements

A wake for Cathy Belter will be held Thursday, Jan. 5, from 1-3 p.m. and 5-8 p.m., at Fairfax Memorial Funeral Home, 9902 Braddock Road in Fairfax. A mass of Christian Burial will be said Friday, Jan. 6, at 10 a.m., at the Church of the Nativity, 6400 Nativity Lane in Burke.

It will be followed by a private, graveside service for family only. A reception in her honor will be held from 1-4 p.m. at the Springfield Golf and Country Club, 8301 Old Keene Mill Road in Springfield.

In lieu of flowers, memorial tax-deductible donations may be made to Alzheimer's Association at www.alz.org.



Virginia Run's Pat Shelton (in apron) checks things over while (from left) Westfield students Kyle Petrillo, Ross Wildey and Kirk Rogers prepare to load a family's bikes and gift bags.



ONC volunteers fill up an SUV with Christmas gifts for the female driver (in sweater) to deliver.

ONC Delivers Its Holiday Presents

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

On Sunday, Dec. 18, more than 200 volunteers either loaded up vehicles with Christmas gifts or helped deliver them to 633 local families via Our Neighbor's Child.



Westfield High junior and lacrosse-team member Kellan Peterson loads up an SUV.



From left: Westfield High seniors J.J. Hurst and Heather Wolfe collect each recipient family's tag containing its identification number, how many bags it's receiving, if it's getting bicycles and who's delivering them.



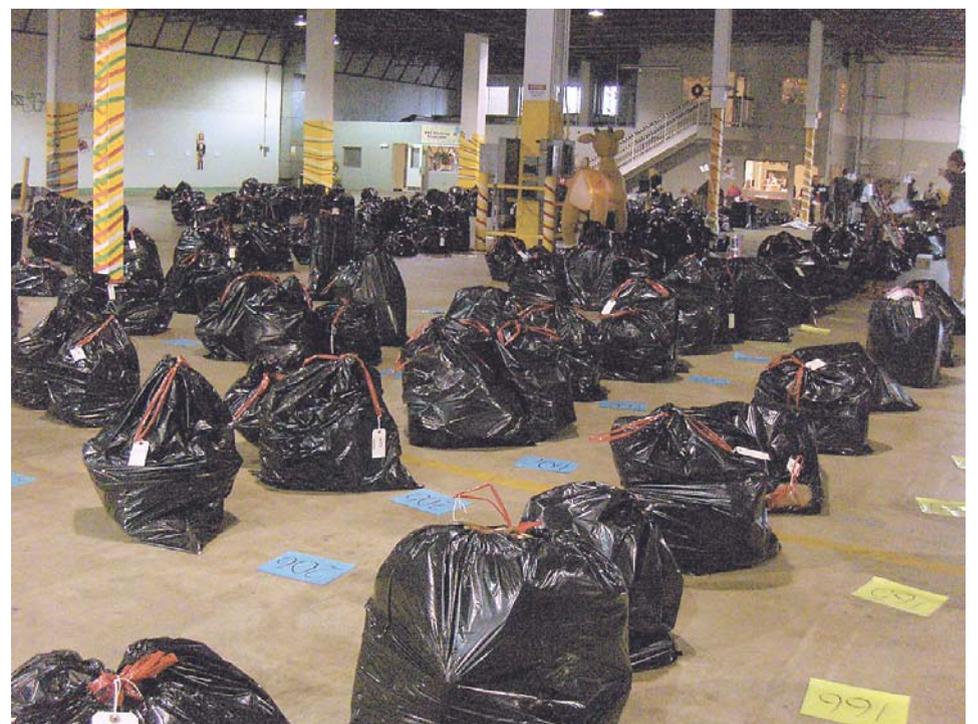
From left: Westfield students Drew Carinci and Tommy Stevenson get instructions from ONC volunteer Ross Lavin, a junior at ECU.



Virginia Run's Barbie and Andy Bigelow; son Jon, a Westfield sophomore; and daughter Clara, a Virginia Tech freshman delivered packages for 10 families. It's their fourth year doing so and, said Barbie Bigelow, "This is our favorite thing to do for the holidays."



ONC volunteers haul bags full of gifts to vehicles for delivery.



Some of the hundreds of bags full of Christmas gifts that ONC distributed to local families in need.

New Year, New Look, New McDonald's

Greenbriar institution demolished, rebuilt.

BY BONNIE HOBBS
CENTRE VIEW

The New Year's slogan is "Out with the old and in with the new," and one place it applies locally is the Greenbriar McDonald's. It was closed and demolished in September, was completely rebuilt and reopened Dec. 22.

A mainstay of the Greenbriar Town Center, the popular fast-food restaurant was

built in 1977 — some 35 years ago — and was the first McDonald's with a drive-through constructed as part of the original structure.

"The kitchen has already undergone four major remodels," said Oak Hill's Jim Van Valkenburg, owner of this McDonald's, plus two in Fairfax and one each in Fair Lakes, Centreville and Chantilly. "But it doesn't work well with the menu McDonald's has now."

The Greenbriar McDonald's was initially built to handle fewer and simpler offerings. Breakfast, for example, consisted of just Egg McMuffins, hotcakes and hash browns.

But over the years, many new items were added. And along with them, said Van

Valkenburg, "The number of condiments has exploded exponentially. Thirty years ago, we just used ketchup, mustard, onions, lettuce, cheese and Big Mac ranch sauce. But to get the variety of tastes and flavors the customers want, these days — and to prepare them in a timely manner — takes different equipment."

In the past, cooks just used a flat grill to make the food. But today's salads and chicken sandwiches require other equipment. In addition, sandwiches used to be made ahead of time; now, they're made as ordered.

Basically, said Van Valkenburg, customers demand more complex flavors now "and we want to accommodate them. Over the

past couple years, we added McCafe coffees, shakes, smoothies, frappes and frozen strawberry lemonade. And for the holidays, we offered peppermint mochas and hot chocolates."

Even in the dessert arena, McDonald's went from sundaes only to that plus ice-cream cones, McFlurries and cookies. So, said Van Valkenburg, the menu's always evolving — and all these changes and new ways of doing things necessitated modernizing and enlarging the physical space, too.

No longer will the kitchen be constrained because of its size and age. Instead, it's been enlarged and reconfigured with new, mod

SEE GREENBRIAR, PAGE 5

Eighth-period runners-up: Matt Louis, Rachel Dansey and Shannon Strittmatter. Lauren Kerns is at far left.



Chantilly Students Help Promote New McDonald's

The new, Greenbriar McDonald's features Chantilly High's school colors in its interior, so it seems only fitting that the students are also involved in promoting the restaurant's reopening.

Under teacher Shelley Gaffin, Chantilly Academy entrepreneurship students were tasked in November with creating an event to draw students and staff to the

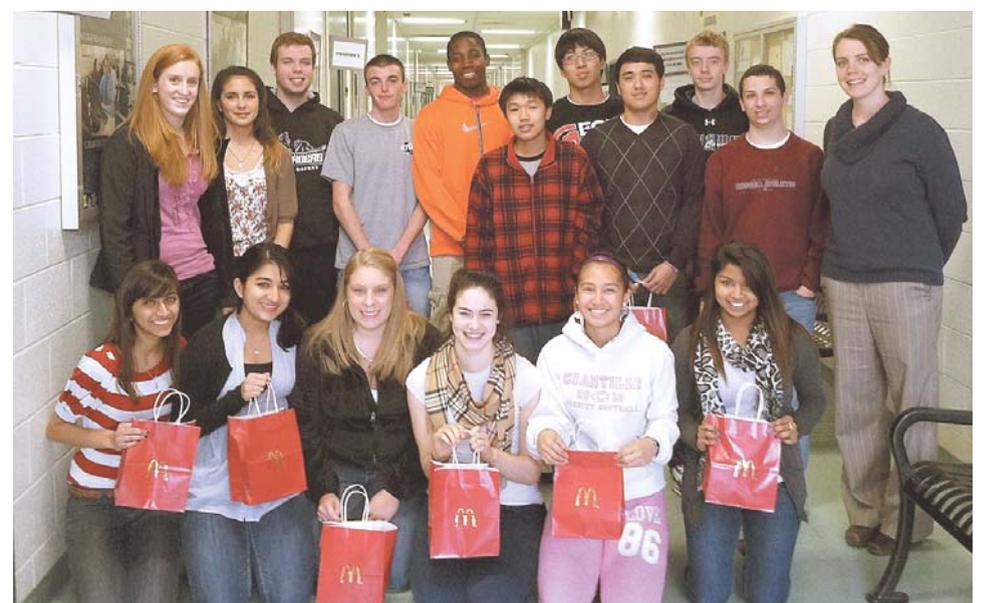
SEE CHS STUDENTS, PAGE 6



Winners (from left) are Jon Nenner, Drew Sandler, Erin Joyce, Manasa Pallapolu and Kelly Seibold. Lauren Kerns is at far left.



Fourth-period runners-up (from left) Jack Dargle, Casey Gittings, Ryan Carwile, Michael Gagne, Ahmed Zuwawa, Amir Banai, Sean Rogers, Josh Gordon and Mitch Phillips. Lauren Kerns is standing, far right.



Sixth-period runners-up (from left) Brenna Ferris, Nery Hernandez, Lucas Smoot, Hunter Ragsdale, Trent Pace, Harry Wang, Yu-Fu Chu, Mo Fashi, Joey Brueneman, Greg Ruvolo, Trishna Patel, Shibani Gautam, Hannah McCarthy, Leah Cantor, Danielle and Sabrina Hannan. Lauren Kerns is standing, far right.



PHOTOS COURTESY OF LAUREN KERNS

The newly rebuilt Greenbriar McDonald's reopened Dec. 22.

This is what the original, Greenbriar McDonald's looked like.

Greenbriar Institution Rebuilt

FROM PAGE 4

ern equipment and appliances. The entire restaurant went from 4,500 square feet to just less than 5,500. It also means an increase in the number of employees there from 70 to 80-85, plus an improvement in the drive-through experience.

"The original drive-through booth was just over 3 feet wide, so the employees were crammed tightly in there," said Van Valkenburg. "The new one is over 16 feet wide so it's easier for the crew to expedite the service."

Furthermore, in the old restaurant, employees had to walk across the counter to get to the McCafe equipment. In the modern McDonald's, it's contained within the new drive-through booth.

Previously, two people were crammed inside the narrow drive-through booth. One got the drinks and one handed the food outside the window. The new

restaurant has three people working inside a larger booth: One, taking the order; another, assembling it and returning with it; and one, presenting the order to the customer.

And best of all, said Van Valkenburg, there are two ordering booths. "We realized we could only take one order at a time here, before, and the McDonald's standard is two," he said. "Taking the order in the drive-through takes the longest time, so having two ordering booths will be more efficient."

In the seating area, instead of plastic-and-Fiberglas booths, there are aluminum chairs and contemporary design, laminate-top tables. And in homage to nearby Chantilly High, the restaurant's interior features a color scheme in the school's colors of purple and white.

While closed for construction, the Greenbriar

SEE GREENBRIAR, PAGE 6

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Greenbriar Institution Demolished, Rebuilt

FROM PAGE 5

McDonald's staff worked at four other McDonald's in the local area. "We didn't throw them out in the cold," said Van Valkenburg. "So we reopened with an experienced crew, instead of trying to train everybody from scratch."

He said this project's been in the pipeline since 2008, when it began with drawings and a review process. The contractor, Max Construction of Pennsylvania, has worked with McDonald's some 45 years and with Van Valkenburg about three decades.

"The whole intent is to increase business, give faster service and make things more convenient for our loyal, local customers," he said. "Before the building was demolished, one Greenbriar woman got one of the tables and four chairs." Van Valkenburg said they meant a lot to her because her senior-citizens group meets regularly at that McDonald's.

The new building was moved to the center of the parking lot and now has parking on both sides and in the middle. There are designated entrances and exits to the parking lot for smoother traffic flow. And of course, said Van Valkenburg, that restaurant's huge American flag has remained on site as part of its signature.

All the aluminum, glass and structural steel from the old building were recycled,



The restaurant's interior features Chantilly High's purple-and-white school colors.

PHOTO COURTESY OF LAUREN KERNS

and some parts of the new McDonald's will be LEED-certified. Said Van Valkenburg: "The new building has all LED lights, both inside and outside, so it'll be more energy-efficient."

The front counter is more streamlined now and has a totally different look. The inside menu board has more pictures and less words, and the outside ones rotate from breakfast to lunch and the rest of the day.

Along with McDonald's new look will come some special events. Ronald McDonald will visit Monday, Jan. 16, at 6 p.m., and a gala, grand-reopening ceremony is slated for Monday, Jan. 23, from 11 a.m.-1 p.m. Deejay Jimmy Alexander from Mix

107.3's Jack Diamond Morning Show will be on hand, and there'll also be face painting and giveaways. The first 200 lunch customers will receive free, commemorative Coke glasses.

"I'm very excited about our new building and so are the customers," said Van Valkenburg, who's owned the Greenbriar franchise since 1983. "Before it closed, they were asking how long the work would take and when it was going to reopen."

But, he said, two job superintendents were on site so the construction workers could work two shifts a day. Said Van Valkenburg: "We wanted to get this place back open as soon as we possibly could."

CHS Students Help Promote

FROM PAGE 4

newly rebuilt restaurant. Groups of students then presented their plans to Lauren Kerns, director of marketing for Van Management/McDonald's.

"We selected two winning groups that not only had exemplary presentations, but also provided fresh and exciting ideas for us to implement at our grand opening," she said. "So many groups had creative ideas that we hope to use, so I named a few other groups as honorable mentions."

One of the winning groups created a commercial as part of its presentation. It may be seen at <http://www.youtube.com/watch?v=64OeV-8DVzE&feature=youtube>, and McDonald's will run this video in the restaurant during the Jan. 23 grand reopening.

Entrepreneurship students are also creating a McCharger Week, Jan. 23-27, including a McSpirit Night at McDonald's on Jan. 25. The week's theme is "McCharger Week: Let the Hunger Games begin," a takeoff on the popular book, "The Hunger Games," which the entire faculty, staff and student body at Chantilly read last year. The school SGA plans to hold a spirit week at Chantilly, the same week, featuring "hunger games" during each lunch period.

— BONNIE HOBBS



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From left: Westfield High SGA members Mandy Abdollah, Shannon Grivas, Rachel Dougherty and Selena Clyne-Galindo pack cookies into boxes for Our Neighbor's Child.

Cookies, Cookies Everywhere

Students at Centreville and Westfield high schools brought in and packaged several thousand cookies for the families receiving Christmas gifts from Our Neighbor's Child.

PHOTO BY BONNIE HOBBS/CENTRE VIEW

Posing with the cookies they packed Dec. 14 for ONC is this group of Westfield SGA students. Some 120 students each brought in three dozen, homemade cookies for 4,320 cookies total.



Packing cookies Dec. 16 for Our Neighbor's Child are Centreville High SGA members (from left) Reagan Newell, Emma Lindsay, Mina Ghanbari, Sarah Mills and Jamie Condon.



Some 200 Centreville High students each brought in two dozen, homemade cookies for ONC for a total of 4,800 cookies. They also packaged 30 dozen cookies donated by a Girl Scout troop, plus a car-full contributed by someone representing a community center. Centreville SGA students also collected Christmas gifts for 28 local families, plus 3 and a half tons of food for the Capital Area Food Bank.

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New Year's resolutions? Go ahead, let's pledge to lose weight, exercise regularly, spend less, recycle, save and read more. The turn of the calendar really does provide an impetus to make small and large changes in the way we live.

One item to add to the list of resolutions is to get involved locally. Volunteer one time for one day, or give a few hours a week to something that interests you. Pick one place where you can make a difference. The experience will enrich you (and your family) as well, connecting you to the community in new ways. Making time for even a single volunteer effort communicates an invaluable message about your values to your children in a powerful way that words cannot match.

Most local nonprofits and church groups that provide emergency food and services for families in need are overwhelmed right now by the dramatic increase in demand for food, emergency help with rent to prevent homelessness and much more. See sidebar for some suggestions.

Volunteer Fairfax connects volunteers of all kinds to organizations in need of help, providing flexible weekend and evening opportunities including packing emergency food kits for families in crisis, tutoring adults in alternative learning programs, reading to elementary school children after school, socializing with seniors or planting trees to prevent erosion. Volunteer Fairfax will hold its annual Give Together: A Family Volunteer Day on Monday, Jan. 16, Martin Luther King Jr. Day, with focused events at the Herndon Senior Center, the Gum Springs Community Center, and at George Mason University. See www.volunteerfairfax.org.

The Arlington County Volunteer Office promotes civic engagement and active volunteer participation, coordinating volunteer opportunities from hundreds of non-profit and government agencies. Visit www.co.arlington.va.us and type "volunteer" into the search box.

The Alexandria Volunteer Bureau recruits and coordinates volunteers and matches their interests, skills and availability with the needs of service-providing nonprofit organizations

and public agencies. Visit www.volunteerallexandria.org.

The Literacy Council Northern Virginia is in need of volunteers who will devote several hours a week to helping adults master reading and writing skills; visit www.lcnv.org.

A Court Appointed Special Advocate (CASA) volunteer is a trained citizen who is appointed by a judge to represent the best interests of a child in court. CASA volunteers help children who will have their home placement determined in juvenile court. See www.casafairfax.org.

The Alexandria/Arlington Court Appointed Special Advocate (CASA) Program has helped hundreds of children have a voice within the court system. See <http://www.scanva.org/casa.htm>

Some other suggestions:

Get involved in state and national political campaigns. If the coming campaign season is anything like four years ago, presidential can-

didates will be crisscrossing Northern Virginia on a weekly basis soon. George Allen and Tim Kaine will be engaged in a very lively contest for Senate. Our U.S. representatives are also up for reelection. Volunteer for a candidate, with the League of Women Voters or with your local electoral board.

The public school or library closest to your house is also in need of volunteers. Homeowners associations need activists to learn about a variety of local issues and coordinate neighborhood response. Your church or house of worship could use a hand. In addition to their usual work, animal shelters and animal rescue groups are also over extended with families giving up pets due to the economy. Environmental groups like Audubon Naturalist Society and the Nature Conservancy offer many kinds of volunteer opportunities, as do local parks.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Where To Help

- ❖ Volunteer Fairfax, www.volunteerfairfax.org
- ❖ Our Daily Bread has been serving needy families in Fairfax County for 25 years. www.odbfairfax.com.
- ❖ Food for Others provides free food directly to people in need in Northern Virginia. The non-profit provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse. 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. www.foodforothers.com
- ❖ Ecumenical Community Helping Others (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. www.echo-inc.org.
- ❖ Lorton Community Action Center operates the Act II Thrift Shop at 9506 Richmond Highway, Lorton. Sales from the shop generate funds for LCAC and clients also shop there. While donations are welcome during store hours, visitors are asked to call first at 703-339-8611 before dropping off. www.lortonaction.org.
- ❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. 4114 Legato Road Suite B, Fairfax, VA 22033, 703-591-4968, cause-usa.org
- ❖ National Capital Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. www.capitalareafoodbank.org
- ❖ Western Fairfax Christian Ministries — food pantry at 13981 Metrotech Drive in Chantilly (near Backyard Grill and Bar). For more information or to sponsor a family, call 703-988-9656, ext. 105. To mail gift cards or send donations by check, add a note saying "food basket program" and send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. 703-988-9656.
- ❖ The Jeanie Schmidt Free Clinic, 13525 Dulles Technology Drive, Herndon, VA 20171, 571-235-3577. Last year, 139 community volunteers — nurses, nurse practitioners, and physicians — gave more than 1,300 hours of their time to see patients. jsfreeclinic.org.
- ❖ Habitat for Humanity of Northern Virginia, 703-521-9890
- ❖ Alternative House — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182, 703-506-9191. www.thealternativehouse.org.
- ❖ Reston Interfaith, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.restoninterfaith.org. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program
- ❖ SHARE of McLean seeks volunteers and donations. Checks and gift cards can be sent to: Share, Inc. PO Box 210, McLean, VA 22101. 703-284-2179. www.SHAREofMcLean.org
- ❖ LINK, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats, plus volunteers. Email Lisa Lombardozzi at LisaLombo@signaturecos.com. 703-437-1776 www.linkagainsthunger.org
- ❖ FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. People who are interested in volunteering can contact 703-865-4251 or volunteer@facetscares.org.
- ❖ Committee for Helping Others (CHO), Vienna 703-281-7614
- ❖ Fairfax City Area FISH (For Immediate Sympathetic Help), 703-222-0880
- ❖ Lamb Center, www.thelambcenter.org, Fairfax 703-691-3178
- ❖ Herndon-Reston FISH (For Immediate Sympathetic Help), 703-391-0105
- ❖ Northern Virginia Family Service, Oakton, 703-385-3267
- ❖ United Community Ministries, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, 22306

EDITORIAL



\$10,000 for Breast Cancer Research

A local pizza company offered a slice of hope this fall. During October, Paisano's Pizza helped raise \$10,000 for breast cancer research and awareness. Every Tuesday during October, Paisano's Pizza sold discounted pizzas. Two dollars from each pizza sold on Tuesdays was donated to the Susan G. Komen Passionately Pink Program for breast cancer research. Foad Qreitem, the president and CEO of Paisano's, said, "Paisano's Pizza wanted to do something to help end this disease. That's why we joined with Susan G. Komen's Passionately Pink program and we will be donating \$10,000 to Susan G. Komen." Paisano's Pizza has restaurants in Fairfax, Fair Lakes, Chantilly, Herndon, Tysons Corner, Falls Church, Crystal City, Springfield and Ashburn.

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A Connection Newspaper

Resolutions, Reflections and Local Expectations for 2012

FROM PAGE 1

1. Same one as every year — try to take care of myself and manage my health better.

2. Easy — my re-election. Also, the beginnings of the Sesquicentennial commemoration of the Civil War, and the passing of Lorenzo Vaughan, longtime Centreville resident and pastor of the Cub Run Primitive Baptist Church.

3. We all need to watch out for federal and state budget cuts and the impacts they have and the responsibilities they may require of local government; Fairfax County Executive Tony Griffin's retirement and the selection of the next county executive, and my Phillies winning another World Series!



John Litzenberger, Sully District Planning Commissioner:

1. To recruit more volunteers to help faith-based efforts in the local community, especially in the area of youth programs.

2. The most significant happening in the greater Centreville-Chantilly area was the overwhelming success of the pub-



The Questions

Shortly before the end of the year, Centre View asked some local residents three questions:

1. What are your New Year's resolutions?
2. What were the most significant happenings in 2011 for you in your community?
3. What should residents watch for in the coming year — what will the top local happenings be in 2012?

lic-private partnership for the artificial turf field at Westfield High School. The turf field has now been in service for one, complete school year and has been successful well beyond expectations.

The partnership of the Westfield Boosters (John Cleveland and Karen Duncan), the Chantilly Youth Association (Ralph Wills) and The Aerospace Corporation enabled a much-needed facility to be installed in the Sully District. In times of intense budget pressure, this is the best way to help our schools and youth programs.

3. Keep an eye on interest rates and local taxes. If they can both remain stable and not increase, the economy will continue to recover in Fairfax County. Efforts to broaden

the tax base should be a top priority for Fairfax County.

Beth Tweddle, Centreville's Virginia Run community:

1. Charge my children a dollar every time they say the word "like" during a conversation and take a trip to Costa Rica with the earnings.

2. Our Neighbor's Child celebrated 20 years of serving the community — now 2,300 children — from its humble beginnings out of a Virginia Run resident's garage.

3. Things to Watch in 2012: A. The result of two years of (former Centre Ridge Elementary teacher) Sean Lanigan fighting the School Board to be reimbursed for legal fees incurred while protecting himself against false accusations; B. Eric Knight, local swimmer, will be heading to the Olympic Trials; C. Will Virginia "return to red" in the upcoming election?

Mike Campbell, Principal, Centreville High:

1. Retire from Fairfax County and pursue a new career. Spend time watching my boys in college

2. Centreville Football in State Championship, gymnasium renovated,



new bleachers and new floor.

3. Two new turf fields for Centreville High School; Centreville graduation, June 19; and Centreville High Hall of Fame.

Jim Hart, At-Large Planning Commissioner and Board of Zoning Appeals member:

1. I don't worry about New Year's resolutions. Maybe next year?

2. The most significant Board of Zoning Appeals event locally in 2011 probably was the approval of Harvest Chinese Christian Church on Route 29 at Cedar Spring Road. That project will require some transportation improvements along Lee Highway.

From my Planning Commission perspective, we didn't see a lot of local development applications in 2011. The most significant ongoing project for me was the Planning Commission's Environment Committee's ongoing discussion with staff, citizens and industry, reviewing potential changes to the Green Building component of the Fairfax County Comprehensive Plan.

That project will continue in 2012. An amendment, if adopted, may help reduce energy consumption, protect water quality



SEE RESOLUTIONS, PAGE 12

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ENTERTAINMENT

TUESDAY NIGHTS

World-Class Jazz. 6 to 9 p.m. Paul Langosch on bass and Rick Whitehead on guitar. At the Copper Canyon, 5815 Trinity Parkway, Centreville. Call 703-830-6600 for reservations.

TUESDAYS AND THURSDAYS

Centreville Stitchers welcome adults who enjoy knitting, crocheting, or other needlework crafts and conversation. Join us at the Centreville Regional Library, 14200 St. Germain Dr., Centreville. Admission is free. Contact Jo at 703-803-0595 or email joknitter@verizon.net.

❖ Thursday, Jan. 12 – 1:30 to 3:30 p.m.
❖ Tuesday, Jan. 24 – 6:30 to 8:30 p.m.

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. Visit www.gozumbafun.com.

FRIDAY/JAN. 6

Swing Dancing. 9 p.m. to midnight. Admission is \$15. With the band, The Fabulettes. Drop-in 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, Herndon.

International Night. 7 p.m. Westfield High School celebrates its International Night with performances by Krisnia LaFuente, Bolivia; Viswaja Kaja and Lalita Kota, Southern India; Shilpa Gokhale, Lalitha Guruju and Ambica Kalburgi, Northern India; and Lidiya Kelsseya, Tezeta Mela and Maeza Tesfaye, Ethiopia. Two different and ancient musical instruments will be played by Alborz Shirms and Omid Khaksavard, representing Iran. Singing will be students Hari Kappipor, representing Southern India, and Valeria Sierralta, Peru. International food, plus hot chocolate, coffee, tea and water, will be served during intermission.

WEDNESDAY/JAN. 11

Preschool Fair. 10 a.m. to 12:30 p.m. MOMS Club of Centreville North is hosting a free Preschool Fair. Come and meet representatives from local preschools who will be prepared to answer questions. At 4900 Stonecroft Blvd., Chantilly. Visit www.centrevillepreschoolfair.webs.com

JAN. 13, 14, 20, 21

"A Chorus Line." 7:30 p.m. and matinees on Jan. 15 and Jan. 22 at 2:30 p.m. Tickets are \$10/advance; \$15/door. For this show, two disciplines — Dance and Musical Theatre — have collaborated to produce what should be a fine evening of entertainment. Performers represent 13 Fairfax County High Schools: Annandale, Centreville, Fairfax, Falls Church, Hayfield, Lake Braddock, Langley, Madison, Robinson, South Lakes, West Springfield, Westfield and Woodson. Contact amheininge@fcps.edu or by phone 703-219-2270. At Fairfax High School Academy.

FRIDAY/JAN. 13

Swing Dancing. 9 p.m. to midnight. Admission is \$15. With the Grandsons. Drop-in 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, Herndon.

SATURDAY/JAN. 14

BULLETIN BOARD

Do you like to sing? Have you been looking for a way to show off your voice in your own community in the new year? Then look no further! A community choir is coming to Clifton and needs people of all ages to join. This choir will be all about making music fun again! The music selection will range from folk to modern to pop, and all styles in between. Email Helen Santoro at helentsantoro@gmail.com for more info, including info sessions and starting dates.

Recovery Support Group. 12 to 1:30 p.m. Free. The National Alliance on Mental Illness (NAMI) is offering a free weekly recovery group for adults living with mental illness. At Chantilly Library conference room, 4000 Stringfellow Road, Chantilly. Contact Janette at 703-631-2410 or NAMINorthernVA@gmail.com.

The Stuart-Mosby Civil War Cavalry Museum at 13938 Braddock Road in Centreville is now open, Saturdays and Mondays, 10 a.m.-4 p.m. Still needed are docents and additional volunteers, plus people willing to donate or loan artifacts; call Don Hakenson at 703-971-4984.

The National Alliance on Mental Illness (NAMI) Northern Virginia Connections groups are free, bi-weekly recovery support groups for adults living with mental illness. 2nd and 4th Tuesdays 12-1:30 p.m. Chantilly Library (conference room), 4000 Stringfellow Road. Contact: Janette at 703-631-2410 or NAMINorthernVA@gmail.com

Senior Fall Prevention Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. Classes are held Tuesdays and/or Thursdays from 1:30-2:30 p.m.; Mondays and/or Fridays from 2-3 p.m. at The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax.

Fairfax Symphony Orchestra. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. With cellist Sergey Antonov. Glazunov's Chant du Ménéstrel, Haydn's Cello Concerto in C Major, and Shostakovich's Symphony No. 11, "The Year 1905." Free pre-concert discussion for ticketholders at 7 p.m. Tickets \$25-\$55. info@fairfaxsymphony.org.

SUNDAY/JAN. 15

Train Display. 1 to 4 p.m. The Washington, Virginia & Maryland Garden Railway Society will have a display of G gauge trains at the Fairfax Station Railroad Museum. Admission is \$3 for adults; \$1 for children. At 11200 Fairfax Station Road in Fairfax Station. Call 703-425-9225 or visit www.fairfax-station.org.

MONDAY/JAN. 16

Creating Beautiful Floral Arrangements. 7 p.m. Presented by Delores Rooney, flower show judge and designer at the Centreville Garden Club meeting. At Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Meetings are third Monday of the month. Visitors welcome. Visit centrevillegardenclub.blogspot.com or email centrevillegardenclub@gmail.com. Call 703-815-1722.

TUESDAY/JAN. 17

Encore Chorale Rehearsals. 11 a.m. to 12:30 p.m. For singers ages 55-plus. At the Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Contact Jeanne Kelly, conductor, at 301-261-5747 or email Jeanne.kelly@encorecreativity.org.

THURSDAY/JAN. 19

ESL Classes. Three levels: basic, intermediate, advanced. Register Thursday, Jan. 19 from 7 to 9 p.m. Cost is \$15; text book is \$25. Classes begin Jan. 24 through March 29; Tuesdays and Thursdays from 7 to 9 p.m. Two locations: Lord of Life Lutheran Church, Fairfax Campus, 5114 Twinbrook Drive, Fairfax; or Clifton/Centreville, 13421 Twin Lakes Drive, Clifton. Call 703-323-9500 or visit www.lordoflifefaith.org.

FRIDAY/JAN. 20

Swing Dancing. 9 p.m. to midnight. Admission is \$15. With the band, Natty Beaux. Drop-in 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, Herndon.

JAN. 20 TO 22

Home & Remodeling Show. Hundreds of experts will be offering tips and tricks during stage demonstrations and local business showcases. Tickets are \$7/online; \$10/door. Friday, Jan. 20 from 10 a.m. to 9 p.m.; Saturday, Jan. 21 from 9 a.m. to 9 p.m.; Sunday, Jan. 22 from 10 a.m. to 6 p.m. At the Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly.

SATURDAY/JAN. 21

Casino Night & Silent Auction. 7 to 11 p.m. Stop Hunger Now of Fairfax will host a Casino Night and Silent auction at the Chantilly National Golf and Country Club in Chantilly. The goal is to raise \$25,000 but silent auction items are still needed. They could be sports tickets, memorabilia, weeks in vacation homes, concert tickets, golf outings, gift certificates, etc. To donate an item for the silent auction, contact Lisa Hollen at hollens4@verizon.net.

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Angelic

As is the tradition, the kindergartners at Saint Timothy School stole the show during the annual Christmas para liturgy event. With their halos adorned upon their heads, the angels sang out “In a Manger.” The Christmas story was acted out by all the grades, with traditional songs, and a cast of characters including, wise men, Mary and Joseph, shepherds, King Herod and Angel Gabrielle.

CHS Junior ROTC ‘Exceeds Standards’

Chantilly High School Academy’s Air Force Junior ROTC instructors and cadets earned an overall unit assessment score of “Exceeds Standards” — the highest rating attainable during their formal rated unit evaluation by the Department of the Air Force on Nov. 9, 2011.

The purpose of the evaluation was to evaluate the performance of the Academy’s Air Force JROTC unit, and assess compliance with Public Law, Department of Defense and Air Force Instructions, and the written agreement which exists between Fairfax County Public Schools and the Air Force that governs the proper operation of the JROTC unit.

AFROTC Director, Colonel Chris



Chantilly Academy Air Force JROTC Cadets (right) demonstrate drill skills during their unit evaluation by Director of the AFJROTC, Colonel Chris Wheeler (far left).

Wheeler said, “Instructors, Lt. Colonel Lambert and Sergeant Wilks created a dynamic and supportive learning environment coupled with an excellent community outreach. The instructors provide outstanding leadership in administering the cadet centered citizenship program. The

Chantilly Academy cadets performed exceptionally well and took great pride in leading and accomplishing their unit goals. The Air Force Junior ROTC citizenship program at Chantilly Academy is making a positive impact on the cadets, the school and community.”

OBITUARY

Leisa M. Urrutia

Leisa M. Urrutia, 52, died Saturday, Dec. 31, 2011 at home with her loving family, friends and dog surrounding her after a brief but intense battle with lung cancer.

She is the daughter of Diane Wiltjer (Jim) of Pinehurst, N.C. and the sister of Laurie M. Conaty (Pete) of Sanford, N.C. She is survived by her children, Shelly and Raymond Urrutia of Fairfax, Va., her boxer Chester, an aunt, Barbara Arseneau (Danny) of Beaverville, Ill., nieces and nephews and a host of other family and friends. She was predeceased by her father, Byford D. Manley and her grandparents, Mona Baker and Lorraine and Alfred Arseneau.

She was a social worker investigator for County of Fairfax Department of Social Services and was recently presented an FBI award for her assistance in undoing a child pornography ring. She was passionate about animals and her children and had an irreverent sense of hu-



mor which will be sorely missed by all who knew and loved her.

Memorials may be made to the ASPCA at aspc.org “Donate Memorials” or the Lung Cancer Foundation of America at lcfamerica.org “Donations.”

A memorial service is being held in Northern Virginia at a later date.

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Resolutions, Reflections and Local Expectations for 2012

FROM PAGE 9

and increase sustainability of future construction locally.

3. Who knows whether any significant applications for local commercial or residential development will be filed in 2012? But even as we approach build-out, and despite the economy, we may see a few applications for new or expanded places of worship.

In the meantime, construction will continue in 2012 on the Fairfax County Parkway interchange at Fair Lakes Parkway (courtesy of federal stimulus dollars). Also, the widening of Route 50 will continue from Route 28 west to Poland Road. Both of those road projects may require a little patience from motorists.

Chuck Coffin, Centreville's Virginia Run community:

1. For 2012 and beyond, I plan to steadily increase my daily diet with an abundance of "Spiritual Food," i.e. reading, studying and meditating on God's Word in the Bible, because I know it's good for the mind, body and soul.



I also plan to serve others and to become the best grandfather I can for my grandson to be born in February in Coatesville, Pa. He will be my oldest son and daughter-in-law's (Taron and Maxine's) first child.

2. I participated in the official dedication and consecration services of Mount Olive Baptist Church on Sept. 17-18, 2011, after two years of worship services at Liberty Middle School and Centreville High. Additionally, it's been great to watch the building/expansion of several other churches in the Centreville community, in spite of the adverse economy facing our community, state and nation.

I fully recovered from a total knee-replacement surgery with the help of the staff at the Inova Physical Therapy Center, family, friends, neighbors and my faith.

I witnessed my youngest son, Lorenza, deliver the keynote address at the Chantilly Pyramid Minority Student Achievement Committee's Annual Youth Motivation and Academic Achievement Awards Program in June.

3. Since most of us have to venture out on the local roads, highways and I-66 on daily basis, I believe readers have to stay informed about VDOT plans, timetables and impacts for road improvement that will affect our ability to travel from Point A to Point B. There is a major study/plan underway for enhancing I-66 west of Vienna, to include extending Metrorail.

For me, I look forward to witnessing throughout the year the multiple seasonal themes, activities, animals, fun and fresh produce provided by Centreville's historic Cox Farms at Braddock Road and Pleasant Valley Road. I also love going to the annual Westfield High vs. Centreville High football game to see who will have local bragging rights. It is a very electric atmosphere ev-

The Questions

Shortly before the end of the year, Centre View asked some local residents three questions:

1. What are your New Year's resolutions?
2. What were the most significant happenings in 2011 for you in your community?
3. What should residents watch for in the coming year — what will the top local happenings be in 2012?

ery year. Go Bulldogs!

Jim Katcham, Chairman, West Fairfax County Citizens Association (WFCCA) Land-Use Committee:

1. While this resolution is one many people make, I commit to lose weight this year. So now, all of Centre View knows this and they can hold me accountable.

2. The earthquake was a significant event; even though there was no significant damage, it makes us realize that our area is not immune from such events. Hopefully, from this event, citizens, community and business organizations are considering and putting in place disaster-recovery plans to be ready for a real disaster.

3. I believe the most significant event for the year, both locally and nationally, will be the events leading up to the elections in the fall. I believe most citizens would hope for a process that focuses on real issues and not the negative campaigning typically seen — but I am not optimistic this will occur.

Stephen Vandivere, Centreville's Cabell's Mill community:

1. I don't usually make resolutions, but this time I have one. I resolve to do all I can to make the Centreville Labor Resource Center successful.

2. One community happening really stands out. The Centreville Labor Resource Center opened in December, after about 18 months of intensive research, planning and fund-raising, and with two talented and motivated staff and lots of volunteers.

3. First, will the completion of the Stringfellow Road project occur on schedule in 2012? Maybe. Second, major hotly contested election. Watch out for deceptive advertising on both sides.

Fouad Qreitem, Paisano's CEO and president:

1. My New Year's resolution for 2012 is to remember to make time for my family. Owning your own business is a 24/7 job and it can often take me away from spending time with my family. When I started my own business,



I made a commitment that I would work as hard as I could to have a successful business, but not at the expense of my family. Another resolution is to be even more involved in the community.

2. Since I started Paisano's, I have always felt strongly that I should give back to the local community. We are on our third year involved in the Chapter IV Police Unity Tour. One of the highlights of the year was hosting our first annual gala; we were able to raise over \$30,000. We are already involved in planning for the 2012 Police Unity Tour gala.

Receiving the Community Champion Award was a major highlight and the result of continual, community involvement.

This year, we partnered with Our Neighbors Child, for the first time. This organization helps local children in need have a merrier Christmas. With the help of our loyal customers, we collected over 300 gifts that were distributed to the children for Christmas.

3. In 2012, we expect to see at least five more Paisano's locations open in the Northern Virginia area. We hope to heighten awareness of the Police Unity Tour, as it is a very important cause and close to our hearts.

I believe that being in the D.C. Metro area, we can expect to see our local economy rebound, along with the housing market and a decrease in unemployment. And I think that the talk of 2012 will be metro, metro, metro.

Saharnaz Farivar, president, SF Design Group, Chantilly

1. Resolutions: Regardless of my business and community engagements, to remain focused on being as good of a mother for my sons, as young men, as I felt I was when they were boys. To serve my community more proactively than the year before and to reach farther. To double the size of my architectural and planning firm.



2. Joining the Dulles Regional Chamber of Commerce and, in June, accepting the position as chairperson of the Centreville Chantilly Chamber Committee. Proposing the agenda to our committee to pursue within 12 months, as follows:

Create Chantilly Day, to promote living with purpose, awareness and accountability. This is expressed in its tagline: "Remember Yesterday, Celebrate Today, Embrace Tomorrow," which this event will represent. I'm developing Chantilly Day's logo and branding. Plan Chantilly plazas to create a sustainable community with a sense of place, which is pedestrian and bike-friendly, including dedicated lanes for public transportation. At work, our projects doubled from the year before. We celebrated the 10th anniversary of the founding of SF Design Group, while organizing an exhibition of alternative habitats, presenting projects such as Disaster Relief Shelters by Shigru Ban, Super Adobe housing by Cal-Earth, WHEELY by Zo-Loft and Portable Village by SF Design Group.

I also authored a cookbook for cancer patients.

3. Chantilly Day will take place on Mother's Day weekend this year and the following years. It will be a great success for our community, our chamber and our committee. We will set the tone to be the best by taking actions that are absolutely required in order to create it. We will take it seriously, not easily. We hope our quest in creating the best environment for business, education, science, and research will be fulfilled and recognized by others regionally and globally.

I'm also leading our team at SF Design Group on developing the concept of Chantilly plazas. We're teaming up with interested real-estate and planning leaders of our community and will work closely with zoning officials to finalize the concepts. Upon completion, they'll be presented to the policy makers and to the public for its review, feedback and approval. Connecting Dulles Rail to Chantilly and Centreville will be included in the planning of the plazas.

ROUNDUPS

Donate to CIF

Officials of the Centreville Immigration Forum (CIF) are hoping local residents will remember their organization when considering their year-end, charitable donations. Two generous donors have provided a \$1,000 matching gift to double the value of contributions received until Jan. 6. Donations may be made online at www.centrevilleimmigrationforum.org. All checks must be payable to the nonprofit Virginia Organizing, with "CIF" on the memo line.

Carseat Inspections

Certified technicians from the Sully District Police Station will perform free,

child safety carseat inspections Thursday, Jan. 12 and Jan. 26, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed. However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. Call 703-814-7000, ext. 5140, to confirm dates and times.

Park Meeting

The Fairfax County Park Authority will meet Wednesday, Jan. 11, at 7:30 p.m., in the Herrity Building, 12055 Government Center Parkway, Suite 900 in Fairfax. Call Judy Pedersen at 703-324-8662.

Curry's Auto Service Inc. of Chantilly, which operates a service center at 4003A Westfax Drive, Chantilly, has been awarded the 2011 Angie's List Super Service Award, an honor bestowed annually on approximately 5 percent of all the businesses rated on the nation's leading provider of consumer reviews on service and health providers.

Fair Oaks Mall welcomes two new stores: Elite Jewelers and Love Culture. Elite Jewelers features high-quality jewelry designs and brand names at affordable prices. Specializing in 18-karat gold and platinum Italian handmade engagement and wedding rings, Elite Jewelers offers an extensive assortment of certified diamonds, colored precious stones, necklaces, bracelets, earrings and pearls. Love Culture has the latest styles for fashion-

conscious women at affordable prices. Inspired by independent, empowered and confident women and sporting the motto "When Girls Take Over," Love Culture features a huge selection of fashions and accessories, including clothing, jewelry, bags, sunglasses and more.

Want to improve one's communication skills? Be more effective in meetings? Get a point across more concisely? Then visit the TASC Toastmasters Club and learn how membership can help one succeed. Meets Wednesday afternoons from 11:30 a.m. to 12:30 p.m. at the Northrop Grumman Building, Conference Center Drive, Chantilly. Contact Adim Okwudishu at 410-227-0177 or Email: adimkris@gmail.com. Visit www.tasctoastmasters.org

FRIDAY/JAN. 6

Teen Zone. 2:15 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Wii, board games, and refreshments. Grades 7-12. 703-502-3883.

SATURDAY/JAN. 7

Practice Your English Conversation Group. 3:30 p.m. Centreville Regional Library, 14200 St. Germain Drive, Centreville. Conversation group for adults learning English. 703-830-2223.

Paws for Reading. 3 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Read aloud for a 15-minute session with a therapy dogs. Age 5-12. 703-502-3883.

MONDAY/JAN. 9

Afternoon Adventures: Origami Fun. 3 p.m. Centreville Regional Library, 14200 St. Germain Drive, Centreville. Learn the art of Origami. Presented by Raphael Jeu. Age 6-12. 703-830-2223.

ESL Book Club. 7 p.m. Centreville Regional Library, 14200 St. Germain Drive, Centreville. Adults learning English meet to discuss a book chosen by the group. Ask for title. Adults. 703-830-2223.

Budds to the Second. 3:15 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Book Buddies for Second Graders. Ask for title. 703-502-3883.

Teen Book Club. 7 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Book discussion group. Ask for title. For grades 7-9. 703-502-3883.

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Spiritual Development Courses: (8:45-9:45 AM)
Youth Sunday Morning Worship: 10:30 AM
(Rev. Bobby J. Ford Jr., Youth Minister)
Holy Communion (Third Sunday) 10:00 AM
Wednesday Prayer Meeting/ Bible Study and Spiritual Development Courses: 7:00 PM (Includes Youth Bible Study)



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WELLBEING

Keeping New Year's Resolutions

**A detailed plan
could make all
the difference,
experts say.**

BY MARILYN CAMPBELL
CENTRE VIEW



**Maria Londono, of
Chantilly, a mental health
therapist with Molina
Healthcare, Fairfax County
Health Care Network in
Alexandria, Reston and
Falls Church says that
setting small, realistic
goals is key to making
permanent lifestyle
changes.**

A recent poll by the Marist Institute for Public Opinion shows that increasing exercise, losing weight, quitting smoking and improving one's financial situation are among the most common New Year's resolutions, but more than 60 percent of people who make these promises fail to keep them. Mental health experts say impractical or undefined targets are among the top causes of resolutions without staying power.

"People set unrealistic and unattainable goals, get demoralized and give up," said Thomas N. Wise, M.D., director of behavioral services at Inova Health Systems and chairman, Department of Psychiatry at Inova Fairfax Hospital in Falls Church. Wise has studied addiction, habit change and obesity.

"Often, the bar is set way too high. You didn't become overweight overnight, so you're not going to lose the weight overnight," said Lisa Calusic, M.D., a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria.

A lack of specificity can derail ambitions. "People set abstract goals. [They say] 'I want to be healthier. I want to be thinner. I want to work out more.' But they don't have implementation plans," said Todd Kashdan, Ph.D., professor of psychology at George Mason University.

DONNA GRAMM practices Pilates regularly as part of her effort to stay in shape.

"I've been working out since college. It makes me feel good," said Gramm, a Potomac resident.

This month, however, she has more company in the exercise room. Each January, people who've resolved to get in shape or lose weight flock to gyms and health clubs. Gramm is not worried about the influx of fitness aspirants. She knows most will soon be gone. Her instructor, Reina Offutt Pratt, owner of Potomac Pilates, agrees.

"In January we see the largest spike [in class attendance], but a lot of the people we see come in January don't come back in February," said Offutt Pratt. "The gung-ho nature of their New Year's resolution starts to dissipate."

So what are the secrets to making New Year's resolutions a permanent lifestyle change?

"Set small, realistic and concrete steps towards making or improving a behavior," said Maria Londono, of Chantilly, a mental health therapist with Molina Healthcare, Fairfax County Health Care Network in Alexandria, Reston and Falls Church. "For example, lose weight by eating a healthy breakfast in the morning and exercising three times a week. [Begin] with 15-minute routines and increase to 30 minutes when [your] body is more used to exercise."

Be specific. "We have to have very clear behavioral plans for how we're going to implement [our goals]," said Kashdan who has studied and written about behavioral changes for the journal *Clinical Psychology Review*. "If you say you want to be more fit in the upcoming year, what exactly are you going to do in the course of a week?"

A SCHEDULE is also important. "Keeping track of what you want to change is the essence of following through," said Wise, who lives in McLean. "It is very easy to say, 'I'm not going [to the gym] today.' Before you know it, it's been two weeks since you've exercised. Having a regular schedule where you rarely miss it is the way to keep up with any kind of behavior modification."

Develop a support network. "Choose friends who respect the fact that you want to change. Choose people who look like what you want to become," said Kashdan who lives in Centreville.

Find ways to make behavioral changes enjoyable. "We encourage clients to exercise with friends," said Offutt Pratt. "Make it about friendship and socializing."

Create a plan that fits one's lifestyle. "Find something that is convenient and that you can do on a regular basis," said Wise. "If you work long hours, a complicated workout probably makes no sense, but jogging around [your neighborhood] might make sense."

**"Set small, realistic and
concrete steps towards making
or improving a behavior."**

— Maria Londono,
therapist with Molina Healthcare

Set up reminders and measure progress regularly. "Post notes for yourself," said Wise. "Let's say there is an outfit you want to fit into. Don't put it in the closet behind your other clothes. You put it in front to remind you."

Set short-term goals. "I encourage clients to set weekly goals rather than monthly or yearly goals and make themselves accountable on a weekly basis," said Offutt Pratt. "For example, 'I'm going to attend two classes on a weekly basis rather than saying, 'I'm going to attend 10 classes next month.'"

Shifts such as spending less money, decreasing debt, giving up smoking or limiting alcohol intake require the admission of a problem. "You can't change what you don't acknowledge," said Calusic, who lives in Arlington. "Unless someone decides for themselves that they have an

SEE RESOLUTIONS, PAGE 15

WELLBEING

Resolutions

FROM PAGE 14

addiction or habit that they want to change, it is not going to happen. Other people wanting them to change doesn't work."

Find substitutions for unhealthy habits. "If someone is used to drinking every day, there is a reason why," said Calusic. "Alcohol is

"If you say you want to be more fit in the upcoming year, what exactly are you going to do in the course of a week?"

— **Todd Kashdan, Ph.D., professor of psychology, George Mason University**

providing a crutch. You can't take it away unless you have something to replace it with [like] a hobby [such as] art, tennis or anything that can distract from the negative habit that they are trying to break."

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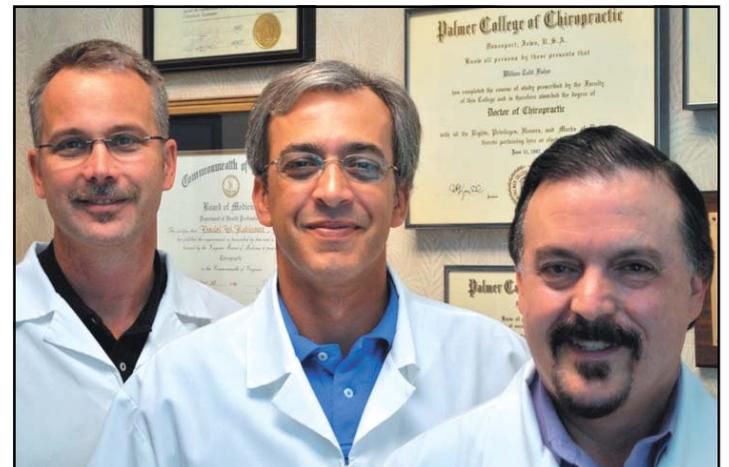
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Looking Ahead

Some resolutions, reflections and goals.

Jim Smith, head boys basketball coach, Chantilly High School

New Year's Resolution: My resolutions would be to make sure that I count and appreciate the many blessings that have been bestowed on myself and my children.

Most significant happenings of 2011: Our 2011 team was an outstanding team that came very close to having a truly special season. We finished 18-7 and lost four games on the final possession. We started five seniors and they were a great group to coach and work with. That group of seniors (John Manning, Jake Wiegand, Trey Huelskamp, Devin Ballam and Jamie Danehower) led us to a four-year record of 82 wins and 22 losses and won a district and a regional championship.

Looking ahead to 2012: Our team will be young and exciting and will continue to improve as the year goes on. We think the future is bright for the boys' program.

Kyle Simmons, head football coach, Westfield High School

New Year's Resolution:

❖ Improve my physical health. A combination of finishing my master's in July 2011 and taking the head job [at Westfield] has put my physical health in a concerning state. My goal is to show up for two-a-days [football practices] in August in the best physical shape I can be. Then my goal is to minimize the damage throughout the 2012 season so I don't have such a big hill to climb in 2013.

❖ Spend quality time with my family. The football season takes a toll on them too.



Chris Haddock, the Centreville High football coach, is aiming for his team to be successful on a yearly basis.

❖ Learn to use Facebook. I know little about it but I know the kids use it routinely and email has become obsolete with them. Texting is good but sometimes you want to be able to get information out that can't be done via text so Facebook may be another way for me to develop relationships and distribute information to my players. At least I think that is what Facebook can do. I guess I'll find out.

❖ Continue to develop relationships with my staff, players and colleagues.

Most significant happenings of 2011:

❖ I think my hiring as head football coach was significant because it kept it in the family. [Former Westfield head coach] Tom Verbanic and I shared similar philosophies and I think those philosophies have helped us have a successful football program. I am continuing that approach and just adding my own flavor. We have a culture here that has taken time and a lot of effort and all of that work will continue to be taken advantage of. I thought the transition went as well as could be expected and I credit Tom for a

lot of the work he did before he left for that smooth transition. I love when former players come back to visit us and they will continue to feel comfortable doing that with me being the head coach.

❖ Losing to Centreville in the Northern Region Championship was significant. It hurt then and it hurts now. There is one thing you always get when you don't get what you want, experience.

Looking ahead to 2012: We are going to be very young and inexperienced in 2012. This will be as good a year as there has ever been at Westfield for juniors and even sophomores to get playing time. The key to our success will be how hard does this group want to work between now and August and then how hard do they want to work between the first day of practice and the playoffs.

If they spend time together invested in a common goal anything is possible. A lot of the inexperience can be overcome if they come together as a team and play for one another. No matter what, we are going to play hard and have fun.

Pat Deegan, head girls' basketball coach, Westfield High School

New Year's Resolution: Try to do some volunteering in the community, get a little more exercise, and work on becoming a better person each day. Plus, not "riding" the officials as much — unless we are playing Oakton.

Most significant happenings of 2011: Most significant happening for me was going to Disney World with the team [in December] and upon getting out of the Space Mountain [ride], announcing that I have now grown too old to squeeze into the car more than once a day. Anything more than that requires a chiropractor's attention. In other words, realizing that I am now officially old.

Looking ahead to 2012: Key thing for our basketball team this season is for the players to realize that having a role on the team is not a bad thing. Once roles have

been identified, and people embrace them, we will become a very effective basketball squad.

Chris Haddock, head football coach, Centreville High School

New Year's Resolution: To be the best dad and husband I can be. My family is the most important thing in my life and taking care of them is paramount in my life. For our football team, we need to resolve to keep the bar high and continue to work to get better every day.

Most significant happenings of 2011: Winning the Northern Region Championship was the biggest thing to happen to our football team in 2011. The atmosphere was incredible and our kids played great. What a day!

Looking ahead to 2012: Next year our team will be young but better than most think. I really like our returning players and our lower levels were very successful. My goal when I arrived at Centreville was not to be good some years. We want to be good every year. Hopefully our players will understand that hard work and doing things the right way pays off if you work to achieve these things consistently.

Jim Bour, girls' volleyball head coach, Westfield High School

New Year's Resolution: Continue to be thankful for being a coach at Westfield High School!

Most significant happenings of 2011: We returned to the Northern Region tournament. Our continued improvement on the court: 2009 - six wins; 2010, 10 wins; 2011, 14 wins.

Looking ahead to 2012: Return nine players next season — three seniors, four juniors and two sophomores. We have a solid core group that gained experience this season [including] rising senior libero Jessica Turner (Honorable Mention All-Region, 1st Team All-District); rising senior middle blocker Julianne Abruzzo (Honorable Mention All-District); and rising sophomore outside hitter Grace Coleman (Honorable Mention All-District).

Mike Lalli, head football coach, Chantilly High School

New Year's Resolution:

(Personal Resolution) - Like many people I will resolve to try to work out more and lose some weight.

(Team Resolution) - Chantilly football resolves to be in better shape and be able to run with speed and great effort throughout an entire game.

Most significant happenings of 2011:

(Personal) - The most significant happening for me was the birth of my third child in March.

(Team) - As a football program it would have to be beating Stone Bridge to end their regular season unbeaten streak.

Looking ahead to 2012:

(Team) - Hopefully you will see a team committed to playing a fast, physical style of football that will demonstrate great heart and desire and never quit on a game regardless of the score or situation.



Westfield High football, under new head coach Kyle Simmons, reached the Div. 6 region finals this past fall season.

SCHOOLS



Books To Take Home

Brookfield Elementary School students were the grateful recipients of over 900 books, donated by Centreville High School's National Honor Society students. The CVHS Honor Society students, under the guidance of faculty sponsor Dr. David Campbell, partnered with Scholastic Books raising enough money to purchase new books for the Brookfield students to take home.

From left: Brookfield literacy teachers Susan Whalen and Jamie Stratford with Centreville High School students, Dr. David Campbell and Brookfield Principal Mary Miller. Centreville High School National Honor Society board members are Borahmie Chon, Jennifer Lee, Grace Jung and Adam Beaton.



SCHOOL NOTES

FRIDAY/JAN. 6

International Night. 7 p.m. Westfield High presents its International Night in the school auditorium. Performing traditional dances from their countries will be Krisnia LaFuente, Bolivia; Viswaja Kaja and Lalita Kota, Southern India; Shilpa Gokhale, Lalitha Guruju and Ambica Kalburgi, Northern India; and Lidiya Kelssey, Tezeta Mela and Maeza Tesfaye, Ethiopia. Two different and ancient musical instruments will be played by Alborz Shirms and Omid Khaksavtard, representing Iran. Singing will be students Hari Kappipor, representing Southern India, and Valeria Sierralta, Peru. International food will be served during intermission.

Fairfax County Public Schools teachers earned certification from the National Board for Professional Teaching Standards (NBPTS) in 2011.

The board-certified FCPS teachers, with their schools in parentheses, are:

- ❖ Kristin Cagle (Centre Ridge Elementary School);
- ❖ Barb Caley (Robinson Secondary School)

In addition, the following board certified teachers have renewed their board certification for an additional ten years:

- ❖ Nancy Holincheck (Chantilly High School).

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'Snow' Play
Caroline Preede and her mother, Laura Healy, play with "snow" that they made in Susie Garcia's first grade class at Lees Corner Elementary.



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CRIME

Activities reported by the Sully police department through Dec. 30.

ROBBERY

Two men robbed a 28-year-old woman working at the Royal Exchange store at 14513A Lee Jackson Memorial Highway just before 8 p.m. Friday, Dec. 23. The suspects fled with an undisclosed amount of cash. They were described as Hispanic, between 20 and 30 years old, with thin builds and their faces were painted. The victim did not require medical attention.

BURGLARY

A home in the 14300 block of Little Rocky Mountain Court was burglarized between 7:30 a.m. on Thursday, Nov. 17 and 1:30 p.m. on Friday, Dec. 16. An investigation determined there were no signs of forced entry and several items, including furniture, clothing and paintings, were missing.

BURGLARY

A home in the 14800 block of Hancock Court was burglarized between 9:16 p.m. on Friday, Dec. 16 and 6 a.m. the next day. An investigation determined entry was gained through an unlocked door and two laptop computers were missing.

BURGLARY

A home in the 15400 block of Eagle Tavern Lane was burglarized between 10 p.m. Saturday, Dec. 10 and 10:12 a.m. the next day. An investigation determined entry was gained through an unlocked door and money, liquor, cigarettes and a cell phone were missing.

INDECENT EXPOSURE

A man exposed himself to a 29-year-old woman inside the Fast Eddie's Sports and Billiards at 14114 Lee Highway around 7:40 p.m. on Sunday, Dec. 11.

LARCENIES

- 13600 block of Bent Tree Circle.** Money stolen from residence.
- 14700 block of Bentley Square.** Money stolen from residence.
- 5900 block of Fort Drive.** Wallet stolen from vehicle.
- 13600 block of Kincaid Place.** iPod and GPS units stolen from vehicle.
- 14100 block of Saint Germain Drive.** Cell phone stolen from business.
- 14600 block of Battery Ridge Lane.** iPod stolen from school.
- 6700 block of Bronze Post Road.** Jewelry stolen from residence.
- 4500 block of Daly Drive.** License plates stolen from vehicle.
- 4100 block of Lees Corner Road.** Tools stolen from vehicle.
- 13400 block of fMelville Lane.** Wallet stolen from business.
- 6700 block of Old Centreville Road.** Copper stolen from residence.
- 4600 block of Sand Rock Lane.** Holiday decorations stolen from residence.
- 5600 block of Stone Road.** Beer stolen from business.
- 4900 block of Stonecroft Blvd.** Cell phone stolen from residence.
- 5900 block of Centreville Crest Lane.** Wallet stolen from business.
- 12600 block of Chapel Road.** License plates stolen from vehicle.
- 5900 block of Havener House Way.** Scooter stolen from residence.
- 4300 block of Henninger Court.** Bicycle stolen from residence.
- 6100 block of Mountain Springs Lane.** Cell phone stolen from business.
- 4900 block of Stonecroft Blvd.** Wallet stolen from business.
- 5700 block of Union Mill Road.** Baby formula stolen from business.
- 13900 block of Winding Ridge Lane.** GPS stolen from vehicle.

VEHICLE THEFTS

- 13600 block of Water Springs Court.** Toyota Tacoma.
- 5600 block of Ox Road.** Toyota Corolla.
- 14200 block of Centreville Square.** 1998 Lincoln.

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"Scanxiety"



By KENNETH B. LOURIE

(With attribution to Ember Garrett from the San Diego, California Weber Shandwick satellite office.) The meaning being: the anxiety one feels waiting for, and awaiting the results of, a diagnostic scan. My particular cycle now occurs every four months for the CT Scan (of my upper torso/lungs) and every 12 months for both the full body Bone Scan (lung cancer spreads to the bones) and MRI of the brain (where the highest percentage of lung cancers' spread, 30 percent, most often goes).

Perhaps I don't know what I'm supposed to be feeling or am too clueless or naive about what symptoms I'm experiencing – or lack thereof, but diagnosis-to-date, I have felt very little that ever gave me pause. However, given the fact that I was basically asymptomatic immediately preceding my biopsy and subsequent diagnosis/prognosis, and a life-long nonsmoker to boot born into a family with no cancer history; not feeling anything one might consider worrisome: coughing, shortness of breath, difficulty breathing, etc. has not been as reassuring as some might think. In my case, nothing actually turned into something (my philosophy in life has always been: "It's nothing until it's something"). Ergo my discomfort. The less I feel, the more I worry. That's how this all started. Why/how can I expect it to finish any differently?

Now don't let me lead you completely astray; feeling something would be worse, presumably. But having felt very little so far, I can't say for sure how feeling something would compare. Maybe feeling something would provide an odd sense of comfort – and possibly even a sense of cause and effect. Feeling nothing however, contributes very little to the understanding of why and how an otherwise healthy, middle-aged male who never smoked a cigarette, cigar or pipe, never chewed tobacco, inhaled secondhand smoke or was exposed to asbestos or radon, was diagnosed with stage IV lung cancer, the leading cause of cancer deaths, with nearly 160,000 annually, 85-percent-plus of which are attributable to these causes.

So whatever is, or is not happening to me, becomes diagnostically clear only when a radiologist reads my scan and issues a report. Until I know those results, approximately two to three days after the actual scan occurs (and weekends don't seem to count), anxiety is the emotion of the day – and night, too. In this context, what you don't know does in fact hurt you – emotionally. And unfortunately, the longer you (I) live and the more frequently you experience this interminable wait, the easier it does not get. Familiar? Yes. But this kind of familiarity does not exactly provide comfort or relief. Nor does it – for me, breed contempt, as the old saying goes. It is what it is. I accept my circumstances. I accept the process. I understand there's no fault involved. It's simply what patients have to endure.

Ironically though, you want to endure this process for a long time. Because it means you're still alive – and kicking. But to think it gets any easier over that time would be, at least in my three years of living it, wrong. "Scanxiety" will be with you for the rest of your scan-taking life (women waiting for the results of their mammograms are well-acquainted with this feeling). I may get used to it, but I'll never get over it. Life-changing events are funny that way.

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

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