

CENTRE VIEW

NORTHERN EDITION

SEPTEMBER 6-12, 2012

25 CENTS NEWSSTAND PRICE



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

From left are Rocky Run students Briley Rickard, Fletcher Madsen, Patrick O'Shea and Austin Simmons.

Back to the Classroom

School begins again for local students.

BY BONNIE HOBBS
CENTRE VIEW

More than 181,000 students headed back to their classrooms Tuesday morning, Sept. 6, for the start of the 2012-13 school year. They toted backpacks, lunchboxes and assorted supplies and greeted the new year with varying degrees of enthusiasm.

ROCKY RUN MIDDLE

"I had a pretty good year as a seventh-grader, so I'm hoping to do the same as an eighth-grader," said Emily Dillard. "I'm excited to meet the new theater teacher and I'm going to have a new civics class this year. And I'm happy to be able to get volunteer service hours."

Classmate Hung Ho said he'd miss summer, but was looking forward to learning. And seventh-grader Lea Gwennap was excited about having swim practice after seventh period. Eighth-grader Briley Rickard was eager to participate in theater and take Spanish and Civics, and seventh-grader Fletcher Madsen looked forward to P.E. and "playing flag football and basketball."



Mom Young Soo Jeong with (from left) daughters Rachel, 7, and Christina, 8, outside Greenbriar East Elementary.

SEE SCHOOLS, PAGE 5

Lesson Plan For Success

Teachers are excited about the new school year.

BY BONNIE HOBBS
CENTRE VIEW

The bells have all rung and the students returned to their classes this week. But school started earlier for their teachers, who spent part of their summer working on lesson plans and readying their classrooms for the new school year.

POPLAR TREE

A teacher for two decades, Rob Thompson is in his 15th year teaching P.E. at Poplar Tree Elementary.

"I'm happy and excited about the start of school," he said. "I just enjoy this time of year — the energy of the kids and the fall weather; we can go outside for P.E."

"The kids love P.E., so they're positive about it," said Thompson. "They always want to run around, play games and sports and get their energy out, after sitting in their classrooms."

Librarian Cindy Uncles has been at the school since it opened in 1990; she taught fourth grade then and has been the librarian for 10 years. She, too, is glad when school begins. "I love the newness of everything," she said. "I can't wait to put out the new books and see the kids get excited about them."

SEE TEACHERS, PAGE 15



PHOTO BY BONNIE HOBBS/CENTRE VIEW

From left are Chantilly High special-education teachers Patti Caplan and Karen Beers.

PRSR STD
U.S. POSTAGE
PAID
MARTINSBURG, WV
PERMIT #86

Restaurant Fundraiser Benefits Best Buddies

Event scheduled for Sept. 16.

By BONNIE HOBBS
CENTRE VIEW

Piero's Corner Italian Restaurant will host a Best Buddies fundraiser Sunday, Sept. 16, at 5 p.m. for its busboy, Eric Latcheran of Chantilly, and his friend Ryan Gutkowski of Clifton. The restaurant is at 9959 Main St. in Fairfax.

Eric, 25, and Ryan, 24, have intellectual disabilities and are raising money so they may participate in the fun run at the annual Best Buddies Challenge, Oct. 20, in Washington, D.C.

They're co-hosting the Fairfax event with their moms, Gina Latcheran and Mary Jane Gutkowski, at the invitation of the restaurant's owner, Gian Piero Mazi, and its manager, Benny Geruardi. On Sept. 16, Piero's will donate a percentage of its food proceeds that night toward the cause.

Every year since 2007, when they met, Mazi has supported Eric and his advocacy for Best Buddies Virginia.

This year, their friend Bob Smith, former White House pianist, will perform during



From left are Benny Geruardi, Mary Jane Gutkowski, Gina Latcheran, Gian Piero Mazi, Ryan Gutkowski and Eric Latcheran.

the event on the baby grand, accompanied by both professional and aspiring singers.

"Eric is so proud of his job at Piero's and his friendship with Gian," said Gina

Latcheran. "Best Buddies is all about making local residents more aware and involved, as well as visible supporters in the lives of all the intellectually challenged in-

dividuals of all ages active in their community."

Best Buddies brings people with intellectual disabilities together with peer buddies in friendships that, one by one, are creating opportunities in schools — and, post graduation, in the community and workplace.

Eric and Ryan have been friends since they met in special-ed preschool at Poplar Tree Elementary in the early 1990s. Today, they still live 10 minutes from each other, are still friends and have been advocates for Best Buddies Virginia since their high-school days.

"Gina and I couldn't be prouder of them, and we credit Best Buddies Virginia with enriching their lives," said Latcheran. "Whether at GMU where Ryan's an intern in The Mason Life Program, or at Piero's Corner restaurants in Fairfax and Herndon where Eric works, Best Buddies has opened doors and created lasting friendships for both of them and their mothers."

Hoping for a good turnout for the Sept. 16 fund-raiser, Latcheran said, "Great food, great wine, great music and great friends will make it a memorable, Best Buddies evening."

To participate, diners just have to mention Best Buddies. Reservations are suggested; call 703-246-6097.

PHOTO COURTESY OF ADAM GOLDMAN

YOU ARE INVITED!

GRAND OPENING CELEBRATION - SEPTEMBER 8 & 9, 2012

CENTREVILLE BAPTIST CHURCH



BE SURE TO JOIN US AS WE OPEN OUR NEW 1200 SEAT WORSHIP CENTER AND MINISTRY SPACE!

SEPTEMBER 8 - 11:00 AM - 2:00 PM - OPEN HOUSE WITH TOURS, FOOD AND GAMES FOR KIDS!

SEPTEMBER 9 - 9:15 AM AND 11:00 AM - DEDICATION SERVICES 6:00 PM - SING OUT! OPENING CELEBRATION

WE HOPE TO SEE YOU THERE!

Centreville Baptist Church | 15100 Lee Highway Centreville VA 20120 | 703-830-3333 | www.cbcva.org



Chantilly's Matt Lilley (front) and his dad Clint peer inside a 1929 Ford.



This 1982 red Ferrari is owned by Centreville's John Miller.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Cool Cars In Clifton

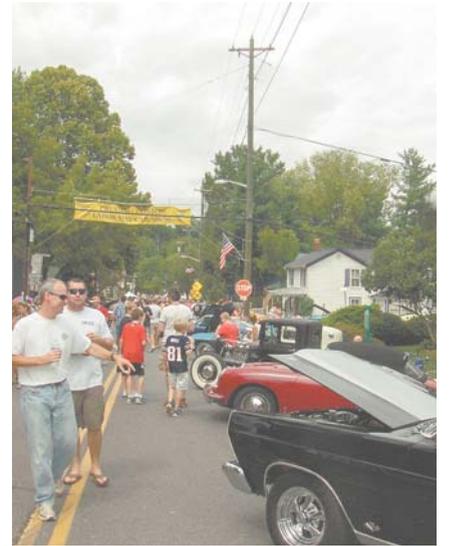
The 13th Annual Labor Day Car Show in Clifton was Monday, Sept. 3. All proceeds went to Life with Cancer and the Northern Virginia Therapeutic Riding Program.



Clifton's Laurie and Mark Waldron and son Conner, 7, inspect a 1930 Ford two-door.



A 1965 Shelby Cobra coupe.



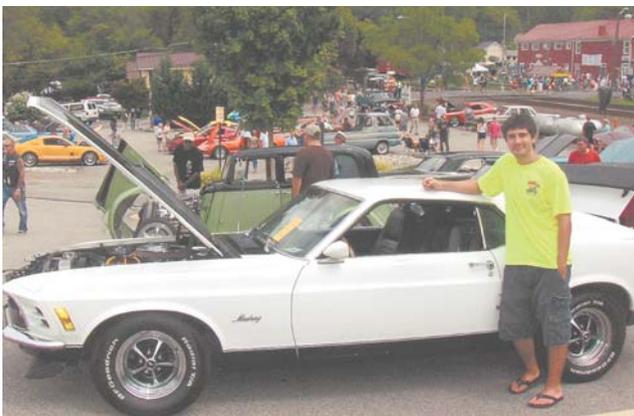
Attendees peruse the vehicles parked along Clifton's Main Street.



Phil Foss stands beside his 1930 Model A Ford. It was his first car; he's owned it for 50 years.



This shiny, blue 1996 Dodge pickup truck is open for inspection.



Chantilly's Matt Lilley stands by his 1970 Ford Mustang.



Cars line Clifton's Main Street.



A snazzy-looking 1932 Ford.

Got Power?

\$500 OFF
on Installation



Honeywell GENERATORS

Call today for your free in home estimate!
Don't be left in the dark...


Air Treatment Company
Cooling & Heating
Come home to comfort

Follow us on
 Twitter



turn to the experts 

 Find us on
Facebook

703-938-0550

www.air-treatment.com

NEWS



Fighting Fitness at Martial Arts Championships

On August 3-4, Master Dennis Brown held his 30th Annual U.S. Capitol Classics and China Open Martial Arts Championships in the Gaylord Hotel at the National Harbor Center. More than a thousand martial arts competitors from as far away as Kazakhstan participated in fighting, form, and weapon form competition. Chantilly's Fighting Fitness Martial Arts Center's athletes included: From left, Jake Ehrlich-1st southern form and short weapon (CO), 2nd continuous fight (CC); Jimi Wilson-1st continuous fight (CC); Tamara Wilson-1st form (CC); Coach Neil Ehrlich; Rohit Eyyunni-finalist continuous fight (CC); Sreekar Eyyunni-1st continuous fight (CC); Max Ehrlich-1st southern form and short weapon (CO), 2nd Chinese weapon (CC). Tamara Wilson took 1st place in her first tournament.

Back to School and Riding Lessons



NEW RIDER PACKAGE

Get 15% OFF when you purchase:

Riding Helmet, Paddock Boots and Breeches

The Clifton Saddlery's expert staff will assure that your new rider will have the perfect fit!

All three items must be purchased in the same transaction

Bring this Ad.....Offer expires 9/30/12



6319 Multiplex Drive
Centreville, VA 20121

Conveniently Located Near Sweetwater, Bonefish, Sears, Chipotle and the Centreville Multiplex!

Phone: 703-830-7200
www.cliftonsaddlery.com

Mon. to Sat. 10 - 8, Sun. 12 pm - 5 pm
customerservice@cliftonsaddlery.com

For All Your Furry and Feathered Friends!

- * Premium Pet Food and Supplies *
- * Full Service Tack Shop *
- * Home, Gifts, Apparel *

ROUNDUPS

Youth Group Volunteer Arrested

Fairfax County police have charged a church youth-group volunteer with two counts of aggravated sexual battery. He is James West, 23, formerly of Hope Park Road in Fairfax.

He wasn't a member of the paid staff of the King's Chapel Church, 12925 Braddock Road, but volunteered there for several years. However, police began an investigation after receiving a call from the parents of a 14-year-old who reportedly said that West had given him or her — and other teens — a massage. After questioning the teenager further, the parents learned of the alleged abuses and contacted police on Aug. 3. Police later arrested West and charged him on Aug. 31. They ask anyone with information to contact Detective L. LaBarca at 703-246-7810. Or call Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.



West

expect increased congestion throughout the week and build time into their schedules to accommodate for this traditionally heavy time period.

Police also remind drivers that, when bus lights and stop signs are activated, vehicles must stop in both directions, unless they are separated from the bus by a median. In 2011, officers issued 1,364 citations for speeding in school zones. They issued 364 citations for improperly passing school buses and not stopping for school buses with flashing lights.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 6 and Sept. 20, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Park Authority to Meet

The Fairfax County Park Authority will meet Wednesday, Sept. 12, at 7:30 p.m., in the Herry

Back-To-School Safety

Fairfax County police urge motorists to be extra vigilant for pedestrians and bicyclists, now that school is once again in session. Commuters should

SEE ROUNDUPS, PAGE 17

WWW.CONNECTIONNEWSPAPERS.COM



Returning to Rocky Run are (from left) Lizzy Carter, Taylor Fontaine, Megan Rice and Mary Hogan.



Rocky Run Principal Matt Eline listens to a student's question.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

School Begins Again for Local Students

FROM PAGE 1

Glad to be back at school was classmate Patrick O'Shea. "I'm ready to learn and excited about home ec and participating in the WWII oral history program," he said. Seventh-grader Austin Simmons said he couldn't wait to get his locker and take home economics and weight lifting.

However, classmate Sammy Hong, who transferred from a school in Fairfax, was nervous about meeting the other students and teachers. "I'm kind of afraid to change classes," she said. "But I'm looking forward to playing cello in the orchestra and writing in the Authors Club."

Walking into school together were eighth-graders Lizzy Carter, Taylor Fontaine, Megan Rice and Mary Hogan. Mary was excited about French class and lunch, and Lizzy was eager to start Tech Exploration class, using "computers and CAD drawing to plan stuff." Taylor missed going to the pool, but looked forward to English and being in Show Choir and the school plays. Megan was excited about science and 3D Art. Last year, she said, "They made 3D letters that stood up."

Seventh-grader Joseph Szczur, though, wished school were ending instead of starting, but admitted, "It feels kind of good to be in middle school."

Meanwhile, Principal Matt Eline held a big sign saying, "Ask me," and the students asked him where they should go and where to get maps of the school. "I love it when the kids come back," he said. "It's the best part."



Rocky Run students walk from their buses to the school.



From left are GBE students Erica and Nelson Coronado and Lamin Sesay.



GBE sixth-grader Alex Butali loves school.

Rocky Run's enrollment is 1,016 students, up from about 970 last year. And this year, the school is holding an Anti-Bullying Awareness Day, on Oct. 12, for the entire Chantilly Pyramid. "I'm ordering 12,000 purple wristbands saying, 'Stand by Me,' for every staff member and student to wear that day," said Eline. "This is one of our big initiatives this year, and the first step is to let people know bullying exists."

On Aug. 14, Rocky Run hosted an anti-bullying summit and created a 24-person task force of students, parents, staff, teachers and principals from elementary through high schools. "The FCPS Youth Survey said 80 percent of eighth-graders said they'd been bullied, the previous year," said Eline. "So it's a big problem and we're focused on it. People see bullying and don't help out, so 'Stand by Me' says that bystanders are an important part of helping resolve this issue."

GREENBRIAR EAST

At Greenbriar East Elementary, some parents walked their children to school; others came by bus and received stickers of their bus numbers as they arrived so they'd know which bus to get on to go home.

Young Soo Jeong brought daughters Rachel, a second-grader, and Christina, in third grade. Both girls looked forward to recess, going to the library and making new friends.

Lugging two bags of school supplies was sixth-grader Alex Butali, who especially likes gym and math. "I feel happy because I get to see all my friends," he said. "And it's the last year

SEE CLASSROOM, PAGE 14

ENTERTAINMENT

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

TUESDAY NIGHTS

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

WEDNESDAY NIGHTS

Men's Chorus. 7:30-10 p.m. Sing "Acappella" with the Fairfax Jubilaires men's barbershop chorus. Members of the Barbershop Harmony Society. At Lord of Life Lutheran Church (West), 13421 Twin Lakes Dr. Visit www.fairfaxjubilaires.org or contact Aaron Watts at 703-793-7166 or adwatts78@yahoo.com.

WEDNESDAY/SEPT. 5

CVHS Fundraiser. 6-9 p.m. Support the Wildcat Band at Tropical Smoothie, 14220-B Centreville Square, Centreville. Students are raising funds towards their spring trip and for band programs.

SATURDAY/SEPT. 8

How to Create Fresh Flower Bouquets. 10 a.m. Learn how to

arrange flowers into a display to bring a focal point and an artistic touch to any room. At Merrifield Gardens at Fair Oaks, 12101 Lee Hwy.

Home & Lifestyle Expo. 10 a.m. to 6 p.m. Fair Oaks Mall, immediately off I-66 at Route 50 (Lee Jackson Memorial Hwy). The Expo will feature more than 20 exhibitors focusing on products and services for residential buyers for use in and around the home in the fall and winter months. Free and open to the public. Visit www.ShopFair.Oaks.Mall.com or call 703-359-8302.

Consignment Sale. 9 a.m.-1 p.m. FCMOM Semi-Annual Consignment Sale at Chantilly High School Cafeteria (Entrance #11), 4201 Stringfellow Rd. 200+ families will be selling gently used clothing, shoes, toys, books for the whole family. Free. Cash and Checks Accepted. Visit <https://www.facebook.com/pages/Fairfax-County-Mothers-of-Multiples-Consignment-Sale/405509456163912>.

SUNDAY/SEPT. 9

CVHS Fundraiser. 9 a.m. - 2 p.m. Support the Wildcat Band at the car wash. Colonnade Shell Gas Station, 5784 Union Mill Rd, Centreville. Students are raising funds towards

their spring trip and for band programs.

Home & Lifestyle Expo. 11 a.m. to 6 p.m. Fair Oaks Mall, immediately off I-66 at Route 50 (Lee Jackson Memorial Hwy). The Expo will feature more than 20 exhibitors focusing on products and services for residential buyers for use in and around the home in the fall and winter months. Free and open to the public. Visit www.ShopFair.Oaks.Mall.com or call 703-359-8302.

SATURDAY/SEPT. 15

Build the Lawn of Your Dreams. David Yost, Merrifield Plant Specialist will provide the know-how to create a beautiful lawn. At Merrifield Gardens at Fair Oaks, 12101 Lee Hwy.

SUNDAY/SEPT. 16

New Programs. 1-4 p.m. Sully Historic Site will present two new programs to help visitors understand life in the 1700s when Sully was a plantation and home to Northern Virginia's first congressman, Richard Bland Lee. After a house tour, participants will sit in the historic east wing and fill in their own family trees using templates provided. \$8 per adult, \$7 per student, and \$6 per senior and

child. One grandparent is admitted free of charge with each family. Call 703-437-1794, or visit www.fairfaxcounty.gov/parks/sully.

MONDAY/SEPT. 17

GFWC-Western Fairfax County Woman's Club First Meeting. 7 p.m. In meeting room of the Total Wine store in the Greenbriar Plaza Shopping Center, 13055-C Lee Jackson Highway, Chantilly. Meet members, learn more about the Club and its programs, and a wine tasting. To register, contact Lucy Smith at 703-587-7543 by Sept. 14.

THURSDAY/SEPT. 20

Homeschool Days at Sully. 10 a.m.-1 p.m. Children will visit stations focusing on different aspects of daily life - the open hearth kitchen, schoolroom, games in the yard, slave life, and textiles. Hands-on fun and learning centers are designed to enrich the understanding of late 18th century life in Fairfax County. Children should bring a lunch and picnic on the grounds. This program is open to both groups and individuals. Reservations are required by Sept. 17. Call 703-437-1794. \$8 per child, \$4 per adult. Call 703-437-1794, or visit www.fairfaxcounty.gov/parks/sully.

SATURDAY/SEPT. 22

NAMI Walks Northern Virginia 2012! Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Check-in at 9:30 a.m. and start time at 10 a.m. The National Alliance on Mental Illness (NAMI) Northern Virginia is a non-profit organization that provides support, education, and advocacy programs for individuals with mental illness and their families. The walk is 1.5 miles long. Registration is now open for both teams and walkers. Visit www.namiwalks.org/NorthernVirginia to register.

"Rally for Roses." 1-6 p.m. The Potomac Rose Society and Arlington Rose Foundation will host the Colonial District Rose Show and Competition at Merrifield Gardens at Fair Oaks, 12101 Lee Hwy.

Irish Folk Festival. Noon-7 p.m. Free. The 17th annual festival will highlight performances from traditional Irish fiddle players direct from County Donegal, Ireland. There will be live traditional Irish music and dance at both the Sherwood Community Center at Van Dyck Park, 3740 Old Lee Hwy, and the Auld Shebeen Irish Pub, 3971 Chain Bridge Rd. Rain or shine. Visit www.ccepotomac.org or call 703-919-1031.

Communities of Worship
To highlight your faith community, call Karen at 703-917-6468

CENTREVILLE

THE CHURCH OF THE ASCENSION



Traditional Anglican Service
1928 Book of Common Prayer

Holy Communion 10 A.M. Sundays
(with Church School and Nursery)

Evening Prayer and Bible Study 7 P.M. Wednesdays
13941 Braddock Road, (north off Rte. 29) Centreville, VA
703-830-3176 • www.thechurchoftheascension.org



Sunday Services at Centreville Presbyterian Church



Loving Christ



Loving People



Serving the World

Sunday Worship with us:
8:45 & 11:00am
with Sunday School
at 10:00am

www.centrevillepres.com
15450 Lee Highway,
Centreville, VA 20120
703-830-0098



Centreville
PRESBYTERIAN CHURCH

Saint Andrew Lutheran Church

Sunday Worship: 8:30 a.m., 11:00 a.m.
Christian Education for All Ages: 9:45 a.m.
Adult Bible Study: Wed. 9:30 a.m.

*Our mission is to welcome all people,
to grow in our relationship with Christ,
and to serve the Lord*

Braddock Road and Cranoke Street
Centreville, VA 20120

www.saintandrewlc.org
703-830-2768

Centreville BAPTIST CHURCH

Worship Services
8:00 & 9:30 am Celebration Service
11:00 am Contemporary Service

Bible Study
9:30 am & 11:00 am

Something for Everyone!
Nursery through Elementary, Youth, College Age,
Singles, Men, Women, Adult Discipleship, Choir,
Awana, GoGo (Older adults), Bible Study Fellowship,
MOPS (Mothers of Preschoolers),
English Language Classes and Spanish Speaking Ministry

We're building... Come grow with us!

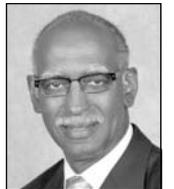
15100 Lee Highway, Centreville, VA 20120
703-830-3333 www.cbcva.org



Mount Olive Baptist Church
6600 Old Centreville Road, Centreville, VA 20121
Phone: 703 830-8769; Fax: 703 830-6718
www.mountolive-church.org
E-Mail: mtolive@mountolive-church.org



Rev. Dr. Eugene Johnson, Pastor



Service Times:
Sunday Morning Worship: 10:00 AM
Children's Church and Jr. Youth Church-
During regular Worship Service
Sunday School (9:00-9:45 AM/ All ages)
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)





At NexStar Nationals

Chantilly-based Creative Dance Center's Competition Team scored big at 2012 NexStar National Talent Competition Nationals that were recently held at the Sheraton Convention Center in Myrtle Beach, S.C. The Competition Team competed 84 dances over the course of five days of competition against studios from throughout the U.S. The results of their efforts brought home to Virginia a total of 14 national champion titles.

Sprinkler Douses Fire

Fairfax County Fire and Rescue Department units responded to an apartment fire, Tuesday, Aug. 28 at approximately 7:30 p.m. in the Fair Oaks area of Fairfax County. The garden apartment is located at 4104 Monument Court.

Firefighters reported an oil fire on the stove that had been extinguished by the 13R sprinkler system. The sprinkler was primarily responsible for extinguishing the fire. Firefighters checked for fire extension on the apartment of fire origin and adjacent units.

The two occupants were treated at the scene and transported to a local hospital with non-life threatening injuries. One adult and one child are displaced. Red Cross assistance was declined.

The cause of the fire was accidental. Unattended food on the stove caused the fire.

In light of the fire's cause, the fire department offers the following kitchen safety tips to local residents:

- ❖ Have a "kid-free zone" of at least three feet around the stove and areas where hot food or drink is prepared or carried.
- ❖ Wear short or tight-fitting sleeves

when cooking. Long, loose sleeves are more likely to catch on fire or get caught on pot handles.

❖ Keep things that can catch fire — such as dish towels, curtains or paper — at least three feet away from the stove.

❖ Do not leave cooking food unattended. If it's necessary to leave the kitchen, even for a short time, turn off the stove.

❖ Turn pot handles inward, facing the wall, to prevent burns caused by overturning or spills.

❖ Pot holders or oven mitts prevent burns when handling hot dishes.

❖ Regularly clean cooking equipment so it has no cooking materials, food items or grease accumulation on it.

❖ Always keep an oven mitt and lid nearby when cooking. If a small grease fire starts in a pan, put on an oven mitt and smother the flames by carefully sliding the lid over the pan. Turn off the burner. Do not remove the lid until it's completely cool.

❖ If there's an oven fire, turn off the heat and keep the door closed to prevent flames from burning people and clothing. Have the oven serviced before using it again.



Let **Western Federal Credit Union**
show you the *LOVE!*

GET **\$100** when you open a Checking Account today!*

- **FREE** Checking with ATM access
- **FREE** Bill Pay
- **FREE** Online Banking
- **FREE** Debit Card

Limited
time
offer!

GO TO: western.org/joinwesternfcu

Visit our new branch in Chantilly | 4084 Airline Parkway

\$100 is yours when you open a Checking Account. Western...where **FREE** still happens.

*Promotion valid until October 15, 2012 and subject to change without notice. Checking Account offer: Available to non members who open a Western Checking Account at same time as establishing membership. \$100 bonus will be deposited one business day after account opening. One Checking Bonus per member. Fees could reduce yield on accounts. Normal membership and checking criteria applies. Member will be responsible for all applicable taxes. Western employees, volunteers, and family members are not eligible. Western reserves the right to change the program rules at any time. Not valid with any other offer.

western.org | 877-254-9328



Registered To Vote at Current Address?

Oct. 15 deadline; encourage eligible high school and college students to vote as well.

It's a key question that must be answered by Oct. 15 in order to vote in this Presidential election: Are you registered to vote at your current address? Answering that question early, and voting early, will help ensure that your vote is counted and will contribute to a more orderly Election Day.

Check your registration status online at www.sbe.virginia.gov.

Voter turnout will be high, and unknown challenges from natural phenomena like earthquake or derecho lurk on Election Day. A significant percentage of the more than 700,000 registered voters in Fairfax County, more than 155,000 in Arlington and more than 140,000 in Alexandria will turn out to vote on Nov. 6. Four years ago in 2008, a record number of voters turned out at the polls, nearly 75 percent of registered voters across the Commonwealth.

If you can wrap your brain around the concept of voting "absentee in-person," you can vote starting Sept. 21.

EDITORIAL

BACK TO SCHOOL CIVICS LESSON

If there are high school students in your household who will be 18 by Election Day, encourage them to register and vote. Any person who is 17 years old and will be 18 years of age at the next general election shall be permitted to register in advance, according to the State Board of Elections. Parents should help their children see voting as a right and a responsibility, not something to be left to others. I've heard numerous voting age high school and college students express doubts about voting, mostly based on lack of confidence.

While college students are already away at college, they should also confirm their voter registration and vote absentee. If they will be at home anytime between Sept. 21 and Nov. 3, they can vote "absentee in person," and otherwise they can mail or fax a request for an absentee ballot and then mail or fax the ballot itself. For more, visit http://www.sbe.virginia.gov/cms/absentee_voting/index.html

ensure that the neediest children in our community receive the backpacks and school supplies they need to succeed in school. The program is made possible through a partnership with Kids R First, Fairfax County Public Schools, and the numerous community-based organizations and businesses in the Fairfax County area who are working to provide supplies in a more cost-effective and efficient way.

WFCM collected 1,729 backpacks which were delivered to 23 high schools, middle schools, and elementary schools in Fairfax

LOCAL VOTING INFORMATION

Alexandria Board of Elections
703-746-4050,
<http://alexandriava.gov/Elections>
132 North Royal Street, Alexandria, 22314;
FAX 703-838-6449; email
tom.parkins@alexandriava.gov

Fairfax County Board of Elections
703-222-0776,
www.fairfaxcounty.gov/eb/
12000 Government Center Parkway, Fairfax,
Suite 232, Fairfax, 22035; FAX 703-324-2205;
email voting@fairfaxcounty.gov

Arlington Board of Elections
703-228-3456,
<http://www.arlingtonva.us/vote>,
2100 Clarendon Blvd. Suite 320, Arlington, 22201;
FAX 703-228-3659;
email voters@arlingtonva.us

City of Fairfax General Registrar
703-385-7890,
<http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>
10455 Armstrong Street, Sisson House,
Fairfax, 22030;
FAX 703-591-8364;
email kevin.linehan@fairfaxva.gov

More information at <http://www.connectionnewspapers.com/news/2012/aug/28/how-register-vote-and-vote-early/>

County for students on the free and reduced lunch program. Last year, we provided 1,055 backpacks for students returning to school. This year, our goal was to help 1,500 students. We exceeded that goal by 15 percent. Thank you to our churches, businesses, and individuals for supporting our efforts.

Thank you to these churches, businesses and organizations for helping with the WFCM Backpack Collection: Access National Bank; Apple Federal Credit Union, Chantilly and Centreville Branches; Centreville Baptist Church; Centreville United Methodist Church; Chantilly Baptist Church; Chantilly Bible Church; Christ Central Presbyterian Church; Christ Presbyterian Church; Church of the Epiphany; Clifton Presbyterian Church; Fairfax Church of Christ; Junior League of Northern Virginia; King of Kings Lutheran Church; Korean Presbyterian Church; Lord of Life Lutheran Church; Mount Olive Baptist Church; Neustar, Inc.; New Life Christian Church; Ox Hill Baptist Church; Pender United Methodist Church; Philanthropic Education Organization (PEO); Quest Diagnostics; Saint Andrew the Apostle Catholic Church; St. Timothy's Catholic Church; Wellspring United Church of Christ, and WFCM individual donors.

Thank you especially to the many generous individual donors to WFCM who saw the need advertised on our website or in the local papers and dropped off backpacks at our offices, many of them who didn't give a name but just wanted to help. We love and appreciate you.

If you would like to learn more about Western Fairfax Christian Ministries' Backpack Program to help next year, contact Jennie Bush at jbush@wfcma.org.

Western Fairfax Christian Ministries

LETTERS TO THE EDITOR

Support for Needy Students Appreciated

To the Editor:

Because of the generosity of our churches, businesses, and individuals, more than 1,700 students will go back to school with the backpacks and supplies they need for success.

Western Fairfax Christian Ministries (WFCM) partnered with Collect for Kids (<http://collectforkids.org>) in a county-wide effort to

Hosting Blood Drive

One hundred and twelve Virginia Tire & Auto (www.vatire.com) customers donated 103 units of blood at the Fairfax-based provider of automotive maintenance, repair and tire services' first ever blood drive through a partnership with Inova Blood Donor Services. The blood drive was Monday, Aug. 27 at the Ashburn/Dulles (44285 Ice Rink Plaza, Ashburn) and Centreville (14611 Lee Highway, Centreville) facilities. Customers who donated blood received a voucher for a free oil change at any of its 11 locations (or \$30 off any service). Above, Mike Holmes, vice president of Virginia Tire & Auto, donates blood.



Newspaper of
**Chantilly / Fair Oaks
Fair Lakes**
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

**Published by
Local Media Connection LLC**

**1606 King Street
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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

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

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

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

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

Janis Swanson
Display Advertising, 703-778-9423
jswanson@connectionnewspapers.com

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

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

Editor & Publisher
Mary Kimm
703-778-9433
[@MaryKimm](mailto:mkimm@connectionnewspapers.com)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

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

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
[@TheismannMedia](mailto:jtheismann@connectionnewspapers.com)

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

A Connection Newspaper

NEWS

Kick Starting Fundraising Efforts

Bite Me Cancer Foundation raises awareness and research funding.

The Bite Me Cancer Foundation in Chantilly held its first two fundraising events to support its Teen Support Bag program and thyroid cancer research. Proceeds from the events totaled more than \$6,500.

The two events, a professional networking event held at the Reston Town Center's Vapiano Restaurant on July 25, and the "Take a Swing at Cancer" event held Aug. 12 at the Dulles Golf Center and Sports Park drew crowds and helped raise awareness for the young foundation formed in September 2010. Bite Me Cancer was founded to support teens fighting all cancers and raise awareness and research funding for thyroid cancer, the world's fastest increasing cancer.

The foundation's Teen Support Bag program is the brainchild of the foundation's 19-year-old founder, Nikki Ferraro, herself a teen cancer patient. Ferraro was diagnosed with a rare form of thyroid cancer in 2010 when she was a junior at Chantilly High School. Her experience with cancer treatment taught her that teens need a different kind of support than children undergoing treatment, and that was the impetus for the creation of Bite Me Cancer's teen support bag program.

Sponsors included Fun Company Events, Ameri-

can Systems, Curry's Auto Service and M&T Bank.

On Aug. 13, the day after the event at the Dulles Golf Center, Ferraro delivered 10 teen support bags to the Children's Inn at National Institutes of Health for teenagers staying there while in treatment.

The support bags contain a number of items to help teens pass the time and feel not so alone while they are in hospitals or undergoing treatment. Items include: a ball cap, deck of cards, iTunes gift card, candy, flash drive with an inspirational video message about Ferraro's own cancer journey, as well as other Bite Me Cancer items that promote the foundation's "Attitude is Everything" motto. Bite Me Cancer also has partnerships with the INOVA Fairfax Oncology Unit and Life With Cancer to distribute the bags. The foundation hopes to distribute these bags throughout the country.

Now a sophomore at James Madison University, Ferraro is studying marketing and hopes to grow the foundation's resources so that she can reach more teens who are battling cancer.

Thyroid cancer is the fastest increasing cancer in the country, so Ferraro wants to also support thyroid cancer research grants.

For more information about the Bite Me Cancer Foundation, visit www.bitemecancer.org.

We love A+ Smiles!

- Orthodontics for Children and Adults
- Complimentary Consultation
- 16 Combined Years of Experience
- Invisalign®/ Invisalign Teen Premiere Provider
- No Referral Necessary
- No Interest and Low Interest Payment Plans Available
- Members American Association of Orthodontists



MILLER Orthodontics



6101 Redwood Square Center
Suite 305
Centreville, VA 20121
703-818-8860
www.millerorthodontics.com



Juliana Miller
DDS, MSD



Ann-Colter Cheron
DMD, MSD

ALEXANDRIA KING STREET

Art Festival

10th Annual

Getting Here is Easy!
Take the Metro, Water Taxi or FREE Trolley!

Howard Alan
EVENTS, LTD.
America's Best Art Shows

ArtFestival.com

Over 200 Juried Artists
Paintings, Sculpture, Photography, Pottery, Glass and More! Plus Hands-on Art Activities and Demos!

September 8 & 9
10 a.m. - 7 p.m. Saturday
10 a.m. - 5 p.m. Sunday
Historic Old Town Alexandria
King Street between Union & Washington streets

Enter to Win
An Artful Getaway
Details online or stop by the Alexandria Visitors Center at 221 King Street

Sponsored By:

Virginia
Alexandria
SHOP, DINE & CELEBRATE
VisitAlexandriaVA.com

FOLLOW US

CREATE A BEAUTIFUL LAWN

MERRIFIELD'S EXPERT ADVICE AND CUSTOM LAWN PRODUCTS

Grass Seed Blends • Lawn Fertilizers • Fresh Sod

Stop by and talk to our Lawn Specialists today!

NOW ARRIVING...

Beautiful Trees and Shrubs from our elite growers across the country

Mums • Pansies • Fall Annuals

Holland Bulbs • Fall Vegetable Plants

This Week's Special

ALL IN STOCK ORNAMENTAL GRASSES

25% OFF

Good 9/6 - 9/12/12

MERRIFIELD'S FREE SEMINARS BEGIN THIS WEEKEND

Saturday, September 8 at 10 am

Merrifield - FALL LAWN CARE

Fair Oaks - CREATING FLOWER BOUQUETS

Gainesville - ATTRACTING BIRDS AND BUTTERFLIES

Full schedules available in our stores & on our website!

Merrifield GARDEN CENTER

Hours: Mon. - Sat. 8 am - 8 pm • Sun. 9 am - 6 pm

merrifieldgardencenter.com

Merrifield • 703-560-6222
8132 Lee Hwy., Merrifield, VA

Fair Oaks • 703-968-9600
12101 Lee Hwy., Fairfax, VA

Gainesville • 703-368-1919
6895 Wellington Rd., Gainesville, VA

Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



1 10083 Daniels Run Way, Fairfax — \$880,000

**July 2012
Sales in
\$800,000s**



2 12406 Clifton Hunt Drive, Clifton — \$865,000



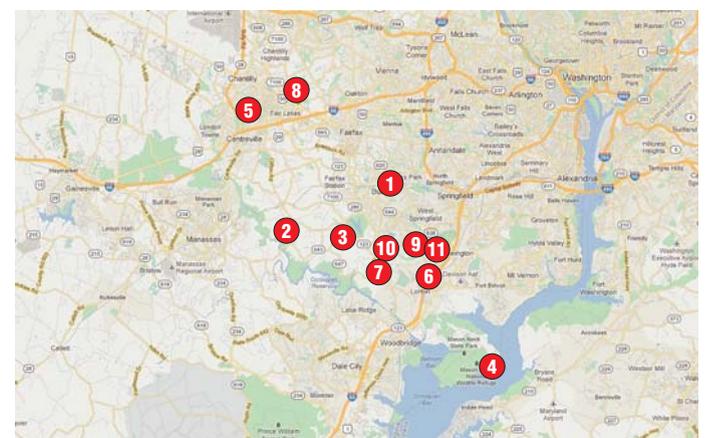
3 10700 Henderson Road, Fairfax Station — \$860,000



5 4823 Autumn Glory Way, Chantilly — \$850,000

Address BR FB HB .. Postal City Sold Price ... Type Lot AC . PostalCode Subdivision Date Sold

1	10083 DANIELS RUN WAY	4	4	1	FAIRFAX	\$880,000	Detached	0.13	22030	FARRCROFT	07/16/12
2	12406 CLIFTON HUNT DR	4	4	1	CLIFTON	\$865,000	Detached	5.00	20124	CLIFTON HUNT	07/27/12
3	10700 HENDERSON RD	5	4	1	FAIRFAX STATION	\$860,000	Detached	2.00	22039	BURKE LAKE CLUSTER	07/03/12
4	6021 RIVER DR	3	2	1	LORTON	\$850,000	Detached	0.85	22079	HALLOWING POINT RIVER	07/24/12
5	4823 AUTUMN GLORY WAY	5	5	1	CHANTILLY	\$850,000	Detached	0.39	20151	THE HUNTER PROPERTY	07/10/12
6	8891 RHODODENDRON CT	5	4	1	LORTON	\$825,000	Detached	0.32	22079	LAUREL HILL	07/06/12
7	8602 WOODWREN TER	5	3	1	FAIRFAX STATION	\$820,000	Detached	0.36	22039	CROSSPOINTE	07/31/12
8	12273 HARBOR TOWN CIR	4	4	1	FAIRFAX	\$815,000	Detached	0.19	22033	FAIR OAKS CHASE	07/25/12
9	8301 COVINGTON WOODS CT	5	5	0	SPRINGFIELD	\$805,000	Detached	0.22	22153	COVINGTON WOODS	07/16/12
10	8001 BRANDT CT	6	5	1	FAIRFAX STATION	\$805,000	Detached	0.29	22039	BARRINGTON	07/17/12
11	8305 COVINGTON WOODS CT	5	4	1	SPRINGFIELD	\$800,000	Detached	0.21	22153	COVINGTON WOODS	07/02/12



© Google Map data

COPYRIGHT 2012 REAL ESTATE BUSINESS INTELLIGENCE. SOURCE: MRIS AS OF AUGUST 16, 2012.



Northern Virginia Community College runs summer camps as part of its SySTEMic Solutions program.

\$1 Million to SySTEMic Solutions

General Assembly provides funding over next two years towards science and technology courses.

BY ERIK HEANEY
CENTRE VIEW

Despite high unemployment rate, many companies in the technology and research industries have unfilled positions because they cannot find enough skilled workers. In response to this maldistribution of skills, the General Assembly plans to commit \$1 million over the next two years to expand Northern Virginia Community College's SySTEMic Solutions program.

The ultimate goal of the program is to encourage K-12 students to study science, technology, engineering, and mathematics (STEM), earn a two-year or four-year degree, and become employed by a technology company. Since its inception nearly three years ago, over 1,000 students have entered into the "pipeline," a term used to describe the education-to-occupation goal.

The \$1 million commitment will help expand the program into Alexandria, Arlington, Fairfax and Loudoun school districts. It is estimated that by 2015, 3,000 students will be in the SySTEMic Solutions pipeline.

Students in Prince William County, Manassas, and Manassas Park have been introduced to the sciences early. Engineers from local technology companies such as Aerojet and Micron Technology come into those elementary school classrooms and show students dry ice and have them make lemon-powered batteries.

"What we're really hoping is to catch you before you're in high school," said Amy Harris, director of NOVA's SySTEMic Solutions.

Additionally, the program offers extracurricular activities and summer camps. In elementary schools, students can participate in an after-school robotics team called First Lego League. There are middle school and high school teams as well, so that the program can continue to make STEM fun and en-

gaging. This past April, a Manassas Park Middle School team qualified and participated in the World VEX Robotics tournament in Anaheim, Calif.

"Students are making connections with what they are learning in robotics and what they are learning in the classroom," said superintendent of Manassas Park Public Schools, Bruce McDade, in an email, "plus, in order to be a part of the program, students must be successful in the classroom, so the program serves as a great motivational tool as well."

In high school, students are then given STEM counselors who help with course selection, study skills, extracurriculars, and preparation for college. Students are also visited by engineers and researchers, who give additional advice about colleges and careers. Finally, when they are enrolled in George Mason University or NOVA, students have access to internships.

But SySTEMic Solutions hasn't just benefited public schools. The program has been a boon to local technology and research companies, who are dependent upon a highly skilled workforce and recognize the lack of STEM funding. Corporate partners, which include Micron Technology, Aerojet Corporation, Insystech, and Lockheed Martin, help fund programs and educate students about job opportunities.

For nearly three years, Aerojet has contributed \$45,000 towards SySTEMic Solutions. "We do this because this could be our future workforce," said Wanita Garcia of Aerojet, "we recognize that our school systems need assistance from industries."

SySTEMic Solutions is a part of a greater effort for NOVA to collaborate with local companies to better prepare students for employment. Micron Technology has used NOVA educators in 2005-6 to retrain their workforce after automating one of their semiconductor factories.

Most students in the program are first generation college-goers, and many of them come from moderate or lower income families.

Both educators and engineers seem to agree that further funding in STEM will help reverse the negative economic trends. "We need to prepare our students for the opportunities that exist, and will only magnify in the future, in our very own backyard," said McDade. "We need well-qualified students to make our workforce strong so that we may compete in the global economy."



Falls Church Showroom
800 West Broad Street, #101
Falls Church, Virginia 22046
571.765.4450

Manassas Showroom
8982 Hornbaker Road
Manassas, Virginia 20109
703.378.2600



KITCHENS | BATHS | ADDITIONS
Contact us at info@nvsrd.com



Swann Daingerfield Penthouse \$725,000

A rare opportunity to live in the heart of Old Town, Alexandria. The elegant, historic Swann Daingerfield condominium has a spacious 20 ft x 13 ft living room with 11½-foot ceilings and marble fireplace, dining room with 2nd fireplace, kitchen with sunny breakfast area, spacious 2nd bedroom. Large Master Bedroom, Master Bathroom and Dressing Room. Balcony overlooking courtyard garden. Elevator, private parking and large storage area. This sought-after location at the corner of Prince Street and S. Columbus Street is only two blocks away from King Street and Washington Street. Perfect for gracious living and convenient to all amenities of Old Town, Alexandria.

For private showings, please contact
Cindy Byrnes Golubin 202-437-3861
Proud TWIG member since 1978

TTR Sotheby's INTERNATIONAL REALTY
Sotheby's International Realty

Your Complete Health Care Center

Chantilly Family Practice Center Putting the Care Back in Healthcare

- URGENT CARE
- CHRONIC MEDICAL CARE
- IN HOUSE LAB & DIGITAL X-RAYS
- LARGE MULTI-SPECIALTY FACILITY
- PHYSICALS - Schools, Sports & Immigration



We are open:

- Mon. - Thurs. 8 A.M.–6 P.M.
- Friday 9 A.M.–5 P.M.
- Sat. 9 A.M.–1 P.M.

Rajesh N. Mehra is a Board Certified Family Physician, serving your community for over 20 years.

NO CO-PAY
New Patients Only.

With this coupon. Expires 9/30/12

\$10⁰⁰ OFF
School Physicals

(regularly \$95.00, now \$85.00)
Blood work & immunizations extra.
With this coupon. Can not be combined with other offers. Expires 9/30/12.

\$10⁰⁰ OFF

Sports Physicals
(regularly \$70.00, now \$60.00)

Blood work & immunizations extra.
With this coupon. Can not be combined with other offers. Expires 9/30/12.

FREE

Medical Weight Loss Consult

Clinically Proven by Johns Hopkins -
Decrease or Eliminate Medications!
With this coupon. Expires 9/30/12

Major Insurances Accepted



**4437 Brookfield Corporate Dr.,
Chantilly, VA 20151
703-968-7277**

www.chantillymedicalpractice.com



WELLBEING

Living Long, Living Healthy

Experts offer advice for staving off health deterioration.

BY MARILYN CAMPBELL
THE CONNECTION

On most days, Springfield-based retiree 69-year-old Mary Sue Garner can be found lifting weights in a fitness center, power walking on a treadmill or breathing in fresh air during a stroll on one of Northern Virginia's nature trails.

"When I was teaching I was in this rut ... but when I retired, I decided to make changes and get myself fit," said Garner, who spent 45 years as a ninth-grade algebra and geometry teacher in Alexandria's public schools, including T.C. Williams High School.

As part of her self-reinvention, she fills her days with exercise, knitting, crocheting and volunteer work. She also tutors the Fairfax County high school students who work as servers in the dining room of her retirement community.

"I've made a lot of friends and I socialize with them," said Garner, who lives at Greenspring. "I feel so strongly that as you get older you get slower, so you have to keep moving."

Gerontology experts agree, and are using September, National Healthy Aging Month, as an opportunity to offer aging adults ideas for living healthy lives as long as possible.

"Paying careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a

positive lifestyle, especially as we age," said Carolyn Worthington, executive director of Healthy Aging, a national health initiative to raise awareness about the positive aspects of growing older. "Take stock of where you've been, what you really would like to do. We're encouraging people to find a new passion ... and to know that it's not too late to take control of your health [or] get started on something new."

WHILE EXERCISE WON'T LEAD to eternal life, staying active can keep age-induced deterioration at bay. "Research shows that physical activity can positively affect blood flow and oxygen to the brain, thereby improving mental clarity [and] the part of the brain responsible for learning and memory," emailed Dominique Banville, Ph.D., director of George Mason University's Division of Health and Human Performance.

Banville credits exercise with boosting information-processing skills, and Worthington adds that older adults who exercise regularly are 60 percent less likely to get dementia.

"In our society, most older adults continue to be underactive. They aren't stretching themselves to the level that could actually improve their functioning," said Rita Wong, Ed.D., chair of the Department of Physical Therapy at Marymount University in Arlington. "Your physical capabilities decline as you get older, but it is realistic to believe

SEE EXPERTS OFFER ADVICE. PAGE 13

There's No Place Like Home

Andrew Carle of George Mason University's Senior Housing Administration Program says there are three primary factors to consider when deciding whether to age in place or move into a retirement community or nursing home:

Safety

"Families and seniors need to assess the overall physical and cognitive needs they are confronting. The average 75-plus-year-old takes anywhere from seven to 12 medications. Half of those over the age of 85 fall each year. Physical limitations make cooking, cleaning and driving difficult."

Loneliness

"Rates of depression in the rest of society are 10 percent, but for those 65-plus, it can be 25-50 percent.

Suicide rates of those 85-plus and living at home are double that of teenagers. The causes of depression in seniors can be both environmental and physical (chemical imbalances)."

Affordability

"Satisfaction rates for those living in assisted living communities are very high, upwards of 90 percent, but it is a mostly private pay industry."

One pound of learning requires ten pounds of common sense to apply it.

—Persian Proverb

Complete Dental Care for the Entire Family

BRUCE R. HUTCHISON, D.D.S.
MICHAEL H. GORMAN, D.D.S.
WHITNEY S. JARRELL, D.D.S.



FAMILY DENTISTRY

14245-P Centreville Sq.
Centreville, VA 20121

703-830-9110

www.smilesforcentreville.com



PHOTO CONTRIBUTED

In honor of National Volunteer Week, seniors in Springfield decorate items for children at Shelter House in Fairfax. Experts say that social activities like volunteerism can help keep age-induced deterioration at bay.

Experts Offer Advice on Healthy Living

FROM PAGE 12

that you can improve your functioning.”

Wong says that even those with limited mobility can get moving: “If a person has a lot of physical difficulties or if they have health issues that have left them with some movement impairment, seeing a physical therapist can be helpful to them at first,” said Wong. She recommends the Centers for Disease Control (CDC) and Prevention’s Physical Activity Guidelines for Older Adults as sources for exercise ideas.

A HEALTHY DIET is another valuable tool in preserving and improving one’s wellbeing, say experts. “We all know the importance of having a good diet, but sometimes that is not always possible,” said Worthington. “People can go out to local farmers markets and find fresh, local produce. They can make food from scratch instead of buying processed foods.”

Experts say a few weapons in staving off the ravages of time are often overlooked: “When people think about successful aging, they immediately talk about the physical, but in reality, social and mental wellness are even more important,” said Worthington.

Healthy relationships with family and friends are critical to one’s overall health. “Relationships become

so important, getting out to interact with others. Showing concern and understanding as well as the willingness to help others is also beneficial because it keeps us connected. Family connections of multiple generations can be invaluable,” said Springfield-based social worker Sue Franke.

“Connecting with or finding new friends is important, but how do you do that, especially after the kids have gone and maybe you’re out of the workforce?” said Worthington. “Why not go back to school or take continuing education courses where you would not only be stimulating your mind, but also reconnecting with other people?” She also suggests volunteer activities and travel.

When it comes to safeguarding one’s health, money matters. “Good financial wellbeing or health is being able to live a life where people can support themselves and not be dependent upon other people. That happens through planning, and in today’s economy when plans don’t work out, people have to be creative,” said Worthington.

Garner says her greatest inspiration is not research, but her retirement community peers: “There are so many people, some who are in their 80s and 90s, who come to the fitness center in their walkers and scooters and they exercise. I’m just in awe of these people because they’re continuing to move and I think that’s really important.”

Gary Kramer, D.D.S.
DIPLOMATE OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY

Sara Bunin, D.D.S.
Dentistry for Children, Adolescents & Special Needs

WEEKDAYS
SATURDAYS • EVENINGS

703-978-0051

SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA. • 22015
NOW MET LIFE, DELTA, BCBS/CAREFIRST, & UNITED CONCORDIA PROVIDER
24 HOUR EMERGENCY CARE

NIK
FAMILY & COSMETIC DENTISTRY

ENRICHING LIVES... EXCEEDING EXPECTATIONS

- State-of-the-art Facility
- Digital X-Rays (Reduced Radiation)
- Audio/Video Entertainment for Relaxation
- Saturday and Late Hours Available
- We accept Most Insurances

703-961-0707
www.nikdentistry.com

TOOTH WHITENING SPECIALS UP TO 50% OFF

“Dr. Nik”
Kamran Nikseresht D.D.S., F.A.G.D.
14415 Chantilly Crossing Lane
Chantilly, VA 20151
In the Target & Costco Shopping Center, to the left of Starbucks

LOUIS C. FILIPPONE, D.D.S., P.C.
ORTHODONTIST

WE OFFER TWO CONVENIENT LOCATIONS
Both of our beautiful, modern offices use the latest technology in orthodontic treatment for children and adults.
Flexible interest free payment plans are available
Most insurance plans are accepted
Convenient Saturday and evening hours

BOARD CERTIFIED DIPLOMATE OF THE AMERICAN BOARD OF ORTHODONTICS

Call for your FREE Initial Consultation

Centreville 6138 Redwood Square Center, Suite 103
Gainesville 7521 Virginia Oaks Dr., Suite 120

703-815-0127 703-754-4880
www.nvaortho.com

YOGA! FREE SAMPLE CLASSES SEPTEMBER 13TH TO 19TH

THE HEALTH ADVANTAGE YOGA CENTER, Inc.
Yoga and Personal Development

We Offer Adult, Teens, Kids, Prenatal & Gentle Yoga Classes

Director, Susan Van Nuyts in Half Moon Pose

1041 STERLING ROAD, SUITE 202 HERNDON, VA 20170
VISIT OUR WEBSITE OR CALL FOR A BROCHURE WWW.HEALTHADVANTAGEYOGA.COM
CALL: 703-435-1571 FAX: 703-435-1572

Quality Items at Reasonable Prices and Customer Service with a Smile!



That's the **WFCM THRIFT STORE**, located at 13989 Metrotech Drive in Chantilly. Questions? Comments? Call us today at (703) 988-9656, x. 109 or check out our website at www.wfcmva.org.

Premium & Used Clothing * Shoes * Accessories * Furniture * Music * Accessories * Gift Certificates (\$5, \$10, \$20 & \$30)...and more!



25% OFF!!
Bring a friend and each receive 20% off all PREMIUM clothing for all ages. This coupon expires October 31, 2012!

STORE HOURS
M-F = 9am-6pm
Sat = 9am-5pm

THIS IS "CHESTER"



Chester is a very sweet boy that loves to play with his sister Annie. He is a very affectionate kitten that was born with a tail that is half the length of most cats. He would love to come home with you today!

THE CONNECTION
NEWSPAPERS

HUMANE SOCIETY OF FAIRFAX COUNTY

Hours: Monday-Friday 10-4 and Saturday 10-3 • 703-385-PETS
Adoptions: By appointment only. • www.hsfc.org

NEWS



Sang Do walked his daughters (from left) Lena and Sara to GBE.



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

All ready for school are (from left) GBE siblings Adam and Katie Jaynes.

Back to the Classroom

FROM PAGE 5

of elementary school for me, so the younger kids look up to me and the other sixth-graders. So it's fun to come back."

Fifth-grader Harrison Roderick was a bit nervous about meeting new students and "seeing how my new teacher is." But he looked forward to "having fun and making new friends." A safety patrol, he likes the job because "you get to help people and that's really nice to do."

Sang Do walked his daughters, third-grader Lena and fifth-grader Sara, to school. Proud of her new clothes and sparkly bracelet, Lena said, "I like to write and I'm looking forward to having fun and learning new things." Sara had a new backpack and hair accessories and was eager to "make new friends

and work hard in school." Her favorite subjects are math and writing.

Fifth-grader Lamin Sesay likes science and health and looked forward to doing well in school and "meeting new kids." Sixth-grader Nelson Coronado Jr. was excited about "having fun" and going to P.E. and math class. And his sister, second-grader Erica, who likes math and reading, sported her new, Justin Bieber lunchbox and book bag. "I feel excited for them to have a successful year," said their dad, Nelson Coronado Sr. "It gives them something productive to do."

Fifth-grader Adam Jaynes also came to school with his sibling, third-grader Katie, who looked forward to meeting her classmates, singing and playing recorder. The student body vice president, Adam plans on getting good grades, adding, "I like social studies, science and P.E. — and math if it's fun."

SCHOOL NOTES

The following students from Chantilly enrolled at Virginia Tech were named to the Dean's List for the spring 2012 semester:

Amy N. Wang is a junior majoring in chemical engineering in the College of Engineering.

John H. Yu is a sophomore majoring in university studies at Virginia Tech.

Daniel F. Morgado is a junior majoring in computer science in the College of Engineering.

Kyle A. Thornburgh is a sophomore majoring in mechanical engineering in the College of Engineering.

Vanessa M. Vanderdys is a freshman majoring in biological sciences in the College of Science.

Ryan D. Zanski is a senior majoring in electrical engineering in the College of Engineering.

The following Virginia Tech students from Chantilly were among those honored at the university's spring commencement ceremony held May 11 in Lane Stadium:

Sruthi Krishnan received a master of science degree in aerospace engineering from the College of Engineering.

Daniel Rickenbach received a

master of accountancy and information systems degree in accounting and information systems from the Pamplin College of Business.

Michelle Crowson, Chantilly, received a bachelor of arts degree summa cum laude in communication from the College of Liberal Arts & Human Sciences.

Alexis Eccleston, Chantilly, received a bachelor of science degree cum laude in biological sciences from the College of Science.

Joseph Fratter, Chantilly, received a bachelor of science in business degree in finance from the Pamplin College of Business.

Namrata Garg, Chantilly, received a bachelor of science degree cum laude in environmental policy and planning from the College of Architecture and Urban Studies.

Raissa Hidalgo, Chantilly, received a bachelor of science degree in biological sciences from the College of Science.

Yulim Hong, Chantilly, received a bachelor of science degree in human nutrition, foods and exercise from the College of Agriculture and Life Sciences.

Hyunsoo Hwang, Chantilly, received a bachelor of science degree in animal and poultry sciences from the College of Agriculture and Life Sciences.

Mario Ichaso, Chantilly, received a bachelor of science in business degree in finance from the Pamplin College of Business.

Rein Kiewel, Chantilly, received a bachelor of science in business degree in marketing management from the Pamplin College of Business.

Jaeha Lee, Chantilly, received a bachelor of arts degree cum laude in political science from the College of Liberal Arts & Human Sciences.

Traci Luzi, Chantilly, received a bachelor of science degree summa cum laude in psychology from the College of Science.

Daniel Lyell, Chantilly, received a bachelor of science degree cum laude in sociology from the College of Liberal Arts & Human Sciences.

Mark Nufable, Chantilly, received a bachelor of science in business degree in business information technology from the Pamplin College of Business.

Venkata Manoj Paleti, Chantilly, received a bachelor of science in business degree summa cum laude in business information technology from the Pamplin College of Business.

Sharan Patel, Chantilly, received a bachelor of science in aerospace engi-

SEE SCHOOL NOTES, PAGE 15

State of Insurance. ASSURANCE

I deliver both.

Take the guesswork out of your insurance. Whether it's your car, home, life, or more, I can help you feel good about your coverage, as well as the price you're paying.

GET TO A BETTER STATE™.
CALL ME TODAY.



Irvin Jones, Agent
5083 Westfields Blvd
Centreville, VA 20120
Bus: 703-222-9626



State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Life Insurance Company (Not licensed in MA, NY or WI), State Farm Life and Accident Assurance Company (Licensed in NY and WI), Bloomington, IL

1101258.1

Chantilly sophomore Joey Lisko (on left) helps Associate Band Director Chris Singleton move a filing cabinet down the hall.



PHOTOS BY BONNIE HOBBS/CENTRE VIEW



From left: Poplar Tree Elementary librarian Cindy Uncles, P.E. teacher Rob Thompson and special-ed teacher Mandy Moore are happy about the start of school.

Teachers Are Excited about New School Year

FROM PAGE 1

Last Thursday, Aug. 30, was Meet-Your-Teacher day at Poplar Tree, and the children also visited Uncles in the library. “They came in and asked what new books I had,” she said. “I also do our daily news show with two other teachers, so they asked about that, too.”

Pleased to be the librarian, she said, “I see every child in the school at least once every two weeks; and the little ones, I see every week. I love books and sharing them and my expertise about them with the kids.”

A special-education teacher, Mandy Moore has taught students with intellectual disabilities at Poplar Tree since 1999. “The kids want to be here,” she said, adding that what makes her job worthwhile is “the tiny victories and the small improvements they make.” She also wants to make sure “that all the things we taught them last spring are still with them in the fall.”

She’s spent the past few weeks setting up her classroom, preparing lessons and studying the curriculum. “My students have the same grade-level curriculum as their peers,” said Moore. “We just adapt it.”

CHANTILLY HIGH

Incoming freshmen aren’t the only ones new to Chantilly High this year. English teacher Jordan Fremuth just moved here from Pittsburgh a couple weeks ago. He taught English at Fox Chapel Area High School in Pittsburgh and was hired by FCPS in mid-June

“Teaching jobs in Pennsylvania are few

and far between,” he said. “But my girlfriend was coming to American University as a grad student and we wanted to move together.” So he’s now at Chantilly and glad to be there.

“In a lot of ways, the schools here demand more of the teachers, which is important,” said Fremuth. “I want to make sure the students will get the best out of me.” He said the teachers, students and “every member of the staff” have been “incredibly welcoming and helpful” to him. “After only four days of in-service, you get the sense you’re part of a team here at Chantilly and we’re going to succeed.”

He was also pleased that, in the English Department, the other teachers wanted his opinion on how to set up the major course work. They collaborated on deciding which books the students will read and the papers they’ll write. That way, the teachers will be able to compare data and results.

Fremuth will mainly teach 10th grade and says he’s both eager and anxious about it. “Being in front of students again gets the excitement going,” he said. “They’re fun.”

Special-ed teachers Patti Caplan and Karen Beers both teach students with intellectual disabilities. Caplan’s beginning her 13th year at Chantilly and Beers is starting her 17th, and both are thrilled about the new school year.

“I always feel very enthusiastic about it; I believe everything’s going to be great,” said Caplan. “But I’m also overwhelmed because of all the state-mandated changes in the Special Ed Department.”

Still, she wouldn’t trade her job for the world. “You really feel like you’re making a

difference in someone’s life every day,” she said. “And sometimes, you feel like you’re the best part of their day. We have a great bunch of teachers here, and I love the students. You remember what they were like when they first came in, and then you see the transitions and changes to somewhat of an independence.”

Beers is also delighted that Chantilly Principal Teresa Johnson is at the school’s helm. “Teresa was our assistant principal here and direct supervisor of the Special Ed Department, prior to becoming principal,” said Beers. “So she understands the whole program and is such a wonderful resource for us.”

During the summer, she said, “I miss my students and can’t wait to see them again. They love being at school with their friends and all the staff. They also tend to be very giving and so much fun to be with. And any little piece of growth they show can be just phenomenal for them.”

Also ready for the new school year is sophomore Joey Lisko who said he felt “refreshed” after summer vacation. “I play bass guitar and I did a lot of band practice,” he said. “I’m looking forward to coming back because, this year, I’ll be in the higher jazz band. I’ll get to step it up a level and play in Jazz & Pizzazz in the spring. I’ll also play guitar with the indoor drumline and marching band in the winter.”

Associate Band Director Chris Singleton is starting his second year at Chantilly. He and Band Director Drew Ross both direct the marching band, and Singleton also directs the concert band, Workshop Jazz, Percussion Ensemble, indoor drumline and in-

door Color Guard.

“It’s a lot of fun getting to work with the kids,” he said. “It’s also a lot of work, especially during marching band, but it’s rewarding when you see all the hard work come together for the final product.” Singleton teaches some 200 students and, this year, he feels more confident. “Last year, it was a completely new thing,” he said. “This year, I know what’ll happen, instead of just reacting.”

Local residents may see his young musicians in action, Sept. 14, at the Chantilly Chargers’ next home football game, against Langley High. Later on, the fall concert for all band groups, except marching band, is slated for Nov. 20 at 7 p.m. in the school theater.

WESTFIELD HIGH

Freshman Fatima Rivera was “pretty nervous” about beginning high school at Westfield. “I’ve got to get used to a new environment and meeting new people,” she said. But she was eager to start her biology and journalism classes and possibly join the lacrosse or soccer teams. And, she added, “I’m looking forward to going to the football games.”

Bill Schnepfer is assistant band director at Westfield. “What’s fun for me is seeing kids I’ve taught in elementary school,” he said. “Last year, we had a fantastic year. Our bands cleaned up at the competitions and we had a really good group of kids. This year, it looks like another great, cohesive group of students, and we’re looking forward to our band holiday concerts, Dec. 7-9.”

SCHOOL NOTES

FROM PAGE 14

neering degree in aerospace engineering from the College of Engineering.

John Roller, Reston, received a bachelor of arts degree magna cum laude in economics, science from the College of Science and a bachelor of science in mechanical engineering degree magna cum laude in mechanical engineering from the College of

Engineering.

Stephanie Taing, Chantilly, received a bachelor of science in business degree in accounting and information systems from the Pamplin College of Business.

Nicholas Michael Muzyka of Oak Hill, graduated with a Bachelor of Science in Management (General Management Emphasis) at Clemson

University on Aug. 10, 2012.

Eight local high school students spent a week at NASA Langley Research Center taking part in the Virginia Aerospace Science and Technology Scholars academy program this summer. Participating area students were **Sabrina Ahmed-Igbal**, **Eunhee Cho**, **Aman Kapoor**, **Monica Nazir**, **Christopher Sokol**,

Rishabh Saraswat, **Daniel Weisz** and **Melissa Ziegler**.

Maxson Jeffrey of Chantilly has been placed on the President’s List and **Taehee Han** of Fairfax has been named to the Dean’s List at New River Community College

Doug Wright, Chantilly Academy

administrator, was named the Outstanding Career and Technical Educator by Virginia Association for Trade and Industrial Education for outstanding service to the field of trade and industrial education. **Chris Wyckoff**, who teaches construction technology at the academy, has been named the Outstanding New Career and Technical Teacher.

Symptoms or just Sometimes



By KENNETH B. LOURIE

Is what I feel – wherever I feel it, cancer or middle age? Is what I feel worthy of a mention to my oncologist or merely yours truly looking for trouble? Moreover, is the pain/discomfort I feel in my chest (between my lungs) par for the course of treatment I'm on and characteristic of the disease with which I've been diagnosed, or is it completely unrelated and not at all noteworthy (dare I say, normal)? Or is this a repeat of a symptom I've experienced previously? Once the pain represented a tumor growing in my lungs (bad news); another time, the same pain was scar tissue growing over tumors that had shrunk (great news). (Scar tissue, as my oncologist explained to me, is similar to the scab that eventually forms over a skinned knee and is a sign of healing.) In each case, however, the identical symptom had two very different causes: one good, one bad. Ergo my confusion now. Is what I feel good, bad, or shall I remain indifferent?

And if I remain indifferent, how do I remain indifferent about the most important thing in my life: my health/diagnosis/prognosis? However, stressing about unconfirmed complications seems itself an unnecessary complication and one to be avoided. Where's the benefit in making myself sick (see 8/29/2012 column: "Diagnosed But Not Sick") simply because I have a terminal disease? Then again, if I am to remain proactive with respect to my care and feeding, I must advocate for myself and not allow time to pass when pain and suffering need not occur. I don't want to worry myself sick, but nor do I suppose that neglecting myself dead serves any particular purpose either. As Curly Howard of The Three Stooges said: "I'm too young to die, too handsome; well, too young, anyway." My feelings exactly.

Not only has the same pain-in-my-chest symptom led to opposite interpretations, it has also caused me to wonder if what I've felt was real or imagined (see 8/22/2012 column: "Life in the Cancer Lane") and typical of the roller-coaster existence that becomes "normal" for cancer patients. The dilemma is, I don't want to make something out of nothing any more than I want to make nothing out of something. Nor do I ever want to be damned, but with some days/certain symptoms, I feel as if I'm damned if I do and damned if I don't. Still, I can live with it: I have lived with it, but it certainly doesn't make me feel like I've mastered it.

Even writing a column about it (cancer, and the emotional confusion it causes) seems like I'm bringing unnecessary attention to a condition (some condition) with which I'm forced to live, but a condition any cancer/terminal patient still living would be happy to endure: life. And let me be clear: I am not complaining. I am "introspecting" into the peculiarities and perplexities of living a life for which I had no preparation, no experience and zero indication – until the biopsy confirmed it, that my life, as I had previously known it and expected it to be, was officially over. Not literally, but figuratively. Yet another conundrum.

Making the best of a bad situation, that's how I roll (I'm a Red Sox fan after all). Some days are easier than others, some symptoms/treatments/results are better than others. And some columns make more sense than others. But that's cancer for you: an equal opportunity "screw-upper."

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

EMPLOYMENT

ZONE 4:
• CENTREVILLE

CLASSIFIED

703-917-6400
ZONE 4 AD DEADLINE:
MONDAY NOON

BUSINESS OPP

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

BUSINESS OPP

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

ADMIN SALES ASSIST

P/T in C'ville, 15-20 hours/week, \$12-14 per hour. 50% Commission, Flex hours, 9-1 or 1-5. Growth oppority. Call: 703-585-8078, or E-mail: emccarthy@farmersagent.com.

WE ARE COMFORT KEEPER® EXPERIENCE THE JOYS AND REWARDS

Of Being A Comfort Keeper®

HERE IS A JOB THAT IS FULFILLING IN MORE WAYS THAN ONE! We are looking for Companions and CNA's to help our clients remain independent in their homes. To learn about becoming a Comfort Keeper visit us at www.BeAComfortKeeper.com



Comfort Keepers
703-591-7117

Over 600 independently owned & operated offices worldwide

PROGRAM INSTRUCTOR

Boys and Girls Club of Greater Washington, Fairfax County Region seeks dedicated, energetic, and flexible individual as a part-time Program Instructor. Applicant should be interested in having direct involvement with children and dynamic staff. Primary responsibilities involve supervising and mentoring students ages 5-18, running programs in the subjects of the Arts, Reading and Writing, and STEM (Science, Technology, Engineering, and Mathematics). This job requires commuting to multiple club locations. Experience with children is essential. Bi-lingual a plus. Demanding yet rewarding position. There are multiple positions available. Send your resume to wkang@bgcgw.org

Do you want to work for a company that rewards you every day?

Professional Healthcare Resources, a home care and hospice agency with 17 years of experience, has openings for Personal Care Aides (CNAs & Home Health Aides) in the McLean, Herndon, Chantilly, Sterling and Vienna areas. As well as the intangible reward of knowing you are helping someone who needs you every day. We also offer flexible scheduling for the right person. Must have current CPR certification and own your own car. For more information or to apply please call our job line at **703-752-8777 ext. 900.** www.phri.com. Please quote code NOVA3 when calling.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email: theschefer@cox.net

116 Childcare Avail.

BURKE Childcare avail in my home, OFC Lic, FT & PT, days, evenings, Back-up care & special needs children welcome. Large yard for lots of fun! 703-569-8056

21 Announcements

21 Announcements

OBITUARY

Alice T. McGrath (Age 78)

On August 27, 2012, Alice (Gallagher) McGrath passed away peacefully at Sudley Manor House in Manassas, VA.

Born April 3, 1934 in Springfield, MA she was the daughter of the late Chief of Police Raymond P. and Emily (Hanson) Gallagher. Alice graduated from Our Lady of the Elms College in Chicopee, MA. A devoted wife and mother, she started her family in MA and then moved to Chantilly, VA. She and her husband retired to Shallotte, NC. She was a parishioner of St. Timothy Catholic Church where she taught CCD classes. She enjoyed gardening, teaching, sewing, and animals.

She is preceded in death by her loving husband of 51 years, John Howard McGrath.

She is survived by a son, John Michael McGrath of Hendersonville, NC; daughters Kathleen Adams and husband Thomas of Southlake, TX, Rosemary Johnson and husband Steve of Haymarket, VA, Elizabeth Keen and husband Andrew of Ijamsville, MD and Theresa McGrath of Chantilly, VA; brother-in-laws L. Neil "Doc" McGrath and wife Nancy of Westfield, MA and Frederic "Ted" Curtin of Cromwell, CT; and four grandchildren, Tommy Adams, Emily Keen, Michael Keen and Hayden Sidley.

The family received friends Tuesday, September 4, 2012 at Covenant Funeral Service Lee Chapel, 8521 Sudley Road, Manassas, VA.

A Catholic mass was celebrated Wednesday, September 5, 2012 at 10 a.m. at St. Timothy Catholic Church, 13807 Poplar Tree Road, Chantilly, VA followed by interment at 2 p.m. at Quantico National Cemetery.

In lieu of flowers, memorial donations may be made to the charity of your choice.

Online guest book is at covenantfuneralservice.com.

21 Announcements

21 Announcements

NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

The Newton School admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. The Newton School does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs. To learn more about The Newton School, please see our website at www.thenewtonschool.org.

HOW TO SUBMIT ADS TO THE CONNECTION Newspapers & Online

CLASSIFIED • CHOOSE 1 TO 6 ZONES

E-mail classified@connectionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT • CHOOSE 1 TO 6 ZONES

E-mail classified@connectionnewspapers.com or call Andrea @ 703-778-9411

21 Announcements

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com



IT'S HARVEST TIME FOR YOUR BUSINESS!

Reap rewards when you advertise through Virginia Press Services' Statewide Display Advertising Network!

Place your business card-size ad in more than 65 newspapers and your message will reach more than 800,000 Virginians.

CONTACT THIS NEWSPAPER or Adriane Long, Virginia Press Services, 804-521-7585 or adriane@vpa.net.

Help for people with Macular Degeneration

Find out if special glasses can help you see better.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030

Dr. David L. Armstrong VirginiaLowVision.com



21 Announcements

21 Announcements

21 Announcements

21 Announcements

Real Estate Auction

Saturday, September 15, 2012 at 12:00 PM EDT

Previews Sunday, September 2nd & 9th, 3:00 to 5:00 p.m.

174 Acres West Perch Road, Monroe, VA 24574

LARGE WESTERN AMHERST COUNTY LAND TRACT

LOCATION IS CONVENIENT TO LYNCHBURG, LEXINGTON, CHARLOTTESVILLE AND ROANOKE!



Pre-auction offers welcome!
Broker Participation Encouraged

United Country

Atlantic Coast Auction & Realty Group
Wingfield Real Estate Inc.

3975 South Amherst Highway, Suite 201
Madison Heights VA 24572 • VAAF #795

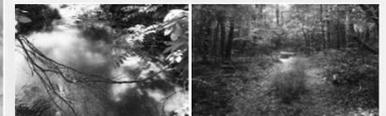
C.T. Wingfield, CAI, AARE

(434) 929-1623 • Mobile: (434) 660-0170

Carlton Wingfield Jr. • (434) 665-6380

www.AtlanticCoastAuctions.com

www.wingfield-online.com



Blue Ridge Mountain Views!



HOME & GARDEN

703-917-6400

ZONE 4:
• CENTREVILLE

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

ZONE 4 AD DEADLINE:
MONDAY NOON

FROM PAGE 4
Building, 12055 Government Center Parkway, Suite 900 in Fairfax. Call Judy Pedersen at 703-324-8662.

CLEANING

A CLEANING SERVICE
Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed-
Angies List 2011-Super Service Award!
Comm/Res. MD VA DC
acleanserviceinc.com
703-892-8648

IMPROVEMENTS

R.N. CONTRACTORS, INC.
Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting
We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail

HAULING

AL'S HAULING
Junk & Rubbish
Concrete, furn., office,
yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell
7 DAYS A WEEK

PAINTING

PATRIOT PAINTING
www.PatriotPainting.net
Wallpaper Removal,
Carpentry,
Power Washing,
Int/Ext Painting
Free Est. • Satisfaction Guar!
Lic./Ins. Int./Ext.

ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated
Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc...
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

LANDSCAPING

JUAN'S LANDSCAPING Since 1987
• COMPLETE TREE SERVICE • MASONRY • HAULING
• BACKHOE • EXCAVATING • POWER WASHING
• HANDYMAN • PAINTING • TRASH REMOVAL • DRYWAL
Res./Com. • Free Estimates
• CELL 703-732-7175

HAULING

ANGEL'S HAULING
Junk Trash Removal,
Yard/Construction
Debris, Garage/Base-
ment Clean Out,
Furniture & Appl.
703-863-1086
703-582-3709
240-603-6182

PAVING

Joseph Sealcoating Specialist
PAVING
35 Years Experience! Free Estimates!
703-494-5443

GUTTER

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards
PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

LANDSCAPING

J.E.S Services
LANDSCAPE & CONSTRUCTION
• Patios • Walkways
• Retaining Walls
• Drainage Problems
• Landscape Makeovers
Call: 703-912-6886
Free Estimates

LANDSCAPING

A&S LANDSCAPING
Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions
703-863-7465

TREE SERVICE

ANGEL'S TREE REMOVAL
Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angelstreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

IMPROVEMENTS

R&N Carpentry
♦ BASEMENTS ♦ BATHS ♦ KITCHENS
Foreclosure specialist/Power washing
♦ Exterior Wood Rot More!
Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

LANDSCAPING

LAWN MOWING
MOWING TRIMMING EDGING,
HEDGE TRIMMING, MULCHING,
SODDING, GUTTER CLEANING
PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

EMPLOYERS:
Are your recruiting ads not working in other papers?
Try a better way to fill your employment openings

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION
BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE
You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.
Licensed Insured We Accept VISA/MC
703-441-8811

MASONRY

Potomac Masonry
703-498-8526
New Installations & Repairs
Stone - Flagstone - Brick - Concrete
FREE ESTIMATES!!
Lic. & Ins
potomac-masonry.com

THE CONNECTION
to your community
703-917-6464
classified@connectionnewspapers.com
Great Papers • Great Readers • Great Results!

A&S Landscaping
• All Concrete work
• Retaining Walls • Patios
• Decks • Porches (incl. screened) • Erosion & Grading Solutions
• French Drains • Sump Pumps
• Driveway Asphalt Sealing
703-863-7465
LICENSED
Serving All of N. Virginia

ROOFING

Falcon Roofing
Roofing & Siding (All Types)
Soffit & Fascia Wrapping
New Gutters • Chimney Crowns
Leaks Repaired
No job too small
703-975-2375
falconroofinginc.com
TREE SERVICE
Charles Jenkins
TREE SERVICE
Seasoned Firewood
Topping, trimming, Stump Grinding
Lic. & Ins!
540-829-9917 or 540-422-9721

Charitable Donations Still Accepted

Proceeds from the 13th Annual Labor Day Car Show in Clifton went to Life with Cancer and the Northern Virginia Therapeutic Riding Program. But tax-deductible donations to these charities will still be accepted until Oct. 1. To contribute, send checks payable to the Clifton Lions Club to: Jim Chesley, 7207 Main St., Clifton, VA 20124-0225.

Draft Bicycle Master Plan

After more than a year of effort — including public meetings with area cyclists, focus group meetings, workshops and meetings of the master plan Bicycle Advisory Committee — on July 31, Toole Design Group gave Fairfax County the final draft of the Countywide Bicycle Master Plan.

Charlie Strunk, the county bicycle coordinator, is now incorporating final comments into the plan and finalizing the map of recommended bike facilities. It's expected to go before the Planning Commission in early 2013 and then to the Board of Supervisors for possible adoption.

BULLETIN BOARD

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

SATURDAY/SEPT. 8

Metabolism Boost. 12:15 - 1:15 p.m. In this seminar you will learn how to fuel your body, fire up your metabolism, and get the most from your exercise program. At The Women's Club Fitness Center and Day Spa, 14175 Sullyfield Circle. Pre-registration required; call 703-817-0700 or email womensclub@aol.com to reserve.

SUNDAY/SEPT. 9

Volunteers for Change Orientation. 12-1 p.m. Volunteers for Change invites community members of all ages to attend an orientation where volunteers can choose from more than 50+ monthly community service projects throughout Northern Virginia. At the Volunteer Fairfax Office, 10530 Page Ave. Register for the next orientation at 703-246-3895 or email jkiplin@volunteerfairfax.org.

WEDNESDAY/SEPT. 12

Metabolism Boost. 7-8 p.m. In this seminar learn how to fuel your body, fire up your metabolism, and get the most from your exercise program. At The Women's Club Fitness Center and Day Spa, 14175 Sullyfield Circle. Pre-registration required; call 703-817-0700 or email womensclub@aol.com to reserve.

SUNDAY/ SEPT. 16

Troop 1983 Eagle Scout Project, Senthil Kannan. Noon- 4 p.m. Bikes for the World Used Bike Collection. Donate your used bike (and bike parts) to make a difference in someone's life. A \$10 donation along with a donated bike (both are tax-deductible) covers shipping and handling, and the donation will help reduce landfill waste. REI Fairfax in Fairfax Corner, 11950 Grand Commons Ave. Contact Senthil at senthil.kannan.61109@gmail.com. Visit www.bikesfortheworld.org.

SPORTS



Centreville's Xavier Nickens-Yzer (4) chases after Lake Braddock quarterback Caleb Henderson.



Centreville running back Taylor Boose scores a touchdown.

PHOTOS BY CRAIG STERBUTZEL/CENTRE VIEW

Centreville Edges Lake Braddock in Season-Opening Thriller

Wildcats score in final minute to beat Bruins, 28-27.

BY JON ROETMAN
CENTRE VIEW

Centreville and Lake Braddock, winners of the last three Division 6 Northern Region championships, opened their 2012 seasons on Aug. 31 with the high school football equivalent of a heavyweight boxing match.

Centreville landed some early punches as the Wildcats used a punishing ground game to build a 14-0 lead. Lake Braddock countered, using its big-play ability to score 27 unanswered points. The Bruins' barrage was nearly enough to win the fight. But in the contest's final minute, the Wildcats delivered the decisive blow.

Centreville quarterback Scott Walter connected with A.J. Turner for a 14-yard touchdown pass with 42 seconds remaining in the fourth quarter, lifting the Wildcats to a 28-27 victory at Centreville High School. Lake Braddock reached the Wildcat 33-yard line during the game's final possession, but the Bruins came up empty.

Centreville, which graduated five first-team all-region athletes from its state runner-up team in 2011, trailed 27-14 in the fourth quarter.

"These kids are fighters, they're competitors, they're gamers," Centreville head coach Chris Haddock said. "The youth in them and the inexperience in them are going to create some mistakes, but our heart and our toughness and our guts are hopefully going to make up for a few of those things."

Lake Braddock led 27-21 and had possession at Centreville's 25-yard line with about four minutes remaining. Facing third-and-10, Henderson threw downfield and

was intercepted by Turner at the 8-yard line. The Centreville sophomore returned the pick 36 yards to the Wildcats 44, and caught the game-winner 11 plays later.

"I saw [Henderson's] eyes when he turned and cocked [to throw]," Turner said, "... so I just ran that way and tried to pick the ball off or even swat it down, but I had a chance for a pick, so I got it."

Centreville led 14-0 early in the second quarter thanks to a 32-yard touchdown run by Marcel Smith on the Wildcats' first possession and a 12-yard touchdown pass from Walter to Christian Martey on their third series. Lake Braddock quickly dug itself out of the two-touchdown hole, responding with 21 points before the half. After Martey's touchdown reception, Lake Braddock defensive back Aaron Hollins returned the ensuing kickoff 96 yards for a touchdown. The Bruins tied the score on their next possession, when quarterback Caleb Henderson found Jong Yoo for a 15-yard touchdown. The nine-play, 53-yard drive was kept alive when Lake Braddock, facing fourth-and-six on the Centreville 49, executed a fake punt and Tim Coulter raced 22 yards for a first down. Three plays later, the Bruins converted on third-and-16 when Henderson hit A.J. Alexander for a 19-yard gain.

While Lake Braddock had answered Centreville's strong start, the Bruins grabbed momentum by the throat when Henderson launched a deep pass to Alexander for a 58-yard touchdown on the final play of the first half, giving Lake Braddock a 21-14 lead.

"I'm just pleased that our kids fought back the way they did," Haddock said. "You could feel it. The entire momentum had shifted right before the half — we give up a kickoff return, they score on the last play of the half. With the youth that we had and the inexperience we had, they could have very easily packed it in, [but] then we score with [42] seconds left in the game. That's fighting until the

bitter end."

Sophomore running back Taylor Boose led Centreville with 17 carries for 78 yards. His 6-yard touchdown run with 6:13 remaining in the fourth quarter cut Lake Braddock's lead to 27-21. Seven Centreville ball carriers combined to rush 45 times for 276 yards.

Junior running back Martey carried eight times for 51 yards and caught two passes for 17 yards and a touchdown, but sat out the second half with a right leg injury.

Walter completed 8 of 20 passes for 88 yards and two touchdowns. He was intercepted twice.

In his first start for Lake Braddock, Henderson completed 16 of 27 passes for 212 yards and two touchdowns. He was intercepted once and sacked five times.

"I thought," Haddock said, "the defense did a very solid job tonight against maybe one of the best quarterbacks that we're going to see."

Henderson transferred to Lake Braddock after earning second-team all-region honors as a sophomore signal caller at West Potomac. Trailing by one in the final minute, he led the Bruins down the field and thought they had a chance to win when he

connected with Vince Sica for 24 yards down to the Centreville 40.

"I felt like when they scored, we had a great chance to score again," Henderson wrote in a direct message on Twitter. "When Vince caught that ball near our sideline, I thought he was gone."

Alexander had seven receptions for 123 yards and a touchdown. Running back Jon Carrier's 2-yard touchdown run gave Lake Braddock a 27-14 lead with 4:34 remaining in the third, but the point after attempt failed, leaving the door open for Centreville to win by a point.

Kyle Shanahan and Hollins each intercepted a pass for the Bruins.

Lake Braddock will host Annandale at 7:30 p.m. on Friday, Sept. 7.

"This week we are completely different," Henderson wrote, "and we are going to be great this week. I can't wait."

Centreville will travel to face West Potomac at 7:30 p.m. on Friday.

"I think it can really boost our confidence up really, really high," Turner said about beating Lake Braddock. "Coach Haddock was telling us how Lake Braddock really wants to kick our butts, so we just have to step it up and play as a team."

SPORTS BRIEF

Centreville Opens Cross County Season

The Centreville cross country team opened its season at the =PR= Kick-off Invitational at Bull Run Regional Park in Centreville on Thursday, Aug. 30. Bobby Dunn and Jackie O'Shea scored third-place finishes in both the boys' and girls' sophomore races, respectively.

McKinsey Smith also ran well in the girls' sophomore race, with a fifth-place finish. Senior Rebecca Vinter placed fifth in the girls' junior/senior race, with fellow senior Isabella Medina finishing in

the top 15 as well.

The top finisher for the boys' junior/senior race was senior Calvin Jones.

The top finishers for CVHS in the freshman races were Aidan Barnes for the boys and Kayley Bogemann for the girls. The runners of the week were junior Ashley Lawrence and freshmen Joshua Roller and Nicho Stevens.

Centreville is scheduled to compete this Saturday, Sept. 8 at the Monroe Parker Invitational at Burke Lake Park at 8 a.m.

No Veterans Left Behind Volunteer drivers needed to transport veterans to medical appointments.

BY VICTORIA ROSS
CENTRE VIEW

When he is feeling well, 87-year-old Peter Edisal Brown enjoys tending the flowers and vegetables he grows in the garden of his Alexandria home he has owned since 1946.

"I like to garden, and I wish I could still go dancing. Me and my wife, we used to love going to supper clubs like the Dipsy Doodle," Brown said.

**"This is one of the most rewarding things you can do as a vet."
— Dick Stohr of Springfield**

But chronic pulmonary problems and degenerative joint disease make most physical activities difficult for the former World War II U.S. Navy pilot. Driving long distances, he said, is out of the question. When his wife, Mildred Louise, died in 2004, Brown had few options for getting to his medical appointments at the Veterans Affairs (VA) Medical Center in D.C.

Like many disabled vets living alone, he frequently had to reschedule or miss doctors' appointments. "Taxis are kind of expensive, and I don't like to impose on people," Brown said. A few years ago, he learned about a free transportation service for sick and disabled veterans offered through the Department of Veterans Affairs Veterans Transportation Service (VTS).

He now gets to make — and keep — critical medical appointments at the VA center. "It makes my life easier," said Brown. "If these guys didn't come and pick me up, I'd be in bad shape. It's saved me a lot of time and money."

Dick Stohr, a Springfield resident



Peter Brown of Alexandria, a disabled veteran, holds a photo of him with his wife, Mildred Louise, who died in 2004.

and retired U.S. Navy captain, is one of Brown's drivers. For the past five years, Stohr, 72, has volunteered to drive disabled vets in the Disabled American Veterans (DAV) van.

He often spends an entire day at the hospital, while patients go through radiation treatment or other therapies.

"There are patients that go every day for radiation treatment for cancer that lasts for weeks," Stohr said. "Some have PTSD or brain injuries that preclude driving," Stohr said.

Since 2007, Stohr has logged nearly 1,000 hours as a volunteer driver. Stohr said he learned about the transportation program through his local DAV chapter, Arlington-Fairfax Chapter #10, which held meetings at his church, Grace Presbyterian in Springfield.

"So many of the veterans can't or should not drive, and I can do that for them. It's an

More

For more information, call the Veterans Transportation Service Volunteer Office at 202-745-8320 or go the DC VA Medical Center website at www.washingtondc.va.gov and click on "services."

honor for me to do that for them," Stohr said.

AN ELDER AT HIS CHURCH, Stohr volunteers for numerous programs. He is a facilitator with the church's Aging with Grace program and also drove the church's bus, until he turned 71 last year and insurance would not cover him.

He is also an enthusiastic advocate for the VTS transportation program. According to Maureen Flynn, the VTS coordinator for volunteers, there are only 14 drivers for the thousands of disabled vets in the Washington, D.C. metropolitan area.

"We have an urgent need for drivers ... I can't emphasize that enough," Flynn said. "Unfortunately, some veterans go without medical care because we simply don't have the drivers to meet the demand," Flynn said. "Our goal is to make sure no veteran is left behind."

Flynn said the VTS program is flexible, but volunteers must commit to one day each week, have a clean driving record and go through a simple training program. "If someone would like to volunteer, I can promise I will schedule them for an interview within the next week," Flynn said.

Flynn said the program is a great example of "veterans helping veterans."

"Our drivers are often the first person veterans see in the morning for a long day of medical appointments. We want all our drivers to be safe and compassionate, like Dick Stohr," Flynn said.

According to Ron Minter, the national director of voluntary services, the Disabled Americans Veterans started the program 25 years ago to meet a substantial community need when the federal government cut travel benefits for vets.

"These are men and women who answered our country's call in times of war," Minter said.

"Some may live a great distance from a



PHOTOS BY VICTORIA ROSS/CENTRE VIEW

Dick Stohr of Springfield, right, volunteers with the Veterans Transportation Service to take disabled veterans to and from medical appointments. He is one of only 14 drivers that VTS has to cover Maryland, Washington, D.C., and Virginia routes.

Veteran's Hospital, and because so many exist on small fixed incomes, they find the cost of transportation too high."

Minter said they are often left with two choices: go without the treatment they need, or skimp on food or other necessities to pay for transportation. "Vets disabled in our nation's service should never face such dire options," Minter said. "Our nation's heroes need your help."

ACCORDING TO DAV national statistics, in 2011, volunteers drove more than 29,000 miles, donated nearly 2 million volunteer hours and transported 754,000 vets to the VA's 172 medical centers across the country.

"This is one of the most rewarding things you can do as a vet," Stohr said. "And think about the injuries younger veterans are suffering in Iraq and Afghanistan. The need is only going to increase."

Customer Appreciation Days!
September 13th-16th

phone ahead we'll have it ready when you arrive

HERNDON
13320-D Franklin Farm Rd
Franklin Farm Village, next to Giant
571-203-0100

© 2012 Papa Murphy's International LLC

Pepperoni Pizza

on our Original or Crispy Thin deLite® Crust.

\$5 Large

LSM-05

Papa Murphy's. Limit 1 per customer during promotional period. Valid at Herndon location only. Not valid with any other offers.

EUROPEAN IMPORTS SERVICE AND PARTS

Since 1985 dedicated to keeping your European Import in factory condition with:

- Factory trained master technicians
- Genuine European Manufacturers' parts
- Emissions Certified Repair
- 24-hour drop off and pick up
- Most extended warranty policies accepted
- Rental car reimbursement program

\$25 OFF Oil Change

Viking Automotive ASE CERTIFIED

14500-B Lee Rd., Chantilly
703-817-0650
visit us at www.vikingautomotive.com



WWW.FXPARTS.COM

We've Changed to NAPA to Better Serve Our Customers

Same People • Same Ownership Since 1961 • Same Professional Commitment to Service

10% OFF

EVERY ITEM IN THE STORE!

You must present this coupon with your purchase.
Not valid with any other discounted or promotional offer.
Expires October 2, 2012. CN

ONLY \$1.00

1 GALLON OF WINDSHIELD WASHER FLUID

- Valid at all locations
- Limit 1 per customer
- Offer valid while supplies last
- Must present coupon
- Expires October 2, 2012 CN

- ALEXANDRIA.....703-823-0800
456 S. Pickett St.
(Corner of Edsall & South Pickett)
- BURKE.....703-425-4400
5663 Burke Centre Pkwy.
(Rt. 123 & Burke Center Pkwy., Behind McDonald's)
- CHANTILLY703-631-3800
14154-C Willard Rd.
- FAIRFAX CITY.....703-978-4500
(Economy Auto Parts) 3855 Pickett Rd.
- FALLS CHURCH.....703-534-1200
431 S. Maple Ave.
(near intersection of Lee Hwy. & Rt. 7)
- HERNDON.....703-707-0800
23070 Oak Grove Rd. #100
(Corner of Rt. 606 & Oak Grove Rd.)

- FAIRFAX.....703-591-6500
10912 Lee Hwy.
- MERRIFIELD.....703-560-1560
(Machine Shop) 703-560-0813
8701 Lee Hwy.
- NEWINGTON.....703-339-8300
8196-A Terminal Rd.
(Fairfax County Pkwy. at Terminal Rd.)
- STERLING703-450-6600
(LOUDOUN).....703-444-5096
47060 Harry F. Byrd Hwy.
(Rt. 7 at Dranesville Rd.)
- VIENNA.....703-281-5700
121 Church St., N.E.
(Behind Vienna Inn)

2 MANASSAS AREA LOCATIONS

MANASSAS/EUCLID AVE.....703-368-7106 (Metro).....703-631-1125 (Champ Auto Parts) 9088 Euclid Ave.	MANASSAS/Rt. 234.....703-368-1002 (Metro).....703-631-1205 (Economy Auto Parts) 8106 Sudley Rd.
---	---

These stores are not affiliated with NAPA.



**MOST STORES OPEN
NIGHTS & SUNDAYS**

PARTS PRO GROUP®
EVERYTHING AUTOMOTIVE

Full Line of Foreign & Domestic Parts
Complete Machine Shop Service