



**Centreville High junior Ticha Romsont makes a contribution to the cause.**



**Little Rocky Run's Brandon Brown and son Myles are happy to contribute to LLS during the Centreville IHOP fundraiser.**

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

## Pancakes, Coffee and Donations

### Centreville IHOP holds leukemia, lymphoma fundraiser.

BY BONNIE HOBBS  
CENTRE VIEW

**P**ancakes and syrup make a tasty meal; but at the Centreville IHOP, they're also a way to raise money. And that's what happened Feb. 5 when the restaurant held a fundraiser for the Leukemia & Lymphoma Society (LLS).

During IHOP's National Pancake Day, customers received free, short stacks of pancakes. In return, they were asked to make donations to the charity, and those who did were glad to do so.

"My aunt and grandma had cancer," said Westfield High senior Madeena Aminzay, as she dropped some money into the donation box in the lobby. "And I think, if you have the money, you should help out. Every little bit helps, and it's for a good cause."

Sarah Farina, assistant manager at that IHOP in the Old Centreville Crossing Shopping Center, said the restaurant holds a fundraiser every year to support LLS. "The owners' daughter had leukemia as a kid," she said. "So we chose LLS because it's dear to our hearts and hit close to home."

That's why, said Farina, "We're happy to do whatever we can for this charity. We try to raise more and more money every year." Besides the

Feb. 5 event, she said, IHOP started collecting donations for LLS, the end of December and will continue through the end of February.

She said 100 percent of the proceeds go to LLS for research and patient financial aid. Farina also has a personal reason for supporting the charity so fiercely. "My cousin had leukemia twice when he was a child," she said. "So I appreciate the volunteers who come out to help and I thank them all."

Two of those volunteers working during dinner hours that night were Jean Card and Stuart Moll of McLean. "Everybody's here for the free pancakes, but we hope they'll also learn something about the Leukemia & Lymphoma Society," said Card during the fundraiser. "And most people donate, even if it's a dollar."

Herself a leukemia survivor, Card participates in the Light the Night fundraising walk each October for the National Capital Chapter of LLS. Last year's walks in this area raised about \$2 million, she said. And for volunteering at the IHOP event, she and the other volunteers receive a credit for their fundraising accounts.

Last year, she and Moll volunteered for this event at the Chantilly IHOP. "We raised a little under \$800 there," said Card. "And we hope to raise as much money as possible tonight."

Coming in for the free pancakes, but also donating were Michelle Strother of Fair Lakes and boyfriend Patrick O'Leary. "It's good to support LLS because I know the money really helps," said

SEE CENTREVILLE IHOP, PAGE 12



**Colin Gegg, a Colin Powell Elementary fourth-grader, puts a dollar in the donation box.**

## Officer of the Year

### Shields honored at Sully District Station.

BY BONNIE HOBBS  
CENTRE VIEW

**I**t takes a great deal to become a police station's Officer of the Year, but PFC Joe Shields has what it takes. And last Wednesday, Feb. 13, he received that honor for 2012 during a meeting of the Sully District Station's Citizens Advisory Committee.

"He's been a midnight-patrol officer for seven years and our top producer on DWI arrests," said Capt. Ed O'Carroll, the station commander. "He follows up on calls for service and is dedicated to the cause."

Then, addressing Shields directly, O'Carroll said, "You're an example to all of us at the station. Thank you for all your hard work.

It's an honor to award you Officer of the Year." O'Carroll then presented him with a framed certificate, movie tickets and a certificate for a stay at the Westfields Marriott.

Shields was nominated by 2<sup>nd</sup> Lt. Matthew Doyle, who explained why in a letter to O'Carroll. All throughout last year, wrote Doyle, Shields "exemplified the term, 'outstanding police officer.' [He] made above-average criminal and traffic arrests, driving-while-intoxicated arrests, conducted several extensive criminal investigations, and handled countless calls for service in a diligent and professional manner."

Doyle said Shields took great pride in proactively patrolling the Sully Police District searching for suspicious people and activity, as illustrated by his "self-initiated field contacts which were twice that of the squad's average during the year. [And] when it came to

SEE SHIELDS, PAGE 12

## Debbie Bendorf, 38, Loses Cancer Fight

**C**ancer doesn't care if a person is a wife and mother loved by friends and family, is only 38 and isn't finished living yet. Tuesday night, after a five-and-a-half year battle, Centreville's Debbie Bendorf died.

She leaves behind her husband Pete, an assistant principal and assistant football coach at Westfield High, and sons Jake, Zach and Nick, in fifth grade, second grade and kindergarten, respectively, at Cub Run Elementary.

"Such a sweet lady," said Melissa Jansen, executive director of Western Fairfax Christian Ministries. "I knew her first as a college

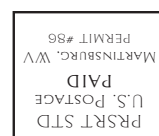
student, then later, as she started dating Pete, who worked with my husband in the school system. She was a beautiful, young, dedicated mother and we will miss her."

Although Debbie Bendorf fought hard against osteosarcoma (bone cancer), it still progressed and the side effects of chemotherapy were debilitating. So on Jan. 31, with

SEE BENDORF, PAGE 12



**Debbie Bendorf**





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## NEWS

# Following in His Dad's Footsteps

**Ben Sisson is Fairfax County's Volunteer Rookie Firefighter of the Year.**

BY BONNIE HOBBS  
CENTRE VIEW



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

**Parents George and Anne Sisson with their son Ben, Fairfax County's 2012 Volunteer Rookie Firefighter of the Year.**

**B**en Sisson is just 20, but he's just been honored as Fairfax County's 2012 Volunteer Rookie Firefighter of the Year. He received the recognition and a plaque last Tuesday, Feb. 12, along with other volunteer firefighters, during a ceremony before the Board of Supervisors.

"I feel honored," he said afterward. "I don't do it for the recognition; I just do things the best I can to serve the community."

A member of the Centreville Volunteer Fire Department (Station 17), Sisson was nominated for this award by VFD Chief Jeff Sargent and President Marva Williams. He was then selected by the Volunteer Fire Commission and county Fire Chief Ron Mastin.

Sisson's been active with the fire department since age 14 when he joined its Explorer Post 1949. While there, he was promoted and served as captain. When he was 16, he joined the Centreville VFD as a junior member.

Meanwhile, he graduated from Paul VI Catholic High School in June 2011 and, that September, he began classes at NVCC to become state-certified as one of the youngest Emergency Medical Technician Basics in Virginia.

Sisson continued attending firefighter classes at the Fire and Rescue Academy, and in December 2011, completed the required national training enabling him to serve as a fully qualified, county firefighter. And during 2012, he racked up more than 2,000 hours of volunteer service while attending college full time.

Currently, besides going to NVCC, he's also completing the hospital rotations required to become a nationally certified paramedic — which he plans to achieve next January. Sisson's taking some fire-science technology classes, as well: "We had open-cab firetrucks when I started; the technology has grown leaps and bounds since then."

During last week's ceremony, Sean Stokes with the county Volunteer Fire Commission, said "Members of Fairfax County's Volunteer Fire and Rescue Department are second to none when it comes to their commitment and dedication. They are the best of the best."

Presenting Sisson's plaque, volunteer liaison Jeffrey Katz said, "He garnered the respect of his supervisors and he's become a role model for others. He's always ready to help them and answer their ques-

tions."

Sisson's family, friends and colleagues were at the county Government Center for the ceremony. Sisson's father, George, retired in March 2010 after serving more than 30 years with the county Fire and Rescue Department. He was Station 17's commander for six years, from 1992-98, and then headed the West Centreville Station 38 for 11 years, from 1999-2010. He's now a civilian fire inspector testing fire-alarm systems for the Arlington County Fire Department.

"I'm very proud," said George Sisson. "Ben's picked up the torch and is still carrying it. We have video of him at 4 years old putting my boots on and falling over. Filling Daddy's boots was hard, but he's all grown up now and doing that. This was his focus since he was a child, and he's never wavered or wanted to do anything else."

George and wife Anne, of Hampton Forest, have two other children, Nick, 19, who attends West Virginia University, and Abby, 17, a senior at Fairfax High. "I'm proud of all my children and particularly proud of Ben today," said Anne after the ceremony.

"Like most parents who send their kids to college and never see them, I feel like we sent Ben to the fire department and never see him," she continued. "Even though he lives at home, he's either at school or volunteering."

"Ben's always been interested in firefighting," said his mom.

"Whenever George came home from work, Ben would grill him, asking what kinds of calls he ran that day, was it a fire, how many alarms and what stations responded. He wanted all the details. He's a really good kid, and there's no doubt in my mind this is what he was born to do." Agreeing, Sisson said, "I'm absolutely following in Dad's footsteps and hopefully doing this as a career. Growing up and visiting him at work was always a highlight of the week for me; I was definitely influenced by his service. I have memories of playing around the firetrucks and getting a ride around the block in them. It was always fun, and now I get to do it for real."



**Ben Sisson holding his plaque.**

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## ROUNDUPS

### Pizza and Bingo Night

Westfield High's band is holding a Bingo night to raise money for its 2014 trip to perform in the Rose Bowl Parade in Pasadena, Calif. It's slated for this Friday, Feb. 22, in the school cafeteria. Pizza will be served from 6-7 p.m., followed by Bingo; winners will receive prize baskets.

Cost is \$15/ticket for 10 games; pre-order includes two prize-affle tickets. It's \$5/person for each additional pack of 10 cards. Raffle tickets for prizes are \$1/each or six for \$5. A single meal – a slice of pizza and a drink – is \$2.50. Each family meal – a large, one-topping pizza and four drinks – costs \$12. To pre-order, go to [www.westfieldband.org](http://www.westfieldband.org), or order at the door.

### Recycle During Electric Sunday

Residents may recycle old TVs, computers, peripheral electronic devices – such as keyboards, speakers, printers and scanners, as well as household hazardous wastes – including fluorescent light bulbs and tubes, for free, during Fairfax County's "Electric Sunday" events.

The next one is slated for Sunday, Feb. 24, from 10 a.m.-3 p.m., at the I-66 Transfer Station, 4618 West Ox Road, Fairfax. For more information, call 703-324-5052.

### School Boundary Meeting Set

Chantilly High, Franklin Middle and Rocky Run Middle are all schools involved in the boundary study students to relieve overcrowding at Fairfax High and Lanier Middle School. And the public is invited to join a community dialogue regarding possible scenarios for the movement of students from one school to another.

It's set for Tuesday, Feb. 26, from 7-9 p.m., at Woodson High School, cafeteria, 9525 Main St., Fairfax (snow date - March 6). For more information, to sign up for the meeting and to submit questions and comments, go to <http://www.fcps.edu/fts/planning/fairfaxlanier/index.shtml>.

### Fair Oaks CAC to Meet

The Citizens Advisory Council of the Fair Oaks District Police Station will meet Tuesday, Feb. 26, at 7 p.m., in the roll-call room of the police station. It's at 12300 Lee Jackson Memorial Highway in Chantilly.

### Sully District Council Meeting

The Sully District Council of Citizens Associations and its Land-Use Committee will meet Wednesday, Feb. 27, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. On tap is an update of transportation developments by VDOT and Fairfax County's Department of transportation. Call Jeff Parnes, evenings, at 703-904-0131.

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Feb. 28, 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.

### Help Prevent Teen Suicide

On March 18, 2009, FCPS student Joshua Lee Anderson was

SEE ROUNDUPS, PAGE 15

## NEWS

CENTRE VIEW EDITOR STEVEN MAUREN  
703-778-9415 OR [CENTREVIEW@CONNECTIONNEWSPAPERS.COM](mailto:CENTREVIEW@CONNECTIONNEWSPAPERS.COM)



The cast of Chantilly High's "Brighton Beach Memoirs" is (back row, from left) Chris Knarr, Gonzalo Izquierdo and Matt Calvert, and (front row, from left) Katie McVicar, Brooke Johnson, Nicole Paladeau and Samantha Jones.

## Neil Simon Comedy at CHS

### Theater students present "Brighton Beach Memoirs."

BY BONNIE HOBBS  
CENTRE VIEW

If it's a Neil Simon comedy, it's bound to be hilarious. And that's what Chantilly High's presenting this week in its production of Simon's "Brighton Beach Memoirs."

Show times are Thursday-Sunday, Feb. 21, 22, 23

and 24, at 7 p.m. each night, in the school's black box theater, room 106. Tickets are \$5 online and at the door, but only 100 seats are available for each performance, so people are encouraged to purchase their tickets in advance at [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com).

The story is a semi-autobiographical look at Simon's youth, growing up in Brooklyn during the depression and on the eve of World War II. It's both a tender and funny tale of a Jewish-American family as seen through the eyes of a 15-year-old boy obsessed with baseball and girls.

Cast members are: Nicole Paladeau as Nora, Brooke

SEE NEIL SIMON, PAGE 7

## Inventors Need Community's Votes

### Rocky Run X-BOTS team vies for innovation award.

BY BONNIE HOBBS  
CENTRE VIEW

A team of students mainly from Rocky Run Middle School is vying for an award for an app it created to help senior citizens. And area residents can help the students win by voting for their creation.

The team, called X-BOTS, competed in a FIRST Lego League (FLL) event in November and captured the first-place research award for its app. Now it's the only team from Northern Virginia with the potential to win the FLL Global Innovation Award.

The X-BOTS team is competing against more than 300 others from all over the world. Voting began Feb. 11 and ends March 1. To vote, go to <http://fllinnovation.firstlegoleague.org/medassist>.

The team members are Rocky Run eighth-graders Nikhil Chintada, Satish Venkatesan, Rishabh

Venketesh, Ahan Shah and Sarah Maxseiner; Rocky Run seventh-graders Sidharth Rampally and Nandin Padheriya; Greenbriar West Elementary fifth-grader Anoushka Chintada; and Thomas Jefferson High freshman Rishabh Negi. Their coach is parent Nagesh Chintada.

Their innovative creation is MedAssist, a mobile and tablet app designed to help senior citizens remember to take their medications. It's free and geared for Android devices and may be used by the elderly and their caregivers.

"The problem we were given was senior solutions, so we talked to Dr. Andrew Carle of GMU," said Satish. Carle's an expert in technologies for older adults, and he suggested the students create something to ease the lives of senior citizens and their caregivers.

"He said elderly people have problems taking the proper medication and doing it on time," said Satish. "So the whole team worked on an app to help them; it took us a couple months."

"If people are taking five or more medications per

SEE INVENTORS NEED, PAGE 7





**Dulles Regional Chamber of Commerce STEM:** Kaleb Chernet receives the award from Chamber President Eileen Curtis.



**Jaeschke Book Scholarship:** Susan Culik (on right) presents it to Alyssa Garcia.



**Jaeschke Book Scholarship:** Lori Norris receives it from Susan Culik.



**Kris Hall Memorial:** Veronica Quintanilla receives her scholarship from Sandy Valenzuela.

# Mountain View Presents Scholarships

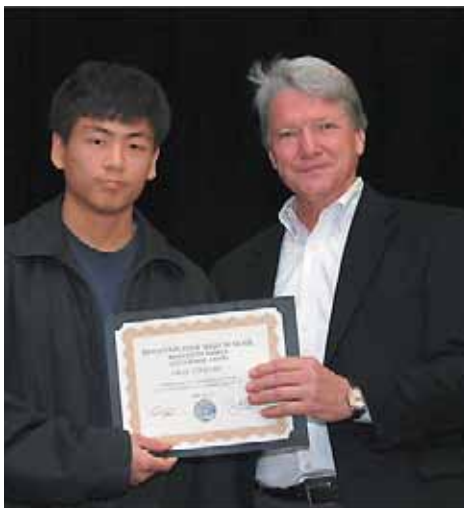
Mountain View High School distributed scholarships to its graduating seniors on Feb. 1.



**Jessica Farthing Memorial:** Justin and Jesse Farthing with scholarship recipient Alyssa Garcia.

PHOTOS COURTESY OF KEN BURTON

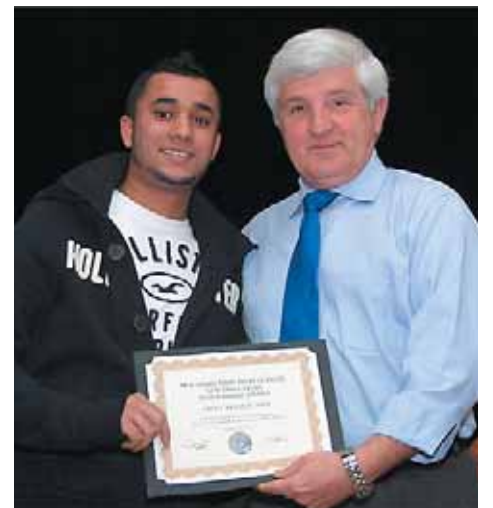
**Centreville Presbyterian Church Community Service:** Alyssa Garcia receives her award from Bill Hudspeth and Sharon Hoover.



**Woodruff Family Scholarship:** Geon Lee receives his award from Chuck Woodruff.



**Wade Jordan Memorial:** Terri and Jenny Jordan present this scholarship to Brittany Proctor (center).



**New Directions:** Abdul Abid receives his award from Buck Payne.



**Mountain View High School Foundation:** Tom Troy presents the award to Amy Saenammat.



**Northwest Federal Credit Union Foundation:** Kaleb Chernet receives it from Linda Rogus.



**Parent Community Connection:** Claudia Alarcon (on left) receives her award from Chris Allen.



**Siobhan Russell Memorial:** Lynne Russell (on right) presents Claudia Alarcon with this scholarship.



# Man Pleads Guilty to Murder

BY BONNIE HOBBS  
CENTRE VIEW

One year ago, Benjamin Luke Walker walked into the Fairfax County Adult Detention Center's pre-release center and confessed to killing his roommate, a 22-year-old Centreville woman. It was no surprise then that, instead of having a jury trial Feb. 4 in Circuit Court, he entered a guilty plea to a charge of first-degree murder.

The victim, Ryah Leslie, was killed Jan. 15, 2012 inside her townhouse in Centreville's Woodgate Manor community. Three months later, in General District Court, witnesses testified about the crime.

The first was county Deputy Sheriff David Webb, who was working in the pre-release center, around 1 p.m., the day of the tragedy. He pointed out Walker in court and said Walker had approached him that day and asked to speak with a police officer.

"I told him I was a deputy and could help him," said Webb. "He said he'd like to report a murder. I asked him if he knew who the

murderer was, and his response was, 'I did the killing.'" Webb also noted that Walker, 22, didn't have any injuries that he could see.

Under cross examination from defense attorney Crystal Meleen, Webb said he could smell alcohol on Walker's breath from about a foot away. "I asked him if he'd been drinking, and he said, 'The night before,'" said Webb. He said he then took Walker into custody and handcuffed him. Police later charged Walker with murder.

Leslie lived in the townhouse with three other roommates — her boyfriend, Travis Jordan, Walker and a man named Tristan Kennedy. Her bedroom was in the basement, and the others lived upstairs. In court, Jordan said he and Leslie dated.

He testified that, on Jan. 15, 2012, shortly after 3 a.m., Leslie "came into my room and into my bed, and it woke me up. She was drunk, and I asked her to go downstairs to her bedroom and she did. I only saw her for a minute or two." He said he then went back to sleep.

That was the last time he saw Leslie alive. That afternoon, be-

tween 1:20 p.m. and 1:30 p.m., said Jordan, "I got a phone call and a text message that led me to believe I should go check on her wellbeing. I opened her bedroom door and saw her sitting on the ground against the mattress."

He said Leslie had a big cut on her neck. "Her right hand was covered with blood. The reality of what happened hadn't hit me, yet, until I looked into her eyes and saw she was no longer with us."

Upset, he threw his cell phone and went into Kennedy's room upstairs and told him, and Kennedy called the police. Jordan said Walker wasn't in the house and he hadn't seen him since the day before.

Police searched the townhouse that afternoon at 4:28 p.m. Among the items they seized were knives from the dishwasher, the basement and Walker's bedroom, plus a box cutter from his bedroom.

After Walker's preliminary hearing, his case was sent to the grand jury, which later indicted him. He pleaded guilty Feb. 4 before Circuit Court Judge David Schell, who then set Walker's sentencing for April 5.

## Police Charge Three in Vehicle Vandalisms

Last month, police from the Sully District Station began investigating a number of property destructions and larcenies that happened Jan. 10, between 1-5 a.m. The culprits smashed passenger-side windows of 44 vehicles parked in Centreville, rummaged through the glove boxes and stole items including: GPS units, iPods, sunglasses and loose change. Areas targeted were: Bent Tree Circle, Little Rocky Run, Summer Tree Road, Glade Spring Drive and Cider Barrel Circle.

Since then, police received an anonymous tip from the Crime Solvers line and officers and detectives followed it up. As a result, they've now charged three men in connection with these crimes. They are David L. Stribling, 24, and Glen D. Edwards Jr. 23, both of Centreville, and Tracy A. Carmichael, 21, of Manassas.

So far, the trio has been charged with 19 offenses, including both felony and misdemeanor property destruction and larcenies. Following their arrests, they were held in the Fairfax County Adult Detention Center. Detectives continue to investigate and say additional arrests may be pending.

Capt. Ed O'Carroll, commander of the Sully District Station, praised all involved with the investigation. "Many times these sorts of cases go unsolved, unfortunately," he said. "But thanks to the help from the public and media, our detectives received valuable information and were able to put pieces of information together linking these suspects to the crimes; they did an outstanding job."

— BONNIE HOBBS

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# OPINION

## To 'Get That Vote We All Deserve'

### From Fix Gun Checks tour to White House.

BY OMAR JOSEPH SAMAHA  
BROTHER OF REEMA SAMAHA

After my sister Reema was killed at Virginia Tech on April 16, 2007, our lives changed forever. I say "our lives" changed forever because gun violence doesn't just affect the direct family of the person killed, but an entire community. As I learned more and more about gun violence I found that on a daily basis, this ripple of pain and suffering is repeated 34 times in 34 communities around the country, that's a Virginia Tech massacre every day.

This all became even more apparent when I drove around the country on the Fix Gun Checks tour. The campaign promoted respect for the second amendment and fixing our background check system on gun purchases to prevent dangerous, prohibited purchasers, from acquiring them.

The campaign began shortly after the Tucson, Ariz. massacre where U.S. Rep. Gabby Giffords was shot along with many other innocent Americans. For months I campaigned across the country holding public events in small towns and big cities. When I made it to Tucson, Gabby was still recovering from her gunshot to the head, yet I had the opportunity to meet her sister and those affected by the shooting. Her sister gave me a bright blue bracelet that had inscribed on it, "Gabby," along with a peace sign and a heart. I've cherished it and worn it ever since along with my "Hokie Hope" bracelet as I've hoped and prayed for her recovery and for all those affected by gun



violence. **IN EVERY STATE** I traveled to, I met with families and survivors of gun violence, mayors, congressional members, law enforcement officials, doctors, gun owners and NRA members. From the rural countryside, to the suburbs, to the inner cities, I witnessed the same thing; gun violence affects people in every community and from all walks of life. The resounding plea from everyone I met along the way is that we must do more to prevent gun violence in our country while respecting our second amendment rights. This can and must be done in a comprehensive manner in order to have real results.



"Hokie Hope" and "Gabby" bracelets

After the Newtown shooting, everything changed, and Americans could not bear the thought of inaction. We can see that push from citizens cause the president and Congress to finally act to prevent these tragedies from occurring.

I went to the White House last Tuesday to

speaking with the First Lady and other policy advisors and on Capitol Hill I spent much of the day meeting with congressional members. Everyone is now committed to working on the complex issue of gun violence prevention around our country while making sure our Constitutional rights are not infringed.

On Capitol Hill U.S. Rep. Jim Moran has been a very strong vocal leader in gun violence prevention and has worked closely with us over the years. He invited me to be his guest to the State of the Union. I was honored to attend along with many others who have experienced gun violence in their lives and even more so when President Obama acknowledged our presence.

The president spoke strongly about how the time for talk is over and the time for action, to vote on gun violence prevention measures, is now. He reiterated, "They deserve a vote!" when referring to those who have been murdered in the growing number of massacres, for the 34 Americans killed every day, for the families and communities affected, and for the survivors who live their lives with permanent injuries and trauma.

**SHORTLY AFTER** the State of the Union address, as I was leaving, I randomly got to meet one of those survivors, Gabby Giffords. She was being escorted by her husband, Capt. Mark Kelly. I had the feeling that one day we would cross paths. I introduced myself to her and though I don't believe she knew who I was, when I showed her the bracelet with her name on it her face changed expression to one of excitement and enthusiasm.

Although Gabby is still recovering and re-learning how to speak, the words we exchanged were enough to give us more hope and energy, to continue on until we get that vote we all deserve, for our safety, for our children, and for our families and communities.

### LETTER

## The Right Influence

To the Editor:

As a young Muslim girl growing up in the West, it can be hard to find a role model who is famous for helping others, especially in a sea of celebrities and reality stars. I wonder if there are any young people, who are trying to do something worthwhile. Then there is Malala Yousafzai, the young Pakistani activist whose fight for girls' equality and attempted murder by the Taliban gained her international fame. She was recently released from the hospital and, in high spirits, explained how she was ready to continue to fight for her cause. Malala is a great example of what young people can do and, at the same time, has broken many stereotypes about young Muslim girls and women from the developing world. It is through peace and logic that she has been able to deliver her message. I only hope that others, including myself, may learn to do the same.

Saira Bhatti  
Centreville



### Celebrating Irish Heritage

Supervisor Michael R. Frey honored Wild West Irish Tours of Springfield along with vocalist Cathy Jordan (Sligo, Ireland) with a proclamation declaring Dec. 13 as "Cathy Jordan/Wild West Irish Tours Day" in Fairfax County. The event was held at the Irish Embassy in Washington, D.C. to launch "The Gathering 2013," a celebration of Irish heritage being celebrated throughout 2013 in Ireland. From left: Frey, Michael Regan-Waugh and Trish O'Donnell Jenkins of Wild West Irish Tours, Jordan of the Irish band Dervish.

## CENTREVIEW

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A Connection Newspaper



# Neil Simon Comedy at CHS

FROM PAGE 3

Johnson as Blanche, Matt Calvert as Stanley, Katie McVicar as Kate, Chris Knarr as Jack, Samantha Jones as Laurie and Gonzalo Izquierdo as Eugene. Stage manager is Antonio Ribiero; set designers, Chloe Vasquez and Josh Lutz; and lighting, Drew Pardo.

In the lead role of Eugene Morris Jerome is junior Gonzalo Izquierdo. "Eugene's athletic and going through puberty; he loves sports and just started noticing girls," said Izquierdo. "His family's going through unemployment and hard times, and he has to rise above it, figure out his place in the family and evolve. He's thinking about his future and what he's going to do with the rest of his life, so it's a coming-of-age story."

Since Eugene's so different from himself, he said it's a challenging part, but he's enjoying it. "There are times when Eugene tells his thoughts directly to the audience, and it's really hilarious," said Izquierdo. "It's my first lead and it's a lot of lines, but I really like doing it."

He said the audience will love the show because "it's all about a family and things they can relate to. And since it's in the black box, the stage is in a smaller area, with the actors just 10 feet away from the front row. So the audience will really feel the emotion."

Directing this production is senior Greg Baker. "I realized it's a lot harder and more work than I thought it was, and it makes me appreciate more what directors do," he said. "But it's also a lot of fun because I get to help everyone act, it's nice to be in charge and I get to run things the way I want to."

The scenes take place in the Jerome family's dining/living room area and in one of the bedrooms. Baker said it was a challenge to fit the set into such a small space, but "I think our set designers did a really good job." He said the actors are also doing great. "I'm impressed with how well the actors are handling the maturity of their characters and explaining who they are on stage," said Baker. "And I think the audience will appreciate the fantastic script; it's really funny, as well as moving and touching."



Back row, from left, are X-BOTS team members Nikhil Chintada, Satish Venkatesan and Sarah Maxseiner; and (front row, from left) Ahan Shah, Sidharth Rampally, Rishabh Venketesh and Anoushka Chintada.

## Inventors Need Community's Votes

FROM PAGE 3

day, multiple times a day, chances are, they're likely to forget one, take one at wrong time or overdose on some by accident," said X-BOTS team coach Nagesh Chintada, parent of two of the team members. "The result could be serious consequences."

Poor adherence to medication is a leading cause of hospitalization among senior citizens, so the students' app not only helps senior citizens adhere to their medication schedules, but makes it a fun experience

and, therefore, more likely to be used. MedAssist allows them to get medication reminders; connect with caregivers, family and friends via Google Talk and Skype 4; obtain emergency help; access entertainment; and score game-like points for keeping healthy.

"We believe we have a strong candidate for the Global Innovation Award and can win it if we can get the judges' attention," said Chintada. "Now, we just need as many people as possible to vote for us."

### Women's Self Defense Program Offered

The Fairfax County Law Enforcement Foundation is partnering with the Fairfax County Police Department to offer the Women's Self Defense Training program.

It's based on the SAFE program formerly provided by the Police Department, but now being taught by C&J Security Corp. The program is a two-day class that will meet on consecutive Tuesday and Thursday evenings from 6:15-9:30 p.m.

It's currently offered free and all class materials

are included. Program funding is provided through the Fairfax County Law Enforcement Foundation.

The course is offered to females, age 13 and older. A female guardian must accompany girls 13-18.

No men other than the instructors are permitted to be present during a class. For more information, call 703-246-7806, e-mail WSD@fairfaxfoundation.org or go to www.fairfaxfoundation.org.

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# Learning From the Past What some area schools are doing to celebrate Black History Month.

BY MARILYN CAMPBELL  
CENTRE VIEW

**T**he sound of steel drums vibrates through the air of a crowded auditorium in Potomac, Md. In McLean, elementary school girls share their understanding of the struggles of Rosa Parks. A group of second graders from Alexandria treks to downtown Washington to see the massive memorial statue of slain civil rights leader Martin Luther King Jr.

Area schools are celebrating Black History Month with activities like these. They range from student-led faculty meetings to music and food-filled festivals. In fact, some school officials say acquiring knowledge of the history of the African-American community is a significant part of a well-rounded education.

"I think acknowledging and celebrating Black History Month is important because we're not yet in a place where we can say that we're paying attention to the contributions, perspectives and experiences of African-Americans in this country on a consistent basis," said Rodney Glasgow, head of the Middle School at St. Andrew's Episcopal School in Potomac, Md.

A group of eighth-grade boys at St.

Andrew's led a faculty meeting and told teachers and staff what it's like to be African-American teenagers. "The boys helped our faculty understand a little bit more about where they come from and some of their unique perspectives and challenges," said Glasgow. "It is a different way to celebrate Black History Month, but we're hoping to do something meaningful and really address the state of African-Americans in our culture."

Ann Richardson Miller, director of admission for The Madeira School, in McLean, said students there shared a school tradition: "We had an all-school meeting in which a team of eight Madeira students who had attended the Student Diversity Leadership Conference [in Texas] ... discussed their experiences. Madeira has sent a team of students to that conference for the past 10 years."

Kindergarten through third grade students at the Potomac School in McLean researched, wrote and read essays about famous African-Americans. "Each homeroom teacher selects one black American each week whose achievements have had a positive impact on our nation," said David Grant, the school's director of diversity and inclusion. "The students write a report about that person. Three or four students

from each class will do a short presentation during a school assembly on each Friday during February. Students will have learned about 12 important African-Americans by the time the assembly is over."

In Alexandria, Linda Stratton, director of communications for St. Stephen's & St. Agnes School said that the school's second grade students wrote letters to the late Dr. Martin Luther King Jr. and read them aloud during the school's annual "Letters to MLK" program, which included songs, poetry and photo presentations. They also visited the Martin Luther King Jr. National Memorial.

"In the lower school, our multicultural director meets with students in grades 3-5 regularly at lunchtime to watch short films and discuss various topics," said Stratton. "This month, they watched the film, 'The Children of Birmingham,' an animation that describes the powerful role young people had in changing the laws of segregation in Birmingham, Alabama. Then they discussed what they can do as children to contribute to our world today."

Stratton added, "In the middle school, a weekly chapel service focused on Black History Month. Students shared their own perspectives. Themes focused on honoring the unique value of each person, accepting and valuing yourself, and being courageous."

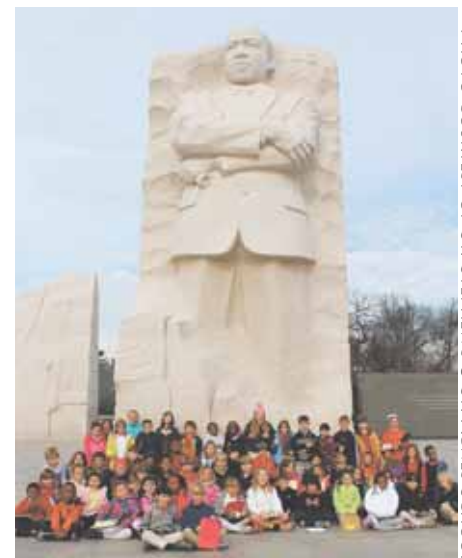


PHOTO COURTESY OF ST. STEPHEN'S & ST. AGNES SCHOOL

**Second grade students from St. Stephen's & St. Agnes School in Alexandria visited the Martin Luther King Jr. National Memorial.**

Educators say that while Black History Month activities are important, they hope the events spark a dialogue that extends beyond February. "It is important because many people may not understand how important the African-American experience is to our country's history," said Grant.

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# Choosing a Summer Camp

Region offers programs to tempt children with interests ranging from sports to drama to science.

By MARILYN CAMPBELL  
CENTRE VIEW

While most of Washington is braving the winter weather, April Toman has been planning for summer. At the top of her list: choosing a camp for her two children, Claire, who is in fifth grade, and Will, who is a second grader.

"I start thinking about it in January," said Toman, who lives in Alexandria. "I talk to my kids about what they are interested in taking. There are so many options and the popular camps fill up quickly."

Education experts say summer camp is an important part of a childhood experience, and parents should start considering options well before the end of the school year.

"I think summer camps are wonderful for kids," said Tammy Davis, a doctor of education and a professor of psychology at Marymount University in Arlington. "Sometimes kids lose ground over the summer, especially with regard to their mental activity. Summer camp can continue brain development, especially with regard to creativity, mental activity, physical activity and social activity."

Davis, who is a former camp counselor, elementary school teacher and school counselor, said children who are not exposed to new social activities could become isolated during the summer months. "If your kids are only playing video games or going to the pool every day, they run the risk of cocooning themselves," she said. "Choose a camp that expands your child's horizons, that will be stimulating and engaging and where they will develop new friendships without the pressure of an academic environment."

Toman, whose children will attend summer camp at St. Stephen's & St. Agnes School in Alexandria, says that from traditional day

camps to specialty camps, the options for children are plentiful. "My children have done junior veterinarian camp in the past, and this year we might try an eco-adventures camp."

**FROM SPORTS TO SCIENCE**, the Washington region is filled with camps that will suit almost every child. For example, Annie Moyer, director of the Sun & Moon Yoga Studio in Arlington and Fairfax, says yoga camps are options even for children who have never practiced yoga. "No yoga experience is necessary," she said. "We do yoga games and poses, breathing, artistic expression and, weather permitting, outdoor playground time."

For youngsters with a passion for all things artistic, Jeanne Loveland, education director for the Greater Reston Arts Center, suggests art camp. "Our camps are based on the GRACE mission, which is contemporary art" she said. "There are some discussions and there are art projects. There is one camp of messy art projects that your mom would never let you do at home. The camps are educational, but also



PHOTO COURTESY OF ST. STEPHEN'S & ST. AGNES SCHOOL

**Students show projects that they made during a physics camp at SummerTimes Camp at St. Stephen's & St. Agnes School last summer.**

fun. We will bring in local artists."

Loveland added that during one session, students will learn about public art, and "will create a public art work that will be displayed publicly after the camp."

Jim Supple, director of summer programs at St. Stephen's & St. Agnes School, encourages parents to consider specialty camps as well as traditional day camps. "Specialty camps are great ways to try new things, to expand horizons, and to challenge yourself," he said. "Children are naturally curious and specialty camps provide a way for children to learn more about their interests. If a child is not the most athletic and would rather learn about fashion or photography, acting or magic, specialty camps provide that outlet. They allow children to find things that they are good at and lets them be proud in that activity."

While the thought of academic camps might cause some children to cringe, Mollianne Logerwell, Ph.D., director of science education at George Mason University's Virginia Initiative for Science Teaching and Achievement, says that does not have to be the case. George Mason hosts science camps, and "students frequently tell us that camp was not only fun, but also increased their interest in science," she said. "Additionally, classroom teachers have told us that students who attended a VISTA camp ask

higher-level questions and are more engaged in science lessons than students who did not attend camp."

Logerwell said VISTA camps are geared toward low-income students. "It's also a great way to expose families with limited knowledge to the possibility of attending and affording college."

Gabrielle Summers, who is planning to send her children to summer camp at the Norwood School in Bethesda, Md., says that she considers safety first. "Second, [I consider] the qualifications of counselors and leadership and their love of the children. [Then] I look at cost, early bird discounts, payment due dates and cancellation policies."

For those who may not be able to afford the cost of summer camp, Rechen suggests that parents do a little research. "Many summer camps offer financial aid," he said. "There are also foundations that give grants for camps."

No matter which camp a child attends, however, Davis has one caution: "Be careful about over-scheduling camps, doing back-to-back camps and not giving children down time," she said.

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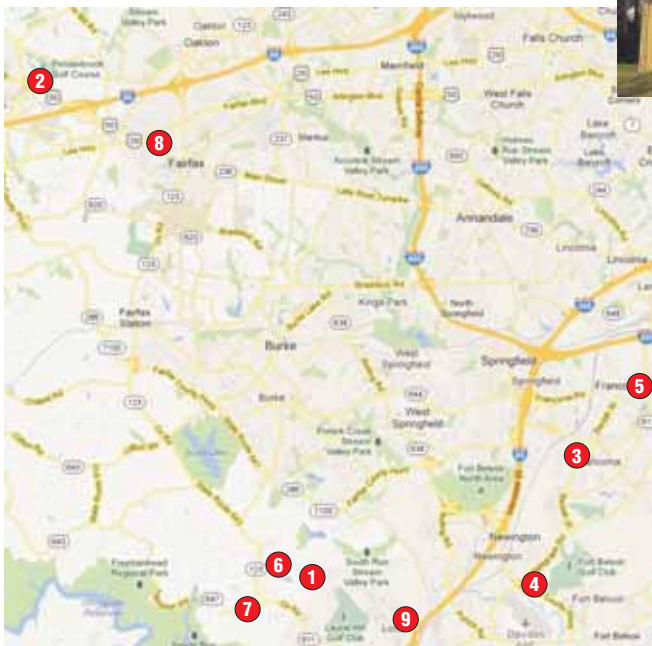
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# SCHOOLS

## CES To Hold Parent Workshops

Centreville Elementary is holding an evening of parent workshops, Thursday, Feb. 28, and any parent in the community is welcome to attend. The school surveyed its population and will present information and advice on the four topics that generated the most response.

The program is called "Family Matters - Connecting With Your Child," and the school is at 14330 Green Trails Blvd. (off Route 28) in Centreville. Pizza, beverages and ice cream will be available for purchase in the cafeteria from 6-6:45 p.m.

### 7-7:45 P.M. - SESSION ONE

❖ **Raising Responsible Children** - Learn ways to foster self-discipline, responsibility and personal accountability in children so they may become contributing members of the family and society. Room 122/124.

❖ **Motivating Students To Succeed in School** - Motivation comes from within a person, but parents can cultivate qualities that help children become motivated to learn, including a sense of self-worth and perseverance in the face



## Cards for Seniors

As part of Union Mill Elementary's community outreach efforts, the school PTA asked students to make Valentine cards, and drawings for nursing home residents for Valentine's Day. The school collected the Valentines on Feb. 8, and parent volunteers delivered them to area nursing homes in time for Valentine's Day.

of challenges. Identify ways to encourage these qualities in children. Topics include goal-setting and positive self talk. Room 123.

### 8-8:45 P.M. - SESSION TWO

❖ **Practicing Positive Discipline** - Learn age-appropriate limits for children and get pointers on how to set and maintain them. Recognize the difference between discipline and punishment and the subsequent outcomes they generate. Strategies for encouraging

positive behavior and discouraging negative behavior will be discussed. - Cafeteria.

❖ **Improving Study Skills** - Learn strategies to help children develop effective study skills for lifelong learning. Topics include goal-setting, time management and study strategies. Room 106.

Anyone needing translation services or childcare for school-aged children only should contact school counselor Lee Kaiser at LRKaiser@fcps.edu.

## SCHOOL NOTES

**Chelsea Legendre**, a junior at James Madison University and a Centreville High School graduate, was named to the president's list for Fall 2012. She was also on dean's list for Spring 2012.

**Adriana I. Mendoza** of Centreville has been named to the McDaniel College fall 2012 dean's list with highest honors. Highest honors are earned for a semester grade point average of 3.90 or higher.

The following area students were named to the dean's list at The University of Mary Washington: **Gabrielle DeVincenzo**, a junior; **Mary Fesak**, a sophomore; **Caroline Filippone**, a junior; **Emma Goodacre**, a junior; **Katherine Johnson**, a sophomore; **Danica Leninsky**, a senior; **Shirley Martey**, a junior; **Jonathan Randall**, a senior; and **Kelsey Trumble**, a senior

**Hanna Elizabeth Skahn** received a bachelor of arts degree in communication sciences and disorders from Baylor University.

**Keeho Kim** received a doctor of philosophy degree in religion, politics and society from Baylor University.

**Wicitra Mahotama** was named to the dean's list at Iowa State University and is majoring in environmental science (AGLS).

**Maretta Fan**, of Centreville, was named to the dean's list at Emory College.

**Noreen Rich**, of Centreville, graduated with a master's degree in business administration from the University of Wisconsin-Whitewater during winter commencement.

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All listings due by Tuesday at 3 P.M.



# Shields: Sully District Station's 2012 Officer of the Year.

FROM PAGE 1  
detecting and apprehending serious criminals, Shields made nearly four times the amount of felony arrests as his peers." In addition, wrote Doyle, during 2012, Shields also handled 50 percent more incident reports than his fellow squad members.

Doyle said Shields exemplified what a well-rounded and exemplary police officer should be. Shields handled numerous incidents throughout the year, but Doyle said three felony cases were especially noteworthy.

Last summer, Shields stopped a vehicle for speeding. But during the seemingly routine traffic stop, he began to suspect there was more to the violation than someone running late and exceeding the speed limit. "So he engaged the vehicle's occupants in conversation and noticed several inconsistencies in the driver's and passenger's stories."

"Shields noted both occupants appeared extremely nervous and got that gut feeling [that they] were hiding something," wrote Doyle. "[He] followed his training and experience and requested the assistance of a drug-detecting police dog." The K-9 handler and his four-legged partner arrived on the scene with the dog alerting to the presence of illegal drugs contained within the vehicle.



BONNIE HOBBS/CENTRE VIEW

**PFC Joe Shields (on left) is congratulated by police Capt. Ed O'Carroll for being the Sully District Station's 2012 Officer of the Year.**

A search of the vehicle revealed a sizable quantity of cocaine, morphine pills, heroin, and drug paraphernalia. "Besides the new narcotics violations, Shields learned the driver and passenger both had active warrants for other serious crimes," wrote Doyle. "Shields turned an everyday speeding violation into six felony charges and numerous misdemeanor charges."

In another case, Shields responded to a report of shots fired inside a home occupied by several people. "He was the first to

arrive and assess the situation, remaining calm and professional while developing an immediate plan of action and guiding other responding officers."

"He was instrumental in assembling a plan resulting in the subject surrendering and all occupants of the home being safe," wrote Doyle. "Shields [then] utilized his excellent, interpersonal communication skills [to obtain] a full confession from the suspect, netting three serious felony charges."

In the later part of 2012, Shields re-

sponded to a routine call about suspicious people in a backyard. Using his skills and training, he developed a stealth approach to the area, instead of simply driving through it. He also parked his cruiser away from that yard and walked through the neighborhood in search of people "who were utilizing the cover of darkness to possibly prey upon innocent citizens," wrote Doyle.

"While making his way through the poorly lit neighborhood, Shields was able to locate the suspicious persons without [their knowing it]," continued Doyle. "Shields's persistence and patience yielded positive results with the apprehension of subjects who were involved in a rash of crimes throughout the neighborhood, including breaking into cars and taking valuables."

Doyle also noted that Shields often instructs younger officers in police procedure and protocol and is "a leader among his peers." He is respected by his co-workers and is a highly dedicated and well-rounded individual who displays the highest work ethic as a police officer. In recognition of his hard work, dedication and diligence to duty throughout 2012, I am honored to nominate PFC Joseph A. Shields for the [Sully District Station] Citizens Advisory Committee Officer of the Year."

# Centreville IHOP Holds Leukemia, Lymphoma Fundraiser

FROM PAGE 1  
Strother.

Colin Powell Elementary fourth-grader Colin Gegg contributed "because you're helping people with cancer." Mom Peg Alessi, a third-grade teacher there, said, "We saw the wait [for a table at IHOP], but stayed to donate because it's important. We've had family members and friends who, unfortunately, passed away because of cancer. So what a good thing it is to donate so they can find a cure for it."

Heather Selzer of Annandale said she always contributes to causes. "I usually try to come to events for this one," she said. "And the pancakes were delicious."

A Centreville High junior, Ticha Romsont of Centre Ridge was also happy to donate. "I like helping people; it makes me happy to see smiles on their faces," she said. "I volunteer at [Inova] Fair Oaks Hospital,



BONNIE HOBBS/CENTRE VIEW

**Westfield High senior Madeena Aminzay makes a donation to LLS.**

pushing patients in wheelchairs."

Also coming to the fundraiser were Brandon and Vera Brown of Little Rocky Run

with their three sons, Myles, 13, a Rocky Run Middle eighth-grader; Marcus, 10, a fifth-grader at Willow Springs Elementary; and Kaeden, 6, a Union Mill Elementary kindergartner.

"We wanted to donate to the cause," said Brandon Brown. "Cancer and leukemia hit close to home and affect everybody. And my mom's a breast cancer survivor, so it's something we want to support, contribute to and do our part to help."

As for Card, it was two years ago this

month that she was diagnosed. She's in remission now and says, "I was incredibly lucky that the kind of leukemia I had was the easiest to treat. So I help because it's an important cause and it's important to us to raise money for the research."

"Without the research to figure out that a particular form and dosage of vitamin A could help me, in my lifetime, my kind of leukemia was 100-percent fatal," she said. "So I know the value of research, and I want other people to get those same miracles."

## Centreville's Bendorf Loses Cancer Fight

FROM PAGE 1

the support of her husband and family, she decided to stop the chemo and begin home-hospice care.

Both her husband and their two oldest sons are active in SYA sports and on Feb. 9 the SYA families held a basketball fundraiser at Westfield High to help the Bendorfs with their medical bills.

After the event, overwhelmed by the kindness shown to her and her family, Debbie Bendorf said, "It's an incredible feeling knowing that your kids will be left in a world that's so full of caring and loving people. There's nothing more a

mom could want."

"Debbie fought with all the tenacity, grace and dignity that we all have come to know," said SYA mom Fran Furr on Wednesday. "She taught us all a lesson in how to live our lives. She taught us to cherish each moment with one another, and she would not want us to be sad, but to enjoy today and everyday with smiles and laughter."

Viewing is this Thursday, Feb. 21, from 5-8 p.m., at Fairfax Memorial Funeral Home, 9902 Braddock Road, in Fairfax. Funeral services will be held there Friday, Feb. 22, at 1 p.m.

— BONNIE HOBBS

### LLS and Patient Statistics

❖ More than 1 million people in the U.S. are living with, or are in remission from, leukemia, lymphoma or myeloma. In the Washington Metropolitan area, 19,000 people fit that description.

❖ Approximately every 4 minutes, someone is diagnosed with a blood cancer. Approximately every 10 minutes, someone dies.

❖ To date, LLS has invested more than \$875 million in research.

❖ In fiscal year 2012, some 30,603 patients received financial aid from LLS. Locally, 211 patients received \$21,000 in financial aid to help offset the cost of miscellaneous and un-

expected expenses related to their cancer treatment.

❖ Leukemia causes more deaths than any other cancer among children, adolescents and young adults under age 20.

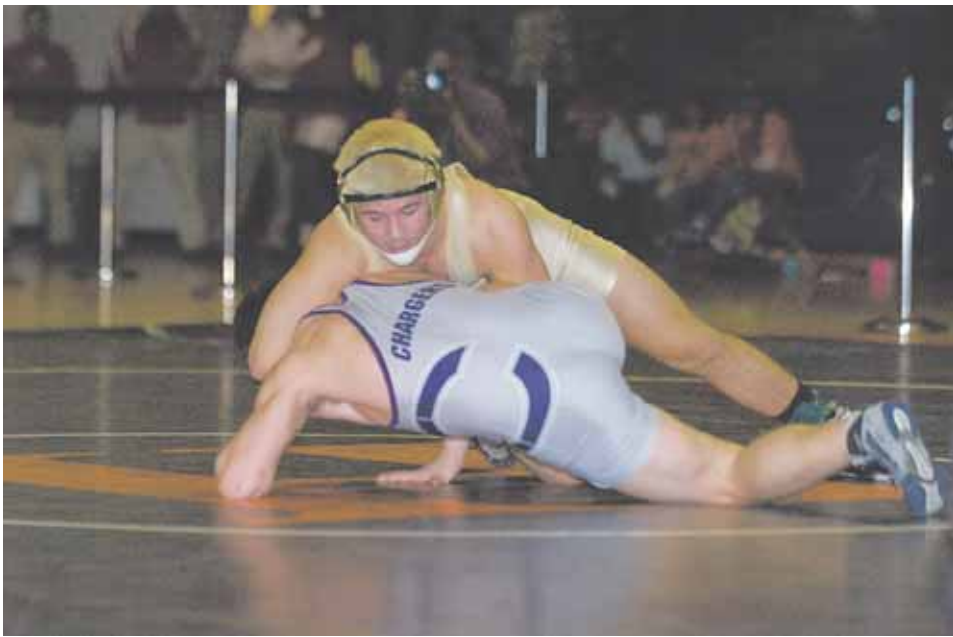
❖ Acute lymphoblastic leukemia (ALL) is the most common type of cancer in children ages 1-7 and is the most common type of leukemia in children from infancy up to age 19.

❖ The five-year, relative survival rate for a child under age 15 with ALL has improved from 3 percent in 1964 to 91 percent today.

— LLS, NATIONAL CAPITAL AREA CHAPTER



# SPORTS



Westfield's Beau Donahue, seen at regionals, won his third state championship on Feb. 16 at the VHSL state wrestling meet.

PHOTO BY CRAIG STERBUTZEL/CENTRE VIEW

## Westfield's Donahue Wins Third State Championship

Westfield senior Beau Donahue, who reached 200 career victories and won his third Northern Region championship on Feb. 9, took home his third state championship on Feb. 16.

### SPORTS BRIEFS

Donahue captured the 145-pound title at the VHSL state meet at Oscar Smith High School in Chesapeake. Donahue beat Battlefield's Justus Weaver via 11-3 decision.

Westfield finished runner-up to Robinson in the team competition. Robinson finished with 142.5 points and the Bulldogs tallied 101.

## Chantilly's O'Connor, Fawcett Place at States

Chantilly gymnasts Kelsey O'Connor and Emily Fawcett placed during the individual portion of the VHSL state gymnastics meet on Feb. 16 at Centreville High School.

O'Connor placed sixth on bars with a score of 9.7, and Fawcett placed in a tie for seventh on floor (9.45).

## Centreville Girls' Basketball Wins Concorde

The Centreville girls' basketball team captured the Concorde District championship on Feb. 15, beating

Oakton 44-41 in the district tournament championship game on at Robinson Secondary School.

Jenna Green led Centreville with 10 points. Caroline Wakefield and Chrissy Jacksta each had nine.

After earning the Concorde's No. 1 seed, Centreville defeated Fairfax (L4) 48-32 in the opening round of the Northern Region tournament on Feb. 18. Green led the Wildcats with 14 points, and Wakefield and Clara Logsdon each had 12.

The following night, the Wildcats beat West Springfield (P2) 54-52 in the quarterfinals. Green led the way with 15 points, Ailyn Kelly had 11 and Tori Colar had nine.

Centreville will face Edison (N2) in the region semifinals at 6 p.m. on Thursday, Feb. 21 at Robinson Secondary School. The winner advances to the region championship game and earns a berth in the state tournament.

## Centreville Swim and Dive Competes at States

The Centreville swim and dive team recently competed in the state finals. Paul Baumgartner finished 12th in the state in diving. Kyle Marshall finished 11th in the boys' 100 backstroke. Rachel Anderson finished sixth in the girls' 200 individual medley and also finished ninth in the girls' 100 fly. The girls' medley relay of Abby McCranie, Anderson, Kylie Cuomo, and Logan Ross finished 11th. The girls' 200 freestyle relay of McCranie, Anderson, Cuomo, and Brooke Worley finished 12th.

**Five Centreville wrestlers placed in the top five at regionals and advanced to states. From left are Jason Park (HWT, fourth), Chung Do Kim (126, fifth), Connor Mitchell (145, fourth), Victor Echeverria (106, third) and Tyler Love (182, third). Love went on to place third at states.**



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## Definition of "Slippery Slope"



By KENNETH B. LOURIE

Figuratively speaking, of course. That definition being: a late stage cancer patient/survivor previously characterized as "terminal" awaiting the results of their most recent diagnostic scan. A scan that will indicate whether the tumors have grown, moved or God forbid, appeared somewhere new. If your life hung in the balance before the scan, waiting for results of this however-many-months-interval-scan will most assuredly loosen your figurative grip on your equilibrium and your most literal grip on your sanity. This is a domain, unlike the one referred to in one of the more infamous Seinfeld episodes, that one cannot master. To invoke and slightly rework Dan Patrick's "catch" phrase: You can't stop it, you can only hope to contain it.

Unfortunately, for many of us cancer patients, cancer is the big dog, and if it wants to get off the porch, it will. Our staying put on the porch, however, won't likely protect those of us inflicted with this most insidious disease. In fact, standing pat – on or off the porch, isn't likely to have much effect, either. In many cases (make that individuals) cancer is in control. In the medical profession, as much as it has researched and studied, and as many dollars as it has committed in the pursuit of eradicating cancer, the reality is there is much work yet to be done. Though many improvements in diagnosis and treatment have occurred, thereby lengthening life expectancies (I'm living proof of that); still, in many (make that most, let's be honest) instances, "cancer" is the last word anyone wants to hear associated with whatever symptoms manifested themselves that led to their seeking a medical evaluation in the first place.

I wouldn't say that a terminal patient's day-to-day existence is chaotic, but neither would I characterize it as the most predictable set of circumstances. I imagine it's a bit like living in the wild, where you have to live by your wits and trust your instincts. Moreover, I don't know of any Living with Cancer for Dummies-type book full of wit and wisdom that exists for the newly diagnosed cancer patient. Being there – diagnosed and treated for cancer previously – and currently, and having already done that (lived/evolved with a terminal prognosis), certainly helps moving forward, but it's hardly a desirable location and certainly not a cure-all (I wouldn't mind if it were a cure-this-one, though). However, given the choices, I'd rather have the experience (meaning I've survived) than not (the definition of DUH). Avoiding it altogether is the goal. However, as this lifelong non-smoker with no immediate family history of cancer can attest: that is much easier written than realized.

But as you regular readers know, I don't complain. It's a miracle/amazing/extremely fortunate/inexplicable almost, that I am still sitting here – upright and fairly productive, four years into a "13-month to two-year prognosis." I wouldn't describe my diagnosis-to-date, Kenny-with-cancer life as having been a walk in the park; more like a series of mini challenges, akin to crossing a stream dotted with stepping stones. Still, it is life, and I am living it, and I'm certainly not going to let a few stones – figuratively or literally, get in my way. Cancer be damned.

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

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## ROUNDUPS

FROM PAGE 3

just 17 when he committed suicide. Afterward, his grieving family formed The Josh Anderson Foundation (JAF) to keep his memory alive and to raise funds for the education and prevention of teenage suicide. Its goal is to promote youth, mental health awareness by bringing innovative, creative and effective programs directly into high schools.

By the end of the 2012-2013 school year, JAF will have funded programs in 11 Fairfax County schools and impacted more than 17,000 students. These programs aim to reduce the negative stigma associated with mental and emotional challenges; increase the dialogue between students, peers and adults; and let students know they're not alone and resources exist to help them.

Area residents can also help prevent teenage suicide by donating to JAF's largest fundraiser of the year, The Rock 'n' Roll Half Marathon/Marathon run slated for Saturday, March 16. More than \$25,000 was raised for the Foundation in 2012 and this year's goal is to raise \$30,000.

To help, go to <http://www.active.com/donate/joshafoundation2013> or make checks payable to The Josh Anderson Foundation and send them to 1300 Carpers Farm Way, Vienna, VA 22182.

## Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of spaghetti sauce, canned fruit, rice (2-lb. bags), canned pasta, peanut butter, canned tuna and meat, hot and cold cereal, fruit juice, and pancake mix and syrup. Bring all items to WFCM'S new food-pantry location at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

## Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax.

Contact Volunteer Solutions at 703-324-5406, TTY 711, VolunteerSolutions@fairfaxcounty.gov or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

## Give Caregivers A Break

Fairfax County needs Respite Care volunteers throughout the county to give family caregivers of a frail older adult a well-deserved break. Volunteers visit and oversee the safety of the older adult for a few hours each month.

Volunteers are matched with families in or near their own neighborhoods. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

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# ENTERTAINMENT

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Photos welcome.

## THURSDAY/FEB. 21

**Storytime.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 3-5 can enjoy stories and activities. Free. Registration required. 703-502-3883.

**Tax Assistance.** 6 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can get help from IRS-certified volunteers. Free.

**Guys Read.** 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Boys in grades 5 and 6 can participate. Call for title. Free. Registration required. 703-502-3883.

**Theater Performance.** 7 p.m. at Chantilly High School. See students perform "Brighton Beach Memoirs." \$5/person. Advanced purchase recommended at [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com).

**Pre-Assessment Concert.** 7 p.m. at Centreville High School. Hear music from the wind ensembles, symphonic bands and the concert bands from the high school and Liberty Middle School. Free.

## FRIDAY/FEB. 22

**Comedy Showcase.** Doors open at 7:30 p.m., show starts at 8 p.m. at

Sully's Restaurant and Lounge, 14513 Lee Jackson Memorial Highway, Chantilly. Jim Pate headlines, with Jamel Johnson and David Blechman. Jon Yeager is the host. \$5/cover includes DJ after. 703-818-9292.

**Capital Home and Garden Show.** 10 a.m.-9 p.m. at Dulles Expo Center. Browse more than 500 exhibits showcasing the latest home and garden services and products, information sessions, seminars and more. \$7/adult online; \$10/adult at the door; \$3/child. Visit [www.homeandremodelingshow.com](http://www.homeandremodelingshow.com) or 215-274-1948.

**Theater Performance.** 7 p.m. at Chantilly High School. See the students perform "Brighton Beach Memoirs." \$5/person. Advanced purchase recommended at [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com).

**Pizza and Bingo.** Support Westfield High School band's trip to the Rose Bowl Parade with pizza from 6-7 p.m. followed by bingo. \$15/ticket for 10 games; \$5/additional pack of 10 cards; \$1/raffle ticket or \$5/six tickets; \$2.50/slice of pizza and a drink with a family meal option. Visit [www.westfieldband.org](http://www.westfieldband.org) for more.

## SATURDAY/FEB. 23

**Family Day.** 10 a.m.-3 p.m. at Udvar-Hazy Center, 14390 Air & Space

Museum Parkway, Chantilly. Learn about African American pioneers in aviation. Visit [airandspace.si.edu/udvarhazy](http://airandspace.si.edu/udvarhazy) or 703-572-4118 for more.

**Tax Assistance.** 10 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can get help from IRS-certified volunteers. Free.

**Peaceful Paws.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children on the autism spectrum or with other developmental challenges meet and read to a trained therapy dog, Dakota, a gentle giant Bernese Mountain dog. Reading is not required, but can read from a library book or already owned one. Free. Registration required, call 703-502-3883.

**E-book Help.** 2 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can get any questions about their eBook reader answered. Free. Registration required. 703-502-3883.

**English Conversation Group.** 3:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can talk with others learning English. Free. 703-830-2223.

**Winter Carnival.** 10 a.m.-4 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. All proceeds will be donated to The Eliminate Project, a non profit organization that

protects mothers and babies from the harmful effects of maternal and neonatal tetanus. Enjoy games, music, face painting, food and a silent auction for adults.

**Capital Home and Garden Show.** 9 a.m.-9 p.m. at Dulles Expo Center. Browse more than 500 exhibits showcasing the latest home and garden services and products, information sessions, seminars and more. \$7/adult online; \$10/adult at the door; \$3/child. Visit [www.homeandremodelingshow.com](http://www.homeandremodelingshow.com) or 215-274-1948.

**Theater Performance.** 7 p.m. at Chantilly High School. See students perform "Brighton Beach Memoirs." \$5/person. Advanced purchase recommended at [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com).

## SUNDAY/FEB. 24

**Readers Theater Live.** 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. All ages can enjoy stories and fairy tales featuring acting and audience involvement. Free.

**Southern Gospel Concert.** 6 p.m. at Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. Donations accepted. 703-631-1799.

**Capital Home and Garden Show.** 10 a.m.-6 p.m. at Dulles Expo Center. Browse more than 500 exhibits

showcasing the latest home and garden services and products, information sessions, seminars and more. \$7/adult online; \$10/adult at the door; \$3/child. Visit [www.homeandremodelingshow.com](http://www.homeandremodelingshow.com) or 215-274-1948.

**Theater Performance.** 7 p.m. at Chantilly High School. See the students perform "Brighton Beach Memoirs." \$5/person. Advanced purchase recommended at [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com).

## MONDAY/FEB. 25

**Sully Book Club.** 1 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can discuss "Jerusalem: The Biography" by Simon Sebag Montefiore. Free. 703-830-2223.

**Kinder-Budds.** 2:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Kindergarteners can enjoy a book discussion. Call for title. Free. Registration required. 703-502-3883.

**Book Buddies.** 3:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. First and second graders can enjoy a book discussion. Call for title. Free. Registration required. 703-502-3883.

**Writers of Chantilly.** 6:45 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can share their work and receive feedback. Free. 703-502-3883.

**Starlight Storytime.** 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. All ages can bring a stuffed animal and enjoy stories and fun. Free. Registration required. 703-830-2223.

**ESL Book Club.** 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Ask for title. 703-830-2223.

**Auditions.** In May, The Alliance Theatre will present "The 25th Annual Putnam County Spelling Bee." Auditions are from 6:30-9 p.m., at Mountain View High School, 5775 Spindle Court, Centreville. Callbacks, if necessary, will be by invitation only, on Wednesday, Feb. 27.

## TUESDAY/FEB. 26

**English Conversation Group.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can practice with other students. Registration required. 703-502-3883.

**Small Wonders.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

**Wheeee!** 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children ages 3-5 with adult can enjoy stories and activities. Free. Registration required. 703-830-2223.

**Bouncin' Babies.** 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

**Storytime.** 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

**Toddlin' Twos.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 can enjoy stories and activities. Free. Registration required. 703-502-3883.

**AARP Tax Assistance.** 4-8 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Preference given to older adults. Free. 703-830-2223.

**Auditions.** In May, The Alliance Theatre will present "The 25th Annual Putnam County Spelling Bee." Auditions are from 6:30-9 p.m., at Mountain View High School, 5775 Spindle Court, Centreville. Callbacks, if necessary, will be by invitation only, on Wednesday, Feb. 27.

# Communities of Worship

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Chantilly Baptist Church...703-378-6880  
Clifton Baptist Church...703-263-1161  
Second Baptist Church...703-830-1850  
Mount Olive Baptist Church...703-830-8769  
Ox Hill Baptist Church...703-378-5555

### BIBLE

Chantilly Bible Church...703-263-1188  
Community Bible Church...703-222-7737

### CATHOLIC

St. Andrew The Apostle Catholic Church...  
703-817-1770  
St. Clare of Assisi Catholic Church...  
703-266-1310  
St. Paul Chung Catholic Church...  
703-968-3010  
St. Timothy Catholic Church...703-378-7461  
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### EPISCOPAL

Church of the Epiphany...703-715-6070  
St. John's Episcopal Church...703-803-7500

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Congregation Yad Shalom...703-802-8901  
Temple Beth Torah...703-263-2252

### LUTHERAN

King of Kings Lutheran Church...703-378-7272  
Lord of Life Lutheran Church...703-323-9500  
St. Andrew Lutheran Church...703-830-2768

### METHODIST

Centreville United Methodist...703-830-2684  
Pender United Methodist Church...703-278-8023  
Pleasant Valley United Methodist...  
703-327-4461

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Centreville Community Church...703-580-5226  
Christian Life Center...703-754-9600  
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