



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Students stream from their buses and walk toward Rocky Run Middle School.

## Students Stream Back to School

### Four new administrators at Chantilly High.

BY BONNIE HOBBS  
CENTRE VIEW

Some 184,625 students streamed back to school Tuesday morning, Sept. 3, in Fairfax County. And their feelings about it seemed to vary depending upon their grade level.

Some high-school seniors just wanted to get the year over with so they could graduate. But for many students in elementary and middle school, Tuesday's annual migration back to class was the start of a new adventure.

#### GREENBRIAR EAST

As Tenisha Betourd walked her son Cameron Powell to the entrance of Greenbriar East Elementary, both were all smiles. "I'm excited about him going to second grade," said Betourd. "He's my only child, so every year will be a new challenge, and I'm happy to see him learn and grow."

Cameron, too, looked forward to school, saying



**Greenbriar East Elementary second-grader Cameron Powell and mom Tenisha Betourd on the first day of school.**

he liked math — especially subtraction — and was eager to see his friends. Likewise, third-grader Tara Zakhireh, sporting a new backpack and lunchbox, was excited about "learning, art and meeting my teachers and other classmates."

Accompanying her to school was her mom, Lili Zakhireh, excited because her daughter's now in a higher grade. "I like Greenbriar East," she said. "The staff people are very good."

Agreeing, Marc Fearon, there with daughter Carina, said, "We're excited and happy today because it's a great school, she loves it and is doing well."

Carina, in second grade, said art's her favorite subject. And, she added, "I feel happy because I'll make new friends and do work I

like to do. And the teacher sometimes gives us treats if we do good."

Third-grader Isabella Babich likes her teacher, Katie O'Keefe, and said science is "really fun because you get to mix up stuff." Mom Jennifer Babich said Isabella enjoys school and "has lots of friends here and the teachers are great, so I know it'll be a wonderful year for her."

Sisters Jolie and Carley Dennis, in sixth and fourth  
SEE LOCAL STUDENTS, PAGE 7

## Garza Discusses Top Priorities

### New schools superintendent visits Chantilly High School.

BY BONNIE HOBBS  
CENTRE VIEW

New Fairfax County Public Schools Superintendent Karen Garza kicked off the 2013-14 school year, Tuesday, Sept. 3, by visiting six schools, starting with a 6:30 a.m. press conference at Chantilly High. "I came to Chantilly because I hadn't been here, yet," she said. "I'm looking forward to seeing it and returning here many times in the future. I'm excited about the new school year and I believe there's a lot of success [in FCPS] to build upon."

Regarding some of her priorities, Garza said, "I'll be paying attention to teacher workloads and I intend to address the student-achievement gap. We're also examining school start times and the School Board will get a report on [the findings] later this year. I'm open to and understanding of these issues."

She said the school system is also piloting changes to some of the school vending machines and cafeteria menus. And with the dangers of concussions to high-school football and soccer players being such a hot topic of concern these days, Garza will be involved in this issue, as well.

"I'm proud of our leadership in our athletic department and the coaches and trainers who are paying close attention to keeping our students safe," she said. "Our school system is one of the leaders in the nation in supporting that



BONNIE HOBBS/CENTRE VIEW

**Karen Garza discusses some of her goals Tuesday morning before students arrive at Chantilly High.**

initiative. Consultants are doing a report on this for us, and the community will get to express its opinions, as well."

Although new to FCPS, Garza has already made a favorable impression on many of its leaders. "I'm excited to see where she's going to take us," said Centreville High Principal Martin Grimm. "I think she's going to be very good for the school system."

"I think Dr. Garza's amazing," said Chantilly High Principal Teresa Johnson. "She's going to bring some innovation and new ideas and take us to greatness. I

SEE GARZA, PAGE 5



# 'It's a Nice Way To Cap Off the Summer'

CentreStage Community Theatre to perform "High School Musical 2 Jr."

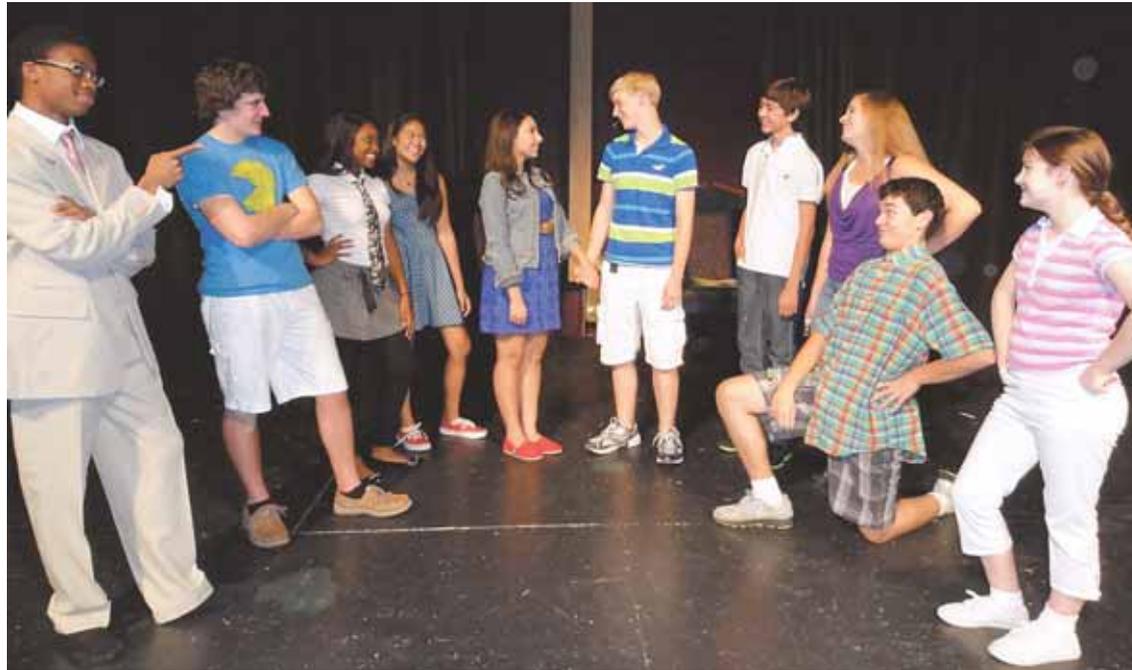
BY BONNIE HOBBS  
CENTRE VIEW

Featuring a cast and crew of 60, CentreStage Community Theatre presents "High School Musical 2 Jr."

Show times are Thursday-Saturday, Sept. 12, 13 and 14, at 7:30 p.m., and Sunday, Sept. 15, at 2 p.m., at Centreville Presbyterian Church, 15450 Lee Hwy. in Centreville. Tickets are \$12 at [www.centrevillepres.com](http://www.centrevillepres.com).

The actors have been rehearsing since May and hail from 10 different schools, including Westfield, Centreville and Chantilly High; Bull Run Elementary and Stone and Rocky Run middle schools. Director Rachel Harrington said things are going well and it should be a great show.

"The kids are having lots of fun and the production team is enjoying working with them," she said. "Everyone's very talented, and that's why it's such a terrific cast — they each bring something dif-



Rehearsing a scene are (from left) Eni Oyeleye, Josh Nixon, Asriel Walker, Livi Jung-Moss, Hana Tawil, Jacob Nelson, Ian Smithgall, Maura Aschenbrenner, David Koenigsberg and Grace Shields.

ferent to the table. There's also a five-person pit orchestra. Jonathan Blank is the music director, and

Jonathan Faircloth, the choreographer."

"It's a family show and a really

nice way to cap off the summer," continued Harrington. "It's colorful, fabulous and entertaining and

is great for all ages. And one of the coolest things is the community the kids have created onstage and off. They really take care of and support each other."

She said the theater company is also trying to do more community service, so it's collecting canned goods at the show to donate to a local food bank.

Woodson High junior Jacob Nelson plays Troy Bolton, the popular, high-school jock. "In the first 'High School Musical' movie and play, he's introduced to musical theater," said Nelson. "It's now the following summer and he's struggling between choosing which friends to be with and following his dreams. He's a well-liked and nice guy, and is trying to do the right thing, but he has inner turmoil."

Thrilled to have this role, Nelson said, "It's my first lead and I enjoy taking it my direction. Troy's an average, friendly teen and an expressive, confident character. And it's fun interacting with the other

SEE MUSICAL, PAGE 8

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# 'We're Rejuvenated, Fresh and Ready'

Teachers, staff prepare for the start of school.

BY BONNIE HOBBS  
CENTRE VIEW

Fairfax County students didn't return to class until this Tuesday, Sept. 3. But their teachers and administrators were hard at work, well in advance, getting everything ready for the big day and the school year to follow.

## BROOKFIELD

Now in her 14<sup>th</sup> year at Brookfield Elementary, counselor Kathleen Otal says, "We have a great community. The staff, parents and kids care about each other, and it's like a big family here. We never give up on any child; we believe each one can succeed in life, and we give them whatever they need to do their best."

There are about 815 students, with the growth in first grade. This year, Brookfield has five kindergarten classes, instead of six like last year; but it's added another first-grade class for seven total.

"We teach students to be respectful, responsible and ready, and we feel like this'll be our best year, yet," said Otal. "We're focusing on building relationships between students, teachers and parents. We believe we're partners with the families, all trying to raise their children together."

Brookfield plans to strengthen its anti-bullying task force and will continue the "Stand by Me" campaign that it and other Chantilly Pyramid schools began last year. And this fall will mark the second year of its after-school, Math 'n Sports Club for fifth- and sixth-grade boys.

"First-grade teacher Christopher Chapman teaches math to them by incorporating it into sports and making it fun," said Otal. "They learn statistics, percentages, fractions and how to solve math problems. The kids play sports, record their statistics and analyze them. They even discuss how to stand up for themselves in the right way, solve problems with other students and get along with others."

Another special thing about Brookfield, she said, is the parent center it created a few years ago. "Our parent liaison, Raquel Francese, is also the parent-center coordinator and she's wonderful," said Otal. "She does lots of programs for the parents and translates for the Hispanic population, calls parents when there are issues and communicates well with them. We also have a parent liaison, Quyuuet Vu, who does likewise for the Viet-



From left are Poplar Tree Elementary counselor Katrina MacWhorter, second-grade teacher Beckie Polandick and special-ed teacher Peter Gaydos.

namese families."

All in all, said Otal, "The staff here feels lucky to be working with our community in this job. We love Brookfield and our administrators — it's a great school."

## POPLAR TREE

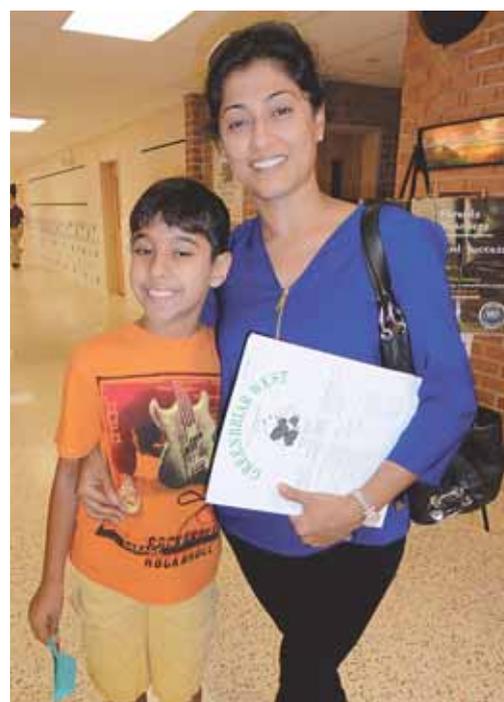
"I love the start of school," said counselor Katrina MacWhorter, in her first year at Poplar Tree Elementary and her sixth in FCPS. "The kids are happy and excited, and the teachers have enthusiastic energy."



Mary Yee and daughter Clare are all smiles before going inside Greenbriar West Elementary for the open house.

She helps students with their social skills, develops classroom guidance lessons and is involved in the mentoring program. "I work with individuals and groups and all the staff members to support the students, staff and parents."

Poplar Tree has some 632 students, and second-grade teacher Beckie Polandick is in her eighth year there. Her students learn how to perfect their reading, writing and math skills. They read longer books with more plot and substance and discuss the



Third-grader Aaditya Khurana attends Greenbriar West's open house last Friday with his mother, Bhavna Khurana.



Brookfield Elementary counselor Kathleen Otal holds her dolphin puppet, Sandy, that she uses to comfort children and teach them caring and friendship skills.

character traits and author's message. In math, they begin double-digit addition and subtraction, plus critical-thinking skills. And they write stories showing their voice and bringing their characters to life.

Polandick, too, enjoys the first day of school. "It's new, the classroom's all organized and the kids are excited," she said. "They were already hugging each other at the open house. And as teachers, we've had a nice summer break and we're rejuvenated, fresh and ready to go."

Special-ed teacher Peter Gaydos has six students — all autistic, in third, fourth and fifth grades. "My main goal is life lessons — getting them ready for middle and high school," he said. "They learn about counting money, reading a clock, shopping, writing, behavior and social skills. Most of them have high IQs, but the autism holds them back. They're with me a majority of the school day, but mix with the general-ed kids part of the time."

"And this is a great school for it because the general-ed kids are used to it," added Polandick. "So it's second nature to them."

Gaydos called his job challenging, but rewarding "when you see that light bulb and they get it and can continue with what they've learned. It can take a whole year for them to learn just one, little thing — but that's what makes me come back to work each day."

Actually, said Polandick, the teachers are preparing all the students to be career- and college-ready. "And we do this throughout the year," said MacWhorter.

She and Gaydos described the school as welcoming and called Principal Sharon Williams "wonderful and supportive" and someone who "really puts

SEE REJUVENATED, PAGE 5

# Exciting New Year at Lees Corner

**Building on a circus theme for student success.**

BY BONNIE HOBBS  
CENTRE VIEW

**L**ees Corner Elementary staff members all have red, circus-themed T-shirts this year featuring a uni-cycle-riding polar bear juggling rings containing the words, “Believe, collaborate, achieve.” And they take these words seriously.

“These are things we’re committed to,” said Principal Bob D’Amato. “We believe every student will succeed and we collaborate daily to work toward accomplishing these goals and FCPS’s relationship-building goals. With our time and schedules, it’s a juggling act; but if we do it all, we believe our students will achieve and do well.”

He said it’s all about morale and community-building and having a positive, school environment. Teachers and staff members wore their T-shirts for the Aug. 29 open house and will wear them on Fridays, throughout the year.

“The back of the shirts say, ‘Lees Corner — The Best Ticket in Town,’ and the teachers did circus-related, team-building activities last week, on our first day back,” said fourth-grade teacher Katie Talbot. Beginning her third year at the school, she especially likes teaching Virginia history.

“History is all around us, and the kids have lots of opportunities, living in this area, to make it come alive,” she said. “I’m definitely excited about the start of school, when my old students come back to see me and when I get to meet my new ones.”

Talbot said Lees Corner has “a lot of positive, upbeat and enthusiastic teachers and students who really enjoy being here and supporting each other. And our principal is a great leader.”

After 26 years, Lees Corner now has new office furniture to make the front office more welcoming, and it will eventually break ground for a gravel track around the soccer field. Because it’s a special-ed center, it received ADA funding via FCPS, and

## Back-to-School Nights

Below are the Back-to-School Night schedules for some local schools:

**Brookfield Elementary** – Tuesday, Sept. 10, at 7 p.m., grades K-2. Thursday, Sept. 12, at 7 p.m., grades 3-6.

**Bull Run Elementary** – Monday, Sept. 9, at 6:30 p.m., grades 4-6. Tuesday, Sept. 10, at 6:30 p.m., grades K-3.

**Centre Ridge Elementary** – Monday, Sept. 9, at 7 p.m., preschool and grades 2, 4 and 6. Wednesday, Sept. 11, at 7 p.m., grades K, K-1, 1, 3 and 5.

**Deer Park Elementary** – Thursday, Sept. 19, at 7 p.m., grades K-3. Thursday, Sept. 26, at 7 p.m., grades 4-6 and the 3-4 AAP class.

**Lees Corner** – Tuesday, Sept. 10, kindergarten, 6 p.m.; 2<sup>nd</sup> grade, 6:50 p.m.; 5<sup>th</sup> grade, 7:40 p.m. Thursday, Sept. 12, 1<sup>st</sup> grade, 5:30 p.m.; 3<sup>rd</sup> grade, 6:20 p.m.; 4<sup>th</sup> grade, 7:10 p.m.; 6<sup>th</sup> grade, 8 p.m.



**Lees Corner Elementary has a circus theme this year, and “under the big top” are (from left) fifth-grade teacher Megan Hefner, fourth-grade teacher Katie Talbot, Principal Bob D’Amato, fifth-grade teacher Emily Dill and Advanced Academics resource teacher Nicole Pierce.**

the PTA’s also raising money.

“It’ll cost between \$13,000 and \$15,000, and we’re so excited about it,” said D’Amato. “Everyone will have access to it, including children in the after-school program. We’re also looking forward to using it to help build physically fit kits and combat obesity. And our P.E. department will develop programs to motivate them.”

Lees Corner has some 740 students, plus three new teachers — fifth-grade teachers Megan Hefner and Emily Dill, plus first-grade teacher Allison Barrett. And D’Amato will lead this year’s anti-bullying campaign for Cluster VII. Set for November, it’ll build on the success of last year’s events.

“We’re also formalizing our MentorWorks program,” he said. “It’s about having every a mentor for every child, plus special activities and celebrations for them to enjoy together.”

Starting his third year at the school, D’Amato said, “We’ve worked hard to redesign the building. For example, the library now has more instructional space, plus a Smart Board and a new librarian, Leslie Barnes, who previously taught second-grade here.”

He’s also pleased that, in five classrooms

**Poplar Tree** – Tuesday, Sept. 10, at 6:30 p.m., grades K-3. Thursday, Sept. 12, at 6:30 p.m., grades 4-6.

**Virginia Run Elementary** – Monday, Sept. 9, at 7 p.m., grades K-3. Tuesday, Sept. 10, grades 4-6.

**Franklin Middle** – Thursday, Sept. 19, at 6 p.m.

**Liberty Middle** – Tuesday, Sept. 10, at 6:30 p.m.

**Rocky Run Middle** – Wednesday, Sept. 11, from 6:30-9:30 p.m.

**Stone Middle** – Thursday, Sept. 12, from 6-8 p.m.

**Centreville High** – Thursday, Sept. 12, at 7 p.m.

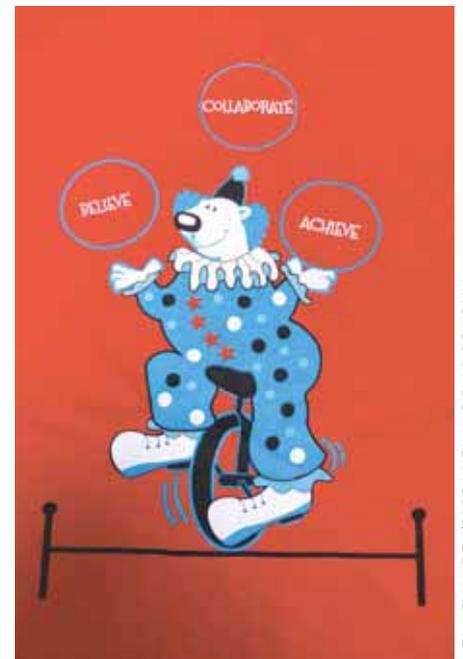
**Chantilly High** – Thursday, Sept. 26, at 6 p.m.

**Westfield High** – Wednesday, Sept. 18, at 7 p.m., grades 11-12. Tuesday, Sept. 24, at 7 p.m., grades 9-10.

in grades three through six, the students will either have their own laptop or netbook for the whole year. And teachers will design their lessons so the students use these computers 70-80 percent of the time.

“We’re also starting our Watch D.O.G.S. [Dads of Great Students] program,” said counselor Rachel DiBartolo. “It’s in 2,600 schools in 44 states across the country and is ‘Take Your Dad to School’ day. Dads will volunteer to help their child’s class for an entire day.”

Because mothers often do all the school volunteering, this program gets fathers into the classroom, seeing what goes on and helping out. “It can also reduce discipline problems and is another set of ears and eyes



**The Lees Corner staff T-shirt displays the school’s goals for its students.**

for safety,” said DiBartolo. “And it’s important for the children to see their dads showing that they’re a priority to them.”

She said it also gives men a better understanding of how hard teachers work and what their child’s school day is like. And at day’s end, the dads take a survey providing feedback about their experience.

Calling every school year a new beginning, D’Amato said, “The teachers are excited and motivated, the kids are happy and we’re making sure we’re doing what’s right for our students. We want to keep the curriculum alive for them. I’m proud of the things we’ve achieved, and we want to continue that success and have children want to come here.”



## Supporting CYA

**In celebration of Roosters Men’s Grooming Center recent opening in the Franklin Farm Village Shopping Center, the new store contributed \$225 to the Chantilly Youth Association. Roosters Men’s Grooming Center team of professional barbers and stylists includes, from left, Shanelle Mitchel, David Nguyen, store manager Sibel Ariken, Laura Talleria, and Browner Washington. See [www.RoostersMGC.com](http://www.RoostersMGC.com).**

# 'Rejuvenated, Fresh and Ready'

FROM PAGE 3

the kids first."

"She's also respectful of us as professionals," said Polandick. "That makes us feel good that she trusts us to make our own decisions, and the teachers help each other with whatever they need. It's also a wonderful community where everybody knows everybody."

## GREENBRIAR WEST

"We're welcoming over 1,030 students this year at Greenbriar West Elementary — about 50 more than we had in June," said Principal Lori Cleveland. "We have a great staff and I hired 10 new teachers this year from New York, New Jersey, Virginia and Florida. They're wonderful and experienced and thrilled to be starting their careers here at GBW. We'll continue to challenge students and maintain our standard of excellence."

She's also pleased that the school received a \$6,000 Lighthouse grant last spring from BB&T Bank to build a living courtyard relating to each grade level's curriculum. "It'll have science instruments and 35 different growing containers, plus a sundial, rain barrels and a thermometer," said Cleveland. "There'll also be a stage for presentations and we'll hold learning classes outdoors."

Starting her ninth year as GBW's principal, she's "just as excited this year as every year and happy to see the returning students and meet all the new ones. The students come here with smiles on their faces and ready to learn, and the teachers work very hard to meet all their needs."

The school held its open house last Friday, Aug. 31, and the halls were jammed with new students, parents, teachers and administrators. Among them were Mary Yee and daughter Clare, a third-grader transferring from Poplar Tree to be in GBW's AAP program.

Clare likes drawing, so she's looking forward to art and also hopes to make new friends. "Everybody's very welcoming and focused on the children's education and the kind of experience they'll have here," said her mom. "Clare's favorite thing today was discovering the swing set on the playground."

Another AAP transfer student from Poplar Tree is third-grader Aaditya Khurana, who attended GBW's open house with his mother, Bhavna. "It's going to



Greenbriar West Elementary Principal Lori Cleveland poses with the school's panda mascot.

PHOTO BY BONNIE HOBBS/CENTRE VIEW

be really fun here, but I'm going to miss my old school," said Aaditya.

But, he added, "I can't wait to make new friends and spend time with my new teacher, Mrs. Montague, and learn more." His favorite subject is science because "it's interesting and really cool and you sometimes make chemistry explosions."

GBW strings teacher Kate Belasik is in her third year there and seventh with FCPS. Last year, she taught 250 students and she expects a bit more this year. Each day, she teaches fourth-graders in the morning and fifth- and sixth-graders in the afternoon.

"I enjoy the kids' personalities," she said. "They love making music and performing for their friends, parents and staff. We hold evening concerts in January and June. Seeing the families and students [at the open house] gets me excited about the school year."

As for GBW, Belasik said the school dynamics are "just fantastic. It's a family and I love that everybody supports one another — and the students are the best in FCPS."

# Garza Discusses Top Priorities

FROM PAGE 1

also like her direct approach; she's really straightforward and is FCPS's first female superintendent, so I'm very excited."

Chantilly counselor Julie Edstrom noted how thrilled everyone at the school was to have Garza visit, adding, "We wish her the best in her first year as Fairfax County's superintendent."

"We realized, from the get-go, that Dr. Garza has a

key understanding that communications with the stakeholders have become frayed, teacher workload has pushed teachers past the breaking point and the SOL testing regime is having negative consequences for the teachers and students," said at-large School Board representative Ted Velkoff. "She has the personal and professional skills to address these issues, and I'm convinced that, in June, we'll look back and see tangible progress in all three of these areas, in just one year."

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## Later Start Times for High School

**It's past time to act; let this year be the year.**

**T**uesday morning, Sept. 3, the first day of school in Fairfax County, Dr. Karen Garza began her official day at 6:30 a.m. at Chantilly High School. While Garza was making herself available for interviews before the first class started at 7:20 a.m., many students were already on the school bus.

That means the students, and most likely their sleep-deprived parents, were roused out of bed before 6 a.m., a time that is essentially the middle of the night for teenagers.

The science on teenagers, sleep schedule, health, learning and more all points in a single direction.

"The scientific evidence is irrefutable:

chronic sleep loss and disruption in circadian rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks, said Judith Owens, MD, director of Sleep Medicine at Children's National Medical Center. "We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

Children's National Medical Center's Division of Sleep Medicine has been contracted by the Fairfax County School Board to develop a plan to delay high schools' start time to 8 a.m. or later.

A 2011 survey showed that more than a quar-

ter of 10th and 12th grade students were getting less than five hours of sleep on school nights, about half of the recommended eight-and-a-half to nine-and-a-half hours of sleep for teenagers.

Sleep deprivation can also affect teen mood and ability to cope with stress. About a third of Fairfax County students surveyed in the last county student youth survey reported feeling depressed, with more than 15 percent reporting that they had considered suicide in the past year.

Fairfax County Public Schools, with a new superintendent supportive of later start times, is poised to do the right thing. It's time to make this the last year that high school begins at 7:20 a.m.

For more information see <http://smartschoolstart.wordpress.com/> and <http://www.sleepinfairfax.org/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

### ROUNDUPS

#### Be Alert for Students

Now that school is back in session, Fairfax County police urge motorists to be even more vigilant for pedestrians and bicyclists. Commuters should expect increased congestion throughout the week and build extra travel time into their schedules.

Residents may also notice police officers posted in school zones and near bus stops to help ensure pedestrian safety, plus safe loading and unloading of students. Drivers are reminded that, when bus lights and stop signs are activated, vehicles must stop in both directions, unless they're separated from the bus by a median.

#### Meet Police Honor Guard

The Sully District Police Station's Citizens Advisory Committee will

host the Fairfax County Police Honor Guard at its next meeting, Wednesday, Sept. 11, at 7:30 p.m., in the Sully District Governmental Center. It's at 4900 Stonecroft Blvd. in Chantilly.

Honor Guard members will talk about their team, the services they offer to county residents and businesses, plus the heart and dedication it takes to be a part of this elite team. Residents may also bring their worn flags for proper disposal.

#### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 12, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. They'll also do them on Saturday, Sept. 14, from 9 a.m.-noon, outside the Chantilly Target.

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 Sept. 12 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.

#### Democratic Women to Meet

The Democratic Women of Clifton is now called the Democratic Women of Clifton and Northern Virginia (DWCNV). It'll hold its next meeting Sunday, Sept. 15, from 3-5 p.m. Guest speaker is Eleanor Clift, a contributor to Newsweek and The Daily Beast, an author and a member of "The McLaughlin Group," a weekly public-affairs program.

The group's October meeting will focus on the statewide election in November. All Democratic women in Northern Virginia are invited to become members. Meetings are held Sundays, from 3-5 p.m., in the Clifton Town Meeting Hall, 12641 Chapel Road in Clifton. For more information, e-mail [cliftonwomendems@aol.com](mailto:cliftonwomendems@aol.com) or see [www.democraticwomenofclifton.org](http://www.democraticwomenofclifton.org).

#### Five Charged with DWI

On Saturday, Aug. 24, police officers from the Sully District Station patrolled the area searching for drunk drivers. Police charged five drivers with DWI and issued 20 summonses and 19 warnings; they also made one criminal arrest.

#### Eat Pizza, Help Children

Paisano's Pizza is going to "Share the Pie" with the Boys and Girls SEE ROUNDUPS, PAGE 14



#### 150,000<sup>th</sup> Customer

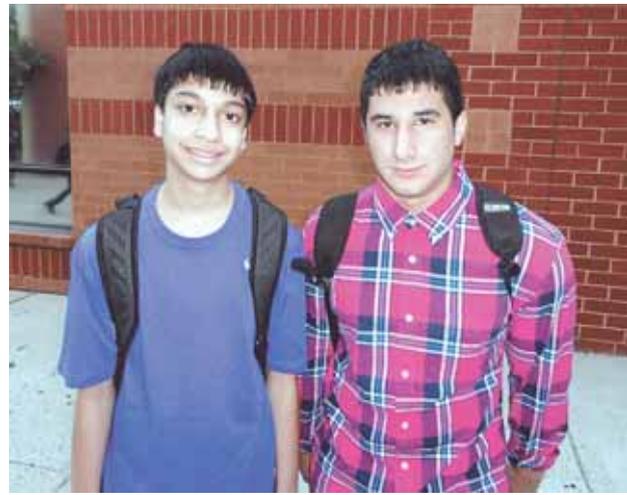
Kelsea Glidden (left) is Northern Virginia Electric Cooperative's 150,000th customer. She's a Centreville resident returning to NOVEC service territory with two roommates: Lyndsey Medlin (right) and Melissa Sayyad (not photographed). "I had no idea when I called to set up service with NOVEC we'd be the 150,000th customer," said Glidden as NOVEC President/CEO Stan Feuerberg (middle) presented her with gifts in recognition of NOVEC's major milestone. "It is definitely a nice surprise." Visit [www.novec.com](http://www.novec.com) or call 703-335-0500 or 1-888-335-0500.



From left are Rocky Run eighth-graders Roselena Hernandez, Alicia Pineda and Alyssia Farkouh.



Arjay Thakoorie (left) and Stephen Mitchell are ready for eighth grade at Rocky Run Middle.



From left are Chantilly High sophomores Neal Agarwal and Wallat Bazid.



Chantilly High senior Darnell Moore plans to work hard and get good grades.

# Local Students Stream Back to Their Schools

FROM PAGE 1

grades, respectively, stood together before school began. "I'm excited to make new friends and meet my teacher, Ms. [Kristie] Kirby," said Jolie. "I like social studies best because you can learn about history."

Carley was happy to be back at school because "you get to see your old friends you didn't see during the summer. And I like math because I get to learn more about multiplication."

Some students walked to GBE; but others came by bus and, as they disembarked, counselors greeted them and gave them stickers with their bus numbers on them so they'd get on the right one to go home. Also outside was general music teacher Eddie Lupton, who welcomed children and parents and answered questions.

"We've got about 1,000 students, up from 840 last year, so we're really busting at the seams," he said. "I'm excited because it's fun to see how much the kids have grown, and it's a challenge to see if we can remember all their names — because PE. and music teachers teach everybody twice a week."

## CHANTILLY HIGH

Starting her sixth year at Chantilly High and 26<sup>th</sup> with FCPS, counselor Julie Edstrom was upbeat as she entered the building, Tuesday, around 6:20 a.m. "Teresa Johnson is the best principal in FCPS," said Edstrom. "She's extraordinarily smart, caring and hardworking, and we all love her. We're also blessed with wonderful students here, a

strong community and a talented faculty."

Johnson said this year's thrust is on building relationships with the students, teachers and community, plus continuing the school's focus on critical thinking and reading skills. Enrollment is up 55 students since June, for 2,691 students total, and she's hired about 24 new staff members.

They include Director of Student Activities Corey Bowerman from Langley High, Chantilly Academy Administrator Virginia Muller from Westfield High and Assistant Principal Karla Hogan from Centreville High.

"I also hired Shawn Heilemann as a special projects assistant principal," said Johnson. "He has amazing strengths with technology. I'm excited to have four new staff members on our administrative team, and we're very energized to start the year."

Also geared up for the new year was Chantilly senior Darnell Moore. "Coming back to school is a fresh start to get good grades and go to college," he said. "I'm going to practice my SAT and try to ace it and not procrastinate on tests. I want my last year to be my best." Moore also looked forward to his culinary arts class and hopes to someday be a chef.

Senior Austin Thomas was relieved to be in his last year of high school and can hardly wait to be in college. His favorite class is criminal justice and he wants to eventually be a federal agent.

"I'm excited to be back because I've got fun electives, especially computer science,"

said sophomore Neal Agarwal. "And I want to see my friends again." Classmate Wallat Bazid looked forward to his personal fitness and tech ed courses, and senior Jonesha Fullerton likes her art classes and is eager to attend the Charger football games.

Junior Shradda Adhikari said the football games will be a highlight for her, too. She's also excited to see friends she'd missed over the summer and looks forward to taking AP psychology and studying human behavior.

Ana Cho, a sophomore, will be on the swim and lacrosse teams, but is particularly excited about taking driver's ed because, she said, "I really want to drive and not take the bus to school."

## ROCKY RUN

At Rocky Run Middle, eighth-graders Roselena Hernandez, Alicia Pineda and Alyssia Farkouh chatted outside school as the buses arrived. A flute player, Roselena's eager to take advanced band and her computer and art classes. With a new backpack and high-topped tennies, Alicia was happy to see her friends and take AP math.

Alyssia, however, said, "It's a tragedy that we have to go back to school and learn stuff again. But I'm looking forward to home ec, theater and civics honors with Mr. [Shane] Zavala."

Eighth-grader Joseph Azurin was "kind of glad to be back; I missed all my friends. And I really want to learn Latin; some eighth-graders came to our class last year and told us it would help us learn other lan-

guages."

Also happy to be there was seventh-grader Rachel Lee. "A lot of the teachers seem really nice and so does the principal [Anthony Terrell]," she said. "And I'm looking forward to art class."

Arjay Thakoorie, in eighth grade, was pleased to meet his new teachers and take algebra one and tech ed, learning how to use both computers and hand tools. But classmate Stephen Mitchell said summer went too fast for him. Yet he, too, was eager to take Latin because "the teacher seems nice and it should be an interesting subject."

Assistant Principal Joe Graczyk said Rocky Run went from one section of Latin, two years ago, to four sections this year. And, he added, "The kids love their teacher, Stacey Knight."

Glad to see the students return, he said it feels more like school now "and, hopefully, all the hard work we did during the summer will pan out. I also knew our new principal when he was the assistant principal at Fairfax High because it's in the same cluster we are."

Graczyk says Terrell will be "a good fit because he has the middle-school mindset. And he and I and the whole administration believe we need to do our best to tap all the student talent we have coming into our doors. So we're looking for more business partnerships and ways for our kids to use their skills and challenge themselves in different ways."



Sporting their Chantilly High purple, (from left), are teacher and National Honor Society advisor Charles Demek and at-large School Board representative Ted Velkoff in the school's office.



Chantilly High students Ana Cho (left) and Shradda Adhikari pose for a photo on the way in to school.



Mom Lili Zakhireh and daughter Tara stand at the entrance to Greenbriar East Elementary.



Third-grader Isabella Babich and mom Jennifer Babich look forward to another year at GBE.



Sisters Jolie (left) and Carley Dennis are all smiles outside GBE.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

## Presenting 'High School Musical 2 Jr.'

FROM PAGE 2

characters, portraying different emotions and showing Troy's growth as a person."

Nelson's favorite song is the opening number, "What Time is It?" because "it's super-high energy as the students start their summer break." As for the audience, he said, "They'll be able to connect with the various characters, and the plot has many sides and is really intricate, so they'll be able to see it from a variety of different perspectives."

Playing Gabriella Montez is Centreville High sophomore Hana Tawil. "She's talented and smart and has discovered she can sing," said Tawil. "So now, she's more comfortable with who she is and is looking forward to having a fun summer with her boyfriend, Troy. But when he starts acting like somebody else, she's hurt and confused."

Since others have played her role, Tawil said she has to find different angles and interpretations of her character and play her in depth. And, she said, "Because the story moves so easily and naturally, I can be in the moment when I'm acting."

She likes the song, "Gotta Go My Own Way," because "it's emotional on a level that the other songs aren't. And it's my big solo." She said the actors play their parts in such "new and creative" ways that they "really bring something wonderful to the show that people who've seen it, and those who haven't, will enjoy. We bring new life to it."

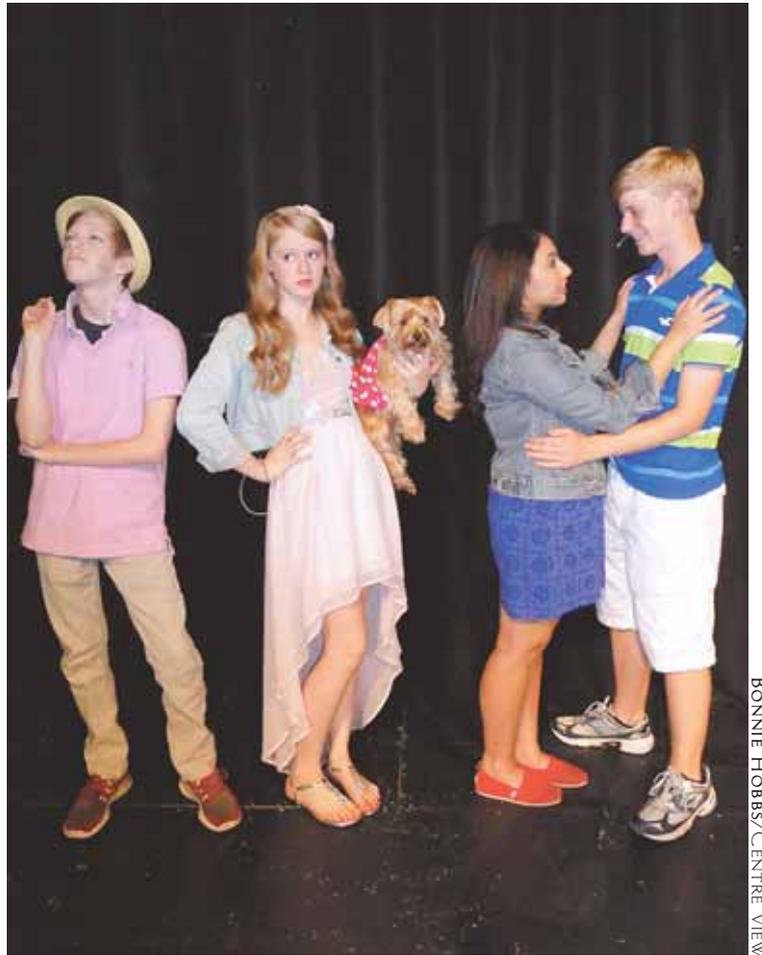
Amanda Holsinger, who's homeschooled, portrays Sharpay Evans. "She loves pink and sparkly stuff and thinks she's better than anyone else," said Holsinger. "She has a boyfriend, but loves Troy, the star of the basketball team — but his girlfriend is Gabriella. Sharpay has a posse of friends, but only stays around them because they do things for her. I love this role because she's unique and mean, and it's fun playing someone rich and snotty."

Holsinger's favorite number is "Fabulous" because the audience gets to know Sharpay through that

song. She said people will enjoy the play because "there's lots of energy and it's an easy show to get into."

Portraying Sharpay's brother, Ryan Evans, is Westfield sophomore Drew Sharpe. "He's flamboyant and star-struck and dreams about getting the Star Dazzle award from a resort and beating out his sister, for once," said Sharpe. "I like it because it's a new challenge and it's fun being someone really different from me."

He likes the song, "Humuhumunukunuaipua," because "I teach everyone how to do this dance and I can go crazy with it." He said audience members will appreciate the cast's commitment and enthusiasm and the show's attractive staging. Besides that, he added, "The music is catchy and they'll want to sing along with it."



BONNIE HOBBS/CENTRE VIEW

From left: Drew Sharpe, Amanda Holsinger, Hana Tawil and Jacob Nelson perform the song, "Work this Out," from "High School Musical 2 Jr."

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Effective December 31, 2013, Inova Cares Clinic for Children will no longer provide Pediatric services at the clinic located at 1175 Herndon Parkway, Suite 500, Herndon, VA 20170. Patients wishing to remain with Inova Cares Clinic providers will have the option to continue their care at our Falls Church location: 6400 Arlington Boulevard, Suite 210, Falls Church, VA 22042. The Herndon clinic receptionist will gladly help you make the transition. Patients may request a copy of their medical record by completing a records release request which can be obtained from the Herndon clinic or by calling 703-531-3100. After December 31, 2013, custodianship of all records will remain with Inova Cares Clinic for Children in Falls Church and copies may be requested at any time.

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CENTRE VIEW

# How To Set Realistic Goals

Local experts say key to success is setting achievable goals.

BY MARILYN CAMPBELL  
CENTRE VIEW

Laura Wheeler Poms, of Fairfax, set out to earn a doctorate degree and make a career change. As a wife, mother and working professional, the goal, she said, often felt lofty.

"Writing my dissertation at times felt overwhelming, especially if I looked at it as one huge project," said Poms, who now holds a Ph.D. in industrial/organizational psychology and is an assistant professor of global and community health at George Mason University in Fairfax. "I set goals like writing one page or doing one analysis each day and I was able to get it done. I also gave myself little rewards along the way."

While Poms set and achieved an ambitious goal, she and other psychologists say many people do not. Whether one desires to make a career change, set boundaries in an unhealthy relationship or lose weight, setting and achieving goals is difficult for some.

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish," said Linda Berg-Cross, Ph.D., a therapist in private practice and a professor of psychology at Howard University in Washington, as well as a Potomac, Md., resident. "If you say, 'I'm going to exercise an hour a day,' but you have a full-time job and children, you really don't have time to exercise for an hour."

Poms says that a person's reasons for waiting to make a change could affect his or her success or failure. "If your goal is motivated by guilt, fear or regret, you're less likely to achieve that goal," she said. "If someone tells you that you need to lose weight, unless that realization has come home to you, it is not very useful. ... If you don't see the need, you're not going to be motivated to accomplish it."

To make lasting changes, experts say, one must be prepared for the work involved in making the shift. "Sometimes when people want to make a change, they are not quite ready," said Amy Van Arsdale, Ph.D., assistant professor of psychology at Marymount University in Arlington and a therapist in private practice who lives in Fairfax. "And sometimes people want to make a change, but they aren't sure how."

"Another reason that sometimes makes it really hard for people to make changes like setting boundaries with someone they love, is because that person might feel hurt, so the person who is trying to change backs down," Van Arsdale continued.

Whether your goal is getting out of a toxic relationship, making a career change or maintaining an exercise plan, there are strategies that you can implement to maintain your perseverance.

"If someone starts to give up," said Van Arsdale, "I recommend that they do a check-in and ask 'What is going on that makes me want to quit?'"



PHOTO BY MARILYN CAMPBELL/CENTRE VIEW

**When working to make behavioral or physical changes, experts recommend dividing one's goals into small, gradual steps.**

Assessing how much control one has over the situation is another key tactic. "A person should look at what they can change and what cannot change," said Van Arsdale. "When setting a boundary with another person, for example, a person could say, 'Maybe I can change how often I call my mother, but I can't control how often she calls me so I need to change how I respond, because I can only control myself.'"

Berg-Cross recommends small, gradual changes. "Make the teeniest changes you can think of that are part of your normal routine," she said. "It is not making behavioral changes, it is fading from one behavior to another on a long continuum, little by little."

Van Arsdale said that sometimes she asks clients to think in reverse. For example, "If I didn't lose weight and I didn't get in shape, what is the worse part?" she asks. "I am having problems with my mother and want to set better boundaries. [If] I don't change set boundaries, I will feel powerless, and I want to feel more powerful."

Re-evaluate specific goals and tweak them if needed. "Sometimes people set goals that are too high," said Van Arsdale. "If you set your goals to go to the gym five days a week and that it isn't happening, instead go three times a week. Hanging in there and tweaking goals so that they work for you is better than giving up."

Poms recommends a SMART (specific, measurable, achievable, realistic, time-based) model when setting and working to reach goals. "Set small, achievable goals and get excited when you meet your goals," she said. "Accentuate the small things that you've done."

Van Arsdale said, "Think how your life will change if you make the change, but be realistic. Saying 'I want to lose 10 pounds' is vague. Saying 'I really want to be able to walk a 5K race with my friend' is more doable."

This strategy also works in interpersonal relationships. "You have to figure out what it is about the other person that makes you feel the need to set the boundary," said Poms. "You have to figure out deep down what is the source of the irritation and then set a boundary, but you want to try to talk to that person first."

Get support from friends and family for any challenging goal. Also, "Don't set too many goals at once because it gets overwhelming," said Poms. "You need practical solutions for dealing with things."

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# BULLETIN BOARD

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Deadline is Thursday at noon. Photos welcome.

## THURSDAY/SEPT. 5

**Board of Directors Meeting.** 7:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. The Southwestern Youth Association will be holding their annual Executive Board of Directors Election Meeting. The SYA Executive Board of Directors positions are for a one-year term and include the following positions: President, Vice-President, Secretary and Treasurer. Nominations are currently being accepted and may be submitted to the SYA Office at

[syaboard@verizon.net](mailto:syaboard@verizon.net). Applicants must be in good standing with SYA and at least 21 years of age. Nominations are now being accepted. This meeting is open to the community. Call 703-815-3362 or contact the SYA office at [syaboard@verizon.net](mailto:syaboard@verizon.net).

## FRIDAY/SEPT. 6

**Softball Complex to be Renamed.** 3:30 p.m. at Braddock Park in Centreville. The park will honor local "Hall-of-Famer" Sharon H. Sealock, a longtime player, volunteer and Fairfax Adult Softball employee. 703-324-8662.

## SATURDAY/SEPT. 7

**Meeting.** Lane's Mill Chapter Daughters of the American Revolution (DAR) members will meet at 5501 Sully Park Drive, Centreville. Prospective members are welcome to attend and should contact [haynes2va@yahoo.com](mailto:haynes2va@yahoo.com) for more information.

## SUNDAY/SEPT. 8

**Author Reading and Outreach.** 2-4:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Members of the Writers of Chantilly will be reading selections from their most recent book. Students who took

place in a writing contest will also be recognized. Light refreshments served, all welcome. Visit [www.writersofchantilly.blogspot.com](http://www.writersofchantilly.blogspot.com).

## SATURDAY/SEPT. 14

**Blood Drive.** 7 a.m. to 1 p.m. at St. Timothy Catholic Church, 13809 Poplar Tree Road. Donors are encouraged to give all summer long, but especially near key summer holidays when donations decline. From May, 23 to Sept. 9, donors, recipients and blood drive coordinators will be asked to share their inspirational videos and personal messages about how their lives have been touched. Visit

[www.redcrossblood.org](http://www.redcrossblood.org) or call 1-800-733-2767.

## SATURDAY-SUNDAY/SEPT. 14-15

**Admission Fee Waived.** Sully Historic Site will be free to the public as part of the Year of the Historic Home initiative and the Time Travelers program. Hours are 11 a.m.-4 p.m., with the last tour starting at 4 p.m. 703-437-1794.

## SUNDAY/SEPT. 15

**Volunteers Wanted.** Volunteer with the Young Professionals Network during the 2nd annual Pink Boa Breast Cancer 5k Run/Walk from 8 a.m.-noon at 11945 Grand Commons Ave. Help hand out event t-shirts, water, aid in clean-up and other aspects of the race. To volunteer contact Renette Noel at [community@nvulypn.org](mailto:community@nvulypn.org).

## MONDAY/SEPT. 16

**Annual Kick-off Meeting.** 7 p.m. at Cale Center, 4615 Stringfellow Road. The GFWC Western Fairfax County Woman's Club will feature speakers from Artemis House and Alternative House. Free. Visit [www.wfvcw.org](http://www.wfvcw.org) or 703-631-7093.

## WEDNESDAY/SEPT. 18

**RWC Meeting.** 7 p.m. at Fairview Elementary School, 5815 Ox Road, Fairfax Station. The Republican Women of Clifton presents Genevieve Wood, vice president of the Heritage Foundation, on "Obamacare: Unfair, Unaffordable, Unworkable," and David Bobb, director of The Kirby Center, who will talk about the importance of Constitutional governance. Social hour at 7 p.m.; business meeting at 7:30 p.m., after which Wood and Bobb will present their topics and answer questions. Attendance is open to RWC members and their guests, associate members, members of other Republican Women's Clubs and all women interested in becoming members. Visit [www.cliftongop.com](http://www.cliftongop.com).

## SUNDAY/SEPT. 22

**Author Discussion.** 4-5 p.m. at Sully Historic Site. Paul Dickson will discuss "Words from the White House," which deals with words and phrases created by U.S. presidents. Free. To make a reservation, 703-437-1794.

## SATURDAY-SUNDAY/OCT. 12-13

**Teams Wanted for Softball Tournament.** The Fairfax County Park Authority in partnership with Fairfax Adult Softball is seeking teams for its first ever overnight coed softball tournament. Moonlight Madness will take place at Braddock Park's softball complex in Clifton. Participants will compete in umpired games under the lights starting at midnight. Other activities, such as home-run derbies, speed competitions, softball bingo, and giveaways will start at 9 p.m. The rain date is Nov. 2-3. The entry fee is \$285 per team and the deadline for registration is Oct. 8. Register at [www.tourneymachine.com/E2673](http://www.tourneymachine.com/E2673).

## VOLUNTEERS NEEDED

**Northern Virginia Family Service** is seeking volunteers to organize collection drives of toiletries products for clients in need. Requested items include such things as shampoo, soap, lotion, deodorant, hand sanitizer, toothbrushes and toothpaste. Learn more about Northern Virginia Family Service at [www.nvfs.org](http://www.nvfs.org) and contact Colleen Ross [rosscross@nvfs.org](mailto:rosscross@nvfs.org) if interested.

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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  
St. Veronica Catholic Church...703-773-2000

## EPISCOPAL

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

# ENTERTAINMENT

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

## ONGOING

The **Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center**, 14390 Air & Space Museum Parkway, is showing movies including "Hubble," "Fighter Pilot," "Space Junk," "Air Racers" and "The Dream is Alive". Visit <http://airandspace.si.edu/udvarhazy/> or call 703-572-4118 for the movie schedule.

**Super Science Saturdays.** 10 a.m.-3 p.m. the second Saturday of each month at the Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway. Visit <http://airandspace.si.edu/udvarhazy/>.

**Paisano's Pizza** is going to "Share the Pie" with the Boys and Girls Clubs of greater Washington. For all customers who mention "BGC" when placing an order, Paisano's will donate 10 percent of their purchase price to help support that organization. The fundraiser goes until Sept. 15. Locally, Paisano's has locations at 12715 Shoppes Lane in Fairfax and 10330 Main St. in Fairfax. Visit [www.pizzapaisanos.com](http://www.pizzapaisanos.com).

## THURSDAY/SEPT. 5

**Small Wonders.** 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-830-2223.

**Teen Book Club.** 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. For teens in grades 7-9. Call for title. Free. 703-502-3883.

## FRIDAY/SEPT. 6

**Yoga Storytime.** 4 p.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 6-9 can enjoy story time that incorporates basic yoga moves. Free. Registration required, 703-502-3883.

## SATURDAY/SEPT. 7

**Free Yoga with Melissa Baker.** 8:30 a.m. at Chantilly Library, 4000 Stringfellow Road. For teens (age 16 and older) and adults, bring a yoga mat. Designed for beginners to experienced yoga students. Free. 703-502-3883.

**Cat Show.** 9 a.m.-5 p.m. at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. The National Capital Cat Show will feature up to 450 cats competing in multiple classes, adoptions, pedigreed kittens for sale, education, vendors and more. Visit [www.nationalcapitalcatshow.com](http://www.nationalcapitalcatshow.com), [www.dullesexpo.com](http://www.dullesexpo.com) or call 703-378-0910.

**Master Gardeners.** 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

**CHS One Book Group Discussion.** 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Call for title. Free. 703-502-3883.

**Paws for Reading.** 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 5-12 can meet and read to a trained therapy dog. They can read from a library book or already owned one. Free. Registration required, 703-502-3883.

## SUNDAY/SEPT. 8

**Cat Show.** 9 a.m.-4 p.m. at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. The National Capital Cat Show will

feature up to 450 cats competing in multiple classes, adoptions, pedigreed kittens for sale, education, vendors and more. Visit [www.nationalcapitalcatshow.com](http://www.nationalcapitalcatshow.com), [www.dullesexpo.com](http://www.dullesexpo.com) or call 703-378-0910.

**Author Reading and Outreach.** 2-4:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Members of the Writers of Chantilly will be reading selections from their most recent book. Students who took place in a writing contest will also be recognized. Light refreshments served, all welcome. Visit [www.writersofchantilly.blogspot.com](http://www.writersofchantilly.blogspot.com).

## MONDAY/SEPT. 9

**Bouncin' Babies.** 10:30 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.

**Small Wonders.** 11:30 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.

**Frying Pan Farm.** 2 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Meet local animals, enjoy a story and take home a craft. For children in grades K-6. Registration required, 703-502-3883.

**Kids Knit.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children in grades 3 and up can meet new friends, learn to knit or get help on a project. Beginners welcome. 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.

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

## TUESDAY/SEPT. 10

**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.

**Thriving Three to Fives.** 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children age 3-5 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.

## WEDNESDAY/SEPT. 11

**Toddlin' Twos.** 10:30 a.m. and 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 can enjoy stories and activities. Free. Registration required. 703-502-3883.

## THURSDAY/SEPT. 12

**Civil War Lecture.** 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults and school age children can hear "Battle of Fort Wagner, South Carolina and the 54 Massachusetts," by author and historian Ronald Nichols. Free. 703-830-2223.

**CHS One Book Group Discussion.** 7 p.m. at Chantilly Library, 4000 Stringfellow Road. Discuss "Peak" by Roland Smith. Free. 703-502-3883.

## FRIDAY/SEPT. 13

**Ready for School Storytime.** 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 4-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

**Comedy Show.** 8 p.m. at Fast Eddies, 14114 Lee Highway. Performance by the Drink Til We're Funny Tour. Visit [fasteddies.com](http://fasteddies.com).

## SATURDAY/SEPT. 14

**Master Gardeners.** 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

**Kaleidoscope Storytime.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. All ages can enjoy a sensory story time focusing on the strengths and adapting to children on the autism spectrum and with other developmental disabilities. Free. Registration required. 703-502-3883.

**Lego Mania.** 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades K-2 can build. Free. Registration required, 703-502-3883.

**Raise the Roof Auction and Wine Event.** 7-11 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Live auction called by Mike O'Meara, silent auction, live music, food and more. Proceeds benefit Helping Haitian Angels. \$35/advance; \$40/door. Visit [www.helphaitianangels.org](http://www.helphaitianangels.org) for tickets.

## SATURDAY-SUNDAY/SEPT. 14-15

**Admission Fee Waived.** Sully Historic Site will be free to the public as part of the Year of the Historic Home initiative and the Time Travelers program. Hours are 11 a.m.-4 p.m., with the last tour starting at 4 p.m. 703-437-1794.

## SUNDAY/SEPT. 15

**Train Display.** 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Northern Virginia NTRAK members will have a display and N gauge trains running. Museum members are free; \$4/adults 16 and over; \$2/children 5-15; under 4 are free. Visit [www.fairfaxstation.org](http://www.fairfaxstation.org) or 703-425-9225.

## MONDAY/SEPT. 16

**Bouncin' Babies.** 10:30 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.

**Time for Tots.** 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive. Children ages 2-3 can enjoy stories and activities. Free. 703-830-2223.

**Small Wonders.** 11:30 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.

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

## TUESDAY/SEPT. 17

**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.

**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.

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# Best Buddies Fundraiser This Saturday, Sept. 7

**B**est Buddies is an international organization that promotes friendships with and jobs for people with intellectual disabilities. One of these people is Chantilly's Eric Latcheran, 26, who, besides having Down Syndrome, has a job, friends and a love of giving back to his community. On Oct. 19, he and his mom, Gina Latcheran, are taking the Best Buddies D.C. Challenge for the fourth year in a row, walking on the Mall in Washington, D.C. First, though, they must make a combined \$1,700 donation so they can be in this event.

Toward that end, Best Buddies is having a fundraiser, this Saturday, Sept. 7, from noon-4 p.m., at Jimmy's Old Town Tavern, 697 Spring St., in Herndon, off the W&O Trail. It'll be held after that morning's training-trail bike ride and walk/run.

There'll be live music by local musicians, plus lots of food and fun. Donations are welcome and attendees may vie for more than \$500 in raffle prizes donated by local merchants.

"Eric personally requested and collected all the raffle prizes," said Gina Latcheran. "But for us to reach our goal, we need the community's help." We want to promote friendship among our friends, family and community and raise the funds we need to



PHOTO COURTESY OF GINA LATCHERAN

**From left are Clifton's Ryan Gutkowski, Olympic Medal-winning swimmer and Best Buddies advocate Gary Hall Sr., and Chantilly's Eric Latcheran at the Best Buddies DC Challenge 2012.**

participate."

Clifton's Mary Jane Gutkowski and son Ryan, who also has Down Syndrome, are teaming up for the walk/run, too. And Centreville's Kevin Whalen is taking the Challenge again and will ride his bike, Oct. 19, in the cycling part of the event, traveling to Morven Park in Leesburg.

Besides the Sept. 7 fundraiser, three others are also planned — and during each of

them, a portion of customer sales will be donated to Best Buddies. These events are set for:

- ❖ Sunday evening, Sept. 15, at Piero's Corner restaurant, 9959 Main St. in Fairfax. (Eric Latcheran has worked at Piero's Corner the past eight years).

- ❖ Wednesday, Sept. 18, all day, at Sweet Frog in the Greenbriar Shopping Center in Chantilly, next to Dunkin' Donuts.

- ❖ Friday evening, Sept. 27, at Glory Days Grill in the Old Centreville Crossing shopping center. Whalen, Eric Latcheran and Ryan Gutkowski will all be guest bartenders.

In addition, those wishing to contribute online to the Latcherans' fundraising efforts may do so at <http://mydc.bestbuddieschallenge.org/ginalatcheran>.



**From left are Kevin Whalen and Eric Latcheran at a previous Best Buddies walk.**

## Local Writers To Host Reading for Grandparents Day at Library

**T**he Writers of Chantilly, a not-for-profit organization of local professional and aspiring writers in Chantilly, will host an author reading and outreach event at the Chantilly Regional Library on Sunday, Sept.

8, to celebrate National Grandparents Day.

Members of the Writers of Chantilly will read selections from their most recent book, "Nana ... and Other Grandmothers," and area high school students who participated

in a National Grandparents Day writing contest sponsored by the Writers of Chantilly will read their winning stories, essays and poems about grandparents.

Students will be recognized and read their winning entries beginning at 2:45 p.m.

The free event will take place at the Chantilly Regional Library, 4000 Stringfellow Road, Chantilly, from 2-4:30 p.m. in the meeting room.

Visit <http://writersofchantilly.blogspot.com> for more information.

### WEDDING

#### Patterson, Meador Wed

Mr. and Mrs. Stephen Meador of Clifton are pleased to announce the marriage of their daughter, Holly, to Brett Patterson, son of Mac and Theresa Patterson of Herndon.

The wedding was held at the Cathedral Basilica of St. Augustine in Florida with the reception at the St. Francis Officers Club, June 8, 2013.

The couple honeymooned in the Turks and Caicos and now reside in Herndon. Holly is a graduate of Paul VI High School, Virginia Tech and is employed at Il Pioppo. Brett graduated from Westfields High School, George Mason University and works at Dunn & Phelps.



PHOTO CONTRIBUTED

**Brett Patterson and Holly Meador married June 8.**



PHOTO CONTRIBUTED

#### Award-winning LabLearner Science Lab

**The Superintendent of Arlington Diocesan Schools Sister Bernadette McManigal, BVM, flanked by the Saint Timothy PTO officers MaryAnn Coleman and Karie Brown, Principal Joseph McLaughlin, science teachers Anita Ostrander and Karen Young, and the middle school scientists, unveil the brand new LabLearner Science Lab at the Back to School Night ribbon-cutting ceremony. LabLearner was developed by science professors at Penn State University. The hands-on science program encourages students from K-8 grades to be "scientists" — getting actively involved in the learning process. For more information about the Saint Timothy Catholic School science program and their two full science labs (one for K-5th, and the other for Middle School), log onto [www.sainttimothyschool.org](http://www.sainttimothyschool.org).**

## Centreville Football Throttles West Potomac in Opener

**Quarterback Walter throws three touchdown passes against Wolverines.**

BY JON ROETMAN  
CENTRE VIEW

**A**fter the Centreville football team's season opener against West Potomac, head coach Chris Haddock said the Wildcats had been concerned with the big-play capabilities of speedy Wolverine running back DeMornay Pierson-El.

The University of Nebraska commit is a threat to score whenever he touches the ball, but Centreville's defense was up to the task of slowing the standout, while the Wildcats were the ones lighting up the scoreboard.

Centreville quarterback Scott Walter threw three touchdown passes and the Wildcats rushed for 300 yards en route to a 51-7 victory over the Wolverines on Aug. 29 at West Potomac High School. Walter competed 5 of 7 passes for 117 yards, receiver Charles Tutt finished with four receptions for 81 yards and two scores and more than 10 Centreville ball carriers combined for a dominant ground attack against a West Potomac team that beat the Wildcats in the 2012 regular season.

On defense, the Wildcats forced three turnovers, limited Pierson-El to 33 first-half rushing yards and held the Wolverines scoreless until the final minute of the game, when Pierson-El, who had moved to quar-



**AJ Turner and the Centreville football team beat West Potomac 51-7 on Aug. 29.**

terback, threw an 87-yard touchdown pass.

"Certainly, it was a pretty good start," Haddock said. "We were very concerned about their speed. We've not had a lot of success coming out here. ... We wanted to make sure we came out and really did a nice job, especially on DeMornay. He's just an outstanding player, one of the best I've ever seen. The danger there is that on any play, he can go, and our defense did a great job tonight."

Junior defensive lineman Devante Wright had an interception and a fumble recovery for Centreville, and junior defensive lineman Jordan Brooks returned a West Potomac fumble 61 yards for a touchdown in the second quarter. The defense also forced Wolverine quarterback Preston Jones to throw the ball away in the end zone, lead-

ing to an intentional ground penalty and a safety — all of which helped the Wildcats build a 44-0 halftime advantage.

On offense, more than 10 different ball carriers totaled 300 rushing yards, including a team-high 97 from junior Taylor Boose.

Junior running back Xavier Nickens-Yzer carried six times for 55 yards and two touchdowns and senior Chase Heiner carried twice for 32 yards and a score. Junior AJ Turner rushed four times for 36 yards and caught a 36-yard touchdown pass.

Walter, in his second season as Centreville's starting quarterback, didn't get many opportunities to pass, but made West Potomac pay when he got the chance.

"He's got a year of experience under his belt," Haddock said. "This is the first time



**Scott Walter threw three touchdown passes against West Potomac on Aug. 29.**

since I've been a head coach where I've had a quarterback return for me. He has a lot of the nuances down that take a lot of time to get to. He's a smart kid, he's athletic. What I love about him, though, he's just such a great competitor and he gets fired up about things. He and I get after each other pretty good and I love that about him. I think that he's been a great leader for us, too, as a senior."

Centreville reached the state championship game in 2011 and lost to Oakton on a late touchdown in the 2012 region semifinals. This year's team has high hopes.

"Expectations this year," Walter said, "are through the roof."

Centreville will host T.C. Williams at 7:30 p.m. on Friday, Sept. 6. The Titans defeated Oakton 38-2 on Aug. 30.

### SCHOOL NOTES

#### DAR Presents Student Awards

Providence Chapter of the Daughters of the American Revolution (DAR) announced the 2013 recipients of two DAR awards.

The DAR Youth Citizenship Medal is presented to fifth- and sixth-grade students who fulfill the qualities of honor, service, courage, leadership, and patriotism. The Outstanding Work in American History Medal is presented to students in any grade for excellence in American history studies.

Students receiving the DAR Youth Citizenship Medal from their schools were Brett Morrow and Antheung (Oak View Elementary), Joshua Sawin and Dylan Syron (Fairview Elementary), Sonia Chaudhary and Ian Drummond (Greenbriar East Elementary), Sidhu Dogiparthi and Seon Woo Cho (Greenbriar West Elementary), Meghan Rock (Oak Hill Elementary), William Cha

(Brookfield Elementary), and Yoshi Iketani and Emma Rowson (Lees Corner Elementary). Students receiving the Outstanding Work in American History Medal were Julie Elizabeth Estrada (Chantilly High School); Steven Burris and Julia Zhou (Oak View Elementary); Ryan Smith and Cameron Johnstone (Fairview Elementary); Vraj Desai, Lara Demir, Rebekah Myers, and Justin Wang (Greenbriar East Elementary); Lizzie Han and Vaishnavi Visveswaran (Greenbriar West Elementary); Kyle McClelland and Eli Kaufman (Oak Hill Elementary); Anna Turtiainen and Jade Heilemann (Poplar Tree Elementary); J. P. Miner (Brookfield Elementary); and Steven Sekar (Lees Corner Elementary).

To learn more about the work of today's DAR, visit [www.DAR.org](http://www.DAR.org).



PHOTO COURTESY OF LISA KOLB

#### CYA Basketball Team Thanks its Coaches

**The Chantilly Blue, a CYA High-School Division team, thank their CYA Coaches Rick Shyroch and Don Goodwin for supporting them and providing them the opportunity to play basketball for the last four years. Back row, from left, are Claire Callahan, Christy Quetsch, Angela Nguyen, Coach Rich Shyroch, Brenna Ellison, Madelyn Palmer, Meghan Shankar and Coach Don Goodwin. Front row, from left, are Catherine LaPlaca, Kali Levendis and Taylor Kolb.**

# ROUNDUPS

FROM PAGE 6

Clubs of greater Washington. For all customers who mention "BGC" when placing an order, Paisano's will donate 10 percent of their purchase price to help support that organization. The fundraiser goes until Sept. 15.

Locally, Paisano's has locations at 4078 Airline Parkway in Chantilly and 12715 Shoppes Lane in Fair Lakes. Also participating is Paisano's Bella Pizza at 5740 Pickwick Road in Centreville. For phone numbers, go to [www.pizzapaisanos.com](http://www.pizzapaisanos.com).

## Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of oil, canned fruit, rice (2-lb. bags), canned meat, canned white beans (garbanzo, northern, cannellini, navy), fruit juice, Hamburger Helper, dry pasta, sugar, dry beans, and canned vegetables. (Also needed are shampoo, feminine napkins and dish soap.

Bring all items to WFCM'S new food-pantry location, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

Thrift-store needs include bathing suits and shorts for all ages, Bibles in English and Spanish, plus large black yard bags. The store is at 13939 Metrotech Drive. In addition, Thrift Store volunteers are needed for two- to four-hour shifts Fridays, between 9 a.m. and 6 p.m., and Saturdays, between 9 a.m. and 5 p.m.

## How to Hire CLRC Workers

The Centreville Labor Resource Center (CLRC) serves businesses and homeowners needing help with just about any home remodeling or maintenance project. And local residents who'd like to hire a worker from the CLRC may do so easily. Either call 703-543-6272 or go to [www.centrevilleLRC.org](http://www.centrevilleLRC.org) and click on the "How to Hire" link. Tell what kind of work is required, how many workers are needed and when.

The CLRC will match the needs to its registered workers' skills and set up the job. The price for work will be negotiated. After the job is completed, employers are encouraged to provide the CLRC with feedback to ensure that the work was done well and to their satisfaction and to make sure the workers are fairly paid.

## 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](mailto:VolunteerSolutions@fairfaxcounty.gov) or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

## Indeterminate Sentence



By KENNETH B. LOURIE

And no, that's not another made-up phrase by yours truly describing my occasionally cluttered/run-on prose with which many of you extremely patient regular readers are all too familiar. No, it has to do with how I perceive my future now that I'm post-hospital and sleeping in my own bed. Instead of nurses, respiratory therapists, X-ray technicians, doctors and miscellaneous other hospital staff too numerous to list, I have one wife and five cats to do my bidding. And though they're not nearly as attentive as the hospital staff, I know that they all have my best interests at heart.

Not that I thought I was going to die during this most recently-written-about hospital stay; still, the experience was unsettling and reminded me of how fragile and maybe even precarious my situation might be. As much as I try to ignore certain stage IV, terminal-type facts/prognosis, a four-day stay in S.I.C.U. sort of brings the reality into sharper focus, despite my best – and continuing – efforts to delude myself otherwise.

As I sit here at home, comfortably and relatively normally (I know, "normally" is a relative term), I am betwixt and between emotionally. I can't decide if this hospital stay has given me direction or misdirection. Do I now have a truer, more honest sense of my own insecurity (mortality) or have I just created a false sense of security in its place – having survived the ordeal so unexpectedly well?

I realize I'm not bullet-proof; but if there ever were a hollow point-type metaphorical bullet, stage IV non-small cell lung cancer would likely be it; it's a killer, usually. However, I can't help but feel empowered somehow, more confident even, in my body's ability to withstand the rigors an incurable disease can impose. I'm sure there's a toll to be paid, but so far, I'm living proof that statistics are not exactly about everybody, if you know what I mean. I know that wishing and hoping don't necessarily make it so, but after yet another experience where I far exceeded my doctor's rather modest expectations, I can't help but feel more positive about my prospects (there's my delusional naïveté rearing its illogical head).

In February, 2009, I was "prognosed" to live "13 months to two years" according to my oncologist. Yet, here I still am, four-and-a-half years later, released from the hospital, better than when I went in. Anything is possible: I think I've proven that. And I don't intend to stop now.

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

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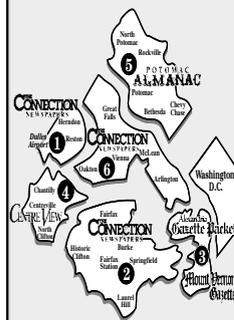
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**21 Announcements**

**TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE**  
Improved by the premises known as 6258 Paddington Lane, Centreville, Virginia

In execution of a Deed of Trust from Cynthia Glacken and William Glacken, dated September 16, 2005, and recorded September 19, 2005, in Deed Book 17755 at page 1160 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Tuesday, September 17, 2013 at 9:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lot 41, Section 2, London Towne, as the same appears duly dedicated, platted and recorded in Deed Book 2711 at page 684, among the Land Records of Fairfax County, Virginia, together with and subject to the provisions of the declaration of covenants and conditions (including membership in London Towne Homeowners Association) recorded in Deed Book 2788 at page 487 among the aforesaid land records.

Commonly known as 6258 Paddington Lane, Centreville, Virginia 20120.

**TERMS OF SALE:** A deposit of \$25,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 3.125 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY  
Substitute Trustee

FOR INFORMATION CONTACT:  
David N. Prenskey  
Chasen & Chasen  
5225 Wisconsin Avenue, N.W. #500  
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**21 Announcements**

I believe the future is only the past again, entered through another gate.  
-Arthur Wing Pinero

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**21 Announcements**

**ABC LICENSE**  
Fanfare Eatery at Greenbriar, LLC trading as Fanfare Eatery, 13061 Lee Jackson Memorial Hwy, ste S, Fairfax, VA 22033 The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for Wine and Beer on and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Jeffrey Newman, member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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