



## Celebrating King's Dream

The Mount Olive Baptist Church Children's Choir performs "Sing About Martin" during Sunday's Martin Luther King Festival. More photos, page 3.

## Preston Mulford Is Mourned

### Local family patriarch dies at 82.

BY BONNIE HOBBS  
CENTRE VIEW

Well-known in the local area, the Mulfords have lived and operated the Mulford School here for decades. But on Jan. 6, the family's patriarch, Preston Mulford, died at age 82.

"He had been very ill for six months," said his wife Beverley. "He had a bad heart and lungs, and they just gave out. We all knew it was coming, but it's still hard when half of you is gone."

She and her husband met in 1949 when they sat beside each other in ethics class at Maryville College in Maryville, Tenn. Preston Mulford was reading 'Cheaper by the Dozen' in class and she was reading over his shoulder.

"I asked him how he expected to get a good grade if he wasn't paying attention," she said. "So he bet me a movie and a hamburger that he'd get a better grade on the test than I would. He won, and that was our first date."

"Preston was also a good dancer," said Beverley Mulford. "We danced in the college gym every night after supper. He was the kindest person I ever knew — and that's the word people used about him in every [condolence] note I've received."

They married in 1952; this coming June 14 would have been their 60<sup>th</sup> anniversary. The couple settled on Old Centreville Road, by Little Rocky Run, and there they raised four sons, Hudson, now of Richmond; Phillip, Warrenton; Gardiner, Culpeper; and Harry, Centreville. They also have 16 grandchildren, one great-grandchild and another on the way.

Preston Mulford was the 10<sup>th</sup> generation of Mulfords in the U.S. The first generation came over in 1643 and helped settle East Hampton, Long Island. "He was very proud of his heritage of the Mulfords helping settle this country," said son Harry Mulford. "One of the first Mulfords on Long Island was a judge known for his fair treatment of the Indians."



Preston Mulford at home, enjoying his favorite meal of spaghetti.

The Long Island Mulfords were whalers, and one of the most famous of them was Capt. "Fishhook" Mulford. He traveled back to England several times to meet with the king to argue against taxation without representation.

"This was 100 years before the Boston Tea Party," said Harry Mulford. "He got his nickname because, when he was in England,

SEE MULFORD, PAGE 7

## Woman Murdered In Centreville

Man, 22, is in custody.

BY BONNIE HOBBS  
CENTRE VIEW

Just 22, Ryah Leslie worked hard to make ends meet. Co-workers said she held down two jobs and rented out three rooms in her Centreville townhouse to help pay the mortgage.

She was a young woman with hopes, dreams, people who cared about her and a future that she thought would stretch for decades. But Sunday afternoon, Jan. 15, it was all taken away from her when she was murdered inside her home in the Woodgate Manor community.

Afterward, one of her renters, Benjamin Walker, went to the pre-release center at the Fairfax County Adult Detention Center complex and reportedly told authorities he did it. Police then charged Walker, also 22, with her murder.

In a Jan. 15 affidavit for a warrant to search the home, police homicide Det. Daniel Bibeault presented some details of the case. He wrote that, on Jan. 15, the county's 911 center received a call from a male sergeant with the county Sheriff's Office.

Wrote Bibeault: "The sergeant stated that a subject had come to the Sheriff's Office and reported that he had murdered someone [in the 5900 block of] Gunther Court, Centreville." Police and fire units

then rushed to the residence and found Leslie's body on the home's lower level. Bibeault wrote that she "was deceased and had an apparent laceration to her neck."

Police hoped that a search of the townhouse would yield latent fingerprints, hairs, fibers, blood, objects with blood on them, "any instrument capable of producing the wounds sustained by the victim" and documentation identifying the home's residents.

The warrant was executed Jan. 15 at 4:28 p.m. Police seized a pillow case, fitted sheet, gray underwear, panties, a door knob, a wine

bottle and two wine glasses, a black hat, Leslie's cell phone and a broken cell phone, plus swabs from the basement hall and the wall of Leslie's bedroom. They also seized knives from the dishwasher, the basement and Walker's bedroom, as well as a box cutter from his



Walker

bedroom.

Leslie worked full time at Kay Jewelers and part time at Godiva, both in Fair Oaks Mall. She was a sales associate at Kay, where she was highly regarded by her co-workers.

One of them, a woman named Yanisse, came to Leslie's home Monday afternoon in hopes of learning more about what had happened to her. She considered Leslie a friend, and tears spilled out of her eyes as she stood outside Leslie's house in the cold.

"A male friend of hers came to the store this morning to tell us

SEE WOMAN, PAGE 5

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## NEWS

# The Horrors of Heroin Use

Three local residents share their stories.

BY BONNIE HOBBS  
CENTRE VIEW

It's not easy to stand in public and bear one's soul about life's most tragic moments, but that's what Tayler Gibson, Greg Lannes and Greg Richter did recently. Addressing the Sully District Police Station's Citizens Advisory Committee (CAC), they described in detail how heroin had affected their lives.

"The purpose is to open eyes and get people to become realistic and aware of what happens in their neighborhoods, parks and schools," said Sgt. Bill Fulton, SRO supervisor for the Fairfax County police. "It's our problem, so we're bringing the reality to you."

Therefore, he told the local residents attending the CAC meeting, "If [drug use and deals] happen in your neighborhood, you'll recognize it and will be able to [help stop it]. The police department is only successful if people in the community trust us enough to tell us things."

The worst moment in the lives of Greg and Donna Lannes of Centreville's Country Club Manor community came in the wee hours of March 5, 2008. Police pounded on the door of their home at the same time their daughter Alicia's boyfriend, Skylar Schnippel, called her parents to ask them to check on her.

He'd given her heroin, the night before; yet even after he realized she'd overdosed, he let several hours pass before telling anyone. "We found her lifeless

body on the floor," said her father.

Alicia was 19, and her death was the catalyst for a seven-month investigation into a Centreville heroin ring. She was one of four people — three of whom were Centreville residents — who died of heroin overdoses, and local and federal authorities worked together to take down those responsible.

Eventually, 16 people were arrested and convicted of charges including conspiracy and distribution of heroin. In 2009 they received a total of 135 years in federal prison, with sentences ranging from 30 days incarceration to 27 years. Schnippel was sentenced to 20 years for giving Alicia the heroin that claimed her life.

One of those involved in the ring was Gibson, whose boyfriend, J.R. Quick, was described by prosecutors as "one of Centreville's most prolific heroin dealers." In March 2009, he was sentenced in federal court to 19 years in prison.

When Quick was jailed in April 2008, Gibson took over his customer base and bought heroin in Baltimore for resale in Centreville. She continued selling it until August 2008 and was later convicted of conspiracy to distribute heroin.

However, the U.S. attorneys noted her "substantial assistance" in the investigation and prosecution of the co-defendants and said she spoke with authorities "well before anyone was charged federally." She also received extensive addiction treatment and got a job.

At Gibson's June 2009 sentencing, U.S. District Court Judge Leonie Brinkema called her "a 20-year-old defendant who suffered a personal tragedy as a

**"Trust your instincts if you think something's wrong."**

— Greg Richter, Virginia Run parent

SEE LOCAL RESIDENTS, PAGE 4

## Getting Help for Teen Substance Abusers

BY BONNIE HOBBS  
CENTRE VIEW

If teens want to obtain drugs or alcohol in the local area, it's fairly easy for them to do so. But it's also just as easy to get them help for their addictions.

Jessica Williams, for example, works for the Fairfax County/Falls Church Community Services Board and has an office at Westfield High. Her organization provides services in the fields of mental illness, disabilities and substance abuse.

"We're a student-assistance program in the high schools," she explained to parents attending a recent CAC meeting. "I work with families and school staff and provide education and outreach for parents. I also do free, student substance-abuse and mental-health assessments."

Since, said Williams, "A lot of parents think it's not their children involved in alcohol," she provided those at the meeting with written information about the signs and symptoms of substance abuse.

"If a parent suspects something, they can contact his or her child's school to have an assessment done on their child — and it's confidential," she said. "Students don't always want to get help, but we try to educate them."

Centreville residents Greg Lannes and Greg Richter, whose daughters both became involved with heroin, also gave advice.

"The earlier parents get help for their children, the less chance they'll end up in our circumstances," said Lannes. Richter recommended seeking out Sober Nation, a database that provides nationwide addiction-treatment information. "It has a Web site, [www.sobernation.com](http://www.sobernation.com), and a 24-hour hotline that's a great resource for parents," he said.

After Lannes's daughter Alicia died of a heroin overdose in 2008, he, Richter and some others started P.R.O.T.E.C.T. (Parents Reaching Out To Educate Communities Together). It's a coalition of concerned parents, school and county entities and substance-abuse treatment professionals.

It meets the second Monday of the month at 7 p.m. at the Alcohol and Drug Services office, 14150 Parkeast Circle, No. 200, in Chantilly. It also puts on school-community programs called "Protecting Against the Realities of Substance Abuse."

The goal is to educate parents about substance abuse, prevention and the resources available to them to help protect children, families and communities from the dangers of alcohol and other drugs. For more information, contact Jennifer Lewis-Cooper at [jalcooper@aol.com](mailto:jalcooper@aol.com) or go to [www.unifiedpreventioncoalition.org](http://www.unifiedpreventioncoalition.org).

"Drugs and alcohol are part of our society, and we have to continually fight that war," said police Capt. Purvis Dawson, commander of the Sully District Station. "But we can't do it alone. You know your community better than we do. So if you have a problem, contact us."



The Colin Powell Elementary Puma Choir sings "Something for Me, Something for You."



Centreville High's Wildcat Guitar Ensemble, directed by Bill Burke, plays "Imagine."

# Celebrating King's Dream

The Chantilly Pyramid Minority Student Achievement Committee (CPMSAC) presented its annual Martin Luther King festival Sunday, Jan. 15, at Westfield High.



Bull Run Elementary's Jordan Cooper reads a poem.



Westfield High's Dance Team performs to "I Have a Dream."



Westfield High's Taylor Young and Centreville High's Taylor DaCosta sing "I Know Where I've Been" from "Hairspray."



The Stone Middle Stomp Squad entertains.



Bull Run Elementary's Isaiah Word gave his own, anti-bullying message.



Westfield High's Step Team performs.



Anastasia Tull, of Bull Run Elementary, reads the poem, "Don't Give Up."

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

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## NEWS



Lannes



Richter



Gibson

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

# Local Residents Share Their Stories

FROM PAGE 2

young adolescent, but turned her life around.” She then sentenced Gibson to 30 days, to be served on weekends.

Similarly, prosecutors said Anna Richter kept the Centreville heroin conspiracy flourishing by introducing the young, college-age dealers to a new heroin source in Baltimore when their local one dried up. However, the attorneys said Richter also helped with the investigation and prosecution of other members of the ring. They said she provided critical information about the conspiracy’s 2005-2006 origins.

At Richter’s sentencing, also in June 2009, Brinkema said she’d “made extraordinary strides in kicking her addiction. She’s been working full-time for six months, and her supervisor wrote a glowing letter about her.” The judge then gave Richter 60 days community confinement with work release.

At the CAC meeting, Gibson shared her story. A Centreville resident her whole life, she attended Cub Run Elementary, Stone Middle School and Westfield High. She also played soccer and participated in Young Life.

“When I was 13, my mom had an aneurism and went into a coma, and we were told she wouldn’t live,” said Gibson. “She did, but she needed lots of rehab, and my dad trusted my brothers and I to take care of ourselves.”

But, said Gibson, “In my junior year of high school, I worked in a restaurant with older kids and got involved smoking weed at age 17. I hooked up with old friends and started experimenting with psychedelics and prescription drugs.”

She said that, a month after she started taking heroin, she and Quick bought it in Washington, D.C., and were then arrested and charged in Fairfax County with possession with intent to distribute.

“I convinced my mom it wasn’t mine,” said Gibson. “The charges got dropped and I suffered no consequences. We continued to use heroin; my boyfriend got arrested several times, as did his friends.”

Even after Alicia — a good friend of hers from grade school — overdosed and died, Gibson still did heroin. Her boyfriend had given it to her for free; but after his last arrest, she had to buy it.

“I quit going to work because it got in the way of my doing drugs, and I dropped out of VCU,” said Gibson. “I stole my mom’s car, went to D.C. to buy heroin and crashed the car on the way back. I planned to admit it to my parents and go to rehab; then the police came to my house to search it for drugs.”

Next, she said, “I went to detox and then to inpatient treatment in Annandale. But I was still using, so I got kicked out. Then I learned I was being charged federally — and that 11 of my friends would

also be charged with conspiracy to distribute heroin.”

“I went to federal court and had to go to drug treatment, but I continued to drink because it didn’t show up on my drug tests,” said Gibson. “The judge was lenient with me and sentenced me to 30 days in jail. She also placed me on five years probation — I’m still on probation. But I quit drinking and have been clean for just over two years now.”

Greg Lannes told the audience his daughter’s problems stemmed from a rape at age 14 that she didn’t tell anyone about for years. So when Alicia became involved with heroin, he said, she was “self-medicating” as a way of dealing with the horror of what had happened to her.

He then gave several statistics taken from a survey about drug and alcohol use among middle- and high-school students in Fairfax County, as well as incidents of bullying and rape. “The survey also showed many kids felt severely depressed,” said Lannes. “They’re dealing with many issues — and we, as a community, need to find out what they are.”

Now for the first time, he said, “Prescription drugs have taken over as the first-time drug, over alcohol and marijuana. Kids get them from your medicine cabinets, from friends and at ‘pharm’ parties where they’re all mixed together.”

So if parents suspect particular teens are using drugs, advised Lannes, they should “tell those kids’ parents so they can get some help for them. My daughter wanted to live and go into pre-med [studies]. And although she died, her death has saved other lives.”

Virginia Run’s Greg Richter said he was relieved when his daughter Anna was sentenced to only 60 days work release. “That’s not what we expected,” he said. “We thought she’d go to prison.”

“So I’m here to tell you, trust your instincts if you think something’s wrong,” he continued. “If you see the signs [of substance abuse], act on it — and don’t be afraid what your neighbors think. My daughter said it started for her with alcohol; her inhibitions were down and she did stupid things.”

Richter’s worst moment came when he found Anna in a hospital in Baltimore at 1 a.m. “She’d overdosed at an intersection in Baltimore while driving,” he said. “We got her home and, at 6 a.m., she was sneaking out to go buy drugs again. A neighbor said she needed treatment. I said I couldn’t afford it, and he said, ‘Can you afford a funeral?’”

So Anna was sent to a heroin-treatment center in Boca Raton, Fla., and it worked. “She was in bad shape and it was a long road,” said Richter. “But at the end of six months, we got our daughter back.”

At her sentencing, he said, “The judge said Anna had rehabilitated herself and she didn’t want to undo it [by incarcerating her]. Anna’s still in Florida and, 3 and a half years later, she’s still sober.”

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# Woman Murdered

FROM PAGE 1

she'd been stabbed," said Yanisse. "My co-worker called me at home and told me Ryah had been killed. I called her cell phone — I thought maybe it was a mistake. But her cell phone was off."

Yanisse then played Leslie's voice-mail recording on her phone so she could hear her speak again. She said the Centreville woman had worked at Kay since October 2011.

"She was one of those people who you knew was an angel on earth," said Yanisse. "I looked at her in awe because of her positivity. If it was someone's birthday, she'd make a double batch of cookies. And even if she had to tell you something negative, she said it so gently."

Calling Leslie "the hardest worker" of them all, Yanisse said, "She wanted to keep moving up in the company and be vice president. That's why she worked so hard. She was the kindest person; every day, without fail, she had a smile on her face. And since she also worked part-time at Godiva, she would always bring us chocolate."

Yanisse said she once asked Leslie how she managed to always be so strong and optimistic, no matter what. "She said there was a time in her life when she wasn't, but she'd left that behind her. She let us know that everybody could make a change for the better."

Another Kay Jewelers co-worker named Sharon said Leslie owned the Centreville townhouse and lived in its basement, and her renters — including her boyfriend, as well as Walker — lived in the upper level.

"She was a really nice young lady," said Sharon, who declined

to give her last name. "She was bubbly and never said a harsh word. I'm absolutely stunned by her death, and I'm mortified that somebody could kill someone so young. We had to close the store [Monday] — we were all in a state of shock."

Ray Shannon, who lives a few doors down from Leslie, said he moved to Woodgate Manor in August and considers it a nice area. "It's usually calm and quiet," he said. "The only thing I ever hear are the fire trucks from the fire station nearby."

Sunday afternoon, however, shortly after 1:30 p.m., police rushed to the scene after receiving Walker's information. "There were at least five marked police cars, some unmarked cars and fire trucks," said Shannon. "The police came door-to-door to ask if we knew anything or had heard or seen anything."

But he hadn't. "I've seen her walking her dog after she got home from work," said Shannon. "But I don't think I've spoken to her, except maybe to say, 'Hi,' in passing." Considering the murder an "isolated incident," he said it doesn't change his opinion of his neighborhood.

Likewise, neighbor Laura Schalow, who's lived there six years, said it's normally a peaceful place. And since police quickly arrested and charged a suspect with Leslie's murder, she said she feels "perfectly safe" on her block.

She said detectives came to her house, too, seeking any possible information about the crime, but she was unable to help them. "I never even saw that guy the police arrested," said Schalow. "I saw his photo on the Internet, but I didn't recognize him. Everybody here kind of sticks to themselves."

Still, she felt bad about what happened. "There was some kind of a vigil here [Sunday] night," she said. "My husband told me that, around midnight, there were people outside here crying and wailing."

Walker was arraigned Tuesday morning in court and is being held without bond in the Adult Detention Center. His preliminary hearing is scheduled for Feb. 22.

Authorities say Leslie's murder was the first homicide in Fairfax County this year. The investigation is ongoing; anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.



PHOTO BY BONNIE HOBBS/CENTRE VIEW

The crime took place inside this Centreville townhouse.



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PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Back row, from left, are “Hairspray” cast members Joe Philipoom, Mike Cash, Michael Clendenin and Taylor Young; in middle, from left, are Madeline DeFreece, Chaz Coffin, Amanda Mason, Cathy Arnold and Ellen Woodstock; and front row, from left, are Cole Smith, Brittany Washington and Taylin Frame.

## Alliance Gets Several WATCH Nods

Two musical productions of the Centreville-based, community-theater company, The Alliance Theatre — “Hairspray” and “Little Shop of Horrors” — have been nominated for a number of WATCH awards for last year’s season.

WATCH stands for the Washington Area Theatre Community Honors.

Judges from the area’s community theatres attend and critique each show and, last year, they attended 127 shows from 32 area theaters.

“This is The Alliance Theatre’s first year in WATCH, so receiving a number of nominations is really amazing,” said “Hairspray” Director Annie Ermlick. “TAT is thrilled and honored to have been nominated for these awards during our first year — and with two musicals.”

“We thank everyone involved for their support, and we congratulate all who brought their passion, talents and hard-work ethic to TAT and these show,” she continued. “We also thank all the WATCH judges and the WATCH members and board.”

The awards ceremony will be held March 11 at The Birchmere in Alexandria. Nominations are as follows:

“**Hairspray**” — Outstanding Musical; Director - Annie Ermlick; Outstanding Featured Actor - Chaz Coffin; Costumes - Michelle Bogert; Sound - Bill Johnson; Hair - Maureen Clum, Julie Perez and Derek Critzer.

“**Little Shop of Horrors**” — Outstanding Lead Actor - Anthony Ingargiola; Outstanding Lead Actress - Laura Fontaine; Outstanding Featured Actor - Alex Bedont (the voice of the plant); Props - Derek Critzer and Dawne LeKang; and Set Decoration - Dawne LeKang.



Anthony Ingargiola and Laura Fontaine share a tender moment as, respectively, Seymour and Audrey, in Alliance Theatre’s “Little Shop of Horrors.”

For tickets and information about the Awards Ceremony, go to the WATCH website at [www.washingtontheatre.org](http://www.washingtontheatre.org). A small group of the “Hairspray” cast will perform a number at the ceremony.

— BONNIE HOBBS

## ROUNDUPS

### Fire Causes \$130,000 Damage

Fire officials say an early-morning fire last week caused an estimated \$130,000 damage to a Fair Oaks home. According to fire investigators, the blaze was accidental and was caused by a bathroom exhaust fan.

Fairfax County Fire and Rescue Department units responded last Wednesday, Jan. 11, around 11:15 a.m., to a single-family townhouse at 12207 Apple Orchard Court. Upon arrival, firefighters encountered heavy smoke coming from the eaves and attic.

They conducted an aggressive attack by gaining access to the attic and quickly extinguishing the bulk of the flames. Firefighters also undertook extensive overhaul and salvage operations to ensure that the fire hadn’t spread to concealed areas.

As crews extinguished hot spots in the attic, considerable damage to roof trusses and the ceiling was discovered. No one was home when the fire broke out, but three adults and a dog were displaced.

### Water Conservation Workshop

The Home Water Conservation Workshop will be presented by Transition Centreville & Clifton on Monday, Jan. 23, at 7 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly.

Stephen Vandivere will show how to install and use rain barrels. John Steinbach will describe his experiences with drip-irrigation gardening. And biologist Jackson Harper will talk about acquiring and purifying water during emergencies.

### Help Find New County Executive

Fairfax County Executive Anthony Griffin will retire in April and a national search to replace him will begin soon. The county is seeking public input via a survey available now through Jan. 23. Go to [www.fairfaxcounty.gov/cex/search/](http://www.fairfaxcounty.gov/cex/search/).

### Sully District Council Meeting

The Sully District Council of Citizens Associations and its Land-Use Committee will meet Wednesday, Jan. 25, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Call Jeff Parnes, evenings, at 703-904-0131.

Local law-enforcement personnel will talk about public safety in Fairfax County. Speaking will be 1<sup>st</sup> Sgt. Neil Johnson, area commander, Virginia State Police; PFC R. Wayne Twombly, crime prevention officer, Fair Oaks District Station; PCA Peter Katinsky, Sully District Station; and Lt. Col. James Whitley, chief deputy/operations, county Sheriff’s Office.

### Park Authority to Meet

The Fairfax County Park Authority will meet Wednesday, Jan. 25, at 7:30 p.m., in the Herry Building, 12055 Government Center Parkway, Suite 900 in Fairfax. Call Judy Pedersen at 703-324-8662.

### Comment on Outdoors Plan

The Virginia Department of Conservation and Recreation is conducting statewide public meetings to gather citizen input for the 2013 Virginia Outdoors Plan. It’s the state’s comprehensive plan for meeting outdoor-recreation, land-conservation and open-space needs. It also helps Virginia prioritize projects and allocate funds for outdoor recreation and land conservation. A local public meeting will be held Wednesday, Jan. 25, at the Northern Virginia Regional Commission, 3060 Williams Drive, Suite 510, in Fairfax. For more information, call Janit Llewellyn Allen at 804-786-0887.

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Jan. 26, and Feb. 9, from 5-8:30 p.m., at the station, 4900 Stonecroft

SEE ROUNDUPS, PAGE 9

# Family, Friends Mourn Mulford

FROM PAGE 1

he lined his pockets with fishhooks to guard against pickpockets. And he was successful in getting the whale-oil tax removed.”

Harry Mulford mentioned his ancestors, he explained, because “These were bold men — self-starters who were highly motivated, like my dad. He was born in 1929, at the start of the Depression. Even as a boy, he did odd jobs, such as a paper route, to help out his family with money.”

Preston Mulford later received an academic scholarship to college and, afterward, he obtained a law degree from Rutgers University. After being drafted and serving in the Army, he was an attorney for an insurance company and then became a stock broker.

“He started with Merrill Lynch and then opened some of the biggest brokerage firms in Washington, D.C., today,” said Harry Mulford. “The last one was the Mulford Group.” Preston Mulford then ran that brokerage office in Centreville until a year ago.

Meanwhile, in 1960, Beverley Mulford began the Mulford School — teaching preschool through kindergarten — on the family’s property near Little Rocky Run. Years later, it moved to its present location along Route 29 in Centreville; Beverly Mulford still runs it and teaches there.

“In 1960, there were few women business-owners, but my dad supported the Mulford School in every way, since its inception,” said Harry Mulford. “He was always so proud of the school and what it stood for. He did everything from helping design it to running out for apple juice.”

Beverley Mulford taught horseback-riding, and Preston Mulford helped her on the weekends. Knowing school was a new experience for the young students, said Harry Mulford, his father “wanted to make them feel like they were part of a family. And in the last few years, he’d greet the children at the door, like a grandpa, to make them feel welcome.”

When their sons were younger, said Beverley Mulford, she and her husband were busy with them, the school and their horses. “Preston was an excellent father,” she said. “The children did fox-hunting and were in Pony Club, and he took them back and forth to all their activities.”

They also enjoyed their life together as a couple, playing bridge, going to movies, dancing and traveling. When the children were grown, the Mulfords visited Greece, England and Ireland; and until four



This photo of soldier Preston Mulford with his dogs was taken in May 1954.

## Arrangements

Funeral services were held Sunday afternoon, Jan. 15, at St. Paul’s Church in Haymarket. Graveside services for the family were Tuesday, Jan. 17, followed by burial at Fairfax Cemetery in Fairfax. In lieu of flowers, memorial contributions may be made to Hospice or to the Mulford School Scholarship Fund, 15105 Lee Highway, Centreville, VA 20121.

years ago, they went swing dancing twice a week.

No matter what she looked like, said Beverley Mulford, “Preston always told me I was beautiful.” Besides that, she said, “For 20 years, he let me go off for 10 weeks each summer to help a friend who’d started a summer camp in Fredericksburg — and he helped, too.”

Last year, however, his health took a turn for the worse and he could no longer do all the things he wanted to do. “We had full-time hospice help, plus live-in help,” said Beverley Mulford. “He was bed-ridden, but he never complained.” Then on Jan. 6 at 1:30 a.m., he died at home.

Since then, his grieving wife has been taking things one day at a time. Some days are good and some are bad; but most of all, she said, “I miss the other half of me.”

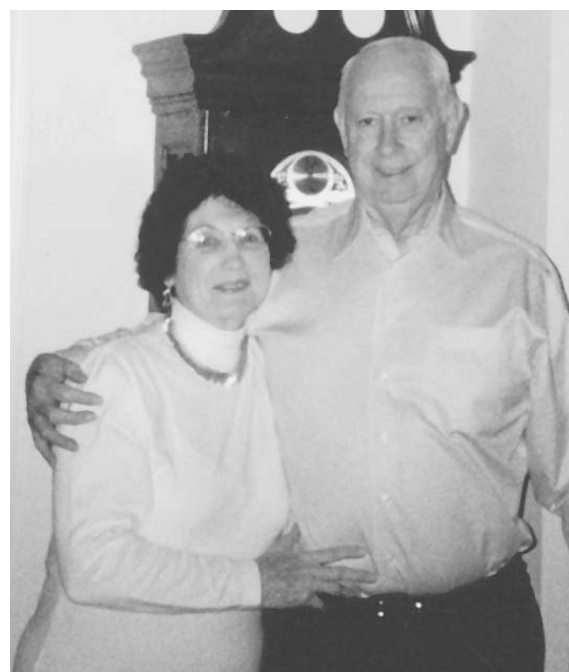
“It’s very hard,” added Harry Mulford. “He was a big part of my life. Growing up, we lived on a farm in Centreville with eight to 10 horses. He taught me a lot about horses and took such loving and tender care of them. He also taught riding with my mother.”

Describing his dad as generous, Harry Mulford said, “If his four sons needed something, he’d find a way to provide it. He didn’t drive a new car or take vacations while raising his family. He was also very forgiving when we got into mischief. He’d let you know what you did wrong, but then he’d move on — and that was one of the most important traits he passed on to us.”

Besides riding horses, the four Mulford boys played baseball, basketball and football. Yet busy as their father was, said Harry Mulford, he never missed one of their sporting events. He also shared some of his wisdom with his children.

“When I asked him what parenting advice I could pass down to my children, he said, ‘Son, always be the better person,’” said Harry Mulford. “And he lived his life like that. So his death is a tremendous loss, from all different aspects of my life. It’s also a huge loss to the community.”

“He’ll be tremendously missed,” continued Harry Mulford. “He was a good husband, a good businessman and a good person. I’m very lucky to have had him as my father.”



Beverley and Preston Mulford together.



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# OPINION

## Building on Pro-business Culture

New industry sectors are critical to Fairfax County's continued economic success.

BY SHARON BULOVA  
CHAIRMAN, BOARD OF SUPERVISORS



Sharon Bulova

critical element in the county becoming the economic engine of the Washington area as well as the Commonwealth of Virginia. And, of course, the commercialization of government technology, including the Internet, has also helped create businesses and jobs in

The county, working through the Economic Development Authority, has in recent years landed the headquarters of high-profile large employers that are helping us diversify our economy. Volkswagen Group of America and Hilton Worldwide give us important inroads in the automotive and hospitality industries, for example. Most recently Bechtel, one of the largest engineering and construction companies in the world, announced it would relocate its global operations headquarters to Fairfax County. That is the kind of progress that the county can build upon for future economic success.

In my inaugural speech, I also referred to a business owner who moved his IT firm to the county. He told me how much he liked the mood here and that he wanted to be in a place where people enjoy what they do and are "charged up" about their work and their community. Our corporate leaders, like our residents, appreciate that, during these challenging times, Fairfax County has developed and improved on our pro-business culture. That will continue to be important in these difficult times as we look for new opportunities to improve the economic stability of the county in 2012 and beyond.

*Sharon Bulova chairs the Fairfax County Board of Supervisors.*

Fairfax County.

We are proud that 66 of the nation's 100 largest government contractors have a presence in the county, including 22 that are based here. Government contractors employ Fairfax County residents and perform some of the most vital tasks required by the nation.

Of course, no community can sustain itself over time unless it has a diverse economy. Fairfax County will continue to foster the business-friendly climate that has attracted so many corporate relocations in the last several years, and we will continue to welcome government contractors to our community. But, we also will redouble our efforts to attract companies from a wide array of appropriate industry sectors to diversify our economic base.

In the speech I gave Dec. 13 as I was sworn in as chairman of the Board of Supervisors, I quoted Albert Einstein, who said, "In the middle of difficulty lies opportunity." The continuing economic problems that afflict the nation, and the federal budget cuts that could take effect soon, provide Fairfax County an opportunity to continue the significant and diversified economic development successes of the past several years.

Fairfax County is fortunate to be at the doorstep of the nation's capital. Our proximity to Washington has made us a natural base for companies that want to do business with the federal government, and our ability to attract and retain government contractors has been a



### 'Scouting for Food'

Pack 1862 of Cub Run Elementary participated in the Boy Scouts' annual "Scouting For Food" food drive, and collected more than 1,750 pounds of food from local residents.



### Singing of Christmas

Members of Cub Scout Pack 1860 of Union Mill Elementary sing Christmas Carols, Dec. 8, during a meeting of the Clifton Lions Club at the Fairfax Station Railroad Museum. More than 25 Cub Scouts participated. Cubmasters Martin Muradaz and Drew Conard oversaw the Scouts at the event. The Clifton Lions Club sponsors this Cub Scout pack.

## CENTREVIEW

SOUTHERN EDITION

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A Connection Newspaper



# ROUNDUPS

FROM PAGE 6

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. More than 1,000 people had carseats checked and adjusted there in 2011.

## WFCCA Elects Officers

At its quarterly meeting, Monday night, Jan. 16, the West Fairfax County Citizens Association (WFCCA) elected a new slate of officers. Jim Katcham is president; Judy Heisinger, executive vice president; Steve Chulick, administrative vice president; Carol Hawn, secretary; and Chris Terpak-Malm, treasurer.

## 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, Jan. 29, from 10 a.m.-3 p.m., at the I-66 Transfer Station, 4618 West Ox Road in Fairfax. For more information, call 703-324-5052.

## WFCM Seeking Volunteers

Western Fairfax Christian Ministries (WFCM) at 13981 Metrotech Drive, (near Backyard Grill and Bar) in Chantilly, needs the following volunteers:

Thrift store:

- ❖ General assistance needed Mondays, Tuesdays and Fridays, from 9 a.m.-6 p.m. A regular weekly volunteer is needed Thursdays, from 1-6 p.m., as well as Saturdays, from 9 a.m.-5 p.m. For more information, contact Volunteer Manager Annette Bosley at 703-988-9656.

Furniture ministry:

- ❖ One person is needed to help move furniture that will be given to clients in need.

## BULLETIN BOARD

To have community events listed in *Centre View*, e-mail to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Call Steve Hibbard at 703-778-9412.

### THURSDAY/JAN. 19

**Brookfield Civic Association Meeting.** 7:30 p.m. The topic is the Natural Gas Explosion Report prepared by the Virginia State Corporation Commission. Also on the agenda are association plans and projects for 2012. Meets at the Brookfield Elementary School cafeteria.

**ESL Classes.** Three levels: basic, intermediate, advanced. Register

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

### MONDAY/JAN. 23

**The Home Water Conservation Workshop** will be presented by Transition Centreville & Clifton on Monday, Jan. 23, at 7 p.m., at the Sully District Governmental Center,

4900 Stonecroft Blvd. in Chantilly. Stephen Vandivere will show how to install and use rain barrels. Rain barrels receive water from home gutters, reducing the impact of runoff to streams and providing water for lawns and gardens. John Steinbach will describe his experiences with drip-irrigation gardening. It's used for home gardens to water plants more efficiently, save water and money, and reduce plant diseases. As a long-time backpacker and camper, biologist Jackson Harper will talk about acquiring and purifying water during emergencies. In the event of heavy snowfall or violent storms that bring down power lines and reduce

mobility, it's essential to have a few days' supply of water for household use.

### TUESDAY/JAN. 24

#### Mentoring Partnerships Luncheon

Noon to 2 p.m. Free. Participants will have the opportunity to meet representatives of mentoring programs throughout Northern Virginia. At the Herry Building at the Fairfax Government Center, Room 106, 12055 Government Center Parkway, Fairfax. For more information and to register, visit: [http://www.fairfaxyouth.org/event\\_1023.xml?document\\_id=1149](http://www.fairfaxyouth.org/event_1023.xml?document_id=1149).

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# Local REAL ESTATE Top Sales, November, 2011



**2** 12429 Falkirk Drive, Fairfax — \$1,075,000



**3** 15427 Kentwell Circle, Centreville — \$990,000



**5** 6220 Sydney Road, Fairfax Station — \$821,000



**6** 6413 Noble Rock Court, Clifton — \$820,000



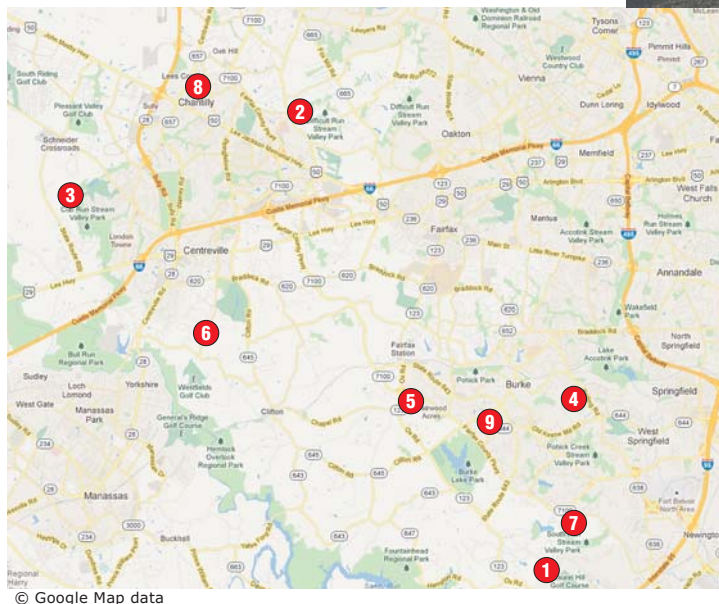
**7** 8719 Scott Street, Springfield — \$818,000



**8** 3754 Picasso Place, Chantilly — \$590,000



**9** 9817 Westwood Manor Court, Burke — \$615,000



Address	BR	FB	HB	....	Postal	City	....	Sold Price	....	Type	....	Lot AC..	PostalCode	....	Subdivision	.....	Date Sold
<b>1</b> 8932 KHALSA CT	5	4	1	.....	LORTON	.....	\$1,095,574	....	Detached	..	0.83	.....	22079	.....	YORKSHIRE	.....	11/09/11
<b>2</b> 12429 FALKIRK DR	4	4	1	.....	FAIRFAX	.....	\$1,075,000	....	Detached	..	0.94	.....	22033	.....	DARTMOOR WOODS	.....	11/21/11
<b>3</b> 15427 KENTWELL CIR	5	4	1	.....	CENTREVILLE	.....	\$990,000	....	Detached	..	5.01	.....	20120	.....	VIRGINIA RUN THE ESTATES	..	11/08/11
<b>4</b> 6153 REZA CT	6	5	2	.....	SPRINGFIELD	.....	\$876,950	....	Detached	..	0.27	.....	22152	.....	CARDINAL ESTATES	.....	11/15/11
<b>5</b> 6220 SYDNEY RD	5	3	1	.....	FAIRFAX STATION	.....	\$821,000	....	Detached	..	1.28	.....	22039	..	HUNT AT FAIRFAX STATION	...	11/18/11
<b>6</b> 6413 NOBLE ROCK CT	4	3	1	.....	CLIFTON	.....	\$820,000	....	Detached	..	0.90	.....	20124	.....	LITTLE ROCKY RUN	.....	11/02/11
<b>7</b> 8719 SCOTT ST	4	4	1	.....	SPRINGFIELD	.....	\$818,000	....	Detached	..	1.21	.....	22153	.....	CHAPEL ACRES	.....	11/14/11
<b>8</b> 3754 PICASSO PL	5	3	1	.....	CHANTILLY	.....	\$628,000	....	Detached	..	0.16	.....	20151	.....	CHANTILLY GREEN	.....	11/23/11
<b>9</b> 9817 WESTWOOD MANOR CT	4	3	1	.....	BURKE	.....	\$615,000	....	Detached	..	0.41	.....	22015	..	WESTWOOD MANOR COURTS	..	11/21/11

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# NEWS

## Dale: \$2.4 Billion School Budget

**Budget includes new positions, salary increases to address growing student population.**

BY VICTORIA ROSS  
CENTRE VIEW

Fairfax County Public Schools Superintendent Jack D. Dale presented a \$2.4 billion budget proposal to the school board on Jan. 12, reflecting a nine percent — or \$202.3 million increase — in next year's operating budget. With a projected enrollment of 181,608 students, the proposed budget includes an additional 721.3 positions to support an additional 3,900 students, as well as cost-of-living increases for all eligible employees. Since 2008, the district's enrollment has grown by more than 15,000 students.



FCPS PHOTO

“Over the past five years, we have added the [student population] equivalent of a high school, middle school and 16 elementary schools,” said Ted Velkoff (At-large) after the Jan. 12 school board meeting, during which Dale released details of the budget. Velkoff added there is a “pent-up need” for increased funding. “The funding has been pretty flat over the past five years, while we’ve been absorbing that many students and we’ve had no corresponding increase in funding,” Velkoff said.

“We are seeing the greatest increases in the numbers of our students with additional needs,” Dale said. “Since 2008, the number of students enrolled in English for speakers of other languages (ESOL) has risen 48.3 percent, and the number of students eligible for free or reduced-price meals is up 35.4 percent.”

This fall, FCPS will open two new schools: a middle school at the South County site and an elementary school at the Lacey site.

The proposed budget includes the addition of 26 positions to address large class sizes and 12 positions to support the expansion of the World Languages program in elementary schools. Eight schools will add the Foreign Languages in the Elementary

### Budget Facts

- ❖ Funds to expand Pathways to the Baccalaureate, part of the College Success program, to four additional schools — Centreville, Chantilly, South County and Westfield High Schools — and to expand the program to 10th and 11th grades at Annandale, Edison, Falls Church, Lee, Mount Vernon, South Lakes and Stuart High Schools and Hayfield Secondary School. The program works to develop college readiness and provide ongoing support to students who enroll in Northern Virginia Community College with the intent of transferring to a four-year Virginia college to earn a bachelor's degree. Fairfax, Herndon, Marshall and West Potomac high schools also offer a similar program called the College Success program.

- ❖ The projected cost per pupil for FY 2013 will be \$13,654, an increase of 6.5 percent over the current operating budget.

The Fairfax County School Board will hold public hearings on the FY 2013 budget on Jan. 30 and 31 at Jackson Middle School, 3020 Gallows Road. A speakers' list for those public hearings opened on Jan. 13 at: [www.fcps.edu/schlbd/meetings/requestspeak.shtml](http://www.fcps.edu/schlbd/meetings/requestspeak.shtml). For complete information on the FCPS FY 2013 budget, including the budget calendar, visit [www.fcps.edu/fs/budget/index.shtml](http://www.fcps.edu/fs/budget/index.shtml)

Schools (FLES) program, and two new schools will implement the Foreign Language Immersion program.

Under Dale's plan, extended learning time for students and extended time for teachers are included in the budget, as well as a 2-percent cost-of-living increase for employees. Teacher salaries have been frozen for two years.

“It is imperative for FCPS to stay competitive in the marketplace in order to continue to attract the best employees to support student success,” Dale said. “We continue to dedicate the majority of our budget, 85.9 percent, and the majority of our positions, 94.6 percent, directly to instructional programs.”

“I was content to see that teacher compensation was again prioritized in this year's budget. Sustaining compensation increases from last year shows Fairfax's commitment to ensuring that those who teach here can afford to live here,” said Ryan McElveen (At-large).

“However, I was disappointed to see that athletic fees were not addressed in the budget. In terms of cost, they are a low-hanging fruit at less than \$2 million.” McElveen said athletic fees, as well as booster fees, fundraisers and spirit-pack payments, can be a significant burden on students of low-income families. “I hope that the board will remember these students and their families in the coming months,” he said.

### HOME SALES

In November 2011, 74 Centreville homes sold between \$990,000-\$135,000. This week's list represents those homes sold in the \$990,000-\$330,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
15427 KENTWELL CIR	5	4	1	CENTREVILLE	\$990,000	Detached	5.01	20120	VIRGINIA RUN THE ESTATES
6624 CEDAR SPRING RD	5	4	1	CENTREVILLE	\$600,000	Detached	1.52	20121	CEDAR SPRING
6189 HIDDEN CANYON RD	4	4	0	CENTREVILLE	\$580,000	Detached	0.30	20120	VIRGINIA RUN
6223 POINT CT	5	3	1	CENTREVILLE	\$575,000	Detached	0.30	20120	VIRGINIA RUN
6148 RIDGEMONT DR	5	3	1	CENTREVILLE	\$575,000	Detached	0.30	20120	VIRGINIA RUN
6812 FARRAHS CAVALRY RD	5	3	1	CENTREVILLE	\$575,000	Detached	0.21	20121	CONFEDERATE RIDGE
15257 EAGLE TAVERN WAY	4	3	1	CENTREVILLE	\$570,000	Detached	0.31	20120	VIRGINIA RUN
14402 PICKET OAKS RD	4	3	1	CENTREVILLE	\$550,000	Detached	0.25	20121	CENTRE RIDGE
15260 EAGLE TAVERN WAY	4	2	2	CENTREVILLE	\$535,000	Detached	0.38	20120	VIRGINIA RUN
5713 PAMELA DR	5	2	1	CENTREVILLE	\$525,000	Detached	0.26	20120	COUNTRY CLUB MANOR
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## SCHOOLS

# 'Dia de la Calabaza' at London Towne

Students in third grade Spanish Immersion teacher Angelica Echevarria's class at London Towne Elementary recently celebrated Math Pumpkin Day, learning and having fun at the same time. The children rotated to various stations, throughout their room, to participate in a variety of activities.

They were treated to pumpkin pancakes, which they divided into fractions — such as one-half, one-third or one-fourth — and then had to determine how much they'd have left after eating those portions. They also drank apple cider in measuring cups to see what fraction of their cider remained after drinking a certain amount.

The children played pumpkin Bingo, estimated how many pumpkin candies were in a Ziplock bag and filled out worksheets answering all these questions. And they both spoke and wrote in Spanish during their special, "Dia de la Calabaza" (Pumpkin Day).

Echevarria addressed them in Spanish, the whole time. She read them a story about a woman who wasn't afraid of anything and then they wrote small stories about things they weren't afraid of, either. At the end, they also wrote down what skills they'd practiced that day and which activity they'd enjoyed the most.

— BONNIE HOBBS



Spanish Immersion teacher Angelica Echevarria and her students wear their pumpkin hats for their "Dia de la Calabaza."

PHOTOS BY  
BONNIE HOBBS  
CENTRE VIEW



London Towne parent Karen Sanchez makes pumpkin pancakes for the students.



Third-graders Lucy La Croix (left) and Caiya Morrison divide their pancakes into fractions.

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**CENTRE VIEW**



The cast of Chantilly High's upcoming children's show, "Cinderella: The Untold Story."

## A Twist on Cinderella's Story

Children's show is  
Jan. 27-29.

BY BONNIE HOBBS  
CENTRE VIEW

Although the story of Cinderella is one that's well-known, leave it to Chantilly High to tell it in a new and hilarious way.

"Cinderella: The Untold Story" will take the stage Friday, Jan. 27, at 7 p.m.; Saturday, Jan. 28, at 2 and 7 p.m.; and Sunday, Jan. 29, at 2 p.m. Tickets are \$5 at the door or via [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com).

"I chose it because I appreciate shows that are entertaining for the entire family," said Director Shannon Khatcheressian. "There are fun jokes and humor for the adults, and physical comedy for the children to enjoy."

The actors are mainly freshmen and sophomores from Drama I and II classes. There's a crew of 15, and the play is double-cast, with 25 performers in each cast.

"This group really has a natural ability for comedy," said Khatcheressian. "They've been really creative in making the characters their own and adding comedic elements I hadn't even thought about."

The story, she said, is "a twist on the original, Cinderella fairytale we've all grown up with. But a fairytale fixer reveals the real story of Cinderella — and we meet a lot of the fairytale characters along the way."

The action takes place in Cinderella's house and in Prince Charming's castle. "It's a lighthearted and silly show," said Khatcheressian. "Parents are always looking for outlets for their kids in the wintertime, and this is an opportunity for the entire family to enjoy a fun and affordable night of theater."

Playing Cinderella is junior Natalie Spitzel. "She's very optimistic," said Spitzel. "Despite the fact that her stepsisters and stepmother are evil to her and make her do the chores, she still believes it'll all pay off and they'll invite her to the ball with them."

Thrilled to have this role, she said, "Ever since I was little, I've been in love with Disney princesses and I've seen all the movies, so I'm so excited to play her. It's always been a dream of mine."

Spitzel also loves being in children's shows. "You get to have big, goofy expressions and see the chil-

dren really react, jumping up and down in their seats," she said. "They're going to love Cinderella's childlike wonder, as well as the costumes from a whole mishmash of fairytales."

Sophomore Sam McKee portrays Prince Charming. "He's sort of goofy and has some weird, little hobbies — such as collecting American Girl dolls," said McKee. "But he wants to find his true love and get married soon."

He's enjoying this part because, "Since I've got a lot of lines, I can do more with this character," said McKee. "And Prince Charming's involved with lots of the other characters, which is fun, so I'm on stage most of the time."

In children's plays, he said, "You get to just be young and silly and express yourself in strange ways. It's a friendly and creative show with jokes that are both stupid and witty."

Playing O'Reilly the Fairytale Fixer is sophomore Chris Knarr. "The play begins with the wrong Cinderella and Prince Charming getting married, so I have to fix it and find the right characters," he said. "Along the way, I encounter all sorts of other fairytales that need fixing."

His character is serious, and initially upset at the mix-ups. "But he sometimes makes cheesy jokes," said Knarr. "I wear a sparkly outfit and my assistant carries everything I need to fix the fairytales. There's a fun cast and lots of room where we can change the script. And it's different for me to play a character outside the main action of the show."

Freshman Marcellus Willoughby plays O'Reilly's aide, the Silent Assistant. "He uses expressions and doesn't talk much," said Willoughby. "He's friendly and helpful; he follows O'Reilly around and gives him whatever tools and props he needs. It's a great role because it's a challenge not talking. And I move around on stage and pull out funny props from a trunk."

Willoughby's glad to be in the show because "you get to meet people you haven't seen around school and express yourself through your character. Kids will like our bright clothing and the way the actors talk in their characters' voices."

Sharing the lead roles are Nina Harmon as Cinderella; Jared Shields, Prince Charming; Brooke Johnson, O'Reilly; and Chester Izquerido, Silent Assistant. Stage managers are Daniel Sipes and Roshni Gorur.

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# The Yoga Generation

**Yoga credited with relieving stress, boosting self-esteem and improving grades in children.**

BY MARILYN CAMPBELL  
CENTRE VIEW

**H**annah Ticardi deals with the pressure of competitive soccer games or rigorous science classes by striking a pose. The 16-year-old Vienna student usually prefers downward facing dog or cobra.

"It is really important to have a stress reliever, and yoga is really good for that," said Ticardi who is an 11th-grade student at James Madison High School in Vienna.

Katherine Harris, who has practiced yoga since middle school, agrees. "What I like best about yoga is the feeling I have after class where I feel like I'm floating," said Harris, a high school junior who takes classes at Sun and Moon Yoga Studio in Arlington.

Ticardi and Harris are part of a generation of children who are growing up with yoga, the practice impacting their lives from in utero through high school. Most studios now offer prenatal classes as well as instruction for toddlers, elementary, middle and high school students.

"When I visit my prenatal students in the hospital after they have their baby, I can pick up the newborn child and they almost always take a deep breath and say 'om,'" joked Luann Fulbright of Dream Yoga Studio and Wellness Center in McLean.

Aficionados, educators and researchers credit the discipline for addressing issues ranging from self-control to self-awareness. A study conducted by researchers at the California State University, Los Angeles' College of Education showed that regular yoga practice boosted students' self-esteem and improved their physical health, behavior and academic performance.

"It is amazing to watch what happens with these children. Their focus and concentration is improved," said Dawn Curtis, owner of East Meets West Yoga Center in Vienna.

Yoga classes for middle and high school students incorporate exercises that deal with issues like peer pressure and body image. "We use warrior pose, for example, where kids come into the pose with their arms stretched up to the ceiling or out to their sides, and we say 'Feel how strong you are,'" said Annie Moyer of Sun and Moon Yoga Studio in Arlington. "It is a gesture of opening oneself up to the world and cre-



PHOTOS BY JIM VECCHIONE

**Yoga students, including Maya Ettleson (center) practice a downward dog tunnel at Budding Yogis studio. Experts say yoga is good exercise for children.**

ates the feeling of real confidence."

Instructors say it's good exercise. "It helps them to get physically fit," said Freddy Margolis of Village Yoga in Potomac.

**SISTERS** Joey and Eva Schulman, who practice at Budding Yogis studio in Washington, D.C., agree. "My favorite yoga pose is eagle pose, said 11-year old Joey. "It challenges your body to balance, to twist and to be strong all at the same time."

Eva gets a charge from the down dog tunnel. "You have to run, stretch into downward dog and then hold that pose for a long time. It's like a cardio, stretch and strength workout. I like it because it challenges all of your body," said the 14-year old.

Classes are structured to appeal to children at each age group. "For smaller chil-

dren, everything is done on a theme. Sometimes classes are themed around the holidays or seasons or animals or stories," said Curtis.

Moyer's young yogis often pass a swath of brightly colored fabric across the room by balancing it on their heads or grasping it with their elbows. The object is for the students to work in tandem to get the cloth from one side to the other without using their hands.

"We're all pursuing this goal together," said Moyer. "It is a group effort. It's team building. None of the games we play are about winning. We all win. Some of the things kids do at school are goal oriented and have a component of pressure and stress. In yoga, there is never anything that you have to achieve or attain except for a

good feeling inside."

Teachers keep students engaged by using age-appropriate language and adapting traditional yoga poses for children. "We learn poses that relate to nature or animals," said Cynthia Maltenfort, an instructor at Sun and Moon Yoga in Fairfax. "There is a lot of interaction and developing a connection with themselves and with each other. We start to address feelings and emotions."

Each class ends with a relaxation technique often referred to as shavasana. "We teach them how to calm themselves," said Moyer. "They lie down or curl up and listen to a story, a poem or music. Often, the most fidgety kids you've ever seen in your life will just chill and let go of everything when you set the right tone."

Many yoga studios also host yoga summer camps and yoga birthday parties. There is also yoga for families. "Family yoga classes give parents and children a chance to be together in a supportive, non-threatening, non-hierarchical way," said Fulbright. "They can just interact and enjoy each other without the parents having to discipline. There's lots of laughter and lots of fun. You build a stronger, healthier connection with your child."

**SOME LOCAL SCHOOL** officials have embraced yoga for children. Potomac Elementary School students are offered yoga classes from instructors at Village Yoga in Potomac.

"I believe that exercise and relaxation techniques should start at a very early age," said Linda Goldberg, principal of Potomac Elementary School. "Children will enjoy exercise throughout their lifetime when they experience pleasurable learning when they are young."

YoKid, a non-profit organization that



**Akari Davidson, Eva Schulman and Joey Schulman practice goddess pose at Budding Yogis studio. Yoga has been credited with improving focus and concentration in children.**



PHOTO COURTESY OF YO-KID

Children take a YoKid yoga class in Alexandria. Teachers keep young students engaged by adapting traditional yoga poses for children. Classes often end with a relaxation exercise.

## Helping Students Focus on Learning

FROM PAGE 14

makes yoga available to at-risk and underserved youth, also deploys instructors to a growing number of public schools in Arlington, Alexandria, Fairfax, Montgomery and Prince George's Counties and the District.

"I have some teachers who, when the class is getting too busy, say to the students, 'Stand up and everybody take some deep breaths,' and they do a yoga position, sometimes just to calm children down," said Marjorie Myers, Ed.D., principal, Francis Scott Key Elementary School in Arlington. "We have an after-school yoga class that the parents put together, and there is a family yoga night where parents come in with their children and everybody does yoga together. One of the pluses is that these activities have demystified yoga for the children."

YoKid runs Key's after-school yoga program. Alexandria resident Michelle Kelsey Mitchell, the program's co-founder and executive director, says yoga's principle of self-acceptance can help boost self-esteem and confidence. "In yoga, kids don't have to prove anything to anybody. They can just come and be who they are."

**YOGA HAS BEEN** criticized for having religious overtones. "We often 'om'" at the end of class .... We also say namaste. While the words aren't religious, they can be construed that way," said Linda Feldman, director of Budding Yogis, a studio that caters solely to children. "I tell our teacher trainees that if they're in a public school scenario or where there are concerns over religion, they can use a word other than om or namaste."

As with any physical activity, injury is possible, but preventable.

"Sometimes [children's] muscles haven't yet developed to hold things where they need to be, so we have to be strict with them in making sure their alignment is proper," said Margolis.

Instructors say incidents are rare, even among the most vulnerable students. "I've had kids with all sorts of limitations like partial paralysis due to stroke, cerebral palsy, ADHD, Asperger's syndrome and others," said Feldman. "All have been able to practice yoga with no concerns or injuries." While many doctors agree that yoga is a healthy practice, they say the benefits children get from yoga can also be found just as effectively elsewhere. "The good thing is that there [are] a variety of cost-efficient and simple ways for children and teens to relax and unwind," said Kristin Anderson, M.D., M.P.H., family and preventive medicine physician for Molina Healthcare, Community Health Care Network clinic in Reston. "Going on walks as a family can also help everyone get the exercise they need as well as spend quality time together while they de-stress. This can help kids and their parents improve posture, relieve anxiety, practice deeper breathing, build lungs and stretch muscles."

But Ticardi, who is planning for college and preparing to take the SAT this spring, believes that yoga is the best stress reliever for her. In fact, she approached Curtis about starting a Yoga club for teens at East Meets West Yoga Center. Curtis agreed and will begin classes later this month.

"It's nice to have an hour every week where I don't need to think about anything but my breath," said Harris.



PHOTO COURTESY SUN AND MOON YOGA STUDIO

Piper O'Donnell and Jessie Moyer practice yoga at Sun and Moon Yoga's Summer Camp in Arlington. Most yoga studios now offer classes for toddlers, elementary, middle and high school students.

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A new classification for all high school sports, including football, is currently being considered by the Virginia High School League.

## VHSL Sets New Direction For Classifying Schools

**Proposal would create six classifications.**

At its Dec. 7 meeting, the Virginia High School League (VHSL), the governing body of high school sports in the state, voted to develop a new classification model for high school sports teams and leagues to be presented to the VHSL Executive Committee on Feb. 22.

"This latest decision to establish six classifications promises to be the most significant step the [VHSL] has taken in more than 40 years," said VHSL Executive Director Ken Tilley.

For the 1970-71 school year more than 40 years ago, the VHSL switched from four classifications to the current three classes. The current classifications are single-A (smaller enrollment schools), double-A

(middle enrollment), and triple-A (larger enrollment).

"The six classification format recommended greatly reduces size disparities among the classes and eliminates regions altogether," said Tilley. "Under the new format, there is potential for greater consistency in playoff opportunities. A Football Ratings Committee is already in place to deal with that sport."

The new format would allow for schools to remain in their current districts.

"Schools will be able to maintain their current local alignment for regular season play," said Tilley. "Scheduling can stay virtually the same to allow for natural rivalries and to keep geographic proximity."

The VHSL, headquartered in Charlottesville, will celebrate its 100th year of operation next school year.

— RICH SANDERS

### Register Now for SYA Sports

Southwestern Youth Association (SYA) spring sports registration is available online at [www.syasports.org](http://www.syasports.org). Registration is available for the following sports: Babe Ruth Baseball, flag football, lacrosse, Little League and T-ball, soccer, softball, track and field, volleyball, travel baseball, and travel softball. Register early to assure team placement and avoid late fees. For more information, visit the website or email the SYA office at [syaboard@verizon.net](mailto:syaboard@verizon.net).

## County Banquet Set for March 4

**Celebratory event to include new Hall of Fame inductees.**

BY RICH SANDERS  
CENTRE VIEW

The Fairfax County Football Hall of Fame's 22nd Annual Banquet will be held on Sunday, March 4 at the McLean Hilton Hotel (7920 Jones Branch Drive, McLean), located near the Tyson's II Galleria Mall.

Festivities will begin with a social gathering at 2:30 p.m., followed by dinner at 4. The awards ceremony will immediately follow honoring local area youth and high school players, coaches, officials, and cheerleaders along with other guests and the new Hall of Fame inductees. This event draws celebrities and supporters from all over the area. For ticket information contact Betty Powell at 703-273-3216 or at [bpowe1@AOL.com](mailto:bpowe1@AOL.com). Information is also on the Fairfax County Youth Football League (FCYFL) website at [www.FCYFL.org](http://www.FCYFL.org).

The Fairfax County Football Hall of Fame is an organization that recognizes and promotes the special efforts of individuals from the local youth and scholastic football programs. The recognition includes "Inductees to the Hall of Fame" that represent the history of the sport in the area as well as current football players, coaches, officials, cheerleaders, administrators, and other individuals exhibiting outstanding dedication to the sport from both the scholastic and youth club ranks.

Each year the Hall of Fame holds a banquet to publicly recognize these individuals. Inductees are selected in consideration of their special contributions and devoted service to the game. Player and cheerleader awards are based upon leadership, dedication, conduct, character, and scholastic achievements as well as athletic achievements. In bestowing these awards, the Fairfax Football Hall of Fame strives to positively influence and reward the integrity, sportsmanship, and character of the individuals and the great game of football.

#### 2012 Hall of Fame Inductees:

❖ Owen Schmitt - NFL Philadelphia Eagles; West Virginia University; Fairfax High School.

❖ Tom Verbanic - head coach at Fairfax High School and Westfield High School.

❖ Angela Hay and Adam Wiles - Founders, Prince William County Clubs.

#### Annual Hall of Fame Awards

❖ Football Official of the Year (Youth Sports): Kanyon Macrae, Fairfax County Football Officials Association

❖ Karl Davey Community Achievement Award: This award, named for one of the founders of the organization, is presented to individuals who have made a significant and lasting impact on the sport and the lo-

cal community. Past recipients have included individuals from all aspects of the game in Northern Virginia. This year, the honor goes to Jasmine Faubert, a volunteer within the Herndon Optimist Club.

❖ Tom Davis Meritorious Service Award: This award, named for and presented by former U.S. Rep. Tom Davis, is bestowed on individuals who have selflessly given their time and energies to support the youth of the Fairfax County Youth Football League. This year the honor goes to Taylor Dixon, Community Outreach Specialist, Neighborhood and Community Use.

❖ Gene Nelson Commissioner of the Year Award: Named after an outstanding individual that provided decades of leadership as Chairman, Board of Commissioners, (FCYFL). This year's award is presented to FCYFL's club commissioner this past season, Derrick Spearman, Fort Hunt Youth Football and Cheerleading.

#### Scholarship Awards

❖ The Fairfax County Football Hall of Fame will announce the recipients of its \$1,500 scholarships, presented to graduating high school senior football players and one cheerleading recipient at the upcoming banquet. Each scholarship winner will be presented an award check by the representative scholarship sponsor at the banquet.

#### Hall of Fame Player and Coach Awards

❖ High School Players of the Year: Liberty District, Steven Triveri (Stone Bridge High); National District, Hayden Knudsen (Hayfield High); Patriot District, Devin Vandyke (South County Secondary); Concorde District, Ken Ekanem (Centreville High); Private Schools, Hunter Windmuller (Flint Hill School); At Large, John Byrd (Manassas Park).

❖ Coaches of the Year: Northern Region Div. 5 - Gerry Pannoni, South County Secondary; Div. 6 - Chris Haddock, Centreville High.

#### Fairfax County Youth Players of the Year

❖ 75-pound American: Aaron Lahah, Gainesville/Haymarket Football; 75-Central: Clark Thomas, Vienna Youth Inc.; 75-National: Kenny Dodson, Manassas Youth Football.

❖ 85-American: Wiley Counts, Vienna Youth Inc; 85-Central: Brandon Burdick, Chantilly Youth Association; 85-National: Hagan Biddison, South County Athletic Association.

❖ 95-American: Brandon Hilton, Fort Belvoir Youth Sports; 95-Central: Hunter Baldwin, Fort Hunt Youth Football; 95-National: William Cusic, Fort Hunt Youth Football.

❖ 110-American: Zach Burdick, Chantilly Youth Association; 110-Central: Nathaniel Lomboy, American Pride Youth Football; 110-National: Benjamin Garcia, Lee-

SEE INDUCTEES, PAGE 17



# SPORTS

PHOTO COURTESY/WILDCAT WRESTLING



Tyler Love and his Centreville High wrestling teammates were victorious over local rival Chantilly last week.

## CENTREVILLE HIGH SPORTS REPORT

BY KAREN FULKERSON

**Boys Basketball:** The Wildcats' boys basketball team won their contest against Herndon High on Centreville's court, in a game played on Tuesday, Jan. 10, by a score of 58-53. Senior Robert Coker had 18 points and eight assists, junior Rahji Johnson scored 12 points, senior Evan Fuller had four points, eight rebounds and eight assists, and senior Mitch Mahoney had nine points for the game. On Friday, Jan. 13, the boys lost to Westfield, 64-35. Fuller scored 22 points in the game and also had nine rebounds. With these games, Centreville fell to 5-9 overall, 1-2 in the Concorde District.

**Girls Basketball:** The Centreville Lady Wildcats picked up their first Concorde District win on Tuesday night, Jan. 10, with a come-from-behind 68-67 overtime victory over the Herndon Hornets on Herndon's court. Trailing by two with seconds to play, sophomore Jenna Green knocked down a three-pointer for the final margin of victory. Chaney Forbush had 26 points and 10 rebounds, Jenna Green had 15 points and seven assists, and Tori Collier added 11 points and eight rebounds in the victory. The freshmen and JV teams also won their contests over the Hornets. On Friday, Jan. 13, the Lady Wildcats lost to Westfield, 59-53, at Westfield. Chaney Forbush had 16 points to lead the 'Cats, and Ailyn Kelly added 10. With the loss the Wildcats fell to 9-5 on the season and 1-2 in the Concorde District. On the same evening, the freshmen Lady Wildcats beat Westfield while the JV squad lost. Centreville is next scheduled to play the Oakton Lady Cougars at home on Thursday night, Jan. 19.

**Wrestling:** The Mat Cats of Centreville had a few firsts over the weekend of Jan. 6-7 at the "Mayhem at Millbrook" Tournament in Winchester. Ryan Sepulveda was the lone champion, but there was much to be proud of. For the first time this season,

the Wildcats crowned a champion and put two wrestlers in the finals of a tournament. For Connor Mitchell (132) and Will Fulton (152), it was their first tournament placing as high school wrestlers, Mitchell finishing fifth and Fulton finishing sixth. Also placing for Centreville were David Chenevey, Joey Steinbach, and Tyler Love. Micheal Vu came up one match short of placing, and also picking up wins for the Wildcats were Chung Do Kim, Dillon Dull, Will Johnson, and Jason Park. As a team the Mat Cats finished sixth in the 17-team field.

Wednesday, Jan. 11 was **Senior Night** in the Centreville High gym, and it turned out to be a wild place as the Wildcats went on the attack early and finished strong, upsetting cross-town rival Chantilly. The excitement started with the introduction of Seniors and the recognition of their parents. After the match introductions were made, Chung Do Kim dismantled his Charger opponent, finishing the bout with a half nelson to get the early fall and the early lead for his team. The Chargers tied the score, than Joey Nowak won his match, putting the Wildcats back on top 12-6. The Chargers answered back through a series of wins and a forfeit before junior Dillon Dull defeated Lucas Kinsey, 7-1. Dull, who normally wrestles at 145 weight class, was bumped into the 152 class for Will Fulton, who is still nursing an injury. Freshman Tyler Love crushed Chantilly's Cameron Rhodes, 12-2, while senior Captain Ryan Sepulveda rattled his Chantilly counterpart and brought the team score to 27-25. Junior Connor Howell sealed Chantilly's fate with a pin over Hank Pitts while Chantilly forfeited the match that would've featured senior David Chenevey. Junior Joey Steinbach won his match over Charger Sam Little. With the team win going to Centreville, the two teams met in the center of the mat for the customary handshakes and the night belonged to the Wildcats, their seniors, and their fans.

## Hall of Fame Inductees To Be Honored

FROM PAGE 16

Franconia Football League.

❖ 125-American: Kyle Richbourg, Southwestern Youth Association; 125-Central: Bryce Simpson, Alexandria Recreation; 125-National: Andrew Fall, Braddock Road Youth Club.

❖ 150-American: Tyler Scanlon, Southwestern Youth Association.

### Youth Coaches of the Year

❖ Anklebiters Division: Thomas Digges, McLean

Youth Football; American Division: John Hetzer, McLean Youth Football; Central Division: Jim McGrath, Vienna Youth Incorporated; National Division: Steve Ross, Lee-Franconia Youth Football.

### Cheerleaders of the Year

❖ Lakyn Fearson, American Pride; Agnis Alessandrino, Herndon Optimists; Samantha Culin, Southwestern Youth Association; Graciela Perez, Southwestern Youth Association; Keenan Patricia Parker, Vienna Youth Inc.


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# Left To My Own Devices



By KENNETH B. LOURIE

And a lot of good it's doing me. I may be able to do what I want, but I don't really have a clue as to what it is I want to do – or can do. What I am referring to, specifically, are the various electrical "chargers" we now have in our house: for cell phones (smart and stupid), Bluetooth, Kindle, miscellaneous computers (laptop, tablet), etc.; they're almost as much of a nuisance as the stink bugs which every day it seems, still manage to find ways to get into the house. To me, all the cords look alike and, to compound the problem, most of the devices are plugged into the same outlet – for semi-convenience sake. As a result of this convergence, determining – without bending over, which male goes into which female (euphemistically speaking) is becoming increasingly more challenging – and frustrating.

Not that we're splitting the atom here, but more and more, part of our daily routine involves recharging devices and matching up those same devices with their respective male/female counterparts. It's a process that, though not particularly complicated, is nonetheless becoming anything but routine. To further complicate this technological two-step (or three- or four-step – for me), is the fact that the cords are all the same color. In addition to appearing relatively similar, some even fit multiple devices; although not always recharging as we anticipate, leading to a false sense of power security. "Universal" it's not. Moreover, since the cords are generally confined to one electrical outlet (to avoid multiple-outlet clutter), they're often tangled up in black (their color) and not so easily retrieved. To find the matching cord and then to extricate it from its electrical connection on the first attempt without further ado, is much easier said than actually done.

It's almost as if we need a confined, pantry-like area in-home in which to store and stow all the chargers; labeled and slotted on specific shelves. Presently, in my home anyway, when connecting or disconnecting any of these devices/cords, a "tip-toe through the tulips" it's not; it's more like a minefield. If an accidental step or grab is made, there won't be any explosions or loss of life (for perspective), but there still might be some screaming and/or loss of important assets with significant replacement cost to follow. Not to mention data lost – potentially, and lifestyle and/or work complications that together might cause an emotional upheaval the likes of which you've been anticipating and dreading since this 24/7 accessibility/timeline took over and made us all victims of our own electronic devices. Hal from "2001 Space Odyssey" it's not, but we're getting there.

I wish I could suggest an alternative or devise some sort of preemptive pursuit to prevent this inevitable meltdown of man and/or machinery. However, I know so little – as usual, of what I'm theorizing that I'm hardly qualified to offer an opinion. In fact, I probably should be disqualified. However, given the underlying fact that I am an actual victim of these circumstances, perhaps I'm able to think outside the box (from the mouths of babes, so to speak) and arrive at a Seinfeldian-type of solution similar to Jerry's riff on parking garages: colors and numbers are too easily forgettable, he observed on one episode; maybe identifying the areas with more unforgettable phrases/descriptions like "Your mother's a whore or your father was an abusive alcoholic" might help weary shoppers locate their vehicles. My suggestion is less perverse and more sensible, actually. Why not color-code the cords to match a specific device the same way Miss Utility marks respectively, the "underground facilities: buried power, sewer, gas and water" to avoid the inevitable confusion. And of course, "It's The Law. Dig with CARE." Red, blue, yellow, green, etc. would equate with a specific device and its cord. All color coordinated – for dummies, like me.

As I sift through the cords and devices now, trying to patiently find a match; while considering adding new devices – with their chargers/cords, as technology imposes its inexorable will on me – and society, a solution better be forthcoming. Otherwise, I'll be left powerless – and helpless. Remember, a chain is only as strong as its weakest link.

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

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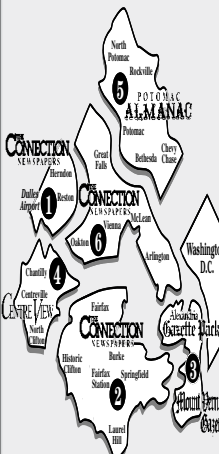
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# ENTERTAINMENT

## THURSDAY/JAN. 19

**Brookfield Civic Association Meeting.** 7:30 p.m. The topic is the Natural Gas Explosion Report prepared by the Virginia State Corporation Commission. Also on the agenda are association plans and projects for 2012. Meets at the Brookfield Elementary School cafeteria.

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

## FRIDAY/JAN. 20

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

## JAN. 20, 21, 22

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

## JAN. 20 TO 22

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

## TUESDAY/JAN. 24

**Mentoring Partnerships Luncheon.** Noon to 2 p.m. Free. Participants will have the opportunity to meet representatives of mentoring programs throughout Northern Virginia. At the Herry Building at the Fairfax Government Center, Room 106, 12055 Government Center Parkway, Fairfax. For more information and to register, visit: [http://www.fairfaxyouth.org/event\\_1023.xml?document\\_id=1149](http://www.fairfaxyouth.org/event_1023.xml?document_id=1149).

## FRIDAY/JAN. 27

**Financial Planners Meeting.** Greg Valliere, chief political strategist, will address gathering of financial planners at FPA of National Capital 2012 Winter Educational Symposium. At the Dulles Hyatt Hotel in Herndon. Visit [www.fpanca.org](http://www.fpanca.org)

## JAN. 27 TO 29

**Sugarloaf Crafts Festival.** Some 250 artisans will showcase contemporary crafts and fine art. Friday, Jan. 27 from 10 a.m. to 6 p.m.; Saturday, Jan. 28 from 10 a.m. to 6 p.m.; Sunday, Jan. 29 from 10 a.m. to 5 p.m. Admission is \$7/online; \$9/door. At the Dulles Expo Center, 4320 Chantilly Shopping Center in Chantilly. Visit [www.sugarloaforcrafts.com](http://www.sugarloaforcrafts.com) or call 800-210-9900.

## JAN. 27, 28, 29

**"Cinderella: The Untold Story."** Presented by the Chantilly High School Drama Department and directed by Shannon Khatchersian. As a special treat, there will be a pre-show featuring students from Rocky Run and Franklin Middle Schools performing their own student-directed, fairytale-inspired skits. Tickets are \$5/door. Show times are Friday, Jan. 27 at 7 p.m.; Saturday, Jan. 28 at 2 p.m. and 7 p.m.; Sunday, Jan. 29 at 2 p.m. For tickets, visit [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com).

## SATURDAY/JAN. 28

**Gospel Concert.** 6 p.m. The Journeymen will perform at Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. At 14001 Sullyfield Circle, Chantilly, on Route 50, 1/5 mile east of the Route 28 overpass. Call 703-631-1799.

## JAN. 28 TO 29

**Lunar New Year.** 1 to 5 p.m. each day. Presented by the Washington Hai Hua Community Center, the Lunar New Year celebrations will feature 200 performers, traditional Chinese dragon dances; music and dance performances; martial arts demonstrations; children's crafts; and a special lantern festival. At the Fair Oaks Mall Grand Court.

## FEB. 2, 3, 4

**"High School Musical Jr."** Centreville Presbyterian Church, 15450 Lee Highway, Centreville, will present the play on Feb. 2 and 3 at 7:30 p.m.; and Feb. 4 at 4 p.m. Tickets are \$12 online at [www.centrevillepres.com](http://www.centrevillepres.com) or at the church office. Email [ctcoordinator@centrevillepres.com](mailto:ctcoordinator@centrevillepres.com)

## THURSDAY/FEB. 2

**Stop Sibling Fights, Yelling & Power Struggles.** 7 to 9 p.m. Free. Calm Christian Parenting Academy is offering a workshop to parents in the Parish Hall at St. Andrew the Apostle School. Do you need help calming your explosive household? Tired of yelling at, negotiating with, and bribing your child? Want practical strategies to stop sibling fights and cries of, "That's not fair!?" Conducted by Kirk Martin and his teenage son, Casey.

## FRIDAY/FEB. 3

**Swing Dancing.** 9 p.m. to midnight. Admission is \$15. With the Nighthawks. Drop-in beginner swing lesson from 8:30 to 9 p.m.; dancing from 9 p.m. to midnight. At the Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon.

## WEDNESDAY/FEB. 8

**Civil War Forum.** 7:30 p.m. Free. Don Hakenson, past president of the Stuart-Mosby Historical Society and History Commissioner for Lee District, will present "Mosby's Combat Operations in Fairfax County." At the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Snow/Ice alternative date is Feb. 29. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## SATURDAY/FEB. 18

**Family Reunion Workshop.** 7:30 a.m. to 5 p.m. Features a presentation by the Reunion Magazine's Editor-in-Chief, Edith Wagner, as well as helpful tips in planning the ultimate reunion. At the Fairfax Marriott at Fair Oaks, 11787 Lee Jackson Memorial Highway, Fairfax. To RSVP, email Dean Miller at [dmiller@fxva.com](mailto:dmiller@fxva.com)

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

# CENTREVILLE

## THE CHURCH OF THE ASCENSION



Traditional Anglican Service  
1928 book of Common Prayer

**One Sunday Service - 10:00 am**

(CHURCH SCHOOL & NURSERY)

13941 Braddock Road, (north off Rte. 29) Centreville, VA

**703-830-3176**

[www.thechurchoftheascension.org](http://www.thechurchoftheascension.org)



## Sunday Services at Centreville Presbyterian Church



Loving Christ



Loving People



Serving the World

**Sunday Worship Services**  
8:45 a.m. & 11:00 a.m.

[www.centrevillepres.com](http://www.centrevillepres.com)  
15450 Lee Highway,  
Centreville, VA 20120  
703-830-0098



**Centreville**  
PRESBYTERIAN CHURCH

## Saint Andrew Lutheran Church

Sunday Worship: 8:30 a.m., 11:00 a.m.

Christian Education for All Ages: 9:45 a.m.

Adult Bible Study: Wed. 9:30 a.m.

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

Braddock Road and Cranoke Street  
Centreville, VA 20120

[www.saintandrewlc.org](http://www.saintandrewlc.org)

703-830-2768



**Centreville Baptist Church**

### Worship Services

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

### Bible Study

9:30 am & 11:00 am

### Ministries Include:

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

### Come Join Us!

15100 Lee Highway, Centreville, VA 20120  
703-830-3333 [www.cbcva.org](http://www.cbcva.org)



## Mount Olive Baptist Church

6600 Old Centreville Road, Centreville, VA 20121

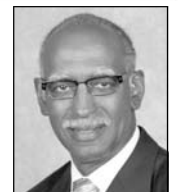
Phone: 703 830-8769; Fax: 703 830-6718

[www.mountolive-church.org](http://www.mountolive-church.org)

E-Mail: [mtolive@mountolive-church.org](mailto:mtolive@mountolive-church.org)



Rev. Dr. Eugene Johnson, Pastor



### Service Times:

Sunday Morning Worship: 10:00 AM  
Children's Church and Jr. Youth Church-  
During regular Worship Service  
Sunday School (9:00-9:45 AM/ All ages)  
Spiritual Development Courses: (8:45-9:45 AM)  
Youth Sunday Morning Worship: 10:30 AM  
**(Rev. Bobby J. Ford Jr., Youth Minister)**  
Holy Communion (Third Sunday) 10:00 AM  
Wednesday Prayer Meeting/ Bible Study  
and Spiritual Development Courses: 7:00 PM  
(Includes Youth Bible Study)

