



*Welcome to Cardinal Forest Elementary!*



# **Staff Virtual Directory**



*Welcome to Cardinal Forest Elementary!*



# **Administration**



# Felicia Drake Principal



## About me

This is my fifth year at Cardinal Forest and as a Principal. Before being a principal I was a special education teacher and AP. I have two adult sons and a nephew who are incredible people. I think we should try to find the bright side of every situation and show others joy.

## Fun facts

I love music, sing loudly and never know the words!

Graduate of JMU, GMU and Regent University

I have a 17 year old dog, Dino

## Hobbies

Traveling

Zumba/Line Dance

Comedy Shows

Theater

# Keith Hirsch Assistant Principal



## About me

6th Year at Cardinal Forest  
and 25th Year in FCPS

Wife Leah (15 years)  
Mikayla (13)  
Joshua (6) and Zachary (6)

Love all sports and  
anything Maryland

Like all types of  
food except salad



# Ashleigh Long

## Assistant Principal



### About me

Hi everyone! I'm so happy to be here at Cardinal Forest. While this is my first year here, this is my 4th year as an Assistant Principal and 14th year in FCPS. I live in Springfield with my daughter and husband.

### Fun facts

Loves Disney!

### Hobbies

Peloton

Reading

Making Amazon shopping  
lists



*Welcome to Cardinal Forest Elementary!*



**Preschool**

# Ms. Earhart

## About me

I have a Master's Degree in Early Childhood Special Education from George Mason University. I have been teaching at FCPS for 15 years.

## Fun facts

I grew up in Rhode Island and attended the University of Delaware. I have three children who are all grown up now.



## Hobbies

I love to travel. I have 3 rescue dogs and my husband and I work with three animal rescue organizations in the area.





# Ms. Harrup



## About me

Hello! This will be my 6th year teaching with FCPS. For the past 5 years I taught the afternoon preschool class based students. I am really excited to be joining a larger preschool team and the Cardinal Forest family this year!

## Fun facts

- I have an 18 year old cat named Tilly
- I am from Fairfax
- FCPS Alum/went to Fairfax HS
- Graduated from JMU

## Hobbies

- Reading
- Coloring
- Arts & crafts
- Baking

# Ms. Ortiz



## About me

I have been teaching in FCPS since 2008 and have been at Cardinal Forest for all but 1 year. I love teaching my “tiny humans” in preschool. :-)

## Fun facts

- Born in La Paz, Bolivia (the altitude is 11,893 feet high, almost 3x higher than Denver!!)
- I have a 9 year old daughter
- We have 2 pups (5 month old & 3 year old)

## Hobbies

- Travel
- Relaxing at beach
- Hiking/being outdoors
- Coloring is sooo relaxing



# Ms. Ripper

## About me

Hello everyone! I grew up in Springfield (I went to West Springfield HS). This past year, i was a special education IA for AUT and CSS at Olde Creek ES. I graduated from JMU in 2022. I am super excited to join the CFES team!

## Fun facts

- I have 1 sister
- I have a black cat

## Hobbies

- I love reading, especially mystery and thriller novels
  - Knitting
  - Camping



# Ms. Roehm



## About me

I'm originally from California and grew up all across the country. I have 2 older brothers in CA and a younger sister in VA. My parents live nearby and I love to spend time with my family whenever I can. I have been a teacher at Cardinal Forest for 10 years and love our school and community.

## Fun facts

I live right here in the neighborhood, yet I am always late.

I've traveled to 5 continents and 45 states.

I have 2 chihuahuas: Rico Suave (11 years) & Don Diego de la Vega (20 months)



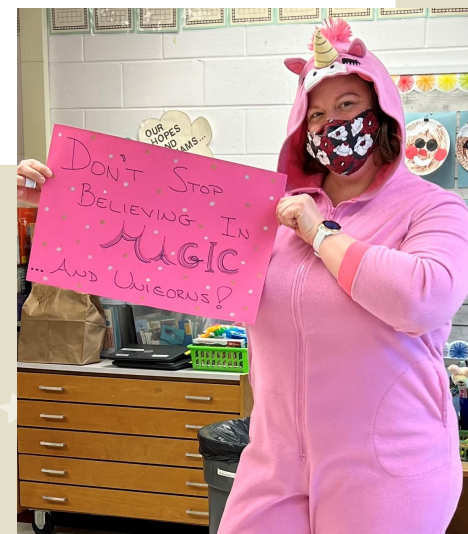
## Hobbies

Travel

Enjoying musical theatre at the Kennedy Center

Gardening

Dressing like a unicorn





# Ms. Scott

## About me

Hi! I am an Early Childhood Special Education teacher in my 19th year with FCPS. I have 2 adult children, a boy Landon and a girl Eryn. My mother in law lives with us and we have 3 dogs combined, 2 chihuahuas, Mia and Zoey, and a hound Sophie.

## Fun facts

My husband and I met the 2nd day of college and have now been together for 39 years, married for almost 35. We love spending time together camping, with family, and with our doggies!

## Hobbies

Camping

Crafts

Spending time with family  
and dogs

# Ms. Uenuto



## About me

This is my 3rd year at Cardinal Forest. Previously, I taught elementary and middle school ELD in the Philadelphia area. I live in Loudoun County, but drive to Cardinal Forest every day for the awesome school community and warm environment.

## Fun facts

I have a 20-year old daughter who goes to Neumann University for early childhood special education.

I love living in northern Virginia and exploring all of the outdoor activities that are nearby.

## Hobbies

- Jigsaw Puzzles
- Bike riding on the rail trail
- Concerts + Comedy



# Ms. Boynton IA



## About me

This is my 7th year as a Preschool IA at Cardinal Forest.  
I like to travel and give my dog her best life.

## Fun facts

- FCPS Graduate
- My Dog, Payton (13) is my Bestie

## Hobbies

- Gardening
- Cooking
- Traveling
- Napping
- Attending Concerts



# Ms. Dalton IA



## About me

This is my fourth year at Cardinal Forest and my 3rd year in the PAC. I have two daughters who attend this school (Vivian, 4th and Patricia, 1st) and a daughter who just graduated from WSHS last year who was also a CFES alum. My oldest, Randall, graduated WSHS % 2021.

## Fun facts

I've been married for 22 years. I once won a hog calling contest. I can wiggle my ears. I usually read about 3 or 4 books at once. My favorite color is rainbow. Glitter is a close second.

  I LOVE UNICORNS!  

## Hobbies

I love to read (obvi!). I also crochet. I do hand lettering and I'm currently learning Korean. I love watching scary movies and eating snacks (that's a hobby, right?)

# Ms. Ejaz IA



## About me

I have been teaching at FCPS for 15 years now and I love it so much! I love my preschool team and the cute kids that I meet along the way, I wish to continue working with them for as long as I can!

## Fun facts

- I have 2 daughters (27 and 28 years old)
- I am from Pakistan
- I love traveling to new places

## Hobbies

- Cooking
- Watching Pakistani Dramas
- Listening to Bollywood music
- Dancing



# Ms. Henry IA

## About me

Hello, i am so happy to be joining the pre-k team at Cardinal Forest. I have been with fcps for 16yrs, was a nanny before fcps. i love watching all the wonderful milestones the little ones achieve.

## Fun facts

I am British, i came to USA in 1992. I have 3 children all adults, 27,24,22 My house has dogs and reptiles, i lived in Saudi Arabia for 2 years. I met Bob Geldof

## Hobbies

Walking my dogs.

Working out.

Cooking

Watching Sci-Fi

colouring



# Haritha Bonthala IA



## About me

This is my 4th year teaching at FCPS, as I enjoy working with kids a lot. I also love the preschool team and am excited to continue working with them this year as well.

## Fun facts

- I have 2 kids (15 and 17 year old).
- My son and I have the same birthday.

## Hobbies

- I love horror movies.
- I enjoy cooking a lot.
- I like listening to music.
- I love spending quality time with friends and family.







# Patrick Lent IA

**About me**

**Fun facts**

**Hobbies**



# Rehana Memon IA



**About me**

**Fun facts**

**Hobbies**



# Ms. Miller IA

## About me

20 th year in county Grew up here and graduated from Hayfield. Love spending time with my 7 grandkids and sometimes my kids. Celebrated my 31st anniversary on July 4th....pretty good considering when Ed asked me to marry him I said I would try anything once

## Fun facts

I can walk on stilts, I can roller skate

I was able to spend 2 summers in Hawaii

I spend a lot of time in WV with my mom and my dad i here so see him a lot a lso

I played softball for 37 years

## Hobbies

I have Mastered porch sitting

I started a metal garden this year always searching for things to add.....because I couldn't keep real flowers alive.

Beating my husband in blowing more bubbles than him....always have bubbles on our porch

A decorative banner at the top of the page features a string of colorful flags in red, yellow, and green. Below the banner, the background is light beige and decorated with various elements: dashed lines, small white stars, and stylized clouds with diagonal hatching. The main text is written in a red, cursive font.

*Welcome to Cardinal Forest Elementary!*

**Kindergarten**

# Ms. Browning



## About me

My husband and I met at West Springfield High School in 2011 and have been inseparable since. We have a spunky 17 month old baby boy named Reese! ❤️

## Fun facts

This is my 7th year teaching in FCPS. :)

We have 2 fluffy cats and a pacman frog!

## Hobbies

- Spending time with family and friends.
- Working out - long live Orange Theory!
- Going to farmers markets!

# Ms. Terrell IA



## About me

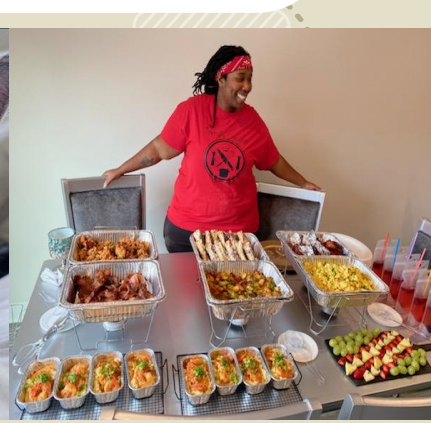
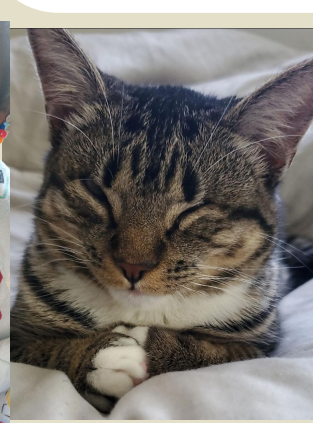
Born and raised, mostly, in Alexandria. I attended T.C. Williams High School (Alexandria City High School) GO TITANS! This is my 4th year at CFES, my 11th year teaching. Happily married to my wife for 5 years, together 12! I have a fur baby named (Girl) Simba #CatMom!

## Fun facts

- My youngest brother and I are 21 years apart
- My wife and I went to the same high school and did not like each other lol
- My niece (5) is legit one of my best friends
- I have a culinary degree and I am also a private chef
- Had Locs for 17 years cut them last July once my mom started chemo (cancer free now!!!)

## Hobbies

- Cooking
- Spending time with family/friends
- Watching movies
- Watching sports (basketball, football, baseball)







# Ms. Angelosante

## About me

Hi, I was raised in Texas on a farm and received a double BA in Philosophy and Psychology. I then joined the Peace Corps and served 2 years in Cambodia before coming to Fairfax for my MA in Applied Ethics and Ph. D. in ECE with a focus on moral development. It is my first year teaching and First year at CFE

## Fun facts

I have a adorable son in second grade and my husband works for DC United, so if you ever want to talk soccer, I am your girl.

## Hobbies

Hiking  
Running  
Traveling  
Any thing in the water



# Christine Hannam *IA*



## About me

## Fun facts

## Hobbies



# Mr. Turner



## About me

I am 34. I have been married to my wife Frosina for 10 years. I have 2 wonderful kids Clara and Ian.

## Fun facts

This will be my 5th year at CFES.

## Hobbies

I love sports. I am a big Washington sports fan!



# Ms. Aleman IA



## About me

This is my 1st year at Cardinal Forest, but 6th year with FCPS. My family includes my husband, our 2 littles (ages 6 & 4), and our energetic puppy, Roxy!

## Fun facts

- My mom, Chris Fisher, works here too!
- I LOVE to read horror books!
- I love baseball- GO DODGERS!

## Hobbies

- Reading
- Shopping
- Pinterest-ing





# Ms. Williams

## About me

Been married to my love Cory for 22 years!  
We have 2 wonderful daughters:  
Charlotte-2nd Grader and Rylee-Senior

## Fun facts

This is my 7th year  
teaching at  
Cardinal Forest!  
This is my 26th year  
of teaching

## Hobbies

Love spending time  
with my family!  
We love going to  
hockey games! Go  
Caps!



# Lisa Willis *IA*



## About me

## Fun facts

## Hobbies



## About me

## Fun facts

## Hobbies



## About me

## Fun facts

## Hobbies



*Welcome to Cardinal Forest Elementary!*

**1st Grade**



# Ms. Arnold



## About me

My name is Amy Arnold and I am starting my 15th year of teaching. I have taught prek, k, and first grade in 4 different states. I have a deep passion for early literacy and developmental reading. I have my BA in Elementary Education, My M.ed in Reading, and VERY close to my PHD in literacy and ESOL.

## Fun facts

I have 3 kiddos; Christian 18, Mya 16, and Ben 10.

I am from Wyoming state and miss the west so much! In the past 10 years we have lived in Kansas, Pennsylvania, and now Virginia.

I will earn my doctorate in literacy this November.

## Hobbies

I love to read.

Cooking and baking

Traveling

My husband loves all things cars and motorcycles so we love to take trips in his Dodge Viper and on his motorcycle.



# Ms. Maahs



## About me

I was born and raised in Fairfax, Virginia. I am married with two grown children named Allie and Carl. I started teaching in FCPS in 1995, and this is my 14th year at Cardinal Forest. I have taught or worked with almost every grade in some capacity or another.



## Fun facts

I have an adorable pet rabbit named Ralphie who likes to come to school sometimes for visits. I enjoy colorful flowers and reading outside on a porch or deck.

## Hobbies

Things I enjoy doing are....

- traveling
- hiking
- skiing
- baking
- working out
- reading



# Ms. Sloan



## About me

I am from Fredericksburg, VA and have lived in Springfield the past three years. I attended Grove City College in Pennsylvania, and moved to DC where I taught for seven years. This is my third year at CFES.

## Fun facts

I used to have a pet hedgehog. He was very grumpy. :)

I love coffee, but typically only drink decaf.

I live with my two best friends and their perfect dog.

## Hobbies

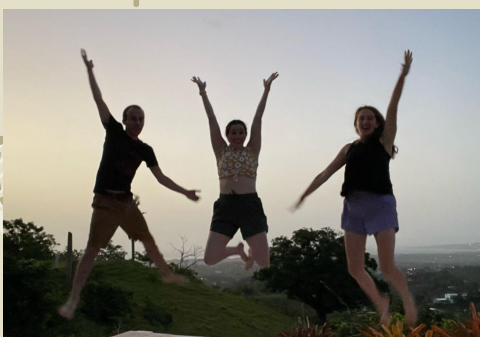
Reading

Baking

Hiking

Fishing

Board games



# Ms. Walrath



## About me

My name is Jennifer Walrath and I am starting my 28th year teaching in FCPS. I am married and have three children. We have a chocolate lab named Sugar.

## Fun facts

I knew I wanted to be a teacher from a very young age.

I do not like coffee.

My husband and I have a bbq catering company.

## Hobbies

I like to go on long walks with my dog Sugar.

I enjoy cooking and trying out new recipes.

I love to talk and be with my friends and family.



*Welcome to Cardinal Forest Elementary!*

**2nd Grade**



# Ms. Evanosky



## About me

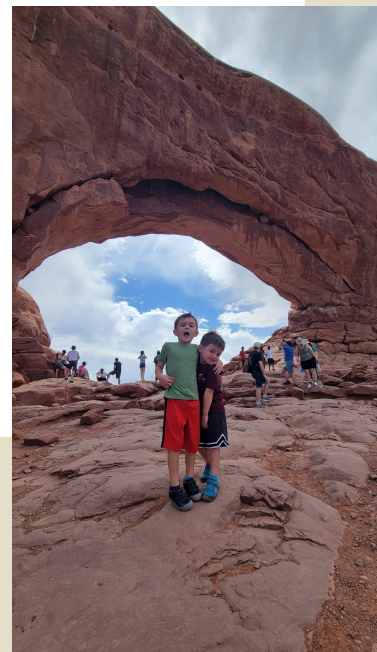
I grew up in the area and I received my Masters in Education from Old Dominion University. We are a military with two boys that attend Cardinal Forest Elementary.

## Fun facts

- I have taught in five different states
- Our family loves to attend live music concert and festivals
- We were able to attend the International Balloon Fiesta when we lived in Albuquerque

## Hobbies

Anything outdoors!



# Ms. Fisher

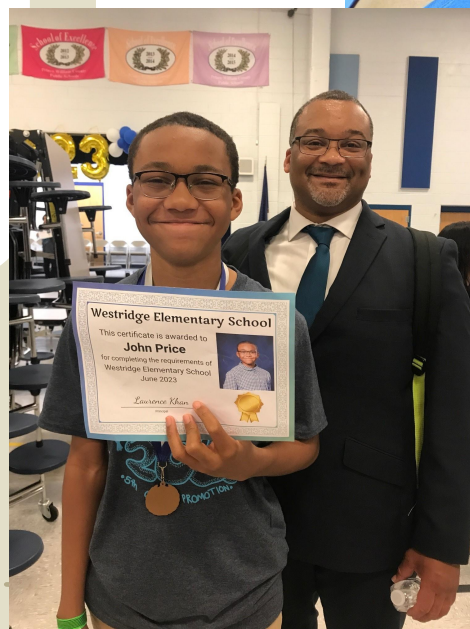


## About Me

This is my 22nd year of teaching. I have taught in Georgia, Pennsylvania, and Virginia. I've taught kindergarten, first, and second grade.

## Fun Facts

- Born and raised in Pennsylvania.
- Die hard Philadelphia Eagles fan.
- I'm an artist.
- Bonus Mom to John IV (now a middle schooler)
- Just got married to my high school sweetheart, John III, in May.
- The beach is my happy place.





# Ms. Giordano



## About me

First year teacher!!! Attended JMU for both undergrad and grad school. Born and raised on Long Island. I now live with my two roommates in Arlington!

## Fun facts

- ★ Coffee lover
- ★ 100% italian
- ★ I love to cook (always looking for dinner suggestions)
- ★ Terrified of all bugs



## Hobbies

- ★ Spending the whole day at the beach
- ★ Saturday brunch with friends
- ★ Shopping
- ★ Playing Mario Kart on the wii

# Mr. Hubbard



## About me

5th year at Cardinal Forest as 2nd Grade teacher.  
George Mason Alumni. Growing up in a military family,  
I've lived in CA, NC, IL, the island of Crete, and VA.

## Fun facts

Favorite color is blue

HUGE Batman fan

Former Air Force brat

Uncle to three nieces and  
one nephew

Candy addict

Computer savvy

Sept 8 bday

## Hobbies

Movies/TV

Reading

Video games

Some art



*Welcome to Cardinal Forest Elementary!*

**3rd Grade**

# Ms. Carey



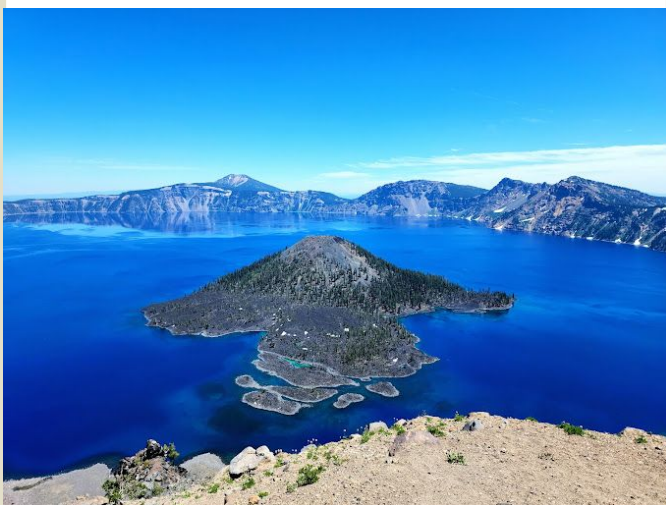
## About me

Los Angeles, California born, raised, and educated, I sometimes pine for the west coast. I started teaching kindergarten in 1999, and spent part of my career teaching and travelling around the world. I'm happily married to Ryan. This will be my sixth year at Cardinal Forest.

## Fun facts

I've lived in or visited 29 countries, most recently Japan. Consequently, my friends live all over the globe

I've lived on top of a volcano!



## Hobbies

I enjoy art and music.

I'm writing a book!

Talk to me about teaching in nature.

You will find me running, hiking, swimming, gardening, and taking barre class.



# Ms. Meckel



## About me

Welcome to 3rd Grade! I was born and raised in Richmond, Virginia. I graduated from James Madison University. Since then, I have taught Pre-K, K, 1st and 3rd grade in Galax, Atlanta, Richmond and Springfield. My husband, Chris and I live in Burke, with our spunky 9 year old Jackson and our sweet 11 year old "pup" Sandy.

## Fun facts

- I am scared of going up escalators.
- I was a mouse in the Richmond Ballet Nutcracker.
- My husband and I survived Hurricane Sandy twice, once in the Bahamas on our honeymoon and in Springfield when we returned. Because of this, our dog is named Sandy.



## Hobbies

- Spending time with my family
- Zumba
- Reading
- Traveling
- Escape Rooms
- Shopping





# Ms. Nye



## About me

I was born and raised in Pittsburgh, Pennsylvania. After attending Penn State I moved to Virginia to teach. I attended George Mason for my Masters. I have been teaching for 20 years and this is my 6th year at Cardinal Forest. I have been married for 16 years and we have two children, Grayson(12) and Abrielle (8).

## Fun facts

I love acia bowls!

I have two nieces that live in New York City and one more on the way!

My daughter is a Girl Scout and I am the Cookie Mom for her troop!

## Hobbies

Yoga

Hiking/Walking

Traveling

Reading

Spending time with family and friends!





# Ms. Rivera



## About me

I was born and raised in NY, but I moved to VA after college and started my teaching career 30 years ago in Spotsylvania County. My husband is a U.S. Marine and we have two grown daughters named Emberleigh and Annika. This will be my second year at CFES and I absolutely love working here!

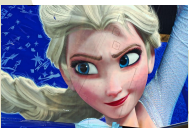
## Fun facts

I have visited close to 60 countries.

I have lived on three different continents in one year.

My husband and I married 8 weeks after meeting.

I went to high school with Idina Menzel (...the voice of Elsa from Frozen).



## Hobbies



I enjoy treasure hunting at thrift stores.

My husband and I have been collecting antiques from all over the world for the past 27 years.

Designing tablescapes is how I flex my artistic/creative muscles.

When I can, I enjoy traveling to new and faraway places.





*Welcome to Cardinal Forest Elementary!*

**4th Grade**

# Ms. Potts



## About me

Hi! Super excited to be starting my first in fourth grade. I recently graduated from George Mason University; Go Patriots I am a Fairfax County Native and look forward to being apart of such a wonderful community !

## Fun facts

- Graduated from NOVA (Annandale campus) then moved on to GMU
  - I love to sing
- I am really good at fixing things
- My cat is my best friend <3

## Hobbies

- Anime
- Sports
- Billiards
- Puzzles
- Music



# Mr. Pulte



## About me

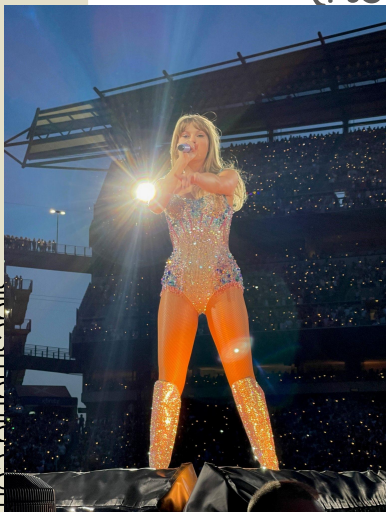
This is my 10th year teaching and 8th year at Cardinal Forest! Cardinal Forest has the best community and staff around. Was born in Pittsburgh, but raised in Philadelphia. Went to college at Kutztown University and graduated with a degree in elementary and special education.

## Fun facts

- Have a dog named Hudson!
- Huge Steelers fan and go at least once a year to a game!
- Family and Friends are important to me
- Sat front row at the Taylor Swift Era's Tour! (I took the photo below)

## Hobbies

- Football
- Traveling
- Music
- Theater
- Documentaries
- Reality TV



# Mr. Shields



## About me

Welcome to 4th Grade! This is my thirteenth year in teaching and eleventh at Cardinal Forest. I was born and raised in Toms River, New Jersey. For college, I attended Mt. St. Mary's University in Maryland for undergrad and George Mason University for graduate school. I love working with this school community and I'm excited to get school year started!

## Fun facts

- I spent two weeks in Italy, Malta, and Germany this summer.
- I ran in the 2015 Disney World Marathon!
- I have been to a Super Bowl, Stanley Cup Final, and NBA Final.
- Family and friends are important to me!

## Hobbies

- Sports
- Exercise
- Travel
- Movies
- Music
- Video Games
- Outdoors





# Ms. Williams



## About me

Welcome to 4th Grade! This is my 10th year in education and my 4th year at Cardinal Forest. I was born and raised in Orange County, VA and attended Virginia Commonwealth University. I am married to my college sweetheart with our pup and two boys. I absolutely love the school community and can't wait for this school year to begin!

## Fun facts

- I took my boys on a plane for the first time this summer
- Currently training for the Marine Corps Marathon
- The beach is my happy place
- Coffee is fav!

## Hobbies

- Exercise
- Sports
- Anything outside
- Family and friend time



Kenzo  
10 months



Arya 7



Ezekiel 3





*Welcome to Cardinal Forest Elementary!*

**5th Grade**



# Mr. Baier

## About me

This is my 5th year at Cardinal Forest. I have only taught 5th grade at Cardinal Forest. I am a new dad to a cute baby.

## Fun facts

I like Anime  
Born and raised in  
Pennsylvania

## Hobbies

Playing video games  
Reading



# Ms. Brewer

## About me

This is my 6th year teaching at Cardinal Forest! I am a mom of 2 amazing kids 3 and 6!

## Fun facts

I do not like Raisin

I love Chocolate

Being on a boat

Not hiking

## Hobbies

I am mom

Reading mysteries

Sailing

# Ms. Holohan



## About me

This is my 2nd year teaching at Cardinal Forest. Prior to coming to Fairfax, I worked in Arlington County for 7 years - 3 as a special education teacher, and 4 as an instructional assistant. I have 2 great kids - who are 13 and 15.

## Fun facts

I have a 16 ½ year old yellow lab named Maizy.

I love reading mystery books.

I love anything chocolate!



## Hobbies

Reading

Gardening

Watching Nats baseball and  
Caps hockey



*Welcome to Cardinal Forest Elementary!*

**6th Grade**



# Ms. Chisenhall



## About me

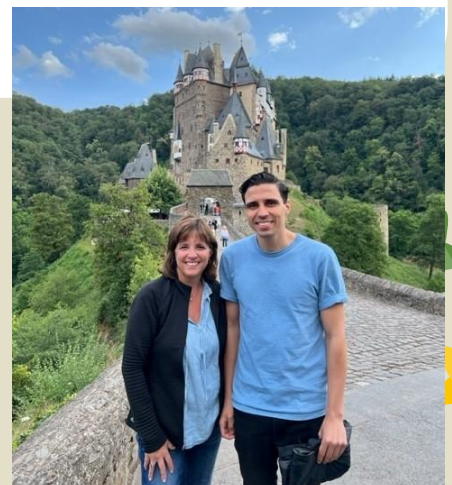
- From Pensacola, FL (Graduated from Florida State University)
- I have 2 children: John (in the US Air Force/stationed in Germany) and Kaitlin (just graduated with her Doctorate in Physical Therapy)
- I LOVE watching the Nationals, Capitals, and Tampa Bay Buccaneers
- I love to vacation at the beach and Disney World (and now Germany)

## Fun facts

- 28th Year Teaching
- 13th year teaching 6th grade at Cardinal Forest (17th in FCPS)
- Taught 3rd, 4th, 5th, 6th grades in FL, AL, and VA
- Did a People to People Exchange to Costa Rica when I was 15 (turned 16)
- Nickname with students is Mrs. Chiz

## Hobbies

- Playing tennis and golf (when I don't have shoulder issues)
- Traveling (next summer we are taking a Viking Cruise from Amsterdam to Switzerland)
- Going to Nationals or Capital Games





# Ms. Higgison

## About me

- Born & raised here
- I have 3 adult children: (Taylor, Brooke, & Brian)
- This will be my 20th Year Teaching in FCPS
- Love Hilton Head and Lake Norman
- love to sing play piano
- breast cancer survivor

## Fun facts

- was born a twin
- I became a grandmother on June 29th.



## Hobbies

- Going to the gym
- Putting together scrapbooks and photo albums



# Ms. Guerin



## About me

I am a 6th grade teacher. I have taught in both Pennsylvania and Virginia. I am looking forward to a great year.

## Fun facts

I have three kids and a dog named King.

I taught in Arizona on the Hopi Reservation for a brief time.

My oldest daughter attends the University of Alabama. Roll Tide!

## Hobbies

Reading

Hiking

Cooking

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*Welcome to Cardinal Forest Elementary!*

# **Special Education**



# Jen Nothstine

## About me

## Fun facts

## Hobbies

# Ms. Harper



## About me

I have a third grader in the school and this is my first year teaching here! I love working with the SPED team and the kindergarten crew.

## Fun facts

I am in grad school at William and Mary so I'm always tired.

I have three kids, one in HS, one in MS and a 3rd grader, so I'm always tired.

I'm British and have been State side for 11 years.

## Hobbies

I love running and being outside.

I sew and make costumes for Rose's dance team.

When I'm not being a theatre mum, competitive cheer mum, or competitive dance mum, I like to read and watch Netflix!



# Ms. Karp



## About me

I have been teaching here at Cardinal Forest for 9 years.

I have been teaching/working for FCPS for 19 years.

I have a crazy dog named Zoey.

## Fun facts

I love dancing

I use to own 2 horses.

I have swam with wild dolphins in the ocean.

## Hobbies

I started to listening to audio books.

I love going to and having cookouts wit my friends.

I like to garden.



# Ms. Robinson



## About me

This is my 5th year teaching. I taught for one year in Philadelphia. This is my 4th year at CFES.

I grew up outside of Philadelphia and moved to Virginia in 2020.

I have a almost 4 year old dog named Eros.

## Fun facts

I have 1 younger sister

I graduated with my bachelors degree from Bloomsburg university

I recently finished my masters at GMU

I am a Philadelphia sports fan

## Hobbies

I enjoy reading or listening to audio books

I am always buying puzzles to work on

I enjoy spending time with friends and family



# Ms. Sadowski



## About me

This is my 4th year at Cardinal Forest and I totally love it! I was previously an ESOL teacher and this is my 1st year as a Learning Disabilities teacher. I have 2 kids - Mila (age 10) and Zahi (age 6) who keep me busy when I'm not working.

## Fun facts

- I can speak Arabic (Levantine dialect).
- Originally from Charlotte, NC.
- Graduated from N.C. State with degree in International Studies.
- I lived in Lebanon for 4 years.

## Hobbies

- Hand lettering
- Nails (regular, gel, press on, etc)
  - Walking
- Keeping busy!



# Ms. Smith



## About me

This is my 2nd year at Cardinal Forest as a Special Education Teacher. I previously coached both adaptive and able bodied athletes at a CrossFit gym in Colorado Springs, CO. I have been married to my husband, Jason, for 17 years and we have three children (Gavin - 14, Stella - 12, Jackson -7).

## Fun facts

I have summited three 14ers in Colorado (Pikes Peak x2, Mount Sherman, and Mount Elbert).

We are a military family. This is our 10th duty station in 17 years.

I workout with my husband every morning at 6am. It is my favorite way to start the day!

## Hobbies

CrossFit (cF-L2, Adaptive & Inclusive Trainer)

Watching our children participate in their various activities - XC/track, volleyball/chorus, and swim

Camping (glamping)

Skiing as a family

Breweries



# Ms. Steiger



## About me

This is my 3rd year at Cardinal Forest. I am scheduled to graduate in December with 3 master degrees! I am a mom to 2 amazing kids, Jamie, 9, Carter, 4.

## Fun facts

Allergic to chocolate  
Mom of 2 kids  
Love to label (everything)  
Always wants a good cup of coffee

## Hobbies

Traveling  
Labeling everything  
Sleeping  
Being a mom  
watching/ playing sports- especially hockey- go Caps



# Ms. Strong



## About me

I am a Navy spouse of 27 years and mother of 4 amazing children. This is my 6th year working as a special education teacher at Cardinal Forest. Prior to that, I subbed at CFES for 4 years.

## Fun facts

- I have a 9 year old goldendoodle named Daisy.
- My commute to work is about 3-5 minutes.
- 3 of my 4 children attended Cardinal Forest

## Hobbies

- Spending time with my family and friends
- Dance Fitness
- Hiking
- Peloton
- Reading
- Watching musicals
- Traveling
- Rooting for the Washington Capitals

# Ms. Trossbach



## About me

I started teaching in FCPS in 1999.

I am married and have a 3 year old dog.

## Fun facts

I walk to school.

I was born in Boston and  
grew up in Virginia and  
California.

## Hobbies

Reading

Swimming

Hiking



*Welcome to Cardinal Forest Elementary!*

**Specialists &  
Other Staff**

# Ms. Centineo ESOL



## About me

This is my 11th year at CFES...3rd as an ESOL teacher

I have been married for 30 years to my husband Andrew.  
We have 3 grown daughters Allison 26, Victoria 23, and  
Caitlin 21

## Fun facts

Army wife for 25 years

I lived in Alaska for 3 ½  
years

I became a teacher at 40  
years old

## Hobbies

Watching sports of any kind

Cooking

Reading

Gardening

Traveling

# Ms. Cooper ESOL



## About me

This is my 5th year at Cardinal Forest and my first year as an ESOL teacher and Get2Green CoLead.

## Fun facts

I am a certified Weed Warrior in GWMP National Park.

I eat a sweet potato almost daily.

I eat mostly plant-based.

I worked at a camp in TX without air conditioning.

## Hobbies

Swimming

Cycling/Avoiding driving at all costs

Volunteering

Picking up Trash

Farmer's Markets



Reduce



Reuse



Recycle



# Ms. Charters ESOL

## About me

- Born and raised in San Diego, California
- Growing up, lived 8 blocks from the Pacific Ocean
- Married for 23 years with 5 children ages 19, 17, 16, 14, and 12; 3 Girls + 2 Boys = Full House
- Breast cancer survivor
- 21st year teaching in FCPS; 2nd year at CFES

## Fun facts

- Began my teaching career teaching 1st grade in Las Vegas, NV
- Girl Scout Leader
- Spoke at a press conference on C-SPAN against the marriage tax penalty
- Visited New York, Oak Island, NC, and Virginia colleges this summer

## Hobbies

- Spending time with my family and friends
- Nature walks
- Swimming
- Traveling, which mostly consist of doing college visits with my H.S. Senior.





# Coach Kim PE



## About me

- I graduated from Lake Braddock, Old Dominion, and Marymount.
- I have two children, Ethan and Samantha.
  - My wife also works in FCPS.
  - We have a dog named Rosy!

## Fun facts

- I collect Nike/Jordan shoes!
- I was a SACC teacher and 4th grade teacher all at Cardinal Forest (been here 14 years).
- I worked at Sweetwater Tavern and Sliverado.

## Hobbies

- Eating food
  - Watching movies
  - Playing golf
  - Playing golf
  - Playing golf
- 



# **Coach Rhodes PE**



**About me**

**Fun facts**

**Hobbies**

# Ms. Cave Music



## About me

I am beginning my 14th year of teaching general music in FCPS and this is my first year at Cardinal Forest! I have previously taught at London Towne ES in Centreville and Lake Anne ES in Reston. Cardinal Forest is very close to home and I am excited for a much shorter commute :)

## Fun facts

- I have two daughters, Evie and Maggie, who also attend CFES!
- I am about to finish my Masters in Educational Technology at Liberty University.
- I am a product of FCPS. I graduated from Lewis HS.
- I have been playing the piano for 30 years!

## Hobbies

- I love to crochet, especially baby blankets.
- I love to exercise. Hiking is my favorite way to exercise but I don't get to do it enough!
- I am a big Nationals fan. My husband and I enjoy going to Nats games together.





# Mr. Uance Music

## About me

This is my first year of teaching after graduating from George Mason University. I'm really excited to join the Cardinal Forest Family!

## Fun facts

- I've been playing the bassoon for 10 years.
- I grew up in a family that loved both Broadway musicals and metal.
- It was a very strange combination of sounds.

## Hobbies

- I like to write in my free time. I'm something of a murder mystery nut!
- Nothing beats a nice long walk.





# Ms. Holscher Band

## About me

Happy wife of a fellow FCPS band teacher

(we were also both WSHS grads!)

Proud mom of these 3 kiddos (4, 12, & 14)----->



## Fun facts

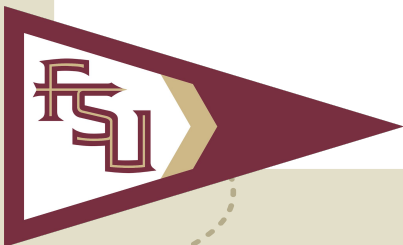
-this is my 20th year of teaching and my 12th year at CFES

-Graduate of FSU & GMU

-Carova, NC is my happy place (OBX)

## Hobbies

Mostly "Mom"ing but I also enjoy traveling, reading, and puzzles.



# Ms. Ward Strings



## About me

I am excited to be heading into my 5th year of teaching in Fairfax County, and my 2nd year at Cardinal Forest! Virginia Beach native, graduated from James Madison University (Go Dukes!). I've been playing the cello for 21 years and also have some piano & choir experience.

## Fun facts

- I have traveled to all 50 states
- Spent 2 weeks in the Netherlands, Germany, and Belgium this summer
- Was previously the voice of the Dunkin' Donuts customer service phone menu

## Hobbies

- Traveling
- Music of all kinds
- Puzzles of all kinds
- Video games
- Cooking & baking
- Hiking



# Mr. Clement Art



## About me

University of Maryland  
George Mason University



## Hobbies

Stone carving , Guitar, Any  
Sports, Bike, Outdoors  
Nature



# Ms. Perticone Art

## About me

I will be teaching art at Cardinal Forest Tuesdays, Wednesdays and Thursdays! I am returning to teaching in FCPS after six years staying home with my two kids, Crossan (8) and Ellie (6). My husband, Matt, and I just celebrated our tenth anniversary. I grew up in Lancaster, PA and graduated from Penn State. We adopted two puppies in the spring and they are now 60 pounds each!

## Fun facts

I am also a makeup artist! I do lessons and weddings.

I am working on the second draft of a psychological suspense novel that I'm hoping to publish next year!





# Ms. Hawk Librarian

## About me

This will be my 2nd year at Cardinal Forest and my 16th year in FCPS. I love helping students find books they LOVE!

## Fun facts

I love the color PINK!

I love drinking iced-coffee  
YEAR ROUND!

I use to teach second grade  
for 12 years!

I love spending time with my  
daughter and husband!





# Ms. Fisher AAP



## About me

Wifey to Hubby of 20 years! Mom to 3, Courtney Rae, Russie, & Wonk! Grammy to Jackson & Pippy! Yep, they are my world! Other than loving my fam-bam & friends, I'm entering my 39th or 40th year of teaching- I lost track long ago!

## Fun facts

- Bought Lakefront & have a dock- no house!
- Spoiled by Hubby!
- FCPS used to pay for teachers to 'go' do PD! Boy, did I travel on their tab!
- My daughter's pup picked me 1st!

## Hobbies

- My nose in an ebook every chance I get! Years 1350-1500 or so, Historical romance- kilts, castles... obvi why!
- Gardening
- Grandbabies- who knew the depth of love I'd have for my GBABB! (license plate)



# Ms. Barry Math Coach

## About me

I have been at CFES since 2015 as an ESOL IA, a 5th grade teacher, and now a math coach. I am married to my “person” for 25 years and we both love to travel the world. My three girls are 16, 19, and 22 and they make me smile.

## Fun facts

- Moved from Wisconsin to California two days after getting married
- I have surfed in Hawaii
- I enjoy cooking but hate baking
- Was a buyer for a gift shop
- Love the Green Bay Packers

## Hobbies

- \*traveling
- \*trying new things
- \*watching TV
- \*spending time with friends and family
- \*making homemade pasta



# Ms. Murphy Literacy Coach

## About me

I am mom to 4 fantastic boys- Will, Nate, Lou and Mekhi- and a goldendoodle named Ozzie. My amazing husband, Larry, and I are approaching our 20th anniversary. I have taught in FCPS for 12 years, in 3rd and 1st grades, as an intervention resource and as a reading specialist.

## Fun facts

I have climbed an active volcano (and will never do it again!)

I can cook in BIG batches!

I have actually really enjoyed teaching my older boys to drive.

## Hobbies

Reading

Learning pickleball

Finding new plant based recipes

My new favorite: working out at Orange Theory

Spending any time I can grab with my boys





# Ms. Ulrich

## Instructional Technology Coach



### About me

I am a mom to 3 girls...21, 16 and 12. This is my 7th year at Cardinal Forest and my 18th in education.

### Fun facts

Virginia Beach native

ODU grad

The beach is my most favorite place to be

Love to travel

### Hobbies

Beach, beach and beach!

Yard work...cutting, grass, pulling weeds....but I DO NOT have a green thumb. Fake plants are the only plants that survive with me

Was a competitive dancer growing up. My sister and I are now taking an adult tap class together!





# Ms. Bruck Counselor



## About me

I'm married and have one daughter and a dog. I recently bought a house in Gettysburg PA. I've been a school counselor for 19 years and I will be starting my 7th year at Cardinal Forest.

## Fun facts

I love to travel. One of my favorite places was Victoria Falls in Zimbabwe.

I attended the University of Connecticut and was able to celebrate the NCAA championship victory with the UConn basketball team at the White House in May. Those players made me look short!



## Hobbies

Arts & Crafts

Pickleball

Yoga

Karaoke

Audiobooks

Travel

The President of the USA!!

# Ms. Gannon Counselor



## About me

I am a daughter (mom, 88 & dad, 90), sister (1 of 5 girls), aunt (4 nephews & 1 niece) and most importantly a dog mom (Jessie, 6 & Pippa, 1 1/2)

I've been a school counselor for 24 years (11 in FCPS)

## Fun facts

1st job out of college was at a Wilderness camp

Lived in Florida for 25 years

Hiked Machu Picchu Mountain

Tried working out with aerial silks- super difficult!

## Hobbies

Paddleboarding

Hiking

Hanging out with family and friends

Trying new things



# Ms. Silverman Psychologist



## About me

This is my second year at CFES. I also work at Rolling Valley ES.

Born and raised in South Florida, went to University of Maryland for undergrad and University of Delaware for grad school.

## Fun facts

I didn't see snow until I went to college

I love everything pink and glittery

The pandemic hit in the middle of my first year of grad school (not very fun)

## Hobbies

Long walks

Pure Barre

Reading (goal of 120 for 2023 - set to surpass it)

Reality TV

Eating out with friends

Spending time with my parents/dog over school breaks





# Ms. Pistilli Speech

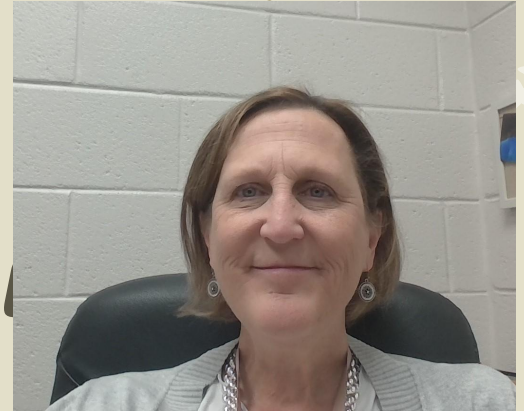
**About me**

**Fun facts**

**Hobbies**



# Ms. DeUoll Social Worker



## About me

This is my 6<sup>th</sup> year as the social worker at Cardinal Forest and my 18<sup>th</sup> year in FCPS. I am getting ready to celebrate my 25<sup>th</sup> anniversary with my husband Mark. We have 2 sons - Carter (20) and Harrison (23) and a yellow lab named Traeger.

## Fun facts

I have lived in this area since I was 5. I went to school down the road at Kings Park, Kings Glen, and Lake Braddock. My kids went to these schools, too.

I have a private practice counseling business which I do during evenings and weekends.

## Hobbies

Baking/Cooking

Puzzles

Board Games

Spending time with friends and family

Walking my dog



*Welcome to Cardinal Forest Elementary!*



# **Instructional Assistants**

# Ms. Alderbashi



## About me

This will be my 5th year at CFES as a SPED IA!

I am married to my husband Omar. we have 2 kids Julie 13, Ryan 10 ( CFES student!) & a lovely cat Marilyn

## Fun facts

- Born And raised in Jordan ( Middle East)
- I speak Arabic
- Soccer mom
- My blood type is COFFEE
- Lived in Dubai, Louisiana & Wisconsin

## Hobbies

- Baking
- Crafts
- Camping
- Watching movies with my family



# Ms. Bekkadja



## About me

- I am an Instructional Assistant special education.
- I have been working with CFES since 2011.
- I love working with kids. They make me happy and full of life.
- I have two beautiful daughters and a son.

## Fun facts

- I am born in Algeria.
- I became a mother in law this summer.
- My son's wedding day is the same as my birthday.

## Hobbies

- Reading Quran daily.
- Cooking for family and friends.
- Walking and enjoying the nature.



# Ms. Fedda

Aka QueenLaFedda



## About me

This will be my 9th year at Cardinal Forest, working as a Sped. IA.

I have three beautiful children, Hibah 26, Hanadi 24, and Eyad 20.

I have a Son-In-Law, Xavier who is married to my daughter Hibah.

I also have two beautiful grandchildren Xander 4, and Zianab 1.

## Fun facts

I have three cats, Pepito,  
Howie and Runtz.

Lived in Tennessee, New  
York, Illinois.

I speak Arabic

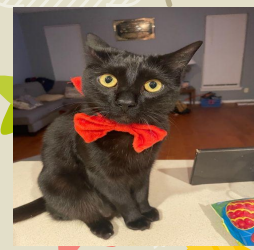
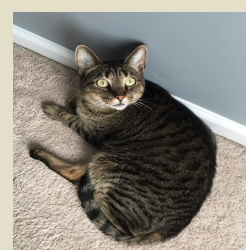
Soccer Mom

## Hobbies

Reading and Listening to  
books on Audible

Cooking and Baking

Spending time with my  
children and grandchildren



# Ms. Ji



## About me

I was born and raised in South Korea. This is my 3rd year working at Cardinal forest . I have two daughters who are 15 and 11!

## Fun facts

I enjoy watching baseball and basketball I with my husband

- I have been married for 18 years
- I've wanted to be teacher since I was a kid

## Hobbies

- Watching Movies
- Working out
- Listening to music
- Yoga





# Ms. Prelic-Hodzie

## About me

This will be my 2nd year at CFES. First year as SPED IA. I have 2 beautiful kids: son Fedja (15) and daughter Una (8). We live in Cardinal Forest.

## Fun facts

-I am from Bosnia and Herzegovina (Europe).

Bosnia was part of Yugoslavia until 1992.

I speak Bosnian language(ex.Serbo-Croatian)

-I love visiting new places meeting new people.

-Soccer mom

## Hobbies

-Travelling with my family,

-Reading,

-Baking cakes, cookies and bread.

-Spend time with friends.

-Gardening-





**Ms. Kalka**

**About me**

**Fun facts**

**Hobbies**





# Ms. Kim

## About me

I am an aunt to two beautiful and wonderful nieces. This is my second year at Cardinal Forest as a General Instructional Assistant.

## Fun facts

My favorite drink is bubble tea.

I was born and raised in Philadelphia.

A favorite place to visit is Turks and Caicos

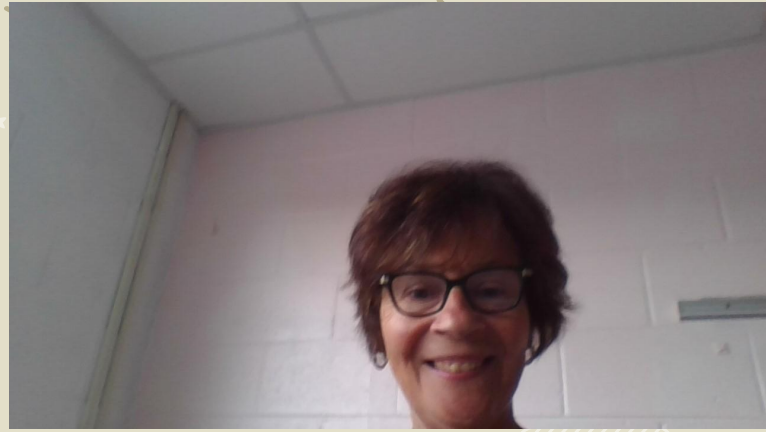
## Hobbies

- Hiking

Eating good food

Spending time with mother nature

# Ms. Rutkowski



## About me

Hi, I'm originally from NYS. Moved here to VA with my husband and 6 yr.old daughter in 1991. Our daughter attended CFES where I was a parent volunteer. Then in 2001 I began working for FCPS. My husband and I are blessed to spend a lot of time with our daughter who's married and has two boys(5 and 6 year olds).

## Fun facts

- I have a twin brother
- Own two Tonkinese cats
- Love classic rock and dancing
- People love my chocolate chip cookies
- Storms get me all excited

## Hobbies

- Love being outdoors
- Yoga
- Long walks
- Watching crime shows on tv
- Hanging out with my grandsons
- Finding bargains and fun things to wear

# Ms. Stevens



## About me

I am Caribbean American. Majority of my family lives in the British Virgin Islands. I am a mom to 2 amazing daughters and a wife. This is my 3rd year as an IA..

## Fun facts

I am a breast cancer survivor and fight Fibromyalgia daily, I have it and it doesn't have me.

## Hobbies

Traveling, Shopping, spending time with family and friends. Eating out.



# Ms. Urama



## About me

## Fun facts

## Hobbies





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