



Classmate Questionnaire – 50 Years

Fifty years!! How can that be? This questionnaire will be used to update our classmates on our journeys through life. Please provide the following information for our 50th reunion website directory. Return electronically by August 1, 2026 to admin@1976sjhsmanassas.com. In an effort to mitigate any risks associated with adding this information to our SJHS Class of 1976 website, we ask that answers be in a generic format. Please note: if there is information you would like to not be included online, please leave blank.

First and Last Name, previous names and nicknames: Deborah (Debbie) Zrowka Mullinax
City and state of current residence (skip specific street address): Manassas, VA
The quick update – where has life taken you in the last 50 years? (A brief 2-3 sentence summary of your journey): From Manassas Jeff and I lived out of the area in Clifton, NJ and Massapequa, NY for about five years before returning to Manassas where we have been since early 1991.
Your passions and free time (What hobbies, interests or volunteering activities keep you busy?): When our kids were attending SJHS we got involved in the booster club which kept us busy for over 10 years. As we are nearing retirement we have started to travel a little more and have checked off some bucket list items which include cruising, visiting the Nationals Spring Training facility to watch some games and visiting NYC to see some Broadway shows. Still much more on our list to accomplish and we are looking forward to doing it together.
Favorite memories and milestones (A favorite life experience or adventure): No specific memories come to mind – there are so many!
What do you consider your greatest accomplishment in the last 50 years:

I believe raising our four kids into amazing adults and wonderful human beings who have blessed us with 9 grandchildren to love and enable us to relive childhood again through their eyes.
Travels and Adventures (Share a few of the favorite places you've visited and/or any place still on you bucket list): (See above)
Family Joy (If you'd like to share, tell us about your family make up, avoid specific names and ages due to privacy concerns): Four kids, two girls and two boys who all live within 2 hours drive from us. So that means lots of time with them and the grandkids. We have five grandsons and four granddaughters.
SJHS Flashback (Share a fun, general memory of our high school days): Most fun class was Mr. Hall (Biology) and our lab group. We laughed and laughed and had so much fun almost every day!
Then vs. Now (share music/hobby you enjoyed in 1976 vs. what you enjoy now): Still enjoy 70's music because it really was the best decade. Still listen to Casey Kasem on Sunday mornings (Sirius XM) for America Top 40 re-runs. That hasn't changed for me in 50 years.
Message to our class (share anything else you'd like our classmates to know about you): Jeff and I celebrated our 46 th anniversary in January!
Are you planning to attend our 50th reunion on October 3, 2026? Yes, Jeff and I will be there!

Attach current photo here:

