

Chantilly ♦ Fair Oaks ♦ Fair Lakes ♦ Oak Hill

CENTRE VIEW

NORTHERN EDITION

DECEMBER 1-7, 2011

25 CENTS NEWSSTAND PRICE



PHOTO BY GREG E. MATHIESON, SR. / MAI

Some 3,750 people ran in the Virginia Run Turkey Trot 5K on Thanksgiving Day, Nov. 24.

Turkey Trot Raises \$75,000

Funds to benefit nonprofit Life with Cancer.

BY BONNIE HOBBS
CENTRE VIEW

The 23rd annual Virginia Run Turkey Trot is now in the record books — and it was one of the largest and most successful races in the event's history. Between the 5K race and 2K fun walk, almost 6,000 people registered for the Thanksgiving Day event.

This year's Turkey Trot was run in memory of long-time, Virginia Run resident Wes Neff, who died of cancer in February at age 53. And proceeds from the event raised some \$75,000 for Life with Cancer, Inova Health System's nonprofit program for cancer patients and their families.

"That was terrific," said event Co-chair Dominic DeVincenzo. "I'm very proud of everybody in the community and everybody who participated." He said some 4,200 people registered for the 5K and 3,750 actually did it.

"Running is really popular, and this race is for a good cause and really resonates with people, so they come back year after year," said DeVincenzo. "And we had great community support. Last year and this year, we raised the most money ever with this event."

He also tipped his hat to his co-chair, Laurie Horstmann, for doing such a wonderful job organizing the event, and to Virginia State Trooper Dean Jones for handling the traffic that day. After all, said DeVincenzo, "The intersection of Wetherburn Court

and Pleasant Valley Road wasn't meant to hold 6,000 people."

"Dean has been bringing State Troopers with him to every race since 1989," added Horstmann. "That year, we only had 150 runners and it snowed, so Dean was the only one."

Winning last week's 5K race was 19-year-old Alex Clark of Burke in a time of 16:05. Capturing second place was Scott Maxfield, 21, of Oak Hill in 16:25. Taking third was Taylor Torino, 19, of Fairfax in 16:29.

The top female finishers were, respectively, Kerry Hartman, 22, of Centreville in 18:33.5; Alisa Harvey, 46, of Manassas in 18:41.4; and Hayley Sullivan, 22, of Burke in 18:49.

SEE TURKEY TROT, PAGE 5



From left are Steve Boyles and Gordon Hay. Boyles has served on the Turkey Trot committee for 22 years; Hay is the founder and director of Life with Cancer.

A Show To Ring In the Holidays

Encore to perform
"Santa's Special Delivery."

BY BONNIE HOBBS
CENTRE VIEW

It will definitely feel like the holidays when Encore Theatrical Arts Project presents its musical extravaganza, "Santa's Special Delivery." The 35-member cast has rehearsed since July, and is now ready to burst upon the stage.

"People will hear new Christmas songs, as well as old favorites," said director and choreographer Raynor van der Merwe. "The story is engaging and uplifting, and the sets and costumes are colorful and joyous."

The show opens in New York City outside Macy's and Radio City Music Hall, and there are also

To Go

Show are at the Ernst Theatre on NOVA's Annandale campus, 8333 Little River Turnpike. The curtain rises Saturday, Dec. 10, at 1, 4 and 8 p.m.; Sunday, Dec. 11, at 1 and 4 p.m.; Friday, Dec. 16, at 8 p.m.; Saturday, Dec. 17, at 1, 4 and 8 p.m.; and Sunday, Dec. 18, at 1 and 4 p.m.

Tickets are \$15-\$30 at www.Encoretap.org; group rates are available. For more information, e-mail Encoreperformers@verizon.net or call 703-222-5511.

scenes in front of Rockefeller Center. Act two features Santa's workshop, 20 feet high and 42 feet wide, with balconies and stairs, plus a slide for newly made toys to go down.

"There's also a cocoa shop for SEE A SHOW TO RING, PAGE 3

A Dream Comes True Sisters win Disney princess contest.

BY BONNIE HOBBS
CENTRE VIEW

For little girls who love princesses, being able to meet them in real life would surely be a fairytale. But in the case of the Senio sisters from Centreville, it was a dream come true.

Alli, 8, Sammi, 7, and Katie, 3, won the grand prize in Disney's "Your Princess Moment — The Story Begins with You" video contest. So they and their mother were awarded a trip to London to join the celebration as Rapunzel was officially welcomed as the 10th

Disney-princess character.

"It was a whirlwind trip, but really enjoyable," said mom Laurie Senio. "It was wonderful, and everyone was very gracious."

It all began in September. She'd watched a show about sweepstakes and was searching the Internet to possibly win a trip to Disneyworld. She saw the contest information at www.disney.com and helped her children make and submit a video in time for the entry deadline, just a few days later.

Dad Chris was their audience, and the girls were the actresses. Alli and Sammi are in third and

SEE SISTERS WIN, PAGE 5



NEWS

Lend a Hand to Our Neighbor's Child

BY BONNIE HOBBS
CENTRE VIEW

Anyone with a Christmas list knows how hectic and expensive it can be buying gifts for everyone on it. Imagine, then, the monumental task of purchasing presents for more than 600 families.

Yet that's what the all-volunteer, nonprofit group, Our Neighbor's Child, is doing for people in need in Centreville, Chantilly, Clifton, Fair Oaks and Fair Lakes.

It's a huge undertaking, but ONC can't do

it alone. It counts on residents and businesses in the local community to open up their hearts and wallets and lend a hand.

"We see so many people losing jobs or being evicted from their homes, with their belongings on the street," said ONC Clothing Coordinator Denise McInerney. "But in this generally affluent area, most people don't even realize it's happening."

Yet, continued McInerney, "There's a lot more [poverty] around here than you'd think. When I tell people what areas we cover, they're shocked, because they don't

realize the need here."

That's why she's hoping people will go to the various local churches, schools and businesses containing ONC giving trees, pick ornaments from them and buy the requested gifts for the children and teens who, otherwise, would receive nothing on Christmas.

"We always need coats and hats," said McInerney. To drop off new clothing, people may contact her at oncdenise@aol.com. But that's not all that's needed.

"We especially need items for teens be-

cause most people think of buying things for little kids," she said. "But teen-agers like getting presents, too, and gift cards are a great idea."

She said gift cards to stores such as Target and Kohl's are appreciated, as are cards for iTunes, Starbucks, Manhattan Bagel, Dunkin' Donuts, Chipotle, etc. — "any of the places kids like to hang," said McInerney. "Gift cards to movie theaters would also make good presents."

ONC provides new toys and clothing, as well as homemade cookies, for the families; but sometimes, the requests are for other things. Said McInerney: "We also need a

SEE LEND A HAND, PAGE 4

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Rev. Dr. Eugene Johnson, Pastor


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Youth Sunday Morning Worship:	10:30 AM
(Rev. Bobby J. Ford Jr., Youth Minister)	
Holy Communion (Third Sunday)	10:00 AM
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and Spiritual Development Courses:	7:00 PM
(Includes Youth Bible Study)	

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ROUNDUPS

Workman Electrocuted

A 36-year-old Springfield man died Monday after being accidentally electrocuted while working on a house in Centreville. Authorities identified him as Edin Javier Carranza Cruz of the 7200 block of Commerce Street.

The incident occurred Nov. 28, around 1 p.m., at a single-family home in the 14400 block of Tracy Schar Lane in the Willoughby Woods community, off Old Centreville Road. When Fairfax County police and Fire and Rescue personnel responded, they found Cruz lying on the ground outside the front of the home.

He was employed by a window-installation company and was one of five people working on the house at the time of the tragedy. Police say Cruz was in the process of moving a ladder when it came into contact with power lines near the home. He received a substantial electrical shock and was transported to Inova Fairfax Hospital, where he was pronounced dead a short time later. Police had no information about whether Cruz left behind a family.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Dec. 1, and Dec. 15, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Christmas Parade, Homes Tour

Christmas comes to the Town of Clifton, this Saturday, Dec. 3. Starting at 2 p.m., there'll be a parade of horses, decorated for the holidays, all through the town. Visitors are then encouraged to check out Clifton's shops and restaurants prior to the Candlelight Tour of Homes, from 4-7 p.m.

Five historic houses are on the tour, plus two churches, the Clifton caboose and the Masonic Acacia Lodge. The churches will have live music, and Dickens Carolers in old-fashioned, holiday attire will add to the ambience.

Homes-tour tickets are available in town at A Flower Blooms in Clifton, NOVA Music and T&K Treasures. They're also at Picket Fence in Burke and Banner's Hallmark in Centreville. Cost is \$20, adults; \$5, children under 12, before Dec. 3. That day, they're \$25 and \$10, respectively. For more information, e-mail Jennifer Chesley at townofclifton@aol.com or see www.cliftonva.us.

Sully District Council Meeting

To avoid the winter holidays, the Sully District Council of Citizens Associations and its Land-Use Committee will meet next month on the third Thursday, Dec. 15, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Call Jeff Parnes, evenings, at 703-904-0131.

Three presentations are scheduled:

- ❖ I-66 Automated Traffic Management plans;
- ❖ Outside the Beltway Tier 1 Environmental Impact Statement from I-495 to U.S. Route 15;
- ❖ Proposal to construct and operate a wireless telecommunications facility at Centreville United Methodist Church.

WFCM Seeks Food, Volunteers

Western Fairfax Christian Ministries' (WFCM) food pantry urgently needs donations of jelly, jam, spaghetti sauce, boxed potatoes, canned meats, fruit, spaghetti, vegetables (no green beans), juice, pancake mix and syrup, oil, sugar and cereal. Also needed are deodorant and toilet paper. (Toiletry items cannot be purchased with food stamps). The most-urgent, thrift store needs are the donations of baby clothes and coats for re-sale in the thrift store. Bring all items to WFCM'S food pantry at 13981 Metrotech Drive (near Backyard Grill and Bar) in Chantilly.

NEWS

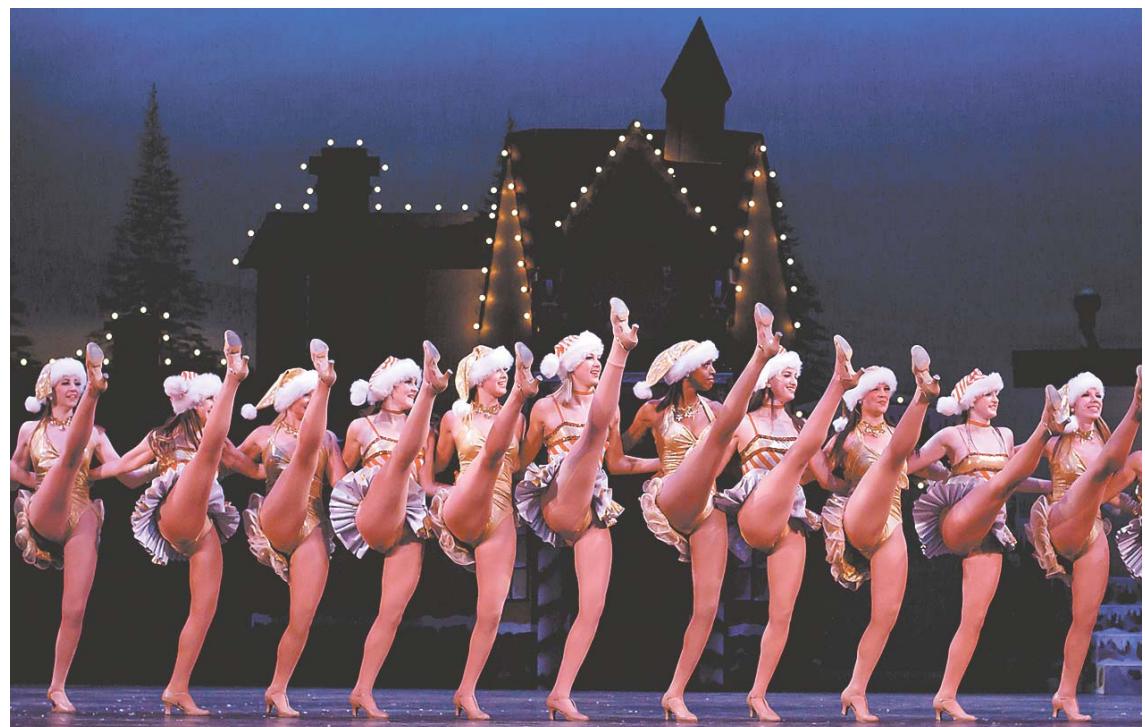


PHOTO COURTESY OF LINDA HEUMS

The Encore dancers as the famed Rockettes of Radio City Music Hall.

A Show To Ring in Holidays

FROM PAGE 1

Santa and the elves," said van der Merwe. "And for the finale, set designer Tabitha Dees has created a glorious forest of snow-covered trees."

Besides the Encore members who are local students, guest performing will be Tina and Dan Delafield and Scott and Karsten Dees. "I have such a talented group of dancers/singers/actors," said van der Merwe. "And I'm honored to have professional, guest performers who elevate our shows even more. Also helping is Vocal Director Kathy Ahearn of Clifton who's worked her magic with the songs and made them sound amazing."

The story's about a New York businesswoman with two young daughters. But she's too busy for Christmas, so Santa sends an elf to remind her there are more important things than work. The elf brings them to the North Pole where they all discover the magic of Christmas.

Westfield High senior Grace Martin plays an Elf named Flaky who the children meet at the North Pole. "I'm in my own world and have a hard time staying focused, so the head elf has problems with me not doing my work – and I'm the toy-tester," said Martin. "I'm also scared of jack-in-the-boxes."

It's her 10th year with Encore and seventh with its performing company. She said this role fits her well because she's just exaggerating her normal personality. And she especially likes the show's 10-minute finale – a mash-up of various Christmas songs and costumes.

"I change costume six times during that number," said Martin. "I like the different types of dancing in the finale, the full company is on stage and it builds toward the final song, 'White Christmas.' Our Christmas show provides singing, dancing and acting in a kid-friendly, holiday storyline that's different each year." Portraying an elf named Frazzle, who prepares the reindeer for Christmas Eve, is Centreville High senior Jessie Peltier. "She's a little antsy and silly and gets stressed-out a lot," said Peltier. "It's fun being a new type of character. I'm usually sweet and innocent, and this one is more quick-witted."

With Encore since fourth grade, Peltier loves the

felling she gets from dancing onstage. "You feel so accomplished and have something to be proud of," she said. "It's fulfilling to work on something so long and then share it with the community."

Peltier called it a "feel-good show" everyone will enjoy. Her favorite number is the "Rag Dolls." She plays a Raggedy Andy and, she said, "It's a cute number and we get to be silly and do our own interpretations on stage."

Westfield High senior Corinne Holland plays Busy the elf. "She's organized and keeps things running as smoothly as possible," said Holland. "So I'm somebody I'm completely not, in real life. I'm outgoing and all over the place, so it's challenging playing something other than the ditzy blonde."

In Encore since age 5, she describes dancing as "a way to let go of my everyday life. It's what I love to do – it's my passion. Being with Encore made me a better person and opened my eyes to all the opportunities life gives you; it make me not take anything for granted. It's a warm environment and you create bonds, friendships and a family with everyone here."

In the show, Holland especially likes the "Multiplying Santas" number. "It's a fun and creative dance that's always a crowd-pleaser," she said. "The audience enjoys it as much as we do. They'll

find this year's show exciting. It keeps you on your toes, waiting for the next number, and it puts you in the Christmas spirit.

Playing Artsy the elf is Centreville senior Sage Coury. "She's animated and excited about the presents, packaging and glitter," said Coury. "She likes pretty things and is happy and outgoing. I have a calm and mellow personality, but she's loud and always has something to say."

In her three years with Encore, Coury's learned how to work with others, stay organized and prioritize. Her favorite number in the show is a new one called "Jet Set." It takes place in an airport and she's a flight attendant gliding across the stage. Overall, said Coury, the audience will enjoy the show because "it focuses on the meaning of Christmas and the importance of families spending time together."

"[Dancing] is what I love to do – it's my passion."

**—Corinne Holland,
Encore performer**

OPINION

Shop Locally

Be sure to do some of your holiday shopping at locally owned stores.

Locally owned retail shops, services, restaurants depend on vibrant local communities to thrive. Most small, locally owned businesses invest in community, helping to transform our towns and communities with a sense of place.

Supporting small businesses, locally owned businesses, has to be more than **EDITORIAL**

places.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambience available by shopping in the heart of a town that is decked out for the season. Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

Frequently, it is the small retail person who is active in fund raising for local charities, for

fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, face some of the toughest challenges imaginable right now. Competition from big box stores and online sellers make the holiday shopping season all the more important to locally-owned retailers.

Everyone will do some of their shopping at the mall. Everyone will do some shopping online. But local shoppers should be sure to save some shopping time and dollars for local stores.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTER TO THE EDITOR

Many To Thank for Virginia Run Turkey Trot's Success

To the Editor:

Thank you participants, volunteers and sponsors of the 23rd annual Thanksgiving Day Virginia Run Turkey Trot.

Thank you Virginia Run and the entire Centreville Community for your continued support of the Thanksgiving Day Turkey Trot. The weather cooperated and we broke another record this year for participants, over 4,700 total runners and walkers. All of the money raised will go to Life with Cancer (LWC). We are hoping to top the \$75,000 that the Turkey Trot raised for the nonprofit group LWC last year. Our thoughts and prayers are with the

family of Wes Neff and we thank them for allowing the event to be held in his memory.

Congratulations to all the finishers of 2k walk and the 5k race. The results of the 5K can be found online www.virginiarun.com/turkeytrot. The overall male winner was Alex Clark from Burke Virginia with a time of 16:05. The overall female winner was Kerry Hartman from Centreville with a time of 18:35. The top male from Virginia Run residents were WHS students Tim Boyles at 18:26 and Lauren Hicks , 2nd year in a row with a time of 19:35.

We want to thank our neighborhood volunteers from Fairfax County Police, Virginia State

Police, Boy Scout Troop 893, Boy Scout Troop 30, Cub Scout Pack 2011, Centreville Volunteer Fire/Rescue Co. 17, Westfield High School Students, Stone Middle School students and all of the Virginia Run residents that came out to help at pack pick up and on Thanksgiving morning. Special thanks to Centreville Presbyterian Church, Korean Central Presbyterian Church and Centreville Baptist Church for allowing the participants to park in their lots. A special thanks also to our community newspaper Centre View who has been covering this event since 1989.

The planning for this event begins in May by an all volunteer committee who spend countless hours ensuring the event is a success. A big thank you to the committee for everything they do: Mary Mitchell, Mirchelle Enright, Dean Jones, Jean Novak, Sandy Boyles, Janet Logan, Steve Boyles, Janet Day, Jim Horstmann, Steve Logan, Jacquelyn Horstmann, Donna Latham, Helaine Newman, Bonnie Majors, John Mitchell, Tom Redmond, Greg Richter, Betsy Higgins, Joanne Royaltey, John Lalley and Brian Gavaghan.

This event could not be possible without the support of our sponsors. The event is presented by Mitchell Eye Institute, John D Mitchell M.D. who is a Virginia Run resident and serves on the committee. In addition we want to recognize all of our sponsors for their generous donations: Ourisman Chantilly Toyota; Edelman Financial Services; Virginia Cancer Specialists; American Windows & Siding of Va.; ElanTech Systems, Inc.; VA Runner; Korean Central Presbyterian Church; Odyssey travel; NOVEC; Luck Stone; DogFish Ale House; ING Financial Partners; M3 Technology Consultants; Louis C. Filippone Orthodontics; Centreville Animal Hospital; Neal B. Jones, DDS; Maahs & VanLarh ,PC.; Sequoia Management Company; Café Right Angle – Dewberry Building; Joseph White Insurance Agency; Gregory Nosal DMD & Family; Mike's Flooring Companies; Richard Donohue, DDS; Securitas Security Services; Cody's 12th Birthday Bash; Neighborhood Know-It-All Realtors; Verizon Federal at Fort Belvoir; Centreville Animal Hospital; Miller Orthodontics; Leading Edge Screen Printing; Chantilly Chiropractic Center; Fairfax Oral & Maxillofacial Surgery; Pacers Running Store; John S. Ehret, DDS, Endodontics; Orthodontics by Crutchfield; Chadwick, Washington, Moriarty, Elmore & Bunn, P.C; Virginia Surgery Associates; Centre View Newspaper; Centreville Presbyterian Church; Greg & Lucy Richter; Cox Farms, and Glory Days.

Also, thank you Great American Restaurants, Rigatoni Grill, Trader Joe's in Centreville, Starbucks Centreville at 28/29, San Vito Restaurant, AAA and Bricks Pizza. Thank you to all.

Dominic Devincenzo and Laurie Horstmann, Event co-directors

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A Connection Newspaper

Lend a Hand to Our Neighbor's Child

FROM PAGE 2

new or in-good-condition baby swing and high chair for a single mother with an infant son."

This is her third year volunteering as an ONC team leader. But for at least 10 years previously, she and her family were involved in donating gifts and clothing, baking cookies and helping deliver the presents to the recipient families on ONC's delivery day.

When asked why she continues giving her time and energy toward helping make ONC's holiday efforts a success, McInerney said volunteering is something she's always done.

"I've been involved in charitable organizations since high school, and my husband helps build homes for Habitat for Humanity on weekends, so it's just a natural part of our lives," she explained. "Helping others is very rewarding and keeps your attention focused away from your own problems."

McInerney said one of her most memorable moments came when she returned to a family's apartment, the day after ONC's normal delivery day, because no one had been home when she initially tried to deliver the gifts.

"When I knocked, the door slowly opened and I identified myself to the small, grandmotherly woman half-hidden behind the door," she recalled. "Her face suddenly brightened; then she burst into tears and

How To Help

♦ This Saturday, Dec. 3, from 9 a.m.-1 p.m., bring toys, games, books and new and like-new clothing to Stone Middle School at 5500 Sully Park Drive in Centreville. Everything will be given to Our Neighbor's Child.

♦ Also on Dec. 3, inside the Fair Lakes Wal-Mart will be a giving tree decorated with paper ornaments containing the age and sex of a child and the item he or she wants for Christmas. Residents may then purchase these items and place them, unwrapped, in the big, ONC gift box outside the front of the store from 9 a.m.-4 p.m. But the giving tree will remain in the store until Dec. 11.

♦ Warm, winter clothes are especially needed. To "adopt" a child and purchase his or her specific clothing needs, e-mail Denise McInerney at volunteer@ourneighborschild.org.

♦ Financial contributions would also be a huge help. Either mail checks payable to Our Neighbor's Child to: Karen Moore, Treasurer, Our Neighbor's Child, P.O. Box 276, Centreville, VA 20120, or make donations via the "donate now" link on the ONC Web site, www.ourneighborschild.org. One hundred percent of all monetary contributions is used to buy gifts for the recipient families.

launched herself forward, hugging me and crying."

"We had an emergency yesterday, and I was so afraid we had missed our chance to have a Christmas for my grandchildren," the woman told McInerney. "Thank you, thank you for coming back."

"We both hugged and cried together," said McInerney. "And that experience has stuck with me. I guess that's the pure essence of why all of us at ONC do this."

NEWS

Sisters Win Disney Princess Contest

FROM PAGE 1

first grade, respectively, at Popular Tree Elementary, and Katie attends Pender Hill Preschool in Fair Oaks.

"The girls love to play princess and make up stories and dances all the time," said Senio. "For the contest, they had to make a 45-second video showing either a scene from a Disney movie, them singing along with a music clip provided or them performing their own, original skit."

They made five skits and one was rejected, so they made one more. "We could submit as many as we wanted," said Senio. "Theirs were among hundreds of entries from all over the world. Alli and Sammi came up with the idea and I photographed it with my iPhone. All three of them pretended to be asleep, dreaming of being at Kensington Palace, where the event would take place."

They included a Kensington Palace sign, and the sisters wore their princess dresses while dancing to a music clip from "Cinderella." Alli dressed as Belle; Sammi, Aurora; and Katie, Cinderella.

When they found out they won, they were thrilled. "I thought we had a big chance because we put in more videos than just one," said Alli. "We were screaming — it was really cool," added Sammi.

"We were the only U.S. winners," said their mom. "The girls hoped to win something, but

didn't think they'd win the grand prize. They just had a great time making the video, and Alli helped me edit it."

It was a trip for four, and Senio and her daughters left for England, Sept. 29, and returned home Oct. 3. "They'd never been on an international flight before, and they enjoyed it," she said. "They ate dinner, fell asleep and woke up in London."

They arrived Sept. 30 and stayed at the Royal Garden Hotel, a five-star hotel outside Kensington Park. "It was amazing and really fancy," said Senio. "We were all impressed. The next night [Oct. 1], we came back from sightseeing and there were fireworks outside our window."

Besides meeting the princesses, she said, the girls also loved playing in Princess Diana's Peter Pan-themed children's playground outside Kensington Palace. (It was Diana's last home).

In addition, they toured the palace and went on a treasure hunt inside it to learn about seven, historic, English princesses. Explained Senio: "Disney wanted to hold it there so the girls would know there are real princesses who've had an impact on the world."

They also shopped a bit in Hamley's, the world's oldest toy store. "It's even bigger than FAO Schwarz in New York," said Senio. "And Disney gave them giant

goody bags of Rapunzel dolls, books, toys, perfume and historical items from Kensington palace."

The sisters did media interviews in Princess Margaret's quarters; and on Oct. 2, the celebration was held. "Worldwide media covered Rapunzel's coronation, and the girls were photographed, interviewed and filmed by them," said their mom. "Katie said she likes Rapunzel because she's got long hair."

The Disney princesses — Ariel, Aurora, Belle, Cinderella, Jasmine, Mulan, Pocahontas, Snow White and Tiana — entered Kensington Park by carriage. They were then presented on a pink carpet at the palace and welcomed into the Disney Princess Royal Court while the Senios and more than 100 other winners from around the world watched.

Next, 10 of the girls — each dressed as a different princess — presented flowers to that princess, and Alli got to give flowers to Aurora. Then came a party with cupcakes and other goodies. "Disney really treated them all like princesses," said Senio. "Every little girl there felt special."

The Senio sisters (from left) Alli, 8, Katie, 3, and Sammi, 7, pose with Rapunzel at London's Kensington Palace.



PHOTO COURTESY OF DISNEY

Sammi and Alli brought back presents for their friends, and their video was shown in their classrooms. "Their teachers and classmates were excited for and proud of them," said Senio. "And Sammi told her friends, 'I'm sure, if you submitted a video, you would have won, too.'"

"I liked making the video because my family was there," said Alli. "We just had fun. My favorite princess is Rapunzel because she stays with one thing and never gives up. It felt magical being onstage and giving Aurora flowers."

She especially likes geography in school and jazz dancing with the Centreville Dance Academy. Alli wants to someday be a doctor, scientist or artist, and she knows anything's possible. After all, she said, "Most of the princesses follow their dreams and have a happy

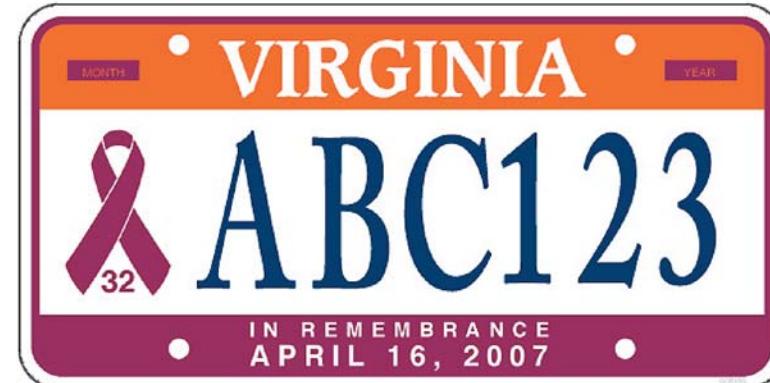
ending."

Sammi's favorite princess is Tiana from "The Princess and the Frog," but she also likes Rapunzel, Cinderella and Sleeping Beauty. In London, she especially enjoyed having a private meeting with Rapunzel. And, she added, "I got a teddy bear and a fairy that can fly."

She, too, does jazz dancing and likes math. When Sammi grows up, she'd like to be "a congressperson, because you get to help make the laws."

All in all, said their mom, they learned from this experience that, "If you work hard, your dreams can come true. When their first video was rejected, they tried again. And Rapunzel and Tiana focus on girl power and show girls that they can work hard, be adventurous and still be princesses. It's not all about the pretty dresses."

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All questions can be directed to Marjorie Castro at m.castro@vtvfamilyfoundation.org or 855-462-7432.



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Turkey Trot Raises \$75,000

FROM PAGE 1

The three fastest male and female Virginia Run residents also received prizes. This year, the fleetest males were, respectively, Timothy Boyles, 16; Kevin Deely, 15; and Daniel Coo, 17. And the quickest females, respectively, were Lauren Hicks, 18; Lindsay Andres, 24; and Kathy Barton, 17.

"It was a terrific turnout and a beautiful morning for the event," said Horstmann. "The founder and director of Life with Cancer [LWC], Gordon Hay — who will be retiring at the end of the year — was out to start the race."

"Everything went well," added DeVincenzo. "I'm exhausted, but very happy."

Virginia Run's Turkey Trot was founded in 1989 and, originally, said Horstmann, its purpose was to promote health, community spirit and raise money for charity. That first year, the money raised by the event went to the American Red Cross; the next two years, Western Fairfax Christian Minis-

Beating the Holiday Blues

BY MARILYN CAMPBELL
CENTRE VIEW

Ask the average person what feelings come to mind as they enter the month of December and you're likely to get responses

that range from joy and excitement to grief and dread.

"Overwhelmed," said a Burke mother of two whose husband is deployed overseas.

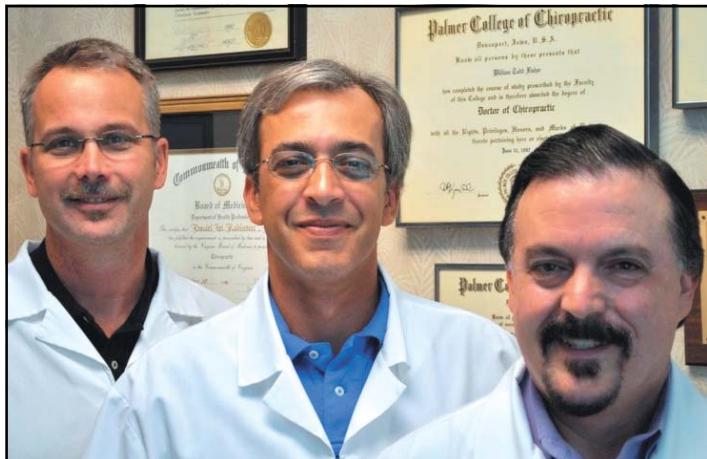
"Nervous," replied an Arlington father of four who recently lost his job.

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Area experts offer advice on keeping money woes, loneliness and family conflict from ruining the holiday season.

For many, what is often billed as the most joyous time of the year can bring anxiety, loneliness and depression.

"The media portrays the holidays as this never ending blissful time," said Lisa Calusic, M.D., a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria. "People [often say] 'I should have a loving, warm family. I should have the perfect holiday season. We should be merry 24-7.' Those expectations are going to lead to depression and feeling anxious because there is no such thing as the perfect anything much less the perfect holiday season."

Mental health experts say that holiday blues are caused most often by family conflicts, over-commercialization, grief, stress, fatigue, unrealistic expectations, financial limitations and an inability to be with family and friends. Local therapists offer suggestions for minimizing Yuletide stress and depression.

Develop A Holiday Strategy

From shopping for presents to dealing with difficult relatives, it is important to think ahead about how you will deal with challenging scenarios. "Plan strategies for how you're going to cope with situations," said Dr. Robert Hedaya, M.D., D.F.A.P.A., Clinical Professor of Psychiatry at Georgetown University School of Medicine and founder of the National Center for Whole Psychiatry in Chevy Chase, Md. "Maybe it is limiting your time with a family or maybe it is getting away for the holiday if you don't have family."

Be Realistic

"Do everything you can not to buy into what the culture or anyone else says your life should look like during this time of year," said Dr. Jeffrey W. Pollard, Executive Director of Counseling and Psychological Services at George Mason University. "There is nothing wrong with having the life that you had three months ago."

Stick to a Budget

Trying to buy happiness or holiday cheer with an abundance of gifts is setting the stage for anxiety and depression.

"One of the other things that happens is that people will put themselves in a financial bind in order to ... make sure everything is perfect or is happening the way that others want it to happen," said Pollard.

Decide how much money you can afford to spend, create a budget and stick to it.

Keeping the Faith

Religious differences can be one of the thorniest issues to negotiate during the holidays.

The home of McLean-based psychotherapist Toni Coleman will sparkle with Hanukkah blue and Christmas red this holiday season, as it does every year. Coleman, who is Catholic, and her husband who is Jewish, have been navigat

SEE LESS IS MORE, PAGE 7

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CENTREVIEW

WELLBEING

Less Is More To Enjoy Holidays

FROM PAGE 6

ing their way through the fusion of Christian and Jewish customs since they were first married nearly 25 years ago.

"When you start out getting married and you're of different faiths, there is a lot of stress if you've got families of origin with agendas who want you to celebrate their way," said Coleman who is the mother of four children. "We negotiated it extremely well."

Coleman and her family celebrate both Hanukkah and Christmas. She encourages others who face the same challenge to keep a positive attitude about both religions, find ways to compromise and start their own traditions.

Acknowledge Feelings; Ask for Help

Feelings of sadness and grief over the loss of a loved one or an inability to be with family and friends can intensify during the holidays. Experts say it is important to acknowledge and express these feelings and ask for help.

"Reach out to your sources of support like friends who know you well and won't make judgments," said Calusic, who lives in Arlington and has a private practice in Falls Church. "It is useful to lean on the people who know you on a day-to-day basis."

Support and companionship can be found through community or religious activities.

More Exercise, Less Sugar and Alcohol

Don't allow the holidays to become a free-for all when it comes to wellness.

"You want to ensure that you're functioning as well as you can mentally and physically as you go into this time of stress," said Hedaya. "If you are going into a rough time you need to have better reserves. You need to limit your use of alcohol or stimulants."

Making an effort to practice healthy habits is a tool in battling holiday blues.

"Exercise is a huge part of it. Go for walks, hit the gym, or any kind of outlet that you can find to release nervous energy and depression," said Calusic. "Everyone loves their cookies and cakes and holiday favorites. But constantly eating sugary and fattening foods definitely has an impact on mood and anxiety levels."

Help Others

Benevolence is a mood booster.

"Is there any opportunity to do some volunteer work," said Pollard, of George Mason. "If you find yourself in a funk and you want to get out of it, help somebody, volunteer somewhere. You'll be surprised how good that can make you feel."

Coleman, the McLean therapist, has employed this strategy and encourages her clients to do the same. "If a family feels that it is going to be a difficult holiday, and they are grieving or have a loss in their life, they can fill it by trying to celebrate the real spirit of the holidays which is doing for others," she said.

Be a Part of CHILDREN'S (& TEENS') CENTRE VIEW

Every year between Christmas and New Year's, Centre View turns its pages over to the contributions of local students. We are seeking artwork, photography, poetry, opinions, short stories and reflections. We welcome contributions from public schools, private schools and students who are home schooled.

E-mail to: centreview@connectionnewspapers.com, or mail (.jpg and text files on disc only) to 1606 King St., Alexandria, VA 22314. Please be sure to include the student's name, age, grade, school and town of residence along with each submission. For information, call 703-778-9410.

CENTRE VIEW



Toni Coleman of McLean prepares to celebrate both Hanukkah and Christmas. Religious differences can create family conflict, a leading cause of stress and depressing during the holidays.

"There is a tremendous amount of pleasure and satisfaction in that."

Environment Plays a Role

Mental health professionals say that some people suffer from seasonal affective disorder (SAD), a condition that results from less exposure to sunlight as days grow shorter.

"It is a mild variant of depression that falls in line with the shorter days of fall and winter," said Calusic. "It is much more common than people give it credit for."

One of the most popular remedies is phototherapy, a treatment involving exposure to intense light.

"The best thing to do is get a dawn simulator which is a small light box that you keep near your bed and set it to go off three hours before your desired waking time. It recreates the dawn experience. It is the best form of light treatment."

Learn to Say No

"In our area people have one or two [holiday activities] every night," said Linda Berg-Cross, Ph.D. a Potomac, Md.-based clinical psychologist and a professor in the Department of Psychology at Howard University. "[People] want to create merriment, but what they're creating is stress. The best motto for preventing holiday stress and depression is less is more."

Making realistic decisions about what you can and cannot do will quell anxiety.

"The key ... is to make a plan that allows you to include the most meaningful [activities] only," said Coleman. "This involves conscious decisions to forego some things and set limits on others."

Berg-Cross encourages her clients to focus on connecting with others. "Whatever you decide to do try to be present in it and experience that engagement," she said. "The top priority [should be] that you had chance to sit down with somebody and breathe and create space for the human encounter because ultimately that is what people most often remember."

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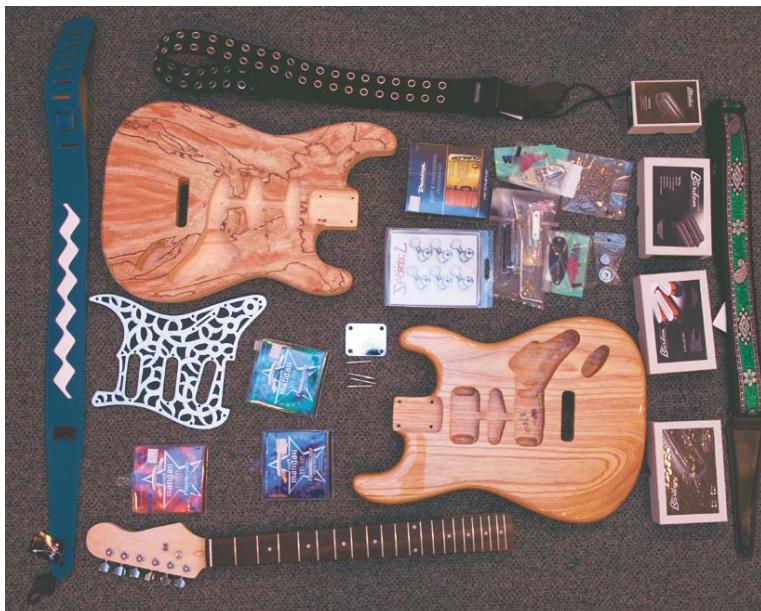
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HOLIDAY GIFT GUIDE



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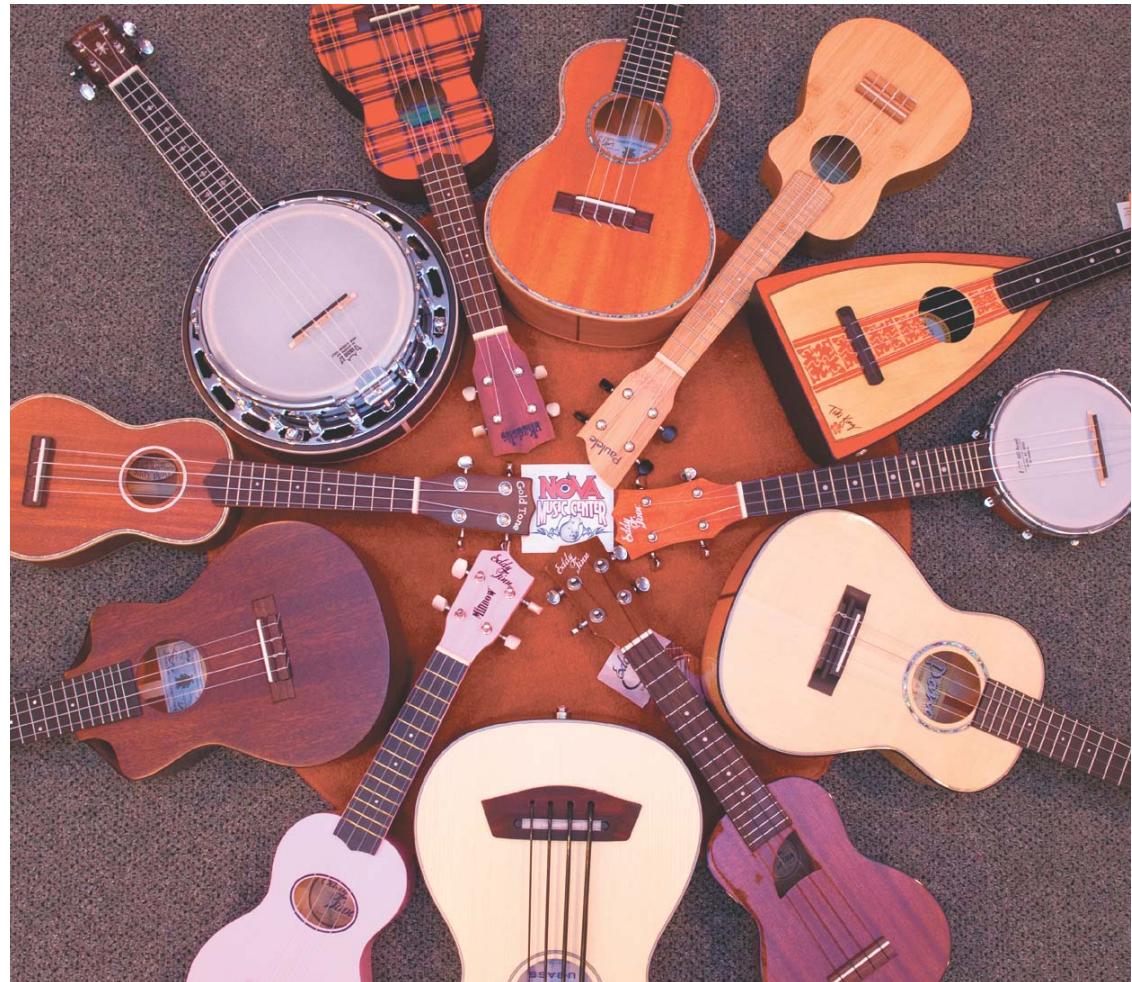
looking Fluke? Have you always dreamed of renting a studio to lay down some tracks in a digital recording studio? Need stocking stuffers for the musician in your life? Head to the NOVA Music Center in Clifton! For more information go to the website: www.novamusiccenter.com



The model train display at KMA Junction has many hidden details – including the tiny engineers on this engine.

KMA Junction

Model train enthusiasts should make a trip to KMA Junction in Manassas, a model train shop with an impressive holiday display in multiple train gages. Proprietor Fran Fortes changes the display three times a year, but pulled out all the stops in this year's display, designed with the help of Manassas resident Rod Gillette. At the shop one can purchase O, O-27, HO, and N gages, as well as get repairs on O and S gage sets, and make special orders. For the holidays, the shop offers starter sets for first-time modelers, or those interested in getting their children started with model trains. For more information, see www.kmajunction.com.



PHOTOS BY DEB COBB/CENTRE VIEW

The NOVA Music Center has the largest selection of ukuleles in the metro area. Find beautiful Flukes, rare Banjoleles, a bass-ukulele, and even a "green" ukulele made out of bamboo. Need a ukulele to match your kilt? The NOVA Music Center even offers a "Scottish" ukulele that is plaid. For more information see www.novamusiccenter.com



KMA Junction proprietor Fran Fortes has created an elaborately detailed model railroad winter scene for the holidays. For almost 18 years, Fortes has revised the layout and added special touches — including people hanging lights on their houses

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ENTERTAINMENT

TUESDAYS AND THURSDAYS

Centreville Stitchers welcome adults who enjoy knitting, crocheting, or other needlework crafts and conversation. Join us at the Centreville Regional Library, 14200 St. Germain Dr., Centreville. Admission is free. Contact Jo at 703-803-0595 or email johnkitter@verizon.net.

- ❖ Tuesday, Dec. 13 - 6:30 to 8:30 p.m.
- ❖ Thursday, Dec. 22 - 1:30 to 3:30 p.m.

MONDAYS AND WEDNESDAYS

ZUMBA Classes. 7 to 8 p.m. Latin based dance fitness class. The first class is free; afterward it's \$7-\$9 per class. At Cornerstone Montessori School, 4455 Brookfield Corporate Drive, Suite 201, Chantilly. Visit www.gozumbafun.com.

NOW THROUGH DEC. 25

Enchanted Ice Palace. 10 a.m. At Fair Oaks Mall's Grand Court, the Ice Palace features falling snow, interactive elements, footage of arctic animals and landscapes along with stories and fun facts. The stroll concludes with a visit with Santa and Mrs. Claus. Guests will have four opportunities to have their pets' pictures taken with Santa. The annual "Santa Paws" will be offered on

Sunday, Nov. 20 from 8 a.m. to 10 a.m.; Sunday, Dec. 4 from 8 a.m. to 10 a.m. and again from 7:30 p.m. to 9:30 p.m.; and on Sunday, Dec. 11 from 7:30 p.m. to 9:30 p.m. Visit www.ShopFairOaksMall.com.

NOW THROUGH JAN. 8

Bull Run Festival of Lights &

Holiday Village. Admission: Monday - Thursday \$15 Cars or vans (1-14 people), \$25 Van (15-34 people), \$50 Bus (35 or more people); Friday, Saturday, Sunday & Holidays \$20 Cars or vans (1-14 people), \$30 Van (15-34 people), \$55 Bus (35 or more people). Monday - Thursday: 5:30 to 9:30 p.m.; Fridays - Sunday and holidays: 5:30 to 10 p.m. At Bull Run Regional Park, 7700 Bull Run Drive, Centreville.

FRIDAY/DEC. 2

Ultimate NOVA Business Expo. 8 a.m. to 1 p.m. Featuring 120 exhibitors and 15 sponsors. Highlights of the expo will be guest speakers Gerald Gordon, Ph.D., president and CEO of the Fairfax County Economic Development and Authority, and Kristina Bouweiri, president and CEO of Reston Limousine. At Northern Virginia Sportsplex (formerly Hoop Magic), 14810 Murdock St., Chantilly. Visit www.ulitzexpo.com or contact Basile Lemba at 703-359-5642 or basilelemba@yahoo.com.

Swing Dancing. 9 p.m. to midnight. Admission is \$15. With the band, Rockin' Bones. Beginner drop-in swing lesson from 8:30 to 9 p.m.; dancing



SATURDAY/DEC. 3

Plaid Tidings. 7:30 p.m. Tickets are \$10. Get into the Christmas spirit when Westfield Theatre Boosters and Zemfira Stage present the holiday musical comedy confection "Plaid Tidings," written by Stuart Ross and directed by Zina Bleck. Funds from this special benefit performance will be used to fund scholarships and field trips for Theatre students. Clockwise from bottom left are Charlie Manship (Sparky), Jim Mitchell (Smudge), Brian Johnson (Frankie), Joe Philipoon (Jinx) and Meganne Johnson (Christmas angel). Performed at Westfield High School, 4700 Stonecroft Blvd., Chantilly. An additional seven performances of "Plaid Tidings" will be presented at The Lyceum in Alexandria on Nov. 30 through Dec. 11. For more information, visit www.westfieldtheatreboosters.com or call 703-488-6439.



DEC. 10 AND 11

"The Nutcracker Ballet." Tickets are \$12/adults; \$10/students, children, seniors. Saturday, Dec. 10 at 3 p.m.; Sunday, Dec. 11 at 4 p.m. Sponsored by the Centreville High School Drama Boosters. All proceeds benefit CVHS Drama Scholarships and Gold Star Wives of America Inc. At Centreville High School, 6001 Union Mill Road, Clifton. For tickets, contact: JoEllen Staub joellenathome@cox.net or call: 703-988-0567.

from 9 p.m. to midnight. At the Hilton Washington Dulles Airport Hotel, 13869 Park Center Road, Herndon.

SATURDAY/DEC. 3

Clifton Candlelight Tour. 4 to 7 p.m. The Holiday Horse Parade and Contest, sponsored by the Clifton Horse Society, begins at 2 p.m. Following the Parade and Contest, visit Town shops and restaurants. The Candlelight Homes Tour begins at 4 p.m. and includes five Holiday Homes, two Churches with live music, the Clifton Caboose and the Masonic Acacia Lodge. Tickets are for sale in the Town of Clifton at A Flower Blooms, NOVA Music and T&K Treasures. Also at Picket Fence in Burke and Banner's Hallmark in Centreville. All events take place in the Historic Town of Clifton.

GuitarArt Reception. 7 to 10 p.m. GuitarArt by J. Douglas Vokes. There will be demonstrations of the guitars, as well as a chance to meet and chat with Vokes. The guitars will be available for viewing or purchase through the month of December. At NOVA Music Center in historic Clifton. At 12704 Chapel Rd, Clifton; visit www.NOVAMusicCenter.com or call 703-830-7141.

Library Open House. 2 to 3 p.m. Enjoy music and other activities. At the Centreville Regional Library, 14200 St. Germain Dr., Centreville. Call 703-830-2223.

Gifts That Give Hope Alternative Gift Fair. 10 a.m. to 3 p.m. Free.

Honor special people in your life by giving gifts that benefit others through local non-profit organizations. Hosted by the Giving Circle of HOPE. At Truro Church, 10520 Main St., Fairfax. Visit www.givingcircleofhope.org.

Holiday Treats for Sully Critters. 1 p.m. Create a treat for woodland friends whose ancestors may have lived at Sully. Using natural materials make edible ornaments for the birds and squirrels. Hang one on a tree in the park and take one home for your own backyard critters. At Sully Historic Site, 3650 Historic Sully Way, Chantilly. Call 703-437-1794.

Winter Fest. 10 a.m. to 3 p.m. Free. Four activities: A silent auction, a craft fair, a chili cook-off (R.B., the GM of Hard Times Café in Fairfax will be on hand to judge the event at 12:30 p.m.) and a LEGO Challenge. At Poplar Tree Elementary School. Visit www.poplartreepta.com.

TUESDAY/DEC. 6

Colonial Flower Workshop. 3 p.m. Cost is \$45. In 1795, Mrs. Lee wrote of her love for gardening. In this workshop, create your own floral work of art to enjoy throughout the holidays. Fresh and dried flowers as well as seasonal materials will be provided in this class taught by a florist. At Sully Historic Site, 3650 Historic Sully Way, Chantilly. Call 703-437-1794.

WEDNESDAY/DEC. 7

Arlington ArtWorks Holiday Sale. 10 a.m. to 2 p.m. Some items for sale include a variety of fused glass pieces, handmade cards and ornaments. Arlington ArtWorks provides a therapeutic setting in which individuals with disabilities expand their creative talents through various artistic media. At Community Residences, 14160 Newbrook Drive, Chantilly. Contact Heather Zwicker at hzwicker@comres.org, 703-842-2340.

THURSDAY/DEC. 8

Lecture "Battle of Dranesville, VA" 150th Anniversary Event. 7 p.m. Free. Speaker Mr. Mark Trbovich discusses the "Battle of Dranesville, VA" at this special 150th anniversary lecture. Event sponsored by the Bull Run Civil War Round Table. At Centreville Regional Library, 14200 St. Germain Dr., Centreville. Call 703-830-2223.

FRIDAY/DEC. 9

Holiday Used Book Sale. 10 a.m.-6 p.m. Centreville Regional Library, 14200 St. Germain Drive, Centreville. 703-830-2223 or Friendsofcentrevillelibrary.blogspot.com or call 703-488-6439.

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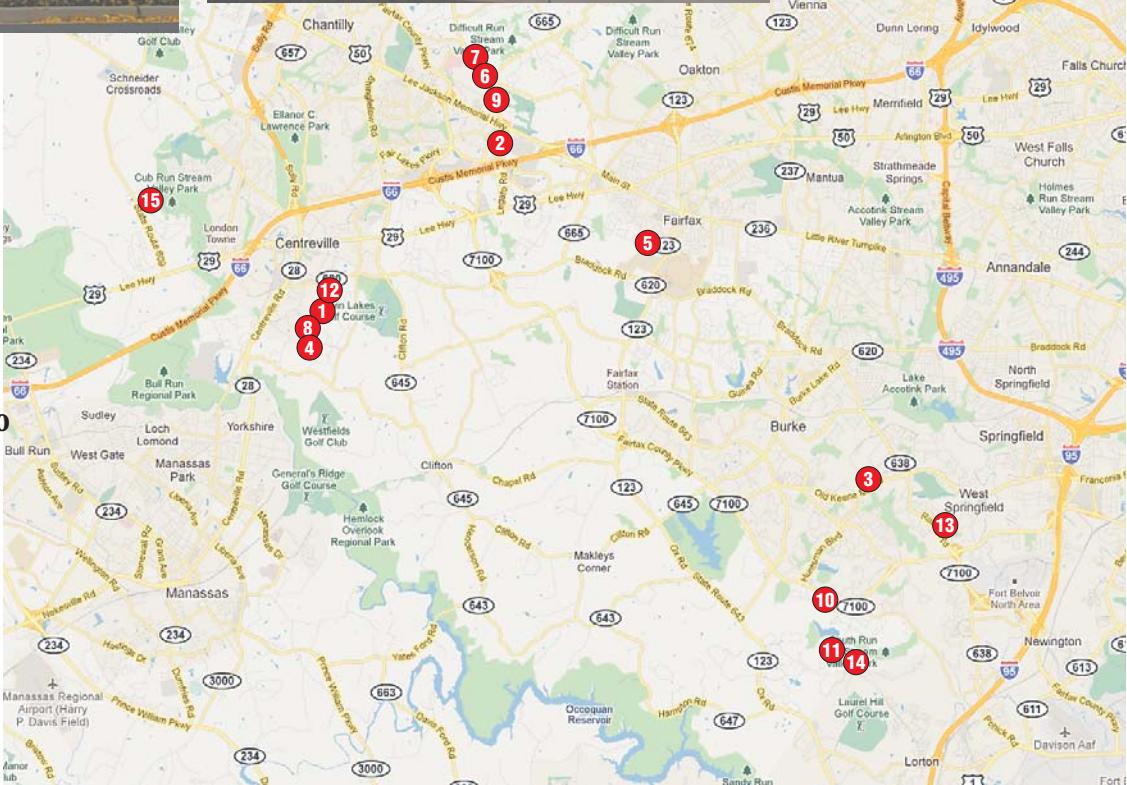
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NEWS

A Christmastime Wonderland

Clifton home's holiday decorations unique, animated.

BY BONNIE HOBBS
CENTRE VIEW

There are homes decorated for the holidays — and then there's Jerry Martoncik's house.

Not only does he have a vast array of holiday sights and scenes adorning his front yard, but he designed, built and animated them.

"It takes 25 full days to get everything up and working," he said. "People tell me they have to come back two and three times to see it all."

Martoncik, 68, is a former computer-systems developer who, for 11 years now, has put his skills and experience to good use creating a winter wonderland outside his Clifton home. The lights go on, the day after Thanksgiving, and stay on through Jan. 2.

"When my son was 10 or 12 years old, he wanted me to build some yard displays, but I didn't have the time," said Martoncik. "But when I retired and he was 17 or 18, we started building them together."

Since then, word's gotten out about the holiday fantasyland in his yard and, each year, people come from miles around to see the colorful animations. "But you can't just drive by, or you'll miss a lot of it," he said. "You've got to stop, take time and really look at things."

Of course, there are lots of lighted stationary items, such as candy canes, Christmas ornaments and poinsettias, plus small-scale animations. But the showstoppers are the 11 illuminated, computer-controlled, animated scenes. They include a ski jump, a fox chasing a rabbit and a snowball fight during which the snowballs usually miss their targets but, every so often, hit their mark.

A girl in a sled rides downhill and penguins slide down a glacier into a pond of water. Two reindeer ride on a seesaw, alternating being up and down, and there's a scene of a one-horse, open sleigh loaded with presents.

"A big crowd-pleaser is the flying Santa," said Martoncik. "He goes from the North Pole to my house with a sleigh and a team of reindeer. Then Santa walks across the roof to the chimney, goes down it and back up and then walks to his sleigh. When I first put him up, about four years ago, tons of people came by. For about 2 and a half hours on Christmas Eve, 70-80 adults with toddlers were watching him from my driveway."

Also popular is the skating snowman. With his hands on his hips, he turns to his right and his feet go into a skating position. Then he skates down the ice, slips, tumbles and lands on his head and hands, upside down in the snow. Then a sign comes on reading, "Oops." Martoncik said people also like the sign saying, "Hey, kids, watch me." And then children enjoy watching the snowman's antics because "he's like a clown on ice."

But, said Martoncik, "The highlight of the whole thing is the Nativity scene. Inside are 86 different characters, either moving in unison or at different times. There are descending angels, shepherds walking, plus wise men riding camels."

He and his son, daughter and wife plan out the entire, yard display each year. Almost 100,000 lights and more than 10,000 feet of wire make it all "come alive." And for 1 and a half months, Martoncik's electric bill increases by about \$170/month. But he doesn't mind because he knows it brings so much



PHOTO BY DEB COBB/THE CONNECTION

Jerry Martoncik creates a winter wonderland outside his Clifton house. His sense of humor is evident throughout his elaborate light display: In this vignette, a snowman takes a spill on some ice.

joy to others.

"There's a lot to it," he said. "A couple years ago, a guy and his family who'd just come back from Disneyworld said Disney didn't have anything for the holidays as extensive and detailed as this."

That's why Martoncik's so proud of his display. "I make it all," he said. "I've always been mechanically inclined. I'd start with an idea and figure out how to do it."

Each animated scene is operated by a computer called a microcontroller, programmed to cause each character in each scene to move and to go on and off at certain times. "I created all the circuit boards to make the computer operate," said Martoncik. "But I used to develop computer systems, so that was right up my alley. And I enjoyed the mere challenge of taking it on and seeing if I could do it."

So what's his favorite part? "I like the Nativity scene best because it's the reason for the season," he said. "And when you watch it, you can see the whole story of the Nativity taking place."

Still, it's a tremendous amount of work, each year, to make the display possible. "We started repairing things in October and setting it up outside, Nov. 1," said Martoncik. "It's such a big job and a time-consuming effort. But it's a good hobby and I've always liked to do it. I also enjoy talking to the people who come by. And I want to give people who've never seen it before the opportunity to do so."

However, for their own safety, visitors are not allowed to walk down Martoncik's driveway or go inside the display, itself. They're encouraged to get out of their cars for a better look, but they should remain on his cul-de-sac's gravel road. If it's raining, the lights won't be on. But, said Martoncik, "The lights look great in the snow." His address is 6512 Hanover Heights Trail. From Clifton Road, at the triangle before the Town of Clifton, turn left onto Newman Road, right on Fairfax Station Road and left on Hanover Heights. "The house is on the left," said Martoncik. "You can't miss it."

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SPORTS

Centreville Holds off Late Bulldog Rush in Title Game

Coward blocks late field goal
as Wildcats defeat Westfield 27-24.

BY RICH SANDERS
CENTRE VIEW

When the Centreville High football team looked to be in danger of losing a late game lead in last Saturday afternoon's Div. 6 Northern Region championship game at local rival Westfield, the Wildcats displayed the fortitude and character which they have showcased all season long throughout their marvelous autumn.

With Westfield threatening to tie the game or take the lead over the final six minutes, Centreville stood up admirably to the game's — and perhaps the season's — greatest test. Centreville held off a determined, previously unbeaten Westfield team, 27-24, to gain its first region crown since 2000 and earn a trip to the state AAA playoffs. Two late game defensive stands by the Wildcats, and a blocked field goal by Connor Coward with a minute remaining, clinched the hard-fought win for Centreville. The Wildcats (12-1) are now set to take on Central Region champion Hermitage High in a state semifinals game this Saturday in Richmond.

"This is my first [region title] as a head coach and I will remember this for a long time," said Centreville head coach Chris Haddock, the former Fairfax High coach who is completing his second season with the Wildcats. "These kids deserve this. They have worked hard and set goals. They've done everything I've asked."

Westfield, with the finals lost, finished 12-1 in head coach Kyle Simmons' first season. It was a spectacular year for the Bulldogs, this year's Concorde District champions. In Saturday's game, Westfield nearly overcame a 27-10 fourth quarter lead but ended up falling short.

"I am very proud of our kids and staff," said Simmons. "They gave great effort to battle back from 17 points down. Centreville has a very good team and Coach Haddock and his staff should be commended on the great job they have done. I wish them luck against Hermitage and I can't wait for the sting from this game to subside. I know it will never go away."

CENTREVILLE went 9-3 last year in Haddock's first season as head coach at Centreville — a successful record for certain. However, the Wildcats, to a man, felt disappointed with the way the 2010 season ended — with three losses over their final four games, including a region semifinals loss to Chantilly. Haddock felt his team had physically weakened down the stretch.

But that was hardly the case this season following an offseason which saw the Centreville players work especially hard in the weight room and in overall conditioning for 2011.

"We did work hard in the weight room," said Haddock. "I think we had a clear purpose and specific goals in mind while we were

preparing in the off-season."

Centreville won its first eight games before finally experiencing its first loss of the season — a 13-10 overtime defeat at the hands of Concorde District opponent Westfield in a week nine game on Oct. 26. But the Wildcats came roaring back with a dominating 42-14 district road win at Oakton to conclude the regular season, then won home playoff games over both Fairfax, 42-19, and two-time defending region champion Lake Braddock, 21-18, to reach the championship game and a second meeting with Westfield.

The title game, played in front of a packed, standing room only crowd of 10,000 fans at Westfield, was riveting from start to finish with big scoring plays on offense, standout special team plays, and the late game Centreville defensive stands which helped save the day for the Wildcats after Westfield had stormed back from a 27-10 fourth quarter deficit with a pair of touchdowns, within two minutes of one another, to get within 27-24 with just over eight minutes remaining in the fourth quarter.

Centreville, which led 20-10 at halftime, looked to be on the verge of winning with relative ease when quarterback Mitch Ferrick, on the third play of the fourth quarter, took the ball into the end zone on a one yard quarterback sneak to give the Wildcats a 27-10 lead. But Westfield answered with consecutive possessions that resulted in touchdowns — a 22-yard run off the right side by standout running back Kendell Anderson, and a QB sneak by Matt Pisarcik — over the next two-plus minutes. The second Westfield score during that stretch was set up by a long Anderson punt return down the right sideline which brought a roar from the home side of the stadium and got the ball to the one yard line.

So the game's momentum, following Westfield's consecutive touchdowns, was now on the Bulldogs' side with plenty of time remaining.

The Wildcats' offense, on its first possession after Westfield had gotten within 27-24, could not earn a first down and had to punt. So Westfield, beginning its third possession of the final quarter, had a first-and-10 at its own 45 yard line with 5 minutes, 58 seconds remaining. The Bulldogs, over the next three plays, moved the ball to the Centreville 27 yard line. On two of the plays, Pisarcik connected on passes to senior receiver Quentin Basil, the latter covering 15 yards to the 27.

BUT CENTREVILLE'S DEFENSE came to the forefront moments later when, on a third-and-10 from the 27, Wildcat senior linebacker Ken Ekanem, one of the region's best all-around players, broke through for a QB sack that resulted in a nine-yard loss back to the 36, pushing Westfield out of field goal range and forcing a punt.

Centreville's offense, wanting to run out the

More

To read more stories about the region title game and related stories, go to connectionnewspapers.com and go to Centre View North Sports.



PHOTOS BY CRAIG STERBUTZEL/CENTRE VIEW

Quentin Basil caught a 29 yard touchdown pass on Westfield's first possession of the game.



PHOTOS BY CRAIG STERBUTZEL/CENTRE VIEW

Centreville High quarterback Mitch Ferrick (14) releases the ball under pressure during Saturday's Div. 6 region finals game at Westfield.

clock, moved the ball from its own 10 to the 36 before having to punt. So Westfield once again took over — this time at its own 30 with 3:25 left. The Bulldogs, with plenty of time to tie the game or go ahead, moved the ball to the Centreville 40. A six-yard sack by Centreville junior lineman Connor Howell put Westfield in a second-and-11 hole, but Pisarcik responded by hitting Basil for a nine yard pass gain. Then, two plays later - on a do-or-die, fourth-and-two play — Pisarcik, on a rollout right, somehow was able to throw the ball between the outstretched arms of a charging rusher and into the arms of receiver Mark Behne for a 10 yard pickup to the 27 for a huge first down.

Anderson, on the next play, picked up five yards to the 22. But solid play in the Centreville secondary resulted in consecutive incomplete passes, and Westfield field goal kicker Matt Delaney, who had converted a 36 yarder on the final play of the first half, came into the game to attempt a 39 yarder with just over a minute remaining. But Centreville's Coward, coming off the right side, blocked the kick to end Westfield's chances. Centreville's offense then ran out the remain-

der of the clock with QB Ferrick taking a knee on three straight plays to end the game.

When the game clock hit zero, a sea of Centreville students, from the far side bleachers, stormed the field in celebration.

Centreville's defense, after Westfield had scored the two touchdowns earlier in the fourth quarter, had weathered the Bulldogs' scoring threats thereafter.

"Our defense bent a little bit did not break," said Centreville senior linebacker Matt Vlissides. "That last drove we held together."

"Our defense, which I think has been an underrated group all season long, stepped up," said coach Haddock.

It was a deflating ending to the season for Westfield, which went into the region title game unbeaten after playoff wins over Robinson and West Potomac. But the Bulldogs, even in the defeat, had shown great resilience in getting back into the game in the final quarter.

"In our hearts we never gave up and we stayed poised," said Basil, Westfield's outstanding senior receiver. "We felt we could come back. I'll remember this game the rest of my life. It was a great atmosphere."

SPORTS

Smith and Anderson: Some Powerful Running in Region Finals

Centreville's Manny Smith scores twice, while Westfield's Kendall Anderson sparks comeback with long punt return.

BY RICH SANDERS
CENTRE VIEW

Two of the Northern Region's top running backs shined in Saturday's Div. 6 region championship football game between Centreville and home team Westfield.

Manny Smith of Centreville and Kendall Anderson of Westfield, both seniors, have been making big plays all season long for their respective teams. Saturday, when the Wildcats and Bulldogs went head to head, both skill position standouts had typically good games.

The sturdy 5-foot-8 inch, 195-pound Smith was involved in the bulk of Centreville's offensive plays, carrying the ball 30 times for 80 yards. While Smith did not break free for any big gains - his longest run being eight yards - he did score a pair of touchdowns (1 and six yards) in the second quarter in helping the Wildcats build a 20-10 half-time lead. He also brought balance to a Centreville offense which totaled over 100 yards on the ground and also fared well in the air behind the passing of quarterback Mitch Ferrick (10-of-21, 160 yards). Ferrick threw no interceptions and scored on a quarterback sneak early in the fourth quarter to give his team a 27-10 lead.

"We knew on offense we'd have to be balanced [between the running and passing game] if we were going to be successful," said Centreville coach Chris Haddock. "Mitch Ferrick did a great job running the offense."

Smith was the workhorse for the Wildcats with his numerous carries. Naturally, the Westfield defense was focused on him.

"We knew they would key on the run, especially on me," said Smith. "We relied on our linemen."

One of those offensive linemen is sophomore center Josh Smith, Manny's younger brother.

"We looked each other in the eye and said, 'Do you want to win or not?'" said Manny Smith, recalling the encouraging-in-tone, game conversations between the linemen and him.

While Smith's presence helped Ferrick and the passing game, it also helped backfield mate Connor Coward. On an end around type play in the second quarter, Ferrick faked a handoff to Smith before giving the football to Coward, who took it down the left sideline for a 45-yard

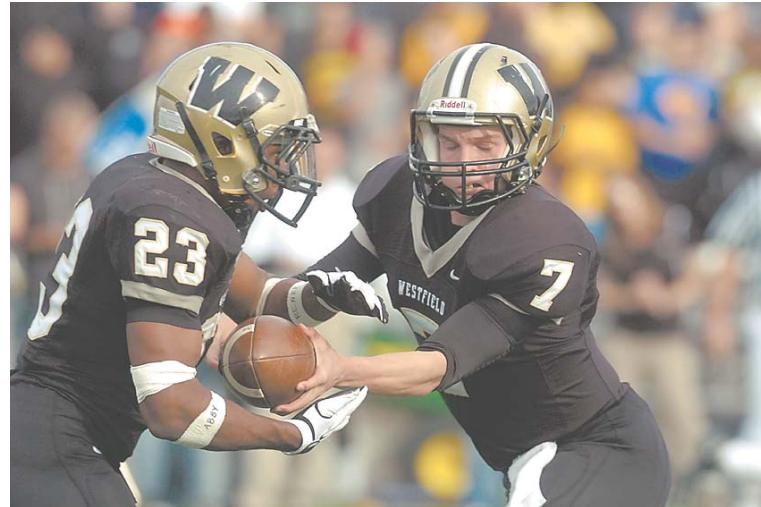


PHOTO BY CRAIG STERBUTZEL/CENTRE VIEW

Kendall Anderson receives the handoff from QB Matt Pisarcik during the Div. 6 title game.

gain to the one. Smith scored standing off the left side on the following play to give Centreville its first lead of the game after having trailed 7-3.

"Mitch faked it to me and I knew [the defense] would follow me," said Smith, of the play. "Connor took it down the field."

Smith's second touchdown, from six yards out, capped a seven-play, 57-yard Centreville drive and gave the Wildcats a 17-7 lead with just over five minutes remaining in the half. The touchdown play came on a third-and-goal from the six. Ferrick was in the shotgun formation and, upon receiving the snap, gave the ball to Smith, who ran the ball in off the right side. Ironically, coach Haddock had been signaling one of the officials for a timeout just before the snap from center. As it turned out, the coach is probably glad the official did not blow the whistle before the play got off.

ANDERSON, Westfield's star back, rushed for 105 yards on 17 carries. The 5-9, 185-pound 12th grader was at his best late in the game in helping the Bulldogs get back into the contest.

After Centreville went ahead 27-10 early in the fourth quarter, Westfield, with a sense of urgency, came right back with a dominating 75-yard drive which took just three plays. Anderson, on the first play, took a pass off the right side from quarterback Matt Pisarcik and picked up 20 yards. On the next play, Pisarcik (15-of-28, 210 yards) connected with senior wideout Quentin Basil for 33 yards to the Centreville 22. From there, Anderson, on the

next play, took a handoff right, maneuvered through some pursuers and broke free into open field and into the right side of the end zone.

Several minutes later, Centreville was in punt formation from its own 25. Westfield, trailing just 27-17 now, was about to get the ball back. Coward, the Centreville punter, got off a good boot. Anderson received it well beyond midfield. He moved right, evading a pursuer, and towards the sideline before turning up field. With the large Westfield crowd roaring him on in the backdrop, Anderson raced down the sideline. Over the final 30 yards or so he had to get past a couple of Centreville players and did so before finally getting tackled at the one yard line.

From there, quarterback Pisarcik took it right into the end zone on a first down sneak play up the middle. Following the extra point, the Bulldogs were within 27-24 with just over eight minutes left.

Anderson's final carry of the game came later in the fourth quarter, with Westfield still down by three, when he picked up five yards to the Centreville 22 yard line. Westfield got no closer and Centreville ultimately blocked a game-tying field goal try.

Anderson displayed his running prowess right from the start of the game when, on the first play from scrimmage, he took a handoff left and gained 26 yards to the Wildcats' 29 yard line. On the next play, Pisarcik threw a long, high sideline pass down the right side of the field that was caught by Quentin Basil for the score. And that was the start to a game of big plays from both teams, including the premier running backs from each squad.

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All For One (At a Minimum)



By KENNETH B. LOURIE

As mentioned in last week's column, recently I was invited by Genentech/Astellas, the manufacturers of the anti-cancer, targeted treatment drug, Avastin (with which I've been infused for nearly 33 months), and Tarceva (an oral anti-cancer drug which I've never been prescribed) – among others, to participate in a Satellite Media Tour (series of television and radio interviews) in Salt Lake City to help raise lung cancer awareness during Lung Cancer Awareness Month (November, 2011). Much of what I learned was summarized in last week's column. To review and highlight once again: lung cancer is the deadliest form of cancer, combining for more deaths annually (160,000) than breast, prostate and colon cancer combined.

Along with Dr. Wallace Akerley, a nationally-recognized, medical oncologist from the University of Utah, Huntsman Cancer Institute and John Casterline from Orlando, FL., a five-year stage IV lung cancer survivor (originally diagnosed in August, 2006), the three of us were interviewed by 21 different television and radio stations over a five-hour period. Three of the stations had national audiences; most were local, however, from Altoona-Johnstown, Pennsylvania to Miami, Florida to New York City to Phoenix, Arizona, with multiple other media outlets along the way.

The format was similar in each interview. Dr. Akerley began by answering a question – the one most often asked, anyway, concerning the most common misperceptions about lung cancer: "Lung cancer is actually a whole series of cancers. Fifteen percent of lung cancer patients are non-smokers. The discovery of genetic mutations in cancer cells have led to targeted treatments that harm the cell more than the patient, minimizing side effects." The doctor provided the facts and context for John and I to provide the feelings – which we did.

John spoke first and shared his unique journey. After being diagnosed in August, 2006 (seven years after he stopped smoking), he has survived, thrived even, offering these five recommendations: "maintain a positive mental attitude, eat five vegetables and four fruits daily; organic if possible, exercise five to six days a week, take your time to get a second, even a third opinion about the doctor and the facility that you choose to treat you," and finally he credits the drug Tarceva for his success.

Then I spoke, always in response to the same question about my story. My story is a little different from John's. "I am a lifelong non-smoker, with a family history – going back to grandparents on both sides, of NO CANCER. In addition, neither of my parents smoked cigarettes during my life, and since I've not worked in an office – and my wife never smoked cigarettes, my exposure to second-hand smoke has been minimal. Yet, here I am, at age 54, diagnosed with stage IV lung cancer, a terminal disease."

Dr. Akerley then answered a follow-up question to finish about where one can go for additional information. He suggested "first discussing symptoms with your doc," but also referred those interested to three Websites: "Lungcanceralliance.org, cancer.net and cancer.gov where they could find very user-friendly content," that he himself uses.

Each segment lasted about a minute. Occasionally, there were follow-up questions, as time allowed. There were no call-ins. The interviews were back-to-back with frequent breaks. It was not hard labor nor was there any heavy lifting. It was a bit fatiguing but we were directed well, hydrated well and fed well. Initial feedback has been positive.

It was an honor and a privilege to assist in promoting lung cancer awareness. If I had to do it over again, I would – in a heartbeat, which, thanks to Avastin, is still beating strongly, nearly 33 months post-diagnosis.

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

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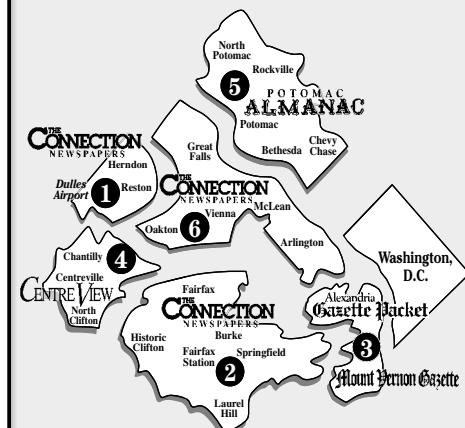
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Business and Community Partnership News from Fairfax County Public Schools

In 2007, *Time* magazine called Fairfax County "one of the great economic success stories of our time." In 2011 that edict still rings true despite the challenging economics surrounding us. Fairfax County is faring better than most metropolitan areas. Fairfax County Economic Development Authority President and CEO Gerald Gordon, Ph.D., says Fairfax County continues to do well because of its exceptional educational offerings. "The Fairfax County school system is arguably one of the best public education systems in the United States," he said.

Fairfax County Public Schools is exceptional because business and community organizations are engaged in ways that are good for students and good for organizations.

The FCPS Office of Business and Community Partnerships recruits and supports business partners who want to work with students and the school system. More than 150 Fairfax County schools have a partnership with one or more businesses or community organizations.

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1. Mentor a Child
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Learn more about becoming a Fairfax County Public School partner. Visit www.fcps.edu and click on Community

In FY 2009, the Business and Community Partnerships team helped secure more than a million dollars in donations of money and valued goods through partnerships and direct donations, not including the value of volunteer hours contributed by partners and mentors.

Foundation for Fairfax County Public Schools
The Foundation for Fairfax County Public Schools is a partnership between the Fairfax Chamber of Commerce and the school system. It was established to enhance academic offerings, support teacher excellence and provide resources to the school system based on priorities and needs, through an endowment program. For more details, visit www.fairfaxchamber.org/educationfoundation.

Examples of How Local Businesses and Organizations Team Up With FCPS

The **Rotary Club of Bailey's Crossroads** has partnered with J.E.B. Stuart High School in Falls Church for more than 10 years and was named FCPS Partner of the Year in 2010. This partnership's focus is on literacy, particularly through the school's Interact Club, which places 200 student volunteers into the community working with underprivileged individuals. Interact Club members also tutor and mentor young students at a local computer lab. The Rotary Club is actively involved in the Culmore Support on Suspension (SOS) program, providing a supervised, safe learning environment for students from Stuart and Glasgow Middle School who are suspended from school.

Helping students gain real-world experience as actors is one way **Cox Farms** partners with Westfield High School in Chantilly. Students are recruited for actor positions in "Fields of Fear," popular fright nights performed at the annual fall festival. Cox Farms also provides seasonal internships to students who want to acquire paid job experience in other areas such as agriculture, horticulture, animal science, stage management and food service. When the Westfield theatre troupe needs set props such as plants, construction materials, and other items, they turn to Cox Farms who donates and delivers them.

Capital Caring, a hospice program, provides career experience to students as a West Potomac Academy business partner.

Students volunteer at Capital Caring in Alexandria through their health and medical science courses. "We are thrilled to partner with West Potomac Academy," said CEO and President of Capital Caring Malene Davis. "It is critical that we prepare the younger generation to work in health care and hospice, especially as our nation's aging population surges. This alliance will help students grow and develop on many levels, while serving our Capital Caring community. It's a true 'win win' from my perspective."

Students receive valuable hands-on experience under the guidance of staff, who discuss the philosophy and operation of a hospice program. The academy provides student volunteers unique opportunities to support the hospice through their classes in fashion design, professional television production, dance, music, computer technology, graphic design, and criminal justice. By volunteering, students also earn credits to meet graduation requirements and as well as the civics seal on their diploma.

"Our partnership not only supports gaining career experiences and volunteer hours but these opportunities allow students to give of their time and of themselves and make a difference in people's lives," said Maria Kappel, Career Experience Specialist at West Potomac Academy.



Word of Thanks

Thank you to the voters of Fairfax County for passing the 2011 School Bond Referendum! Your support will help to fund \$252.7 million for school renovations and construction.

Broadband CNCT Partnership

This goal of the Broadband Computers & Neighbors Coming Together (CNCT) partnership is to provide computer access and broadband connectivity to underserved families living in low-income neighborhoods in Fairfax County. Current CNCT partners include Cox Communications, Comcast, VA Star, the Fairfax Education Foundation, Fairfax County Public Schools, dedicated volunteers, business partners, the Fairfax County Department of Neighborhood and Community Services (NCS) and the Fairfax County Office of Public Private Partnerships (OP3).

Students at Herndon and Luther Jackson Middle Schools work with volunteers to refurbish donated computers. Eligible students receive the refurbished computers and discounted broadband service. For more information, to donate or to get involved, please contact Karen Fuentes, 703-324-5176.



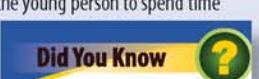
Getting To Know Us

FCPS Mentor Lisa Moffett

Lisa Moffett always wanted to be a role model for a young girl. The mother of two grown sons discovered more than 15 years ago that becoming a mentor to a Fairfax County Public School student was a great way to fulfill her desire to work with young girls and provide additional support to a student.

"It's very meaningful for the young person to spend time with an adult who is taking time out of their work day to spend time with them," she said.

"You develop a special friendship that is unconditional."



150 FCPS schools, supporting 5,000 students, have active mentoring programs. Community members and FCPS serve as mentors to students throughout the school system.

The Coldwell Banker real estate agent has mentored students from Louise Archer Elementary School for the past eight years. She has also worked with students at Forest Edge Elementary and Vienna Elementary Schools.

Moffett says she often visits her students armed with art supplies because she finds working on an art project provides an opportunity for her to talk and share stories with her mentee.

"We spend time making cards for members of the military or for Mother's Day because people love to receive a handwritten note," she said.

Moffett mentored the same student for the past six years, but now the student has moved up to middle school. At their last meeting, Moffett understood that she helped make an impact on the life of this student when the young girl told Moffett that she wants to be a mentor when she grows up.

"It's definitely a humbling experience," she said. "It's a gift of laughter, smiles, hugs and friendship." Are you interested in becoming a mentor? Please visit www.fcps.edu and click on Community to get involved.

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