

Fairy Tale at Herndon High

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From left, junior Paul Morgan as the Beast and junior Molly Nuss as Belle in Herndon High School's production of "Beauty and the Beast."

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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.

Give Me Five:
5 Ways to Partner with FCPS

1. Mentor a Child
2. Partner with a School
3. Partner Systemwide
4. Support an Existing Partnership
5. Help Develop or Advance an Educational Initiative

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.



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."

Did You Know?

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.

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.

Donate to FCPS

Do you have a musical instrument, vehicle, building or landscape materials, computers, prom wear or any other item of value that you would like to donate to Fairfax County Public Schools? Donations to FCPS are tax deductible. Visit www.fcps.edu and click on Quick Links to find our donations page.

This year's *State of Schools Report* courtesy of Apple Federal Credit Union



www.AppleFCU.org
703-788-4800



2011 BUSINESS PARTNER OF THE YEAR



The Beast, played by junior Paul Morgan in Herndon High School's production of "Beauty and the Beast."



PHOTOS BY MELANIE MILLER-CVILIKAS

Junior Molly Nuss as Belle in Herndon High School's production of "Beauty and the Beast."

Herndon Presents Classic Fairy Tale

Theatre department's Fall musical is Disney's 'Beauty and the Beast.'

BY ALEX McVEIGH
THE CONNECTION

The Herndon High School Theatre Department will present "Beauty and the Beast" starting Friday, Dec. 2. One of their larger productions in recent memory, the cast of 48 students plus crew have been involved with the play since September.

"I love watching a show come together during the entire process, from when we're all just learning our lines all the way through dress rehearsal and performance," said junior Chris Hrozencik, who plays Cogsworth the Clock.

The play is based on the Broadway musical of Disney's adaptation of the fairy tale, in which a young woman Belle, finds herself trapped in a castle with a Beast, who isn't what he seems at first.

Junior Paul Morgan plays the part of the Beast. He says theater is the biggest passion in his life, and that he hopes to act professionally one day.

"When I auditioned, all I knew was that I wanted to be in the play, in any role, because I knew the experience would be rewarding," Morgan said. "This is the second time I've played a lead, but the first time in a musical, and it's much more difficult to incorporate acting with singing at the same time. It's the most challenging thing I've ever had to do,

but also one of the most wonderful."

Morgan says his favorite scene is when the Beast is waiting to see if Belle will accept his dinner invitation, because it combined the Beast's original, royal nature with the more primal part of his personality.

"While he's waiting, he's panicking like any young man would when waiting for a girl, then when she refuses, he cannot control his temper and he just loses control," he said.

Junior Molly Nuss plays the part of Belle. She's a new student at Herndon, having come over from James Madison High School this year, and has been in "Beauty in the Beast" several other times.

"She can be so stubborn, which I can definitely identify with, but the show is about her transformation as much as it is the Beast's," she said. "She takes a lot for granted in her life, she's not thankful, but

then she's thrust into this situation where she has to fend for herself, and it brings out the best in her."

Nuss said she was glad this production included Belle's song "A Change in Me" because it illustrated the transformation process Belle goes through.

OTHER CAST MEMBERS said they enjoyed working from the Broadway version of the play as opposed to the movie.

"I think the Broadway goes much more in depth with the castle characters," said junior Megan Overton, who plays Mrs. Potts. "I enjoyed really exploring how much Mrs. Potts cares for Chip, her son. I'm not an adult and I don't have kids, so I had to learn for the role. I watched the scene in 'Sleepless in Seattle' when Tom Hanks is looking for his son at the Empire State Building to try and grasp that feel

SEE CLASSIC FAIRY TALE, PAGE 10



Herndon High School student Lauren Sartorius hangs donated clothes at Paige's Closet, which was opened at Herndon High to give students in need a chance to get new clothes.

PHOTO CONTRIBUTED

Herndon Stocks Paige's Closet

Named for late ESOL teacher, closet will provide clothes for students in need.

BY ALEX McVEIGH
THE CONNECTION

Herndon High School has entered into the giving season by paying tribute to a fallen member of their family. Faculty and students started Paige's Closet this year, in memory of English for Speakers of Other Languages teacher Paige Saucedo who passed away last May at the age of 35.

"As a teacher, Paige always made it a point to reach out to the kids who needed it the most," said Julie Pickering, Fashion Marketing teacher at HHS. "So when we started reaching out, it only seemed natural to name it after her."

Paige's Closet will serve as a collection point for new or gently used teen's clothing, including winter clothing, casual wear as well as formalwear for dances and proms. The donated clothes will be stored at the school where students in need can discreetly pick up new clothes as they need them.

"We have so many in the area that are homeless or very close to it, and Paige's Closet allows those who can't afford new clothing to fit in with everyone else," Pickering said. "Funds can also be donated, and we'll use those to purchase clothing of particular need or special sizes."

Herndon's Fashion Merchandising students will sort

through the clothes and separate it by size and type. The clothing currently in the closet was donated by Plato's Closet, a consignment store in Sterling.

"We opened about a year ago, and started reaching out to fashion marketing students at local schools about community outreach," said Elaine Singer of Plato's Closet. "When Julie got a space at the school, I thought it would be a great opportunity."

Pickering says right now the closet is in particular need of winter items such as coats, hats and gloves. She also said she hopes Paige's Closet has a long future at Herndon.

"We'd like it to be a permanent fixture at the school, I know there are students in need every single year," she said.

Paige's Closet isn't the school's only tribute to Saucedo. According to her family, she always dreamed of winning the lottery and using the winnings to start a scholarship fund. Herndon High School announced the funding of the Paige R. Saucedo ESOL Scholarship Fund at the end of last school year.

Items for Paige's Closet can be dropped off at Herndon High's office during regular hours. More information can be found by e-mailing Pickering at japickering@fcps.edu, or by calling the school at 703-810-2329.

Santa Picture Day

Saturday December 3, 2011
8 AM to 2PM



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NEWS



PHOTO BY STEVE TOOLE

Parading in Reston

Herndon Cub Scout Pack 913 demonstrated its pride in Friday's Reston Thanksgiving Parade down Market Street at Reston Town Center. This year marks the 2nd year St. Joseph's School Cubs marched in the parade, while 2011 also marks the 20th anniversary for Pack 913 and the 100th anniversary for the BSA's National Capital Area Council.

Christmas at Merrifield Garden Center

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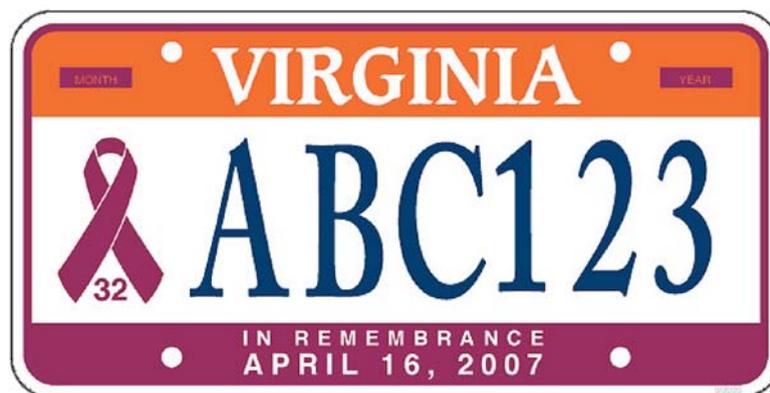
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See our website for complete schedules

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"In Remembrance, April 16, 2007"
To Honor Those Who Died and Survived



Please Consider Honoring Those Who Died and Those Who Survived the Tragedy of April 16, 2007 by Purchasing the "In Remembrance, April 16, 2007" License Plate

Help those survivors and family members who formed the VTV Family Outreach Foundation assist other victims of campus tragedy, secure and make safe our universities and colleges and create a legacy for those who died by purchasing an "In Remembrance, April 16, 2007" license plate. A minimum of 450 prepaid applications are required for the General Assembly to approve the above-designed plate.

DMV collects \$25 for non-personalized plates and \$35 for personalized plates. These funds will help the Foundation in its mission to promote and advocate for the public safety and security of our universities and colleges and to provide assistance and services to victims of campus crimes and their families. Thank you for your generosity and support!



Visit our web site
www.vtvfamilyfoundation.org
for detailed instructions on how to obtain a license plate application.

Good Neighbors Recognized

The Town of Herndon's 2011 Good Neighbor Awards were presented at the Herndon Town Council meeting. Recipients were nominated by their neighbors for the award. Left: Mayor Steve J. DeBenedittis, Award recipients Matt and Kit O'Connor, Award recipients Stephen and Theresia Roethel, Award recipient Guillermo Gonzalez, and Barbara Glakas of the town's Cultivating Community Initiative, a citizen volunteer committee that produces and presents the Good Neighbor Award.



PHOTO CONTRIBUTED



PHOTOS BY DEB COBB/THE CONNECTION

Lilly Tebbe of Herndon shows off the Thanksgiving card she made and included in one of the food boxes she and her family dropped off at the Reston Interfaith Thanksgiving Food drive on Nov. 17.



Michelle Dicintio of Vienna and Jim Dunn of Reston drop off 22 food baskets collected by Reston Montessori School at the Reston Interfaith Thanksgiving Food Drive on Thursday, Nov. 17 at Saint John Neumann Church in Reston.

Joining the Season of Giving

On Nov. 17, George Cutrell, Victor Perez and Edmundo Rangle of NII Holdings, in Reston Town Center, drop off the first 200 of the 400 total food boxes that the company collected for the Reston Interfaith 2011 Thanksgiving Food Drive. Employees donated food to fill 200 food boxes and the company matched the employee donations.



DULLES TOLL ROAD 2011 PUBLIC UPDATE

The Metropolitan Washington Airports Authority is hosting a Dulles Toll Road 2011 Update to provide information to the public about the Toll Road's finances, operations and planned improvements.

The public session will be conducted in an open house format, from 5:00 p.m. to 8:00 p.m.

Tuesday, December 6, 2011
South Lakes High School – Cafeteria
11400 South Lakes Drive
Reston, VA 20191

There will be informational exhibits. Representatives from the Airports Authority will be present to discuss Dulles Toll Road revenue raised as a result of the enacted toll increase in 2011 and to provide information on the future approved toll increase for 2012, planned improvements to the Toll Road and financing a portion of the Dulles Metrorail Project.

See exhibits on-line at www.mwaa.com/tollroad after December 1st.

For special assistance for persons with disabilities or limited English proficiency, please call (703) 934-4639 at least five days prior to the meeting.

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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 a one-day affair.

The economic situation is daunting. Even families who feel financially secure will be more frugal in this holiday season than before the recession, but still, local families will shop and exchange gifts during the next month, spending millions of dollars in a variety of 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.

EDITORIAL

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

Personhood Bill Introduced

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

The very first bill introduced for the 2012 session of the General Assembly may in part set the agenda for the session. House Bill 1 introduced by Del. Bob Marshall of Prince William County would write into Virginia law that "the life of each human being begins at conception." The bill goes on to state that "unborn children have protectable interests in life, health, and well-being...The laws of this Commonwealth shall be interpreted and construed to ac-

COMMENTARY

knowledge on behalf of the unborn child at every stage of development all the rights, privileges, and immunities available to other persons, citizens, and residents of this Commonwealth." A similar measure was defeated by Mississippi voters in a referendum earlier this month.

The ramifications of defining a fetus as a person with full rights of citizenship are unclear. Would all forms of abortion be murder?



Would the doctor performing such procedures on a woman who had been raped be guilty of murder? Would taking a morning after contraceptive pill become illegal? Would a legal guardian be appointed to protect the interests of the fetus now described as an unborn child? Could a miscarriage be considered involuntary manslaughter? No one knows the answers to these questions. Such issues arise when legislative bodies attempt to take on subjects about which theologians, moralists, and medical scientists have not been able to reach agreement.

You can be sure that Del. Marshall is sincere in introducing the bill. He is quite savvy in the legislative process and persistent in his pro-life goals. Over his 20 years in the House of Delegates he has introduced dozens of bills and floor amendments to limit a woman's right to make reproductive choices and to end stem cell research. If the committee that receives his bill

does not act on it favorably, he will introduce it as an amendment to other bills on the floor. Given the composition of the membership of the House of Delegates after the November election, he may well get the bill passed in the House. With the House Republican Party's binding caucus rules, moderate Republicans may find themselves having to vote for the bill or face a primary challenge in the next election or the loss of important committee assignments. Votes on the bill will not be along straight partisan lines, as some downstate Democrats may vote with the Republican caucus position.

The outcome in the Senate is even less certain. Should there be a tie vote, the Lieutenant Governor would have to cast his vote with the Attorney General peering over his shoulder and the next governorship nomination hanging in the balance. The bill sent to the Governor would have him weighing it with his vice presidential aspirations. Maybe House Bill 1 does not simply set the agenda for the legislative session; it may influence political direction for the year!

Call for Annual Children's (& Teens') Connection Contributions

Every year Connection Newspapers dedicates one issue entirely to the imaginative works of our community children and teenagers. We publish artwork, essays, creative writing, opinion pieces, short stories and photographs.

We are now asking that all submissions be digital so they can be sent through email or on CD. Please provide the submissions no later than Thursday, Dec. 8. If you have any questions, please call Kemal Kurspahic at 703-778-9414 or email

kemal@connectionnewspapers.com. Some suggestions for submissions:

- ❖ Drawings, paintings, photographs or 2-D and 3-D artwork that have been digitally photographed.

- ❖ Short stories, poetry, essays, class-wide prompt writings.

- ❖ Opinion pieces about family, friends, traffic, sports, food, video games, toys, trends, etc.

Images should be submitted as .jpg ATTACHMENTS to an email, not embedded in the body of the email.

All submissions should include

the child's first and last name, school, grade and/or age.

Submissions for our Vienna/Oakton, McLean, Great Falls, Reston and Oak Hill/Herndon editions should be e-mailed to **C h i l d r e n s N o r t h @ c o n n e c t i o n n e w s p a p e r s . c o m**. Subject should be school name, town and teacher's last name (or for individuals or home schoolers, the child's last name and town).

The issue will be published the week of the Christmas holiday. We will publish as many submissions as possible.

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-778-9410.
By e-mail:
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ENTERTAINMENT

Send announcements to herndon@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

THURSDAY/DEC. 1

Dan Hicks & The Hot Licks. 8 p.m.

The Barns at Wolf Trap, 1635 Trap Road, Vienna. Holiday in Hicksville incorporates Western swing, traditional folk, bluegrass, cowboy tunes, Gypsy jazz and bossa nova. www.wolftrap.org.

Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays! 8 p.m.

The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

Used Book Sale. 10 a.m.-4 p.m.

Reston Regional Library, 11925 Bowman Towne Drive, Reston. No scanners permitted. Quantity limit. All proceeds benefit the Reston Regional Library and the Fairfax County Public Library system. 703-689-2700.

FRIDAY/DEC. 2

"Beauty and the Beast." 7:30 p.m.

Herndon High School, 700 Bennett St., Herndon. Musical fantasy with Belle, Lumiere, Cogsworth, Gaston and the Beast. \$10. 703-810-2341.

Herndon Towne Square Singers Holiday Concert. 7:30 p.m.

Elden Street Players' Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Celebrate the holiday season with timeless favorites and fresh new sounds. \$12, available at the Herndon Community Center or 703-787-7300.

Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays! 8 p.m.

The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

Schooner Fare. 8 p.m.

The Barns at Wolf Trap, 1635 Trap Road, Vienna. With a basis in traditional maritime tunes, the group's repertoire includes folk, pop and more. www.wolftrap.org.

Virginia Opera: Hansel and Gretel. 8 p.m.

George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Based on the Brothers Grimm fairy tale. Score by Engelbert Humperdinck, sung in English with English supertitles. \$44-\$86, youth through grade 12 half price when accompanied by adult. 888-945-2468.

Used Book Sale. 10 a.m.-4 p.m.

Reston Regional Library, 11925 Bowman Towne Drive, Reston. No scanners permitted. All proceeds

benefit the Reston Regional Library and the Fairfax County Public Library system. 703-689-2700.

Living Nativity. 7-9 p.m.

Southview Community Church, 2620 Reston Parkway, Herndon. Meet the wise men, pet the animals, walk through the live scenes and see the story unfold. Refreshments, children's activities and Christmas music. Free. 703-860-8800.

Reston Lions Club Annual Citrus Sale. 10 a.m.-6 p.m.

at the club's trailer, North Point Village Center, Reston Parkway. Navel oranges, pink grapefruit, tangelos, cheese and peanuts. Glasses and hearing aids accepted for recycling. 703-507-8696.

SATURDAY/DEC. 3

Disney's "Beauty and the Beast." 7:30 p.m.

Herndon High School Auditorium, 700 Bennett St., Herndon. Tickets \$10. www.herndonrama.org.

Weekend Bluegrass Concert: the Travellers. 7:30 p.m.

Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$12, age 12 and under free. www.holycrosslutheranchurch.net.

The Reston Chorale: The Wonder of the Season. 6 p.m. and 8 p.m.

Reston Community Center, 2310 Colts Neck Road, Reston. With the Amadeus Orchestra, conducted by David Lang. Haydn's Saint Nicholas Mass and more. \$25, age 17 and under free. www.amadeusconcerts.com.

Herndon Towne Square Singers Holiday Concert. 7:30 p.m.

Elden Street Players' Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Celebrate the holiday season with old favorites and more. \$12, available at the Herndon Community Center or 703-787-7300.

Schooner Fare. 8 p.m.

The Barns at Wolf Trap, 1635 Trap Road, Vienna. With a basis in traditional maritime tunes, the group's repertoire includes folk, pop and more. www.wolftrap.org.

Used Book Sale. 10 a.m.-4 p.m.

Reston Regional Library, 11925 Bowman Towne Drive, Reston. No scanners permitted. All proceeds benefit the Reston Regional Library and the Fairfax County Public Library system. 703-689-2700.

Jingle on Lake Anne. 11 a.m.-3 p.m.

Lake Anne Plaza, 1609 Washington Plaza, Reston. Santa arrives on a lake barge at 12 p.m. Strolling carolers, petting zoo, wine tastings, children's crafts, cookie decorating, holiday arts and crafts and more. www.lakeanneplaza.com.

Living Nativity. 7-9 p.m.

Southview Community Church, 2620 Reston Parkway, Herndon. Meet the wise men, pet the animals, walk through the live scenes and see the story

unfold. Refreshments, children's activities and Christmas music. Free. 703-860-8800.

Reston Lions Club Annual Citrus Sale. 8 a.m.-6 p.m.

at the club's trailer, North Point Village Center, Reston Parkway. Navel oranges, pink grapefruit, tangelos, cheese and peanuts. Glasses and hearing aids accepted for recycling. 703-507-8696.

Bill Gaither and the Gaither Christmas Homecoming. 6 p.m.

George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Gospel music. Tickets \$29.50-\$77.50, available at www.ticketmaster.com or 703-573-SEAT.

Alternative Gift Fair. 10 a.m.-2 p.m.

Unitarian Universalist Church of Reston, 1625 Wiehle Ave, Reston. An opportunity to buy crafts or donate to international and local charitable groups. All donations and goods purchased go directly to the selected charities. Cash or checks only. www.uureston.org.

SUNDAY/DEC. 4

"Disney's Beauty and the Beast." 2 p.m.

Herndon High School Auditorium, 700 Bennett St., Herndon. Tickets \$10. www.herndonrama.org.

Herndon Towne Square Singers Holiday Concert. 2 p.m.

Elden Street Players' Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Celebrate the holiday season with timeless favorites and fresh new sounds. \$12, available at the Herndon Community Center or 703-787-7300.

The Reston Chorale: Messiah Singalong. 7:30 p.m.

Reston Community Center, 2310 Colts Neck Road, Reston. Admission \$10, rental scores \$3. lindacke@verizon.net.

Used Book Sale. 1-4 p.m.

Reston Regional Library, 11925 Bowman Towne Drive, Reston. No scanners permitted. All proceeds benefit the Reston Regional Library and the Fairfax County Public Library system. 703-689-2700.

Herndon Holiday Arts and Crafts Show. 10 a.m.-4 p.m.

Herndon Community Center, 814 Ferndale Ave., Herndon. More than 100 arts and craft vendors offer gifts, decorations and handmade items. Free admission. 703-787-7300 or www.herndon-va.gov.

Wolf Trap's Annual Holiday Sing-A-Long. 4 p.m.

Filene Center, 1551 Trap Road, Vienna. A musical celebration featuring "The President's Own" United States Marine Band and a Sing-A-Long of Christmas carols and Hanukkah songs with a 400-member choir representing vocal groups from the metropolitan Washington D.C. area. Parking and seating are first come, first served at

SEE ENTERTAINMENT, PAGE 16

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Dress Up Herndon for the Holidays

Neighborhood Decoration Contest Sponsored by Cultivating Community

Herndon residents are invited to deck the halls, hang wreaths, string lights and nominate their own or their neighbors' homes for the annual "Dress Up Herndon for the Holidays" Neighborhood Decoration Contest, sponsored by the town's Cultivating Community Initiative.

The contest is open to all town residents. Nominations should be forwarded by Friday, Dec. 9, to information@herndon-va.gov or call 703-435-6800 X2084.

The judging panel, made up of volunteer citizen members of the Cultivating Community committee, will circulate throughout the town on Monday evening, Dec. 12, to determine contest winners. Judges will be looking for classical design, traditional themes, whimsical or creative decorations and more. Decorations on all nominated homes must be easily visible from the street.

Contest winners will be presented on the evening of Dec. 12 with a festive sign, suitable for display; winners will also be recognized by Mayor Stephen J. DeBenedittis and the Town Council at the Jan. 10, 2012 public meeting.

The Cultivating Community Initiative is a program designed to encourage beautification and enrich the quality of life in the Town of Herndon's neighborhoods.

Visit the town online at www.herndon-va.gov.



A selection of local history books for sale at Fryling Pan Farm Park's Country Store.



The Reston Used Book Shop features a large children's section, with room to read.

Local Shops Offer Gift Ideas

Fryling Pan Farm Park, Reston Used Book Store offer holiday gift ideas.

By ALEX McVEIGH
THE CONNECTION

This holiday season, Fryling Pan Farm Park offers gifts for anyone with an interest in agriculture. For younger children, the store features toy tractors, books, cups and other items.

"My son can't get enough of seeing the animals at the farm, and pretty much everything we get him, whether a toy, game or book is a big hit if it's related to animals or farming," said Sharon Black of Chantilly. "I always try and make it a point to stop here, because though they have such a wide variety here, it's all bound together by a common theme."

The store even features bags of wool shorn from the farm's sheep.

"I saw those a few months ago, and thought it was such a cool idea, having the wool for sale like that, as it comes just off the sheep," said Amanda Orozco of Reston. "I made my daughter a little sweater out of it, and when we come to the farm, I find the dark-haired sheep and try to guess which one it came from."

The store has plenty for adults as well, with a collection of books about Fairfax County's history, as well as holiday ornaments, jewelry and more. They also have a selection of McCutcheon's Preserves and



The Reston Used Book Shop sells rare and used books of all genres, with an especially large section on Civil War and military history.

"Besides just the aesthetics, the selection is pretty amazing, every corner of the store is literally jammed with books."

— Thomas Wilcox of Reston

other products, which come locally from Frederick, Md.

Fryling Pan Farm Park is located at 2709 West Ox Road in Herndon, and can be found online at www.fairfaxcounty.gov/parks/frp.

THE RESTON USED BOOK SHOP has been a fixture of the community for more than 30 years. Located at the Lake Anne Village Center, it features a wide variety of used books from all genres.

"It's a nice place to come and browse around, and we have gift certificates available in any amount that never expire if you don't see something specific you like," said staff member Julia Scoville. "We've got a big section on Civil War books, which seem to be pretty popular, and military history in general is pretty popular."

The store has ample room for customers to sit and thumb through books as they find them, for both children and adults.

"The used book store is just a really cool place to hang out, it's cool to look at books crammed in every corner, and it just has that smell of paper," said Thomas Wilcox of Reston. "Besides just the aesthetics, the selection is pretty amazing, every corner of the store is literally jammed with books. I've found books that have been long out of print at very affordable prices. It just goes to show that you can't find everything in the digital world."

The Reston Used Book Shop can be found online at www.restonusedbookshop.com.



The Fryling Pan Farm Park Country Store features locally made preserves, as well as wool sheared from the farm's sheep.

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NEWS

Herndon Presents Classic Fairy Tale

FROM PAGE 3

ing.” Senior Liz Peterson says growing up, she was “much more of a Little Mermaid person than Beauty and the Beast,” but she enjoyed learning the part of Babette the Feather Duster.

“I love accents and impersonations, and for my part I really tried to look at icons from another time, like Marilyn Monroe and Mae West,” she said. “They were gorgeous, but not too over the top.”

Some students even had to add new skills to their repertoire, like senior Nick Lytle, who plays Lumiere the Candle.

“He has a really thick French accent, which was hard at first, because I was talking really low and it was shredding my vocal cords,” he said. “But I studied a lot of cheesy accents, like Pepe Le Pew, and made it sort of campy, but a lot of fun.”

Senior Tessa Kelly, who plays the wardrobe, says she enjoyed putting life into the inanimate object she played.

“It’s fun to work in the personality of the object into your movements, you can really have a lot of fun,” she said.

Kelly says the production gave her a new respect for the hard work it takes to put on such a show.

“You watch people just give their all, and you can’t help but gain a new respect for them,” she said. “Everything that people get out of this play will be something they earned with hard work.”



PHOTO BY LYNN GABRIEL

From left, junior Chris Hrozencik as Cogsworth, senior Nick Lytle as Lumiere, fourth grader Ethan Van Slyke as Chip and junior Megan Overton as Mrs. Potts in Herndon High School’s production of “Beauty and the Beast.”

HERNDON THEATRE DIRECTOR Zoe Dillard credited other local groups with assisting Herndon in putting on the show. The Reston Community Players lent them costumes, the Centreville Presbyterian Community Theater and Alliance Theater in Chantilly gave them parts for the sets and parents helped with costume construction and other tasks.

“We got great community support for such a huge show,” she said. “Since we’re doing two weekends and performing for a large number of people, the show was expensive, so we’re grateful for every bit of support.”

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Beating the Holiday Blues

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

BY MARILYN CAMPBELL
THE CONNECTION

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.

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, MD, 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."

"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."

— Dr. Jeffrey W. Pollard,
Counseling and Psychological Services,
George Mason University

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



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

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 navigating 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 function-

ing 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. "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.

"The media portrays the holidays as this never-ending blissful time. . . . Those expectations are going to lead to depression."

— Lisa Calusic, psychiatrist,
Inova Mount Vernon Hospital,
Arlington resident

"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.

SEE LESS IS MORE. PAGE 12

Be a Part of CHILDREN'S (& TEENS') CONNECTION



Every year between Christmas and New Year's, The Oak Hill/Herndon Connection 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: ChildrensNorth@connectionnews papers.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.

THE CONNECTION
NEWSPAPERS

WELLBEING

Less Is More to Enjoy Holidays

FROM PAGE II

"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



PHOTO COURTESY OF LINDA BERG-CROSS

Potomac, Maryland-based clinical psychologist Linda Berg-Cross, Ph.D. says that the best motto for preventing holiday stress and depression is 'less is more.'

"Whatever you decide to do try to be present in it and experience that engagement."

— Potomac psychologist
Linda Berg-Cross

[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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HOLIDAY CALENDAR

EVERY NIGHT, NOV. 23-JAN. 8
Bull Run Festival of Lights & Holiday Village. Bull Run Regional Park, 7700 Bull Run Drive, Centreville.

5:30-9:30 p.m. Monday-Thursday; 5:30-10 p.m. Friday-Sunday and holidays. For more than 12 years the Bull Run Festival of Lights at Bull Run Regional Park has drawn thousands of visitors from hundreds of miles away. The Bull Run Festival of Lights is held each year to celebrate the winter holiday season. Admission \$15-\$55. Carnival fees \$18-\$30. 703-631-0550.

THURSDAY/DEC. 1

Dan Hicks & The Hot Licks. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. With a twist to holiday classics and original songs, they return with a new album, *Holidaze in Hicksville*, incorporating Western swing, traditional folk, bluegrass, cowboy tunes, Gypsy jazz and bossa nova. www.wolftrap.org.

Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

FRIDAY/DEC. 2

Herndon Towne Square Singers Holiday Concert. 7:30 p.m. Elden Street Players' Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Celebrate the holiday season with timeless favorites and fresh new sounds. \$12, available at the Herndon Community Center or 703-787-7300.

Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

Living Nativity. 7-9 p.m. Southview Community Church, 2620 Reston Parkway, Herndon. Meet the wise men, pet the animals, walk through the live scenes and see the story unfold. Refreshments, children's activities and Christmas music. Free. 703-860-8800.

SATURDAY/DEC. 3

The Reston Choral: The Wonder of the Season. 6 p.m. and 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. With the Amadeus Orchestra, conducted by David Lang. Haydn's Saint Nicholas Mass and more. \$25, age 17 and under free. www.amadeusconcerts.com.

Herndon Towne Square Singers Holiday Concert. 7:30 p.m. Elden Street Players' Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Celebrate the holiday season with timeless favorites and fresh new sounds. \$12, available at the Herndon Community Center or 703-787-7300.

Jingle on Lake Anne. 11 a.m.-3 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Santa arrives on a lake barge at 12 p.m. Strolling carolers, petting zoo, wine tastings, children's crafts, cookie decorating, holiday arts and crafts and more. www.lakeanneplaza.com.

Living Nativity. 7-9 p.m. Southview Community Church, 2620 Reston Parkway, Herndon. Meet the wise men, pet the animals, walk through the live scenes and see the story unfold. Refreshments, children's activities and Christmas music. Free. 703-860-8800.

Bill Gaither and the Gaither Christmas Homecoming. 6 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Gospel music. Tickets \$29.50-\$77.50, available at www.ticketmaster.com or 703-573-SEAT.

Living Nativity. 10 a.m.-12 p.m. Vale United Methodist Church, 11528 Vale Road, Oakton. Meet shepherds, wise men, angels, the innkeeper and Mary and Joseph. Children's craft activities, story time and snacks. 703-758-7939 or vale.church@verizon.net.

Old-Fashioned Holiday on the Farm. 11 a.m.-5 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Five free turkeys given away at 1 p.m. Strolling carolers, tours of the decorated farm house, horseback demonstrations and dog agility trials. Pony rides available for \$5. Santa Claus and his sleigh will be in the barn for photos. Board a tractor-drawn wagon for a ride along the park's main loop. Frying Pan's local beekeeper will open the farm's hives and demonstrate honey harvesting techniques. Children can shop and wrap presents for family and friends in the Country Store from 12:30-3:30 p.m. Register for the children's shopping event at www.fairfaxcounty.gov/parks/fpp/. Admission is free, some activities require a fee. 703-437-9101.

SUNDAY/DEC. 4

Holiday Wreath-Making Workshops. 2 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Make an outdoor wreath using greens gathered from the gardens. Beads, bows and more included. \$40. Pre-paid reservations required at 703-255-3631 x 0.



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



Jared Rondeau (9) made a 36-yard field goal late in the second quarter to give the Wildcats a 20-7 lead.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Centreville Holds off Late Game Westfield Rush

Wildcats, with 27-24 triumph, capture first region football title in 11 years.

BY RICH SANDERS
THE CONNECTION

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."

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 off-season 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.



Connor Coward of Centreville made the game's biggest play when he blocked a field goal in the final minute.

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, 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 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 remainder 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."

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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21 Announcements

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MSG Herndon, LLC trading as Moe's Southwest Grill, 12950 Highland Crossing Dr, Herndon, VA 20171. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Beer On Premises license to sell or manufacture alcoholic beverages. Frank Maresca, Member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE
TNET, LLC trading as Super Pho, 3065 Centreville Road, Suite P, Herndon, VA 20171. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Anthony Tran/President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements 21 Announcements 21 Announcements

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Thanksgiving Story at Frying Pan

Evan Job of Oakton and Gabriella Curry-Greene of Burke portray pilgrims during a live-action telling of the Thanksgiving story at Frying Pan Farm Park in Herndon on Friday. Sue Cournoyer, a local storyteller, presented the story to area youngsters and their families. "I will tell one version of the story of Thanksgiving. This will help them think about what they should be thankful for."



PHOTOS BY ROBBIE HAMMER/THE CONNECTION



Lucy Whitman of Oakton portrays an Indian during a Thanksgiving story at Frying Pan Farm Park on Friday.



The Thanksgiving story engaged young audience at Frying Pan Farm Park.



Sue Cournoyer, a local storyteller, presented a story about Thanksgiving on Friday and welcomes several youngsters up on stage to help present the story.



Sue Cournoyer, a local storyteller, presented a story about Thanksgiving on Friday and asked Nick Amico of Centreville to portray the role of an Indian to help her tell the story.

ENTERTAINMENT

FROM PAGE 7

this free event. Donations of new, unwrapped toys will be accepted at the park entrance for Toys for Tots. www.wolftrap.org.

Reston Lions Club Annual Citrus Sale. 10 a.m.-3 p.m. at the club's trailer, North Point Village Center, Reston Parkway. Navel oranges, pink grapefruit, tangelos, cheese and peanuts. Glasses and hearing aids accepted for recycling. 703-507-8696.

Virginia Opera: Hansel and Gretel. 2 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Based on the Brothers Grimm fairy tale. Score by Engelbert Humperdinck, sung in English with English supertitles. \$48-\$98, youth through grade 12 half price when accompanied by adult. 888-945-2468 or www.gmu.edu.

MONDAY/DEC. 5

An Evening in December and Holiday Marketplace. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Marketplace 6-7:15 p.m., performances by singer Kathy Troccoli and humorist Ellie Lofaro at 7:30 p.m. \$10 in advance, \$15 at the door. Refreshments included. 703-793-0026 or www.florisumc.org/eveningindecember.

TUESDAY/DEC. 6

An Evening in December and Holiday Marketplace. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Marketplace 6-7:15 p.m., performances by singer Kathy Troccoli and humorist Ellie Lofaro at 7:30 p.m. \$10 in advance, \$15 at the door. Refreshments included. 703-793-0026 or www.florisumc.org/eveningindecember.

Voce Chamber Singers of Northern Virginia. 7:30 p.m. St. John Neumann Church, 11900 Lawyers Road, Reston. A concert of holiday favorites. Toys for Tots collected at the door. Adults \$23, seniors \$18, age 24 and under \$8. 703-277-7772 or www.voce.org.

WEDNESDAY/DEC. 7

The Nutcracker. 7 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Performed by the Reston Conservatory Ballet. \$17-\$22. 703-715-8366 or www.conservatoryballet.com.

Water in the 21st Century: The National Water Census. 7 p.m. USGS, 12201 Sunrise Valley Drive Reston. With Eric J. Evenson. Over the next 10 years, the USGS will conduct an assessment of water availability and use. This national Water Census will address critical aspects of recent Federal legislation, including the need to establish a national water assessment program. Free and open to the public. Federal facility, photo ID required. 703-648-4748 or USGSLive.

Artists' Reception. 7-9 p.m. ArtSpace Herndon, 750 Center St, Herndon. Great Falls Studios art show "A Touch of Red" will be open through Jan. 8. www.greatfallstudios.com.