

Mayor Welcomes Santa

Vienna Mayor M. Jane Seeman, with the help of a very special North Pole guest, lights the town's Christmas Tree.

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On Wednesdays

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Gifts in Vienna

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U.S. POSTAGE
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MARTINSBURG, WV
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PHOTO BY DONNA MANZ / THE CONNECTION



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

Fairfax County District Court Judge Ian O'Flaherty takes questions from sixth graders at Vienna Elementary following the mock trial of Miss Muffet versus the Village of Treetop.



PHOTOS BY
AMIEE FREEMAN

Trial Held at Vienna Elementary

Students learn a lesson in judicial process.

BY AMIEE FREEMAN
THE CONNECTION

The case of Little Miss Muffet versus the Village of Treetop was heard Monday, Nov. 14 by sixth graders at Vienna Elementary. The Fairfax Bar Association presented the mock trial based on the nursery rhyme to illustrate how the judicial system works.

The mock trial considered what would have happened if Miss Muffet, who sat on a tuffet, were to seek compensation for medical and psychological costs incurred after being bit and frightened by a spider in Treetop Village Woods. Miss Muffet, played by attorney Tara Minetos, and the spider, played by attorney Kate Untiedt, both had legal representation, played by attorneys Liz Cranston and Derek Richmond. In addition, David Hirsch played the role of Ranger Rick and Sonya Duchak played the role of Dr. Feelgood. Fairfax County District Court Judge Ian O'Flaherty presided over the mock trial.

After the case was heard, 12 students were selected to form a jury and cast a verdict. The remaining students asked the judge and attorneys questions about the legal system.

FOLLOWING DELIBERATION, the jury returned with a split decision. Duchak, who helped the students reach a decision, said that such a result is not unusual as 99 percent of mock trials performed in schools have split juries.

"I'm hoping they can grasp, in this simple presentation, the essence of the legal system. This ability to settle disputes in court rather than fighting is one of the things that makes us a civilized nation," said O'Flaherty.

O'Flaherty also pointed out that in six years the students present could be serving on a jury themselves.

"Even though we are making light of this situation, we are teaching them the legal process. We are showing how various players interact in the courtroom," said Untiedt.

The sixth graders are about to begin study of the Constitution. The school felt this presentation would



Sixth graders at Vienna Elementary listen during the trial of Miss Muffet versus the Village of Treetop. The Fairfax Bar Association performs mock trials at schools and community events to give students a better understanding of the judicial system.

be a good way to offer a broader perspective of the U.S. legal system, said Alice Berenbaum, the school's advanced academic resource teacher. "These types of learning opportunities make learning real," said Berenbaum.

Parent Nancy Socher contacted the Fairfax Bar Association after hearing from another parent about a similar performance at the Fairfax Chocolate Lover's Festival last March. Socher, whose daughter is a sixth grader at Vienna Elementary, said that she hopes her daughter and the other students present have a better understanding of how the judicial system works following the performance.

Student Anna Miller said she enjoyed the mock trial. Miller said she thought the trial was both silly and informative. "I enjoyed that it was funny and I think the jokes and funny comments helped me understand the legal system more. I enjoyed what the judge and lawyers had to say, especially when the judge answered our questions. I learned that adults can act like brother and sister: fighting over nothing," said Miller.

THE FAIRFAX BAR ASSOCIATION has been performing mock trials in the schools and at community events for the past 17 years. The Fairfax Bar Association has adapted other nursery rhymes into mock trials, including Goldilocks and the Three Bears, The Three Little Pigs, and the Boy Who Cried Wolf. Middle school students are invited to court for a tour.



PHOTOS BY DONNA MANZ/THE CONNECTION

At MaryAnn Chung's Buttonville, decorative buttons topped crystal salt cellars.

Show Draws Shoppers To Community Center

Annual three-day event a Thanksgiving tradition in Vienna.

The Northern Virginia Handcrafters Guild (NVHG) returned to the Vienna Community Center for its 29th annual extended Thanksgiving weekend craft show and sale. The three-day fair featured more than 70 vendors from the region, taking over all available rental space at the community center.

Artisans sold handcrafted tree ornaments, jewelry, quilting, fiber arts, pottery, woodworking, photographs and painting, and glass art.

MaryAnn Chung of Vienna creates works of art from crystal salt cellars and buttons in her Buttonville studio. Bijoux 4 U showcases the talent of McLean jewelry artist Rita Hankins.

Vienna's Carol Sontheimer of Fusin 4 Fun designs fused glass ornaments and pieces of jewelry.

NVHS's Vienna fair draws shoppers from throughout the area and beyond.

Some, like Elizabeth Harris from South Carolina and Alex Weikert from Tennessee come



Christmas ornaments, crafted from dough, clay or glass, were big sellers at the Northern Virginia Handcrafters Guild art and craft show held at the Vienna Community Center from Nov. 25 through Nov. 27.

to the craft show with family they are visiting.

By late morning on opening day on Friday, the community center was swarming with shoppers and browsers. To the show's credit, there was even a line to pay to get in.

— DONNA MANZ

Santa Picture Day

**Saturday December 3, 2011
8 AM to 2PM**



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Sign up for our Premium Pet Food Discount Card
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WEEK IN VIENNA

Accidental Vienna House Fire

Fairfax County Fire and Rescue Department units responded to a house fire on Nov. 20, at approximately 11:30 a.m., in the Town of Vienna. The single-family home is located at 405 Center Street, North.

Firefighters encountered smoke and fire coming from the basement to the rear of the two-story home upon arrival. Firefighters brought the fire under control in approximately 20 minutes. An outside rear deck was also damaged by the fire originating in the basement. Two adults and one juvenile have been displaced. Red Cross assistance was not necessary. There were no injuries.

Damage is estimated at \$50,000.

According to fire investigators, the fire was accidental. A lamp in the basement too close to combustibles started the fire.

Optimists Open Christmas Tree Sale

The Optimist Club of Greater Vienna has opened their annual Christmas tree sale on Saturday, Nov. 26 at 9 a.m. at the Giant Food parking lot (corner of Maple and Branch). Sales will continue seven days a week until 9 p.m. and extend to Dec. 23 if supplies last. Proceeds collected will go towards events and programs for area youth sponsored by the Optimist Club of Greater Vienna. For

more information on the club, go to www.optimistclubofgreatervienna.org.

Tree Lot Opens at Marshall High

The Marshall High School Boosters will once again be sponsoring the Tree lot this holiday season. Trees, garland, wreaths, White House Ornaments, and spirit wear will be available for all holiday needs. The lot will run daily through Dec. 18. Hours of operation will be 5:30 to 8 p.m. Monday-Friday; 10 a.m.- 7 p.m. Saturday and Sunday.

New this year, residents can pre-purchase the tree online using a credit card, just bringing their receipt. More information at www.gcmhsboosters.org. Purchases at the lot will again be check/cash only.

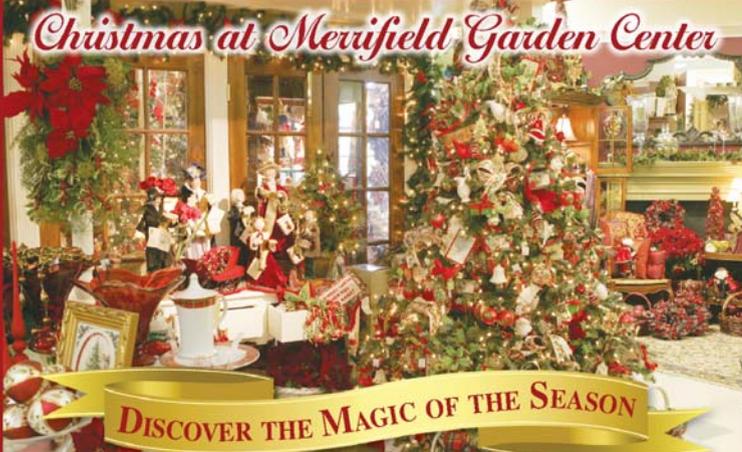
All proceeds from the tree lot go into the students' activities account which sponsors 21 teams, with the purchase of uniforms and equipment, field maintenance, capital improvements, and trip expenses as needed, as well as a variety of clubs and activities on campus.

Wardrobe Rescue Comes to Vienna

Consignment is the way to shop in this economy while remaining environmentally

SEE WEEK, PAGE 5

Christmas at Merrifield Garden Center



DISCOVER THE MAGIC OF THE SEASON

Collectible Ornaments and Decorations
Holiday Ribbon & Handmade Bows
Live, Fresh Cut and Everlasting Trees & Greens
Custom Designed Wreaths & Centerpieces
Poinsettias & Holiday Plants • Wonderful Gift Ideas

STEINBACH NUTCRACKER SIGNING EVENT
Fair Oaks: Thurs., Dec. 1
Gainesville: Wed., Dec. 7
from 4 – 8 pm
Karla Steinbach will sign nutcrackers you purchase or bring from your collection.

VISIT THE "REAL" SANTA CLAUS AT OUR MERRIFIELD LOCATION!
Also visit our Fair Oaks and Gainesville Santas
See our website for complete schedules

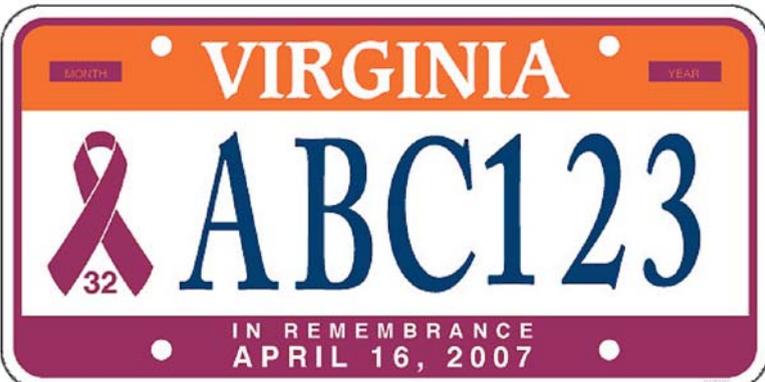
FREE HOLIDAY DECORATING DEMONSTRATIONS
Saturday, December 3 at 10 am
Fair Oaks: Incorporating Fresh Flowers with Holiday Greens
Gainesville: How to Create Your Own Holiday Theme Tree

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6895 Wellington Rd., Gainesville, VA
Hours: Mon. - Sat. 8 am - 9 pm • Sun. 9 am - 7 pm

"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!

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



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



WEEK IN VIENNA

FROM PAGE 4

friendly at the same time. Visitors now have a way to help reuse and recycle new or like-new clothing, handbags, shoes, and accessories without the traffic and crowds associated with shopping malls. Upscale clothing, generally less than three years old, can be bought for a fraction of the retail price. Designer labels such as Burberry, Trina Turk, Joe's, Paige, Diane VonFurstenberg, St. John, Tahari, Prada, Ferragamo, Stuart Weitzman, Coach, Gucci, Louis Vuitton, J.Crew and Banana Republic, among others, are currently for sale.

Items are accepted with 90-day contracts. Unsold merchandise is discounted at 30-day intervals. When an item sells, consignors receive 50 percent of the selling price. Checks are mailed to consignors monthly. Consignment is a great way to earn a little extra cash while cleaning out closets.

Wardrobe Rescue, open Monday through Saturday 10 a.m. to 6 p.m., is located at 509 Maple Avenue West. Call 703-242-6265 or email wardrobe Rescue@verizon.net. Visit them on the web at www.mywardroberescue.com.



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.



Dulles Connector Road (Route 267) Sound Walls Fairfax County Information Meeting

Wednesday, December 14, 2011, 7 – 9 p.m.
Lemon Road Elementary School
7230 Idylwood Road, Falls Church VA 22043

Find out about plans to construct sound walls on the Dulles Connector Road/Route 267, for three miles in both directions from Route 123 (Dolly Madison Boulevard) to Interstate 66 in Fairfax County. The sound walls will be constructed to mitigate noise from Dulles Metrorail which is being constructed at-grade in the median of the Dulles Connector Road.

Stop by anytime between 7 p.m. and 9 p.m. to view displays and learn more about the project. VDOT staff will be available to answer your questions.

Give your written comments at the meeting or submit them by December 27, 2011 to Mr. Hamid Misaghian, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030. Telephone: 703-259-1795 or 800-367-7623. You may also email your comments to: meeting_comments@VDOT.virginia.gov. Please reference "Sound Walls Comment" in the subject line.

In compliance with VA Code 10.1-1188 for state funded construction projects, an environmental review determined the project will not have significant impacts to the environment.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you have questions or concerns about your civil rights in regards to this project, or about special assistance for persons with disabilities or limited English proficiency, contact the project manager listed above.

State Project: 0267-029-919, P101, C501 UPC: 98232

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PASTOR



SUNDAY WORSHIP, 7:45 AM & 11:00 AM
MIDWEEK SERVICES, WED. 7:00 PM



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Washington Christian Church...703-938-7720
Cristo Es Mi Refugio...703-938-7727

Baha'i

Baha'i Faith for Northern Virginia ... 703-821-3345

Baptist

Global Mission Church ... 703-757-0877
Peace Baptist Church ... 703-560-8462
Bethel Primitive Baptist Church
... 703-757-8134
Cartersville Baptist Church ... 703-255-7075
Fellowship Baptist Church ... 703-385-8516

First Baptist Church ... 703-938-8525

The Light Mission Church ... 703-757-0877
Vienna Baptist Church ... 703-281-4400
New Union Baptist Church... 703-281-2556

Buddhist

Vajrayogini Buddhist Center... 202-331-2122

Church of the Brethren

Oakton Church of the Brethren
... 703-281-4411

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Join us during Advent on Wednesdays (Nov 30,
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Children's Service at 5:00 P.M.
Candlelight Services at 7:00 P.M. and 11:00 PM

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Preschool: 703.437.4511

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available at
all services



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

VIEWPOINTS

What do you like the most about the holiday season?

— DONNA MANZ

Jane Ernst, Springfield
"Being with family."



Lindsay Belmonte and daughter Aliza, Vienna
"What I like most is eating food with family, having a good meal together. People take time to prepare the meals."



Alex Weikert, flew alone from Tennessee to visit Vienna grandmother
"I like spending time with family, I guess."



Elizabeth Harris, Fort Mills, S.C.; son lives in Oakton
"Being with family and friends."



Cindy Stewart, Vienna
"Writing holiday cards to friends out of town because I take joy in visualizing each one of them and recalling their connection to my family and to me, especially my parents' generation."



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 OakHill/Herndon editions should be e-mailed to ChildrensNorth@connectionnewspapers.com. 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.

THE CONNECTION

www.ConnectionNewspapers.com

Newspaper of
Vienna & Oakton

An independent, locally owned weekly newspaper delivered to homes and businesses.

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Santa Claus arrives at the Church Street Holiday Stroll in a most Vienna-manner...On the antique fire truck owned by the Vienna Volunteer Fire Department.



The area fronting Freeman House teemed with visitors during the annual Church Street Holiday Stroll.

PHOTOS BY DONNA MANZ/THE CONNECTION

Holiday Stroll Jammed with Visitors

Seasonal event an annual Vienna highlight.

BY DONNA MANZ
THE CONNECTION

As if Santa Claus on an antique fire truck, live music, an open caboose, petting zoo, train layout and bonfires weren't enough, the weather — warm and balmy — added to the festive lineup of Monday's Church Street Holiday Stroll.

The holiday festivity kept to tradition. Santa arrived at 6:15, waving from his perch on the Vienna Volunteer Fire Department's antique fire truck, its siren blaring as it approached Freeman House. Santa and Mayor M. Jane Seeman together lit the Christmas tree standing at Mill and Church streets. And then, Santa moved to his place on the porch of Freeman House, listening to children detail their Christmas wishes as elves kept the line orderly.

Jackson family siblings Isabelle, 6, Harlan, 7, and Jacob, 3, spoke with Santa. Jacob asked for a cement truck, Harlan asked for a Legos Star Wars X-wing fighter, and Isabelle asked for a jewelry box with a key. "That's what you want when you have brothers," her mother said.

There were lines to visit Santa, lines to pet the farm animals and lines to climb aboard the caboose. But nobody seemed to mind ... that's how happy the mood was.

Throng of families swarmed around Freeman House and the historic Church Street corridor. The Leesburg Animal Park brought an assortment of cuddly, pet-able farm animals and the Optimist Club opened the caboose to the public. Down at the Vienna

train station, the model railroaders opened their train layout, as well.

Volunteers from Emmanuel Lutheran Church and Vienna Presbyterian Church contributed to holiday spirit with free refreshments.

Children roasted marshmallows over open bonfires, a perennially popular hit, and the Freeman Store buzzed with shoppers and browsers alike.

Co-sponsored by Historic Vienna, Inc., the Town of Vienna Department of Parks and Recreation and the Church Street merchants, the "stroll" kicks off Vienna's spirited holiday season the first Monday following Thanksgiving.

Singers from Wolftrap and Louise Archer elementary schools, as well as the Emmanuel Lutheran King's Kids Choir, the Green Hedges Jazz Ensemble, the First Baptist Men's Choir, the Vienna Community Band, the Vienna Falls Chorus of Sweet Adelines, Fairfax Jubilaires and the Vienna Choral Society entertained throughout the evening.

Freeman House and the caboose were decorated with live greens by the Ayr Hill Garden Club.

If you didn't know how mild it was on Nov. 28, consider this. For the first time since the Town Green was created, children took the time to run around the Green on a late November evening, surrounded by holiday lighting.

How can 2012 beat this?

Spenser Bagdoyan, 9, of Vienna, asked Santa for a Nerf Recon CS 6, a foam dart shooter. The family is always first in line to talk with Santa, mom Carolyn said. "We come here early."

"I love seeing Santa in the evening, outside," said Spenser's mother Carolyn Bagdoyan. "I love the marshmallows, the hot cocoa, and shopping at Freeman Store."

"I like seeing Santa," Spenser said.

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Elizabeth Burke (left) and parent volunteer Joanne Hardison at Wolftrap Elementary School in front of a winterberry holly planted as part of the 'Growing Together Gardens.'



PHOTO BY
MONIKA BAPNA/
THE CONNECTION

Teaching the Love of Nature

Elizabeth Burke of Vienna honored for Outstanding Service to Environmental Education.

BY MONIKA BAPNA
THE CONNECTION

They named him "Sir-eats-a-lot." Or at least that was what the students of Wolftrap Elementary named one of the many squirrels that visited their self-made squirrel feeder. This creation though small, was representative of the mark that Elizabeth Burke, a Vienna resident, left on the students, teachers and parents at Wolftrap Elementary School.

Burke created a parent led in-classroom program in 2006 called HOWL, Helping Our World By Learning, that trained parents and children alike in the importance of the hands on learning when it came to the environment.

The program created projects like the "Growing Together Gardens," which are a walkway of a variety of plants planted behind the school. Grown with the efforts of the elementary students, Boy Scout and Girl Scout groups, parent volunteers and teachers alike, these gardens are now a vibrant ecological community. In addition, each plant is specific to different kinds of birds and earthworms, so it provides an excellent first hand study of interdependence present in nature.

The realization of this monumental project stemmed from Burke's confidence in furthering her teaching. It has been her primary aim to promote a "learning by observing" approach among her students when studying the natural habitats of anything, from insects to birds. "To fully understand the interdependence of organisms," she said, "there's no substitute for seeing it in action."

Joanne Hardison, a parent volunteer who worked with Burke on the construction of the "Growing Together Gardens" said that several parents had worries about the teaching approach, but they were put to rest by Burke's exceptional presentational skills.

Burke has recently received the 2011 award for Outstanding Service to Environmental Education (EE) by an Individual at the Regional Level from North American Association for Environmental Education (NAAEE) and continuous to work actively with schools like the Epiphany preschool, teaching children about the ecosystem.

"Sir-eats-a-lot" seems to have gained a companion when on a recent visit to Epiphany Burke introduced the children to an extremely friendly daddy long legs. "By the time I was ready to leave," she said, "these little pre-kindergarteners were all begging to have the spider crawl on their arms."

Living History

John McConnell of Ashburn (far left), John Bronson of Gaithersburg and James Veilleux of Vienna are members of the 1st Virginia Regiment of the Continental Line, a Revolutionary War living history reenactment group participating in the Sully Historic Site Colonial Day on Saturday, Nov. 5.



PHOTO BY
DEB COBB/
THE CONNECTION

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

The Church of the Good Shepherd, 2351 Hunter Mill Rd. in Vienna, will host Biblical scholar David C. Hopkins on Sunday, Dec. 11 as part of its Champion of the Faith Series. Hopkins will examine the ancient poems of Isaiah and why they still speak to us. During the Advent: Hope and New Beginnings program, Hopkins will speak on different themes during 9:45 a.m. Sunday school, 11 a.m. worship and a special 7 p.m. evening program. www.GoodShepherdVA.com

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or www.meditation-dc.org.

Epiphany United Methodist Church, 1014 Country Club Drive, N.E. in Vienna, will hold its Thanksgiving Service on Sunday, Nov. 20 at 11 a.m. The sermon topic is "Why Me, Lord." office@epiphanyumc.com or 703-938-3494.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.org.

Vienna Presbyterian Church, 124 Park St. in Vienna, presents the 12-week program "Passages," for those experiencing separation or divorce. The DivorceCare series meets Tuesdays at 7 p.m. Cost of materials \$20, scholarships available. 703-938 9050 or Passages@ViennaPres.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

Vienna Assembly of God has a ministry to children on Wednesdays, 7-8 p.m. at the corner of Center N and Ayr Hill Avenue, N.E. Children's Church on Sundays also available. 703-938-7736 or www.ViennaAG.com.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

Vienna Christian Healing Rooms, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. Rev. Kathleene Card, Pastor. 703-356-7100 or www.ChesterbrookUMC.org.

NEWS



PHOTO CONTRIBUTED

Recipients of the 2011 Community Appreciation awards include: Jim Larson — Chair of CHO, Bill Murray-Vienna Police Department, Kenneth Kibler of the Asplundh Tree Service, Dr. Anita Blain- Principal of Wolftrap Elementary and Host Pastor Randy Beeman of Antioch Christian Church. The annual awards go to people who have helped make Vienna a quality place to live by exhibiting a servants heart.

Church Holds Community Appreciation Banquet

On Nov. 13, the Antioch Christian Church in Vienna, held its annual Vienna Community Appreciation Banquet. Recipients of the 2011 Community Appreciation awards include: Jim Larson, Chair of CHO; Bill Murray, Vienna Police Department; Kenneth Kibler of the

Asplundh Tree Service; Dr. Anita Blain, Principal of Wolftrap Elementary; and Host Pastor Randy Beeman of Antioch Christian Church. The annual awards go to people who have helped make Vienna a Quality place to live by exhibiting a servants heart.

BULLETIN BOARD

To have community events listed in the Connection, send to vienna@connectionnewspapers.com. Deadline is Friday.

THURSDAY/DEC. 1

Financial Planning During Separation and Divorce. 6:30 p.m. The Women's Center, 127 Park St., N.E., Vienna. A seminar on all financial components of the property settlement agreement. \$40-\$50. www.thewomenscenter.org.

SATURDAY/DEC. 3

Women and Constructive Criticism: How to Effectively Receive and Deliver It. 10 a.m. The Women's Center, 127 Park St. N.E., Vienna. This course will give women the strategies for mastering the ability to apply constructive criticism in non-emotional ways. \$25-\$35. www.thewomenscenter.org.

TUESDAY/DEC. 6

Vienna Tysons Regional Chamber of Commerce TIPS Luncheon. 12:15 p.m. Shula's Steakhouse, 8028 Leesburg Pike, in the Tysons Corner Marriott. Every Tuesday. 703-862-4895.

Women, Money and Power. 7 p.m. The Women's Center, 127 Park St. N.E., Vienna. Learn about personal finance. \$25-\$35. www.thewomenscenter.org.

McLean Branch of the American Association of University Women Holiday Luncheon. 11:30 a.m. Riverbend Country Club, 375 Walker Road, Great Falls. With Eleanor Fink, Philanthropy Advisor, on international art theft. \$30. 703-356-0529 or www.mcleanaauw.org.

WEDNESDAY/DEC. 7

Registration Open House. 9:30-11:30 a.m. McLean Children's Academy, 6900 Elm St., McLean. For morning, afternoon and fullday Preschool classes. Limited registration available for Winter-2011. Register at 703-734-2353 or www.childrensacademy.com.

Art Therapy Exploration. 7 p.m. The Women's Center, 127 Park St. N.E., Vienna. This workshop will familiarize participants with the history of Art Therapy, uses with various populations and benefits. \$25-\$35. www.thewomenscenter.org.

THURSDAY/DEC. 8

McLean Historical Society Monthly Meeting. 7:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Longtime resident and attorney Doug Mackall will relate the history of Langley. Open to the public, refreshments provided. 703-980-0885 or paulkohl@msn.com.

Avoiding Divorce Court I: How to Negotiate or Mediate a Property Settlement Agreement. 6:30 p.m. The Women's Center, 127 Park St. N.E., Vienna. A comparison of mediation and negotiation plus mediation and negotiation tips. Strategies and pitfalls to avoid and a general discussion of issues commonly addressed in Agreements. www.thewomenscenter.org.

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

Every year between Christmas and New Year's, The Vienna/Oakton 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@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.



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HOLIDAY GIFT GUIDE



The Artful Gift Shop features hand-crafted soft goods, art pieces and home accessories.

One of a Kind Gifts

Unique ways to say 'Happy Holidays' the year through.

By DONNA MANZ
THE CONNECTION

Make this holiday a one-of-a-kind holiday. Choose a gift from Vienna artists and merchants like no other. Here are some examples of the specialized products that can be found in the Vienna area.

For a gift that harkens back to olden times before technology took over production, consider hand-forged decorative pieces crafted by Vienna artisan blacksmith Curt Welch. From his blacksmith shop off Glyndon Street, Welch forges home decorations, from wall hooks reminiscent of colonial days to seasonal accents, such as swirly candy canes and jingle bells. Jingle bells sell for \$10 by direct sale, \$15 online. Sturdy metal wall hooks begin at \$5. The large candy canes, about 17 inches tall, start at \$30.

For examples of Welch's forged creations, see <http://ayrhillforge.com/>. Welch can also make custom granite-topped hand-forged iron tables and home accessories.

To contact Welch, e-mail him at Curt@ayrhillforge.com.

YES, YOU CAN buy a piece of gold or silver jewelry and have it engraved with the name of a special person... or, you can have a piece of jewelry designed for that special person. Mary Ellen Larkins, whose studio is smack-dab in the middle of the Town of Vienna, designs fused-glass necklaces, pendants, earrings and decorative art and serving pieces.

Larkins' artistic serving trays are \$75 each, and coasters to match are \$35 for four. Pendants, on a silver or gold-filled chain, range in price from \$29 to \$49 per pendant, and her beaded necklaces run from \$60 to \$100. Her contemporary Christmas tree ornaments are \$15.

And here's the thing. Larkins customizes with color

and style so a buyer can give a one-of-a-kind gift to a one-of-a-kind person.

E-mail Mary Ellen Larkins at melarkins@verizon.net or call her at 703-281-7847.

BECAUSE you can never have too many "best" friends... Is there an animal friend in your life? Someone who would rather support animal rescue than receive a new sweater or cigars? Consider, then, recognizing that recipient with a donation to Fairfax County's animal shelter through the nonprofit Friends of Fairfax County Animal Shelter.

If you prefer something tangible to give as a gift, you can buy a calendar that features, each month, an animal who came through Fairfax County's animal shelter last year. The calendar is \$20 and can be ordered online at www.lulu.com/product/calendar/2012-calendar/17276782.

Friends of the Fairfax County Animal Shelter (FFCAS), an all-volunteer 501(c)(3) organization, supports the Fairfax County Animal Shelter with fundraising and resources. All donations to FFCAS go directly to improving the quality of life for the animals at the shelter and promoting their adoption. Each district in the County has an appointed volunteer representative to the shelter's advisory board.

To donate online in someone's name or in memory of a pet, go to <http://www.ffcas.org/support.html>. To donate by mail, send a check payable to Friends of the Fairfax County Animal Shelter, P.O. Box 2321, Centreville, VA 20122.

EXPECT TO BE GREETED as an old friend when you enter the Artful Gift Shop on Church Street. Owner Peggy James offers a collection of hand-crafted gifts, from hats and scarves knitted by her brother to leaded glass accents, tail-wagging dog and cat clocks, jewelry and soft goods. James knows many of her customers by name.

While most of the inventory is crafted in the Metro region, some products are handmade in Oregon and Ecuador. Vienna and McLean artisans are represented.

The battery-powered animal clocks sell for \$42 each



This little girl was abandoned by her previous custodian. She was adopted by a family who loves her. Recognize a family member or friend with a donation to Friends of the Fairfax County Animal Shelter, a nonprofit group that supports the Fairfax County Animal Shelter with funds from private fundraising activities and efforts. Go to <http://www.ffcas.org/support.html> to make a donation or buy a calendar.



Vienna fused-glass artist Mary Ellen Larkins makes jewelry and serving pieces that double as works of art. The serving tray is \$75 and the matching four-pack of coasters is \$35.

Honor a loved war veteran with an inscribed brick recognizing his or her service in a Walk of Honor. American Legion Dyer-Gunnell Post 180 of Vienna offers individual terrace bricks inscribed with a three-line layout for sale.



and Christmas dessert plates are \$10 each. Hand-knitted baby and kids' sweaters sell for two for \$60.

The Artful Gift Shop is located at 145B Church St., NW, at the corner of Church and Lawyers' Road. Phone number is 703-242-1220. See www.artfulgiftshop.com for hours and details of the store's stock.

IF SOMEONE in your family, or a close friend, has served in a war, why not honor those servicemen or women for their sacrifice with a recognition that will last through the ages? American Legion Dyer-Gunnell Post 180 of Vienna offers individual terrace bricks in-

scribed with a three-line layout, including name, service, war fought and dates of service, for \$50 a brick. The Walk of Honor is a tribute that transcends time.

The bricks are inscribed in Mount Jackson, Va., and production and delivery are contingent on the number of orders. To view laid-out bricks, stop by Post 180 hall where the banquet hall is, at 330 Center St. N, Vienna. Phone number is 703-938-9535.

Purchase application forms are available at the information center just inside the Post 180 clubroom, front door. For more information, go to info@legion180.net

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HOLIDAY GUIDE

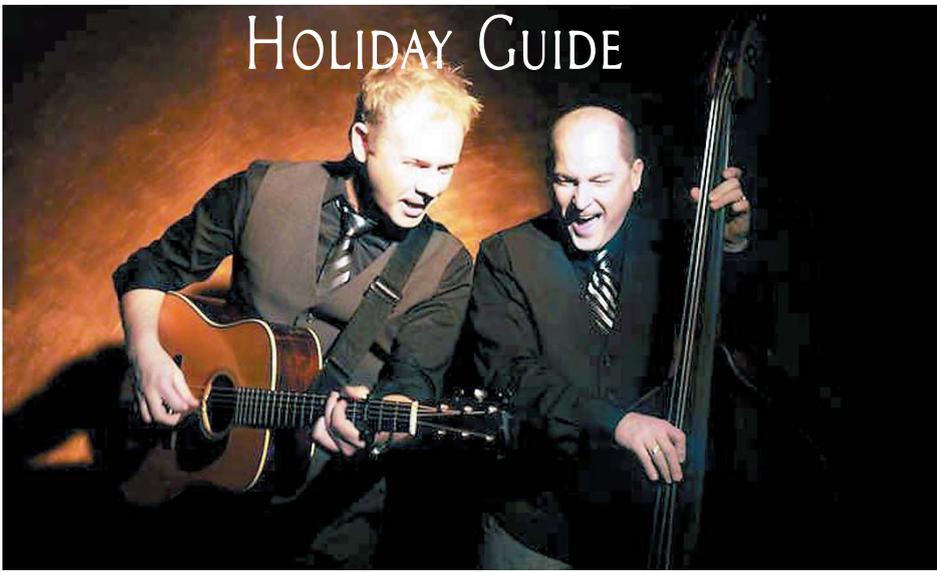


PHOTO BY JIM MCCUIRE

Bluegrass duo Dailey & Vincent performing "I Believe in Christmas."



PHOTO BY STAN ENGBERTSON

American Festival Pops Orchestra (AFPO) and conductor Anthony Maiello.

GMU Presents Holiday Musical Performances

From Mariachi to Bluegrass, something for everyone.

George Mason University's Center for the Arts ushers in the holiday season with a series of musical performances.

DAILY & VINCENT "I Believe in Christmas," Saturday, Dec. 3 at 8 p.m. — "The most celebrated new bluegrass act of the past few years," raves The New York Times about this twosome whose music career has been on fire ever since joining forces in 2007. Jamie Dailey and Darrin Vincent are widely praised by audiences and critics alike for their vocal arrangements, performances and breathtaking two-part harmonies. Dailey & Vincent return to George Mason University's Center for the Arts on Saturday, Dec. 3, 2011 at 8 p.m. to perform a concert titled "I Believe in Christmas" that reflects the pair's deep spirituality and truly captures the reason for the season. This performance is family friendly, and tickets are half price for youth through grade 12 when accompanied by an adult. A pre-performance discussion, free to ticket holders, begins 45 minutes prior to the performance on the Center's Grand Tier III. Pre-performance discussions are sponsored by the Friends of the Center for the Arts. Joining the pair onstage on Dec. 3 are Christian Davis on bass, guitar and vocals; Joe Dean Jr. on banjo, guitar and bass vocals; Jeff Parker on mandolin, guitar and harmony vocals; and Jesse Stockman on fiddle. Tickets are \$24, \$40, \$48. Youth through 12th grade are half price when accompanied by an adult.



PHOTO BY SUSANA MILLMAN

Mariachi Los Camperos de Nati Cano performing "Fiesta Navidad."

HOLIDAY POPS by the American Festival Pops Orchestra (AFPO), Friday, Dec. 9 at 8 p.m. — In the past three seasons, this talented ensemble has thrilled audiences with its outstanding interpretations of pops music. This winter, the AFPO returns home to George Mason University's Center for the Arts for a spirited holiday performance with founder and conductor, Anthony Maiello.

Tickets for this family-friendly performance are half price for youth through 12th grade when accompanied by an adult. A pre-performance discussion, free to ticket

holders, begins 45 minutes prior to the performance on the Center's Grand Tier III. Pre-performance discussions are sponsored by the Friends of the Center for the Arts.

This concert features Christmas carols and holiday tunes that are sure to strike a nostalgic chord with young and old alike. The program features such timeless classics as Irving Berlin's "White Christmas," Leroy Anderson's "Sleigh Ride," "The Holly and the Ivy," "The Christmas Song," "O Holy Night" and a jubilant holiday sing-along led by Maiello. Known for its lively program-

ming and repertoire, the AFPO treats audiences to a festive pops experience that pays homage to the memorable American popular music that has been loved by generations. The orchestra presents Broadway hits, legendary film and television scores, light classics and patriotic anthems honoring our nation. Tickets are \$23, \$38, \$46.

FIESTA NAVIDAD by Mariachi Los Camperos de Nati Cano, Sunday, Dec. 18 at 4 p.m. — This Christmas season, Mariachi Los Camperos de Nati Cano appears for the

Ticket Information for GMU's Center for the Arts

Charge by phone at 888-945-2468 or visit cfa.gmu.edu. The Center for the Arts complex is located on the Fairfax campus of George Mason University at the intersection of Braddock Road and Route 123. Paid parking is located in the deck adjacent to the mainstage Concert Hall and FREE parking is located in university lot K. Visit cfa.gmu.edu.

first time at George Mason University's Center for the Arts Concert Hall, bringing a festive and joyful holiday performance titled "Fiesta Navidad" that celebrates and honors the cultural traditions of Mexico.

This performance is family-friendly and tickets are half price for youth through grade 12 when accompanied by an adult. A pre-performance discussion, free to ticket holders, begins 45 minutes prior to the performance on the Center's Grand Tier III. Pre-performance discussions are sponsored by the Friends of the Center for the Arts.

Mariachi music as we know it today was developed in western Mexico in the 19th century, but its roots date back to the early 16th century when Spanish colonists introduced European instruments such as horns, harps, vihuelas (a five-string guitar) and violins to the natives. African music was also brought to the natives through African slaves, and that is also thought to have an influence on the musical form. In the 19th century, mariachis wore peasant garb and had little interest in dressing alike, until the Mexican Revolution in 1910, when mariachi music became recognized throughout Mexico as a symbol of nationalism and musicians began wearing uniforms of embroidered waist-length jackets, tight-fitting wool pants, riding boots and sombreros.

In the 1950s and 1960s, mariachi music became popular in America after a number of organized mariachi groups immigrated to Los Angeles. Today, mariachi bands are made up of musicians playing violin, trumpet, guitar, vihuela, guitarrón (a fretless six-string bass guitar) and sometimes harps. Mariachi bands frequently perform at celebrations such as weddings, baptisms, quinceañeras and other festive occasions. Tickets are \$23 \$38, \$46.

ENTERTAINMENT

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

THURSDAY/DEC. 1

Sam Roberts Band and Zeus. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

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.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder's The Long Christmas Dinner and performances by the MHS Choral and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

FRIDAY/DEC. 2

The 21st Annual Tree Lighting Event. 6-8 p.m. at the Great Falls Village Centre. Festivities will be held behind the Post Office near the big Christmas Tree. Schedule for the day:

- ❖ 10 a.m.-6 p.m.: Holiday Shopping and Open House
- ❖ 6-7 p.m.: Christmas Carolers
- ❖ 7 p.m.: Santa arrives with Mrs. Claus to light the Tree
- ❖ 7:30 p.m.: Live presentation of the Nativity Setting.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder's The Long Christmas Dinner and performances by the MHS Choral and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

John Doe (from X) Full Band CD Release and Robert Ellis. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

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.

McLean Holiday Crafts Show. 11 a.m.-7 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Hand-crafted goods plus musical ensembles from McLean High School and the McLean Youth Orchestra. Food available for purchase. \$2 adults, \$1 age 13 and under. 703-790-0123 or www.mcleancenter.org/special-events.

"It's A Wonderful Life: A Live Radio Play." 7:30 p.m. James Lee



The 29th Annual McLean Holiday Crafts Show will be at the McLean Community Center, 1234 Ingleside Ave. in McLean from Friday, Dec. 2 through Sunday, Dec. 4, with hand-crafted goods plus musical ensembles from McLean High School and the McLean Youth Orchestra. Food will be available for purchase. \$2 adults, \$1 age 13 and under. 703-790-0123 or www.mcleancenter.org/special-events.

Community Center Theater, 2855 Annandale Road, Falls Church. Tickets \$15. www.providenceplayers.org or 703-425-6782.

SATURDAY/DEC. 3

Holiday Wreath-Making Workshops. 10 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Beads, bows and more included. \$40. Pre-paid reservations required at 703-255-3631 x 0.

Used Book Sale. 10 a.m.-5 p.m. Our Lady of Good Counsel Church, DeSales Hall, 8601 Wolftrap Road, Vienna. Thousands of gently used books for \$1 or less. Held in conjunction with "Holly & Ivy: A Christmas Marketplace." Hosted by the OLCG 6th grade class. 703-938-2828.

Photo with Santa. 10 a.m.-2 p.m. Falls Church Presbyterian Church, 225 E Broad St., Falls Church.

Mary Fahl October Project at 7 p.m.; **Mokey Doris CD Release, Norman Rockwell and The Dirty Jacks** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Book Sale. 10 a.m.-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Sponsored by the Friends of the Library. 703-790-4031.

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.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 2 p.m. and 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder's The Long Christmas Dinner and performances by the MHS Choral and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

Children's Holiday Shop. 10 a.m.-2 p.m. Cherry Hill Farmhouse, 312 Park Ave., Falls Church. Volunteers will help children buy and wrap holiday gifts for friends and family. All gifts \$6 and under. 703-248-5171.

Christmas Bazaar. 10 a.m.-3 p.m. Epiphany United Methodist Church, 1014 Country Club Drive N.E., Vienna. Seasonal greenery, crafts, See's Candy, baked goods, and a

silent auction. Lunch available for purchase. office@epiphany.com or 703-938-3494.

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.

Holiday Fair. 10 a.m.-3 p.m. Flint Hill Elementary, 2444 Flint Hill Road, Vienna. Professional crafters, photos with Santa, book sale, bake sale, cake walk and a Secret Santa Shop for children. Lunch available for purchase. 703-242-6100.

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.

Breakfast with Santa. 8:30-10:30 a.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Photos with Santa, face painting, crafts, music, breakfast treats and hot chocolate. Donations of new, unwrapped toys for age 10 and under accepted to benefit the non-profit Transitional Housing Corporation. 703-759-2082 or www.stfrancisgreatfalls.org.

McLean Holiday Crafts Show. 10 a.m.-6 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Hand-crafted goods plus musical ensembles from McLean High School and the McLean Youth Orchestra. Food available for purchase. \$2 adults, \$1 age 13 and under. 703-790-0123 or www.mcleancenter.org/special-events.

"It's A Wonderful Life: A Live Radio Play." 2 p.m. and 7:30 p.m. James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Tickets \$15. www.providenceplayers.org or 703-425-6782.

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

SEE ENTERTAINMENT. PAGE 17

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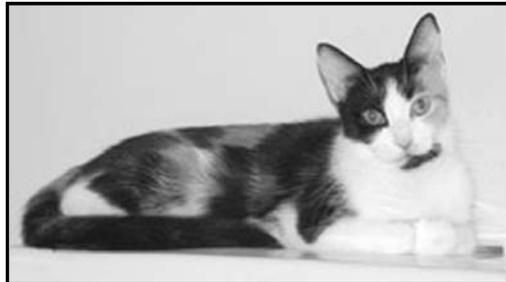
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Beating the Holiday Blues

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 18

WWW.CONNECTIONNEWSPAPERS.COM

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

TRUSTEE'S SALE
OF VALUABLE
IMPROVED REAL ESTATE
Improved by the premises known as
6616 Melrose Drive, McLean, Virginia
In execution of a Deed of Trust from Ana Maria V. Clarke and Paul F. Clarke, Jr., dated October 18, 2010, and recorded November 20, 2010, in Deed Book 21361 at page 78 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on
Friday, October 7, 2011 at 9:30 a.m.
the following property being the property contained in said Deed of Trust, described as follows:
Lots 38, 39 and 40, Section B, Water Heights Subdivision, as per plat thereof recorded in Deed Book T-9 at page 247, among the Land Records of Fairfax County, Virginia.
Commonly known as 6616 Melrose Drive, McLean, Virginia 22101.
TERMS OF SALE: A deposit of \$100,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 4.0 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.
Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.
Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.
In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.
The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.
The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.
Additional terms and conditions of sale may be announced at the time of sale.
DAVID N. PRENSKY
Substitute Trustee
FOR INFORMATION CONTACT:
David N. Prenskey
Chasen & Chasen
5225 Wisconsin Avenue, N.W. #500
Washington, D.C. 20015
(202) 244-4000

21 Announcements

TRUSTEE'S SALE
OF VALUABLE
IMPROVED REAL ESTATE
Improved by the premises known as
4600 South Four Mile Run, #1242, Arlington, Virginia
In execution of a Deed of Trust from Linda Faye Johnson, also known of record as Linda Faye North and Linda F. Johnson, dated May 31, 2006, and recorded June 5, 2006, in Deed Book 3987 at page 2577 among the Land Records of Arlington County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Court House for Arlington County, at 1425 N. Courthouse Road, Arlington, Virginia, on
Monday, November 7, 2011 at 9:30 a.m.
the following property being the property contained in said Deed of Trust, described as follows:
Unit 1242, The Carlton, a Condominium
RPC No. 28034987
Commonly known as 4600 South Four Mile Run, #1242, Arlington, Virginia 22204.
TERMS OF SALE: A deposit of \$15,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 6.50 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.
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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

21 Announcements

IT'S HARVEST TIME FOR YOUR BUSINESS!
Reap rewards when you advertise through Virginia Press Services' Statewide Display Advertising Network!
Place your business card-size ad in more than 65 newspapers and your message will reach more than 800,000 Virginians.
CONTACT THIS NEWSPAPER or Adriane Long, Virginia Press Services, **804-521-7585** or adrianel@vpa.net.

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CLASSIFIED

108 Personal Services 108 Personal Services

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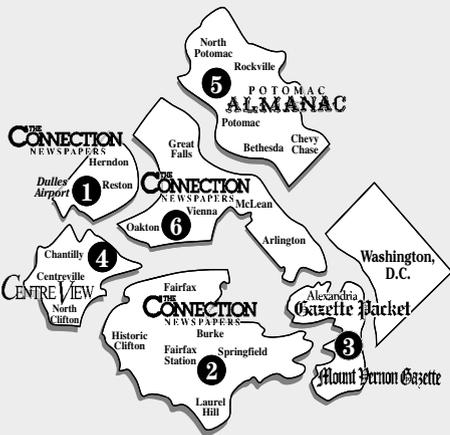
21 Announcements 21 Announcements

PUBLIC NOTICE VOLUNTARY REMEDIATION PROGRAM

In accordance with the Virginia Voluntary Remediation Program (VRP) public participation requirement of 9 VAC 20-160-120, the general public is hereby notified that the property identified as 4975 Columbia Pike, and generally known as the Arlington Mill Community Center, located in Arlington County, Virginia is requesting a Certificate of Satisfactory Completion of Remediation from the Virginia Department of Environmental Quality (VDEQ) through VRP. The VRP participant is the property owner, Arlington County, who performed environmental sampling and remediation in 2011 to address a release of solvents from a dry cleaning business that is located on an adjacent property. Although remediation was not clearly mandated, site development will involve excavation of all site soils and potentially treating groundwater. On October 28, 2011 VRP issued a letter noting that "DEQ concurs with, and considers complete, the site characterization, risk assessment, and proposed remedial action (i.e., deed restriction prohibiting groundwater use)." That institutional control specifies that "groundwater beneath the property shall not be used for any purpose other than environmental monitoring or testing". Anyone with an interest in this remediation may call or write Arlington Mill VRP through the owner's environmental representative, Mr. Jeff Lund, ECS Mid-Atlantic, LLC, 14026 Thunderbolt Place, Suite 100, Chantilly, VA 20151 (703-471-8400). Comments will be accepted for 30 days following the publication of this notice.

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ENTERTAINMENT

FROM PAGE 13

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

Christmas in Camp with the 17th Virginia Infantry. 12-4 p.m. Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Visit a Civil War camp during winter and learn about holiday customs from reenactors. Free. 703-591-6728.

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.

Used Book Sale. 9 a.m.-3 p.m. Our Lady of Good Counsel Church, DeSales Hall, 8601 Wolftrap Road, Vienna. Thousands of gently used books for \$1 or less. Held in conjunction with "Holly & Ivy: A Christmas Marketplace." Hosted by the OLG 6th grade class. 703-938-2828.

Lost Dog & Cat Rescue Adoption Event. 1-4 p.m. PetSmart, 8204 Leesburg Pike, Tysons Corner. Adoption events every Sunday. <http://lostdogrescue.org/> and click on Adoptions.

No Admittance at 2 p.m.; Val Emmich & The Veeries, Blackbells and The Assembly Line at 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Book Sale. 1-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Sponsored by the Friends of the Library. 703-790-4031.

A Reading of "Lucy's Cave." 1:30 p.m. The Freeman Store Little Library, 131 Church St. N.E., Vienna. For grade school children and their parents. The story takes place in Vicksburg in 1863 and materials will be available to make a Civil War craft. 703-938-5187 or www.historicviennainc.org.

Visit from Santa Claus. 1-3 p.m. The Freeman Store, 131 Church St. N.E., Vienna. Assisted by his elves, Santa will be upstairs in his traditional chair beside the Christmas tree. Free and open to the public. 703-938-5187 or www.historicviennainc.org.

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

McLean WinterFest Parade. 4 p.m. From Fleetwood Road, down Old Chain Bridge Road to Elm St. Pre-parade entertainment begins at 3:15 p.m. with performances from Bach to Rock, the Women's Club of McLean, Kent Gardens and Spring Hill Elementary School children, and the McLean High School Dance Team. www.mcleanwinterfest.org.

Bach's "Magnificat." 5 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. The St. Francis Choir, with soloists and an orchestra. Free. 703-759-2082 or www.stfrancisgreatfalls.org.

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.

McLean Holiday Crafts Show. 11 a.m.-4 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Hand-crafted goods plus musical ensembles from McLean High School and the McLean Youth Orchestra. Food available for purchase. \$2 adults, \$1 age 13 and under. 703-790-0123 or www.mcleancenter.org/special-events.

"It's A Wonderful Life: A Live Radio Play." 2 p.m. and 5 p.m. James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Tickets \$15. www.providenceplayers.org or 703-425-6782.



Go to the place where the thing you wish to know is native; your best teacher is there. Where the thing you wish to know is so dominant that you must breathe its very atmosphere, there teaching is most thorough and learning is most easy. You acquire a language most readily in the country where it is spoken; you study mineralogy best among miners; and so with everything else.

—Johann Wolfgang von Goethe



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Call Specific Agents to Confirm Dates & Times.



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1519 Pathfinder Ln..\$1,249,900.....Sun 1-4.....Monica Gibson.....Keller Williams..703-944-3434
1497 Teague Dr.....\$1,788,500.....Sun 12:30-3:30.....Pat Buck.....McEneaney..703-395-9625
6004 Woodley Rd.....\$939,000.....Sun 1-3:30.....Jane Price.....Weichert..703-628-0470

Fairfax

12012 Gary Hill Dr.....\$599,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812
5345 Chalkstone Way..\$734,900.....Sun 1-4.....Tim Walsh.....Remax Premier..703-447-2236

Fairfax Station

7951 Kelly Ann Ct...\$1,090,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812
9524 Oak Stream Ct...\$564,900.....Sun 1-4.....Dan Mleziva.....RE/MAX..703-380-9915
9206 Bexleywood Ct...\$799,900.....Sun 1-4.....Cyndee Julian.....Long & Foster..703-201-5834

Leesburg

18944 Woodburn Rd...\$499,900.....Sat 12-3.....George Azzouz.....Samson Props..703-728-0843
18944 Woodburn Rd...\$499,900.....Sun 1-4.....George Azzouz.....Samson Props..703-728-0843

Reston

1802 North Shore Ct...\$400,000.....Sun 12-4.....Glen Baird..VirginiaMLS.com Realty..703-691-7878
11930 Sentinel Point Ct \$410,000.....Sun 1-4.....Sheila Cooper.....Weichert..703-759-6300

Springfield

9194 Forest Breeze Ct. \$319,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808

Sterling

21067 Branchwood Way \$449,900.....Sun 1-4.....Peter Burke.....Weichert..703-786-3334

Vienna

500 Malcolm Rd NW...\$549,900.....Sun 2-5.....Lois McCormick.....Weichert..703-477-0860
9804 Bridleridge Ct...\$999,900.....Sun 1-4..Liane Carlstrom MacDowell..Brookside Realty..703-803-8335
606 Cottage St.....\$1,375,000.....Sun 1-4.....Casey Samson.....Samson Props..703-508-2535
2720 Willow Dr.....\$1,690,000.....Sun 1-4.....Nancy Basham.....Long & Foster..703-772-2066

To add your FREE Realtor represented Open House to these weekly listings, please contact Don Park at 703-778-9420, or donpark@connectionnewspapers.com
All listings are due by Monday at 3 P.M.

Less Is More to Enjoy Holidays

FROM PAGE 14

“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.”

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.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder’s The Long Christmas Dinner and performances by the MHS Choral and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

FRIDAY/DEC. 2

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.

“The Nutcracker” with BalletNova. 7:30 p.m. Bishop Ireton High School, 201 Cambridge Road, Alexandria. Adults \$13-\$40, students and seniors \$13-\$32. 703-751-7606 or www.balletnova.org.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder’s The Long Christmas Dinner and performances by the MHS Choral and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

SATURDAY/DEC. 3

Holiday Wreath-Making Workshops. 10 a.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.

Walking to School on Wednesdays

Vienna Elementary promotes Walk on Wednesdays.

BY AMIEE FREEMAN
THE CONNECTION

On a recent rainy Wednesday morning, a steady flow of students with parents walked or rode their bikes to Vienna Elementary. These students were participating in a new program, Walking Wednesday, which encourages students to walk or ride their bikes to school on Wednesdays.

The program, which began in mid-October, is considered to be a success by event organizer and parent, Linda Kerr. She estimates that approximately half of the 300 students at Vienna Elementary walk to school on Wednesdays.

Upon arrival at school, participating students receive a small plastic foot, or toe token, to reward them for their trek to school. Most of the students participating on a recent Wednesday had tokens for all weeks Walking Wednesday had been in effect.

“We look forward to it,” said parent Connie Waterfield, who walks with her children from Creek Crossing, about a mile away.

“We walk every day, but I find this program very exciting. It lets

the kids know that walking and being fit is something to be celebrated,” said parent Denise Poole, who walked to school with her kindergartener, Simon, and his two younger brothers.

Despite the rain, parent Jessica Readyhough said, “I think it’s a great program. It encourages people to get out and walk while we still have good weather.”

“It’s fun,” said sixth grader Gabby Rogers who walked to school with her twin sister Sammy Rogers and neighbor Julia Leas.

VIENNA ELEMENTARY participates in the federally funded Safe Routes to School Program, which aims to increase the number of children who can safely walk or bike to school. This program gives small grants to schools to fund low cost infrastructure projects or to fund incentives, such as the toe tokens that are part of Vienna Elementary’s Walking Wednesday program. In previous years, Vienna Elementary participated in National Walk to School Day in the fall and a second walk to school event in the spring. The turnout for these events was so good, the

school decided to initiate Walking Wednesdays. In fact, Sean McCall, the parent who coordinates the Safe Routes to School program for Vienna Elementary, said that weekly turnout for Walking Wednesday is higher than previous walk to school events.

“Vienna Elementary is well-situated for this program. A large percentage of the school lives within a half-a-mile of the school,” said McCall.

ONE SIDE EFFECT of the program has been the response from students who ride the bus. Several students who ride the bus, want to walk. In fact, because so many children walk on Wednesdays, the buses move through the neighborhoods faster, leaving some students to walk to school whether they planned on it or not, said Kerr.

An additional incentive for parents to participate has been free coffee provided by Caffe Amouri. After dropping their children off at school, parents often linger and chat over a cup of coffee. At least, in good weather, they linger; on this rainy Wednesday, many parents took their coffee to go.



Walking Wednesday organizer, Linda Kerr, gives a walker a toe token as a reward for participating in the program. Vienna Elementary received funding for the program from the federal Safe Routes to School Program to fund Walking Wednesdays and other walk to school events.

PHOTOS BY AMIEE FREEMAN/THE CONNECTION



Many of Vienna Elementary’s students live within a half-mile of the school, making Walking Wednesday very popular, said participating parents.



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, 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 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 drive we held together."



PHOTOS BY DONNA MANZ/THE CONNECTION



Amy Cuppett Stiverson and her mother Alzine Cuppett in an early photo.

Instructors and staff of Cuppett Performing Arts Center. Center front is Secretary of the Corporation Joyce Cuppett, founder Alzine Straub Cuppett, and Artistic Director and majority owner Amy Cuppett Stiverson.

Life in Dancing

Cuppett's Performing Arts Center in Vienna celebrates 50 years of family business.

BY DONNA MANZ
THE CONNECTION

Alzine Straub (Cuppett) was just 7 years old when she began tap lessons 1934 in Johnstown, Pa. Her instructor was a young man named Gene Kelly, who, along with his brother owned a dance studio in the town. Tap, said Cuppett, was more popular in those days than ballet was. In 1940, Kelly auditioned for theatre in New York City. "And we all know what happened, then," said Cuppett.

Kelly quickly went on to Hollywood, winning accolades and becoming a big movie star. His brother Fred and sister Louise took over the studio and, under their tutelage, Alzine mastered tap and ballet. It was in the late 1930s when Louise took girls from the classes to a ballet in Pittsburgh.

"I came away from that on fire," said Alzine.

It took a circuitous path to get Alzine to Vienna and the establishment of the Cuppett Performing Arts Center, now celebrating its 50th year in Vienna. Cuppett Performing Arts Center was one of four grand marshals in the 2011 Vienna Halloween parade.

Alzine performed in high school operettas, all the time taking dance lessons. Two weeks after graduation, the teenager moved to New York. She was dancing at the famous Roxy theatre two weeks after moving.

From the Roxy, Alzine made it to the Winter Garden and an equity card. And in 1946, she auditioned as a Rockette at Radio City Music Hall and was hired on the spot. She

danced as a Rockette for 18 months, doing four shows a day, seven days a week. It was a year-round job that gave the dancers three weeks of performance followed by a week off.

"In those days, every show had a line around the corner," she said.

One of Cuppett's most memorable moments in New York City happened outside her career. It was August 1945, and Alzine was taking a ballet class in the city.

"I looked out and saw what looked like snow," said Cuppett. It wasn't August snow but was, instead, ticker tape. VJ Day had been declared.

"We all went down to Times Square and celebrated," said Cuppett. "Hugging and kissing just like you see in the pictures."

Alzine married, had three sons, three daughters, and began teaching dance to students at her children's school, Our Lady of Good Counsel. She opened a studio in her home in Vienna Woods. It wasn't called Cuppett's, then. In fact, it wasn't called anything. As she recalled, it didn't even have a name when she first began giving dance instruction. Eventually, the Cuppetts bought a bigger home on Old Courthouse Road and Alzine Cuppett built a dance studio in her house. And in 1980, Alzine moved her dance studio to Park Street,



Alzine Straub Cuppett, founder of Cuppett Performing Arts Center in Vienna, and her daughter, Amy Cuppett Stiverson, the dance center's artistic director.

where it remains today, having expanded over the years. The dance school takes up 6,000 square feet of space in the shopping center on Park Street.

Cuppett Performing Arts Center is a family affair. Her three daughters and a daughter-in-law have positions within the business. The grandchildren are getting into the business, as well. Alzine Cuppett's daughter, Amy Cuppett Stiverson, is now the Managing Artistic Director, and 90 percent owner of Cuppett's. Stiverson's four daughters all dance.

Alzine Cuppett still comes in once a week to keep active in her semi-retirement. "I may be the owner but in reality, she's the boss" said Amy Stiverson of her mother.

Alzine and Amy share a vision of the future of Cuppett's.

"My dream, although probably not in my lifetime, is to have a full facility for theatre arts, including music and voice lessons and a blackbox theatre," Alzine Cuppett said. "I dream of offering people training in the complete theatre experience."

Amy has ideas how to make her mom's dream come true.

"The layout is already in my head," said Stiverson. "I believe in timing. When the timing is right, the opportunity will

present itself.

"Every time we've expanded, we've exceeded our goals."

Daily dance classes for children and adults are offered in four studios. The school offers a wide variety of classes from the beginner/recreational student to the more serious professional-level dancer. Classes include ballet in the Russian and Italian (Cecchetti) methods, as well as tap, jazz, modern, character, lyrical, hip hop, acro-dance and musical theatre.

"Ballet is the foundation of all dance," Cuppett said. "All serious students must take ballet here. What we advocate is that if they're serious about dance, they will be ready for it."

Cuppett's offers a recreational program which permits students to take classes in areas of special interest to them.

The Cuppett Dance Company gives the more serious student a chance to perform and compete in a team-oriented atmosphere. Membership in the Cuppett Dance Company is by audition, and only after a student has met qualifying criteria in their dance specialty. Professional certifications of the school include Dance Masters of America, and the Cecchetti Council of America.

"My number one dream is to carry on my mom's name, perpetuating my mom's legacy," said Stiverson. "When I get to my mom's age, I want to make sure the legacy continues."

Cuppett Performing Arts Center is at 135 Park Street, S.E. Vienna. Phone 703-938-9019. For information on the performing arts center, go to www.CuppettPAC.com or email: Info.CPAC@vacoxmail.com