

DECEMBER 5-11, 2013

25 CENTS NEWSSTAND PRICE



PHOTO COURTESY OF KELLY LAVIN

These students dressed for the holidays while helping out in ONC's warehouse.

## Making the Holidays Bright

**Our Neighbor's Child collecting toys, clothing.**

BY BONNIE HOBBS  
CENTRE VIEW

There's just a week left until gift-packaging day, so Our Neighbor's Child (ONC) is working feverishly to ensure that local children's Christmas wishes come true. But it takes an army of dedicated volunteers and the generosity of the community to make it happen.

For many families, the holiday season isn't about Christmas parties and colorful decorations. It's about worrying how they'll keep their children warm through the winter and explaining to them why Santa can't bring them any presents this year.

And that's where the all-volunteer, nonprofit Our Neighbor's Child comes in, making sure that no child in need in Centreville, Chantilly, Clifton, Fair Oaks and Fair Lakes goes without holiday gifts.

"There's nothing like the good feeling you get from helping other people," said ONC Executive Director Kelly Lavin. "And you can do it right here in your own community. We particularly need helpers for packaging and delivery, plus adults to help at the gift warehouse from Dec. 8-15."

This is ONC's 22nd year and, in the beginning, it provided presents for a handful of local families. But as more people moved to the area and

the economy worsened, many local residents fell onto hard times and the need for help grew.

So now, the group is providing new toys and clothing for more than 700 families. That number includes more than 2,000 children, so the organization desperately needs the community's help — and even the smallest donation can make a difference. Besides new toys for children and

SEE VOLUNTEERS, PAGE 4



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Westfield High students Madeleine Bloxam and Mitchell Buckley gather up toys last year to package.

## Encore Dancers Ring in the Season

**New, musical show is called 'Switching Christmas.'**

BY BONNIE HOBBS  
CENTRE VIEW

When a precocious, young girl changes places with a playful elf at the North Pole, things are bound to go awry and only Santa can save the day. That's the premise of Encore Theatrical Arts Project's new holiday show, "Switching Christmas."

"It's a heartwarming story and a love story, too," said Director and Choreographer Raynor van der Merwe. "It's also about wanting to be other places, but learning that what we need is right under our noses at home."

Show times are Friday, Dec. 13 and 20, at 8 p.m.; Saturday, Dec. 14 and 21, at noon, 4 p.m. and 8 p.m.; and Sunday, Dec. 15 and 22, at noon and 4 p.m., at NOVA's Richard J. Ernst Community Cultural Center, 8333 Little River Turnpike in Annandale. Ticket information is at [www.encore-tap.org](http://www.encore-tap.org).

"Switching Christmas" is an original dance musical. The cast of nearly 50 includes students from Centreville and Chantilly schools, plus professional actors Dan and Tina Delafield.

"People looking for something different than the traditional 'Nutcracker,' 'Messiah' or 'Christmas Carol' will really enjoy this show," said van der Merwe. "The dancers have been rehearsing since July and spend 20-25 hours a week in the studio."

"We have lots of newcomers, but also a great group of seasoned performers setting a good example for the younger ones," she contin-



BONNIE HOBBS/CENTRE VIEW

Raynor van der Merwe is the director and choreographer.

ued. "There are so many exciting dance numbers that'll keep young kids entertained, plus a great story that everyone will enjoy. We've got old favorites, plus new numbers, so there's something for everyone. And, visually, it'll be spectacular — it truly is a family musical."

Logan Floyd, a Fairfax High junior, plays one of the lead roles, Madison, the daughter of a New York City hotel manager. "She wants to have fun with her friends, but her dad has a hard time letting her do that alone," said Floyd. "Then an elf named Sprinkles comes to the hotel to see who's been naughty or nice, and she thinks it's exciting there. Madison wants to travel the world, so the two of them switch places."

An Encore dancer since seventh grade, Floyd says it's fun to create the relationship between her character and the elf. Her favorite

SEE ENCORE, PAGE 11

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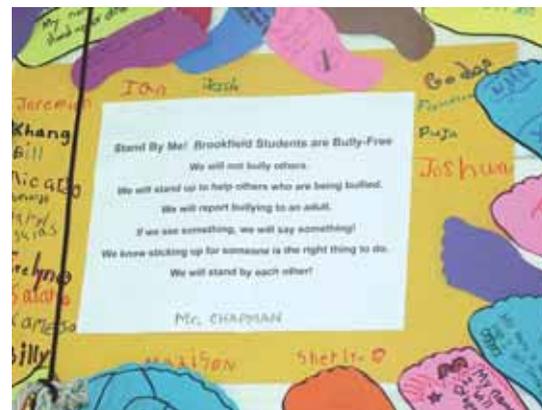
# Brookfield Elementary Students Take Stand Against Bullying



Brookfield Elementary students and counselors (from left) Carole Zendle and Kathleen Otal pose by the footprints made by all students in the school. Each footprint has a student's name and says he or she will stand by others.



Bullying Awareness Week was Nov. 18-22 in Fairfax County Public Schools. Here, three kindergartners students at Brookfield Elementary show the anti-bullying pledge their class signed.



The anti-bullying pledge that Brookfield Elementary students took.

PHOTOS CONTRIBUTED

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## CYA Collecting Gifts For Hospitalized Children

Members of the Chantilly Youth Association (CYA) are hoping to brighten the holidays for local children fighting cancer. It's collecting presents for the DC Candlelighters Childhood Cancer Foundation's Christmas party for the pe-



diatric oncology patients at Inova Fairfax Hospital.

But it needs help from the community to provide the gifts, including gift cards for boys and girls. Price range should be \$20-\$25; presents are needed for babies through teens.

Gifts are being accepted now through Dec. 14 at the CYA office, next to Cassel's Sports and Awards at 13996 Park Center Road in Herndon. If no one's at the CYA Office, gifts may be dropped off at Cassel's.

Volunteers are also needed for the gift-wrapping party on Saturday, Dec. 14, and for the delivery of presents to Inova Fairfax Hospital for the children's Christmas party on Dec. 16. More than 65 families will be at the party, and DC Candlelighters wants to provide gifts to all the patients and even to their siblings.

Anyone who'd like to volunteer to help with wrapping and/or delivering these gifts should contact Mark Abbott at ExecDirector@ChantillyYouth.org. DC Candlelighters is a nonprofit organization; for more information about it, go to [www.dccandlelighters.org](http://www.dccandlelighters.org).

— BONNIE HOBBS

## ROUNDUPS

### Free Carseat Inspections

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

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

### Crafts, Music, Santa, Movie

Chantilly High's Peer-Mediation class is collecting gifts for Toys for Tots during a Holiday Extravaganza for children. This Saturday, Dec. 7, starting at 3 p.m., in the school cafeteria, there'll be arts and crafts, photos with Santa, tasty treats, music and a holiday movie. Admission to the event is one, new, unwrapped toy per person for the U.S. Marine Corps' Toys for Tots program. The Rocky Run Middle School band and choir will perform holiday music during the crafts time. Then at 4:15 p.m. in the auditorium, there'll be a special showing of the hit movie, "Polar Express," starring Tom Hanks.

### Clifton Christmas Parade, Homes Tour

The Town of Clifton welcomes the holidays this Saturday, Dec. 7, with a candlelight homes tour, parade and Christmas-tree lighting. Festivities begin at 2 p.m. with a colorful parade of horses and riders decorated in Christmas finery. Afterward, attendees may shop in Clifton's stores, enjoy the town's restaurants and visit the art show from 4-9 p.m. in the Clifton Town Meeting Hall, 12641 Chapel Road.

The homes tour runs from 4-7 p.m. Five houses and two churches featuring musical entertainment will welcome visitors. Then at 7:30 p.m. is the annual lighting of the town Christmas tree at the corner of Main Street and Chapel Road. The fun will include carolers from Chantilly High, hot chocolate and s'mores.

In Clifton, tickets are at A Flower Blooms in Clifton, T&K Treasures, Hydrangea and All that Glitters. They're also at Picket Fence in Burke and Banner's Hallmark in Centreville. Cost is \$20, adults; \$5, children under 12, through Dec. 6. The next day, they're \$25 and \$10, respectively, at the booth on Main Street.

### CLRC Open House Dec. 7

The Centreville Labor Resource Center (CLRC) is holding an anniversary open house this Saturday, Dec. 7, from 1-3 p.m., and the public is invited. It's at 5956 Centreville Crest Lane, beside Brick Pizza, on the lower level of the Centreville Square Shopping Center.

Fairfax County Board of Supervisors Chairman Sharon Bulova and Supervisor Michael R. Frey (R-Sully) will be there, and awards will be presented to Ellen and Adam Church from Craver Mathews Smith, a marketing firm that's supported CLRC.

Also honored will be Korean Central Presbyterian Church (KCPC) members, especially Dr. Tong Soo Park who founded the Grace Community Center, a free clinic in Centreville.

### Toy Donations Are Needed

Each year, the Fairfax County Police Department Motor Squad and the county Sheriff's Office give Santa a hand with his gift deliveries. But they count on the community to help provide the presents. They're asking local residents, businesses and other organizations to donate new, unwrapped toys, games and books to be distributed to children at Inova Fairfax Hospital and to children in the community who might not otherwise have a cheerful holiday season.

Bring these items to any Fairfax County police station or to

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## NEWS

CENTRE VIEW EDITOR STEVEN MAUREN  
703-778-9415 OR CENTREVIEW@CONNECTIONNEWSPAPERS.COM



PHOTO COURTESY OF WINI SCHLATTER

Cast members include (back row, from left) C.J. Armstrong, Harry Schlatter, Ben Miller, Molly Van Trees, Marty Bernier, Ben Afferton and Melanie Edgar (teapot); and (front row, from left) Lily Whitman, Isabelle Bingham-Wright, Cammy Fischer, Braedon Anderson, Olivia Cecil and Emily Mortier (teacup).

## Disney Classic Comes to Life

### Stone Middle presents musical, "Beauty and the Beast Jr."

BY BONNIE HOBBS  
CENTRE VIEW

Featuring a cast and crew of 45, Stone Middle School will present the Disney classic, "Beauty and the Beast Jr." Show times are Thursday, Dec. 12, at 3 p.m. (presale tickets only); Friday, Dec. 13, at 7:30 p.m.; and Saturday, Dec. 14, at 3 p.m. Tickets are \$7 at the door.

Bringing this story to life are Director Lois Stanziani, Assistant Director Kathleen Schroeder and guest Assistant Director John Nicholas Walsh.

"The magic is back at Stone as this year's musical takes the stage," said Stanziani. "We have a talented group of actors, accompanied by pianist Jena Photiadis, plus dedicated, helpful parents."

"Talking wardrobes, flustered clocks and charming maids join a wise teapot and a flirty candelabra in hoping that Belle and the temperamental beast find love in the enchanted castle," continued Stanziani. "But devious villain Gaston [Harry Schlatter] and his cronies have plans to thwart their destiny."

Portraying Belle is eighth-grader Molly Van Trees. "She's independent, sassy and smart," said Molly. "She loves her father, but goes her own way. She's different from everyone else in her dull, provincial town because she wants more to her life. When she meets the Beast, she doesn't trust him at first. But that changes after he saves her life."

She's thrilled with her role and thanks Stanziani and Schroeder for the opportunity. "It's a lot of memorization and hard work, but also fun, and I like singing her songs," said Molly. "And like Belle, I'm independent and like reading, so I'm able to connect with her."

Her favorite song is "Home" because "it's expressive and I show lots of emotion. Its message is that

home is where the heart is, and that's what's most important. 'Beauty and the Beast' is an iconic show and everyone knows the story, so it's nice to see our version. The costumes are beautiful and elaborate, and the talent in this school is astounding."

As the Beast, eighth-grader Marty Bernier wears an animal's snout, shaggy hair and huge paws with long nails. "His personality's a puzzle," said Marty. "In the beginning, he's mean, harsh and not very caring. But once Belle comes to the castle, he regains his human feelings and kindness. He used to be a prince, but turned into a beast after a spell was cast on him."

Calling this role challenging, Marty likes this Disney

SEE STONE MIDDLE, PAGE 9



BONNIE HOBBS/CENTRE VIEW

Molly Van Trees and Marty Bernier portray Belle and the Beast.

# Volunteers Help Make Holidays Bright

FROM PAGE 1

gift cards for teens, especially needed are warm clothes such as coats, hats, jackets, mittens, scarves and sweaters.

And just like it “takes a village” to raise a child, during the holiday season, it takes a small army of volunteers to complete this monumental endeavor. For example, Stone Middle students make the more than 4,000 paper ornaments for the ONC giving trees containing children’s gift wishes.

Centreville High and Westfield High SGA students package thousands of homemade cookies so each recipient family can receive a box with their gifts. Chantilly High students conduct a wrapping-paper drive so each family may wrap its presents for its own children.

“We want to involve as many people as possible,” continued Lavin. “There’s a lot of joy in giving Christmas gifts to people in need. And our volunteers don’t have to come to 100 meetings; they can work for an hour on their own schedule. And, hopefully, they’ll enjoy it so much that they’ll want to help other organizations, as well, because they love it.”

Chris Hobbs has been an ONC volunteer for 13 or 14 years. “At first, I called the families to see what gifts they wanted,” she said. “Now I e-mail the 50 businesses, churches and schools that host our giving trees.”

“I start touching base in September to



These ONC volunteers have fun last year selecting the bikes to be donated to children in need.

make sure they’re still on board,” said Hobbs. “Then I find out how many gift ornaments they each want and arrange their delivery. Most have done this a long time, and we’ve built up a good rapport over the years.”

After collecting the gifts donated by the community, each entity brings them to

ONC’s warehouse. Hobbs is also delighted with the “really awesome” contribution of ONC volunteer John O’Neill. “He developed software organizing the giving-tree participants so all the information is in one place and is easy to use,” she said.

Basically, said Hobbs, children want the same things other children have. “ONC’s a

great charity that helps kids — and we’d all want that for our own children,” she said. “And they’re all people in our own backyard.”

Her children volunteer with ONC, too, and she says it’s “good for them to see that not everyone has everything they need, although we all live in this area together.” And she’s pleased that so many people want to help.

Still, said Hobbs, “Every year, we never have enough items to meet the need. Most people want to buy presents for little kids, but Christmas is important to teenagers, too.” Especially needed are: Shaving items, socks, jewelry, purses, texting gloves, ChapSticks, watches, sunglasses, scarves, wallets, makeup and perfume.

O’Neill previously helped deliver gifts and his children sorted them. “The last three years, I managed the warehouse, receiving donated gifts and sorting them according to [recipient] families,” he said. “Being so involved, I saw that the data was managed via a series of Excel spreadsheets.”

Trouble was, there were separate spreadsheets for the families, donors, volunteers, referral agents (school counselors and social workers, plus Our Daily Bread). “So it was complicated and cumbersome to manage it all and see which data went with what,” said O’Neill. “It took many hours and

SEE DONATE TOYS, PAGE 8

## Community’s Help Needed by Our Neighbor’s Child

**O**ur Neighbor’s Child (ONC) is a local, grassroots organization that provides toys and clothing for more than 700 families in need in Centreville, Chantilly and Clifton. But the task is so large that this all-volunteer group needs help from the community to fulfill all the children’s wishes. Below are the many ways in which people may lend a much-appreciated hand:

❖ This Saturday, Dec. 7, from 9 a.m.-noon, drop off clothing and new toys and other gift items to Stone Middle School, 5500 Sully Park Drive, in Centreville, during the Panther Pick-up.

❖ Also on Saturday, Dec. 7, from 9 a.m.-3 p.m., ONC volunteers will be outside the Fair Lakes Walmart collecting toys and other gifts. Customers may take children’s gift wishes written on ornaments on the giving tree inside the store, purchase these items and give them to the volunteers waiting outside.

❖ Visit the web page at [www.ourneighborschild.org](http://www.ourneighborschild.org) for up-to-date information, current volunteer opportunities and a link for donations.

❖ To “adopt” a child and purchase his or her specific clothing needs, e-mail Stephanie Somers at [volunteer@ourneighborschild.org](mailto:volunteer@ourneighborschild.org).

❖ Groups or businesses still have time to host a giving tree; the link to sign up is on the Web site. ONC will provide ornaments listing a child’s specific gift wish, or organi-



Picking out presents for the families on their lists are (from left) Greenbriar residents Kalley Richardson and Karen Myers.

zations may host a general, gift or gift-card collection.

Gifts for young teens are particularly needed.

Especially popular with teens are iTunes gift cards or Target or Walmart gift cards for clothing that allow them the opportunity to select just the right fit and style.

❖ A box of homemade cookies accompanies every ONC gift delivery, so nearly

20,000 cookies are needed. Anyone wishing to bake cookies for the families should drop them off Thursday, Dec. 12, from 10 a.m.-4 p.m., at the Virginia Run Community Center, 15355 Wetherburn Court, off Route 29 and Pleasant Valley Road in Centreville.

Any type of disposable container is fine; they’ll all be repackaged “cookie-exchange” style into assortments. Contact Pam Ryan

at [volunteer@ourneighborschild.org](mailto:volunteer@ourneighborschild.org) with any questions.

❖ Packaging Day is also Dec. 12, when hundreds of volunteers will be needed to help match up each item to the children’s wish lists provided by the recipient parents.

❖ Delivery Day is Sunday, Dec. 15, from 1-4 p.m. People interested in volunteering for either Packaging or Delivery should go to [www.ourneighborschild.org](http://www.ourneighborschild.org) and click on “Volunteer Needs.”

❖ To volunteer for any part of this effort, use the Sign-Up Genius link on the Website. For inquiries about opportunities not listed, e-mail [volunteer@ourneighborschild.org](mailto:volunteer@ourneighborschild.org) and the e-mail will be redirected to the appropriate, volunteer Project Leader.

❖ Financial contributions are always a critical need. These funds help ONC purchase any remaining children’s wishes that aren’t adopted by a sponsor. Due to the increase in requests for clothing and winter coats, that number is expected to be at an all-time high.

Checks payable to Our Neighbor’s Child may be mailed to: Karen Moore, Treasurer, Our Neighbor’s Child, P.O. Box 276, Centreville, VA 20120, or online donations may be made via the “donate now” link on the ONC Web site, [www.ourneighborschild.org](http://www.ourneighborschild.org). One hundred percent of the monetary contributions collected by this all-volunteer organization go directly to the purchase of gifts for local children in need.

# SCHOOLS



PHOTO CONTRIBUTED

## Tackling Bullying

Nolan Harrison, who played for 10 years in the NFL, spoke to the fifth and sixth graders at Brookfield Elementary School on Thursday, Nov. 21. Harrison graduated from Indiana University and played as a defensive tackle for the Los Angeles/Oakland Raiders, the Pittsburgh Steelers, and the Washington Redskins. He is currently the senior director of Former Player Services at the NFL Players Association. Harrison spoke to the students about how he was bullied when he was younger because he was small. But when he got older and bigger, he did not try to get even with those who had bullied him. Instead, he stuck up for his friends and made sure that others were protected and not harmed. After his presentation, Brookfield's Math 'n Sports Club (above) had a special "meet and greet" with Harrison who signed shirts and football cards.

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## WHICH OF THESE COSTLY MISTAKES WILL YOU MAKE WHEN YOU SELL YOUR HOME?

CENTREVILLE – A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home and a 9 Step System that can help you sell your home faster and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of home sellers don't get what they want for their home and become disillusioned and worse-financially-disadvantaged when they put their home on the market. As this report uncovers, most home owners make these 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled, "The 9 Step System To Get Your Home Sold Fast and For Top Dollar"

To hear a brief recorded message about how to order your free copy of this report, call **1-866-274-2234** and enter report #1000. You can call anytime, 24 hours a day, 7 days a week. Call NOW and find out how you can get the most money for your home.

This report is courtesy of Allene Murray, Broker, Keller Williams Realty, 14155 Newbrook Dr., Chantilly, VA 20151. Not intended to solicit properties currently listed for sale.

# OPINION

## Who Will Be Hurt?

Innovations, changes and cuts designed to help the budget should be subject to analysis of how they will affect those on the short end of the economic and digital divide.

As Fairfax County faces a tight budget year and Fairfax County Public Schools consider significant cuts, clearly some changes are going to affect services on the ground.

As various proposals emerge, there should be some specific analysis of how changes, innovations and cuts would affect the poorest one-third or so of the county's residents specifically.

The schools, along with certain county agencies, must take special note of their mission, including providing services to families who are on the short side of the economic and digital divide. Elimination of print notices and newsletters, conversion to digital textbooks, use of internet-based surveys are just examples of small innovations that can leave many resi-

dents behind.

In another example, it is disturbing that ongoing concerns about Fairfax County libraries do not include a clear statement of mission to serve families and individuals who lack access to broadband internet at home.

EDITORIAL

In Fairfax County, where nearly 20 percent of the households have annual income of under \$50,000, about 8 percent live below the poverty line and more than 47,000 public school students are poor enough to qualify for subsidized meals, the public libraries are indispensable. Access to library resources goes beyond books, and includes the very digital access that many people cite as a threat to libraries. Public access to information via computers and Internet for those who do not have other access is a

critical service, and should be clearly defined as a critical mission of the libraries.

According to a 2010 report, Opportunity for All: How the American Public Benefits from Internet Access at U.S. Libraries, funded by the Bill and Melinda Gates Foundation: 44 percent of people in households living below the federal poverty line (\$22,000 a year for a family of four) used public library computers and Internet access; among young adults 14-24 in households below the poverty line, 61 percent used public library computers and Internet for educational purposes; among seniors 65 and older living in poverty, 54 percent used public library computers for health or wellness needs.

The report also notes: "This access has also proven to be critical in times of disaster, where libraries may be the only access point still operating that can provide a delivery point for government and social services to those displaced."

Budgeting and restructuring must take into consideration the disproportionate effect of cutting services on lower income households especially.

### LETTER TO THE EDITOR

## Roundabout Bad for Fairfax County

To the Editor:

There has been a push for a roundabout at Pleasant Valley and Braddock Roads in Fairfax County, especially by Loudoun County Politicians, so much so they are

willing to pay \$1million of Loudoun County's transportation money to get it. They think it will help their citizens get through traffic. Obviously they don't know much about roundabouts.

First of all, a roundabout should have incoming speed of 15mph. Just now it is 35mph plus.

Second, a roundabout should only be built where traffic volumes are equal. Traffic to and from Loudoun County is predominant.

Third, given the volume and the

speed a roundabout at this location would have severe accidents. The four-way stop that presently exists requires a vehicle to stop — that's a safety issue — and then proceed by turn — that's a fairness issue.

The fairness issue (#4) is seen in the roundabout rules that the vehicle in the roundabout has the right of way. The constant stream of E-W traffic to and from Loudoun County would prevent N-S traffic from Fairfax County from entering.

All of this says nothing about the environmental issues of wet lands and endangered species.

The cost of \$3-\$4 million could be better spent on the many infrastructure and transportation needs in Fairfax as well as Loudoun County that have been waiting on our 6-year plans for more years while this project has only come up recently and is not needed.

The roundabouts at Gilberts Corner are being "fixed" to the tune of \$300,000 because of speed and traffic and the number of severe accidents and because, "people don't know how to drive a roundabout." How many years and how many accidents will it take before VDOT has to "fix" the Pleasant Valley and Braddock intersection and will they have money to fix it then?

A roundabout here is not wanted by Fairfax County residents and they continue to say so.

Judith Heisinger

## Toys for Tots

Firefighters partner with Marine Corps in annual toy drive.

The Fairfax County Fire and Rescue Department will once again partner with the U.S. Marine Corps in the annual Toys for Tots program and are asking residents to drop off new, unwrapped toys at their neighborhood fire station.

"We donate more toys to the Toys for Tots program than any single agency or company in the Metro area," said Fairfax County Fire Chief Richard Bowers. "We have collection boxes at all 38 county fire stations and are asking residents to help us in our partnership with the Marines."

The mission of the U.S. Marine Corps Toys for Tots Program is to collect new, unwrapped toys and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted.

"This is a great partnership," Bowers said. "Fairfax County firefighters and paramedics fully support the Toys for Tots program in partnering with the Marines to warm the hearts of local children for the holidays."

— JEANNE THEISMANN



PHOTO BY JEANNE THEISMANN/CENTRE VIEW

The Fairfax County Fire and Rescue Department will be assisting the U.S. Marine Corps in the 2013 Toys for Tots program. Marine representatives, like those shown above, collect toys year round for the annual toy drive. Collection boxes are located at all 38 Fairfax County fire stations.

# CENTREVIEW

NORTHERN EDITION

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# BULLETIN BOARD

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com).  
Deadline is Thursday at noon. Photos welcome.

## HOLIDAY DONATIONS

### "Gifting for Families" Campaign.

Northern Virginia Family Service is collecting toys and gift cards for some of the community's neediest families. A suggested toy list can be found at [www.nfs.org/gifting](http://www.nfs.org/gifting). Donations can be dropped off at 13926 Metrotech Drive, Chantilly on Friday, Dec. 13 from 1-5 p.m.; Saturday, Dec. 14 from 1-4 p.m.; Monday, Dec. 16 from 9 a.m.- p.m. or Tuesday, Dec. 17 from 10 a.m.-6 p.m. To volunteer to sort and organize gifts, e-mail [ncannon@nvfs.org](mailto:ncannon@nvfs.org).

**Blanket Collection.** The Church of Jesus Christ of Latter-day Saints, 14150 Upperridge Drive, Centreville, is collecting donations of new or gently used blankets for refugees of the Syrian civil war in Turkey. Drop off freshly laundered and folded blankets on Sunday, Dec. 1 from 9 a.m.-4 p.m.; Tuesday, Dec. 3, 7-9 p.m. or Saturday, Dec. 7 from 9-11 a.m. Contact James Outzen at [james@outzen.us](mailto:james@outzen.us) or visit [hizmetrelief.org/syrian-refugees](http://hizmetrelief.org/syrian-refugees) for more.

**Book Donation.** Northern Virginia Family Service and Barnes & Noble Fairfax are partnering together for the first time this year to ensure that NVFS' Head Start students and children of families who turn to NVFS for emergency assistance receive books for the holiday season. From now through Jan. 1, customers entering Barnes and Noble Fairfax will be given the option upon checkout of donating a book to a child in an NVFS program. All books collected will be given to underserved children through the agency's "Gifting for Families" program. The Book Drive for Northern Virginia Family Service is underway at the Fairfax Barnes and Noble store in the Fair Lakes Promenade Shopping Center at the Corner of Monument and Fair Lakes Parkway.

**Toys for Tots Drive.** The Northern Virginia Electric Cooperative's non-profit organization, NOVEC HELPS, will be collecting toys through Thursday, Dec. 5, for the United States Marine Corps Reserve Toys for Tots program. Drop a new, unwrapped toy off at the NOVEC office, 10323 Lomond Drive, Manassas from 8:15 a.m.-4 p.m. Monday through Friday. Visit [www.toysfortots.org](http://www.toysfortots.org) for more.

## SATURDAY/NOV. 30

**Blood Drive.** 9 a.m.-3:30 p.m. at Clifton Presbyterian Church, 12748 Richards Lane, Clifton. Buy raffle tickets, enjoy a bake sale, get pictures taken with Santa. Proceeds will benefit childhood cancer research. Learn more and sign up by visiting [www.llndblooddrive.com](http://www.llndblooddrive.com), or by calling INOVA blood at 1-866-256-6372 give reference code: 8025.

## FRIDAY/DEC. 6

**Affordable Care Act Workshop.** 6:30-9 p.m. at Chantilly Baptist Church, 14312 Chantilly Baptist Lane. Get free assistance in enrolling in the program and get one-on-one personalized guidance and answers to questions. Visit [www.chantillybaptist.org](http://www.chantillybaptist.org) or 703-378-6880. No appointment necessary. Free.

## SATURDAY/DEC. 7

**Open House.** 1-3 p.m. at the Centreville Labor Resource Center, 5956 Centreville Crest Lane. Talk to center staff, volunteers and

participants about their work. See new projects and learn about the service and educational opportunities that the center provides for volunteers. Free. 703-543-6272.

## WEDNESDAY/JAN. 15

**Application Deadline.** The Arts Council of Fairfax County will award three \$5,000 grants to recognize professional working artists' achievements and their demonstrated history of accomplishments, while promoting the continued pursuit of creative work. Visit [www.artsfairfax.org](http://www.artsfairfax.org) for guidelines and application materials.

## FRIDAY/JAN. 31

**Application Deadline.** Juniors at Herndon, Chantilly and Westfield high schools who are in good standing and have an interest in history are encouraged to apply for this paid nine-month internship that runs April through December 2014. Up to three interns will be hired. Participants will gain experience in museum operations, public speaking, historic object collections, event programming and museum store and visitor center operations. Sully Historic Site, which is owned and operated by the Fairfax County Park Authority, will begin accepting applications for this internship program in December 2013. Candidates will be asked to provide a completed application, written essay, and teacher recommendations by January 31, 2014 for panel review. For further information e-mail either Carol McDonnell, site manager at Sully Historic Site ([carol.mcdonnell@fairfaxcounty.gov](mailto:carol.mcdonnell@fairfaxcounty.gov)) or Noreen McCann, visitor services manager ([noreen.mccann@fairfaxcounty.gov](mailto:noreen.mccann@fairfaxcounty.gov)). 703-437-1794.

## FRIDAY/MARCH 7

**Silent Auction.** Navy Elementary School, 500 W. Ox Road, is sponsoring a silent auction with proceeds benefiting the school. Visit [navypt.org](http://navypt.org) or 703-927-9606 to find out if you can donate items.

## DONATIONS

The **student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech

## For Holidays

**Ornament Sale.** Various times, at Greenbriar Giant, 13043 Lee Jackson Memorial Highway, Fairfax; other miscellaneous locations. The Western Fairfax County Woman's Club, a charitable organization, sells the 2013 rendition of the White House Christmas ornament, inspired by 28th President Woodrow Wilson \$20. Previous year ornaments available. Call 703-378-6841 or 703-378-6216.

program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose for further information at 703-802-5588 or by e-mail [lyman.rose@fcps.edu](mailto:lyman.rose@fcps.edu).

## VOLUNTEERS NEEDED

The **Northern Virginia Long-Term Care Ombudsman Program** needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Volunteers can work in facilities close to where they live. Training is provided. Call 703-324-5861, TTY 711 or e-mail [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/vol\\_ombud\\_program.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/vol_ombud_program.htm) for more information.

The **Fairfax Station Railroad Museum** needs **volunteer docents** on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and the its railroad and Civil War history. Docents should possess good people skills. Opportunity for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Call Michael at 703-945-7483 for more information.

**Northern Virginia Family Service** is seeking volunteers to organize collection drives of toiletries products for clients in need. Requested items include such things as shampoo, soap, lotion, deodorant, hand sanitizer, toothbrushes and toothpaste. Learn more about Northern Virginia Family Service at [www.nvfs.org](http://www.nvfs.org) and contact Colleen Ross [cross@nvfs.org](mailto:cross@nvfs.org) if interested.

**Advocates.** The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Training is provided. Call 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/vol\\_ombud\\_program.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/vol_ombud_program.htm).

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# Donate Toys, Clothing to Our Neighbor's Child

FROM PAGE 4

was subject to human error.”

So over the past year, he developed a software application to manage all the data in one, central system. Now, he said, “We can more readily determine which children’s wishes have been fulfilled and which haven’t. From Dec. 8-10, we’ll receive the giving-tree gifts, plus the ornaments not chosen. Then our shopping team will shop for them.”

O’Neill also streamlined the delivery preparation. “Each delivery volunteer gets an address and map, but we spent lots of time typing in hundreds of addresses and printing out maps,” he said. “Now the app automatically prints out maps from the inputted addresses. We can also check that the addresses are correct.”

Calling his ONC volunteer work a pleasure, he said, “I’m excited that we’re improving our ability to provide for these families’ needs. And I feel good that this application reduces mistakes, makes them easier to correct, lessens the time required to carry out each task and makes life easier for the project leaders. And volunteering with ONC makes the holiday season more meaningful for me. Being part of an organization that helps so many families makes it special.”

Stephanie Somers is clothing project leader and also deals with the school coun-



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Virginia Run’s Rob Osterhout delivered presents last year with his grandchildren, Andrew and Emma Boyd.

selors and social workers referring children’s names to Our Daily Bread to vet and give to ONC. “The more detail they give us about the children’s gift wishes, the better, so it’s easier for people to purchase items they’d like,” she said. “Then I e-mail people who’ve previously ‘adopted’ families for clothing to see if they’ll do it again. I also spread the word on Facebook.”

This year, said Somers, some ladies’ card-playing groups are also helping fulfill cloth-

ing needs. “If there are, for example, 16-20 people in their group, they’ll make a day of it and have fun shopping together for 16-20 families,” she said. “This is a tremendous help.”

Toughest is “when it’s the week before the donations come in and you see there are still 100 children’s clothing wishes to be assigned,” she said. “If they’re not fulfilled, we use money donated on ONC’s Website to buy these things.”

“Each child gets three wishes, and people here are so lovely and want to do even more to help,” continued Somers. “Seeing their goodness is so rewarding. It’s the holiday spirit of generosity, and they enjoy it — people always seem to come through.”

However, she added, in generally affluent Fairfax County, people don’t always realize that many families here have a hard time getting by. “So this is a good reminder for people to count their blessings,” said Somers. “They feel fortunate and want to give back, and I love that. When you think about the big picture, the number of wishes we’re dealing with is pretty mind-boggling — and for all that to come together is magical.”

Nicole Rogers began as an ONC packaging volunteer and is now the data manager, inputting and verifying each family’s information, gift wishes and school counselor or social worker contact. “Then we match the wishes with the organizations with giving trees,” she said. “I also help Kelly with different tasks.”

“I love doing it,” said Rogers. “I grew up with a working, single mom who was a founding member of a woman’s shelter. On the weekends, we’d drop off clothing there and play with the kids, so I was raised with that giving spirit. And as I got more involved in ONC, I found my niche, and I’m grateful to be doing something as satisfying as this.”





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# NEWS

## Stone Middle Presents 'Beauty and the Beast Jr.'

FROM PAGE 3

movie best because of "the Beast's struggle to turn into a human and deal with his feelings for Belle." He also likes the title song because "the Beast and Belle are getting along and he's finally learned to love." He said the audience will enjoy all the music, plus the quality of the acting and "all the hard work we've done."

Playing Mrs. Potts is classmate Melanie Edgar. "She's motherly, cares for everyone and wants the best for all her family and friends in the castle," said Melanie. "She was turned into a teapot by the enchantress that put spells on

the Beast and other characters."

Melanie loves playing an unusual character, joking that "it hurts my cheeks because I have to smile all the time." Dressed in a costume with a spout and a hoop skirt, she said the show has lots to like: "The costumes are big and colorful, and the actors playing Belle and the Beast are really great in their roles. I hope everyone comes to see the show and enjoys it."

Carrying glowing, electric torches, seventh-grader Braeden Anderson plays Lumiere, a candelabra. "He's flirtatious, French and a ladies' man," said Braeden. "Lumiere was a res-

taurant maitre d before the spell, and he and Cogsworth the clock [Ben Afferton] are the jokesters." Braeden likes playing Lumiere because "he can break the fourth wall, improvise and interact with the audience. The French accent's fun to do, and me and Ben get to tease and mess with each other during the show."

He said the audience will love this musical because "Who doesn't like Disney? And besides the actors, we have great props, lighting and sound crews. The audience will enjoy seeing what this show is like when it's not animated and people do it."

### ROUNDUPS

FROM PAGE 3

Union Mill Elementary or the lobby of the Pennino Building, 12011 Government Center Parkway; Herrity Building, 12055 Government Center Parkway; or DIT (Department of Information Technology), suite 143, at the county Government Center, by Monday, Dec. 9, at 9 a.m. Police and sheriff's motor squads will then go on Santa's Ride, escorting Santa Claus and friends to help collect the gifts for distribution.

## Buy Ornaments, Lend a Hand

The Centreville Labor Resource Center (CLRC) needs volunteers to lead vocational training workshops to increase the workers' job skills. A Wednesday morning ESOL instructor

is also needed; contact Molly Maddra at coordinator@centrevilleLRC.org for more information. Residents may also donate to a project that helps the workers support their families.

The CLRC's Christmas tree is decorated with original ornaments, and people may choose one to take home in exchange for a donation. In addition, end-of-year contributions to CLRC may be made at www.centrevilleimmigrationforum.org. The organization is supported totally by grants and donations; it receives no government funding.

## Food Donations for WFCM

Western Fairfax Christian Ministries' food

pantry urgently needs donations of cooking oil; sugar; flour; canned fruit, meat, tuna and greens (spinach, collards); fruit juice and cold cereal.

(Also needed are toothpaste, deodorant, baby wipes and shampoo).

Bring all items to WFCM's new food-pantry location, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

Thrift-store needs include coats, fall and winter clothing, socks and underwear for adults and children, plus Bibles in English and Spanish. The store is at 13939 Metrotech Drive. In addition, Thrift Store volunteers are needed for two- to four-hour shifts Fridays, between 9 a.m. and 6 p.m., and Saturdays, between 9 a.m. and 5 p.m.



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CENTRE VIEW

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## SCHOOLS

# 'We Appreciate What They Did for Us'

## Chantilly High honors America's veterans.

BY BONNIE HOBBS  
CENTRE VIEW

Each year Chantilly High honors U.S. military veterans with a special dinner, complete with flags, music and dramatic readings. But what makes it even more special are the sincere, heartfelt feelings behind it.

"It's our students' way of thanking you," Principal Teresa Johnson told the veterans. "I come from a military family, and I know not everyone can do this job. So thank you for allowing our students to celebrate what you've done."

Students in the school's National Honor Society (NHS) host and plan the entire event, and members of Chef Clay Doubleday's Culinary Arts classes prepare the meal. And this year's event, the fifth annual, was held Nov. 20 in Chantilly's cafeteria.

NHS President Beth Cymerman welcomed the guests and the Chantilly Academy's Air Force JROTC presented the colors. The Chamber Chorale, featuring soloist Amanda Mason, sang patriotic songs, and the Symphonic Winds performed several moving numbers, as well. American's fallen heroes were honored, and theater students reenacted speeches given during the Revolutionary War, Civil War, WWII, Gulf War and war in Afghanistan.

"They put on a good show," said George Evans, who retired as a colonel after 26 years in the Army. "The veterans enjoy it." Evans served in Vietnam and did two tours in Korea and in Germany. An air-defense artilleryman, he was involved with the Nike Hercules air-defense system.

The veterans attending ranged from those still on active duty to people like 90-year-old Bill Sheads, who landed at Normandy on June 16, 1944, driving a truckload of explosives. He was in a mechanized reconnaissance unit and spent most of the fight to Germany ahead of the American lines, looking for the Germans.



**Freshta Morrad (on right) serves dinner to veteran Jerry Wolf while classmate Megan Salter (center) looks on.**



**Army veteran Bill Sheads, 90, and Board of Supervisors Chairman Sharon Bulova.**



**Serving salads are (from left) Saghar Naimi and Tahira Tauyyab.**



**Seniors Emily Fitzsimmons (left) and Allie Hawick serve chicken parmesan.**



**Virginia state golf champion Mike Sciorra serves the chocolate-cherry deserts.**

"Bill was in the Army's 113<sup>th</sup> Armed Cavalry and was one of the American soldiers meeting with the Russians at the Elbe River at the end of WWII," said retired Marine Floyd Houston. "He saved 13 lives over his career with the Fairfax County Fire Department and was also the fire chief."

Sheds's "date" for the Veteran's Day dinner was county Board of Supervisors Chairman Sharon Bulova. During WWII, her father served in Okinawa, Iwo Jima and Saipan. "He named me after the town of Charon Kanoa on the island of Saipan," she said. "He thought it was such a pretty name that he vowed that, if he got out of there alive and had a daughter, he'd name her Sharon."

As for the dinner, Bulova said, "I think

this is wonderful. It's a really nice thing to do for the veterans and a nice opportunity for them to meet each other and share stories. It also lets the students interact with the veterans and appreciate their service to this country, keeping us safe. And I'm so impressed with the way the high-school students conduct themselves — they're so professional."

**HOUSTON**, a member of VFW Post 8469 in Fairfax with Sheads and Evans, agreed. "I love it," he said. "It's just a great affirmation of today's kids. This is America and it's a good feeling."

Houston saw combat in Mogadishu, Somalia in 1992-93, serving as well off Columbia, Haiti and Beirut during the hostage

crisis. He retired from the Marines as a lieutenant colonel after 22 years of service. He was in combat intelligence, infantry and reconnaissance.

Also enjoying the event were sophomores Saghar Naimi and Tahira Tauyyab who served dinner with their fellow NHS members. "I love this," said Naimi. "It's my first time and I feel honored to be helping serve food to the veterans. And I love getting to know them, so I'm excited to hear their stories."

"At first, I was really nervous because these are highly respected people," said Tauyyab. "But now that I'm meeting them, I feel like I'm making a difference and feel proud to help them."

Naimi said not everyone has the opportunity to meet military veterans, so "it's an honor to be here. We appreciate what they did for us; we wouldn't have all our freedoms, otherwise."

Tauyyab said not every school does events like this for veterans. "I feel that they really deserve it," she said. "They served our country, so we should serve them."

Also participating were juniors Freshta Morrad and Megan Salter. "It feels really great to give back," said Morrad. "Many people in my family have been in the Army, and I appreciate all the things they've done for us. And I'm really thankful for everyone who's been able to go to war and come back and be with their families and friends."

Salter said she enjoys the veterans' dinner because "my grandpa was a Vietnam veteran and died before I got to know him. So this is a way for me to appreciate the veterans and my grandfather."

The veterans, such as Evans, were also thankful. "I think it's great — especially for those of us who were in Vietnam," he said. "Our reception when we returned home was pretty bad, and it's things like this that make us forget about all the bad things that happened. It also makes me feel really good about the kids today."

Sheds, too, was delighted with the event. "It means bringing all these military people together and having a chance to talk to each other," he said. "And this is also a real learning experience for the kids."

Senior Rohit Baskar was glad to be part of it. "We had the veterans program at Rocky Run when I was in seventh grade, and that was one of my best memories of middle school," he said. "And the cool thing about this event is that we're not just bringing them food. We get to interact with them, and it's fun to hear what they've been through."

"I enjoy doing this and it feels really worthwhile," continued Baskar. "It's just so cool to see all these people come together from so many different places and branches of the service. They've played such important roles in the history of our country — and they're all in one room."

Senior Mike Sciorra called it "a good way to give back. These people have done so much for us that it's only right that we do something for them."



**NHS members Megan Salter (left) and Freshta Morrad pose with jars of red, white and blue almonds for the veterans.**

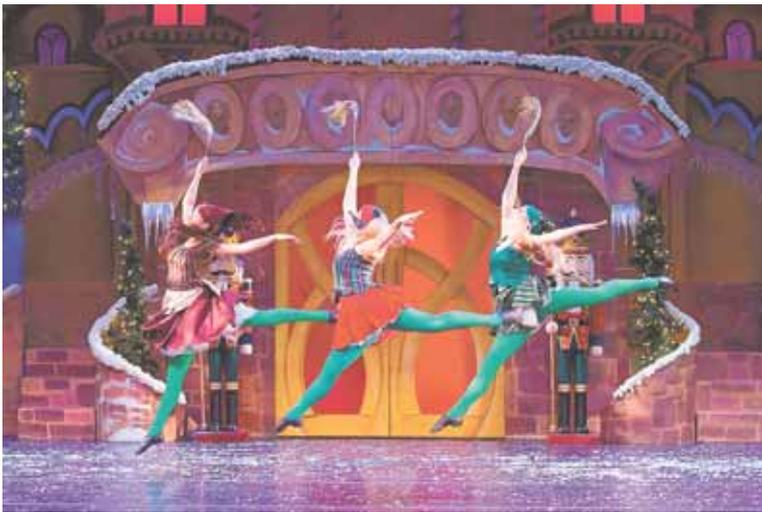


**Chantilly's Chamber Chorale singing the National Anthem.**

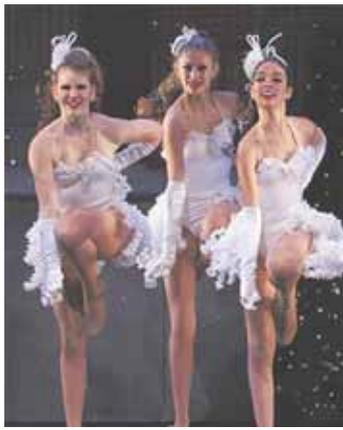


**The Chantilly Academy's Air Force JROTC Color Guard.**

PHOTOS BY BONNIE HOBBS/CENTRE VIEW



Three of Encore's dancing elves are (from left) Alia Artieda, Audra Avery and Renee Greise.



PHOTOS COURTESY OF LINDA HELMS

Getting into the holiday spirit are (from left) Jessy Dawson, Christina Mastracchio and Mariana Artieda.

## Encore Presents 'Switching Christmas'

FROM PAGE 1

number is "Dig that Crazy Santa Claus," performed by elves. "It shows the North Pole and introduces Santa's workshop for the first time," she said. "We're all dancing around and it's very high-energy."

Playing Sprinkles is Little Rocky Run's Caitlyn Watkinson, who's homeschooled. "She uses her Christmas magic to mess up Madison's life in New York," said Watkinson. "She's outgoing, happy and carefree, but doesn't realize the damage she's doing to others."

Having a good time exploring her character, Watkinson likes playing an elf because "I get to bring all the elf stereotypes to life — Sprinkles is short, skips everywhere and likes to drink hot chocolate." She likes the "Soldiers" routine because "we get to act like wooden soldiers and move our bodies like [nonhuman] objects."

It's her second year with Encore and, said Watkinson, "I really enjoy it; everyone's super nice and there are no cliques. And I like performing because, when you're onstage, you're in a whole, different world and just get to be in the moment."

Westfield senior Caroline Bond plays Percy the hotel clerk and Sneaky the elf. "Percy aims to please and Sneaky is a mischievous elf who doesn't really like anything," she said. "I especially like being Sneaky because it suits my personality."

She enjoys performing because "it lets me forget about my issues outside of dance, and it's fun when everyone really nails their choreography." Her favorite number is "Multiplying Santas" because she likes the costumes and "how we all look the same. And

it's really fun to be a big, bumbling Santa Claus for a whole five minutes."

Bond said the audience will love the show's "creative storyline and colorfulness of the dances. It'll put them in the Christmas spirit."

Emma Konnick, a McLean High senior, plays an elf named Cheeky who "waits for the other elves to get involved in things before she joins in." Konnick likes the finale, "Snow," because it's a 12-minute number. "We did it my first year with Encore, when I only got to do one costume change within it," she said. "But now I get to do five costume changes. There's a ballet section and we're dressed as snowflakes and gift boxes."

She's been with Encore four years and calls the experience a "turning point" in her career. "It's opened up so many doors for me," she said. "I travel an hour to get to the studio in Chantilly, but it's so worth it." As for the show, she said the audience will enjoy "how everything ties in and how well the plot and dances mesh together."

Jessica Dawson, also homeschooled, plays Mrs. Claus as "ecstatic, energetic and eccentric. It's been a challenge figuring out how to play someone older, but I've watched my grandma and tried to apply it to my character."

She likes the "Rag Dolls" number because "it's high-energy and all the children in the audience really respond to it. You can see their faces from the stage and they really get into it."

Our wreath number at the end is also really cool, and the audience won't know what we're creating until we're done. The show is really upbeat and will keep everyone engaged."

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# Centreville Pulls Away from Stonewall Jackson

**Wildcats will face Westfield in 6A North title game.**

**T**he Centreville football team utilized its multi-faceted depth as it romped to a convincing 52-27 victory over the Stonewall Jackson Raiders at Centreville High School to advance to the 6A North final.

The Wildcats will host Westfield at 1:30 p.m. on Saturday, Dec. 7. Westfield beat Lake Braddock 19-16 in the other 6A North semifinal contest. The winner will advance to the state championship game.

All season long, the undefeated Wildcats (13-0) have had athletes make plays on each side of the ball. On Saturday, the Cats had Taylor Boose run behind the team's dominant offensive line, AJ Turner break open on the ground and with a big special teams play; quarterback Scott Walter connecting with red zone target David Liddle and stretch-the-field catalyst Charles Tutt, and its defense led by Chad Wiggins and Devante Wright smothered Stonewall Jackson to secure the win for the Wildcats.

The Stonewall Jackson Raiders behind the dynamics of senior signal caller Greg Stroman came into Centreville looking to continue its march through the playoffs using two early playoff round upsets as its catalyst.

The Wildcats, however, showed their muscle as Boose ran through the middle of the Raiders' defense and Walter hit big play-



PHOTO BY CRAIG STERBUTZEL/CENTRE VIEW

**Centreville running back Taylor Boose carries against Stonewall Jackson during the 6A North semifinals on Nov. 30 at Centreville High School.**

action passes to pace the offense.

The Raiders struck first after a fake punt on fourth down resulted in a tipped-ball pass from Stroman into the arms of Rashad Johnson that put Stonewall in position to score. Stroman capitalized on the efforts of Johnson with a 15-yard burst for an early Raider lead.

Centreville's opening possession resulted in a three-and-out, but Andrew Ridenour's punt was muffed by the Raiders and Christian Brooks recovered for Centreville. Boose did the damage for a quick score on the ground to tie the game.

Stroman struck quickly as he hit wideout Rock Smith for a 79-yard scoring play over the extended arms of the Centreville defense to put the Raiders up by seven early in the first quarter.

Centreville then used its offensive muster to get inside the Raiders 10-yard line and the multi-dimensional Turner cut off a

block from tight end Liddle and left tackle Justin Skule for an 8-yard scamper to tie it at 14-all.

The second quarter was relatively mild but the Wildcats hit a big play from Walter to Tutt late to put the Cats' in position for Turner to again find pay dirt behind Brandon King and Greg Austin from 1 yard out and head into the locker room up 21-14 at the half.

Turner, known as the Concorde SST, showcased that speed on the second-half kickoff. Taking the ball at his own 6-yard line, the Cats' special teams unit parted the seas with Andy Soon throwing the key block and Turner raced untouched for a touchdown return barely 10 seconds into the second half.

Later in the quarter Eric Rondeau nailed a 35-yard field goal that extended the Wildcats' lead to 31-14 and the Raiders never would catch up.

# Westfield Beats Lake Braddock with Improbable Comeback

**Bulldogs overcome 13-point deficit in game's final six minutes.**

BY JON ROETMAN  
CENTRE VIEW

**W**estfield head coach Kyle Simmons stood on the football field at Lake Braddock Secondary School and revealed one of his assistants had spotted on film a flaw in the opponent's kicking game, creating an opportunity for a block.

Later, Lake Braddock head coach Jim Poythress stood outside the Bruins' locker room and said he made the right decision to attempt a field goal, though he had considered otherwise.

One play didn't win or lose Saturday's 6A North semifinal contest between the Westfield Bulldogs and Lake Braddock Bruins, but it's safe to say the Bulldogs are still alive because of a single tide-turning spe-

cial-teams touchdown.

Lake Braddock led by 13 points and lined up to attempt a 30-yard field goal with less than six minutes remaining in the fourth quarter. The run-heavy Westfield offense had managed just three points and was without its top threat, running back Tyler Thrasher-Walker, who left the game in the second quarter with a leg injury. The Bulldogs had little reason to believe they could come back and win.

And then junior safety James Gibson returned a blocked field goal 92 yards for a touchdown.

Gibson's return sparked an improbable Westfield comeback. The Bulldogs then got a defensive stop, scored the tying touchdown, kicked the go-ahead extra point — thanks to a Lake Braddock penalty — and sacked Bruins quarterback Caleb Henderson for a safety on the game's final play to pull out a 19-16 victory on Nov. 30.

"One thing about Westfield that I love," Bulldogs running back Evan Gray said, "... we don't give up."

Westfield (11-2) will face Centreville (13-0) for the 6A North title at 1:30 p.m. on Saturday, Dec. 7 at Centreville High School.



PHOTO BY LOUISE KRAFT/CENTRE VIEW

**A pair of Westfield Bulldogs wrap up Lake Braddock's AJ Alexander during the teams' 6A North semifinal matchup on Nov. 30 at Lake Braddock Secondary School.**

The winner advances to the state championship game.

Saturday will mark Westfield's third con-

secutive trip to the region final. The previous two years, the Bulldogs entered the game undefeated but lost to a team it had beaten during the regular season. In 2011, Westfield lost to Centreville. In 2012, the Bulldogs lost to Oakton. This season, Centreville beat Westfield in the regular season, 28-0.

After Saturday's win against Lake Braddock, Simmons said an assistant coach had noticed something on film that made the Bulldogs confident they could block Lake Braddock extra-point and field-goal attempts. After the Bruins scored their second touchdown of the game, Ra'Shaune Rice blocked the ensuing PAT, keeping the Lake Braddock lead at 13-0 in the second quarter — a play that would have a major impact later in the contest.

"One of my assistants breaks down [the opponent's] specials teams every week and said that their extra-point/field-goal [team's] operation is a little slow, and when I talk about the operation I'm talking about the snap, the hold and the kick," Simmons said. "Throughout the week, we had really been preaching how that there was an op-

SEE WESTFIELD, PAGE 15

## WELLBEING

# Staying Fit During the Holidays

Staving off extra pounds during sweets season.

BY MARILYN CAMPBELL  
CENTRE VIEW

**P**atty McAndrews works out with a trainer twice a week at TRUE Health and Wholeness in Arlington. She found that restarting her fitness regimen about two months ago has strengthened her abdominal muscles and toned her body. A threat to her fitness looms, however: the holidays and the food and festivities that come with them. McAndrews plans to continue her workout schedule to combat the traditional holiday weight gain.

"I am excited about the working out during the holidays because it gives me the freedom to indulge," she said.

From eggnog and chocolate truffles to Yule logs and Linzer cookies, the holidays bring an onslaught of sugar-filled delicacies. Those who find it hard to resist multiple servings of Italian trifle at an office party or chocolate-covered gingerbread men at a cookie exchange might be kicking themselves for overindulging come January, however.

To keep that from happening, local nutrition and fitness experts share their tricks for staying in shape and helping their clients do the same during the sweetest time of the year.

"It is a very hard time of the year, even for me," said Lisa Pawloski, Ph.D., chair of the Department of Nutrition and Food Studies at George Mason University in Fairfax. "Everyone has challenges. There is food everywhere. Office parties are filled with fatty food. There are dishes filled with candy all around the office this time of year."

Pawloski believes bringing calm to the holiday bustle can aid in fitness. "It is important to reduce your stress so that you don't over consume," she said. "Many people react to stress by overeating."

Planning ahead is one strategy to avoid gluttony during holiday gatherings. "Think about nibbling on small amounts of healthy food throughout the day to fill you up a bit instead waiting on a big meal to fill you up," said Michael Nordvall, Ed.D., professor of health and human performance at Marymount University in Arlington. "Take your time while you're eating, chew slowly, eat slowly. The slower you eat, the less food you end up eating because you will get fuller sooner."

Loading up on nutritious nibbles in advance of a big event might make platters of pound-packing fare appear less appealing. "When it comes to holiday parties or buffets, eat something healthy before you go so you're not feeling overly hungry," said Pawloski. "Think about eating protein and whole grains because high-fiber food will allow you to feel fuller for a longer period of time."

"My personal philosophy is for people to enjoy themselves at a party," said Nina Elliot of TRUE Health and Wholeness in Arlington. "Have some of everything, but don't go back for seconds. Don't be obsessed with the food, move through the crowd, focus on enjoying the people who are there."

When faced with a large spread of tantalizing eats, be selective. "You have to ask yourself, 'Is it worth the calories?' Since there is such a variety, being picky is important," said Pawloski. "Go after the food you really enjoy. There is research that shows that when you eat food you enjoy, you secrete more of the digestive enzymes and you absorb more nutrients of



PHOTO COURTESY NINA ELLIOT

**Arlington fitness trainer Christian Elliot guides Patty McAndrews through strength training exercises. Experts suggest exercising before a holiday event where rich foods will be abundant.**

those particular foods."

Resist the urge to clean your plate. "Most people will pile on as much food as they can and feel the requirement to finish everything," said Nordvall. "Start with smaller portions."

While libations can add merriment to a holiday party, they can also add pounds. "For the adults, things like alcoholic beverages and eggnog can slow you down, make you drowsy," said Nordvall. "One of the worst things that can happen after a big meal is to fall asleep because your metabolism slows down."

When it comes to sit-down dinners with family and friends, both Pawloski and Nordvall suggest loading up on low-calorie liquids and moving around. "Have water or some broth before you eat a meal," said Pawloski. "That will actually make you feel a little full."

"Going on a walk with your family after a big meal will increase metabolism and help with digestion," said Nordvall.

Elliot even recommends that those concerned about maintaining fitness consider hiring a trainer for the holidays. "Maybe four sessions during the month of December, once a week, for weight training specifically," she said. "Have a session right before a big party where you know there is going to be rich food."

Elliot says that weight training is important to maintaining muscle mass and reducing stress. "Most people can go for a run, but what is often lacking is proper utilization of weights," she said. "People with more muscle mass have a higher metabolism because muscles are energy demanding."

Her husband, Christian Elliot, fellow trainer and co-owner of TRUE Health and Wholeness, said, "One of the great benefits about strength training is how it boosts the client's self confidence."

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## Westfield Beats Lake Braddock

FROM PAGE 12

portunity to get close (to the kick)."

With Lake Braddock leading 16-3, Westfield defensive lineman Chase Koon blocked what appeared to be a low-trajectory kick and Gibson snagged the ball at his own 8-yard line.

"I was waiting," Gibson said, "to get my opportunity to do something."

Gibson capitalized on his opportunity. He took off down the right sideline and avoided several Lake Braddock would-be tacklers to get into the end zone.

"I thought he was tackled five times," Simmons said, "and he just kept going and going and going. It may be the game. It really may be the game."

While a made field goal would have forced Westfield to score two touchdowns and a pair of two-point conversions in less than six minutes to tie the score, the attempt gave Westfield a chance to block the kick and return it for a quick score. Huddleston had converted a 22-yard field goal in the third quarter, something Poythress mentioned when talking about his decision to attempt the late field goal.

Would Poythress make the same decision if he had another chance?

"If I knew they were going to block it, no," Poythress said outside of the Bruins' locker room. "But the fact of the matter is we had hit a field goal before that. ... If we make that we win. The game's over. They blocked it. The kid made a play and he takes it all the way back.

"... We can second-guess all we want. They won, we didn't. They move on, we're turning our stuff in right now. It's sad. I feel sad for the kids. ... I still think it was the right call."

After the Gibson touchdown return, Lake Braddock faced third-and-3 at its own 29-yard line. Senior quarterback Caleb Henderson, who is committed to the University of North Carolina, ran for a couple yards and lost his helmet at the end of the play, which was wiped out by a false start penalty. By rule, a player must come out of the game for one play if his helmet comes off while on the field, meaning the Bruins were without their Division I signal caller for a critical third-and-8. Sophomore quarterback Kyle Edwards ran for six yards on

third down and Lake Braddock had to punt.

Westfield took over at its own 22-yard line with 3:04 remaining. The Bulldogs marched 78 yards in eight plays, tying the score at 16-all with a 3-yard touchdown run by Gray with 15 seconds on the clock. Westfield kicker Conor Bouveron missed the ensuing extra-point attempt, but Lake Braddock was flagged for roughing the kicker, giving the Bulldogs another chance. After multiple penalties, Bouveron made the kick and Westfield held on to win.

Thrasher-Walker rushed for 107 yards before leaving the game with a leg injury in the second quarter. Simmons said Thrasher-Walker, a senior, continued cheering on his teammates while using crutches on the sideline.

"It shows the type of character that he has," Simmons said. "He's in tears here at the end of the game — and he may never play for us again, I don't know — but he's in tears just because he's so happy for his teammates for what they did on the field. You love coaching guys like that."

During the week leading up to the game, Gray, the team's starting fullback, took tailback in reps in practice for the first time since the summer, Simmons said. Those reps paid off when Gray had to take over for an injured Thrasher-Walker.

"[Thrasher-Walker] told me, 'It's all on you now. I want you to be the leader. I want you to run this offense,'" Gray said. "By then, I knew I just had to try my hardest. I don't have as much experience as him, but I knew I just had to keep trying."

Gray lost a fumble near midfield with 7:04 remaining in the fourth quarter, but Lake Braddock's ensuing drive ended with the momentum-turning blocked field goal. On the second play of Westfield's final drive, Gray ran for 41 yards to help set up the winning score.

"The drive before [the blocked field goal], I fumbled," Gray said. "When I fumbled, I was like, I really just ruined the momentum, the shift, everything. My heart was just broken. And then all of the sudden I see Gibby running and I was like there's still hope. There's still hope."

How did it feel to score with 15 seconds left? "Like I was king of the world," Gray said. "I can't even lie."

## Haddock, Cleary Sign Letters of Intent

Logan Haddock, backstroker on the Chantilly Swim and Dive Team, signed with the University of Tennessee where she plans to study business. Logan is a four-year Varsity starter, was named a Scholar-Athlete, First Team All Concorde District, Honorable Mention All Region, Team Captain and has been MVP since Sophomore year. She also lettered in Lacrosse and has been a 2-time All Met Honorable Mention swimmer. Logan swims for the Mason Makos Swim Team.

Bridget Cleary, attack player on the Girls Lacrosse team, signed with the University of Cincinnati where she plans to major in business. Bridget is a four-year Varsity starter, was named a Scholar-Athlete, First



Logan Haddock and Bridget Cleary

Team All Concorde member, Team Captain and 2-time DC Metro National Team player for US Lacrosse. She also lettered in Field Hockey and has been a four-year member of the National Honor Society. Bridget played for Capital Lacrosse Club.

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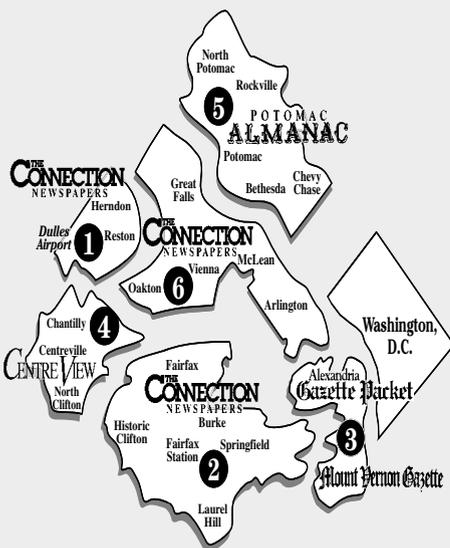
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Dept of Rail & Public Transportation Presents Super NoVa Transit/TDM Action Plan at public meetings Dec. 11 at Courtyard Marriott Alexandria Pentagon South & Dec. 17 at Holiday Inn Manassas Battlefield from 6:30-8:30 p.m. Public input needed to prioritize policies to enhance transportation choices and improve connectivity in region. Meetings are ADA and transit accessible. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI Compliance Officer, 804-786-4440 or TDD 711 for information. Comment deadline December 31, 2013.

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THE CONNECTION  
NEWSPAPERS

# ENTERTAINMENT

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Photos welcome.

## ONGOING

**Exhibit.** See an array of colorful nesting dolls on display at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Exhibit runs through Jan. 31. Enjoy a guided tour of the 1794 home of Northern Virginia's first congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Daily, except Tuesdays, from 11 a.m.-4 p.m. 703-437-1794.

## FRIDAY/DEC. 6

**Norwegian Holiday Festival/Bazaar.** 10 a.m.-7 p.m. at Christ

Lutheran Church, 3810 Meredith Drive. Enjoy musical entertainment, cafe, food products, merchandise and more. Free. Visit [www.norwaydc.org](http://www.norwaydc.org) or 703-573-5943.

**Holiday Book Sale.** 10 a.m.-6 p.m. at Centreville Library, 14200 St. Germain Drive. Gift-quality used books will be for sale. 703-830-2223.

**Ready for School Storytime.** 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 4-5. Free. 703-502-3883.

**Bouncin' Babies.** 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months. Free. Registration required. 703-502-3883.

**Small Wonders.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more.

Free. Registration required. 703-502-3883.

## SATURDAY/DEC. 7

**Norwegian Holiday Festival/Bazaar.** 9 a.m.-4 p.m. at Christ Lutheran Church, 3810 Meredith Drive. Enjoy musical entertainment, cafe, food products, merchandise and more. Free. Visit [www.norwaydc.org](http://www.norwaydc.org) or 703-573-5943.

**Model Train Display.** 10 a.m.-3 p.m. This event is designed for families with children, and will feature multiple displays. Free. Chantilly Bible Church, 4390 Pleasant Valley Road, Chantilly. Call 703-263-1188 or visit [chantillybible.org/trains](http://chantillybible.org/trains).

**Toys for Tots Movie Event.** 3 p.m. at Chantilly High School, 4201 Stringfellow Road. Watch "The Polar

Express," hear music from Rocky Run Middle School Band and Chorus, take pictures with Santa, face painting, trivia and more. Presented by Ed Lang Team of Remax Premier and Chantilly HS Peer Mediation. Proceeds benefit Marine Corps' Toys for Tots program. Call 703-818-9603 or email [edlang@edlang.com](mailto:edlang@edlang.com).

**Open House and Silent Auction.** 11 a.m.-12:30 p.m. at Frying Pan Farm Park's indoor arena, 2709 West Ox Road, Herndon there will be a therapeutic riding demonstration. From 1-4 p.m. at Higgins House, 2705 West Ox Road there will be a silent auction and tour. Free. Visit [www.spiritequestrian.org](http://www.spiritequestrian.org) or 703-600-9667.

**Holiday Art Exhibit and Sale.** 4-9 p.m. at Clifton Town Meeting Hall,

12641 Chapel Road. Browse art, jewelry, pottery and more, made by Clifton artists. Visit [www.artguildofclifton.org](http://www.artguildofclifton.org) or [www.cliftonva.us](http://www.cliftonva.us) for more.

**Holiday Book Sale.** 10 a.m.-5 p.m. at Centreville Library, 14200 St. Germain Drive. Gift-quality used books will be for sale. 703-830-2223.

**Kaleidoscope Storytime.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. All ages can enjoy a sensory story time. Free. Registration required. 703-502-3883.

**Holiday Open House.** 11 a.m. at Centreville Library, 14200 St. Germain Drive. Children of all ages can enjoy a fun holiday craft. Free. 703-830-2223.

**Lego Mania.** 12:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Grades K-2. Free. Registration required, 703-502-3883.

**Holiday Open House.** 2 p.m. at Centreville Library, 14200 St. Germain Drive. Children of all ages create custom hot chocolate. Free. 703-830-2223.

## SUNDAY/DEC. 8

**Santa "Paws" Pet Photography.** 7:30-9 p.m. at the Ice Palace in the Grand Court of Fair Oaks Mall. All pets must be on a leash or in a lightweight cage or pet carrier with harness. All dogs and cats must be up-to-date with shots. \$10 will be donated to the Fairfax County Animal Shelter with every purchase of a Santa photo package A. Visit [www.shopfairoaksmall.com](http://www.shopfairoaksmall.com), [facebook.com/fairoaksmall](http://facebook.com/fairoaksmall) or 703-279-2708.

**Holiday Sing-Along.** 7 p.m. at George Mason University's Center for the Arts, 4400 University Drive, Fairfax. The Mason Symphony Orchestra and Combined Choruses will perform songs from "The Nutcracker," Handel's "Messiah" and more. \$10/adult; \$5/seniors and non-Mason students; free for Mason students with valid ID. Visit [cfa.gmu.edu](http://cfa.gmu.edu), 888-945-2468 or visit the box office.

## MONDAY/DEC. 9

**Bouncin' Babies.** 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months. Free. Registration required. 703-502-3883.

**Small Wonders.** 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23. Free. Registration required. 703-502-3883.

**Book Buddies.** 2:15 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in kindergarten can discuss a book. Free. 703-502-3883 for title.

## TUESDAY/DEC. 10

**Toddlin' Twos.** 10:30 a.m. or 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2. Free. Registration required. 703-502-3883.

**Time for Tots.** 11 a.m. at Centreville Library, 14200 St. Germain Drive. Ages 2-3. Free. 703-830-2223.

**Storytime.** 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5. Free. Registration required. 703-502-3883.

## WEDNESDAY/DEC. 11

**Read, Build, Play. Duplo Story Time.** 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 18-36. Free. Registration required, 703-502-3883.

**Bouncin' Babies.** 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months. Free. Registration required. 703-502-3883.

**Small Wonders.** 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Ages 12-23. Free. Registration required. 703-502-3883.

**A Novel Society.** 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults can discuss "The Beginner's Goodbye" by Anne Taylor. Free. 703-830-2223.

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