



PHOTO CONTRIBUTED

Some 5,000 people participated in Virginia Run's 2013 Turkey Trot.

It's Time for Turkey Trot

Raising money for Life with Cancer.

BY BONNIE HOBBS
 CENTRE VIEW

A great way to burn calories before Thanksgiving dinner is to participate in the Virginia Run Turkey Trot. This year's 26th annual 5K race and 2K fun walk will be held Thursday morning, Nov. 27.

"Things are running smoothly and we're well on our way," said Steve Logan, the new Turkey Trot co-chair along with Janet Day. "It's a great event that brings the entire community together."

The event also raises funds for Life with Cancer, Inova Health System's nonprofit program for cancer patients and their families. And so far, it's contributed more than \$1 million. Last year, 5,000 people total participated in Turkey Trot, raising \$94,000.

Both the run and walk begin at 8 a.m., starting and ending at the Virginia Run Community Center, 15355 Wetherburn Court, off Route 29 and Pleasant Valley Road in Centreville. The 5K race is USATF-certified and the course travels through the Virginia Run community.

Registration in the 5K is limited to the first 4,000 entries; the walk has unlimited entries. Register online at <http://varunturkeytrot.wix.com/2014>. Entry fees are 5K, \$35; walk, \$15; participants receive a cotton, short-sleeved T-shirt (entrants must pick up their shirts in person), plus post-race snacks and raffle tickets.

The commemorative T-shirts are custom-designed by Centreville artist and comic-book illustrator Rich Seetoo. This year's shirt features a turkey crossing the finish line with the Virginia Run Community Center in the background.

Prizes are awarded to the three fastest males and females overall and in the Virginia Run residents' category. The top three runners in various age categories also receive prizes. Runners are electronically timed and results posted on www.DCTiming.com. Results may also be obtained almost immediately at a tent in the Community Center parking lot.

The event takes place, rain, shine or snow, and parking's available at Centreville Baptist Church, Centreville Presbyterian Church, Bull Run Elementary and Korean Central Presbyterian Church (KCPC), all off Route 29.

The main sponsors are Eridani Crops, Mitchell Eye Institute, Cox Farms, Korean Central Presbyterian Church, Virginia Cancer Specialists, Edelman Financial Services, American Windows and Siding, and Glory Days Grill.

Race preparations have been underway by a 20-person committee since February and 150 people will help out on the big day. For example, Howard Sevel is the announcer and heads up the raffle, Dean Jones is in charge of traffic control and Michelle Enright handles crowd control, helps with traffic and coordinates the walk.

But volunteers are still needed for race day, starting at 6 a.m., with set-up. To lend a hand, contact Helaine Newman at helainesells@gmail.com or just show up.

SEE RAISING MONEY, PAGE 7

Life with Cancer Helps Families

An interview with Vanessa Spiller.

BY BONNIE HOBBS
 CENTRE VIEW

helping the organization support the community.

Most years, the Virginia Run Turkey Trot is dedicated to a community resident who's died of cancer in the months preceding the race. But this year, it's being held in honor of those affected by cancer.

One of them is Centreville's Vanessa Spiller, who also works for Life with Cancer (LWC). The organization's slate of offerings helps families mentally, psychologically and emotionally. It's geared for those with cancer or impacted by it and helps children and teens learn how to cope and to show support for their loved ones.

In April 2011, Spiller was diagnosed with stage II breast cancer. A tumor in her breast had metastasized and, after doctors removed it, she underwent six months of chemo, followed by radiation. She finished treatment that November and is now doing fine. She runs and challenges herself in endurance events and also gives back to help others.

Below, Spiller explains what Life with Cancer does and why the money raised from the Virginia Run Turkey Trot is so important in

Q: What do you do for Life with Cancer?

A: I'm a certified nutritionist and I conduct healthy cooking demonstrations in the Life with Cancer kitchen. Each one covers information about specific food groups that help combat disease, plus we get to eat good, tasty, fun and healthy food. My next one is Thursday, Dec. 4, at Life with Cancer, 8411 Pennell St. in Fairfax. It's called



Vanessa Spiller

'Healthy Indulgence: Let's Have our Cake and Eat it, Too.' Everyone is welcome and it's free.

Q: How are you feeling?

A: I'm doing very well. It's been 3.5 years since my diagnosis and I'm grateful. I, myself, continue to attend classes at Life with Cancer. It helps me a great deal; it's terrific information, plus I'm able to continue the work I love in the field of wellness.

Q: How you feel about Turkey Trot's proceeds going to LWC?

A: Again, I'm grateful. It's amazing that the Virginia Run Turkey

SEE LIFE WITH CANCER, PAGE 7

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Email announcements to centreview@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

378-4190 for more.

MONDAY/NOV. 24

Centreville Garden Club Meeting. 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Learn about fall gardening with landscape designer, David Roos. Call 703-830-2942 for more.

WEDNESDAY/NOV. 26

Thanksgiving Eve Service. 7:30 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Call 703-383-1170 or visit www.jccag.org for more.

SUNDAY/NOV. 30

Blood Drive. 9 a.m. - 1 p.m. at St. Andrew Catholic Church, 6720 Union Mill Road, Clifton. Appointments are preferred. Contact pantherpints@gmail.com for more.

SATURDAY/DEC. 6

Christmas VBS. 10 a.m. - 2 p.m. at Pender United Methodist Church, 12401 Alder Woods Drive, Fairfax. Children will have wonderful time learning about the true meaning of Christmas while moving through different rotations of Christmas story, craft, music and recreation. Tickets are \$10 per child. Visit www.penderumc.org/christmasvbs for more.

SUNDAY/DEC. 7

Annual Fundraising Gala. 7 p.m. at Stacy C. Sherwood Center, 3740 Old Lee Highway, Fairfax. The evening program will feature international

entertainer Daniel Cainer. Trustee Members celebrating five years of giving will be honored and the Eleanor Sue Finkelstein Award for Special Needs will be presented to Jerry Hulick. Tickets are \$218. Visit www.jccnv.org for more.

TUESDAY/DEC. 9

Temple Beth Torah Ladies' Book Club. 7:30 p.m. at 4212-C Technology Court - Chantilly. This is a "pot-luck" style book club that meets every other second Tuesday of the month. Open to all women. Bring a drink or appetizer to share. Discussing "The History of Love" by Nicole Krauss. Call Jennifer Harding 703-217-8938 or visit www.BethTorah.net.

Telephone Support Group. 7-8 p.m. on the second Tuesday of the month. For family caregivers of older adults. Discuss "The Good, the Bad and the Ugly - Caregiving with Family and Friends." Share experiences, gain support and get information without having to travel. Free. www.fairfaxcounty.gov/dfs/olderadultservices/

WEDNESDAY/DEC. 10

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov/parks/boardagn2.htm for meeting materials, archives and more. Call 703-324-8662.

MONDAY-TUESDAY/DEC. 15-16

Mental Health First Aid. 8:30 a.m.-1:30 p.m. at the Pennino Building,

12011 Government Center Parkway, Fairfax. Public education program from the Fairfax-Falls Church Community Services Board Wellness and Health Promotion. Over a two-day course, certified instructors help people learn to assist someone developing or experiencing a mental health problem or crisis. \$25. Visit www.fairfaxcounty.gov/hscode/ereg/Registration.aspx?groupID=47.

TUESDAY/MARCH 3

Listening Tour. 6:30 p.m. at Chantilly High School, 4201 Stringfellow Road. Fairfax County Public Schools Superintendent Karen K. Garza will hold a series of listening tours during the 2014-15 school year, and invites students, parents, employees and community members to participate in these upcoming sessions. Visit www.fcps.edu/news/listening-2014-15.shtml for more.

WHITE HOUSE ORNAMENT SALE

The Western Fairfax County Woman's Club is selling **2014 White House Christmas ornaments** in honor of the 29th President Warren G. Harding. This two piece train ornament is a reminder of Harding's use of trains during his campaign and White House years. Ornaments cost \$20 and proceeds benefit charity. Order by calling 703-378-6841 or 703-378-6216.

ELECTRONICS RECYCLING

Residents can now "e-cycle" at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618

West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm.

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

SCAM ALERT

Scammers, identifying themselves as deputy sheriffs, are calling residents of Fairfax County, the City of Fairfax and the Towns of Herndon and Vienna, threatening that they will be arrested unless they purchase a money card, or wire money through Western Union. The Sheriff's Office is in no way associated with this scam. Sheriff's deputies will not call to ask individuals for money nor threaten arrest. Hang up immediately on threatening phone calls related to jury duty or tax payments. Do not give out personal information and regularly monitor all accounts and always use strong passwords. To confirm a jury duty summons, contact the Circuit Court jury duty clerk at 703-246-7816 (press 0). Visit www.irs.gov/uac/Tax-Scams-Consumer-Alerts.

HOLIDAY GIVING

Families in Crisis Program Seeks Gift Cards. The Families in Crisis program at Westfield works with counselors to support current WHS families facing immediate financial hardships and is seeking donations of gift cards in any \$5 increment. Large donations should be split among multiple smaller denomination cards, as opposed to one large one. Send any donations to the main office or mail to: WHS-Families in Crisis, Attn: Meg Crossett, 4700 Stonecroft Boulevard, Chantilly.

Operation Christmas Child.

Through Nov. 24, Chantilly individuals, families and groups are working to collect shoebox gifts — filled with toys, school supplies and hygiene items — for children in need overseas. Collection points are open in the Chantilly area to receive colorfully wrapped shoebox gifts packed by local residents. To find a full list of area drop-off locations, call 410-772-7360 or visit www.samaritanspurse.org/occ.

THURSDAY/NOV. 20

Liberty Republican Women's Club Meeting. 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Clare Lopez, strategy policy and intelligence expert with a focus on The Middle East will speak. Social hour at 6 p.m. Free. Call 703-

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VOLUNTEERS NEEDED

Meals on Wheels needs drivers in Chantilly, Clifton, McLean and Falls Church on Monday, Wednesday and Friday. Substitute drivers needed throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Sully Senior Center in Centreville needs a certified personal trainer twice a week, preferably with experience working with older adults. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs Korean-speaking volunteers to deliver meals Monday, Wednesday and Friday in Centreville, Reston and Annandale. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Homeless Animals Rescue Team is looking for volunteers to hold dogs at adoption events, Saturdays noon-3 p.m. Volunteers must be 18 or older. Events will be held at Petsmart, 13866 Metrotech Drive, Chantilly. Call 703-691-HART or visit www.hart90.org for more.

Sully Historic Site needs volunteers to help plan and present programs. Volunteers who enjoy gardening, working with children, learning new recipes and cooking methods, or just like to be around interesting people are needed both weekdays and weekends. Sully is a historic house museum owned and operated by the Fairfax County Park Authority. Volunteer at Sully can choose an aspect of historic interpretation, event support or any other area to make a difference for visitors. Call 703-437-1794 for an interview. Visit www.fairfaxcounty.gov/parks/sully-historic-site for more.



PHOTO COURTESY OF MIKE HUDSON

The cast of "Elephant's Graveyard," (front row, from left) Stephanie Rathjen, Emily Hoffman, Cameron Daly, Miranda Newman and Trey McNeil; (middle row, from left) Amita Rao, Kyle Artone, Zane Piper, Annelise Jones, David Strauch, Khalied Bashri and Austin Burch; (back row) CJ Robinson.



The "Roomers" cast includes (standing, from left) Sam Mattheson, Zane Piper, Jack Moore, Gabie Nicchitta, Stephanie Mears, Jenny Lee, David Strauch, Amita Rao and Sean Fletcher; and (sitting) Collin Robinson.

Four Helpings of Comedy and Drama

Centreville High's One-Act Play Festival.

BY BONNIE HOBBS
CENTRE VIEW

Comedy, drama and four plays for the price of one are all on the bill at Centreville High. Its One-Act Play Festival is set for this Friday-Saturday, Nov. 21-22, at 7:30 p.m. in the school theater. Tickets are \$5 at the door.

Three of the shows, "Roomers," "The Chocolate Affair" and "The Bald Soprano," are student-directed. The fourth, "Elephant's Graveyard," is helmed by Centreville Theater Director Mike Hudson.

'Roomers'

Directing "Roomers" is Austin Burch. "It's about a bunch of crazy people in an apartment building in New York City," said stage manager Sean Fletcher, a junior. "The show's a fast-paced, hilarious comedy, with lots of exuberant interactions between all the cast members."

There are 14 actors and, in the story, an old friend of one of the apartment residents comes to get help. She needs to get on her feet because she's run away from her husband and taken her baby with her.

"The cast is amazing and we've all had a great time," said Fletcher. "It's one of my best experiences in theater, getting to see things from a directorial point of view and find out how different and unique it is. I learned how much work goes into making the decisions and doing everything else directors do." He said the audience will like how quickly the story moves, the stereotypes of the characters and "how upbeat this

show is."

'The Bald Soprano'

Directed by senior Cameron Daly, "The Bald Soprano" has a cast of six and is an absurdist piece by playwright Eugene Ionesco. "It's a dark comedy with an overall message that diminishing communications within society have caused the individual to become replaceable," said Daly. "Each person could be replaced by someone else, and the outcome of life wouldn't change."

She said her actors have done a "phenomenal" job. "By the second rehearsal, everything had already clicked and it was awe-

some," said Daly. "It's my third time directing and I love it. It's fun because it lets me get my creative vision across. And I learned how to cooperate with people more, in general – directing reinforces that."

Although it's an ensemble cast, the leads are played by Miranda Newman, Josh Ewalt, Caity Sheerin and Andrew Dettmer. Daly said the audience will like this show because "It's a different type of play and there's a secret surprise at the end that's going to freak everybody out."

'The Chocolate Affair'

"The Chocolate Affair" is directed by senior Stephanie Rathjen. The three-person

cast is offering a dramedy about a mother who's hit her breaking point and decides to steal her child's Halloween candy.

"She goes to a sketchy hotel to eat it because she wants to appear perfect at home to her family," said Rathjen. "But M&M and Mr. Goodbar come in and confront her about what she's doing. I'm so happy with my wonderful cast, and I'm impressed with how they've personalized their characters."

Rathjen's used to acting but, this time, she said, "I have to think about what I want to see onstage, and it's cool to make those decisions. As a director, I'm learning that each actor has to dig deep and get to know their character's back story because it makes for a more interesting show. The audience will be able to connect with the mother's inner struggle of wanting to keep up appearances, while being afraid of being judged."

'Elephant's Graveyard'

Centreville Theater Director Mike Hudson directs "Elephant's Graveyard." Written by George Brant, it was the school's entry in the Virginia Theatre Association competition, Oct. 23, in Norfolk.

"The cast did a tremendous job at VTA," said Hudson. "Miranda Newman and Cameron Daly each won an acting award, and we also got the Technical Excellence Award for the whole conference, out of 60 schools performing."

Featuring a cast of 14, it's an ensemble piece dealing with a historical event. In 1916, a small Virginia circus, the Sparks Brothers Circus, was traveling. One of the animal handlers was killed by an elephant in a parade and, as punishment, the elephant was hanged. The play focuses on

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"The Bald Soprano" cast members are (from left) Director Cameron Daly, Annelise Jones, Andrew Dettmer, Miranda Newman, Josh Ewalt and Austin Huehn. (Not pictured: Caity Sheerin and Cameron Her).

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

'Shed the Dreads'

Cutting dreadlocks for childhood cancer research.

BY STEVE HIBBARD
CENTRE VIEW

Former Clifton resident Jeff Franca, 30, a full-time drummer for the rock band Thievery Corporation, has been growing his dreadlocks for the past five years. Last month, he lopped off almost three feet of hair weighing two pounds at his Shed the Dreads – Grow Hope for Childhood Cancer fundraiser.

"I was playing in a couple of Reggae bands and let it grow; it blended well with my philosophy on life," said Franca, who lives in the District and travels the world with his band to sold-out shows; he just played a gig at the Burning Man Festival. "I was happy for a long time, but they started to get a little heavy."

Jeff's brother Nick died of neuroblastoma on May 1, 2011 at age 21, and Jeff wanted to do a fundraiser similar to the St. Baldrick's haircutting campaign, which raises money for childhood cancer. After putting the word out on Facebook to all of his friends and contacts in the music world, Jeff said he would cut his 15 dreadlocks when he reached the \$15,000 mark (\$1,000 per dreadlock). So far, he's topped \$23,000. The money will be donated to fund childhood cancer research for Band of Parents: www.Bandofparents.org.

"Two pounds of hair got chopped off my hair today," said Franca, who stands 5-foot-9. "I'm feeling quite light and limber and feeling good about our campaign."

He added: "I knew \$15,000 was a lofty goal, but I didn't expect friends from all over to be helping out ... It's spread so much further than I could have imagined."

Franca attended Clifton Elementary, and Robinson Middle and Secondary schools, where he did marching band and was the drum captain. He studied at Indiana Uni-



Jeff Franca agreed to cut his dreadlocks for charity.

versity Jacobs School of Music where he earned two music degrees.

"While I was in school my brother got diagnosed with neuroblastoma, and I moved back into this area," said Franca, the son of Jim and Caryn Franca of Clifton. "The reason I moved back was to be here for my family and my brother. A month after he passed away, I got my gig as a drummer in Thievery Corporation."

Franca has a new record coming out this week called "Dealing With This," which he produced with his band, Congo Sanchez. "This is my first full-length album so I'm very excited to release it and get the word out," he said. "It's a very politically charged album."

He adds: "Music is a powerful tool for social change and I feel that it is our responsibility as musicians to get our points and feelings across with the music."

He can be found on Facebook at Jeff Franca and his band "Congo Sanchez" or email at Jeff.Franca@gmail.com.

CONTRIBUTED BY TAMARA EDEN



Stephanie Dagata and her son, Jake Dagata, spend a few more minutes with service dog-in-training Butch before turning him in for advanced training at Canine Companions for Independence's Miller Family Campus in Medford, N.Y.



The Masters family says one last goodbye before Mega heads off to work as a facility dog in New York. From left: Gina Masters, Luke Masters, Michele Masters, Mark Masters, and Maria Masters. In front (from left) facility dog Mega and service dog-in-training Saralee.

PHOTOS CONTRIBUTED

Training Canine Companions

Clifton residents take on role of "Puppy Raisers."

BY NIKKI CHESHIRE
CENTRE VIEW

Tucked away on a graying back road in Long Island, N.Y., is a different kind of college campus. With wide grassy play yards and kennels instead of dorm rooms, this college is one for the dogs.

The Miller Family Campus is just one of many regional headquarters scattered around the country for Canine Companions for Independence (CCI), a non-profit organization that "enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships," according to its website at cci.org. Here, at the campus, dogs work with professional trainers to perfect the skills that set them apart as service dogs.

But before that, there is a lengthy process carried out by volunteers all over the country. These are the Puppy Raisers – the ones who foster the specially-bred puppies for 18 months, and are tasked with socialization, behavior training and the mastering of more than 30 commands – and Clifton resident Stephanie Dagata is one of them.

"We originally didn't want a dog because of the 12- to 13-year commitment," Dagata said. "My kids would write 'Top 10' reasons why we needed a dog, but I knew it would be me taking care of it." Saying that after finding out about CCI when her neighbors became Puppy Rais-

ers, she agreed to try it. "I knew I could do it for the 18-month commitment, especially with CCI's support network."

Dagata's neighbors, the Masters family, recently had one of their puppies graduate from the program as a facility dog. The dog, Mega, is now working at the Nassau County District Attorney's office in the Special Victims Bureau with Assistant District Attorney Amanda Burke.

"One of her primary duties is going to just be a love to the kids and adults who come into the office, and calm them and provide that unconditional love and non-judgmental support that people need when they're going through stressful times," Burke said. "That's the most basic, but she's so much more than just a dog that you can love and cuddle on. She has all of these skills that she's learned through Canine Companions that I think will be useful too."

Burke continued: "When a child comes into the office – let's say – and is extremely stressed about meeting us, about being in a potentially scary environment, showing that child how Mega knows how to turn on a light or to pull open a drawer will ease that tension and break that ice with the child. She can help put them in a more open state of mind that this isn't a scary place, and I think that'll help make them feel more safe and secure."

For some, however, that journey to graduating from the program has just begun. Dagata, a first-time Puppy Raiser, recently returned her dog Butch for advanced training at the Miller Family Campus and attended the graduation ceremony, where the dogs that have

SEE TRAINING, PAGE 11

Blood Drive in Honor of Nick Franca

In honor of Nick Franca, who died on May 1, 2011, from an incurable form of cancer called neuroblastoma, the second annual "Live Like Nick Did Blood Drive" will take place on Saturday, Nov. 22 from 9 a.m. to 3:30 p.m. at Clifton Presbyterian Church, 12748 Richards Lane, in the Town of Clifton. Nick was the son of Jim and Caryn Franca of Clifton. To make an appointment, visit www.inovabloodsaves.org. Enter sponsor code 8025 or call 1-866-256-6372 and reference sponsor code 8025. Visit www.lnldblooddrive.com.

This is not just a blood drive, but also a bake sale, raffle, and fall pictures with family and pets by photographer Amy Waldrop. All donations benefit research

and a memorial scholarship at Lynchburg College. It would have been Nick's 25th birthday, so the first 25 people who sign up to donate blood receive a free cupcake. Buy raffle tickets for local restaurants and shops. Ten for \$20 (bring cash or check). For details, contact Caryn Franca at carynfranca@gmail.com.

The following local businesses are donating: Cupcaked of Clifton, Clifton Café, Kristine Martine Designs, Little Clifton Kitchen, Villagios of Clifton, Poppy, Trummers on Main, Hydrangea of Clifton, Main Street Pub, Paradise Springs Winery, Clifton Wine Shop, A Painted House, Refurbished Finds, Ciao, and BYK Gardner USA.

— STEVE HIBBARD

Great Beginnings Hosts Toys for Tots

Chantilly children's store is a drop-off for U.S. Marine Corps' toy campaign.

BY STEVE HIBBARD
CENTRE VIEW

Tina Coulson, store manager of Great Beginnings Baby & Kids of Chantilly, is conducting a Toys for Tots campaign with the U.S. Marine Corps from now through Dec. 21 at the store located at 13920-B Lee Jackson Memorial Highway (Route 50) in the Sully Plaza Shopping Center.

"I just want to help. I'm very simple that way. It's a great cause and I want to support it," said Coulson of Centreville, who has managed the store for two years. Customers can drop off new, unwrapped toys for boys and girls of all ages during store hours.

If customers "like" them on Facebook (facebook.com/greatbeginnings) or sign up for email on their website (www.greatbeginnings.com), they'll receive a coupon for 20 percent off their purchase.



Tina Coulson, the store manager of Great Beginnings Baby & Kids of Chantilly.

They can use it for toys, clothing, furniture, or other stuff. "This will allow someone to purchase a toy and save 20 percent if they want to donate it to Toys for Tots," said Coulson.

Great Beginnings is also acting as a "hub" for other Toys for Tots, which means other stores can drop off their donations at the Chantilly shop, and Coulson is responsible for getting them down to the Marine Corps location in Dumfries.

Great Beginnings is a 22,000-square-foot specialty store that carries products geared to new babies, such as strollers, car seats, general accessories and baby and children's furniture — anything new parents may need. The store also gives a 10 percent military discount. Call 571-512-4280. "Having lived in this area my entire life, it just made sense to me. It was the right thing to do," said Coulson of the toy drive.

"It's a great cause and I want to support it."

— Tina Coulson

PHOTO BY STEVE HIBBARD/CENTRE VIEW

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OPINION

Why Shop Small? Shop Large Locally

Small business Saturday isn't enough; don't wait until then, and don't stop after that.

There is a joy to shopping in local stores at the holidays, to participating in community traditions and celebrations, to walking along a sidewalk with the streets decked out for the holidays, to being greeted by someone likely to be the owner of the store, to finding gifts that are not mass-produced.

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

EDITORIAL

the heart of a town that is decked out for the season.

Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that is otherwise unmatched.

We all benefit when local stores thrive, when local business districts beckon. An effort to support locally owned businesses has resulted in the recognition of Small Business Saturday, the Saturday after Thanksgiving, also called Shop Small. This year that day is Nov. 29.

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

Frequently, it is the small retail person who is active in fundraising for local charities, advocating for improvements, for fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, face tough challenges right now. Competition from

big box stores and online sellers makes the holiday shopping season all the more important to locally owned retailers. But local families will literally spend millions of dollars to shop and exchange gifts during the next month, spending tens of millions of dollars in a variety of places.

Everyone will do some of their shopping at

Celebrate Locally

Bull Run Festival of Lights & Holiday Village, Nov. 19 - Jan. 4, Bull Run Regional Park, 7700 Bull Run Drive, Centreville, Monday - Thursday: 5:30 to 9:30 p.m.; Fridays - Sunday and holidays: 5:30 to 10 p.m. call 703-631-0550 Mondays-Thursdays, \$15 per car ; Fridays-Sundays and holidays, \$20 per car. Santa's Enchanted Lights, with more than 40,000 animated lights set to music. Off Interstate 66 in Centreville, on Rt. 29 (Lee Highway).

Christmas at Mount Vernon, Daily, Nov. 28 - Jan. 6, 9 a.m. - 4 p.m.; George Washington's Mount Vernon, 3200 George Washington Memorial Pkwy, Mount Vernon, Regular Estate admission. Themed decorations (including 12 Christmas trees) and historical chocolate-making demonstrations will be offered. Tour the rarely-open third floor of the Mansion and learn how the Washingtons celebrated Christmas. In 1787, George Washington paid 18 shillings to bring a camel to Mount Vernon for the enjoyment of his guests. During Christmas at Mount Vernon, visitors can meet a camel on the grounds.

Black Friday Holiday Celebration at the Workhouse, Nov. 28, 10 a.m. - 7 p.m., **Workhouse Arts Center**, 9601 Ox Road, Lorton, 703-584-2900, free. Explore the artwork of nearly 100 artists, join in interactive demonstrations and find that perfect gift while supporting local artists. Festivities will also include Doughnuts with Santa, fine-art projects for children, and holiday music and theatrical performances throughout the day.

City of Fairfax Festival of Lights and Carols, Saturday, Dec. 6. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Come enjoy live holiday music, hot cider, s'mores by the Yule log, petting farm, Ferris wheel, caroling and lighting of the Christmas tree in the winter wonderland. Visit www.fairfaxva.gov/about-us/special-events/festival-of-lights-and-carols for times and locations.

the mall. Everyone will do some shopping online. Many will answer the call of the big box. But local shoppers should be sure to save some shopping time and dollars for local stores. Spend some time shopping in your own community, and also plan an excursion to a nearby town to check out the local businesses and holiday spirit there.

Centre View is participating in Shop Small 2014, email sales@connectionnews.com to find out more.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Plantation Christmas, Dec. 6, 2-7 p.m., Gunston Hall, 10709 Gunston Road, Lorton, 703-550-9220, Admission: \$15 adults, \$5 children (6-18). Let the Christmas Past become part of Christmas Present. Ride in a horse-drawn carriage, sip warm cider by the fire, and sample period food prepared in the hearth kitchen. Return to the 18th century as costumed characters greet visitors in the house and throughout the grounds. Visit with Santa.

"Christmas in Camp" - Civil War Living History, Dec 7, 12-4 p.m., Historic Blenheim and the Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax, 703-591-0560. Discuss Civil War-era holiday customs, make Victorian ornaments, and participate in camp drills with Company D, 17th VA Infantry, "Fairfax Rifles" C.S.A. Guided tours of Historic Blenheim House.

Sugarloaf Crafts Festival, Dec. 12 - 14, Friday and Saturday, 10 a.m.-6 p.m.; Sunday, 10 a.m.-5 p.m., Dulles Expo Center, 320 Chantilly Shopping Center Drive, Chantilly, 800-210-9900, Adults: \$8 online, \$10 at the door; Children under 12: free; Parking: free. More than 250 artisans will display and sell their handcrafted work.

Holiday Horse Drawn Hayrides at Lake Accotink Park, Dec. 13, 11:30 a.m. to 2:30 p.m., 7500 Accotink Park Road, Springfield, 703-222-4664, \$10 per person (free for 2 and under). Enjoy holiday music and merriment on a horse drawn hayride through the park. Warm up with seasonal treats available for purchase at the snack bar, and settle in to share stories around a toasty campfire. Also visit with Santa and share a wish list. Remember to bring a camera and make it a holiday family photo.

A Christmas Carol, Saturday, Dec. 20, 7 p.m. Art Room, Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Solo performance. NYC actor / playwright, Greg Oliver Bodine performs his one-man performance of Charles Dickens. Children over 10 and adults. General admission \$15 / \$10 Seniors and Students. www.artful.ly/store/events/4306.

LETTER TO THE EDITOR

Help Disadvantaged Students

To the Editor:

I found it very interesting that the Chantilly Pyramid Minority Student Achievement Committee (CPMSAC) ["Only Excellence Is Good Enough," Nov. 13] is working so closely with the public school system and the community in an effort for bettering the academic successes and potential of minority students. Minority students are typically at an educational disadvantage in this country considering that "minority students are more likely to come from economically disadvantaged or educationally disadvantaged households located in disadvantaged neighborhoods," as accord-

ing to sociologist James Coleman. It is commonly well known that most students living in these disadvantaged neighborhoods must attend subpar schools which fall beneath the standards set by neighborhoods that have an economic advantage. This, in turn, creates an education deficit formed by students who are unable to receive better opportunities given their financial circumstance; especially since these communities may be lacking the financial means necessary to support the outcome of the student's education.

Geoffrey Canada, president of Harlem's Children Zone (HCZ) located in New York, has also recognized the importance of community involvement and student success as equal. The Harlem Children's Zone is dedicated to providing a better opportunity for

children in poverty stricken areas of Harlem by providing them the academic means necessary for them to make it to and successfully past college. Much like CPMSAC, the HCZ has also created several fundamental programs designed to help students and the community achieve educational success. Such as the Baby College parenting workshops which has the goal of directing educational success starting at birth and going through to college.

I really think it's important that more communities follow in the steps of the CPMSAC and HCZ so minority students or students in disadvantaged areas of our nation can have access to the various opportunities they need in order to succeed.

Jayla Smith
Alexandria

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Nov. 20, from 5 p.m. to dusk, 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. 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. (The inspection may be cancelled in the event of inclement weather). Call 703-814-7000, ext. 5140, to confirm dates and times.

CENTREVIEW

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A Connection Newspaper



Life with Cancer Helps Families

FROM PAGE 1

Trot has supported Life with Cancer exclusively for so many years. It says a great deal about both entities. I'd like to thank the incredible sponsors and participants of the race – it's one of the largest community events in the area.

Sponsoring companies and runners have a lot of choices as to where to put their money to support local efforts. And year after year, the participants and sponsors recognize the value and choose to support an organization like Life with Cancer. It has so much to offer people.

Q: What does LWC use the money for?

A: The proceeds funding Life with Cancer help provide what seems to be an endless means of support to individuals affected by the disease. There are numerous programs and classes supported by sponsors at Life with Cancer, including exercise classes (yoga), art classes, counseling, nutrition and dietary classes.

Life with Cancer is a welcoming place to land when you've experienced your world turning upside down from a cancer diagnosis. It's a place to turn and feel hopeful. The staff and volunteers are professional and compassionate.

Raising Money for Life with Cancer

FROM PAGE 1

Logan hopes this year's Turkey Trot will be as successful as always because "Life with Cancer is a terrific and free program and does so much to help people. It's definitely a worthy cause. Having had cancer, myself — I've been in remission for seven years — I feel the Life with Cancer program offers wonderful services for both the patients and their families."

As for Turkey Trot, he said, "The community looks forward to this race every Thanksgiving. People have been doing it for years, and it's part of their routine now."

To see a video of Turkey Trot and Life with Cancer's history, go to https://www.youtube.com/watch?v=jqZDSMR1Lw0&feature=em-share_video_user.

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W.T. Woodson High School
9525 Main Street Fairfax, VA

More information: www.fairfaxballet.com/nutcracker

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HOLIDAY ENTERTAINMENT



PHOTO BY XIMENA BRUNETTE

'Nutcracker'

Kick off the holiday season with The Fairfax Ballet's performance of the classical "Nutcracker." Members of the Fairfax Ballet's Company, along with students from the Russell School of Ballet and special guest artists from around the world, will dance to Tchaikovsky's opulent holiday masterwork. Three showtimes include: Nov. 29, 2 and 7 p.m., and Nov. 30, 2 p.m. at W.T. Woodson High School, 525 Main St., Fairfax. Tickets are available for purchase at fairfaxnutcracker2014.brownpapertickets.com or at the door beginning one hour before each show. Visit fairfaxballet.com, email events@fairfaxballet.com or call 703-439-9788.

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Email announcements to centreview@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

The Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center, 14390 Air & Space Museum Parkway, is showing movies including "Interstellar", "D-Day: Normandy 1944", "Hubble," "Fighter Pilot," "Hidden Universe" and "The Dream is Alive." Visit airandspace.si.edu/udvarhazy or call 703-572-4118 for the movie schedule or to schedule an IMAX On Demand show for groups of 50 or more.

Sully Historic Site. 3650 Historic Sully Way, Chantilly. Enjoy guided tours of the 1794 home of Northern Virginia's first Congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.

Exhibit of Colorful Nutcrackers at Historic Sully. Nov. 22 through Jan. 31. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an array of nutcrackers, both old and new, in a colorful case exhibit. This holiday exhibit is included in a guided tour of the 1794 house. Sully, the home of Richard Bland Lee, northern Virginia's first congressman, will be decorated for the holiday season from Dec. 3-22. 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully

Singing. 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

PET ADOPTIONS

Adopt a Dog. Fridays, 6:30-8:30 p.m.

and Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit foreverhome.org for more.

WEDNESDAY/NOV 19-SUNDAY/JAN. 4

Lights Festival. 7700 Bull Run Drive, Centreville. Almost two and a half miles of light displays and a Holiday Village to celebrate the season. Visit www.bullrunfestivaloflights.com.

FRIDAY-SATURDAY/NOV. 21-22

Theater Performance. 7:30 p.m. at Westfield High School, 4700 Stonecroft Blvd, Chantilly. The school will present, "And Then There Were None." Tickets are \$10 in advance and \$12 at the door. Visit www.westfieldtheatreboosters.com for more.

FRIDAY/NOV. 21

Swing Dance with Natty Beaux. 8:30-9 p.m. drop-in beginner swing lesson; 9 p.m.-midnight dance. Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. Dance to a lively mix of American music from 1940 to 1960. \$15. 703-359-9882 or www.gottaswing.com

Secret Keeper Girl Crazy Hair Show. 6:30-9 p.m. at nZone, 14550 Lee Road, Chantilly. A Bible-based relationship-building experience for moms and their tween daughters (typically ages 8-12). The event features a fashion show, balloon sculptures, bouncing beach ball competitions, mother/daughter conversation time, and colorful confetti cannons. Tickets are \$15 for general admission, \$13 for group general admission, \$30 for premium general admission. Limited general

admission tickets will be available at the door for \$20. www.secretkeepergirl.com

SATURDAY/NOV. 22

Christmas Decorating Tips. 10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. Learn how to create holiday displays that will wow guests. Call 703-968-9600 or visit merrifieldgardencenters.com for more.

Book Signing. 1-3 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. First-time author Pat Nelson Klud will have a book signing of her first book, "Green Glass." Call 703-383-1170 for more.

WEDNESDAY/NOV. 26

Honey Baked Ham Sale. 12:30 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. The Class of 2018 is selling Honey Baked Ham right in time for Thanksgiving as their first fundraiser. Contact debarham@fcps.edu for more.

THURSDAY/NOV. 27

Turkey Trot. 8 a.m. at Virginia Run Community Center, 15355 Wetherburn Court, Centreville. Spend Thanksgiving morning at this race. Visit www.varunturkeytrot.wix.com/2014 for more.

FRIDAY/NOV. 28

Swing Dance. 8:30-9 p.m. drop-in beginner swing lesson, 9-12 p.m. dance. Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. \$20 in advance, \$30 at the door. A night of swing dance fun with music by London's Jive Aces. www.gottaswing.com or 703-359-9882.

SATURDAY/NOV. 29

Fairfax Ballet's "The Nutcracker." 2 and 7 p.m. at W.T. Woodson High

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School, 9525 Main St., Fairfax.
Members of the Fairfax Ballet's Company, along with students from the Russell School of Ballet and guest artists from around the world will perform. Tickets are available for purchase at fairfaxnutcracker2014.brownpapertickets.com. Tickets will also be available at the door beginning one hour before each show. Email events@fairfaxballet.com or call 703-439-9788 for more.

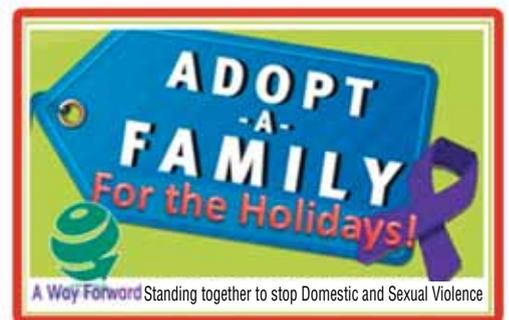
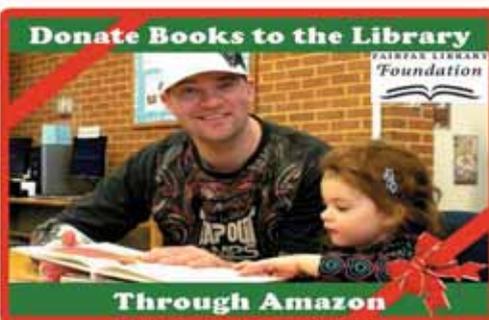
SUNDAY/NOV. 30

Fairfax Ballet's "The Nutcracker." 2 p.m. at W.T. Woodson High School, 9525 Main St., Fairfax. Members of the Fairfax Ballet's Company, along with students from the Russell School of Ballet and guest artists from around the world will perform. Tickets are available for purchase at fairfaxnutcracker2014.brownpapertickets.com. Tickets will also be available at the door beginning one hour before each show. Email events@fairfaxballet.com or call 703-439-9788 for more.



TUESDAY/DEC. 2

Public Concert-Holiday Kick-Off Event. 11:30 a.m. Smithsonian National Air & Space Museum, Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. The United States Air Force Band concert. Free, tickets not required. Free bus parking, \$15 parking for private vehicles. www.usafband.af.mil or 202-767-5658



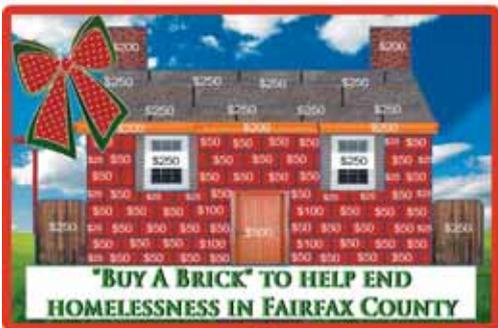
SATURDAY/DEC. 6

Champagne Holiday Breakfast. 8 a.m.-2 p.m. at Judy Ryan of Fairfax, 9565 Braddock Road, Fairfax. Kick off the season with Judy Ryan of Fairfax. Enjoy a continental breakfast, complete with champagne and mimosas and storewide savings. Judy's elves will wrap gifts. Call 703-425-1855.

Decorating with Fresh Greens and Flowers. 10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. See how to use fresh cut pine, holly, cedar, boxwood, magnolia and other plants to fill a home with the fragrance and beauty of the season. Call 703-968-9600 or visit merrifieldgardencenter.com for more.

St. Nicholas Workshop. 1-4 p.m. at Saint Raphael Orthodox Church, 4429 Brookfield Corporate Drive, Suite 500, Chantilly. Children can make crafts and gifts. Free, registration is required. Call 703-426-8719 for more.

Holiday Art Show. 2-6 p.m. at Clifton Town Meeting Hall, 12641 Chapel Road. Enjoy shopping for quality, original art, made entirely by Clifton artists. Visit www.artguildofclifton.org for more.



FRIDAY-SATURDAY/DEC. 12-13

Used Book Sale. 10 a.m.-6 p.m. at Centreville Regional Library, 14220 St. Germain Drive, Centreville. Books for all ages will be offered at bargain prices. The book sale is open to the public. Call 703-830-2223 for more.

FRIDAY-SUNDAY/ DEC. 12-14

Sugarloaf Crafts Festival. 10 a.m.-6p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center Drive, Chantilly. More than 250 of the nation's finest artisans will display and sell their handcrafted work. Visit www.sugarloafcrafter.com for more.



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HOLIDAY GUIDE

Pursuing Gift Ideas

Hydrangea of Clifton, owned by Jennifer Heilmann who ran the former Baskets & Boughs in the same location from 1996-2007, is her new gift and home boutique located on Chapel Road in Clifton. Decked out for the holidays, the quaint 450-square-foot store that opened in November 2013 offers charming accents, NEST home fragrances, reclaimed wood serving trivets and boards, teak and olive wood utensils, a collection of greenery, faux botanicals, or flowers, and fine rattan baskets and trays.

The shop carries a selection of Mariposa serving pieces made from 100 percent recycled heavy aluminum. For bath and body, it offers delicately scented soap, lotion or bubble bath. For personal accessories, choose from toiletry and make up cases, pocket mirrors with initial monograms and coordinating items such as tissue covers, eyeglass cases, travel shoe bags and jewelry pouches. Gift wrapping is complimentary.

The merchandise comes from small independently owned American companies, especially those that are environmentally conscious. Hydrangea of Clifton is at 12704 Chapel Road, Clifton. Call 703-543-6944 or visit www.hydrangeaofclifton.com.

— STEVE HIBBARD



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PHOTOS BY STEVE HIBBARD/CENTRE VIEW

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CVHS's One-Act Play Festival

FROM PAGE 3

how the circus people and the townspeople view the event.

"The majority of the actors are from the advanced theater class and they're doing a fabulous job," said Hudson. "The show is episodic, moves at a fairly quick pace and definitely showcases the actors' abilities. It's about the harshness of human reality and man's willingness to turn on something or someone quickly, and without explanation."

The cast of "The Chocolate Affair" is (from left) Zainab Barry, director Stephanie Rathjen, Jemma Stratton, stage manager Joey dell 'Omo and Khalied Bashry.



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Training Canine Companions

FROM PAGE 4

completed advanced training are given to the people who need them and begin their life-long partnership. Tissues are strategically placed around the room, as there is often a lot of crying – some from sadness as Puppy Raisers part with the dogs they're turning in for advanced training, but mostly from happiness as it's clear how big a difference these dogs will make in the future of someone who needs

them.

"I did enjoy seeing the graduation and the people who need these dogs, and understanding the important jobs that Puppy Raisers do," Dagata said. "That's why I'm more comfortable now. [Butch] is in a place where people will love him and train him and take care of him. I know when he graduates he will be with someone who loves him. That to me was the end goal."

For more information on CCI or puppy raising, visit cci.org.

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- DETAILS: Fruit Carving & Sugar Designing Demonstrations from Food Network Stars, James Parker and Burton Farnsworth!
- WHERE: Cedarwood in Stone Ridge
The Napa 1-Level Living Single Family Model, 24710 Marshy Hope Street: 703-764-5466
The Waverly Villa Model, 24711 Gracehill Terrace: 703-764-5493
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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday.

DECEMBER

Wellbeing.....12/3/14 Publishing

HomeLifeStyle: Home for the Holidays... 12/10/14

Hanukkah begins December 16.

★Holiday Entertainment & Gift Guide II..12/16/14

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Chantilly's McGorty Places Fourth at State XC Meet

Westfield's Pace, Freix earn all-state honors.

BY JON ROETMAN
CENTRE VIEW

Chantilly senior Ryan McGorty at the conclusion of the state meet questioned whether he made the right decision.

McGorty pushed the pace early in the 6A boys' race, taking an early lead. The strategy had worked when McGorty won the Monroe Parker Invitational at Burke Lake Park in early September, so why not give it another shot?

On Saturday, McGorty's move cost him as he ran out of gas near the end of the Great Meadow course and several harriers passed him. Lake Braddock senior Alex Corbett, who won the 6A North region meet on Nov. 5, won the individual state title with a time of 15:08 on Nov. 15. Bruin teammate Kevin Monogue finished runner-up with a time of 15:19, followed by Cox junior Jonathan Lomogda (15:21).

McGorty, who recently signed with William & Mary, placed fourth with a time of 15:26.

"Honestly, I was initially disappointed about the race," McGorty wrote in an email. "If I would have just run with the pack I feel like I could have finished higher, but I

would not have had a chance to win."

While McGorty didn't capture the state title, he still earned all-state honors with his fourth-place finish.



Cox junior Jonathan Lomogda, left, Chantilly senior Ryan McGorty, middle and Westfield senior Johnny Pace stand on the podium at Great Meadow after finishing third, fourth and fifth, respectively, during the 6A boys' race at the VHSL state meet on Nov. 15.



Westfield junior Sara Freix placed fifth in the 6A girls' race, earning all-state honors during the VHSL state meet on Nov. 15 at Great Meadow.

"Alex is a very strong runner," McGorty wrote. "When I beat him earlier in the year I was able to get a lead and keep it so my plan was to go for the lead and try to press the pace as much as I could. I paid the price

and died a little at the end when I was passed by a group, but I'm happy I went for the win instead of just racing with everyone. The Lake Braddock athletes and coaches did an excellent job of preparing for the meet and being at their best when it counted most. They ran great."

Lake Braddock won the team title with a score of 41. West Springfield finished runner-up with a total of 92. Two-time defending state champion Chantilly took third with a score of 105, followed by Oakton (124), Robinson (146), Cosby (177), Ocean Lakes (181) and Washington-Lee (201).

"Overall, I think this season was great," McGorty wrote. "I was fortunate to win a few invitationals this season, which was such a great feeling. More important though was how coach [Matt] Gilchrist brought the team so far this season. When we started, I didn't even think this group would make it to states, so to go and finish third as a team was amazing. So many of our runners improved a lot over the season. It's been so fun to be a part of a team like this. Personally, I'm really

looking forward to seeing how well I run at the south regional Foot Locker meet next week. I really want to run the best I can."

Westfield senior Johnny Pace placed fifth among individuals with a time of 15:28. Centreville junior Brent Bailey finished 24th (16:21).

In the 6A girls' race, Westfield junior Sara Freix placed fifth with a time of 18:18. Centreville senior Jackie O'Shea finished 43rd (19:36).

Patriot sophomore Rachel McArthur won with a time of 17:43.

Oakton repeated as state champs with a score of 44, followed by Lake Braddock (58), Madison (83) and Patriot (96).

SPORTS BRIEF

Favorites Dominate In Football Playoffs

Seven of the top-eight seeds won during the first round of the 6A North region football playoffs on Nov. 14.

No. 1 Centreville, the defending state champion, blasted No. 16 Stonewall Jackson, 56-14. No. 2 Westfield beat No. 15 Langley 47-20.

No. 3 Lake Braddock beat No. 14 Oakton by 30, 44-14. No. 4 Battlefield defeated No. 13 Annandale 49-20.

No. 5 South County continued to roll up the points, beating No. 12 Robinson 50-23. No. 6 West Springfield defeated No. 11 Washington-Lee 38-20.

No. 10 Chantilly upset No. 7 Hayfield 49-35, and No. 8 Patriot thumped No. 9 Yorktown 48-21.

Centreville (9-2) will host Patriot (9-2) in the region quarterfinals at 7:30 p.m. on Friday, Nov. 21. Westfield (10-1) will host Chantilly (6-5) at 7:30 p.m. Lake Braddock (9-2) will host West Springfield (9-2) at 7 p.m. and South County (10-1) will travel to face Battlefield (10-1) at 7:30.



PHOTO CONTRIBUTED

Centreville senior Caroline Wakefield, a two-sport standout for the Wildcats, signed a letter of intent on Nov. 12 to play lacrosse at the University of North Carolina. Wakefield is a projected four-year starter for the Centreville girls' lacrosse and basketball teams. She is a first-team All-American lacrosse player, also earning all-district/conference, all-region and all-state accolades during her high school career. The midfielder has 147 goals and 108 assists during her first three seasons at Centreville. On the basketball court, Wakefield is known for her defense. She's an all-district/conference performer who helped the Wildcats win the 2013 Concorde District title.



PHOTO CONTRIBUTED

Centreville senior Tyler Love, seated, recently signed his National Letter of Intent for wrestling for the University of Virginia. From left, Centreville assistant coach Todd Reynolds, head coach John Belyea, and assistant coach Pete Princi are also pictured. Love won the 195-pound 6A state wrestling championship as a junior last year, after a third-place finish as a sophomore. Love started wrestling in the first grade with the SYA program. Through his high school years, he has competed at several national tournaments, where he has earned four All-American titles and has been a member of the Virginia national dual team. During his freshman high school season, he set his sights on wrestling in college and specifically at UVA for coaches Steve Garland and Jordan Leen. Love is also an all-state linebacker for the Centreville football team, which won a state title in 2013 and is the top seed in this year's 6A North region playoffs. Love's parents are Alana and Billy Love; he has two sisters, Kara, an engineering student at Virginia Tech and Savanna, a Ph.D. student at Virginia Commonwealth University.



PHOTO BY MARILYN CAMPBELL

Muriel Jeddlicka (left), admissions director of Oakwood School in Annandale, was on hand at The Exceptional Schools Fair to share information with parents.

An Exceptional Education

Exceptional Schools Fair offers parents a chance to learn more about schools for their children with special needs.

BY MARILYN CAMPBELL
CENTRE VIEW

Maureen Kleinman wandered from booth to booth, speaking with representatives from schools that cater to students who have special needs.

She asked questions about each school's resources and environment.

"I have been home schooling my daughter for 5 years," said Kleinman, an Arlington mother. Her daughter is 11 years old and her son is 9. "I want to find a school where my daughter's educational needs will be met, but also where her social and emotional needs will be met."

Kleinman was one of hundreds of local parents who attended the eighth annual Exceptional Schools Fair. The event is considered a clearinghouse for the region, a place where parents of children think and learn differently (regardless of their disability) can come and find the schools that are right for their children.

More than 30 schools from the mid-Atlantic region sent representatives to show what their schools have to offer and answer questions from parents. The

event was held at American University in D.C., November 16.

The fair was founded by Bekah Atkinson, director of admissions at the Sienna School, to provide a resource for parents whose lives literally changed overnight, or the moment they learned their children have a special need. The fair is a forum for parents to explore educational options for their children. Atkinson is clear, however, that it is not a forum for diagnosis or advice, but simply a helpful resource for parents who are facing an unknown future for their children, educationally, financially and emotionally.

"We have families coming from all over," said Tara Nappi, director of teacher education and curriculum development at Commonwealth Academy in Alexandria. "They are looking for a place where their children feel safe."

EVENT ORGANIZERS described the fair as an empowering day for parents who may feel isolated by their child's diagnosis.

"The Exceptional Schools Fair is a moment for families to see and learn that they have options; that they are not, in fact, isolated; that there are professional educators who are passionate about what they do in their school," said Atkinson.

"Whether [the need] is academic or social, it's so incredibly important that you work with professionals who understand your child and who are willing to collaborate with other professionals like speech therapists, occupational therapists and psychologists," said Lois McCabe, head of school for the Diner School in Potomac, Md.

For more information on schools that were part of The Exceptional Schools Fair, visit www.exceptionalschoolsfair.com.

"We have families coming from all over. They are looking for a place where their children feel safe."

— Tara Nappi, Commonwealth Academy in Alexandria

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And The "Scancer" Is...



By KENNETH B. LOURIE

Unknown at this date – Saturday, November 15. In fact, it will be six days from now until we'll know the results. As it is always scheduled, a week or so after my quarterly CT Scan, we will have our usual follow-up, face-to-face appointment with my oncologist. At this meeting, I am examined, and of course, the radiologist's report of the most recent scan is discussed, and plans for the future – stay the course and/or adjust or switch altogether – are considered.

However, this week there's been a blip. My chemotherapy infusion was delayed one week at least, maybe longer, because my creatinine levels were too high. Creatinine levels reflect kidney function, and when my level exceeds normal, given the potential for kidney failure – ultimately, and all the associated, interim complications/effects – treatment is stopped until additional lab work is completed. Now, in and of itself, this presents concerns; in conjunction with a potentially disappointing CT Scan, results of which will be learned on the 21st (even though I remain asymptomatic and feel as normal as a stage IV, non-small cell lung cancer survivor could possibly feel nearing year six, post-diagnosis), this presents worries exponentially more distressing.

Still, I'm not there yet and won't react as if the diagnosis is confirmed until it is. For the moment, I am simply enduring the typical ups and downs of living with an originally-diagnosed-as-terminal/inoperable form of lung cancer (are there any others?). There are good days and bad days to be sure, and many daze before, during and after. To be alive and facing this as yet unconfirmed complication is par for the course. To expect any different would be unrealistic. Most stage IV, non-small cell lung cancer patients don't survive as long as I have. Ergo, I would never complain about a situation that few of my fellow lung cancer patients have lived long enough to even consider. Heck, I'm the lucky one, considering I was originally given a "13-month to two-year" prognosis back in late February, 2009. I'm grateful to be in my shoes (any shoes, actually; sneakers mostly, because the chemotherapy-induced neuropathy in my feet is uncomfortable, a small price to pay relative to my original diagnosis/prognosis).

Initially, when I thought of this title, I was planning on channeling Alex Trebek by incorporating as many Jeopardy (the game show) touches as I could into this column: the questions, the answers, the categories, the "Daily Double," "Double Jeopardy," ("where the scores double and the game can really change"), "Final Jeopardy" (although working in its theme song would have been a challenge) and maybe even Merv Griffin would get a mention, all in an attempt to be funny.

But there's nothing very funny about the situation in which I find myself. I remain positive and upbeat, and after almost six years of experience living this emotional roller coaster, this week of waiting, even with the additional blip, is manageable, believe it or not. It's just not fun, whether you're asking or answering.

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

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PHOTOS CONTRIBUTED

The Bull Run student body honors veterans with the song "Thank You Soldiers."

Honoring Veterans

Bull Run Elementary held its annual Veterans Day Assembly on Tuesday, Nov. 11. Veterans from the Centreville community attended the celebration and were honored for their service by the entire Bull Run student body. The keynote speaker, retired U.S. Marine Corps Colonel George Sanchez, and other distinguished veterans with ties to the school, addressed students with messages about bravery, courage, and loyalty. Bull Run students gave special presentations to veterans, including songs, letters, and student-



Principal Patti Brown thanks Colonel George Sanchez for his keynote address.

created medals of honor, to thank them for the sacrifices made in the name of freedom.



Bull Run staff members Carol Trujillo (Air Force) and Dawn Monnin (Army) are U.S. military veterans.



Sixth Grader Enoch Kaleebu presents student-created medals of honor to veterans.



Lieutenant Colonel Avram Isaacson (U.S. Army) and son, Ben.

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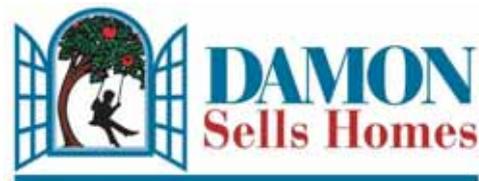
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