

Coming in
From the Cold
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Herndon Dresses Up For Holidays

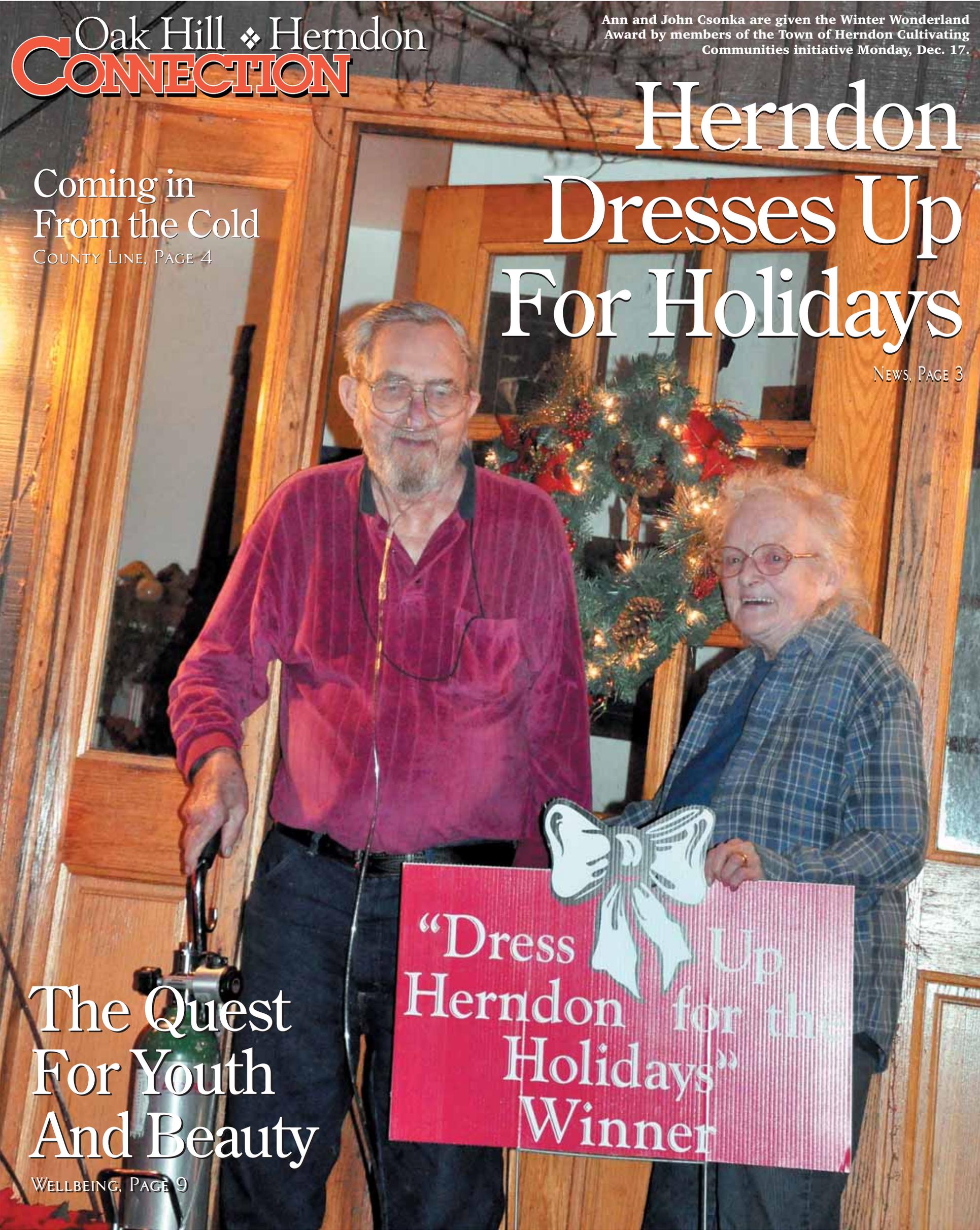
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PHOTO BY ALEX McVEIGH/THE CONNECTION

The Quest
For Youth
And Beauty

WELLBEING, PAGE 9



“Dress Up
Herndon for the
Holidays”
Winner

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Kitchen Remodeling

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Michael and Elizabeth Soliday are declared winners for their holiday decorations by members of the Cultivating Communities initiative Monday, Dec. 17.

PHOTOS BY
ALEX McVEIGH/
THE CONNECTION



Herndon Dresses Up For Holidays

Annual contest recognizes the best holiday decorations.

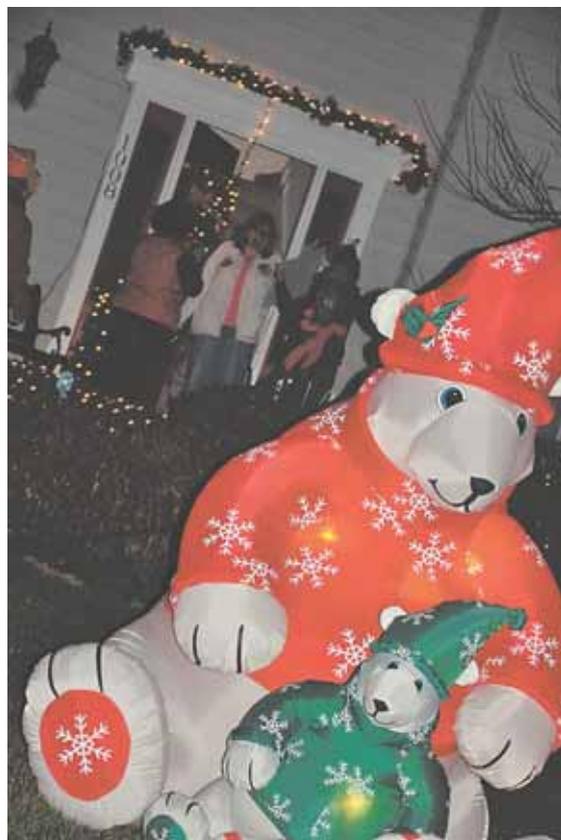
The Town of Herndon's Cultivating Communities initiative spent the evening of Monday, Dec. 17 roaming the town borders searching for the best holiday decorations. The annual Dress Up Herndon for the Holidays contest recognized the most festively designed houses in a variety of different styles.

The house of John and Ann Csonka in Austin Lane was recognized with the "Winter Wonderland" award

for their strings of lights all over the trees and bushes in their front yard. Others, such as a home on Page Court, were awarded for their use of half a dozen inflatables of Santa, reindeers and other animals.

Other awardees won for their use of white lights, or the use of a variety of colors, synchronized displays and a "classic Christmas" look.

All awardees will be recognized by the Town Council at their Jan. 15 public meeting.



Members of the Town's Cultivating Communities initiative surprise homeowner Tammy Noonan with an award for her holiday decorations Monday, Dec. 17.



This home on Herndon Mills Circle was recognized by the Town of Herndon's Dress Up Herndon for the Holidays initiative.



PHOTOS BY MIKE SALMON/VIRGINIA MEGACORRECTS

In August, cars are lined up on the Westpark Drive connector in Tysons Corner to test the new 495 Express Lanes.

Express Lanes Completed, Metrorail Arrives in 2013

Something to celebrate for area motorists.

In 2012, the completion of the 495 Express Lanes and progress made on Phase One of the Dulles Metrorail were something to celebrate for area motorists faced with lane closures and detours for the past few years.

The opening of the 495 Express Lanes was the biggest transportation development in 2012. Most of the 50 overpasses were completed in 2011, and in the final year of construction, the Braddock Road and Leesburg Pike (Route 7) access ramps were completed. The Braddock Road ramp is an access point for cars heading north on the express lanes. At Route 7, the ramp provides a southbound access only. Both ramps feature 500-ton box beams that required multiple cranes and full road closures of I-495. Pavement was laid for the new lanes throughout the corridor that are now general purpose lanes. Over the summer, the electronic tolling system was tested and tweaks were ironed out in the control center off Edsall Road in Alexandria. The lanes opened just

before Thanksgiving, earlier than scheduled.

The 23-mile Dulles Corridor Metrorail Project is a two-phased rail project that will give users a one-seat ride from Washington, D.C. to Dulles Airport. Phase One extends Metrorail service through five new stations, four in Tysons Corner and one at Wiehle Avenue on the eastern edge of Reston. Phase Two includes six additional stations from Wiehle Avenue to Route 772 (Ashburn), serving Reston Parkway, Herndon, Dulles Airport and eastern Loudoun County. The Metropolitan Washington Airports Authority (MWAA) is building and managing the project. Phase One is scheduled to open in fall 2013, and Phase Two in the following years.

Also in 2012, the I-66 Pavement Rehabilitation Project was completed. This project reconstructed 6.5 miles of deteriorated pavement between Route 50 and I-495. In Merrifield, Route 29 was widened to three lanes between Merilee Drive and I-495, and Gallows Road was widened to three lanes from Gatehouse Road to Prosperity Avenue. Away from the Tysons Corner area, VDOT was also working to rehabilitate the structurally deficient Beulah Road bridge over Wolftrap Run in Fairfax County.



Rt 29: From the air looking at Lee Highway, the express lanes southbound ramp gives motorists options to Merrifield.

Coming in From The Cold



PHOTOS BY VICTORIA ROSS/THE CONNECTION

Musa, Braddock Supervisor John Cook, and Bill Murray at the check-in area for the hypothermia prevention shelter provided by Burke United Methodist Church on Friday, Dec. 21.

A night at Burke United Methodist Church's hypothermia prevention shelter.

BY VICTORIA ROSS
THE CONNECTION

Musa L. gently draped a blanket over his wife, and promised her the new year would be better for both of them. She was sleeping on a foam pallet at the Burke United Methodist Church. Musa and his wife were among nearly 40 homeless adults seeking shelter from the frigid temperatures at the church on Friday, Dec. 21.

An immigrant from Senegal, Musa said he and his wife, who is originally from Florida, are homeless for the first time in their lives. He said both have jobs in Fairfax County, but they fled their apartment in November when a roommate threatened their safety. Since then, they have been staying at The Lamb Center during the day, a daytime drop-in center for the poor and homeless in central Fairfax County.

"We slept in our car the last few nights, but it was just too cold tonight," Musa said. "This church provides a wonderful service. We are able to get a meal and a safe, warm place to sleep. They also give you gift cards for food. They make you feel welcome, like you are still a person."

After his wife went to sleep, Musa

chatted with Supervisor John Cook (R-Braddock) who attends the church and helped organize its hypothermia prevention program.

"No one should have to sleep in the cold and risk hypothermia," Cook said.

EACH YEAR hundreds of individuals living on the streets, in cars, and abandoned buildings in Fairfax County search for shelter from the bitter winter weather, said Amanda Andere, executive director of FACETS, a local nonprofit organization coordinating the county's hypothermia prevention efforts.

Beginning in late November, FACETS works with more than 40 faith communities to offer safe places to sleep and nutritious meals to men and women who are homeless through its Hypothermia Prevention and Response Program. FACETS program is one of five operated across Fairfax and Falls Church in partnership with the Fairfax County government.

Barbara Nowak, a realtor with Long & Foster, was a key organizer of BUMC's program, which provided hypothermia relief from Dec. 16 to Dec. 23.

"I make a living helping people find homes, and I've done pretty well," Nowak said "This is not just about how much money is in your

account. This program has made me more aware of the lack of affordable housing, and the effects of foreclosures and short sales, and how people are suffering as a result of the downturn in the economy."

Nowak and her husband, Gerry Staudt, helped recruit more than 130 church members for the church's program and organized training sessions that helped volunteers learn more about FACETS and ways to help the homeless. "We want to make sure our guests are safe and feel welcomed," Nowak said.

During its program, the church opened its doors at 5:30 p.m., and provided transportation to and from Fair Oaks Mall in the morning and late afternoon. Several volunteers, as well as a FACETS staff person, checked guests in to the shelter, and helped them find bedding, clothes and other necessities, as well as serving a hot meal and dessert. Alcohol, drugs and weapons are prohibited and lights are out at 10 p.m.

Nowak, who has lived in Fairfax County since 1976, said she is grateful for the opportunity to help others. "During the first night, when all the volunteers were getting the church ready for our guests, I truly felt like God was giving us patience, kindness and gentleness... we were physically

How You Can Help

- ❖ During the 2010-2011 winter season, approximately 1,025 residents sought shelter through Fairfax County's Hypothermia Prevention Program, in partnership with other agencies.
- ❖ FACETS' Hypothermia Prevention Season is Nov. 21 through March 17. FACETS served more than 219 clients last season.
- ❖ Volunteers of America Chesapeake (VOA) Baileys Crossroad's Hypothermia Program served more than 442 clients last season and an additional 84 clients in their other winter seasonal programs for a total of 526 clients.
- ❖ Reston Interfaith's Embry Rucker Community Shelter (ERCS) operates three separate winter programs. The ERCS Winter North County Program and winter seasonal programs served over 298 clients last season.
- ❖ The Homeless Healthcare Program (HHP) has four nurse practitioners from the Fairfax County Health Department providing free flu shots during Hypothermia Prevention season.
- ❖ For more information on Fairfax County's Hypothermia Prevention Program, go to <http://www.fairfaxcounty.gov/homeless/partnerupdate/partnership-highlights-hyposeason2011-12.htm>.
- ❖ For FACETS weekly hypothermia prevention shelter updates, go to www.facetcares.org or call FACETS at 703-352-5090 Ext. 302.
- ❖ To learn more about FACETS Hypothermia Prevention and Response Program, or to donate to the program, contact Jerriane Anthony at 703-865-4252 or email at JAnthony@FacetsCares.org.
- ❖ What should you do if you see a homeless person at night?
"If you see an unsheltered person at night, and you think they could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711. County emergency personnel will determine which shelter option is best in the situation," said Dean Klein, director of the Fairfax County's Office to Prevent and End Homelessness.



Barbara Nowak, a volunteer organizer for Burke United Methodist Church's Hypothermia Prevention Shelter, sorts sleeping pallets in the church's library on Friday, Dec. 21.



Arthur Garret, 29, a client at the hypothermia prevention shelter provided by Burke United Methodist Church on Friday, Dec. 21, said his goal is to become a boxer. "I have goals. I want to make the Olympic boxing team... It's never too late."

exhausted but mentally exuberant as we transformed the church," she said.

LAST SPRING, Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large)—along with non-profit leaders and other county officials—held a series of information sessions to address rumors and concerns that the county would shut down its hypothermia shelters this winter and shut out many homeless residents—because of fire code violations.

Bulova said Fairfax County was "committed to serving the homeless population in a way that is compassionate and ensures their safety."

Cook said only two churches—instead of the rumored 18—were deemed unsafe to host hypother-

mia prevention programs.

"Most of the issues were simple ones that could be easily remedied, like installing smoke detectors," Cook said. "Everyone had to take deep breath. There's a significant commitment on the county's part to work through these issues."

Last year, there were no hypothermia-related deaths in Fairfax County. But as temperatures continued to drop below freezing during the last week of 2012, the first cold weather-related death of the winter season was reported by Maryland state health officials. On Dec. 24, an elderly homeless man in Frederick County, Md., died of hypothermia.

"It's a tragedy when it happens anywhere. That's what Fairfax County, our faith communities and non-profit partners are working hard to prevent," Cook said.

NEWS

Friedrichs Named Executive Director of Council for the Arts of Herndon

Council for the Arts of Herndon (CAH) chose a new executive director, Signe Friedrichs, in November.

Friedrichs is a 16-year resident of the Town of Herndon and has an extensive educational as well as professional background in the arts and non-profit management.

She received a B.A. in art history from Wellesley College and an M.A. in early modern European history from the University of Connecticut. Prior to joining Council for the Arts of Herndon as executive director, Friedrichs served on the board of directors, and as the membership manager for the Dulles Regional Chamber of Commerce. She brings a wealth of experience in small business management, relationship management and her passion to bring art, community and business together for the benefit of all.

Friedrichs is a member of the Herndon Towne Square Singers and other local choral groups.

The Council for the Arts of Herndon is a non-profit 501c3 organization and is the official arts agency of the Town of Herndon.



Signe Friedrichs is a 16-year resident of the Town of Herndon and has an extensive educational as well as professional background in the arts and non-profit management.

CAH is responsible for promoting the arts by producing many popular Herndon events, including Arts Week, the Children's Hands on Art at the Herndon Festival, and the Technology & the Arts Competition. CAH also provides scholarships for area students interested

in pursuing the study of art and gives grants to art groups in Herndon. For information about upcoming events or membership, visit www.herndonarts.org, call the council office at 703-689-9535, or email info@herndonarts.org.

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OPINION

Happy New Year, Keep in Touch

Reflecting and reinforcing the sense of community.

As local, weekly newspapers, the Connection's mission is to bring the news you need about your community, to give you the information you need to enjoy the best things in and near your community, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

To succeed at any of that, we need your help. If you know of a person or an organization doing important work, something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. E-mail us a photo and a note about the event. Be sure to include

the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome.

To have an event included in our calendars, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos. Events for our calendars should be free or at nominal cost and open to the public.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, two editions of the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including

the Virginia Press Association Award for Integrity and Community Service last year.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital replica subscriptions. If you or your organization appreciate the Connection publications, please support them by patronizing our advertisers and by spending a portion of your marketing budget with us.

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— MARY KIMM.

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COMMENTARY

Challenges Facing Dranesville in 2013

Supervisor John W. Foust (D-Dranesville) discusses New Year's expectations.

"What are the most important issues or challenges facing your district and Fairfax County today?"

Supervisor John W. Foust, (D-Dranesville)

"In 2013, we will again confront many challenges, at the county level as well as in the McLean, Great Falls, Herndon, Falls Church and Vienna communities in the Dranesville District. I will continue to address our challenges by seeking input and suggestions from my constituents and by working with my excellent staff to provide leadership. Some of the more significant issues I expect to deal with in 2013 are discussed below.

Challenge: adequately fund essential county services and infrastructure needs.

We are still in a multi-year economic downturn. Our ongoing challenge is to maintain the level of services county residents expect and to make the infrastructure investments we need while protecting county taxpayers.

Since I took office in 2008, we have cut tens of millions of dol-

lars from the county operating budget without serious reductions in the county's support for public schools and other essential services like police, fire and rescue, and programs that serve the members of our community who are most in-need. At the same time we are struggling to maintain services, we are facing the need for substantial investment and re-investment in infrastructure like roads, transit, schools, storm water management and other public facilities.

As vice chairman of the Board's Budget Committee, I will continue to emphasize reducing costs by improving efficiencies and focusing on our core services. And as chairman of the board's Audit Committee, I will continue to work closely with the auditor to the board to review county programs and financial policies to improve their cost effective operation.

I will also continue to work with the community to establish our budget priorities and address our budget challenges. As I have done for the past four budget cycles, I have convened my citizen budget

task force. The members are meeting and hearing presentations by various county and FCPS officials. The task force will prepare a report that will be presented to me early in 2013. I will share the report with my colleagues on the board as we develop and adopt the final budget. I will also convene several public meetings to solicit community input on budget priorities prior to budget adoption.

Challenge: meet the needs of the rapidly increasing segment of our population over the age of 65.

In 1970, only 3 percent of Fairfax County residents were age 65 or older. By 2003, the percentage had increased to 8.4 percent. By 2020, it is projected that there will be more than 136,000 persons age 65 or older living in the county, nearly 12 percent of the total population. To address the special needs of older residents, my staff and I are working closely with community groups in Great Falls, Herndon and McLean. We are exploring concepts and ideas to better understand and meet the needs of seniors in the Dranesville District and to facilitate 'aging in



John W. Foust

place' in our community.

Challenge: provide bus, pedestrian and bicycle access to the Silver Line Metro stations and commuter parking at the Tysons Metro stations.

In 2013, I will continue to work on improving access to the future Tysons Metrorail stations. Through a significant public outreach process, we have identified bus transit, pedestrian and bicycle improvements that are needed to provide improved access to the stations. Significant funding has been

SEE FOUST. PAGE 7

Oak Hill & Herndon CONNECTION

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ENTERTAINMENT

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

SATURDAY/JAN. 5
Weekend Bluegrass Concert Series: Danny Paisley. 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Paisley's high lonesome voice fronts the band his father used to lead and the band remains a hallmark of traditional bluegrass since decades past. \$15, adults; children 12-and-under, free. 703-435-8377 or kd4fue@verizon.net.

SUNDAY/JAN. 6
Used Book Shop 35th Anniversary Celebration. 1-4 p.m., at 1623 Washington Plaza North, Lake Anne, Reston. The used bookshop celebrates 35 years with an open house complete with live music, refreshments and store-wide discounts. www.restonusedbookshop.com.

WEDNESDAY/JAN. 9
Meet The Artist: Keith Naquin and Chesapeake Bay Vistas. 5:30 p.m., at O'Sullivan's Irish Pub, 754 Elden Street, Suite 102, Herndon. Meet the artist, Herndon's own Keith Naquin, and view the exquisite detail of this mural; includes hors d'oeuvres and cash bar. www.herndonarts.org.

SATURDAY/JAN. 12
Reston Contra Dance. 8-10:45 p.m., at the Reston Community Center, 2310 Colts Neck Rd., Reston. Come to the Reston Contra Dance, music by



PHOTO CONTRIBUTED

Danny Paisley

Weekend Bluegrass Concert Series: Danny Paisley

Paisley's high lonesome voice fronts the band his father used to lead, which has remained a hallmark of bluegrass music since decades past. Come on Saturday, Jan. 5 at 7:30 p.m. to Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$15, adults; children 12-and-under, free. 703-435-8377 or kd4fue@verizon.net.

the June Apple Band, teaching by Janine Smith; snacks to share are welcome. \$9. 703-476-4500.

WEDNESDAY/JAN. 16
Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

SATURDAY/JAN. 19
Salute to Dr. Martin Luther King Jr. 4 p.m., at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. An annual musical concert in honor of Dr. King featuring the works of Reston composer Brian Scarbrough with performances by the Mykle Lyons Trio and Beverly Cosham. www.restoncommunityorchestra.org.

ways to identify commuter parking possibilities near the Tysons stations. Recently, the board endorsed the Metrorail Interim Parking Request for Interest (RFI). That RFI establishes a streamlined program that allows interested property owners to provide privately-run commuter parking lots near Metro stations in Tysons. Several property owners have already expressed interest in the program and it is my goal that one or more parking lots will be operational by the time Metro service comes to Tysons in December, 2013.

With the approaching construction of Dulles Metrorail Phase

Two, I will also be working with the county and the Town of Herndon on plans and funding for bus, pedestrian and bicycle connectivity between the future Herndon area Metrorail stations and surrounding communities.

Challenge: Make Dranesville more accessible and safe for all pedestrians and bicyclists.

Many Dranesville residents want to be able to leave their cars in the garage and walk or bicycle to their destinations. Making Dranesville more pedestrian and bicycle-friendly has been one of my top priorities. My office has worked with citizen groups across the



CONTRIBUTED

Hot Anger Stained Glass, by Mary Ellen Mogee

Color: Bold & Vibrant

Andrea Cybyk, Mary Ellen Mogee and M. Jane Johnson, local abstract artist who make vibrant, energetic abstract works of art are exhibiting together. Their show runs through Saturday, Jan. 20 at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. 703-956-6590 or www.artspaceherndon.org.

Fairfax Symphony Orchestra: Masterworks IV. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman and flautist Christina Jennings perform Mozart's Overture to The Magic Flute, Leshnoff's Flute Concerto, Ives' The Unanswered Question and Brahms' Symphony No. 1 in C minor, Op. 68. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

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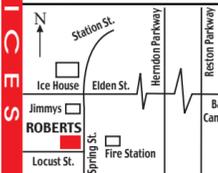
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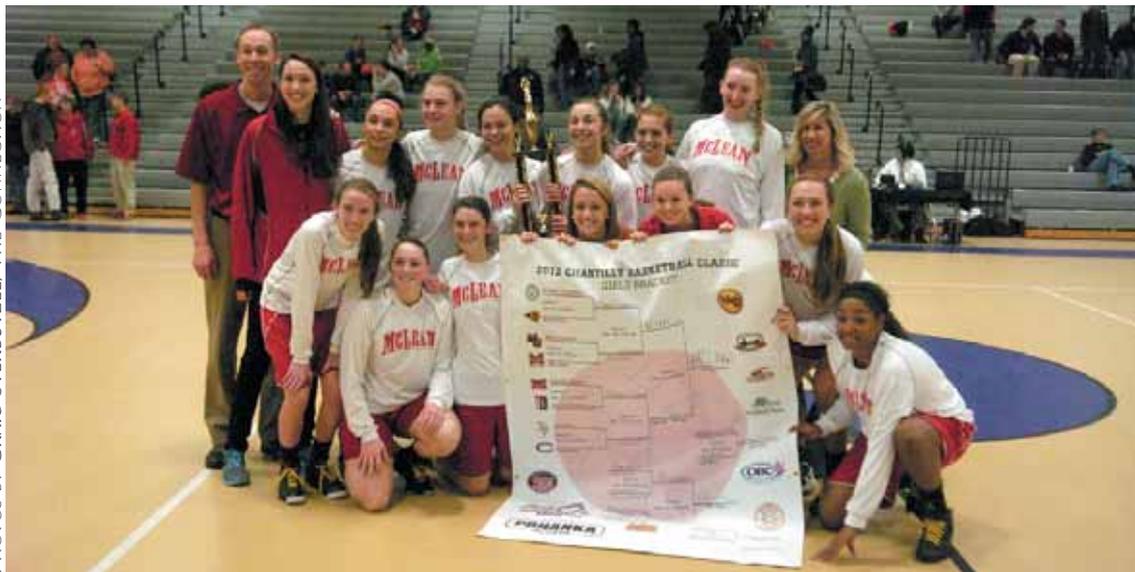
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SPORTS

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



The McLean girls' basketball team won the 2012 Pohanka Chantilly Basketball Classic on Dec. 29 at Chantilly High School.

McLean Girls' Basketball Wins Chantilly Tournament

Murphy named MVP, Lee makes all-tournament team.

BY JON ROETMAN
THE CONNECTION

The McLean girls' basketball team entered Saturday's Pohanka Chantilly Basketball Classic championship contest riding a five-game winning streak.

The Highlanders quickly showed they had no interest in slowing down.

McLean jumped out to a 16-2 lead against George Mason and cruised to a 59-32 victory on Dec. 29 at Chantilly High School, giving the Highlanders their first Pohanka Classic title.

McLean beat Georgetown Visitation, 40-35, in the semifinals on Dec. 28 and defeated Mills Godwin, 41-30, on Dec. 27.

"It feels great to have this big win going into district play," McLean senior Lisa Murphy said, "... and to win this tournament gives us a lot of momentum going into the rest of the season."

MURPHY, a 6-foot-1 forward, was named tournament Most Valuable Player. She scored 13 points and grabbed four rebounds against George Mason, and averaged 14.7 points and 5.3 rebounds per contest for the three-day event.

Murphy and 6-foot-2 junior Maia Lee provide McLean with a formidable duo in the paint. Lee, who was named to the all-tournament team, averaged 9.3 points and 8.3 rebounds per game during the tournament, including a 13-point, eight-rebound effort against George Mason.

"Lisa knows whenever I pass her the ball she'll make it, so I trust her," Lee said. "And then she trusts me to make shots whenever she passes to me, so we're always on the same page."

Murphy and Lee combined for 10 points during



McLean junior Maia Lee was named to the Pohanka Chantilly Basketball Classic all-tournament team.

McLean's 16-2 run to open the game, and scored 20 of the Highlanders' 28 first-half points.

"The tandem of those two working together and starting to learn how to work together was very apparent today," McLean head coach Mike O'Brien said, "and is going to be a foundation of what we build off of."

After falling behind by 14 early, George Mason battled back with an 11-2 run that stretched into the second quarter. McLean answered with an 18-3 run, capped by a Shellie Kaniut bucket in the third quarter, giving the Highlanders a 36-16 lead. McLean led by as many as 29 points in the second half.

Kaniut scored 10 points against the Mustangs. Elena Karakozoff and Melanie Becher each scored five points and Cami Prock added four.

"That's what's great about our team; we have so many threats—we have threats in the post, we have threats in our guards," Murphy said. "Definitely, we always want to try to exploit what we have."

George Mason senior Stephanie Cheney scored 15 points and grabbed 13 rebounds.

MCLEAN WON its season opener against Woodson, 50-40, on Nov. 29, but lost Lee to a left knee injury. With Lee sidelined, the Highlanders dropped their next three contests. With Lee back on the court, McLean has won six in a row and enters 2013 with a 7-3 record, including 1-1 in the Liberty District. The Highlanders will travel to face Madison at 7:30 p.m. on Wednesday, Jan. 2.

"When we lost those three games, I think we were all pretty down," Murphy said. "But we've gone on a winning streak right now and winning this tournament I think brings a lot of confidence to everyone on the team."

SPORTS ROUNDUPS

SOUTH LAKES GIRLS' BASKETBALL WINS IAABO INVITE

The South Lakes girls' basketball team defeated previously unbeaten West Springfield, 42-34, to win the IAABO Invitational on Dec. 28 at Prince George's Community College. South Lakes junior center Abigail Rendle scored 16 points on 8-of-9 shooting, grabbed eight rebounds, blocked four shots and had two steals against West Springfield, which is ranked No. 18 in the Washington Post's top 20. Caitlin Jensen had nine points, four assists and four steals for the Seahawks. Rendle was named tournament Most Valuable Player and Jensen made the all-tournament team.

After beating Westfield in its season opener, South Lakes lost to West Springfield, 44-43, on Nov. 29. South Lakes responded by winning 10 in a row and posted a 4-0 record in the Liberty District. The Seahawks (11-1) will travel to face Fairfax at 7:30 p.m. on Friday, Jan. 4.

HERNDON BOYS' BASKETBALL FINISHES RUNNER-UP

The Herndon boys' basketball team finished second at the Ronald Curry Holiday Classic in Hampton, losing to Woodson, 63-61, in the championship game on Dec. 29.

Herndon beat Lake Taylor, 66-62, on Dec. 27 and Edison, 67-59, on Dec. 28 to advance to the championship game.

The Hornets enter 2013 with a 7-2 record. Herndon will travel to face Oakton at 7:30 p.m. on Friday, Jan. 4.

OAKTON GIRLS' BASKETBALL HAS WINNING STREAK SNAPPED

The Oakton girls' basketball team lost to Pinewood Prep on the final day of a tournament in Charleston, S.C., on Dec. 29, snapping the Cougars' seven-game winning streak.

Oakton lost to Pinewood Prep, 52-48. The Cougars started the tournament with a 59-40 win against Bishop England on Dec. 27 and beat Wade-Hampton, 55-44, on Dec. 28.

Oakton, the defending AAA state champion, concluded the 2012 part of its schedule with a 10-2 record. The Cougars will open Concorde District play on the road

against Herndon at 7:30 p.m. on Friday, Jan. 4.

OAKTON BOYS' BASKETBALL WINS 1 OF 3 AT MT. VERNON

The Oakton boys' basketball team enters 2013 with a 6-5 record after winning one of three at the Mount Vernon holiday tournament Dec. 27-29.

Oakton lost to Glenelg, 55-44, on Dec. 27, beat Grace Brethren, 60-43, on Dec. 28 and lost to St. James, 75-55, on Dec. 29.

The Cougars will open Concorde District play at home against Herndon at 7:30 p.m. on Friday, Jan. 4.

OAKTON SWIM AND DIVE CONQUERS CHANTILLY CHARGERS

Oakton High School's Varsity Swim and Dive teams went head-to-head with Chantilly High School at Cub Run RECenter. Both Oakton's boys and girls won for the second week in a row, with the girls' team scoring 195 points over Chantilly girls with 120 points. The boys scored a total of 176 points over Chantilly's 139.

The Cougars started off the meet with consistently solid dives. Freshman Bennett Fagan took second place for the boys with a region-qualifying score, and Joey Barbaris took third place. On the girls' side, Julia Powell, also a freshman, took first place with Hana Burkly in second.

The meet continued with strong swims from Oakton. In both the boys and girls 200 yard, Medley Relay, Oakton placed first. John Shebat, Nathan Chen, Denny Nguyen and Gregory DeRosa swam for the boys. Megan Byrnes, Melissa Shebat, Gabriela Galvez and Nicki Powell swam for the girls.

Kendall Lawhorn received first place in both of her individual events—200 yard freestyle and 500 yard freestyle. Megan Byrnes also placed first in her two individual events—100 yard Freestyle and 100 yard Backstroke.

Gregory DeRosa placed first in 50 yard Freestyle and second in 100 yard Freestyle. Denny Nguyen placed first in 100 yard Butterfly and second in 200 yard Freestyle. John Shebat scored second place in both of his individual events—200 yard Individual Medley and 100 yard Backstroke.

The Quest for Youth and Beauty

BY MARILYN CAMPBELL
THE CONNECTION

Hiba Hakki reclines on an exam table as a physician picks up a syringe with his latex-gloved hand and points it at her face. He inserts the needle into the flesh around her eyes. She cringes slightly. This is a Botox injection, just one of the cosmetic procedures Hakki undergoes for the sake of beauty.

"There is a slight burning sensation," said Hakki, who is 58. "But it's like anything else that we women do for our appearance that we dread. The needles are very fine so it's not too bad."

Hakki is devoted to maintaining a polished appearance, which doesn't include "crow's feet," frown lines, enlarged pores, sagging breasts, discolored teeth or even chipped nail polish. She is not alone in her desire to look her best. A recent survey by the American Society of Aesthetic Plastic Surgery (ASAPS) shows that more than half of all Americans, regardless of income, approve of cosmetic plastic surgery, and spent nearly \$10 billion on cosmetic procedures last year. ASAPS says that Botox (Botulinum Toxin Type A) injections top the list of the most popular non-surgical cosmetic procedures, followed by hyaluronic acid, laser hair removal, microdermabrasion, and IPL

(intense pulsed light) laser treatment.

"There is a societal pressure to look young and beautiful," said Arlington resident Linda Gulyn, Ph.D., a Marymount University psychologist who teaches about the natural process of aging from a social-psychological perspective. "Some people have a tougher time growing older than others, and they look for ways to slow down the natural change."

Candice Early, a spokesperson for the Arlington and Reston offices of plastic surgeon and McLean resident Dr. Wendy Gottlieb, M.D., says that laser hair removal is one of the treatments most commonly requested by patients in her practice. "The laser focuses on the hair bulb under the skin and kills it so that it will not grow back," said Early. "I did it on my underarms seven years ago and I still don't have underarm hair."

Hakki, whose husband is plastic surgeon Dr. Ayman Hakki, M.D., admits that the procedure is not pain-free. "If you can imagine snapping rubber bands on your skin, that is what it feels like," she said. "Laser hair removal is not a one time treatment. Multiple treatments are needed for it to be effective. You need a lot of money and a lot of time."

For those seeking to rid their face of wrinkles, age spots and acne scars, microdermabrasion is an option. During the procedure, an esthetician uses a hand-held device that emits crystals onto the skin's

surface and polishes it. "It peels off the top layers of skin to reveal new skin cells," said Early. "It temporarily damages skin and takes about a week to heal. At first, it looks like really bad sunburn on your face."

During an IPL laser treatment, an esthetician uses a hand-held device to administer the bright-light treatment. "It's like laser resurfacing for the face," said Early. "It tightens and rejuvenates the skin, but you need several treatments. It helps with age spots and makes the face firmer and more youthful."

Fillers like Restylane and Hylaform are sought-after weapons for those seeking fuller lips or wrinkle-free skin. Hyaluronic acid, the key ingredient in these fillers, is produced naturally in the body, but decreases as one gets older.

"I've had fillers distributed all over my face. If you use just a little bit, others will never know it was done," said Hakki. "I have used fillers to plump my lips, but I have to be careful not to get too much because I don't want to look like Donald Duck."

Using cosmetic procedures in moderation is the key, say experts, to maintaining a natural look. "The overuse of Botox, for example, can make a person look like a lion," said Early. "We can spot people who are addicted to cosmetic procedures and we turn those people away. If we look at you and feel that you don't need a procedure,

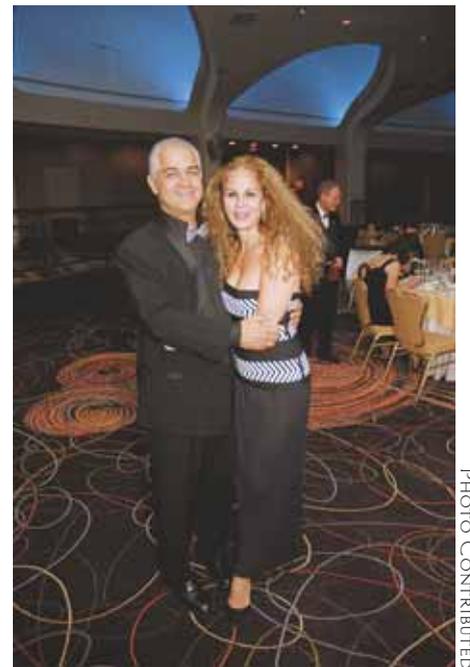


PHOTO CONTRIBUTED

Hiba Hakki, with her husband plastic surgeon Ayman Hakki, M.D., is among those who use cosmetic procedures to help keep the signs of aging at bay.

we won't give it to you."

Gulyn adds, "Our society equates youth with beauty, but there is a line between doing things that freshen your appearance and putting yourself at risk. You have to determine whether or not you're putting yourself at physical risk, disrupting your family or preventing yourself from adapting to the natural changes of aging."

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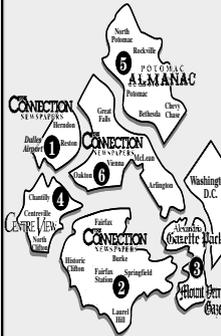
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Lines of My Life



By KENNETH B. LOURIE

Like most people, I have material – so to speak, that I use repeatedly (ad nauseam, some might say). Most are lines from “The Three Stooges,” “M*A*S*H,” “Star Trek” (the original) and “Seinfeld.” As I entered into the cancer world, I continued to use this material – where/when appropriate, as many of you regular readers know. However, as my time in the cancer conundrum has continued (thank God!) and evolved, I have found myself uttering and muttering à la “Popeye the Sailor Man,” amusing myself, mostly, but always with the best of intentions: my survival. A few examples follow. (My answers are in quotes.)

See you again. “Let’s hope so.”
Nice to see you. “Nice to be seen.”
Glad you could be here. “Glad I could be anywhere.”
How are you doing? (#1) “I’d be crazy to complain.”
See you next week. “From your mouth to God’s ears.”
How are you feeling? “Fine. You mean I’m not?”
You look good. “Really? Have you had your eyes checked recently? Chemotherapy doesn’t usually enhance one’s appearance.”
How are you doing? (#2) “I’m holding my own. (“Whose else would I be holding?”)
Happy to have you here. “Nice to be had.”

I’ve been thinking about you lately. “I’ve been thinking about me, too.”
You look in pretty good shape. “I’m in pretty good shape for the shape I’m in.”
Have you seen your doctor lately? “Yeah. And he’s seen me, too.”
What’s up? “My weight. Thank God!”
Would you like to buy any “Forever” stamps? They’re good for as long as you live. “Um. OK.”
What are you doing here? “I won’t be here tomorrow. I’ll be attending a funeral (hopefully not my own).”

How are you holding up? “I’m holding my own. (“Whose else would I be holding?”)

Occasionally, even when I initiate the conversation, I find myself “cancering” wise. “How are you doing?” Hanging in there. “Tell me about it.”

And finally, a well-meaning greeting to my wife, Dina, from one of her girlfriends: “So nice Kenny is getting to celebrate another birthday.”

Content/words that we couldn’t have imagined finding the least bit problematic pre-cancer diagnosis back in February, 2009, we (mostly I, if truth be told) find as fodder for self-preservation. I see the lightness, not the darkness. I see the best of intentions, not the worst of omissions. Somehow, some way, we have made the best of a bad situation. Whether it’s been friends, family, co-workers; or readers reaching out, health care professionals helping out or my speaking out (in print), our life has gone on and as I’ve said many times before – and once already in this column: “I’d be crazy to complain” (and I’m not crazy, by the way).

I’m not exactly Lou Gehrig – or a Yankee fan for that matter, and I don’t know about the “face of the Earth,” but this Bostonian still feels pretty lucky.

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

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