

# Gift Ideas from Lorton Merchants

HOLIDAY GIFT GUIDE, PAGE 10

A handmade Amish quilt from  
\$50 to \$200 from The Country  
Store at Silverbrook in Lorton.

Finding Balance  
Through Exercise

NEWS, PAGE 5

Housing Trends Continue,  
With Exceptions

NEWS, PAGE 3





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**8917 Lake Braddock Drive, Burke; 5627 Eastbourne Drive, Springfield: “These two homes were listed in September,” said Patricia Mancini. “The first one (list/sold price \$579,500) sold in three days. The second (list/sold price \$495,000) sold in six days.”**

## Housing Trends Continue, With Exceptions

**Realtors optimistic with increasing prices and low rates, despite uncertainty among buyers and sellers.**

BY TIM PETERSON  
THE CONNECTION

**I**n the spring of 2012, one of the greatest fears and biggest question marks for Realtors in Northern Virginia was the potential effects of Sequestration on the market. Home prices had been rising and interest rates remained encouragingly low. Realtors were optimistic, and so were professional analysts like George Mason University Professor of Finance Gerald Hanwek.

“If you want to move, sell now, buy now,” Hanwek said in an April interview. “Buying six months ago would be even better, buying a year ago would’ve been even better. But buy.” His prediction? “Over the next year, two years, it’s going to be a good market. After that we’re going to see federal government cuts actually start to impact.”

Those comments came in light of Sequestration, well before the federal government shutdown. While those factors have helped contribute to a common sense of uncertainty among buyers and sellers, Hanwek’s vision of a good short term market remains true.

According to the website RealEstate Business Intelligence (RBI), the average sold price of a Fairfax County home in October 2013 was \$522,213 — a 10.13 percent increase for year-on-year. In April, 30-year fixed mortgage interest rates at both national and Virginia levels were a historically low 3.32 percent, and while they peaked for the year in September at 4.48 percent, the numbers as of Nov. 12 are back down to 4.19 percent in Virginia.

**AS A RESULT**, real estate agents are still seeing the kind of results they expected based on their annual seasonal trends.

“We had a strong spring market,” Patricia Mancini of Avery-Hess Realtors said about Springfield. “Over the summer, things died off. Listings were on the

market, but the demand wasn’t there.” In August 2013, Springfield (22150) homes sat for an average of 54 days on the market, compared to 26 the previous year (RBI).

Summer is generally when people are doing more actual moving than buying, but Mancini also attributes the dip to Sequestration. “Everybody was furloughed. We were just dead in the water,” she said.

Burke experienced a higher than normal influx of military transferees and had a stronger than average summer, according to Pat Richter of Residential Preferred Properties. “We had a great summer,” she said. “Properties sold quickly they rented quickly, and at our asking price or close to it. But that came to a halt with the shutdown.” Properties in Burke were on the market 24 days in July, a 14.29 percent decrease since 2012, according to RBI.

Ron Kowalski of Ron & Susan Associates, affiliated with Re/Max Gateway, saw a similar divot in the confidence of buyers and sellers in his Lorton market. “It’s not really quantifiable,” he said, “I can’t go online and see it. Sequestration, furlough, shutdown — all these events have come one after another in a wave. The debt ceiling has been pushed forward. On the front lines, it’s palpable, this uncertainty.”

**IT GOES BACK TO BASICS**, he said. “At the end of the day, people who feel good about their jobs buy houses.”

Lorton has also had inventory obstacles to contend with. According to Kowalski, there were about 68 active listings in April this year — a near all-time low — though by August they had climbed back up to 100. One of the ways developers in Lorton are trying to resolve the inventory issue is through in-fill building, where an existing single-family home sitting on five-to-ten acres is bought and then subdivided into lots for between five and ten new homes.

There is also the Laurel Hill Adaptive Reuse Plan, according to Kowalski, that will convert land occupied by the former prison in Lorton to 352 housing units made up of mostly apartments and town homes, with roughly 23 single-family homes.

Despite the uncertainty, not all buyers and sellers are staying out of the market. In fact, agents believe many people who have been waiting on the sidelines with questionable equity are finally getting involved.

### VIEWPOINTS



**Pat Richter**, Residential Preferred Properties, Burke

“There’s a cautious attitude out there right now. It affected a lot of people when they didn’t have a paycheck.”



**Patricia Mancini**, Avery-Hess Realtors, Springfield

“Sellers are putting their houses on the market. They’re looking good and buyers are buying them. The market hasn’t been this good in 6 years.”



**Ron Kowalski**, Ron & Susan Associates, affiliated with Re/Max Gateway, Lorton

“Jobs equal houses. That’s it, back to basics. At the end of the day, people who feel good about their jobs buy houses.”



**Karen Swanson**, Long and Foster, Reston

“If homes are priced right and staged right they will sell well. We have a lot of anticipation of the Metro coming in, and hopefully houses will be coming on the market that have been waiting to be put on.”

SEE REALTORS, PAGE 4



# LOUDOUN HISTORIC HOMES

OATLANDS



Historic House & Gardens

MORVEN



Park Governor's Mansion

GEORGE C.



Marshall House

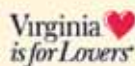
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additional information.



## NEWS



**ABOVE: 6606 O'Keefe Knoll Court, Fairfax Station;**  
**BELOW: 6011 Roxbury Avenue, Springfield;**  
**RIGHT: 9217 Burke Road, Burke;** "The \$699,000 (Springfield) took 19 days to receive a contract," said Patricia Mancini. "The \$1,000,000 (Fairfax Station) is still on the market and the one for \$369,000 (Burke) received a contract in three days. Prices are continuing to go up, interest rates are low and there are happy sellers out there finding out they are no longer underwater on their mortgage loans."



PHOTOS COURTESY OF  
PATRICIA MANCINI,  
AVERY-HESS REALTORS

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# Realtors Optimistic for 2014

FROM PAGE 3

"Let's say in 2010 or 2011," said Kowalski, "Someone's saying 'Wow, I'm really upside down.' Now they look and see prices have come up 10-15 percent in recent years. And the say, 'Now I'm OK, now I can do this.'"

"People who thought they were under water are finding out that they aren't," said Mancini. This has helped the market get into a rhythm. "Supply and demand has kind of equaled out right now," she continued. "We're finally getting it right."

For Mancini, that sweet spot as far as value is concerned falls in the middle of the price range: The million-dollar properties take longer to sell, with 81

days the October average for McLean, where the list average is around \$1.300,000. The \$300,000 houses are flying. In Centreville, homes listed in the mid 300s, were on the market for a 32-day average in October. But, she said, "The \$500,000 is the new \$300,000. You can't get anything good at 300k like you can at 500."

Barring any more shutdowns or dramatic, unforeseen interest rate hikes, buyers, sellers and agents in Northern Virginia should continue to see the favorable market they've grown accustomed to over the last year, even if the blistering growth has slowed some. They'll all be praying for government that continues to run in 2014.



## News

**Suzie Carmack, the founder and owner of Centeredbeing studio in Lorton, stands in front of a map marking the spread of her YouTube video that includes moves on how to stay active at work.**

PHOTOS BY  
JANELLE GERMANOS/  
THE CONNECTION



# Finding Balance Through Exercise

**Centeredbeing studio in Lorton aims to make community healthy and balanced.**

BY JANELLE GERMANOS  
THE CONNECTION

**C**enteredbeing studio in Lorton is more than just a place for yoga and pilates.

According to Suzie Carmack of Lorton, who founded Centeredbeing in 2008, the studio is about trying to get people to live more centered and balanced lives and to take the time to move and be mindful.

"We really want this to be something that serves the community," Carmack said.

In 2009, Carmack was teaching yoga and pilates at different places, and decided to create some YouTube workouts about how to be mindful and move at work.

"I grew the brand globally before it became local," Carmack said.

Carmack made the videos for her own clients to have something to do when she was out of town.

"Little by little, I started developing expertise in training yoga teachers, specifically how they could give their clients things to do during their day at their desk. Little by little, people started taking notice of that," Carmack said.

As Carmack continued to do workshops and trainings, people would ask her where they could go to take a class. She would direct them to other teachers, but began to think about opening her own studio.

"It has always been in my heart to have my own studio," Carmack said.

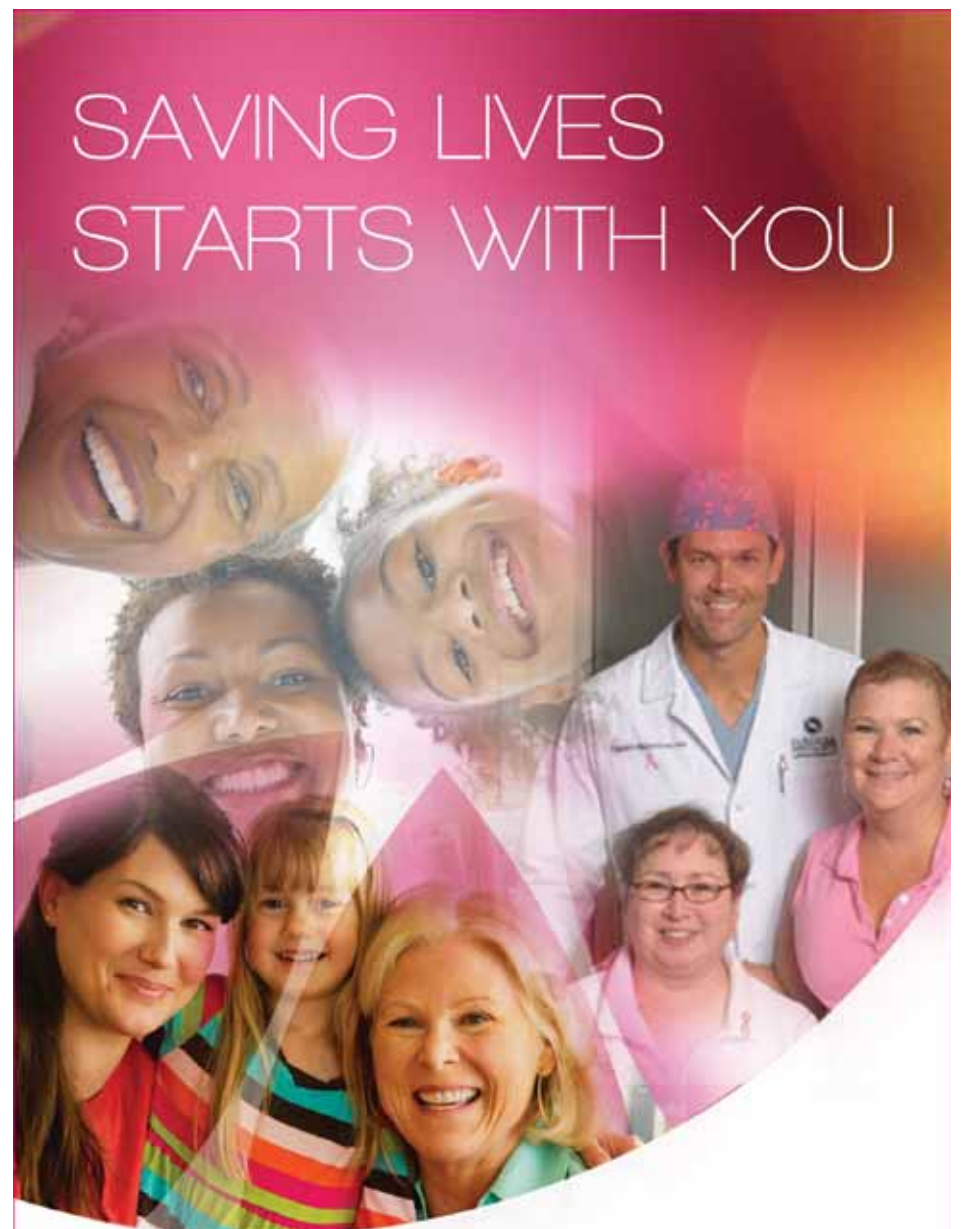
**THE STUDIO** in the Lorton Valley shop-

SEE MOVE, PAGE 6

**Centeredbeing studio in Lorton recently expanded, allowing classes for adults and children to take place at the same time.**



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**NATIONAL  
BREAST CENTER**



# Move and Be Mindful, Studio Recommends

FROM PAGE 5

ping center opened on Nov. 1 of last year, and has developed into a community of social support.

"I knew that moving out of my basement studio into this space would take a team. That was why I wanted to do it, it wasn't just to have a bigger space to teach people myself, it's much more giving a space for so many other teachers I knew that are really talented, for them to have a space where they could teach and interact with each other. We could build a community of members that support each other," Carmack said.

Since opening, Centeredbeing has expanded to offer creative dance and movement classes for children from 6-months to 14 years. The studio has also occupied the space next door, allowing for more classes to take place.

"The expansion allows us to have a kid's class going on while an adult can take their class. Instead of having child care, their child is actively doing something like yoga or dance while their parent can take a class. That is really helpful to the parent and the kids," said Gina Piccoli of Lorton, who runs the school program.

According to Carmack, the dance classes allow children to rebuild their creativity and self-confidence, all while learning the process of dance making.

"What we are trying to do is to create a program that is all about the child's development and also about the child having fun with movement without necessarily having a target goal of a high-stakes performance or a high-stakes competition. We are focusing on the process," Carmack said. "They want to come to move, to feel good, to be



**Han Vu and Naomi Buonerba, both of Lorton, talk after finishing a yoga class taught by Bill McDow.**



**Bill Lynch of Lorton finds the Centeredbeing yoga class that Bill McDow teaches to be enjoyable because of the studio's noncompetitive atmosphere.**

PHOTOS BY  
JANELLE GERMANOS/  
THE CONNECTION

expressive, and to use movement and creativity as a way to manage themselves so they can get out of their stress, feel good about themselves, and go back to their day."

Bill McDow of Lake Ridge, who has been training in yoga since 2004, teaches the Centeredbeing yoga class and has enjoyed the response people have to the class.

"The approach is a whole body and lifestyle approach. People who may come to the studio come for a lot of different reasons," McDow said.

**BILL LYNCH**, a commercial real estate developer from Lorton, said the biggest change he's seen since starting yoga has been being able to grab his feet. He also enjoys the non-competitive atmosphere of Centeredbeing, and likes that McDow, his

instructor, is around his age.

"I'm 60, I was next to a 14-year-old in class today. It's not a competitive place," Lynch said. "You're here for yourself."

Piccoli said that the yoga class at Centeredbeing helped her son deal with anger issues.

"It was just interesting how much it helped him, and I don't think just taking a fitness class would have done that for him. The fact that we do have the mindfulness and the creativeness built in there was really good for him," Piccoli said.

Carmack said that Centeredbeing doesn't follow the Rockette's approach to fitness.

"We have a limit of 14 people in our classes. We intentionally limit things. We want to get to know our people. We want them to get to know each other," Carmack said.



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**Wednesday, 7pm:** Wednesday Prayer Service (No Prayer Service on November 27th).

**Christmas Eve Services:** December 24th Pageant & Choral Eucharist 5pm, Special Music 7pm, and Choral Eucharist 7:30pm

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Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

## THURSDAY/NOV. 21

**Creative Writing.** 4:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Read aloud as a group, write an addition to the story and draw an illustration. Age 6-10.

**English Conversation Group.** 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice English with others and improve your skills. Adults.

**English Conversation.** 7 p.m.-8:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for people learning English. Adults. 703-339-4610.

**Springfield Writers' Group.** 7 p.m.-9 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Share your work, give and receive feedback in a supportive setting. Adults. 703-451-8055.

## THURSDAY/NOV.21-SUNDAY/DEC. 15

**Sheehy Toys for Tots Toy Drive Drop Off.** Sheehy Volkswagon of Springfield, 6601 Backlick Road, Springfield; Sheehy Ford, Nissan, & Subaru of Springfield, 6727 Loisdale Road, Springfield; Collecting new, unwrapped toys to benefit the U.S. Marine Corps Reserve Toys for Tots Program in which Christmas gifts are given to less fortunate children in the community.

## FRIDAY/NOV. 22

**Reading Buddies.** 4 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Grab a book, grab a buddy! Teen volunteers available as reading buddies. Ages 3-8 years.

**Friday Morning Music Club.** 11 a.m. Old Town Hall, 3999 University Drive, Fairfax. Promoting musical culture among members and the community.

**Bee Healthy.** 10:30 a.m.-11:00 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. A 20-minute puppet presentation provided by the Fairfax County Health Department. Explains immunization as well as healthy habits to children and their caretakers. Ages birth-5 with adult. 703-339-4610.

## SATURDAY/NOV. 23

**Dog Adoption.** 12-3 p.m. PETCO, 13053 Greenbriar Towncenter, Lee Jackson Memorial Hwy, Fairfax. 703-817-9444.

**Wag a Tale.** 11:00 a.m.-11:15 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Need a little practice reading or just love dogs? Register to read to Chester, our Reading Therapy Dog. Age 5-12. 703-339-4610.

## SUNDAY/NOV. 24

**Burke Historical Society Meeting.** 4:30 p.m. Abiding Presence Lutheran Church, 6304 Lee Chapel Road, Burke. "A Celebration of Thanksgiving."



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# OPINION

## Shop Locally, Shop in Fairfax

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

An effort to support locally owned-businesses has resulted in the recognition of Small Business Saturday, the Saturday after Thanksgiving. This year that is Nov. 30. Black Friday, the day after Thanksgiving, is known as a dedicated day of national zeal for shopping. Presumably the next day shoppers can focus on local shopping.

**EDITORIAL** It sounds like an obligation, and it is. But there is a joy to shopping in local stores at the holidays, 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.

We all benefit when local stores thrive, when local business districts beckon.

Locally owned retail shops, services, restaurants depend on vibrant local communities to thrive. Most small, locally owned businesses

invest in community, helping to transform our towns and communities with a sense of place.

The economy continues to improve slowly without inspiring. Local families will shop and exchange gifts during the next month, spending tens of millions of dollars in a variety of places.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambience available by shopping in the heart of a town that is decked out for the season. Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

Frequently, it is the small retail person who is active in fundraising for local charities, 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.

Everyone will do some of their shopping at 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.

Some of the upcoming holiday events in the area include:

### Black Friday at the Workhouse

Support local artists by discovering the work of about 100 artists and find things at any price value at Lorton's Workhouse Arts Center's Black Friday on Nov. 29.

### Historic Clifton Candlelight Home Tour

Stroll along the historic district of Clifton and take in the sights of five homes trimmed for the holidays, two churches and community hall on Dec. 7.

### City of Fairfax of Lights & Carols

Bring the family to enjoy holiday activities on Dec. 7 in Fairfax, with live holiday music, hot cider, smores by the Yule log, caroling and lighting of the Christmas tree in the winter wonderland.

#### LETTERS TO THE EDITOR

### Response to Sharon Bulova

Dear Chairman Bulova:

Perhaps I am mistaken, but your recent article ("Library Reorganization Deserves More Work," The Connection, Nov. 13-19, 2013) sounds to me like a repudiation of the hard-fought community efforts over the last several months to maintain strong library services. It also appears to be a pre-emptive strike against the Library Board of Trustees presentation to be made on Nov. 19.

I understand that these are hard times financially, but I also understand that in hard times people need their public libraries to resolve personal and financial issues by researching jobs, careers, education, with the help of experienced librarians in a non-intimidating, friendly, neighborhood

environment. Therefore I do not think this is the time to take the Fairfax County Public Library down the road to destruction by continuing to refuse to provide it with the funds it needs to be of service to the community.

In your article, you mention other library systems have successfully saved money in hard times by reducing hours, cutting services, or even closing library branches.

These approaches by other library systems have one thing in common: they are all temporary cutbacks which can be re-adjusted slowly over time as the financial situation gets better.

The Beta Plan however will effectively destroy the library by reducing to a point of no return the

quantity and quality of staff and services the library is able to provide. The Beta Plan is not a temporary plan. The changes are designed to be permanent (re-designation and reclassification of personnel is not to be undertaken lightly; nor is a one-size fits all library system where branches no longer serve the needs of their individual communities.) There will be no easy, gradual return to the level of quality and service at FCPL that we all know today, let alone to bring FCPL to the level it was at before the series of extensive budget cuts the Library has been taking over the last five or six years.

The Beta Plan will be a mortal wound to the Fairfax County Library system and the Fairfax

County citizens who need and deserve the best library they can get. It will take a lot more money to bring FCPL back from the Beta Plan.

I certainly hope that your Nov. 13 comments in The Connection do not reflect a closed mind and an intent to go forward with the Beta Plan no matter what the citizens of Fairfax County want and need, and no matter what the Library Board of Trustees present to you on Nov. 19. I hope that your charge to the Library Board to find out what the public wants was not an exercise in futility and that you will listen with an open mind and do the right thing.

**Mary Alice Giarda**  
Springfield

#### AREA ROUNDUPS

### Child Care Education Conference

The 2013 Infant Toddler Family Day Care (ITFDC) Early Child Care Education Conference will be held on Sunday, Nov. 24, 12:45 – 4:45 p.m. at Fairfax Marriott at Fair Oaks, 11787 Lee Jackson Memorial Highway, Fairfax.

Join ITFDC, early child care educators, parents, and community colleagues to discuss criti-

cal issues of early child care education. This year the theme is "Play, Learning, and Development in the Outdoors" and features the following workshops:

❖ "Bringing Science Indoors, Loving the Earth and Recycling" by Juliana Heitz of Ideaventions;

❖ "How to Teach Nature Appreciation, Bugs, Leaf projects and Indoor Gardening" by Mike Mcaffery and Anne Sneed of Hidden Pond;

❖ "Obesity/Nutrition/Movement" by Dr.

Rene Hackney of Parenting Playgroups.

ITFDC is accepting donations for the conference. Educational toys, gift cards, books, art/craft supplies are all welcome. All donations are tax-deductible. Registration for the conference is now open. The event is free to all Infant Toddler Family Day Care providers approved under our license and enrolled families. Cost for the general public is \$45. Visit <http://www.infanttoddler.com/2013-itfdc-early-child-care-education-conference/> for more details.

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## NEWS

# 'Live Like Nick Did'

**Memorial blood drive, Nov. 30, will honor Nick Franca.**

BY BONNIE HOBBS  
CENTRE VIEW



**Nick Franca in summer 2009.**

If he'd lived, Nick Franca would be celebrating his 24th birthday on Dec. 4. But the Town of Clifton native and 2009 Centreville High grad died of a form of cancer called neuroblastoma, in May 2011, at age 21.

His death devastated those who knew and loved him, and they will always carry him in their hearts. Yet it's not just because he died so young, it's also because of the person he was and the way he lived – fearlessly and with gusto.

And on Saturday, Nov. 30, from 9 a.m.-3:30 p.m., the first annual Live Like Nick Did (LLND) Blood Drive will be held at Clifton Presbyterian Church, behind Trummer's parking lot, in Clifton. Besides honoring his memory, the event's proceeds will fund research and a college scholarship.

"Giving blood is universal – everyone can give the gift of life," said Nick's mother, Caryn Franca, who organized the event. "And it's so important for the people needing it, such as those going through cancer treatment or people who've been in an accident."

But more is planned than a blood drive. "We'll also have a raffle of some very cool items, plus an awesome bake sale to raise funds for our two causes," said Franca. "There'll be cupcakes from Clifton's new shop, Cupcaked, and several local people and groups are also contributing homemade baked goods. It'll be a big party and a fun day."

**RAFFLE TICKETS** will be \$10 each, and the prizes include: A weekend getaway in Sandbridge, in the Virginia Beach area; an iPad mini; a \$200 gift certificate to Fair Oaks Mall, a Paperwhite Kindle; a gift certificate to Clifton's new, Italian restaurant, Villagio; a wine pairing at Trummer's on Main; jewelry from All that Glitters; and two box-seat tickets to see "The Lion King" at The Kennedy Center in July.

In addition, Clifton's Amy Waldrop will be taking photos from 11 a.m.-3 p.m. For \$20, people may have their children or pets photographed with Santa; Waldrop will also take family photos without Santa. The church is at 12748 Richards Lane and childcare is available. Those attending the event are advised to bring cash or a checkbook, since an ATM machine won't be available.

"Even if people can't donate blood, they can drop by and buy a few raffle tickets and some baked goods," said Franca. "But hopefully, we'll get 100 blood donors." People are advised to sign up for an appointment in advance at [www.inovabloodsaves.org](http://www.inovabloodsaves.org) and enter sponsor code 8025. Or call Inova

blood at 1-866-256-6372 and give that same code number.

In 2007, Franca helped establish the non-profit Band of Parents – comprised of parents of children with neuroblastoma – to fund nontoxic treatments for them. And proceeds from the blood drive will be split between this group and a memorial scholarship in Nick's name at Lynchburg College, where he attended when his health permitted. It's given to students with a physical or emotional challenge.

Those unable to attend the event, but wishing to contribute to the scholarship may send checks payable to Lynchburg College to the college, Attn: Gene Frantz, 1501 Lakeside Drive, Lynchburg, VA 24504. Write "For the Nicholas Franca Memorial Scholarship" on the memo line.

"Before the summer of 2005, Nick was a normal teenager, hungry for a life filled with adventure, love and success," said Franca. "When stage IV neuroblastoma invaded his dreams, he refused to let it take away his love for life."

Throughout six years of treatment, he endured pain, suffering, humiliation and isolation from the world around him. But he did his best to maintain his indomitable spirit and refused to let his condition define him.

"He'd reach out to others in treatment, put his friends and family at ease and embrace each and every moment he could," said Franca. "He never gave up and never let his circumstances deter him when he had a good day. On May 1, 2011, his body let go, but his spirit lives on – and we call it Live Like Nick Did." To donate to Band of Parents, go to [www.bandofparents.org](http://www.bandofparents.org) or [www.llndblooddrive.com](http://www.llndblooddrive.com). Looking forward to the blood drive, she said Nick's friends are also involved in the remembrance in a variety of ways, whether giving blood or volunteering. For example, Chris Gogoel built the event Website, Kristina Baranowski of Cupcaked will be bringing her tasty treats and Trexler Jasien's family donated the Sandbridge raffle item.

**SINCE NICK'S DEATH**, Franca said she and her husband Jim and Nick's siblings are doing all right and are honoring his memory by "trying to Live Like Nick Did, embracing life and living it to its fullest. Nick never let his disease get in the way of him having fun, and LLND is how we keep going." She's also hoping the blood drive will be a big success.



The Campagna Center

### SCOTTISH CHRISTMAS WALK WEEKEND & PARADE

*Continue the Tradition... and join us!*  
**Friday, Dec. 6 – Saturday, Dec. 7**

Scottish Walk Parade  
A Taste of Scotland  
Heather & Greens Sales

Holiday Designer Tour of Homes  
Deck the Halls with Santa  
A Christmas Marketplace

*Parade: Saturday, Dec. 7th at 11:00 a.m.*

**FOR TICKETS & MORE INFORMATION VISIT**  
[WWW.SCOTTISHCHRISTMASWALK.COM](http://WWW.SCOTTISHCHRISTMASWALK.COM)



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**fireside Grill**

9000 Lorton Station Blvd., Lorton, VA  
 703-372-1923

**Thanksgiving Buffet**  
 Thursday, November 28th  
 11 am - 4 pm

Featuring traditional and Fireside special dishes

\$39 includes a glass of Champagne  
 Children 4-10 yrs. \$15  
 Reservation recommended!

**Fall Celebration**  
**Oyster Bar**  
**and Peel and Eat Shrimp**  
**Thursday—Saturday 4-9pm**



Alec Bradley cigars from Burke Cigars on Old Keene Mill Road, Burke.



Colorful gourd birdhouses \$20-\$22 from The Country Store at Silverbrook in Lorton.

# Gift Ideas from Lorton Merchants

## The Country Store at Silverbrook

8408 Monacan Road, Lorton, VA 22079  
 Phone: 703-830-6517  
 Handmade Amish quilts \$50 to \$200; handmade Amish baby dolls \$20; handmade rugs in a variety of colors \$32.50; and Gourd birdhouses \$20-\$22.

The boxes can fit four loaves of bread – pick and choose between apple scrapple, cinnamon chip, cranberry orange or white cheddar garlic breads. Also sell gift bags, trays up to \$80.

## Springfield Butcher

6310-B Springfield Plaza, Springfield, VA 22150  
 Phone: 703-245-0111  
 Website: [Springfieldbutcher.com](http://Springfieldbutcher.com)  
 Thanksgiving dinners priced by the pound, includes fresh, free-range turkeys (not cooked) seasoned with poultry seasoning, a la carte items including green bean casserole, gravy, mashed potatoes, sausage stuffing, apple pie and homemade quiche, from \$4.99 to \$10.99 for sides. Gift certificates from \$20, \$50 and \$100.

## Great Harvest Bread Company

6030-G Burke Commons Road, Burke, VA 22015  
 Phone: 703-249-0044 (Burke); 9000-S Lorton Station Blvd., Lorton, VA 22079  
 Phone: 703-372-2339 (Lorton)  
 website: [greatharvestburke.com](http://greatharvestburke.com)  
 Comfort and Joy Shipping boxes offer lots of different choices. Boxes (15x16x5 inches) full of breads and sweets for \$35. Can include gourmet soup mix, a dozen dinner rolls, dessert bread, and a jar of jam.  
 Holiday Joy box includes a loaf of honey whole wheat bread, specialty loaf of the day, six pack of harvest cookies, and a jar of jam for \$34.

## Flowers 'n' Ferns

9562 Old Keene Mill Road, Burke, VA 22015  
 Phone: 703-455-3100  
 Website: [www.flowersnferns.com](http://www.flowersnferns.com)  
 Offers a wide variety of floral gifts. Bring in a nice container and fill it with fresh flowers, center-

pieces, vases, baskets, and floral arrangements for hostess gifts. Traditional center pieces with or without candles, ceramic pumpkins with fresh flowers in fall colors. Floral arrangements in Hanukkah colors, customized to match blues, yellows. Cost is \$40-on up. Also offers a nice selection of regular gift items.

## Burke Cigars

9558 Old Keene Mill Road, Burke, VA 22015  
 Phone: 703-440-0678  
 Website: [Burkecigars.com](http://Burkecigars.com)  
 Gift samples of different cigar boxes ranging from \$49.99 to \$65.  
 Box of five Alec Bradley cigars; a box of five Oliva V cigars for \$49.95; and a box of five San Cristobal five cigars for \$44.44.

Hearts and Ivy angels, snowmen and Santas \$19.50 to \$67. Six volumes of the Gathering of Friends cookbooks, a Holiday Volume \$33.95.

## Potomac River Running

5715 Burke Centre Parkway, Burke, VA 22015  
 Phone: 703-978-0500  
 Website: [www.potomacriverrunning.com](http://www.potomacriverrunning.com)  
 Garmin GPS Watches for \$130 to \$400; Nike running shoes \$100-\$150; Brooks running jacket for \$80-\$120; and Sports Beans for \$1.50.

## Burke Gems & Beads

9415-A Old Burke Lake Road, Burke, VA 22015  
 Phone: 703-425-3366  
 Website: [burkegemsbeads.com](http://burkegemsbeads.com)  
 Beads classes starting Dec. 1 (four different classes). Make bracelets, necklaces and earrings from natural stones. Classes are \$25 to \$50, materials included.

## The Pickett Fence

6026-D Burke Centre Parkway, Burke 22015  
 Phone: 703-250-2671  
 Website: [shopthepickettfence.blogspot.com](http://shopthepickettfence.blogspot.com)  
 Michel Design Glass soap dish and soaps (in everyday and holiday patterns) \$20; Handmade the

PHOTOS BY STEVE HIBBARD/THE CONNECTION



Hallie Heinzen displays a Holiday Gift Box from the Great Harvest Bread Company of Lorton and Burke.



San Cristobal cigars from Burke Cigars on Old Keene Mill Road, Burke.

Celebrate a Handcrafted Holiday!

South County High School  
**Craft Show**  
 Saturday Dec 7 10a-3p

**\$2 Single Admission ~ \$1 Students/Seniors**  
 Kids under 12 FREE

100+ Vendors, Handcrafted items, Entertainment


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 Present this coupon to the SCHS Admission Booth at South County High School on Dec. 7, 2013 for \$1 OFF one admission  
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[scscraftfair@hotmail.com](mailto:scscraftfair@hotmail.com)

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## Looking for a New Place of Worship? Visit Antioch Baptist Church!



### All Are Welcome!

Sunday Worship 8, 9:30 & 11:30 a.m.  
Sunday School for Children & Adults 9:30 a.m.  
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Rev. Dr. Marshal L. Ausberry, Sr., Senior Pastor

### Antioch Baptist Church

6531 Little Ox Road  
Fairfax Station, VA 22039  
703-425-0710 • [www.antioch-church.org](http://www.antioch-church.org)

## Be a Part of CHILDREN'S CONNECTION

During the last week of each year, the Fairfax Connection devotes its entire issue to the creativity of local students. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through e-mail or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be provided in .jpg format. Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 6 for publication the week of Dec. 26.

E-mail submissions to:  
[ChildrensSouth@connectionnewspapers.com](mailto:ChildrensSouth@connectionnewspapers.com)

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314.

**THE CONNECTION**  
NEWSPAPERS



## HOLIDAY CALENDAR



PHOTO BY LUKE RATRAY

Eileen Ivers brings the joy of the holiday season to Fairfax with her celebration for the whole family, a heartwarming concert filled with tales of Irish Christmas traditions and favorite Celtic holiday tunes on Dec. 21 at GMU's Center for the Arts .

### THURSDAY/NOV. 28

**First Annual Fairfax Turkey Trot.** 9 a.m. 9330 Pentland Place, Fairfax. Four mile turkey trot. <http://www.fairfaxturkeytrot.com/>

### Thanksgiving Day Church Service.

11 a.m. Christian Science Church, 3725 Old Lee Highway, Fairfax. Bring family, kids, and friends (before feast and football games) for a Thanksgiving church service.

### FRIDAY/NOV. 29

**Black Friday at the Workhouse.** 9 a.m.- 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Discover the work of about 100 artists and find things at any price value. <http://www.workhousearts.org/events/visual-arts/black-friday-workhouse>

### SATURDAY/NOV. 30

**"A Chanticleer Christmas."** 8 p.m. GMU Center for the Arts, 4400 University Drive, Fairfax. A Chanticleer Christmas" will showcase ancient hymns, venerated and sacred songs, classical works and a selection of festive and familiar carols and spirituals from Europe and America. Tickets: \$50, \$42 and \$25. <http://cfa.gmu.edu/>

**Cookies with Santa: A Pre-Show Treat Before "In Santa, We Believe."** 11 a.m. Workhouse Arts, 9601 Ox Road, Lorton. Tickets: \$8.50 Adults, \$8 Children under 12 years old.

**In Santa We Believe.** 1 p.m. Workhouse Arts, 9601 Ox Road, Lorton. LIVE onstage! Join for an afternoon of adventure with Vianlix Mestey's original story. Tickets: \$8 Children, \$10 Adults.

### SUNDAY/DEC. 1

**Civil War "Christmas in Camp."** 12-4 p.m. 3610 Old Lee Highway, Fairfax. Participate in camp drills and learn about Civil War-era holiday customs with Company D, 17th Virginia Infantry, "Fairfax Rifles" C.S.A. 703-591-0560.

### TUESDAY/DEC. 3-SUNDAY/DEC. 8

**Drumming with Dishes: Holiday Edition.** Workhouse Arts Center, 9601 Ox Road, Lorton. This

whimsical production is a 35-minute interactive, non-verbal show, which features two adult actors and a musician. Geared towards children ages 2-6. For tickets and information, visit: <http://www.workhousearts.org/events/performing-arts/drumming-dishes-holiday-edition-7>

### WEDNESDAY/DEC. 4

**Annual Holiday Tunes for Tots Concert.** 10 a.m. W.T. Woodson High School Gymnasium, 9525 Main Street, Fairfax. Tickets: \$3 per person. Questions: 703-764-5820

### THURSDAY/DEC. 5

**Annual Holiday Tunes for Tots Concert.** 10 a.m. W.T. Woodson High School Gymnasium, 9525 Main Street, Fairfax. Tickets: \$3 per person. Questions: 703-764-5820  
**Annual Holiday Tunes for the Young at Heart.** 7 p.m. W.T. Woodson High School Gymnasium, 9525 Main Street, Fairfax. Tickets: \$3 per person. Questions: 703-764-5820

### THURSDAY/DEC. 6

**Virginia Opera Presents: The Magic Flute.** 8 p.m. GMU Center for the Arts, 4400 University Drive, Fairfax. Tickets: \$44-\$86. <http://cfa.gmu.edu/>

### SATURDAY/DEC. 7

**Plantation Christmas.** 2-7 p.m. Gunston Hall, 10709 Gunston Road, Lorton. Ride in a horse-drawn carriage, sip warm cider by the fire, and sample period food prepared in the hearth kitchen. \$15 adults; \$5 children. 703-550-9220.

**City of Fairfax of Lights & Carols.** 11 a.m. - 6 p.m. Old Town Fairfax, 3999 University Drive, Fairfax. Enjoy live holiday music, hot cider, smores by the Yule log, caroling and lighting of the Christmas tree in the winter wonderland. <http://www.fairfaxva.gov>

**Historic Clifton Candlelight Home Tour.** 4-7 p.m. Historic District, Clifton. Five homes trimmed for the holidays, two churches and community hall will be open for

touring in the historic district. Tickets: \$20. <http://clifton-va.com/>  
**Art Guild of Clifton Holiday Art Exhibit and Sale.** 4-9 p.m. Clifton Town Hall Meeting, 12641 Chapel Road, Clifton. Enjoy original art, jewelry, fiber arts, pottery, and photography made entirely by Clifton artists. [www.artguildofclifton.org](http://www.artguildofclifton.org)

**Cabaret Series: Home for the Holidays.** 8 p.m. Workhouse Arts, 9601 Ox Road, Lorton. Tickets: \$25, includes planche campagnarde.

**Clifton Candlelight Homes Tour.** 4-7 p.m. 12641 Chapel Road, Clifton. Five homes will be trimmed and open for touring, and two churches will have choirs singing. [cliftonva.org](http://cliftonva.org).

**Annual Tree Lighting.** 7:30 p.m. Ayre Square, main square town in Clifton. Caroling, treats and hot chocolate.

**Lunch with Santa.** 11 a.m., 12 p.m. and 1 p.m. The Sherwood Community Center, 3740 Old Lee Highway, Fairfax. \$6 per child. Tickets required. 703-385-7858.

**Festival of Lights and Carols.** 11 a.m., 12 p.m. or 1 p.m. Sherwood Community Center. 3740 Old Lee Highway, Fairfax. \$6 per child for ages 10 and under. 703-385-7858 or visit [www.fairfaxva.gov](http://www.fairfaxva.gov)

### SATURDAY, DEC. 8

**Family Advent Celebration.** 5-6 p.m. Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. Annual family advent celebration. All are welcome. 703-250-6100.

**Four Centuries of Virginia Christmas.** 2 p.m. Fairfax Museum and Visitor Center, 10209 Main Street, Fairfax. Learn about the evolution of Virginia Christmas customs from author Mary Miley Theobald. Free.

**Vivaldi's "Gloria."** 9 a.m. & 10:30 a.m. Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. BUMC Chancel Choir (and friends) presents Vivaldi's "Gloria."

**Cabaret Series: Home for the Holidays.** 1 p.m. Workhouse Arts, 9601 Ox Road, Lorton. Tickets: \$25, includes planche campagnarde.

**Holiday Open House & Cathedral Brass Christmas Concert.** 4 p.m. 5500 Ox Road, Fairfax Station. A musical celebration of the season. 703-352-1421.



# CALENDAR

## WEDNESDAY-SUNDAY/ NOV. 20-DEC. 8

**“Shades and Tones Spiced with Color”** 11 a.m. to 6 p.m. Mondays through Saturdays, noon to 5 p.m. Sundays, at the Workhouse Arts Center, Building W-5, 9601 Ox Road, Lorton. Gloria Benedetto and Traci Oberle are the featured artists in the building; see their work featuring rich color in subtle workings. [www.workhousearts.org](http://www.workhousearts.org).

## FRIDAY/NOV.22-JAN. 5, 2013

**100 under 200.** Daily, 9 a.m.-7 p.m. Black Friday Sale, at the Workhouse Arts Center, Building W-16 McGuireWoods Gallery, 9601 Ox Road, Lorton. One hundred artists exhibiting work priced less than \$200 in an unrestrained gallery exhibit by each one of the artists at the Workhouse. <http://workhousearts.org/events/visual-arts/black-friday-workhouse>.

**“From the Fire.”** Workhouse Arts, 9601 Ox Road, Lorton. Five diverse ceramic artists challenge themselves to create personal work for a joint firing in “From the Fire”, an educational exhibit of 30 works and concomitant photographs and text.

## THURSDAY/NOV. 21

**“The Miracle Worker.”** 7 p.m. South County High School is located at 8501 Silverbrook Road, Lorton. The story of Helen Keller and her dedicated teacher, Annie Sullivan. Tickets: \$8 general admissions; \$6 seniors and students. [www.southcountytheatre.org](http://www.southcountytheatre.org).

## FRIDAY/NOV. 22

**Friday Morning Music Club.** 11 a.m.

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event. For more entertainment events in the county, go to: <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.



PHOTO BY JENNIFER SPARKS/ SOUTH COUNTY HS THEATRE BOOSTERS

**Annie Sullivan, center (Kelsey Davis, double cast), talks with her students before leaving to care for Helen in South County High School Theatre fall production of “The Miracle Worker,” Nov. 21-23.**

Old Town Hall, 3999 University Drive, Fairfax. Promoting musical culture among members and the community.

**“The Miracle Worker.”** 7 p.m. South County High School is located at 8501 Silverbrook Road, Lorton. The story of Helen Keller and her dedicated teacher, Annie Sullivan. Tickets: \$8 general admissions; \$6 seniors and students. [www.southcountytheatre.org](http://www.southcountytheatre.org).

South County High School is located at 8501 Silverbrook Road, Lorton. The story of Helen Keller and her dedicated teacher, Annie Sullivan. Tickets: \$8 general admissions; \$6 seniors and students. [www.southcountytheatre.org](http://www.southcountytheatre.org).

## WEDNESDAY/NOV. 27

**The Fresh Beat Band,** 6:30 p.m., at the Patriot Center, 4500 Patriot Circle, Fairfax. The band from the Nick Jr. series of the same name performs. \$46.70-\$165. <http://patriotcenter.com/>.

## SATURDAY/NOV. 23

**“The Miracle Worker.”** 2 & 7 p.m.

## FRIDAY/NOV. 29

**Home for Dinner** Closing Reception. 6-9 p.m., Nov. 29, in the Vulcan Gallery, Community Action Space, Lorton Workhouse, 9601 Ox Road, Lorton. The Lorton Community Action Center (LCAC) and the Workhouse Arts Center are collaborating on the exhibition filled with arts that helps raise awareness about hunger and homelessness in southeast Fairfax County. Home for Dinner will showcase how community members can make a difference; bring canned food as a donation. [www.workhousearts.org](http://www.workhousearts.org).

## MONDAY/DEC. 2

**Laura Black Murphy Book Signing Event.** 4-8 p.m. Barnes & Noble, 12193 Fair Lakes, Promenade Drive, Fairfax. Murphy, a resident of Fairfax Station, Va., will be available to sign copies of her book, “My Little Messenger.” **“The Mixed Nut.”** 7:30-8:30 p.m. Lanier Middle School, 3801 Jermantown Road, Fairfax. The Fairfax Academy of Dance presents a dance performance featuring mixed variations from “The Nutcracker.” Tickets: \$5.

## TUESDAY/DEC. 3

**Laura Black Murphy Book Signing Event.** 4-8 p.m. Barnes & Noble, 12193 Fair Lakes, Promenade Drive, Fairfax. Murphy, a resident of Fairfax Station, Va., will be available to sign copies of her book, “My Little Messenger.”

## TUESDAY/DEC. 10

**Laura Black Murphy Book Signing Event.** 4-8 p.m. Barnes & Noble, 12193 Fair Lakes, Promenade Drive, Fairfax. Murphy, a resident of Fairfax Station, Va., will be available to sign copies of her book, “My Little Messenger.”

## THURSDAY/DEC. 12

**“Survivor.”** 7 p.m. Richard Byrd Library, 7250 Commerce Street. Novelist Louis Bayard will read his comic Christmas essay “Survivor.” Hear the author relate a true holiday misadventure that took place at nearby Springfield Mall.

## FRIDAY/DEC. 13

**One Night Stands.** 8 p.m. Workhouse Arts, 9601 Ox Road, Lorton. In concert, one night only, featuring solo cabaret performers from the DC area. Two performers each night, each performing a solo 45 minute set. Tickets: \$15-25.

## SATURDAY/DEC. 14

**2nd Saturday Art Walk.** 6-9 p.m. Workhouse Arts, 9601 Ox Road, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community.

**Cecil Ray Comedy Club** 7p.m. Workhouse Arts, 9601 Ox Road, Lorton. Host Cecil Ray leads the proceedings in a night of laughter with guest comedians from the mid-Atlantic region. Tickets: \$20-30.

## FAITH NOTES

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

**Fairfax Baptist Temple,** at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or [www.fbtministries.org](http://www.fbtministries.org).

**The Guhyasamaja Buddhist Center,** 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

**Lord of Life Lutheran** offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or [www.Lordoflifeva.org](http://www.Lordoflifeva.org).

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or [www.fbcspringfield.org](http://www.fbcspringfield.org).

# COMMUNITIES OF WORSHIP



**BURKE PRESBYTERIAN CHURCH**  
Sunday Worship:  
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**Holiday cooking with children promotes learning and self-confidence and creates fond memories.**



PHOTO COURTESY OF  
COOKOLOGY

## Holiday Cooking with Children

**Local culinary instructors offer suggestions for bonding in the kitchen.**

BY MARILYN CAMPBELL  
THE CONNECTION

**M**aria Kopsidas recalls childhood holidays filled with turkey, sweets and merriment. Because she grew up in a family of professional chefs, cookbook authors and culinary enthusiasts, the stretch from Thanksgiving to Christmas always brings fond food recollections.

"My grandmother was always tasked with seven to eight pies, my aunt made her famous stuffing and brownies [and] my uncle cooked the turkey. My mother was in charge of everything else, [including] and more importantly, playing referee between my two grandmothers, who competed over the invisible gravy of the year award," said Kopsidas, who owns Cookology Recreational Culinary School, in Dulles Town Center.

Kopsidas and other culinary instructors say the holidays are an ideal time to spend time in the kitchen with children. When tasks match a child's age and ability, the kitchen becomes fertile ground for making memories, learning and creating lasting bonds.

"Don't let holiday cooking take away from time with your kids," said Erika LaChance, of Tiny Chefs Cooking School, with locations in Arlington, Alexandria, Fairfax and McLean, Va., and Potomac, Md. "Get them involved too. A great way to get in some extra quality time with the kids during the holidays is to let them lend a helping hand in the kitchen. Depending on how old they are, they can help with a number of different tasks, which will not only help them build confidence in the kitchen, but also enjoy the feeling of contributing to the family meal."

Stephen P. Sands, of Culinaria Cooking School in Vienna, agrees. "Besides being educational — teaching them math through measuring ingredients, and the chemistry of food, such as why egg whites cause soufflés to rise, or why or how baking soda works — it bonds families together," he said. "It provides all with a purpose, a fun way to work together, and the results are enjoyed by everyone. Some of life's great lessons can be learned in the kitchen."

### Details

Other child-friendly recipes from Maria Kopsidas, of Cookology, and Tiny Chefs Cooking School can be found online at [www.connectionnewspapers.com/news/2013/nov/19/holiday-cooking](http://www.connectionnewspapers.com/news/2013/nov/19/holiday-cooking)

Kopsidas believes that children between the ages of 3 and 9 would enjoy creating a dish designed especially for other children. "Sit down with your children to discuss what they think each child/guest would like to eat for Thanksgiving," she said. "Discuss who is a picky eater, who would love vegetables, potatoes, sweet potatoes, cranberry sauce, pie. Let them help make baked goods like pies, brownies and cupcakes."

Sands said praise and encouragement can make meal preparation a joyful experience for children. "At an early age, provide positive reinforcement, a sense of accomplishment and pride in the work they produce," he said. "However, remember there are those negatives: like egg shells in the batter, salt being added to a dessert instead of sugar and my favorite, the spatula in the mixer while it's running, [which] results in chocolate splatter on the walls, not to mention you, them and probably the dog. Regardless, it is a fun experience all will enjoy."

Even children who may not enjoy spending time in the kitchen can take part in process. "Have your kids set the kids' table, making colorful place settings with each kid's name and maybe a drawing of their likeness," said Kopsidas. "This will make the guest children feel special when they arrive at a new home."

Children who are 10 and older can be tasked with making a specific dish. "Work with them to choose a recipe and encourage them to gather the ingredients and make the dish themselves, with little or no supervision, except when it comes to dealing with the oven or the stovetop," said Kopsidas. "A lot of ingredients can be prepared in the microwave, such as melting chocolate chips. Children who are 9 years old and older have the motor skills to handle a knife. Give them a quick safety tip on keeping their stabilizing hand away from the cutting blade, and tell them calmly to take their time when they are cutting."

For those looking for cookbooks designed for children or parents and children, Emily Henry of Hurray for Books in Old Town Alexandria recommends "I'm Dreaming of a Chocolate Christmas: Recipes and Holiday Inspiration for Chocolate Lovers," by Cheryl Burkirk and "Cooking with Love: Comfort Food that Hugs You" by Carla Hall.



PHOTO COURTESY OF AMBER SCRUGGS OF LITTLE MOON PHOTOGRAPHY

**Amber Scruggs of Little Moon Photography says photo subjects should wear clothing that coordinates without matching. Find a pattern for one family member and then pull colors from that for the rest of the family's outfits.**

## Tips for Holiday Card Photos

**Local photographers offer suggestions for taking great family photos.**

BY MARILYN CAMPBELL  
THE CONNECTION

**A**mber Wilson has spent the last week scouring her computer files in search of the perfect pictures for her holiday card. One image missing from her collection is a shot of her entire family.

"I'm planning to use one photo of each of my three children and one picture of all of us together," said Wilson, who lives in Lorton. "I am hiring a professional photographer for the family photo because, selfishly, I really want it to be fantastic."

With the holiday season just around the corner, many families are pondering designs for their festive cards. The simplicity of a holiday greeting adorned with an image of Santa and Rudolph has been replaced by designer cards peppered with photos of smiling, well-dressed children. Parents like Wilson compete to have the best holiday card photo among their circle of friends and will shell out hundreds — even thousands — of dollars for professional photographs. Whether hiring a professional or taking one's own family photos, however, a few local photographers offer tips for getting a picture-perfect portrait.

Amber Scruggs, of Little Moon Photography in Vienna, photographs families in the Washington-metro region. She said that light, connection and colors are important in good photos. "You can have an amazing location and connection, but if you don't utilize the light, the photo can be ruined."

Harsh lighting on the faces or bodies ruins images. "This can be avoided by not shooting in the middle of the day," said Scruggs. "The best lighting is in either the early morning around 8 a.m. or late afternoon starting at 3:30 p.m. to 4 p.m. with Daylight Savings Time," she said. "Putting the low sun behind the subjects makes for magical 'rim' lighting behind the subjects."

Michael Kress, of Michael Kress Photography in Bethesda, Md., offers a caveat for photographs that will include young children: "Make sure you pick the time of day that is best for them so they aren't cranky and crying in the shot," said Kress.

Photographer Katherine Cogan, based in Potomac, Md., suggests taking photographs outside whenever possible. "Natural lighting is great so you don't have to worry about artificial light," she said. "The sun

SEE TIPS, PAGE 15



# Tips for Holiday Card Photos

FROM PAGE 14

should be behind the photographer and shining on the subject.”

Kress, said creating a successful photo means each person in the picture should look his or her best. “Everyone needs to look good in the photo,” he said. “Posing should be natural, not contrived. The picture says we’re happy to be together even if it isn’t always felt.”

When it comes to choosing clothing for a family or group photo, Scruggs said photo subjects should wear clothing that coordinates without matching. “Find a cute pattern you love for one family member and then pull colors from that for the rest of the family’s outfits.”

Kress adds, “If you’re doing groups, avoid mixed patterns of clothing. Nothing is worse than looking at a picture with all different patterns.”

Ensure the photo subjects are not distorted. “Cards are usually small, so fill space wisely with tighter cropped images, not a picture of a scene with little people saying ‘we were here,’” said Kress.

For those who decide to use a professional photographer, Kress said, “Be upfront and ask about prints and their cost. If you know you want to order specific sizes, ask the photographer to possibly include them in a package.”

When choosing a location for your photo shoot, Cogan said to make sure the clothing colors don’t clash with the colors of the background. “If you’re outside behind a tree that is green consider wearing shades of red,” she said. “Reds and greens work well together as do blues and purples.”

No matter what location you use, Kress said, “Don’t do the picture the same way and same place every year.”



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**THE CONNECTION**



# Stallions Trample Titans' Postseason Excitement

**South County outscores T.C. Williams 36-7 in final two-plus quarters.**

BY JON ROETMAN  
THE CONNECTION

**T**he T.C. Williams football team entered Friday's 6A North region playoff game at South County buzzing with the excitement and energy of snapping a 22-year postseason drought.

The way the Titans entered the field of play, however, lit a fire under their opponents.

As the visiting team, T.C. Williams was the first to take the field as kickoff time approached. Instead of entering through a side gate, the Titans ran through South County's inflatable tunnel as if they were the home team.

"It really made us, figuratively speaking, want to punch them in the mouth," South County quarterback David Symmes said. "That just really [ticked] us off."

The Titans played well early, twice taking a seven-point lead in the second quarter, but the Stallions took control of the game with their up-tempo offense and pulled away en route to a 51-27 victory at South County High School.

A 77-yard touchdown pass from quarterback Darius Holland to Tyrice Henry gave T.C. Williams a 21-14 lead with 6:11 remaining in the second quarter. From there, South County outscored T.C. 37-6 to advance to the quarterfinals. The Stallions will travel to face top seed Centreville at 7:30 p.m. on Friday.

T.C. Williams' pre-game antics resulted in a 15-yard unsportsmanlike conduct penalty, forcing the Titans to kick off from their own 25-yard line. South County benefited with good field position, starting the game's opening drive on its own 45, and later capitalized with a 38-yard touchdown pass from Symmes to Kevin Quigley on fourth-and-5. It was the first of three South County touchdowns scored on a fourth-down play.

"I thought it was the most disrespectful thing I'd ever seen," South County fullback/linebacker Ed Kargbo said about the Titans' pregame entrance. "It really just hyped us up ... for this game."

Kargbo missed South County's



**South County fullback Ed Kargbo rushed for 118 yards and three touchdowns against T.C. Williams during the teams' 6A North region football playoff game on Friday night at South County High School**



**T.C. Williams received a 15-yard penalty for entering the field through South County's inflatable tunnel prior to the teams' 6A North regional football playoff game on Friday night at South County High School.**



**South County quarterback David Symmes threw three touchdown passes and ran for a score during the Stallions' 51-27 victory over T.C. Williams on Friday.**

regular-season meeting with T.C. Williams, a game the Stallions won 44-37 on Oct. 12, due to a sprained foot. On Friday, Kargbo carried 19 times for 118 yards and three touchdowns. His 1-yard touchdown run, along with a two-point conversion, with 4:20 left in the second quarter gave the Stallions a 22-21 lead they would not relinquish.

"If [Kargbo] just played offense and he played a 10-game season, he probably would have been an all-region player," South County head coach Gerry Pannoni said. "He's good. He's very good. He's one of the best in our area."

**LEADING 22-21**, South County faced fourth-and-4 at the T.C. Williams 45-yard line with 54 seconds

## Football Playoffs

**T**he Lake Braddock, Robinson and South County football teams remain alive in the 6A North playoffs.

No. 2-seed Lake Braddock defeated No. 15 Chantilly 56-31 on Nov. 15 and will host No. 7 Yorktown in the quarterfinals at 7:30 p.m. on Friday, Nov. 22.

No. 11 Robinson knocked off No. 6 Patriot 35-13 in the opening round and will travel to face No. 3 Westfield on Friday. Westfield won the teams' regular-season matchup 14-13.

No. 8 South County defeated No. 9 T.C. Williams 51-27 and will travel to face No. 1 Centreville on Friday.

remaining in the first half. A defensive stop would have provided the Titans with good field position and momentum heading into half-time. Instead, Symmes connected with running back LeVaughn Davis for a 45-yard touchdown and a 29-21 Stallions lead.

T.C. Williams went three-and-out to open the second half and South County quickly drove into the red zone. On fourth-and-inches, Kargbo ran for a 15-yard touchdown and a 36-21 South County advantage.

"I can only imagine how demoralizing that is," Symmes said about the Stallions' trio of fourth-down touchdowns. "We do a lot of situational stuff in practice. ... It's very important to be that versatile and not just have to punt it every time."

While T.C. Williams stayed close early, South County's up-tempo offense took its toll on the Titans. After T.C. took a 21-14 lead, South County scored a touchdown on five consecutive drives. Kargbo's 1-yard touchdown run and a two-point conversion gave the Stallions a 51-27 lead with 1:15 remaining in the third quarter.

"Our offense, we're able to sustain drives and keep their offense off the field, (which was big) because they were making big plays," Kargbo said. "Just little 4-yard gains here and there — I think it took a toll on their bodies and we were able to come out with the victory."

Pannoni said tempo is an important part of the South County offense.

"If you match us up with a lot of teams that we play," Pannoni said, "I don't know that we're any better physically, but I think that our tempo does a lot."

**SYMMEs AND KARGBO** each praised the Stallions offensive line.

"They've really carried this offense," Symmes said, "and they don't get enough credit."

Symmes completed 7 of 9 passes for 143 yards with three touch-

downs and one interception. He also rushed for 62 yards and a score.

Davis totaled 135 yards of offense, including 90 on the ground. Quigley had two receptions for 64 yards and two touchdowns.

T.C. Williams finished the regular season with a 7-3 record and reached the postseason for the first time since 1990. After falling behind on the game's opening drive, the Titans responded an 11-play, 65-yard scoring drive, capped by a 7-yard touchdown run by junior quarterback Holland.

With the score tied, Titans defensive back Timmy Rattanaphone intercepted a Symmes pass on the final play of the first quarter and returned it to the South County 20-yard line. Two plays later, Holland connected with running back Malik Carney for 19-yard touchdown pass and a 14-7 Titans lead.

South County tied the score at 14-all during its next possession, but T.C. responded with a 77-yard touchdown pass from Holland to Tyrice Henry with 6:11 left in the second quarter.

That's when South County started to pull away. Holland scored on a 77-yard run with 4:52 left in the third quarter, cutting the South County lead to 43-27, but the Stallions were too much.

"They took us out of our game plan," T.C. Williams head coach Dennis Randolph said.

Holland completed his first seven passes but missed on 12 of his final 14. He finished 9 of 21 for 161 yards with two touchdowns and an interception. He also rushed for two scores.

Henry had four receptions for 102 yards and a touchdown.

Friday's game was the last for the T.C. Williams seniors, including Carney and lineman Jeremiah Clarke, who are both committed to the University of North Carolina.

"I feel bad for our seniors," Randolph said. "They had a great run."



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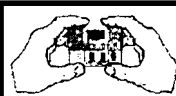
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## 21 Announcements

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Ct, Alexandria, VA 22312. the  
above establishment is applying  
to the VIRGINIA DEPARTMENT  
OF ALCOHOLIC BEVERAGE  
CONTROL (ABC) for a Wholesale  
wine and wine importer-in-state  
license to sell or manufacture  
alcoholic beverages. Anna Ryjik,  
Manager/member  
NOTE: Objections to the issuance  
of this license must be submitted  
to ABC no later than 30 days from  
the publishing date of the first of two  
required legal notices. Objections  
should be registered at  
www.abc.virginia.gov or  
800-552-3200.

**ABC LICENSE**  
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The above establishment is  
applying to the VIRGINIA DEPARTMENT  
OF ALCOHOLIC BEVERAGE CONTROL for a  
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license to sell or manufacture  
alcoholic beverages.  
Jannatun Nyeem,  
President  
NOTE: Objections to the issuance  
of this license must be submitted  
to ABC no later than 30 days from the  
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required legal notices. Objections  
should be registered at  
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who knows  
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## 21 Announcements

## 21 Announcements

## 21 Announcements

## Fairfax Water

### NOTICE OF WATER RATE PUBLIC HEARING

At 6:30 p.m. on Thursday, December 12, 2013, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2014, include the following:

1. An increase in the Availability Charge from \$3,850 to \$3,950†.
2. An increase in the Local Facilities Charge from \$9,500 to \$9,750.
3. An increase in the Service Connection Charge from \$1,050 to \$1,090†.
4. An increase in the Account Charge from \$35 to \$36.
5. An increase in the Quarterly Billing Service Charge from \$9.20 to \$9.80†.
6. An increase in the base Commodity Charge from \$2.29 to \$2.42 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.45 to \$3.55 per 1,000 gallons of water.
8. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
9. An increase in the Installation of Sewer Use Meter Charge from \$44 to \$45.
10. An increase in the Returned Payment Charge from \$17 to \$20.

A copy of the proposed changes can be viewed on our Web site at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017. Interested parties also may submit written comments to [PublicHearingComments@fairfaxwater.org](mailto:PublicHearingComments@fairfaxwater.org) or mail written comments to:

Fairfax Water  
Public Hearing Comments  
8570 Executive Park Avenue  
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 11, 2013 to be included in the record of the public hearing.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

## 21 Announcements

## 21 Announcements

## 21 Announcements

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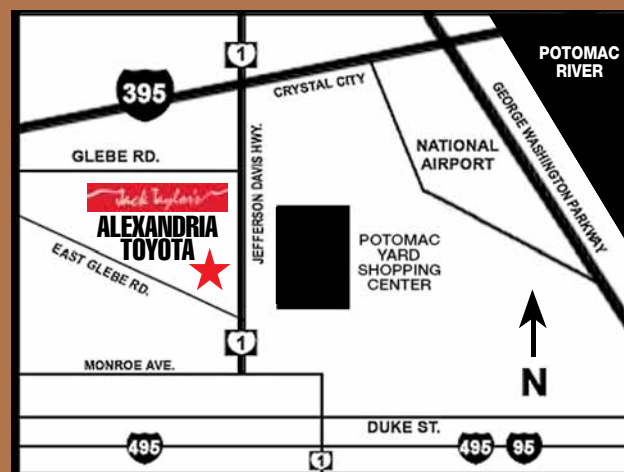
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