

'Old Fashioned Holiday' at Frying Pan

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Ayden Russell of Herndon gets a ride on Maia during the Frying Pan Farm Park 'Old Fashioned Holiday at the Farm' celebration on Dec. 7. He is led by Karen Ampeh, of Oakton, a member of the Dominion Valley Pony Club, who brought their ponies to the event.

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BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

THURSDAY/DEC. 12

Storytime for Threes to Fives.

10:30-11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Early literacy program with stories and activities. Registration required. Age 3-5 with adult. 703-689-2700.

SATURDAY/DEC. 14

Health, Fitness and Personal Energy for Men and Women (or approaching) 60.

9 a.m. - 12 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Bob McMillan, Age 72, and in robust condition, will inspire, motivate and educate you to live your senior years to their fullest by teaching 9 keys to personal energy and how to use them, including five ancient longevity exercises. <http://www.unityoffairfax.org/health-fitness-senior-health>

Kaleidoscope Storytime: An Adaptive Storytime.

10:30-11:15 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A family sensory storytime adapted to the strengths of children on the autism spectrum and with other developmental challenges. Stories, songs and movements in a welcoming atmosphere. Registration required. All ages. 703-689-2700.

Holiday Open House.

11 a.m.-1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join the staff and Friends of the Reston Regional Library for a holiday open house. Enjoy live music and refreshments. Cosponsored by the Friends of the Reston Regional Library. All ages. 703-689-2700.

Snow Show.

1-2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Master Puppeteer Bob Brown in a jolly, fun-filled romp through a winter wonderland as his delightful, trick marionettes perform incredible feats of skill and daring that will leave your young audience shouting with laughter!. Registration required. All ages. 703-689-2700.

MONDAY/DEC. 16

Baby Steps Storytime.

10:30-11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime for you and your child. Registration required. Age 12-23 months with adult. 703-689-2700.

TUESDAY/DEC. 17

Baby Lapsit.

10:30-11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy nursery rhymes, songs and stories. Build an early literacy foundation for your child while enjoying time together. Registration required. Birth-11 months with adult. 703-689-2700.

WEDNESDAY/DEC. 18

Toddler Storytime.

10:30-11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for stories, songs and fingerplays. Registration required. Age 2 with adult. 703-689-2700.

Reindeer Revels.

7-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for Festive Family Stories and Merrymaking Celebrating Rudolph and Friends. Registration required. All Ages. 703-689-2700.

THURSDAY/DEC. 19

Magic Tree House Book Club.

4-5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. This is a book club for kids who love the Magic Tree House series. This month's title is Christmas in Camelot by Mary Pope Osborne. Read it at home and join us for discussion and activities.

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PHOTOS BY RYAN DUNN/THE CONNECTION

From the left Herndon Town Council member Melissa Jonas, Town Council member Grace H. Wolf, Santa Claus, Mayor Lisa Merkel, and Lila Merkel.

Herndon Lights Christmas Tree

Families gather at event hosted by Town of Herndon and Dulles Regional Chamber of Commerce.

BY RYAN DUNN
THE CONNECTION

Despite cold weather, scores of people showed up to hear the singing of Christmas carols at the Town Square in downtown Herndon. Eileen Curtis, president of the Dulles Regional Chamber of Commerce, greeted everyone on Saturday evening, Dec. 7. The Herndon High School Madrigals, accompanied by the Herndon Brass Quintet, led several Christmas classics. "We have been practicing for this event since October," said Herndon High senior Evie Powell.

Herndon High School Choral Director Dana Van Slyke helped conduct the show. Van Slyke has served as choral director at Herndon High School since 1995. The event was videotaped by volunteers with Herndon Community Television HCTV, the non-profit, cable access PEG station based in Herndon. The Herndon High Madrigals have a heavy schedule of extracurricular performances during the December holiday season. A Winter Choir Concert at the Herndon High School auditorium is scheduled for Monday, Dec. 16 at 7:30 p.m.

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On Saturday, Dec. 7 the Herndon High School Madrigals, accompanied by the Herndon Brass Quintet, led Christmas classics at the Herndon Town Square near the Herndon Depot Station.

pal Center on Dec. 14, 10 a.m. – 5 p.m. and Dec. 15, 11 a.m. – 4 p.m. This event is free and open to the public.

To learn more about the Dulles Regional Chamber of Commerce, visit <http://www.dullesregionalchamber.org>.

A range of songs, including "Jingle Bells" and "Hark the Harold Angel Sing," were sung that evening. "It is really enjoyable to hear Christmas carols in Herndon," said Andrew Graham, a resident of Herndon who was accompanying his friend Beth Meyer, owner of Green Lizard Cycling. Also attending the event was Herndon Mayor Lisa Merkel along with Herndon Town Council members Grace H. Wolf and Melissa Jonas. "I would say the tree lighting is a fantastic community event. It was great to see so many families out celebrating the season together," said Jonas.

After the tree was lit, there was sudden clamor of sirens coming from a fire engine. Spectators were relieved to see it was Santa Claus making a surprise visit to give candies to children in the crowd. Another upcoming holiday themed event in Herndon is a toy train display at the Herndon Municipal Center on Dec. 14, 10 a.m. – 5 p.m. and Dec. 15, 11 a.m. – 4 p.m. This event is free and open to the public.



Despite chilly weather, the Saturday evening Christmas carol event and tree lighting ceremony were well attended.



The Town of Herndon and Herndon Chamber of Commerce celebrated the official lighting of a tree for the Christmas season on the evening of Saturday, Dec. 7.

OAK HILL/HERNDON CONNECTION ♦ DECEMBER 11-17, 2013 ♦ 3



Tucker Winfrey with his family and girlfriend outside Floris United Methodist Church second weekend after returning home from Shepherd Center.



PHOTOS CONTRIBUTED

Tucker Winfrey and his mother, Roxanne Winfrey, at the Shepherd Rehabilitation Center in Atlanta, Ga.

Life Turns on a Dime

After 'hitting a wall of sand' on the beach on July 23, Tucker Winfrey of Herndon and his family have been 'overwhelmed by the goodness and generosity of the people around them.'

BY ROXANNE WINFREY

Expressions like "Life can turn on a dime" or "In a New York minute" don't have much gravity until it really happens to you or someone you love ...

On the morning of July 23, Tucker Winfrey was a carefree 18-year-old. He had just graduated from high school where he was an accomplished lacrosse player and budding artist. He, along with his family and his girlfriend, Hallie, was enjoying a week at the beach. It's hard to say what was on his mind when he woke up, but it likely wasn't more dramatic than what he planned to do later that evening or the next day. Just hours later, the proverbial "dime" turned and Winfrey's life changed forever.

It happened at the beach. Tucker and Hallie were in the surf. He decided to dive down and tickle her toes. Tucker described what happened next as "hitting a wall of sand." He immediately lost feeling in his legs and arms and questioned if he would have enough oxygen to survive as he floated face down in the ocean. Fortunately, he was rescued and revived on the shore.

TIME BLURRED. Tucker was transported to a regional hospital and then airlifted to Washington Hospital Center in D.C. For the next three weeks, he fought for his life. The fracture of the C4 disk had left him a quadriplegic. Breathing was the big issue. He fought for every breath as his diaphragm muscles, compromised by the paralysis, and his lungs, repeatedly filling with thick mucus-like secretions in response to the salt water he had inhaled, struggled to work. Eventually, a tracheotomy was performed

and Tucker was connected to a ventilator that could breathe for him when he tired. Somehow, through the combination of his own strength and drive, the heroic efforts of his medical team, and the prayers of family and friends, Tucker emerged from this life-threatening battle and embarked on the next phase of his recovery. Tucker's physical condition at this point in time was such that he could not move his arms or his legs.

With the tracheotomy still in place, Tucker and his mother were transported to the Shepherd Center in Atlanta, Ga. on Aug. 14. Shepherd is a spinal cord rehabilitation center that specializes in working with young people such as Tucker. He worked daily at rebuilding his body and learning to cope with his new reality.

He bravely confronted his first challenge, learning to operate his motorized wheelchair using puffs of air breathed into a straw. The work was harder than anything he had ever had to do. The rewards of physical therapy came slowly. A small muscle twitch was cause to rejoice for it meant that perhaps, just maybe, control of the muscle movement might follow.

Tucker spent 2 1/2 months at Shepherd

and will return to Atlanta in January to continue his rehabilitation as an outpatient. To date, Tucker has been successful in regaining control of some of the large muscle groups in his upper body and is now able to use movement in his shoulder to manually operate his electronic wheelchair. Through daily rehab Tucker's strength continues to improve and his arm and shoulder muscles allow him to scratch an itch, use his iPhone, and feed himself with the use of adaptive utensils.

Life therapy is as important as physical therapy. At Shepherd, Tucker worked on learning how to live with his disability. Without the use of his hands, he had to tackle the once-simple task of feeding himself. Without the use of his legs, Tucker had to brave the outside world and learn to navigate the public transportation system. Each new skill he continues to master helps to build his confidence.

When family and friends first heard about Tucker's accident, everyone expected that Tucker would make a relatively quick and full recovery following

the surgical repair of his vertebrae and that he would bounce back on his feet in a matter of a few months' time. After all, he was young and athletic and in top condition. The reality is that the road back is going to be long and is by no means certain. Tucker's journey will be measured in years, not months.

If the tragic events of July 23, were an earthquake, the after-shock continues to reverberate. Now back at home, the family is coming to grips with their looming new financial responsibilities. They have had to undertake major renovations to their home to meet Tucker's needs. These have included the conversion of the garage into a first floor

bedroom, the addition of a bathroom with special fixtures and sufficient space, the widening of doorways and hallways to accommodate a wheelchair, and the construction of ramps where there once were stairs. Special equipment, such as a hospital bed, a motorized wheelchair, a Hoyer lift, and a shower chair are necessities. A wheelchair accessible van is essential for travel back and forth to therapy and medical appointments. The list continues to grow.

ONE WONDERS whether any good has come from this terrible tragedy. The answer is surely nothing that comes close to offsetting the bad. No one can predict whether or to what extent Tucker will reclaim his old life. However, Tucker and his family have found strength that they never knew they had and have developed a bond that they never knew was possible. They have been overwhelmed by the goodness and generosity of the people around them. From close friends and family, to their landlord who allowed them to make major renovations to their home (and generously offered to help pay for those renovations), to Home Depot and Brett Shepherd of Shepherd Construction (Tucker's friend and former boss), who underwrote and renovated the house, to Greg Hastings of GW Hastings Contracting, a former neighbor and general contractor, to the Shepherd Center that provided Tucker with a scholarship to extend his stay when the insurance money ran out, to those who have stepped up to share their experiences and encouragement, the community has rallied to lend its support. It is a blessing to know that Tucker has the support of his friends and community as he continues along the road to recovery.

The family deeply appreciates the spiritual and financial support that it has received from everyone. So many have asked how they can help.

The family asks that you continue to pray for the power of God's healing hand. For those wishing to make a donation, a trust has been established, more information at tuckersteam.com

Thank you for your many blessings, and continue to follow Tucker's progress on Caringbridge.com

Roxanne Winfrey, Tucker Winfrey's mother, shared their story with the Connection.



Tucker Winfrey and family dog, Shadow, after returning home from Atlanta.

News



The Fairfax Jubil-Aires stay warm by the fire during their performance at the 'Old Fashioned Holiday at the Farm' celebration held at Frying Pan Farm Park on Dec. 7.

'Old Fashioned Holiday' at Frying Pan

Brisk weather was not a deterrent to the hundreds who came out to celebrate the 'Old Fashioned Holiday on the Farm' at Frying Pan Farm Park on Dec. 7. Hundreds enjoyed the holiday mu-

sic, pictures with Santa, close-up meetings with farm animals, roasted marshmallows, crafts, food, hayrides and pony rides.

— DEB COBB

PHOTOS BY DEB COBB
THE CONNECTION

Caroline Laird, of Reston, lassos a hay calf during the Dec. 7 'Old Fashioned Holiday at the Farm' celebration at Frying Pan Farm Park.



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OPINION

Happy Holidays, Safely

SoberRide safety net, 1-800-200-TAXI.

Holiday party season is well under way, along with winter weather advisories. It's up to individuals to make good decisions about celebrations that involve alcohol and how to handle transportation.

Plan to abstain. Plan to celebrate at home or someplace where you will be comfortable for some period of time. Plan to bring a designated driver. Plan to take public transportation. And if all of that fails, the Washington Regional Alcohol Project has a safety net for you.

WRAP, a local nonprofit organization, will offer free cab rides to would-be drunk drivers throughout Northern Virginia during the winter holidays.

More than 10,000 died in drunk driving related accidents in 2010. Tens of thousands

more were injured. Holidays lead to an increase in impaired driving, the Christmas and New Year season in particular.

The annual Holiday SoberRide program will operate nightly from 10 p.m. to 6 a.m. starting Friday, Dec. 13, 2013, and continuing until Wednesday, Jan. 1, 2014 as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period.

During these times, area residents celebrating with alcohol can call the toll-free SoberRide phone number 1-800-200-TAXI for a no-cost (up to \$30 fare), safe way home.

Callers will be responsible for fare amounts over \$30. Last December 1,927 people took advantage of this program. On New Year's Eve alone, 387 people call on SoberRide for a safe trip home.

SoberRide is offered in throughout the Northern Virginia and Maryland suburbs. In these areas, local taxicab companies will be providing this no-cost service to local residents

age 21 and older who might otherwise have attempted to drive home after drinking.

Since 1993, WRAP's SoberRide program has provided 58,576 free cab rides home to would-be drunk drivers in the Greater Washington area.

We know that many young people over 21 are living at home with parents, or will be visiting for the holidays. Parents, be brave. Have a conversation with your children whether they are under or over 21. Be sure those over 21 have a plan, and are equipped with the SoberRide number.

SoberRide is not available for underage drinkers, but parents still should talk to their children about their plans, and tell them out loud that you expect them not to drive impaired and not to get into a car with an impaired driver. Tell them to call, and you'll come get them if necessary.

It's a good time for a conversation about the risks of drinking to excess beyond drinking and driving as well.

One Year Since Newtown – It's Time for Congress to Act

BY MARTINA LEINZ

A few months ago, I met the father of one of the first-graders murdered at Sandy Hook Elementary School. I expressed how sorry I was for his loss and how grateful I was that he had found the strength to fight for sensible gun laws in an attempt to spare other families the pain he has suffered. What I did not share, because it did not seem appropriate, was just how deeply I was grieving too. None of those children were mine, but they all felt like mine. They were America's children.

I don't believe I am alone in these feelings. The carnage at Sandy Hook Elementary School one year ago (Dec. 14, 2012) was devastating not just to the families and community of Newtown, Conn., but to the entire nation. Twenty first-graders and six educators were murdered by a deranged individual in possession of dangerous weapons that he never should have had. It affected us all.

We will never fully recover from this tragedy as individuals or as a nation but there is much that Congress can do to prevent other tragedies like this from occurring. A critically important step is to enact sensible legislation to require background checks on all gun sales.

Many people incorrectly assume that we already conduct universal

background checks on gun purchasers but the Brady law, enacted 20 years ago, only covers about 60 percent of gun sales. It does not cover online purchases, sales through classified ads or transactions by private sellers at gun shows. This leaves the door wide open for criminals, terrorists, domestic abusers and those adjudicated mentally ill to purchase guns without having to pass a background check.

Imagine if the FDA only screened 60 percent of pharmaceutical drugs and allowed the other 40 percent to hit store shelves with no testing, no screening, and no questions asked. It does not sound very safe, does it? Well, that is exactly the scenario we face with gun purchases in this country.

Our children deserve better than 60 percent when it comes to background checks. This is because like FDA testing, when done completely, background checks work. Since President Clinton signed the Brady bill into law, background checks have blocked more than 2 million purchases, keeping guns away from convicted felons and other dangerous people.

It is now time for Congress to finish the job and expand Brady background checks to cover all gun sales. A bipartisan bill, H.R. 1565, the Public Safety and Second Amendment Rights Protection Act of 2013, has been introduced

in the House that would do just that. It has already been co-sponsored by 186 Representatives including Congressmen Connolly, Moran, and Scott of Virginia. None of the Republican Representatives from Virginia have yet co-sponsored this important legislation. Hopefully they will soon.

This is not a partisan issue, nor is it a Second Amendment issue. There is nothing inconsistent with respecting the right for law-abiding citizens to own guns while trying to keep them out of the hands of dangerous individuals. More than 90 percent of Americans support extending background checks including over 80 percent of responsible gun owners and NRA members. It is time for Congress to listen to the public and enact

sensible solutions meant to reduce the number of gun deaths. In a country where gun violence kills more than thirty-one thousand people a year, sixty percent is not getting the job done.

To commemorate the lives taken in Newtown and the more than 32 people killed by guns each day in the United States, Congress should act now and require that background checks be conducted on all commercial gun sales. Keeping guns away from dangerous individuals is an important step to curbing the epidemic of gun violence devastating our country.

Martina Leinz is President, Million Mom March, Northern Virginia Chapter, the grassroots wing of the Brady Campaign to Prevent Gun Violence.

Humanity at Its Finest

To the Editor:

Thank you to the ladies and police of Vienna who gave support and encouragement to a handicapped old lady whose walker tipped and she ended up waiting an hour in the street for an ambulance. This was kindness and comfort way beyond the call of duty. Thank you for examples of humanity at its finest.

Gratefully,

Clare Schwartz
Oakton

Oak Hill & Herndon CONNECTION

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WEEK IN HERNDON

'Dress Up Herndon' Contest Announced

Town of Herndon residents are invited to deck the halls, hang wreaths, string lights – and nominate their own or their neighbors' homes for the annual "Dress Up Herndon for the Holidays" Neighborhood Decoration Contest, sponsored by the town's Cultivating Community Initiative.

The contest is open to all town residents. Nominations should be forwarded by Friday, Dec. 13, to information@herndon-va.gov or call 703-435-6800 X2084.

The judging panel, made up of volunteer citizen members of the Cultivating Community committee, will circulate throughout the town on Monday evening, Dec. 16, to determine contest winners. Judges will be looking for classical design, traditional themes, whimsical or creative decorations and more. Decorations on all nominated homes must be easily visible from the street.

Contest winners will be presented on the evening of the 16th with a festive sign, suitable for display; winners will also be recognized by Mayor Lisa C. Merkel and the Town Council at the Jan. 14, 2014 public meeting.



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HOLIDAY GIFT GUIDE

Gifts for the Foodie in Your Life

Local gourmets share their favorite products for the food lovers on your list.

By MARILYN CAMPBELL
THE CONNECTION

Whether you're shopping for a seasoned cook or a budding culinary enthusiast, buying presents for a foodie can be a daunting task. What's the best pan? The coolest gadget? The latest trend in desserts? Local gourmets come to the rescue with culinary goodies to entice even the most discerning of food aficionados.

Nancy Pollard, owner of La Cuisine in Old Town Alexandria, suggests the Thermapen cooking thermometer. "This is clearly the best probe thermometer on the market," said Pollard. "It has gotten a lot of kudos from chefs and test kitchens."

Also on Pollard's list are mortars and pestles made from Carrara marble. "We buy these in Carrara, Italy," said Pollard. "They are made of pure white Carrara marble so it is so much easier to see what you are doing.

The one that that is particularly useful is 22 centimeters because it is big enough to make mayonnaise, pesto and other sauces."

Chopping vegetables can even be made more interesting with a custom made cutting board, says Lenora Lawson chef faculty at The International Culinary School at The Art Institute of Washington in Arlington. "You can get a cutting board in the shape of your home shape or even a cutting board that has Van Gogh's art on it."

When it comes to kitchen tools, "I'd suggest a nonstick baking mat ... a lovely wooden French rolling pin, a beautiful olive wood cheese board — with a cheese for sampling, of course — or a fun, colorful, Swiss-made Kuhn paring knife," said Nichole Ferrigno, a certified holistic health coach and chef at L'Academie de Cuisine in Bethesda. "It comes in lots of bright colors and with a safety sheath, making it a great addition to a picnic basket."

Culinary instructor Andie Nelson of Cre-

ative Kids Kitchen, LLC in Arlington, says her top recommendation is a Vitamix blender. "[This is] the blender that seems to have become a religion among foodies," she said. "This big-ticket item would definitely make any foodie or health-conscious person very, very happy. It even makes soup."

ANOTHER GIFT SUGGESTION on Nelson's list is aimed at helping save a few trees while adding an elegant touch to the kitchen. "I think that having great linens in the kitchen is highly under-rated," she said. "Many cooks buy lots and lots of paper towels, but I can tell you that having a great set of dish towels — French dish towels are the best — can be a worthwhile and beautiful investment for the kitchen."

Help keep clothing stains at bay with an apron by Marcy Butler Designs. "This is a local designer," said Pollard. "The aprons are made from Italian linen, but they were made in the United States."

If your foodie prefers cookbooks, sweet treats abound in "Fat Witch Brownies: Brownies, Blondies, and Bars" from New York's Legendary Fat Witch Bakery by Patricia Holding. "This book has great reci-

pes for brownies," said Pollard. "We usually suggest that people give this book along with a set of Italian seven-inch disposable square pans. Her recipes will make two perfect square pans of brownies and you can put one in the freezer."

For young cooks, Pollard suggests "Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love" by Katie Sullivan Morford. "This is a great book for teenagers or anyone over the age of 7," said Pollard. "It encourages them to make their own lunches for school."

Pollard also suggests "The Washington Post Cookbook," curated and edited by Bonnie Benwick, the deputy food editor of the Washington Post. Pollard herself created three of the recipes, including two for Thanksgiving. She says one of her favorite recipes is the Man Catcher Brownies, which she created.

Another interesting read, says Pollard, is "The Billionaire's Vinegar: The Mystery of the World's Most Expensive Bottle of Wine" by Benjamin Wallace. The book tells a true story of a 1787 Château Lafite Bordeaux — supposedly owned by Thomas Jefferson — that sold for \$156,000 at auction.



PHOTOS COURTESY OF LA CUISINE

A black, Italian linen apron, like this one by Marcy Butler Designs, will help your food lover's clothes stay clean during meal preparation.

Ferrigno suggests going a step beyond cookbooks and sending your foodie back to school. "There is such an array of options



Nancy Pollard, of La Cuisine in Alexandria, suggests giving the food lover in your life a mortar and pestle made from white Carrara marble.

available," she said. "One could sign up for a knife skills class, a topic specific class like 'puff pastry,' or something more fun and experience oriented, like a couples cooking

class, or 'girls' night out.' This is such a fun gift."

CONSUMABLE GIFTS are also on

"A Thermapen cooking thermometer is clearly the best probe thermometer on the market. It has gotten a lot of kudos from chefs and test kitchens."

— Nancy Pollard, owner of La Cuisine in Old Town Alexandria

Ferrigno's list: "A bottle of good Champagne or Scotch, beautiful pink or grey sea salts, a spice collection ... or a box of homemade baked goodies" are always hits, she said.

For beer lovers, Lawson suggests a beer brewing kit. "It is something different," she said. "Rather than buying beer, they can make their own and appreciate the beer-making process."

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HOLIDAY CALENDAR

TUESDAY/DEC. 10-SUNDAY/DEC. 29

Jacob Marley's Christmas Carol. NextStop Theatre, 269 Sunset Park Drive, Herndon. In this behind-the-scenes retelling of one of the most famous stories of all time, join Marley and an annoying little sprite named Bogle, as they set out on an impossible adventure to save old Scrooge's soul. Tickets: \$25. <http://www.nextstoptheatre.org>

FRIDAY/DEC. 13

Candle Making. 6-7 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Dip a pair of candles and decorate a pillar candle with natural materials. Reservations required by Dec. 10. Fee: \$7/child RA members; \$9/child Non-members. naturecenter@reston.org

SATURDAY/DEC. 14

Holiday Model Train Show. 10 a.m.-5 p.m. Herndon Municipal Center, 777 Lynn St., Herndon.

"Home for Christmas." 3 p.m. Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. A free concert featuring the Potomac Brass Quintet and Friends.

A Storybook Holiday Brunch. 10 a.m.-12 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Holiday fun includes a visit with Santa, crafts, brunch, and a reading of a holiday story by a special guest. \$14 per child/adult duo. Register by Dec. 13. herndon-va.gov

30 Years - 30 Artists Exhibit Opening Reception. 5-7 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The exhibit **30 Years - 30 Artists** will include original hand-pulled prints from 30



Southview Community Church, 2620 Reston Pkwy, Herndon, presents "Living Nativity," in which the Christmas story is recounted in a meaningful and tangible way with live animals and visual interpretations, starting Dec. 6.

current and former artists representing Discover Graphics Atelier over the past 30 years. artspaceherndon.org

Cocoa Wagon Rides. 5-9 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Journey through the farm on a wagon followed by a campfire with cocoa and s'mores. Tickets: \$8.

SUNDAY/DEC. 15

Holiday Model Train Show. 11 a.m.-4 p.m. Herndon Municipal Center, 777 Lynn St., Herndon.

Holiday Open House. 1:30-3 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Bring family or friends for free refreshments, ornament making, live music, sales items, a book signing, and more. naturecenter@reston.org

Cocoa Wagon Rides. 5-9 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Journey through the farm on a wagon followed by a campfire with cocoa and s'mores. Tickets: \$8.

SUNDAY/DEC. 15-31, 2013

America the Beautiful 9 a.m.-9 p.m. Monday - Sunday at the Hunters Woods Exhibit, 2310 Colts Neck Rd, Reston. A mood, glowing light, subtle color and, above all, the *chi* or spirit of the subject are all captured in Lassie Corbett's paintings. 703-435-1888 or www.lassiecorbettart.com

MONDAY/DEC. 16

Dress up Herndon for the Holidays. 6-8 p.m. Neighborhood decoration contest throughout



Ray Ficca in rehearsal of "Jacob Marley's Christmas Carol," playing at the NextStop Theatre, 269 Sunset Park Drive, Herndon.

Herndon. Home decorations judged in traditional, whimsical, lights categories and more.

Cocoa Wagon Rides. 5-9 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Journey through the farm on a wagon followed by a campfire with cocoa and s'mores. Tickets: \$8.

MONDAY/DEC. 16-JAN. 6, 2014

15th Annual Gifts from the HeART Exhibit. 9 a.m.-9 p.m. Monday - Sunday at the Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. In the Jo Ann Rose Gallery, original works of art in watercolor, oil, acrylic, mixed media, collage, photography, fiber and charcoal are displayed. 703-476-4500 or www.restoncommunitycenter.com

TUESDAY/DEC. 17

Third Tuesdays: Design and Wine. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Reservations required, \$30 fee. artspaceherndon.org

SATURDAY/DEC. 21

The Ultimate Christmas Show (abridged) 8 p.m., at The Reduced Shakespeare Company. It's festive, funny, physical family fun as the Three Wise Guys send up and celebrate your favorite winter holiday traditions. \$25 Reston/\$50 Non-Reston.

SUNDAY/DEC. 22

Holiday Play/Sing Along. 4 p.m. Sunset Hills Montessori building, 11180 Ridge Heights Rd., Reston. Bring your instrument and sit and play with the orchestra, or bring your voice and sing the holiday favorites.

TUESDAY/DEC. 31

New Year's Eve Golf Tournament.

10 a.m. Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Annual four-person scramble. Entry fee includes green fee, cart fee, range balls, prizes and lunch. Entry deadline: December 21. herdongolf.com

New Year's Eve Celebration. 7 p.m. - Family-friendly art activities, music; 9-10 p.m. - Bonfire with drum circle; 10 p.m.-12:30 a.m. - jazz ensemble and entertainment; champagne toast at midnight. ArtSpace Herndon, 750 Center Street, Herndon. All ages. Free and open to the public. artspaceherndon.org

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Holiday Décor: Make it Sparkle

Local designers offer suggestions for decorating your home.

BY MARILYN CAMPBELL
THE CONNECTION

'T is the season for decking the halls. Whether your style is traditional and colorful, muted and demure or metallic and glittery, three local designers offer distinct holiday decorating ideas to spark your creativity.

Victoria Sanchez, who opened Victoria at Home, a home furnishings boutique and interior design studio on King Street in Old Town Alexandria earlier this month, said the décor begins with an aroma.

"Holiday scented candles immediately say 'holiday,'" said Sanchez. "Fresh greens tucked behind artwork and intertwined into tablescapes add a wonderful scent."

She recommends filling bowls with colorful holiday ornaments and displaying holiday cards to add a touch of nostalgia. "What I love most about the holidays is [that] each ornament and every tradition evokes memories of family, friends and childhood," said Sanchez.

Designer Sharon Kleinman of Transitions by Sharon Kleinman in Potomac, said Christmas is no time for minimalism. "The Christmas season is the perfect time to go all out decorating the main areas of your home," she said. "I love the smell of fresh pine, so fill your home with it. Starting at the front entrance, hang a pine wreath on the door."

Kleinman recommends purchasing fresh wreaths. "Many local nurseries like American Plant and Benke's make some really beautiful ones," she said. "Local florists are also a good source."

There are a multitude of uses for fresh winter foliage. "Place pine boughs, candles of varying heights and decorative accessories such as painted wooden toys [like] trains, toy soldiers, blocks or colored balls among the pine branches," added Kleinman.

Another idea, says Kleinman, is to wrap small boxes in colorful paper, top them with brightly colored bows and place them on the mantel. "Decorative stockings hung on the mantel are traditional and a must in my book," she said. "Stair rails can be wrapped in pine boughs, ribbon and/or tinsel."

To add splashes of festive Christmas red to a home, Kleinman recommends "Placing pots of poinset-

tias throughout the house. Personalize your Christmas tree with homemade ornaments, sentimental items, colored bows and lots of tinsel."

When it comes to holiday tablescapes, Kelley Proxmire and Emily Wallace of Kelley Interior Design suggest adding a touch of shimmer. “Try breaking out of a set color scheme of red, white and green,” said Wallace. “Try popular metallic finishes that could be used in fabric for pillows, gold accessories for the table [like] tiny vases [or] salt and pepper shakers and napkin rings with ‘bling’ metallic finishes.”

Mix decorative objects with foliage to create a warm and inviting table. "Incorporate 'organic' items of the season, like greens from pine trees, magnolias, pine cones, and some fruit," said Proxmire.

Unconventional items can be used as vessels for a wintry, holiday centerpiece. Wallace and Proxmire found a “tortoise shell-like urn ... for next to nothing at a consignment store” and used it to hold a centerpiece. “You could buy a new vase or container, but it certainly could also be a vintage find and not necessarily brand new,” said Proxmire.

“Use lots of little LED lights in votive holders, either clear votives or ones with a metallic tone finish,” said Wallace. “This is a case where more is better.”

“What I love most about the holidays is [that] each ornament and every tradition evokes memories of family, friends and childhood”.

— Victoria Sanchez, *Victoria at Home*



This holiday sideboard, designed by Emily Wallace of Kelley Interior Design, breaks from traditional red and green décor by making use of a metallic color palette.

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SPORTS



PHOTO BY Ed Lull

Marshall senior Mackenzie Haight will compete at Foot Locker nationals on Dec. 14 in San Diego.



West Springfield senior Caroline Alcorta, seen during the VHSL state meet on Nov. 15, finished first at Foot Locker Cross Country South Regionals on Nov. 30, earning a trip to nationals.

Five Harriers to Compete at XC Nationals

Marshall senior Mackenzie Haight is one of five local harriers who will compete at the Foot Locker Cross Country Championships national finals on Dec. 14 in San Diego.

Haight earned the trip to nationals by finishing in the top 10 in the south regional race on Nov. 30 in Charlotte. Haight placed fifth with a time of 14:51.

Nationals will take place at Morley Field in Balboa Park.

Edison's Louis Colson will also compete at nationals after placing fourth at regionals with a time of 14:50.

In the girls' race, West Springfield's Caroline Alcorta and Lake Braddock's Hannah Christen and Katy Kunc will also compete at nationals.

Oakton Boys', Girls' Basketball Teams Start 3-0

The Oakton boys' and girls' basketball teams each won their first three games of the season, including a season-opening wins against Vienna rival Madison.

The boys' team beat Madison 46-29 on Dec. 3. The Warhawks defeated McLean 41-38 on Dec. 6 and Lee 43-32 on Dec. 7.

The girls' team defeated Madison 66-53 on Dec. 3. Two nights later, Oakton beat Stafford 59-32. On Dec. 7, the Cougars beat Loudoun County 75-59.

Led by head coach Fried Priester, Oakton won the AAA state championship in 2012 with a 31-0 record. Last season, the Cougars fell one win shy of reaching the state tournament, losing to South Lakes 48-46 in the regional semifinals. Centreville snapped Oakton's run of eight consecutive

district championships.

Oakton's game against Lee on Monday was cancelled due to inclement weather. The Cougars were scheduled to face Yorktown on Dec. 10 and Wakefield on Dec. 11. Oakton will travel to face Lake Braddock on Tuesday, Dec. 17.

The Oakton boys' team was scheduled to face Yorktown on Tuesday, after The Connection's deadline. The Cougars will host Osbourn Park on Dec. 14.

Madison Girls' Basketball Struggling Early

The Madison girls' basketball team dropped its first three games of the season while facing some of the region's top teams.

Madison lost to Oakton, Centreville and West Springfield to open the year at 0-3. Oakton, the 2012 AAA state champ and a region semifinalist last season, beat Madison 66-53 on Dec. 3. Centreville, a region semifinalist last season, beat the Warhawks 59-55 on Dec. 6. West Springfield, a perennial contender to reach the state tournament, beat Madison 63-50 on Dec. 7.

Madison was scheduled to face defending region champion Edison on Tuesday, after The Connection's deadline. The Warhawks will host Stone Bridge on Dec. 13.

Langley Girls' Basketball Opens with Win

The Langley girls' basketball team opened the 2013-14 season with a 61-24 win over Herndon on Dec. 6.

The Saxons will host rival McLean at 5:45 p.m. on Friday, Dec. 13.

Langley Boys' Basketball Loses Two

The Langley boys' basketball team lost to Stuart (60-56, Dec. 6) and Falls Church (70-61, Dec. 7) during the Stuart Tipoff Tournament. The Saxons will return to action at home against Potomac School at 6:30 p.m. on Wednesday, Dec. 11.

Herndon Boys' Basketball Wins Two

The Herndon boys' basketball team opened the season with victories against Woodson (73-65, Dec. 3) and Patriot (79-49, Dec. 6).

The Hornets were scheduled to face Washington-Lee on Tuesday, after The Connection's deadline. Herndon will compete in the Gonzaga holiday tournament Dec. 13-15.

South Lakes Girls' Basketball Posts 3 Lopsided Wins

The South Lakes girls' basketball team started the season victories against Stone Bridge, Western (Baltimore) and Potomac Falls, winning each game by at least 18 points.

The Seahawks opened with a 57-18 win against Stone Bridge on Dec. 3. Abby Rendle finished with 15 points, nine rebounds, five steals and three blocks.

South Lakes beat Western 58-40 on Dec. 6. Rendle had 15 points, 10 rebounds, nine blocks, five assists and two steals. Caitlin Jensen finished with 11 points.

The Seahawks beat Potomac Falls 63-25 on Dec. 7.

South Lakes was scheduled to face Woodson on Tuesday, after The Connection's deadline. The Seahawks will travel to face Marshall on Friday, Dec. 13.

Herndon Swimming Falls to Westfield

The Herndon girls' and boys' swim and dive teams each lost to Westfield on Dec. 6, the Hornets posted multiple region-qualifying times and one state-qualifying time.

Freshman Emily Meilus posted a state-qualifying time of 5:07.84 in the 500 free. She also set a new school record. The 500 free was the oldest record on the record board, set by Nancy Reed in 1977 (5:10.11).

First-place finishers for the Herndon girls were: Meilus (200 free (RQ), 500 free (SQ)), Elizabeth McNulty (200 IM, 100 breast) and Kara Joyce (dive).

The 200 medley relay (Meilus, McNulty, Ryan Murphy and Jenna Krynicki) and 400 free relay (Murphy, Krynicki, Karly Ginieczki, Meilus) also took first with region-qualifying times.

First-place winners for the Herndon boys were: Christian Ginieczki (100 fly, 100 back), Dylan Cudahy (200 free, 500 free) and Justin Bradley (dive).

South Lakes Looking for Girls' Lax Coaches

South Lakes High School is looking for girls' lacrosse coaches — varsity head coach and assistants. Interested applicants should contact Linda Jones, director of student activities at: lljones1@fcps.edu or call 703-715-4518.



PHOTO CONTRIBUTED

Senior Co-Captain Casey Howard performs her floor routine while the Marshall team looks on.

Lady Statesmen Gymnasts Win Third Place in Season Opener

The George C. Marshall Lady Statesmen Gymnastics team kicked off their 2013-14 season with a third place finish in a six-team contest at Washington & Lee High School in Arlington. The Marshall team had their strongest-ever season opener, scoring 128.7 points to finish ahead of JEB Stuart, Wakefield, and Hayfield and behind runner-up McLean and winner W&L. Marshall junior Morgan Stahl won the Floor Exercise event with a score of 9.45. The Statesmen's total score included contributions from several promising freshmen: Kiran Sullivan, Lindsey Price, and Alessandra Iannetti. Head Coach Charlotte Perpall and the Lady Statesmen look forward to a great season; their next meet is Saturday, Dec. 14 at Fairfax High School.

ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

TUESDAY/DEC. 10 -

SUNDAY/DEC. 29

Jacob Marley's Christmas Carol.

269 Sunset Park Drive, Herndon.
This one-man show retells the classic story but focuses on Scrooge's departed, doomed and chained business partner, Jacob Marley.

TUESDAY/DEC. 10-SUNDAY/JAN. 12, 2014

30 Years-30 Artists. Artspace Herndon, 750 Center Street,

Herndon. Includes prints from 30 current and former artists representing Discover Graphics Atelier over the past 30 years.

SATURDAY/DEC. 14

Opening Reception for Discover

Graphics. 4-7 p.m. at ArtSpace Herndon, 750 Center Street, Herndon. Exhibiting the work of printmakers for the past 30 years.

TUESDAY/DEC. 17

Design and Wine. 7-9 p.m. Artspace Herndon, 750 Center Street, Herndon. Artist Eileen Hull will teach you how to create and embellish something entirely on your own. \$30. Reservations required. 703-956-6590.

SATURDAY/DEC. 28

The Many Aspects of Watercolor

Painting. 10 a.m. - 4 p.m. Artspace Herndon, 750 Center Street, Herndon. Watercolor artist Lou Negri will hold a one-day workshop at ArtSpace.

To register contact the instructor at aquarel@comcast.net or www.lounegri.com.

ONGOING

League of Reston Featured Artists

Exhibit. Every Monday-Friday through Dec. 31, 8:30 a.m.-5 p.m., the Reston Association office, 12001 Sunrise Valley Drive, Reston. The League of Reston Artists invites art lovers to a series of rotating painting

and photography exhibits featuring a new artist each month. www.leagueofrestonartists.org.

SUNDAY, JAN. 19

Sweet Honey In The Rock.

8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Five women provide unique perspective in their traditional gospel hymns, rap, reggae, African chants, hip hop, ancient lullabies and jazz improvisation; with sign language interpretation. \$25 Reston/\$50 Non-Reston.

www.restoncommunitycenter.com or 703-476-4500.

SUNDAY, MARCH 9

Rennie Harris' RHAW 8 p.m., at The

Centerstage, Reston Community Center Hunters Woods. RHAW will showcase Dr. Rennie Harris' newest and brightest street dancers as they bring hip hop back to basics. \$15 Reston/\$30 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

WEDNESDAY, MARCH 12

Lúnasa. 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. This group of Irishmen continues its 20-year tradition of famed Celtic music. \$20 Reston/\$40 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

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A "Scancer" Update

By KENNETH B. LOURIE



Since you asked, or rather indulged me the past few weeks by wading through my two "Scanticipation" columns anticipating a result, I am happy to finally share that result with you: "Stable and better." These are the exact words e-mailed to me by my oncologist in response to my post-Thanksgiving inquiry about my CT Scan completed on the 27th. Then, as you most recent Kenny-column readers may recall, I had my regularly scheduled post-scan appointment this past Friday, December 6th to discuss those results, and of course have my oncologist examine and question me about any facts, feelings or failings, concerning the previous three months since my last appointment (and four months since my last scan) as a terminal cancer patient. He's not exactly Hubert H. Humphrey, but nevertheless, he was "pleased as punch." And if there's one dominant recollection I'll take home with me from my appointment, it was my oncologist's ear-to-ear smile when sharing his assessment of all things concerning Kenny-with-cancer.

In fact, and in reality-check truth, if you've been characterized as "terminal" by your doctor, whether "diseased" by cancer or some other deadly condition, and you're still undergoing treatment, there's no better feeling – or hope, quite frankly, than seeing your doctor happy and encouraging when sharing/discussing your most recent diagnostic scan/lab work, urine specimen, etc. And considering that Team Lourie has seen my oncologist with less than positive news on previous occasions, hardly do I ever take it for granted when he's as upbeat and enthusiastic as he was during Friday's appointment.

Unfortunately, the process is ongoing and subject to change; after all, stage IV, non-small cell lung cancer is incurable/inoperable. But I am finding out that at least for me/for awhile, it is/can be treatable, albeit non-surgically. Moreover, as long as my body continues to tolerate the every-three-week chemotherapy infusions, I am good to go, or as described by my oncologist: on maintenance. Meaning, we can continue to do this for awhile. And though "awhile" is never defined or discussed, really, given the predictable/unpredictable nature of cancer – and its interactions with the diagnosee, I can live with the indeterminate sentence that I've been fortunate to receive. It certainly beats the alternative.

Originally, I was "prognosed" to live "13 months to two years" by my oncologist. As of November 27th, I have lived four years and 9 months, so I am accustomed to being life-expectancy challenged. And since I've surpassed my oncologist's initial prognosis by years, I don't see any reason to stop now, especially considering the results from my most recent scan and associated lab work. As my brother Richard has said: "If the oncologist is happy then I'm happy." Well, as of Friday, December 6th, I am very happy.

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

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21 Announcements 21 Announcements 21 Announcements

Construction Notice For StoneSprings Hospital Center Hwy 50 & 659 Dulles, VA

Brasfield & Gorrie General Contractors is currently seeking bids from qualified subcontractors and suppliers for the New Hospital and Medical Office Building at StoneSprings Hospital Center. Brasfield & Gorrie General Contractors strongly support and promote diversity participation. All interested subcontractors claiming Minority/Women/Diversity Business Enterprise/Small Business Enterprise status must provide proof of certification with bid and meet Brasfield & Gorrie's Subcontractor Prequalification requirements to be considered for the select bidder's list.

1. There will be a project informational meeting at the Embassy Suites Dulles – North Loudoun: 44610 Waxpool Rd, Ashburn, VA 20147 at 5:30 pm on January 8th, 2014.
2. Project scope includes approximately 230,000 SF new hospital, 60,000 SF shell MOB and associated parking areas

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Interested parties should contact Alexander Schmid at (615) 806-8198 or via email aschmid@brasfieldgorrie.com for further information regarding this project.

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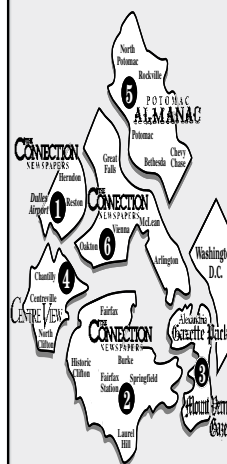
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New Year's Eve Celebration at ArtSpace Herndon

A New Year's Eve Celebration is an ArtSpace Herndon signature event. The celebration, on Tuesday, Dec. 31, from 7 p.m. to 12:30 a.m. in historic downtown Herndon, features live music and family-friendly activities both inside and outside the gallery.

The celebration begins inside the gallery from 7 to 9 p.m. with art activities for kids and live music. Artists will guide kids in creating a Dale Chihuly inspired glass-like chandelier that will light up the celebration later that evening. Materials will be supplied.

During this time, a teen band will be performing live in the Post gallery. The celebration moves outside from 9 to 10 p.m. for the traditional bonfire. Gather around the warm, glowing bonfire and join in the drum circle. Free and open to the public.

Entertainment resumes inside at 10 p.m., with the Herndon Tonight show and jazz by the Al Robertson Quartet featuring Frank Lombardi, and continues through a toast at midnight.

Light refreshments will be served, with a champagne toast at midnight. Due to seating limitations, passes are required for the Herndon Tonight show. A limited number of complimentary passes will be distributed beginning in December. Visit www.ArtSpaceHerndon.org or call 703-956-6590 for more information.

The year's New Year's Eve Celebration is produced by the Performing Arts Programming Committee of ArtSpace Herndon and made possible with a grant from the Town of Herndon under the Virginia Commission for the Arts Local Government Challenge Grant Program from the Virginia Commission for the Arts.

ArtSpace Herndon exhibitions and receptions are free and open to the public. Some events have a nominal fee. Visit www.ArtSpaceHerndon.org for the gallery's hours, location, and exhibition and events schedule.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Herndon resident **Siva Somayajula**, a sophomore at Thomas Jefferson High School for Science and Technology, has participated in the week-long Virginia Space Coast Scholars (VSCS) Summer Academy program at the NASA Wallops Flight Facility on Virginia's Eastern Shore.

Herndon area students **Michael H. Chen**, **Emily Schaal**, **Jefferson Sheron** and **Tae-Jung Yang** of Herndon High School; and **Jocelyn Huang**, **Sreenath Are**, **Rohan Banerjee**, **Ashwin Basana**, **Arjun Iyer**, **Aseem Jain**, **Anne Li**, **Soumya Mishra**, **Christin Park**, **Rohan Punnoose**, **Sarah Quettawala**, **Simran Rohatgi**, **Snigdha Srivastava** and **Tony Xiao** of Thomas Jefferson High School for Science and Technology are National Merit Scholarship semifinalists.

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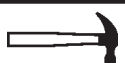
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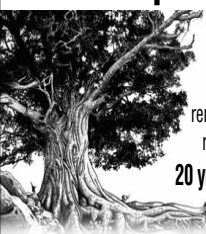
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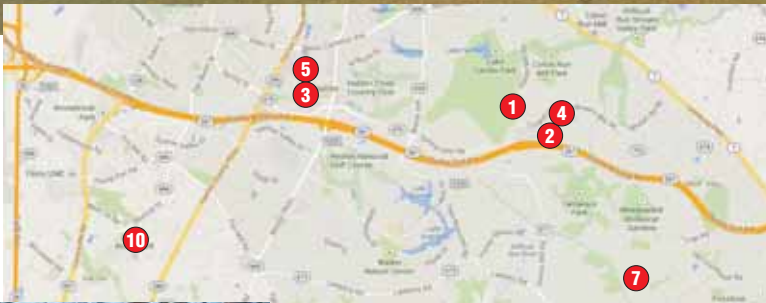


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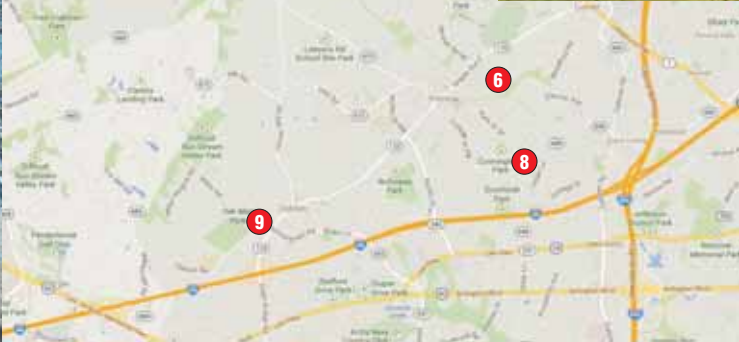
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7 1908 Ballycor Drive, Vienna — \$1,303,000



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| 1 11608 Hunting Crest LN | 4 | .. | 4 | .. | 1 | VIENNA | ... | \$1,629,807 | ... | Detached | ... | 0.00 | 22182 | ... | HUNTING CREST | ... | 10/09/13 |
| 2 10313 FOREST MAPLE RD | 5 | .. | 4 | .. | 1 | VIENNA | ... | \$1,488,000 | ... | Detached | ... | 2.49 | 22182 | ... | VICTORIA FARMS | ... | 10/08/13 |
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| 7 1908 BALLYCOR DR | 5 | .. | 4 | .. | 1 | VIENNA | ... | \$1,303,000 | ... | Detached | ... | 0.83 | 22182 | ... | SADDLEBROOK FARMS | ... | 10/25/13 |
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