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25 CENTS NEWSSTAND PRICE

The directors of Westfield High's "Ho Ho Holiday Show" are (back row, from left) Marty Bernier, Ian Balderston, Drew Tobin and Charlie Parsons; (second row, from left) Kaley Haller, Aubrey Cervarich and Sara Bresnahan; (third row, from left) Ruby Tippl, Maya Hossain and Allie Bush; and (in front) stage manager Lauryn Bailey. (Not pictured: Miles Josephh and Nate Riester).

**HOLIDAY ENTERTAINMENT
& GIFT GUIDE**

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Taking a Fantasy Flight to the North Pole

In spirit of season, community organizations and businesses donate hundreds of service hours and supplies.

BY MERCIA HOBSON
CENTRE VIEW

One hundred twenty-five children with life-challenging illnesses, their families and a support team of doctors, nurses and volunteers, for a total of 216 people, arrived at Gate 7, Terminal D at Dulles International Airport, Dec. 3, and headed for the hottest destination of the season.

Children's Hospice International, located in Alexandria, in partnership with United Airlines had invited children and their families to experience a special trip. Earlier that morning each person had checked in at the United Airlines counter and received a complimentary ticket aboard Flight 2135, IAD-NTP, non-stop service from Washington to the North Pole, aboard Fantasy Flight 2016, call sign Sleigh Ride One.

They lined up at the boarding gate shortly before 8:30 a.m., awaiting an adventure so many families had anticipated for months. Going down the jet bridge, parents lifted their children out of wheelchairs leaving the chairs behind for the support crew. Others held the hands of their ill child and the hands of their other children as the line moved forward to enter the plane.

The flight crew greeted the passengers as they boarded the plane for their all-expense paid trip to the North Pole and personal visits with Santa Claus.

Sparkling garland hung on the overhead compartments and cut out snowflakes dangled from the ceiling.

HOLIDAY MAGIC, a mix of community spirit and care, fueled this year's United Airlines Fantasy Flight 2016, a program in its 27th year of operation. Through the support of United Airlines, its partnership with Children's Hospice International, the giving of dozens of local and regional corporations and hundreds of volunteers including United employees who donated their time and talent, United's Flight to the North Pole prepared to depart.

Francis Parker and her husband had eagerly anticipated this day since May when the youngest of their four sons, Case, age 2, was diagnosed with cancer. While waiting to board Fantasy Flight 2016, Parker's boys had crayoned letters to Santa and mailed them with the help from members of Herndon Rotary Club. Paul Williams, Rotarian, said, "It's a happy time here today, to celebrate with the families."

As the boys colored, Parker said, "Case is receiving treatment at Walter Reed. His nurses told us about the flight when Case was diagnosed. We woke them up this morning, put them in the car and didn't tell them where they were going until we got

to the airport. Everybody's been wonderful." Looking around, she added: "What a great opportunity this is."

Although Case's brothers had flown before, this was to be Case's first flight, as it was for many children aboard Fantasy Flight 2016. While the flight attendants helped the families settle in, United Airline's Captain "Bubba" welcomed everyone aboard. He explained that there were some very special rules on the nonstop flight to the North Pole.

"Window blinds have to remain down," he said, adding that the plane uses a very special fuel, making it travel so fast it'll be extremely bright outside. "And everyone knows, where Santa lives," Captain Bubba said, "is a secret, only United has clearance from Santa Claus" to land at the North Pole.

The flight is real and so is the destination. Sandy Steinmeyer, a United Airlines flight attendant and key organizer of the Dulles Fantasy Flights said: "All Fantasy Flights across the United States and Guam, a total of 14 flights, will really take off this year."

According to Randy Cox, managing director United Airlines, United Airlines donates the fuel for the flights while employees, flight attendants, crews and support teams donate their time.

Julia Wislocka, United Airlines staff representative corporate communication, commented that there is no doubt in her mind Fantasy Flight is the most amazing event of United Airlines. She said, "It's a great example of employees and the community coming together. The event, takes hundreds of volunteers, and the concourse where the families will arrive, really is transformed to be the North Pole."



Montel Flipping and Mrs. Minnesota, Morgan Bredde, enjoy a moment together during festivities sponsored by United Airlines at their Fantasy Flight celebration. Bredde is an Ambassador for Children's Hospice International (CHI), a non-profit organization that partnered with United Airlines. CHI completes the circle of care and improves the quality of life for children with life-altering illnesses.



PHOTOS BY ANTHONY C. TSANTRIZOS

Oak Hill Herndon Fantasy Flight 2016: Children with life-challenging illnesses and their families board Sleigh Ride One, nonstop service to the North Pole, for a day of holiday cheer and a private visit with Santa Clause. United Airlines hosted the day with the support of hundreds of volunteers and regional businesses.

Terry Edwards, a United employee for 27 years, was Mrs. Santa. Before the plane departed, she agreed and said, "In their mindset, the children are at the North Pole. They buy into it 100 percent."

While Sleigh Ride One traveled at near warp speed, it made quick time to the North Pole but not before flight attendants could treat everyone to apple slices and sweets. As Fantasy Flight 2016 prepared to land, Captain Bubba came on the intercom one last time. To everyone on board, he wished: "Fill your days with laughter; fill them with peace and with joy. Welcome to the North Pole."

The children, their families and the support teams deplaned. They headed up the jet bridge to the concourse. There, much to their surprise, with eyes wide open, storybook characters, Minions, Storm Troopers and hundreds of volunteers had formed a gauntlet, and were applauding their arrival. High fives were slapped; children hugged Minions and the Red, White and Blues band played. Even the Racing Presidents of the Washington Nationals stepped up to the children and gave out hugs.

Earlier, Cox described the effort it took to transform the concourse to be the North Pole; "We begin decorating the night before at 6 p.m. It takes 350 volunteers to decorate the North Pole. All the work and the decorations are donated."

Jim Lynch from Michigan attended the event with his teenage daughter Emily. Lynch said, "Emily completed a weeklong research program at NIH. This is a fun day. And to just walk off that plane, we were blown away."

Another element of the day is the impact the event has for the siblings of a challenged child. Wislocka said, "Today's event is so important for the sick kids, but also for their siblings because their parents' focus has been on the sick child. United Airline employees and our volunteers make sure the siblings get just as much attention and love."

Xin Huang's 3-year old daughter, Heidi, attends the Maryland School for the Deaf and Blind. While Heidi rested in her wheelchair, Huang said that this was the second time they had attended the event. She

added, "It's an important family event. Last year, every other month, Heidi's brother, Leon, would ask about it. He absolutely believes we are at the North Pole."

DURING THEIR VISIT to the North Pole, guests experienced an entertainment line up of 13 bands; various support groups such as Summit Therapy Animals and Red Door Salon and entertainers like Aerial Graffiti Jugglers, who all donated their time and talents for the cause.

But the event everyone waited for was his or her personal visit with Santa and Mrs. Claus. Each child had an extended time with Santa and received a bag full of age-appropriate toys or items, purchased specifically for that child.

At 21, Montel Flipping was the oldest invitee. He sat in his wheelchair, eyes alert. His mother, Sonja Flipping said, "Montel was diagnosed with pediatric brain cancer at Children's Hospital. This has been a 4-year journey, and God is awesome." She added that Montel, her only child, had been accepted into the Police Cadet Program one month prior to his diagnosis. "Where trust is, is what matters most," she said as they left to get in line for Montel's visit with Santa.

Ashtin Parker from West Springfield High School and Bryson McDaniels from Lake Braddock High School were two of the gift purchasers for the event. Parker said, "This year we got to buy 800 toys."

McDaniels added: "We got toys every child would like, from ages newborn to 21. If we can make a difference, we will do this any day." Both Parker and McDaniels had formed gift and fund drives, Ashtin's drive was named Ashtin's Angels and McDaniel's was Bryson's Blessings.

McDaniel's added: "We really put a lot of thought into what to buy, headphones, books, puzzles, then he added: "The headphones are for the 21-year old."

For more information about Fantasy Flight, contact United Airlines. For more information about Children's Hospice International that ensures medical, psychological, social, and spiritual support to all children with life-threatening conditions and their families, contact www.CHIONline.org.

NEWS

Snoopy, Muppets, Grinch, Christmas and Hanukkah

Westfield High to present 'Ho Ho Holiday Show.'

BY BONNIE HOBBS
CENTRE VIEW

Sugarplum fairies, the Grinch, Charlie Brown, the Muppets and even "Back to the Future's" Marty McFly are all in Westfield High's upcoming "Ho Ho Holiday Show." Student-directed, it's comprised of five short plays and takes the stage Friday, Dec. 16, at 7 p.m., and Saturday, Dec. 17, at 11 a.m. and 2 p.m. Tickets are \$5 at the door, and attendees are encouraged to bring new, unwrapped toys for Toys for Tots. Here's what's on tap:

'Hanukkah Story – Back to the Maccabees'

Directed by Miles Josephh, Marty Bernier and Nate Riester, "Hanukkah Story – Back to the Maccabees" is based on the movie, "Back to the Future," except that the characters will travel to 200 B.C. to the time of the Maccabees and the first Hanukkah.

The cast of nine features John Henry as Marty McFly, Nathan Marshak as Doc Brown, Josh Moore as Biff Antiochus, Aja Rene as Lorraine, and Braeden Anderson as George. "When they go back in time, Marty runs over Mathias and Judah with the DeLorean, so Doc and Marty have to pretend to be them," said Josephh.

"They're trying to save Hanukkah from the Greek oppressors," said Bernier. "Marty drops and loses a copy of the Torah, and Biff picks it up and uses it to try to prevent Hanukkah from coming." Bernier and this play's stage manager, Pressley Johnson, co-wrote the script.

"Every year, we try to do something different with the Hanukkah story," said Josephh.

"After last year's show, we joked about what it could be for the next year, and we realized that 'Back to the Future' could actually work," added Bernier. "We have a great cast, and the actors are really figuring out and getting into their characters."

"This is a comedy, and we wanted to appeal to the whole audience, not just kids," said Josephh. "The parents will be familiar with the movie, and we'll also introduce it to a new generation, while teaching them about Hanukkah."

'The Muppets' Christmas Carol'

With a cast of 16, seniors Charlie Parsons and Maya Hossain are directing "The



The directors of Westfield High's "Ho Ho Holiday Show" get into the spirit of the season.

Muppets' Christmas Carol." The story is told by Muppets Gonzo (Kaili Fox) and Rizzo (Nora Lewis). Harry Schlatter portrays Kermit the Frog as Bob Cratchit, Hayden Cutler plays Scrooge, and Cassie White is baby Kermit as Tiny Tim.

"I really appreciate how open they are to trying new things and making strong character decisions," said Parsons. "A lot of the cast are underclassmen, but they've gotten right into being Muppets."

Although it's his first time directing, he's in his fourth year of theater at Westfield. And, said Parsons, "It's nice to pass down that knowledge to others, as well as to be on the other side of production. Directing is a lot about how you interact with people. And you have to think about the process as a whole — for example, how the costumes and set will fit into the scene — and not just directing the actors."

This show is the traditional "Christmas Carol" story by Charles Dickens, but portrayed by Muppets. "That makes it funnier and more entertaining to kids," said Parsons. "People will like the genuine good time the cast members are having playing Muppets, and that really translates to how much fun it'll be for the audience to watch."

'Merry Christmas, Charlie Brown'

Featuring the characters from the "Peanuts" comic strips and TV cartoons, "Merry Christmas, Charlie Brown" is co-directed by Kaley Haller and Ruby Tippl. The cast of 17 includes Ryan Kirby as Charlie Brown, Diana Witt as Lucy, Anna Krelovich as Sally,

Paul Lee as Linus, and Sean Egan as Snoopy.

"The cool thing is that we have a lot of underclassmen, so this show gives them an acting opportunity," said Haller. "It's good to see fresh, new faces, and they each have at least one line to speak. They're really excited about being on the Westfield stage."

This play is the familiar story of "A Charlie Brown Christmas," but condensed. "But it still has the iconic theme song and the football kick," said Haller. "The audience will like the energy the actors are bringing to it, and there's always something going on onstage."

Calling the storyline "heartwarming," Haller said it will "bring people back to their youth. And it's fun to watch because, this time, it's all right for the actors to be cartoonish onstage — because that's the essence of Charlie Brown."

As a director, she's been making sure that each actor gets his or her moment to shine. "I've also learned how much wiggle room there is in directing a play while, at the same time, staying true to the story," said Haller. "I'm also Westfield's thespian [chapter] president, so I'm happy to give some of our underclassmen their start in their theater careers here."

'The Grinch'

It wouldn't be the holidays without the story of "The Grinch," and co-directing it are Allie Bush and Ian Balderston. The cast of 10 features Valerie Spiegelthal in the title role; Hana Hossain plays Max the dog, and Lauren Levine is Cindy Lou Who. The Whos

of Whoville sing "Dahoo Doores" and Drew Tobin sings "You're a Mean One, Mr. Grinch."

"Things are going well," said Bush. "The cast is very easy to work with and are happy to be part of this show, so I'm excited to see how it's all going to work out. And Valerie's doing a great job acting like a person she wouldn't normally act like in real life."

Bush has acted in the Ho Ho show, the past three years, so she's enjoying getting to direct now. "I learned that you think you're organized, and then things happen that you don't expect and have to adapt to," she said. "So you have to listen to the ideas of the other directors and the members of your cast."

"This is a very fun show," said Bush. "The Grinch has unique ways of moving around the stage, and this is a classic Christmas show, so many people have watched the movie and are familiar with the story. All the Whos wear pajamas and have their own personalities, which will be reflected in the types and colors of their pajamas. We also have fun props, such as Christmas packages, a chimney and a Christmas tree. And when the Whos eat 'Who Pudding,' they'll eat snack packs."

'Twas the Night'

An all-dance production, "Twas the Night" is co-directed by Aubrey Cervarich and Sara Bresnahan. The 20-person cast features freshman Keeley Rogers as the Sugarplum Fairy, sophomore Bridgette Carey as Rudolph the Red-Nosed Reindeer and junior Gene Kim as the Nutcracker.

"It's a great cast, and Nik Glover narrates the story," said Cervarich. "He reads the poem, 'Twas the Night before Christmas,' while the children are dreaming of the Nutcracker and act out that story with the fairies and the mice. And then Rudolph and the other mice join in."

Cervarich is also happy to be directing. "The students who've played the Sugarplum Fairy and Rudolph get to direct this show as seniors, so it's something Sara and I have both been looking forward to and carrying on the tradition."

"We do ballet and jazz dancing and use the same choreography every year," she continued. "But each director puts their own spin on it and tailors the choreography to the strengths of the dancers. The actors are also making this story their own, and it's cool to see the different generations do this story at Westfield. They play different roles each year as the legacy of this show here lives on."

She said the audience will enjoy seeing this production. "It's really fun," said Cervarich. "They'll get to see ballet and jazz, beautiful fairies, scary mice and lovable reindeer — and it's all very high-energy."

Distance Learning

Clifton resident's pursuit of Pluto's secrets.

BY ASHLEY CLAIRE SIMPSON
CENTRE VIEW

About a decade ago, the public found out that Pluto was no longer considered one of the nine major planets in the solar system. In 2006, the International Astronomical Union demoted the small planet, the furthest of the nine away from the sun, to “dwarf planet” status, citing Pluto’s size and location as the reason for its revised status.

Clifton scientist Dr. Michael Summers, also a professor of Planetary Science and Astronomy at George Mason University, said he still considers



Dr. Michael Summers

Pluto one of the nine major planets in the solar system. One of the foremost experts on Pluto, Summers is part of the New Horizons mission team, which has spent the last decade designing, preparing and maneuvering a space probe for the first ever close-up observation of Pluto.

“In its basic form, a space probe is an independent robotic vehicle carrying a set of instruments that is launched via high power rocket into deep space,” Summers said. “It communicates with ground control by radio communications. Typically, a spacecraft has onboard computers controlling activities, but its activities can be controlled by scientists on Earth if that is needed.”

Summers’ role on the mission team is far from over, despite the probe’s having passed by Pluto last year.

“My role on the team has been in planning and carrying out atmospheric science observations and analysis,” he said. “Pluto has a very complex atmosphere, much more complex and difficult to understand than we expected. So I spent many of the early years helping to plan the atmospheric science observations, then years of modeling Pluto’s atmosphere in order to make baseline predictions for the team. After the launch we had to put together a detailed encounter plan. Throughout this mission I’ve been the Deputy Lead of the Atmospheric Science Theme Team.”

Summers and his 23 other team members launched the probe from Cape Canaveral on Jan. 19, 2006. However, it didn’t reach fly by Pluto until nearly a decade later. The length of the mission speaks to how far away Pluto is from Earth, especially considering that New Horizons was launched at a speed of 38,000 miles per hour.

“By the time I flew home to Clifton from Cape Canaveral after the launch, the probe had passed the orbit of the moon,” Summers recalled. “A month later, it had passed Mars’ orbit, so that gives you an idea just



Pluto: In a class of its own.



Dr. Michael Summers at a NASA press conference about the New Horizons mission.

how far away Pluto really is. We were actually able to cut the time of the trip by directing the spacecraft to a close flyby of the planet Jupiter in February 2007. We used Jupiter’s gravity to slingshot the spacecraft, speeding it up, but, even so, it took us until July 14, 2015 to get to Pluto. And, New Horizons was the fastest spacecraft ever launched from Earth.”

IN THE TIME it took the probe to reach Pluto’s orbit, two members of the original team died, and a couple others moved on to different positions. Still, Pluto’s distance wasn’t the only factor that made the mission so complicated.

“There are actually numerous space probes, called satellites, in Earth’s orbit that operate pretty much the same way as New Horizons,” Summer said, “but deep space missions are much, much more difficult for many reasons. Just one example is the time delay for communication. For the New Horizons spacecraft at Pluto, the time delay for radio signals to get to Earth was about four and a half hours. So any signal sent from the spacecraft took that long to get to us to let us know what was going on with the mission.”

The New Horizons mission provided the first images of Pluto that humans had ever seen — resulting in groundbreaking discoveries that refuted previous assumptions about Pluto’s terrain, atmosphere, interior, and its five moons.

“We were incredibly surprised to see what we did see on Pluto,” Summers said. “We expected it to be cold and dead — much like the Earth’s moon — but it really was a geologically active and diverse place.”

He added that while the other eight planets are categorized into two classes — terrestrial and gas giants — Pluto, as a dwarf ice planet, is in a third class of its own.

“We’re finding out that many of the most

interesting places in the solar system are out there in the region of Pluto’s orbit,” he said. “There are 100,000 objects like Pluto, called Kuiper Belt objects, in that region of our solar system. We know they exist, and that they have enormous amounts of water and other resources. Utilizing all those resources will be crucial for the future of humanity’s exploration of deep space. We found that Pluto has an ocean of water below an ice crust that we think is about six miles thick. There may be more liquid water inside Pluto than in all of Earth’s oceans combined. And, of course, there has to be the energy inside Pluto to keep all that water in liquid form. Energy, raw materials and liquid water are all required for life, and Pluto has plenty of them.”

The small size of Pluto, with a diameter less than 20 percent of Earth’s, does not mean that Pluto is in any way less interesting as a planet.

“There have been so many discoveries, it’s almost exhausting to see something new every time we study the observations,” he said. “We are having to rewrite planetary textbooks, and write the first books ever on dwarf ice planets. What we learn doesn’t just help us understand Pluto, it also helps us understand the other planets and even the Earth. The New Horizons mission changed how we think about the solar system.”

While experts sift through all the discoveries, the New Horizons spacecraft continues to work for its creators. The National Aeronautics and Space Administration (NASA) approved a detour for the space probe to check out a neighbor, relatively speaking, of Pluto.

“We are flying by another dwarf ice planet in about two years from now,” Summers said. “It’s a complete bonus. We knew it was a possibility, but the spacecraft is completely healthy and has plenty of fuel and energy

on board, so we decided to propose to NASA to continue the mission and fly by another dwarf planet that was near the spacecraft’s trajectory. It will reach that body on New Year’s Day, 2019. What we know is that this object very small and may be more rocky and metallic than Pluto. We don’t know whether or not it has an atmosphere.”

Summers was studying Pluto long before New Horizons first began its journey more than a decade ago. He began his research on Pluto in graduate school at Caltech in 1982, and, in the late 1990s, he and his fellow future New Horizons mission colleagues began planning for a Pluto mission to propose to NASA. And, long before he studied the solar system in any official capacity, Summers was just a boy in western Kentucky whose interest in outer space piqued during America’s space race with Russia.

“I’ve been interested in space since I was 7 years old when my parents gave me my first telescope,” he said. “I was able to see four of the major planets even with such a small telescope, including Saturn with its rings, so that hooked me on astronomy.”

IN ADDITION to conducting his own research on Pluto, he also works with George Mason University students who are doing research about the planet.

Adam Jacobs, a Ph.D. student in physics and also Summers’ research assistant, said that Summers has certainly influenced his course of study.

“Dr. Summers is my dissertation research advisor,” Jacobs said. “Working with him is definitely a privilege. As a young scientist, it is critical that you get guidance and advice from an experienced scientist that not only knows their stuff but also is approachable and great at communicating ideas and goals. I found this with him. The other interesting thing that I get to be exposed to is the work dynamic and pace of a NASA science team. When the New Horizons data started coming, the culmination of so much hard work, patience, frustration, and entire careers even, started to come together. I’m not part of the team, but being able to witness just glimpses of that is exciting and a testament to the modern scientific process.”

Summers has spent more than 30 years poring over Pluto, and his work is nowhere near done. The years that Summers and his colleagues have devoted to Pluto have produced just as many questions as it has conclusions.

“Many Pluto mysteries that came out of this mission,” Summers said. “For example, what is the internal heat source? There must be an energy source that we just haven’t identified. Elements of the atmosphere out there were much more unusual than we expected, and there were just so many things we’d never seen before. Recently, we finally got all the data back from the spacecraft, and I can tell you that we will be studying this information for years. Hundreds of scientific papers will come out of this mission. It’s a scientific bonanza in a way.”

Centreville Labor Center To Celebrate Five Years

Public invited to event this Sunday.

BY BONNIE HOBBS
CENTRE VIEW

When the Centreville Labor Resource Center (CLRC) opened its doors, five years ago, to serve the community's immigrant population, it was hoped that it would be a success. But no one knew for sure.

Now, though, it's safe to say that things are going well for this local job center.

And that's thanks to the workers, themselves, and to the dedicated volunteers of the Centreville Immigration Forum (CIF), which runs the daily operations of the CLRC.

It's also due to the local residents who have come to embrace the center and hire its workers regularly to perform a variety of jobs, both inside and outside the home. So it's only fitting that the public is invited to help the CLRC celebrate its fifth anniversary, this Sunday, Dec. 11, from 2:30-6:30 p.m.

The festivities will be held at the center at 5956 Centreville Crest Lane in the lower



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Preparing to cut the ribbon when the center officially opened in December 2011 are (from left) Alice Foltz, workers Alejandro Santiago and Miki Carrillo, former Sully District Supervisor Michael Frey and landlord A.J. Dwoskin.

level of the Centreville Square Shopping Center. The fun includes a professional, Guatemalan marimba band performing

throughout the afternoon, traditional food provided by the worker community, and a piñata.

"In the 5 years since opening the center, the workers, volunteers and staff there — more than 1,000 of us — have not only survived, we have thrived," said CIF President Alice Foltz. "Joining our talents together to be a local solution to a local problem, CIF created a space that has served more than 900 residents who needed to hire temporary labor."

The center has become a community home for immigrants from Central America, South America, the middle East, Ghana and Sierra Leone, Korea and Afghanistan. Workers have learned trade skills and the English language while also learning about health, finances and traveling in Northern Virginia. Even unemployed, life-long residents have benefited from the CLRC job offerings.

CLRC is the only trade-skill-based, indoor job and job-training site in Northern Virginia. Workers who obtain jobs through the CLRC staff, and employers know the skills of the workers they're hiring. And, added Foltz, "We pride ourselves on customer service and follow-up."

For more information, or to hire a worker, call the center at 703-543-6272. Director Jasmine Blaine or one of her assistants will be glad to answer questions.

THE

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JANUARY

1/4/2017.....Wellbeing, Renewal, Resolutions

1/11/2017.....HomeLifeStyle

1/18/2017.....A+ Camps & Schools

1/25/2017.....Community Guide

1/25/2017.....Winter Fun, Food, Arts & Entertainment; Valentine's Preview

FEBRUARY

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2/1/2017.....Wellbeing - National Children's Dental Health Month

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OPINION

Ways to Help Our Neighbor's Child

The nonprofit Our Neighbor's Child (ONC) provides financially struggling, local families with new toys and clothes for the holidays. Children under 12 also receive brand-new books, and every family gets two dozen, home-baked cookies made by the local high schools.

"Fairfax County is an expensive place to live; and for many residents, it's hard to make ends meet," said ONC Executive Director Kelly Lavin. "So our efforts relieve stress on what are mostly single moms worrying about how they'll provide for their children for the holidays. And in most cases, we're preventing them from using next month's electric-bill payment or rent money for it, instead."

This year, ONC will brighten Christmas for some 800 families — but that's a big task, and it can't do it alone. It really needs the community to step up and lend a hand toward the effort. Here's how people may help:

❖ Sunday, Dec. 11, from noon-2 p.m., set-up day at the warehouse.

❖ Monday-Tuesday, Dec. 12-13, from 3:30-6:30 p.m., Westfield, Centreville and Chantilly high school SGAs - warehouse gift drop-off.

❖ Wednesday, Dec. 14, from 3:30-6:30 p.m., bag check and shopping night.

❖ Thursday, Dec. 15, from 9 a.m.-6 p.m., packaging day.

❖ Thursday, Dec. 15, from 10 a.m.-4 p.m., Cookie drop-off at the Virginia Run Community Center, 15355 Wetherburn Court, off Route 29 and Pleasant Valley Road, in Centreville. ONC will deliver approximately 20,000 home-made cookies along with the gifts, so plenty of baking help is needed. Each family gets a mixed assortment; bring the cookies in disposable containers.

❖ Sunday, Dec. 18, from 1-4 p.m., delivery day.

❖ Wednesday, Dec. 21, from noon-2 p.m., warehouse clean up.

To help with any of these things, people may email ONC at volunteer@ourneighborschild.org or sign up at www.ourneighborschild.org, and click on "volunteer" at the top of the page. They may pick whatever appeals to them; baking cookies, shopping, packaging gifts, delivering gifts, or setting up or cleaning up the warehouse.

— BONNIE HOBBS



Last Saturday, Dec. 3, students in Stone Middle School's National Junior Honor Society held a Panther Drop-Off gift collection for Our Neighbor's Child. Community members brought donations of brand-new toys, books, games and clothing to the school, and the students packaged it all up and loaded it in a truck for transport to ONC's warehouse.

Stone Middle students prepare to place the donated items in a truck.

PHOTOS BY
BONNIE HOBBS
CENTRE VIEW



The students help load donations for ONC recipient families into this truck for transport.

CENTREVIEW

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Little Rocky Run
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A Connection Newspaper

Preventing Underage Drinking

Experts suggest holding honest conversations.

By MARILYN CAMPBELL

As Bridget O'Brien took inventory of her liquor supply recently, she checked off vanilla rum, white chocolate liqueur, peppermint schnapps, Champagne and Crème de cassis. These fanciful ingredients would be the key ingredients of the signature drinks — candy cane cocktails and kir royale — that guests had come to expect at her family's annual Christmas caroling party. This year, however, there was a new item on her checklist: keeping a close eye on her 13-year-old daughter, 16-year-old son and their friends, who would be among the guests at the family-friendly affair.

"The party begins at our house and we stroll to the end of the street singing carols," said O'Brien. "There are so many people that it would be easy for kids to wander off back to the house where they'd be alone with the alcohol. They're starting to want more independence now, so we naturally lose some of the control that we had when they were younger."

A recent study from the Substance Abuse and Mental Health Services Administration shows that increased access to alcoholic beverages for underage drinkers, combined with less oversight from distracted adults and mixed messages from parents may fuel surges in underage drinking during the holidays.

"A lot of parents would be surprised that their child would drink, but there are a lot of ways for children to get alcohol," said Allen Lomax, executive director of the Substance Abuse Prevention Coalition of Alexandria. "It's easy for them to get alcohol from their parents' home if it's not locked up. You have to constantly monitor parties in your home when teens are there because there's a good chance that someone, even if it's not your own child, could have alcohol."

According to the Centers for Disease Control and Prevention, underage drinkers are responsible for between 10 and 20 percent of all alcohol consumed. They also make up the highest percentage of impaired drivers, and during the holiday season, two to three times more people die in alcohol-related crashes than they do during the rest of the year. In fact, 40 percent of traffic fatalities during this period involve a driver who is under the influence of alcohol. As a result, child safety advocates encourage parents to have frequent conversations with their children about alcohol.

"It is best to start the conversation ... long before the child might be in a situation where they partake in underage drinking," said Linda R. Cote-Reilly, Ph.D., a developmental psychologist, certified family life educator and professor at Marymount University in Arlington. It's not that different from conversations about sexual activity. One big difference, though, is that the child will have observed his or her own parents' alcohol use, so parents should be prepared to ... answer pointed questions."

In fact, personal experiences, even those that are unpleasant, can be teachable moments and should not be avoided or sugarcoated, said Cote-Reilly. Inform older children of any family history of alcoholism or alcohol abuse. "Some children will have an

alcoholic in the family, and parents should always address that situation honestly and in child appropriate language. For example, a child might say, 'Why did Uncle Jim fall asleep during Thanksgiving dinner?' and the parent could respond, 'Because he drank too much alcohol.'"

Because alcohol is a legal substance that children often observe adults consuming, and that they themselves might legally consume themselves later in life, the issue can be confusing.

Cote-Reilly advises parents to start by mulling over their own views on alcohol. "Parents values will vary," she said. "If the child is an older adolescent, parents can explain why they made the choices they did, for example, to be a teetotaler, regular drinker or somewhere in between."

While parents want to curb underage drinking to keep their high school children safe and avoid legal penalties, rather than simply banning alcohol, parents "need to lay the groundwork for their children to consume alcohol responsibly in early adulthood," said Amy L. Best, Ph.D., professor and chair, Department of Sociology and Anthropology, George Mason University. This is especially important for students transitioning to college, where binge drinking is more common.

Engaging in a straightforward discussion that is void of mandates and hard-lined rules is the most effective approach in getting children to be receptive, advised Best.

"Research suggests that when parents focus on rules and discipline, adolescents tend to be more likely to engage in surreptitious drinking and succumb to peer pressure," agreed Shannon N. Davis, Ph.D., associate professor of sociology at George Mason University. In fact, parents who talk to their adolescents about drinking as something that is forbidden might actually enhancing its desirability. Instead, [discuss it] as something that in moderation is part of adult life.

"Children often harbor ideas about alcohol that are downright wrong," said Best. "Sometimes this means parents just listen and then can share their own observations, as well as the strategies they used to navigate the complex world of adolescent and adult drinking."

Ask a child to research the consequences of underage drinking, both legal and safety, and review that list with your child. Develop a family position on alcohol consumption, set clear boundaries and ask your child to commit to those standards. Decide on consequences for breaking the commitment and make sure children understand those repercussions.

"It is important that teens have the means to forge a sense of self that is separate from their parents," said Best. "That is the fundamental developmental project of adolescence. When teens have productive means to forge a sense of self independent of parent(s), alcohol holds less appeal."

One overarching factor that affects not only underage drinking, but other adolescent temptations is the process of developing a healthy sense of self-worth. "Parents want to ensure that their adolescents have high levels of self-esteem that allow them to feel comfortable saying 'no' to any circumstance where they are uncomfortable or pressured by their friends," said Davis. "Reminding adolescents that it is OK to be different is a hard thing, and it is a hard thing for the adolescents to hear."



PHOTO BY MARILYN CAMPBELL

The holidays and the resulting increase in celebrations and parties create opportunities for underage drinking.

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HOLIDAY ENTERTAINMENT

UNTIL DEC. 31

Holiday Giving Projects.

Democratic Women of Clifton and Northern Virginia kicked off it's annual Holiday Giving project and chose Britepaths (britepaths.org) and Fairfax Firefighters and Friends to the Rescue (www.ffandfriends2therescue.org) to receive donations. Dll donations are tax deductible. Donations to Britepaths, a local nonprofit organization that provides assistance to Northern Virginia families experiencing financial hardship, will be distributed to the families in January. Grocery store gift cards as well as checks for the organization to purchase cards, should be made out to Britepaths and sent to: DWCNV, P.O. Box 143, Clifton, VA 20124. Donations will be accepted until Dec. 31, 2016 for January delivery.

cliftonwomendems@aol.com

Sheehy Cares Toy Collection.

Through Dec. 9, Sheehy Auto Stores in Chantilly will collect new, unwrapped toys as part of the company's annual Sheehy Cares Toy Collection to benefit the U.S. Marine Corps Reserve Toys for Tots Program at 25 dealership locations. Sheehy Cares Toy Collection drop-off location in Chantilly: Sheehy Infiniti of Chantilly, 4145 Auto Park Circle

HomeAid NOVA Year-End

Donation. Help with a year-end donation of \$100, \$200, \$500, \$1,000 or more, and make a difference in the lives of the more than 5,000 homeless men, women, and children living in Northern Virginia. info@homeaidnova.org, 571-283-6300 HomeAid Northern Virginia, 3684 Centerview Drive, Suite 110B, Chantilly, VA 20151.

Long & Foster, Toys for Tots.

Through Dec. 14, Long & Foster Real Estate in Chantilly is once again participating in the U.S. Marine Corps Reserve in its Toys for Tots program. Community members may drop off new, unwrapped toys. Employees at the company's corporate headquarters are also participating in the annual initiative, collecting donations at the building located at 14501 George Carter Way.

FRIDAY/DEC. 9

"A Fairfax Nutcracker." 8 p.m. at

GMU Center for the Arts Concert Hall, 4400 University Drive, Fairfax. The Fairfax Symphony Orchestra and the Fairfax Ballet Company, based in Chantilly, have created "A Fairfax Nutcracker." Fairfax Ballet Company member Lilah Fortin will dance the major role of Clara, the young girl who dreams of magical moments on Christmas Eve. Dancing with Fortin will be artistic staff and students from Fairfax Ballet and experienced professional dancers. 888-945-2468 or visit www.fairfaxsymphony.org/nutcracker-1/

SATURDAY-SUNDAY/DEC 10-11

"The Nutcracker." 3 p.m. at

Centreville High School Theater, 6001 Union Mill Road, Centreville. Proceeds will benefit CVHS Drama Scholarships and St. Jude Children's Research Hospital. \$12. msb.nutcracker.tickets@gmail.com.

SATURDAY/DEC. 10

Christmas Open House. 11 a.m.-3

p.m. at Oakton Baptist Church of Chantilly, 14001 Sullyfield Circle. This will include a tour of the church, free hot chocolate, and three food



'A Fairfax Nutcracker'

PHOTO CONTRIBUTED

The Fairfax Symphony Orchestra and the Fairfax Ballet Company, based in Chantilly, have created "A Fairfax Nutcracker" 8 p.m. at GMU Center for the Arts Concert Hall, 4400 University Drive, Fairfax.

trucks selling Taco/Latin, Grilled Cheese, and a Carnival/Kid-Friendly truck. Children 12 and under can participate in Christmas shopping in the Fellowship Hall with new and gently used wrapped items while supplies last. A small donation will be accepted for each item.

www.facebook.com/OaktonBaptistChurch

SUNDAY/DEC. 11

Family Advent Workshop 3-5 p.m. at Centreville United Methodist Church, 6400 Old Centreville Road.

Event for the entire family that focuses on the birth of Jesus and homemade crafts. Free. Call 703-830-2684.

WEDNESDAY/DEC. 14

Blue Christmas Service. 7 p.m. at King of Kings Lutheran Church, 4025 Kings Way. Prayers, scripture, candle lighting and music. 703-378-7272

BEFORE DEC. 15

U.S. Postal Service Letters from Santa Program. The U.S. Postal Service can help with Santa replies to a child's letter — complete with a North Pole postmark. Visit about.usps.com/holidaynews/letters-from-santa.htm to learn how a child can get a letter back from Santa. .

SATURDAY/DEC. 17

Candlelight Events at Sully

Historic Site. 4:45-8 p.m. at Sully Historic Site, 3650 Historic Sully Way. Meet Sully's Santa and hear a reading of "A Visit from St. Nicholas." See a Christmas tree decorated according to an 1885 memory, and make a decoration. Take the 45-minute house tour with start times every 15 minutes from 4:45-7 p.m. Stay to enjoy outdoor festivities until 8 p.m. \$10. 703-437-1794 www.fairfaxcounty.gov/parks/sully-historic-site/

SUNDAY/DEC. 18

35th Annual Manassas-Bull Run

Christmas Bird Count. 7-11:30 a.m. at Various points around Centreville. Birders of all skill levels are invited to participate. audubonva.org/contact-bob

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HOLIDAY ENTERTAINMENT

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

ONGOING

White House Ornament Sale. GFWC Western Fairfax County Woman's Club is selling 2016 White House Christmas ornaments. This year's ornament honors our 31st President, Herbert Hoover. The ornament, inspired by a White House fire on Christmas Eve, 1929, is a fire truck carrying a Christmas tree. Ornaments are \$21. Call 703-378-6841 or 703-378-6216. It is possible to order previous years' ornaments.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Lego Block Party. Every other Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

PET ADOPTIONS

Adopt a Cat or Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

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

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

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

THURSDAY-SATURDAY/DEC. 8-10

"Guys and Dolls" Musical. Thursday, Dec. 8 at 2:30 p.m.; Friday, Dec. 9 at 7:30 p.m.; Saturday, Dec. 10 at 3 p.m. Thursday performance is presale tickets only at Stone Middle School, 5500 Sully Park Drive. \$7. sarahebtodd@gmail.com or 703-631-5500

FRIDAY-SATURDAY/DEC. 9-10

A Madrigal Feast Renaissance Dinner. 6:30 p.m. at Centreville United Methodist Church, 6400 Old Centreville Road. A four-course dinner, comedic drama, music by brass ensemble and harp, concert by the Royal Court; all presented by costumed performers. Tickets: \$30. Call 703-830-2684.

SATURDAY-SUNDAY/DEC 10-11

"The Nutcracker." 3 p.m. at Centreville High School Theater, 6001 Union Mill Road, Centreville. Proceeds will benefit CVHS Drama Scholarships and St. Jude Children's Research Hospital. \$12. msb.nutcracker.tickets@gmail.com.

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Christmas Open House. 11 a.m.-3 p.m. at Oakton Baptist Church of Chantilly, 14001 Sullyfield Circle. This will include a tour of the church, free hot chocolate, and three food trucks selling Taco/Latin, Grilled Cheese, and a Carnival/Kid-Friendly truck. Children 12 and under can participate in Christmas shopping in the Fellowship Hall with new and gently used wrapped items while supplies last. A small donation will be accepted for each item. www.facebook.com/OaktonBaptistChurch

SUNDAY/DEC. 11

Arts and Crafts Activities. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road. A volunteer in Civil War attire will do candle dipping. Lead acrylic painting, painting wooden train ornaments and other crafts may be offered that day. Most activities are appropriate for ages 8 and above. Supply costs included with admission. Museum members and children 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. www.fairfax-station.org, 703-425-9225

WEDNESDAY/DEC. 14

Blue Christmas Service. 7 p.m. at King of Kings Lutheran Church, 4025 Kings Way. Prayers, scripture, candle lighting and music. 703-378-7272

THURSDAY-FRIDAY/DEC. 15-16

INOVA Fair Oaks Hospital Auxiliary \$5 Jewelry and Accessory Sale. 8 a.m.-4 p.m. at the Hospital Atrium 3600 Joseph Siewick Drive.

SUNDAY/DEC. 18

35th Annual Manassas-Bull Run Christmas Bird Count. 7-11:30 a.m. at Various points in a 15-mile diameter circle around Centreville. Birders of all skill levels are invited to participate in the 35th Annual Manassas-Bull Run Christmas Bird Count, sponsored by the Audubon Society of Northern Virginia. audubonva.org/contact-bob

MONDAY/DEC. 19

PTA Spirit Event. noon-11 p.m. at Buffalo Wild Wings, 11204 Swart Circle. 10 percent of the total bill (food, all beverages, carry-out and dine-in) goes to Centreville Elementary School's PTA. Don't forget to mention, "Centreville Elementary School." LRKaiser@fcps.edu

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Local Author Gives. Local author K.L. Kranes book "The Travelers," is set in the fictitious Falls City, Virginia, follows Dagny and Marc, 16-year-olds who meet by chance and fall in love. They are forced to hide their relationship from their families or else face dire consequences. A portion of the proceeds from book sales through Dec. 31, 2016 will go to charities that promote reading and discourse through books. klkranes@gmail.com, 703-966-2336 www.klkranes.com



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Ono Brewing Company Corp., trading as Ono Brewing Company, 4520 Daly Dr. Suite 102, Chantilly, VA 20151. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Brewery license to sell or manufacture alcoholic beverages.
Scott Hoffman, President
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NOVEC Approves CashBack Payout

The Northern Virginia Electric Co-operative board of directors has approved returning \$3.1 million in CashBack to customer-owners during the December billing cycle. NOVEC will also give power-cost-adjustment credits to customers in 2017.

As a not-for-profit business, NOVEC annually allocates back to customers revenue the co-op receives over and above the cost of doing business. Such margins are held in CashBack accounts for each customer in proportion to the kilowatt-hours (kWh) of electricity purchased. NOVEC retains a portion of the margins to fund electric-system infrastructure upgrades and expansions, and to fund service restorations when major power outages occur, such as during severe winter storms.

Current customers will see their share of the return as a credit on their December bills. Former customers will receive checks in the mail.

In addition to receiving CashBack credits, NOVEC will give customers power-cost-adjustment (PCA) credits on each monthly bill in 2017. Pending final Virginia State Corporation Commission approval, the PCA factor will be just over \$0.008 per kilowatt-hour consumed. As a result, customers who consume an average of 1,300 kWh per month will receive a credit of a little more than \$10 each month.

NOVEC customers will be paying less per kilowatt-hour for energy they consume in 2017 than they did in 2009 when NOVEC took over power-supply responsibility.

NOVEC, headquartered in Manassas, is a not-for-profit electric utility corporation that supplies and distributes electricity and energy-related services to approximately 164,000 customers in Fairfax, Fauquier, Loudoun, Prince William, Stafford, and Clarke counties, the Town of Clifton, and the City of Manassas Park. See www.novec.com.

ROUNDUPS

Help with Toys for Tots

The Fairfax County Fire and Rescue Department is participating in this year's Annual National Capital Region Fire and EMS Departments' 2016 Toys for Tots Campaign. The intent of the campaign is to "bring holiday joy and deliver a message of hope to children."

Last year, thanks to the generosity of those who live and work in Fairfax County, the Fire and Rescue Department collected more than 13,000 toys.

Children who are served by this campaign include toddlers and youths through age 17. The campaign will only accept new unwrapped toys and they can be dropped off at any of fire and rescue station. Toys used as weapons or considered to be weapons (i.e., toy guns or knives of any kind) will not be accepted. Checks or money orders for donations must be made payable to Toys for Tots.

Fairfax County Fire and Rescue stations will accept donations through Friday, Dec. 16.

Free Carseat Inspections

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

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

dates and times.

Apply for Citizens' Police Academy

Interested in learning more about local law enforcement? The Citizens' Police Academy (CPA) is designed to give participants a look behind the badge and to provide information about training, policies, and all the different units and divisions within the Fairfax County Police Department.

Applications are now being accepted for the spring session. The academy is a 10-week educational program that is free of charge for anyone who lives or works in Fairfax County.

Class size is limited to 40 participants all of whom are required to undergo a background check. Applicants should submit their application no later than Dec. 15. Applications may be sent to cpa@fairfaxcounty.gov or Fairfax County Police Department Citizens Police Academy I/C Operations Support Bureau 3911 Woodburn Road Annandale, VA 22003.

Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice; fruit juice; jelly; red, white or black beans (can or bagged); canned vegetables (no green beans of corn needed); macaroni and cheese; can pasta; pasta sauce; and pasta (spaghetti, rotini, elbow, etc.).

Toiletries needed, which WFCM clients cannot purchase with food stamps, include diapers, toothpaste, shampoo and solid deodorant. Bring all items to WFCM's food pantry's new location at 4511 Daly Dr. Suite J, Chantilly from 9 a.m. to 1:30 p.m., Mondays through Fridays.

Contact Terri Kelly at tkelly@wfcma.org if willing to coordinate a food drive.

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Rocking the Chair



By KENNETH B. LOURIE

Not that I was ever a CB person (Citizens Band radio), good buddy, but right now, I am in the middle of both my four-to-five week infusion interval and my quarterly-scan interval. Far enough past that I don't have any residual food or emotional issues and not close enough that I have any anxiety about the food and emotional issues that will inevitably occur. I am between a rock and a hard place, and I mean that in an atypical way: I am under no pressure, but no illusions either, oddly enough. I am sailing smooth and riding high, mindful of my reality, but appreciative of the relative — and comparative calm with which this interval affords.

Not that I can be normal (not a cancer "diagnosee"), but this is as close to 'normal' as it gets — for me. After all, I do have a "terminal" form of cancer (non-small cell lung cancer, stage IV), not a cold, so it's not as if it will go away with time. Nevertheless, I am grateful for the particularly good times — now, while trying to manage my expectations for the bad times — later, after this honeymoon-type period ends. But since there have been many more good times than bad since I was diagnosed in late February 2009, I am not bogged down, emotionally by my circumstances, although I am somewhat compromised, physically. Nothing I can't live with, however. Actually, I'm thrilled to live with any of it, 'live' being the operative word.

At this juncture, nearly eight years post initial symptoms (New Year's Day 2009), mostly I can handle what happens to me, so far any way. But when similar stuff happens to others: death, disease, disability, dementia; I feel their pain, sort of; and suffer emotionally. It's not as if I take in all their anxiety, but in a way, the weight of it does affect me. And sometimes, I get weepy over it. As I've written before, and heard many times as well in the cancer world, negative anything is extremely harmful to cancer patients — or most other "terminal" patients I would imagine as well. From my own experience though, I certainly understand the difficult circumstances under which all us patients/survivors endure; remaining positive and being surrounded by positivity is key as is humor, encouragement, compliments, congratulations, compassion and empathy. All are crucial to our core. Healthy bodies we may no longer have, but healthy minds we have to maintain. And the stronger and healthier that mind is, the more it will help us to mind our own business and do so in a manner that will prevent the cancer from taking over those minds.

Just as The United Negro College Fund "slogans" "A mind is a terrible thing to waste;" in the cancer world, it's terrible when patients are unable to use their minds to fight their disease. In many cases, cancer is a killer, there's no doubt about that, but allowing negative emotions to take over is really unhelpful. Accentuating the positive (like the subject of this column) and minimizing the negative has to be the order of the day — and the night, too. You have to find the good or the funny and embrace it, exaggerate it, extend it, elongate it, and reinforce it. Anything to make sure it matters more than the bad. Bad is bad enough on its own. It doesn't need any help from us. Focusing on what I can enjoy hopefully will enable me to keep on trekking, and to "Live long and prosper."

Come back.

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

SPORTS



Ivory Frimpong #4 catches one of his three receptions.



Rehman Johnson runs for yardage against South Lakes.



Westfield Coach Kyle Simmons holds the 6A Northern Region trophy.

PHOTOS BY WILL PALENSCAR

Next for Bulldogs: State Championship Game

BY WILL PALENSCAR

The Westfield Bulldogs and South Lakes Seahawks battled in the 6A North Regional Final — with Westfield securing the trip to Hampton University, on Dec. 10 for the Virginia 6A State Championship.

In the 1st quarter Sean Eckert opened scoring with 7:44 remaining in the quarter when Rehman Johnson connected with him from

7 yards out. After Brian Delaney's point after, Westfield took an early 7-0 advantage. Johnson would throw his second touchdown pass with 5:41 to play in the 1st when he hit Ivory Frimpong for a 35-yard TD. Westfield now led 14-0 after another Delaney PAT. Later, with: 24 seconds to play in the 1st, Johnson would score from 2 yards out and Westfield's third touchdown in the opening quarter. Delaney again was successful with

his third PAT of the opening quarter.

In the 2nd quarter Johnson went to the air again. Once again it was Eckert. The score covered 80 yards. With 7:22 to play in the quarter. Johnson had now thrown his third touchdown pass of the first half. Following another Delaney PAT, Westfield was up 28-0. Eckert and Delaney were not finished. The duo would once again connect for Johnson's fourth

TD pass of the game and Eckert's third TD reception, this one from 8 yards out with 19 seconds to play in the 2nd.

Now leading 35-0, Westfield would score their final points with just 2:07 to play in the 3rd when Saadiq Hinton crossed the goal line, and Westfield would go up 42-0.

In the 4th quarter South Lakes continued to battle even with Westfield resting many of their

starters. Albert Mensah burst for a 45-yard touchdown run just 52 seconds into the 4th. The extra point was blocked by the Westfield special teams and the score was 42-6. South Lake's Mensah would score once again on a 2-yard touchdown run with Westfield then leading 42-12. On the ensuing 2-point conversion, it was Kevin Petrillo who put a hit on Tre Venable on the 1 yard line, thwarting the Seahawks 2-point conversion. The hit could be heard throughout the stands and resonated in the crowd's reaction. Petrillo also intercepted a pass earlier in the game.

Statistically, Westfield was led by QB Rehman Johnson who ran for a TD, completed 11-14 passes with four TDs and one interception. Eckert caught six passes for 176 yards and three scores. Ivory Frimpong, caught three passes for 84 yards and a TD.

Westfield used five players to account for just over 100 yards rushing. Devin Miles, QB for South Lakes completed 9 of 19 passes for 80 yards and two interceptions. Spencer Alston and Albert Mensah together carried the ball 22 times for 141 yards and two touchdowns. South Lakes ends the year with a (12-2) record. Westfield improves to (12-2) and will play Oscar Smith (13-1), of Chesapeake, whose only loss came in week 1 when DeMatha defeated them, 42-7. This will be the second consecutive year that Westfield and Oscar Smith will play for the Virginia 6A title. Westfield won last year's meeting 49-42 in three overtimes.

Westfield's basketball team also won the state title last season, defeating Oscar Smith 74-56. Oscar Smith will travel 27 miles to Hampton while Westfield will travel 180 miles. The 6A Championship will be played on Dec. 10 at Armstrong Stadium at 4:07 p.m.

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