

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

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DINING & GIFT GUIDE PAGE 8

Packing up donations and representing Girl Scout Troop 1871 of Chantilly are Westfield High freshmen (from left) Brittany Cudd, Lauryn Bailey and Laurel Rubens. More photos, page 3.

Lending a Hand To Help Others

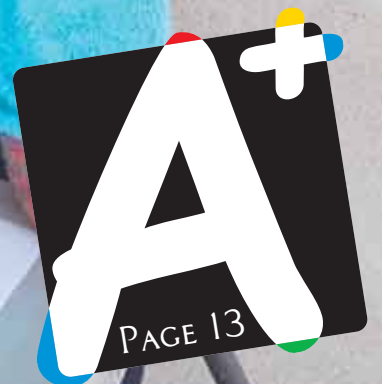
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— REAL STORIES FROM THE EXPRESS LANES —

"My daily commute to work used to take me over an hour. Now, it only takes me 20 minutes. Those extra minutes allow me to spend quality time with my children."

- Jennifer G.
Alexandria, VA

Thanks to the 495 Express Lanes, Jennifer says she can balance being the mother of five young children and working at her job in Tysons. Traveling from Alexandria to Tysons Corner used to take her over an hour, but now it only takes 20 minutes. With those extra 40 minutes, Jennifer is able to eat breakfast with her kids and spend more time with them in the morning. She even has time to take her older children to school before heading to work—and now she can pick them up on the way home, too.

See more real stories from the Lanes at ExpressLanes.com



Jennifer's story was one of our winning entries in our "Express Lanes Love Story" promotion.



Helping out are (from left) Ken Woods and children Kiana and Kennedy, of Grace Covenant Church in Chantilly. More Scouting for Food photos, page 7.



Happily holding canned goods to pack up for delivery to WFCM's food pantry are Kim and Dan Fiul and children Aiden, 9, and Allie, 13, of Chantilly Girl Scout Troop 3327.



From Centreville High's computer-programming class, junior Edd Dugbartey and senior Jailene Sandoval transport a load of donated food to tables for packaging.

PHOTOS BY BONNIE HOBBS

Lending a Hand To Help Others

The annual Sully District Scouting for Food drive benefiting Western Fairfax Christian Ministries (WFCM) was held Saturday, Nov. 14. Thanks to the generosity of the local community, Boy Scout troops collected some 60,000 pounds of nonperishable food and other items for the WFCM food pantry. The donations help local families in need.

More than 900 Boy Scouts plus

some 800 other volunteers — including adults, Girl Scouts and many other youth, school and church groups — participated. "I think this is a phenomenal achievement for a one-day collection, and we really appreciate the generosity of the people in our community," said Michael Adere, heading the Boy Scouts' efforts. "This will definitely benefit WFCM's Food Pantry and those they serve in our local area."



Helping unload donations at the warehouse is Centreville High freshman Shivan Prasad.



Representing Girl Scout Troop 3327 of Chantilly are (from left) Ruth Moran, 9; Riley Weaver, 9; her brother Ryan, 7, and mom Cathy Weaver.

ROUNDUPS

Lane Closures Ahead

Drivers can expect lane closures at Braddock Road and Pleasant Valley Road from 7 a.m. to 3 p.m. next Saturday, Nov. 21, according to the Virginia Department of Transportation. Crews will be doing pipe work, grading and paving.

This work is in addition to regular weekday closures Mondays through Thursdays, 9:30 a.m. to 3 p.m., and Fridays, 9:30 a.m. to 2 p.m.

Construction began in late April to replace the existing four-way stop at the

intersection with a one-lane roundabout in western Fairfax. The \$5.8 million project is being administered in cooperation with Fairfax County and is expected to be completed in Spring 2016.

View more details on the project at:

http://www.virginiadot.org/projects/northernvirginia/braddock_and_pleasant_valley.asp

Bilingual Volunteers Needed

The Centreville Labor Resource Center (CLRC) is collaborating with GMU's school

of Conflict Analysis and Resolution on a community assessment project. The CLRC is looking for bilingual volunteers to assist researchers with conducting interviews. Schedule varies depending on interview times. Contact Molly Maddra-Santiago at director@centrevillelrc.org if interested in this opportunity.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Tuesday, Nov. 24,

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.

SEE ROUNDUPS, PAGE 15

Help Our Neighbors Child Serve Families in Need

BY KELLY LAVIN
FOUNDING DIRECTOR
OUR NEIGHBOR'S CHILD

The weather outside is far from "frightful," but the volunteers with Our Neighbor's Child know all too well that the holidays are just around the corner. In a few short weeks, children from nearly 800 local families in need will be among all children who dream of new toys, books, games or clothing.

Since mid-September, counselors and social workers at elementary, middle and high schools in Centreville, Chantilly and Fairfax area have been meeting with parents from low-income families to gather information on their children's wishes. This will be the 24th year that Our Neighbor's Child has coordinated the community's generous response to those requests.

To date, 767 families have indicated need for their more than 1,854 children. Our Neighbor's Child volunteers have been working to verify addresses, prevent duplication and create wish labels that will soon be attached to ornaments that will be distributed to area Giving Trees.

The ability of Our Neighbor's Child to serve these children rests solely with the community. When our area schools, churches and businesses join together to participate in this effort, it shows these families that they live among those who care. We are only a seasonal effort, but we take pride in our ability to consistently provide, year after year, for each struggling family who reaches out for holiday assistance. There are many communities across Fairfax County and the country that are forced turn families away. We have the great fortune to live in a community that continually steps up to meet the need.

Students from Centreville, Westfield and Chantilly High Schools are preparing to serve in the donated warehouse space to help receive and organize the gifts that arrive from local donation points. They will also be baking some of the 30,000 holiday cookies that are delivered along with the gifts.

Stone Middle School students have already produced several thousand orna-



ONC's Ornament Delivery Coordinator Jenny Bowen prepares to deliver ornaments with children's wishes to more than 44 Giving Tree locations.

ONC Collection Sites

The following churches, schools and businesses will be hosting Giving Trees or General Gift collections:

Association Management Group, Inc.
Bowl America Chantilly
Bowman Consulting Group
Disability Determination Services
Fairfax Counseling Group, LLC
Fairfax Memorial Funeral Home
Ferguson Enterprises
General Dynamics – Herndon
Genesys
Hensel Phelps Construction Co.
Integrity Applications, Inc.
Jobin Realty – Burke
Keller Williams – Chantilly
Kelly Williams – Fairfax Gateway
Kforce, Inc.
ManTech International Corporation
OBC William Crutchfield, DDS
Pennoni Associates
Privia Medical Group
Quest Diagnostics
Scott Long Construction
Studio BE Pilates Co.
Webb Mason
Centreville Baptists Church
Centreville Presbyterian Church
Centreville United Methodist Church
Clifton Presbyterian Pre-School
Greenbriar East Elementary School
King of Kings Lutheran Church
Lifetime Fitness
Pleasant Valley United Methodist Church
Presbyterian Women at Christ Presbyterian Church
St. Andrews Lutheran Church
St. John's Episcopal Church
Bull Run Elementary School
Creative Dance Center
Chesterbrook Academy
Cub Run Elementary
Deer Park Elementary School
ImagiNation Learning Center #1
Langley High School
Minnieland Academy at South Riding
Minnieland Academy at Sully Station
Minnieland at Centreville Square II
Minnieland at Dulles
Poplar Tree Elementary
Stone Middle School
The Appletree School
The Joyce Agency
Virginia Run Elementary
Wal-Mart Chantilly
Westfield High School
Winwood Children's Center

PHOTO CONTRIBUTED

ments needed for this effort and Stone's National Junior Honor Society will host a "Panther Drop-Off" gift collection for the public at their school on Saturday, Dec. 5 from 9 a.m. to noon.

There are still many opportunities to help Our Neighbor's Child. Volunteers are encouraged to visit its website at www.ourneighborschild.org. At the top of the home page are links to "Calendar," "Volunteer Needs" or "Donate Now."

Our Neighbor's Child is a 501c organization that has no paid staff and uses no public donations for overhead. If you donate to ONC, every penny is used directly in the purchase of a holiday gift for a child. All necessary supplies are collected in the community or donated by ONC's founding partners. Checks are very welcome and can be sent to the following address: Our Neighbor's Child, P.O. Box 276, Centreville, VA 20120 Attn: Karen Moore, Treasurer.

While there are some wonderful resources for recycled clothing in our area, the holidays are a time to receive something "brand new." ONC's clothing coordinator,

Stephanie Somers, is looking for volunteers willing to help purchase clothing wishes (one item or several) for the children in our area.

Email Clothing@ourneighborschild.org for more information. ONC would greatly appreciate hearing from organizations in the Centreville, Chantilly, Fairfax area who would like to help support the following critical needs: Bikes, Coats, Gift Cards and Book donation support.

ONC is dedicated toward being good stewards of every donation. The organization is a registered member of the non-profit First Book that provides access to brand new books at deeply discounted prices. The paperback version of "Charlotte's Web" retails for \$7.99 and ONC is able to use donations and purchase it for \$3.90. As a 501c, ONC is able to purchase helmets through another non-profit, Helmets R Us. Helmets sold for \$14 - \$16 at Target, Wal-Mart and similar stores can be purchased for \$7.95, further stretching every donation dollar.

Our Neighbor's Child has been blessed with an outstanding core group of volun-

teers who return year after year to support the organizational efforts. Combined with the loyal support of the churches, schools, business and individuals in our community, we have a very good chance of being there for the families who will truly need us this holiday season. That's a very good feeling.

BULLETIN BOARD

Email announcements to chantilly@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.

ELECTRONICS RECYCLING

Residents Can "E-cycle" at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm for more.

DONATIONS

The **student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

Cell Phones for Soldiers is accepting donations of old cellphones so that troops can call home. Patrons may drop off donations at 14215E

Centreville Square, Centreville.

SUPPORT GROUP

Telephone Support Group for Family Caregivers of Older Adults. 7 p.m. every second Tuesday of the month. This telephone support group is designed to help caregivers of older adults share experiences, gain support and get important information without having to travel. These are one-hour free sessions. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on Caregiver Telephone Support Group.

Fair Oaks Parkinson's Support Group for people living with Parkinson's disease, caregivers and family, meets on the fourth Saturday monthly, 10 a.m.-noon at Sunrise at

Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-378-7221 or visit www.fairoaksparkinsons.com

VOLUNTEERS NEEDED

Shepherd's Center of Fairfax Burke serves those 50+ and who no longer drive. Volunteer drivers are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. Contact Barry Wickersham at 703-359-2918 or aowbrw@verizon.net or contact John Taylor at 703-239-2898 or jajt7@verizon.net. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions:

❖ **The Sully Senior Center** in

Centreville needs a certified personal trainer, preferably with experience working with older adults.

❖ **Meals on Wheels** needs drivers in Chantilly and McLean. Substitute drivers needed throughout the county.

❖ **Korean Meals on Wheels** needs Korean-speaking volunteers to deliver meals in Centreville, Annandale and Falls Church.

The **Northern Virginia Long-Term Care Ombudsman Program** needs volunteer advocates for residents in assisted living and nursing facilities. Training is provided in March. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Visit

SEE BULLETIN, PAGE 6



Honoring Veterans

Poplar Tree Elementary School hosted its annual Veterans' Day assembly, presenting each veteran with a book that will be added to the library and dedicated to that veteran. Each veteran autographed their book with a message to the students.

MILITARY NOTES

Email announcements to centreview@connectionnewspapers.com.

Air Force Airman John Kwon has

graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Kwon is a 2015 graduate of Chantilly High School.

Army Pfc. **Arrion Thompkins** has graduated from basic combat training at Fort Jackson, Columbia, S.C. Thompkins is a graduate of Westfield High School.

Thanksgiving Art & Craft Show

Spring Hill RECenter

1239 Spring Hill Rd., McLean, VA 22102

Thanksgiving Weekend
Fri & Sat 10 - 5
Sun 11 - 4

New Location!
Formerly Vienna Art & Craft Show

\$5 Admission
Free Return
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www.NVHG.org

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OPINION

Holidays Are About Giving

Give thanks and share locally; tens of thousands of families around us are in need.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country, and many if not most of us go through our usual routines without encountering evidence of needy families among us.

But more than 51,000 children who attend Fairfax County Public Schools are poor enough to receive free or subsidized meals, a significant measure of poverty. That's 28 percent of students in Fairfax County Public Schools.

In Arlington more than 31 percent of the students are poor enough to receive free or subsidized meals; that's 7,749 students at last count.

In Alexandria, 8,664 students are poor enough to receive free or subsidized meals. That's 59 percent of the 14,671 students enrolled.

These are children who are living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. These are children who may not be sure that they will have a meal between the meals they get in school. School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Thanksgiving and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again during the holiday, so let us know what we have missed.

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

Where to Give Locally in Fairfax County

❖ Western Fairfax Christian Ministries — food pantry at 13981 Metrotech Drive in Chantilly (near Backyard Grill and Bar). For more information or to sponsor a family, call 703-988-9656, ext. 105. To mail gift cards or send donations by check, add a note saying "food basket program" and send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. 703-988-9656.

❖ Alternative House — Abused and Homeless Children's Refuge, 2100 Gallows Road, ❖ LINK, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and holiday toys for children, plus volunteers. More than 4,000 adults and children have signed up

for help with Thanksgiving and Christmas meals. 703-437-1776 www.linkagainsthunger.org.

❖ Northern Virginia Family Service. Mail check or Shoppers Food Warehouse gift card to Northern Virginia Family Service, ATTN: Operation Turkey, 10455 White Granite Drive, Suite 100, Oakton, VA 22124. Gifting for Families was able to bring some extra holiday cheer to 2,122 children in Northern Virginia last year. Monetary contributions and online donations help the most. www.nvfs.org. Contact Pam Boyle at pboyle@nvfs.org or 571-748-2537.

❖ Touching Heart in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. <http://www.touchingheart.com>, 703-901-7355

❖ HomeAid builds and renovates facilities that house the homeless, and partners with many local organizations to do so. 3684 Centerview Drive, Suite 110B, Chantilly, Va. 20151 <http://www.homeaidnova.org/>

EDITORIAL ❖ FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or volunteer@facetsscares.org. www.facetsscares.org. 10640 Page Avenue, Suite 300, Fairfax VA 22030

❖ Our Daily Bread in Fairfax expects to have 3,000 individuals and families on their list for the Holiday Program which helps those in need with food for the holidays and gifts for children. For more information on their holiday programs, including how to sponsor a family, go to www.odbfairfax.com/holiday

❖ Fairfax City Area FISH (For Immediate Sympathetic Help), helps local people who are in temporary need of life's basic necessities such as food, clothing, and financial assistance for rent, mortgage payments, utilities, and medical treatments. FISH also provides limited transportation for doctor appointments and food delivery. 703-222-0880 <http://fairfaxfish.org/>

❖ Lamb Center, www.thelambcenter.org, Day center for homeless, Fairfax 703-691-3178

❖ Food for Others distributed more than 2.4 million pounds of free food to families in need in Northern Virginia in the year ending June 30, 2012, The nonprofit provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse. Located at 2938 Prosperity

Ave., Fairfax, VA 22031, 703-207-9173. www.foodforothers.com

❖ 12 Ways of Giving: Fairfax County Office of Public Private Partnerships "12 Ways of Giving" campaign is an annual event that showcases many ways for meaningful, local giving during the holiday season, highlighting nonprofits in Fairfax County. www.fairfaxcountypartnerships.org

❖ Assistance League of Northern Virginia is an all-volunteer organization that clothes, feeds, educates and nurtures those in need focusing five of the neediest elementary schools. Volunteers and donors are always needed. Contact ALNorthernVA@yahoo.com or see www.northernvirginia.assistanceleague.org

❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. 4114 Legato Road Suite B, Fairfax, VA 22033, 703-591-4968, cause-usa.org

❖ National Capital Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. www.capitalareafoodbank.org

❖ Homestretch is the largest provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email: jhenderson@homestretchva.org; 703-237-2035 x125; <http://homestretchva.org/volunteer/>

❖ Pathway Homes focuses on providing housing and support services to individuals with serious mental illnesses, with the mission to help these individuals reach their full potential and lead stable lives. They offer both in-home programs, semi-independent houses and assisted living facilities. 10201 Fairfax Boulevard, Suite 200, Fairfax, VA 22030 (703) 876-0390 info@pathwayhomes.org <http://www.pathwayhomes.org> <http://www.pathwayhomes.org/support-pathway/>

❖ Shelter House provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. <http://www.shelterhouse.org/get-involved/>

❖ Friends of Guest House Northern Virginia, Offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Avenue, Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, <http://friendsofguesthouse.org/>

BULLETIN BOARD

FROM PAGE 4

www.fairfaxcounty.gov/lrc for more.

Homeless Animals Rescue Team is looking for volunteers to hold dogs at adoption events, Saturdays noon-3 p.m. Volunteers must be 18 or older. Events will be held at PetSmart, 13866 Metrotech Drive, Chantilly.

Call 703-691-HART or visit www.hart90.org for more. **Sully Historic Site** needs volunteers to help plan and present programs. Volunteers who enjoy gardening, working with children, learning new recipes and cooking methods, or just like to be around interesting people are needed both weekdays and weekends. Sully is a historic house

museum owned and operated by the Fairfax County Park Authority. Volunteer at Sully can choose an aspect of historic interpretation, event support or any other area to make a difference for visitors. Call 703-437-1794 for an interview. Visit www.fairfaxcounty.gov/parks/sully-historic-site for more.

Chantilly
CONNECTION

www.ConnectionNewspapers.com

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PHOTOS CONTRIBUTED



Scouting for Food

As part of the annual food collection, Scouting for Food, orchestrated by Boy Scouts of America's National Capital Area Council, Troop 577, Troop 717, Pack 717, Pack 1859, Pack 1579 and Pack 1860 collected and organized 6,203 pounds of food from Clifton and Centreville. Girl Scout Troops 3177, 6932, 2399, 440, and 1575 also participated in the collection.



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HOLIDAY GUIDE

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Chantilly, VA
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www.foha.org



The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, will host the 20th annual Holiday Model Train Show, Dec. 5-6. Visit www.fairfax-station.org.



Email announcements to chantilly@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

GFWC Western Fairfax County Woman's Club is selling 2015 White House Christmas ornaments. This year's ornament honors 30th President, Calvin Coolidge. The ornament cost \$20. Call 703-378-6216 for more.

THROUGH DEC. 24

Fair Oaks Mall Celebrates with "Peanuts Gang." Various times at Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. To celebrate the launch of *The Peanuts Movie*, guests will find Peanuts characters center stage within interactive Ice Palaces at the mall. The indoor holiday displays feature a 30-foot dome complete with falling snow, a light show and other activities. Free to attend. Visit www.shopfair Oaks Mall.com/events for more.

WEDNESDAY/NOV. 18

Annual Veterans Celebration. 6 p.m. at Chantilly High School, 4200 Stringfellow Road, Chantilly. Chantilly High School National Honor Society is hosting a Veterans Celebration with food and live entertainment. Admission is free, but registration is required. Registration closes on Nov. 11. Visit www.chantillynhs.com/veterans for more.

THURSDAY-FRIDAY/NOV.19-20

"The Spirit of India." 8 p.m. at Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. Bollywood Masala Orchestra and Dancers of India present authentic Indian music. Tickets are \$29-48 and half-price for children through the 12th grade. Visit www.hyltoncenter.org for more.

FRIDAY-SUNDAY/NOV. 20-22

"The 39 Steps." 7:30 p.m. on Friday and Saturday, 2 p.m. on Saturday and Sunday at Westfield High School, 4700 Stonecroft Blvd., Chantilly. Westfield Theatre presents Alfred Hitchcock thriller "The 39 Steps." Tickets are \$12 at the door, \$10 online, \$5 for students. Visit www.westfieldtheatreboosters.com.
"Almost Maine." 7:30 p.m. on Friday and Saturday, 3 p.m. on Saturday and Sunday at 6001 Union Mill Road, Clifton. Centreville High School students perform "Almost Maine," a play comprised of several small stories. Tickets are \$10.

SATURDAY/NOV. 21

Pictures with Santa. 10 a.m.-2 p.m. at The Learning Experience, 4150 Pleasant Valley Road, Chantilly. Reserve a specific time (10 minute slots) for your child or family. Bring your own camera. Free. Call 703-378-7391 for more.
A Bountiful Harvest. 1 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Learn how wheat and corn were used in the kitchen. Make a corn husk doll and a wheat ornament. Tickets are \$10-12. Visit www.parktakes.fairfaxcounty.gov for more.

SUNDAY/NOV. 22

Hands On Activities Day. 1-4 p.m. at

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HOLIDAY GUIDE

Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Activities include demonstrations and actual use of 100-year-old telegraph sets, display of Civil War telegraph insulators, viewing the operation of the railroad "crossing guard" equipment, and building and painting model train scenery. Admission for museum members and children under 4 is free, \$2 for children ages 5-15, and \$4 for adults 16 and older. Visit www.fairfax-station.org for more.

MONDAY/NOV. 23

GrATTITUDE Journaling Classes before THANKSGIVING. 5-6:30 p.m. Eileen Wilkinson, WELLarts founder/facilitator will lead a class in cultivating and expressing a grateful heart with two journaling workshops. The first half of the workshop (Nov. 16) will be strictly journaling while the second workshop will allow attendees to make a Thanksgiving banner or centerpiece will be constructed to encourage family members or visitors to share their gratitude list. Tickets are \$20 per class or \$30 for both. Call 703-385-7858 for more.

Centreville Garden Club: Thanksgiving Centerpieces. 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Bring fresh flowers to arrange into gifts for senior centers. Supplies and instruction provided. Free. Visit www.centrevillegardenclub.blogspot.com

WEDNESDAY/NOV. 25

Community Thanksgiving Worship. 7:30 p.m. at The St. John's Episcopal Church, 5649 Mount Gilead Road, Centreville. Free.

Contact Rev. Carol Hancock at 703-803-7500 or stjohnsinterim@aol.com.

NOV. 25-JAN. 31

Santa Through the Ages. 11 a.m.-4 p.m. daily, except Tuesdays, at Sully Historic Site, 3650 Historic Sully Way, Chantilly. This exhibit of Santa figures depicts the Jolly Old Elf through different time periods. Tickets are \$7 for adults. \$6 for students, and \$5 for seniors and children. Visit www.fairfaxcounty.gov for more.

SATURDAY-SUNDAY/NOV. 28-29

"The Nutcracker." 2 p.m. and 7 p.m. on Saturday, 2 p.m. on Sunday at W.T.Woodson High School, 9525 Main St., Fairfax. Members of the Fairfax Ballet Company, along with students from the Russell School of Ballet and professional guest artists will perform this holiday classic with new choreography including; angels, Spanish chocolate. Chinese tea, and Dutch Mirlitons. Tickets are \$23-28. Visit www.fairfaxballet.com for more.

DEC. 2-28

Christmas at Sully Historic Site. 11 a.m.-4 p.m. daily, except Tuesdays, at Sully Historic Site, 3650 Historic Sully Way, Chantilly. The Sully Plantation will be decorated as it would have been in the 18th century. Tickets are \$7 for adults. \$6 for students, and \$5 for seniors and children. Visit www.fairfaxcounty.gov for more.

SATURDAY/DEC. 5

Panther Pick-Up. 9 a.m.-12 p.m. at

Stone Middle School, 5500 Sully Park Drive, Centreville. Volunteers will collect gifts for local children in need. Email Kathleen Schroeder at mschroeder@fcps.edu.

Christmas Treasure Hunt, Santa, & Fun. 1-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Go on a treasure hunt and earn a prize. Make ornaments for your "critter friends" and yourself, and relax with refreshments. Weather permitting, take a ride on the Santa Express Trackless Train. Admission is \$10-12 for children, \$5-7 for adults, \$3 additional for a train ride. Visit www.fairfaxcounty.gov for more.

SATURDAY-SUNDAY/DEC. 5-6

26th Annual Holiday Model Train Show. 10 a.m.-5 p.m. on Saturday, 12-4 p.m. on Sunday at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Model and toy trains displays in G, Standard, O, S, Lego, HO, N and Z Gauges. The "Train Doctor" will be available to fix or advise on broken models. Weather permitting, antique autos will be on the Museum grounds. Admission for museum members is free, \$5 for adults and \$2 for children. Visit www.fairfax-station.org for more.

MONDAY/DEC. 7

Evening in December. 7:30-9:30 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Listen to music by Point of Grace, and a message from Ellie Lofaro, Author and Humorist. Tickets are \$15. Visit www.helpingchildrenworldwide.org.

SATURDAY/DEC. 12

Civil War by Candlelight. 4:45-8 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Experience a Civil War Christmas as Confederate soldiers cook dinner in the field and fire the Christmas guns. Enjoy music by Evergreen Shade, make a 19th century holiday decoration, sample hot cider and homemade cookies. House tour is 45 minutes. Tickets are \$10-12. Visit www.fairfaxcounty.gov for more.

Christmas Palooza at the nZone. 5-7:15 p.m. at The nZone, 14550 Lee Road, Chantilly. Have breakfast for dinner at this Christmas event for crafts, cookie decorating, carolers, moonbounces and more. Santa will visit. Visit www.newlife.church/santa.

SUNDAY/DEC. 13

Railroading PaintFest. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Local artists will lead a railroad theme painting workshop. All materials provided. Recommended age is 8 and older. Museum members and ages 4 and under, free; 5-15, \$2; 16 and older, \$4. Register at www.fairfax-station.org.

Christmas in the Time of Jane Austen. 4:45-8 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. See how the traditional 12 days of Christmas were celebrated at the turn of the 19th century. Tickets are \$10. Visit www.fairfaxcounty.gov for more.

TUESDAY/DEC. 15

Photo with Santa at the nZone. 6-8

p.m. at The nZone, 14550 Lee Road, Chantilly. Take a keepsake photo with Santa. Free. Visit www.newlife4me.com.

THURSDAY/DEC. 17

Photo with Santa at the nZone. 6-8 p.m. at The nZone, 14550 Lee Road, Chantilly. Take a keepsake photo with Santa. Free. Visit www.newlife4me.com.

SATURDAY/DEC. 19

Victorian Candlelight Tour. 4:45-8 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Celebrate Christmas traditions from the Victorian era. Hear a reading of "A Visit from St. Nicholas," see the Christmas tree decorated as it would have been in 1885, and make a tree decoration based on a Victorian original. Tickets are \$10. Visit www.fairfaxcounty.gov for more.

WEDNESDAY/DEC. 30

Holiday Concerts. 1 p.m. and 2 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Listen to traditional Celtic music, and take a tour of the house. Tickets are \$12. Visit www.fairfaxcounty.gov for more.

THURSDAY/DEC. 31

New Year's Eve at The Winery at Bull Run. 9 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Celebrate the new year with a DJ, photobooth, wine, and champagne. Tickets at \$29-39. Visit www.wineryatbullrun.com/events.



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- FEED THE HUNGRY**: \$100 will buy a holiday meal for a family in need.
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Enough with all the snowflake ties and reindeer sweaters, too. This year, there are lots of great ways to give *and give back at the same time*. Now you can donate to any of these Fairfax County nonprofits in honor of anyone on your gift list. It makes shopping easy and offers you a nice tax deduction. But best of all, it helps those organizations succeed in bringing goods and services to those who need them most at this special time of year. Learn more at givefairfax.net

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Back row: Coach Lee Yee, Antonio Font, Brandon Cumberledge, Jake Grandinetti, Coach Peter Montwell, and, front row, Grace Nathan, Alex Kreitzer, Matthew Kreitzer, and Zack Kreitzer. Not pictured is Anna Brown.



Grace Nathan, Anna Brown, Brendon Cumberledge, Jake Grandinetti, Antonio Font present the 1st Place Championship trophy to Saint Timothy School Principal Joseph McLaughlin.

Saint Timothy School CYO Tennis Team Takes Championship

The Saint Timothy School CYO Tennis team went undefeated all season, los-

ing only two sets the entire regular season. They continued this undefeated streak into the playoffs,

and into the championship match. They have made it to the finals for the past five years, only to lose to

rival St. Mary's Catholic School in Alexandria. This year they defeated their cross town rivals.

PHOTOS
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Help CYA Deliver Holiday Cheer

For the third straight year, Chantilly Youth Association (CYA) is looking for would-be Elves and Santa's Helpers-in-training to help make the season brighter for children fighting cancer and their families.

CYA is again helping DC Candlelighters Childhood Cancer Foundation provide gifts for the annual Pediatric Oncology Holiday Party.

Unwrapped gifts can be brought to the CYA Office, located next to Cassel's Sports and Awards at 13996 Park Center Road, Herndon, 20171, by Monday, Dec. 7. If no one is in CYA office, donations can be dropped off at Cassel's. Gift value should be in the \$20 - \$25 range.

Gifts are provided for all of the children in a family, not just the child with cancer. CYA will hold a gift wrapping party on Saturday, Dec. 12 at the CYA Office. For additional information, contact Mark Abbott at Exec Director@ChantillyYouth.org.



Standing in front of the new, modular building are (from left) Admissions Director Beth Strachan and Advancement Director Laura Harders.



PHOTOS BY BONNIE HOBBS/THE CONNECTION

Teacher Caleb Sasser leads his fourth-grade class in a reading lesson.

‘It’s a Blessing to Be in Our Own Building’

Ad Fontes Academy now united on one campus.

BY BONNIE HOBBS
THE CONNECTION

It’s been a long time coming, but Ad Fontes Academy can finally be described as a school united. After having its student body physically separated in two, different locations, it’s finally together on the campus of Centreville Presbyterian Church.

But it wouldn’t have happened without a great deal of hard work, dedication and a serious fundraising campaign. And the end result is a new, modular building for the school’s lower grades, now just a stone’s throw away from the upper-level students.

The whole thing called for a celebration and, on Oct. 16, Ad Fontes staff, students, parents, teachers, board members and all other stakeholders in the school’s future gathered to celebrate. They did so with tours of the building, speeches and a ribbon-cutting in front of the entire student population.

“This is a dream that started many years ago,” said Ad Fontes President Dean Luckenbaugh. “We give thanks for our partnership with Centreville Presbyterian; we planned to be here one year, and it’s been 10 years.”

Noting the school’s One Body campaign that raised more than \$1 million, he said even the smallest donations were welcome and helped make a difference. “Many young people gave 50 cents, a dollar or birthday money,” said Luckenbaugh. “One student even donated the \$7 he made selling pancakes door-to-door. And we believe those faithful gifts brought the rest of the resources we needed to be here today.”

A private, nonprofit Christian school, Ad Fontes teaches students in grades JK (junior kindergarten, for 4-5-year-olds) through six in what it calls its lower school, and



Ad Fontes students cut the ribbon on the new building with Lower School Office Manager Joan Druessel.

grades 7-12 in its upper school. And although Centreville Presbyterian has hosted Ad Fontes for a decade, there wasn’t enough space for the younger children.

So for the past 10 years, grades K through four were taught at St. John’s Episcopal Church. But as enrollment grew, said lower school Principal Janet Cooper, “We didn’t have room for fifth or sixth grades there, the past two years. So we moved them to the upper school at Centreville Presbyterian.”

Now, though, in time for Ad Fontes’s 20th-anniversary year, the lower-school children are ensconced in their new facility directly behind their older classmates inside Centreville Presbyterian Church. Total school enrollment is 214 students, 124 of them in the lower grades. But having the new building will enable Ad Fontes to someday house as many as 275 students.

Students began using it Sept. 1, when the school year began. It contains eight classrooms that can each hold 20 students, bathrooms, a large multipurpose room, offices, a reception area, a conference room, a small library and a Discovery Learning Center — where students with formally diagnosed learning difficulties receive educational therapy from an expert in this field.

“We love it,” said Cooper. “It’s a blessing to be here in our own building, and we have

plenty of space in the classrooms for more activities.”

“And on occasion, we can have lunches, recesses, picnics or celebrations together for the whole school,” added Advancement Director Laura Harders. “Before, we had to bring everyone together in cars.”

Cooper’s pleased to have a library in the building and is also happy that all the lower-school children are now on one level. At St. John’s, they were taught on two, different stories of the building. And, said Cooper, “I have an office now. Before, it was at a lunch table.”

There are eight teachers and two aides at the lower school, and the average class size is 17 students. And now that the students finally have a home that’s really theirs, said Cooper, “The children have a greater sense of responsibility for their own building and want to take care of it.”

She said Ad Fontes students receive a “classical Christian education. We focus on grammar, writing, reading, phonics and Latin. Students are given a strong understanding of what God has done throughout history, chronologically, since creation. And they learn it in more depth as they advance in grades.”

For example, said Cooper, first-graders learn about the Greek myths and Greek civilization. In fourth grade, they read a



Lower school Principal Janet Cooper inside the new library.

children’s version of “The Iliad” and “The Odyssey.” Then in eighth grade, they read the original texts of these books. Students also memorize a historic timeline from 4,000 BC to 1991 that relates to what they’re studying — and recite it in song, complete with hand and foot motions.

“They also learn logic and rhetoric in the upper level,” said Cooper. “And seniors write a thesis and present it orally from memory. Our students come out with a strong, Christian foundation and learn how to think, analyze and ask questions.”

Parent Scott Shortmeyer has three daughters who attend kindergarten, first and third grades at the school, and he said his family’s delighted to be part of the Ad Fontes family. “We love it; it’s more than an education — it’s a great, close-knit community.”

He likes the fact that the school is “Biblically based, with Christ at the center of all of it. My girls love it here because learning is fun. And the new facility is great because it’s our own and is a new benchmark in the history of the school.”

At the ribbon-cutting ceremony, Board of Directors Chairman Jim Hadley said a prayer of dedication. “It’s a miracle that we’re here today,” he said. “Lord, You stirred all of our hearts [to contribute]. We are thankful and grateful for this miracle You’ve performed. And we dedicate this building to Your glory [and to] what will be accomplished [here] — developing people who are leaders and who want to serve You.”

Westfield Football Beats W-L in Opening Round

Bulldogs will host South Lakes in quarterfinals.

BY WILL PALENSCAR
FOR THE CONNECTION

It was Friday the 13th and if visiting Washington-Lee was to have a big upset, it would need more than superstition. A quick score on its first possession to gain momentum against Westfield would do wonders.

Fate, however, would not go the Generals' way.

No. 3-seed Westfield defeated No. 14 Washington-Lee 44-20 on Nov. 13 in the opening round of the 6A North region playoffs. The Bulldogs will host No. 6 South Lakes at 7:30 p.m. on Friday, Nov. 20 in the quarterfinals.

Twice in the first quarter, Westfield cornerback Joe Caron intercepted a W-L pass. After Caron's first interception, teammate Tim Beard would rush in from 6 yards out to put Westfield up 7-0 with 9:33 left in the first quarter. After a Brian Delaney kick-off resulted in a touchback, Washington-Lee quarterback Andrew Malone was again intercepted by Caron. Caron would take the

ball 24 yards, for Westfield's second touchdown in 11 seconds. Westfield would go up 15-0 after a Terrell Monticue two-point conversion. After a Washington-Lee punt, Westfield added six more points when quarterback Tyler Scanlon rushed in from 7 yards out with 5:32 remaining in the first quarter. In the second quarter after both teams turned the ball over on downs, Washington-Lee would take over inside Westfield territory. Ceneca Espinoza, Jr. would run in from 10 yards out and the deficit was now 22-7.

After a Westfield turnover, Washington-Lee looked to close out the quarter with more points and much-needed momentum. Westfield's Jose Perdomo had other thoughts as he knocked the ball from the Washington-Lee quarterback and Westfield's Santique Kanu picked the ball up and dashed into the end zone with 8 seconds to go until halftime.

In the third quarter, with Westfield leading 29-7, Scanlon connected with wide receiver Rehman Johnson from 34 yards with 1:22 left in the period. Westfield's Cole Huling ran in the two point-conversion and Westfield now was up 37-7. Huling would also account for his second interception in as many games earlier in the second quarter.

In the fourth quarter, Westfield's Tim Beard would run for his final touchdown of



PHOTO BY WILL PALENSCAR

Westfield quarterback Tyler Scanlon rolls out during the Bulldogs' 44-20 win over Washington-Lee on Nov. 13 during the opening round of the 6A North region playoffs.

the game to go along with his 20 carries and 140 yards rushing. Washington-Lee's Espinoza would also rush for his second touchdown of the game. Henry Casey's

touchdown with just under a minute to go in the game for Washington-Lee provided the final score of 44-20. Washington-Lee concluded their season at 5-6.

Chantilly Upsets Madison in Football Playoffs

The Concorde District/Conference 5 annually produces some of the top high school football teams in Northern Virginia.

On Nov. 13, a battle-tested Chantilly team from Conference 5 entered the postseason as an underdog from a seeding standpoint, but the Chargers possessed the confidence to pull off the biggest upset of the opening round of the 6A North region playoffs.

No. 13-seed Chantilly defeated No. 4 Madison 27-19 on Friday night in Vienna. The Chargers trailed by 12 points in the second half but came back to secure a spot in the quarterfinals. Chantilly will travel to face Conference 5 foe Robinson at 7 p.m. on Friday, Nov. 20.

Chantilly entered the postseason with a 5-5 record, including 2-3 in the conference, and on a three-game losing streak. Meanwhile, Madison, the Conference 6 champion, was 9-1 and riding a nine-game win streak.

Records didn't matter as Chantilly pulled out the victory.

"Playing in our Concorde District, we get used to playing really good teams, like a Madison, so I think the kids were confident we could come in and compete," Chantilly head coach Mike Lalli said. "We didn't focus on us being a 13 seed and them being a 4 seed."

Chantilly quarterback David Tammara, a first-team all-conference selection, threw three touchdown passes against the Warhawks. Korben Sparks, Garret Snedeker

and Trevon Montgomery each had a touchdown reception for the Chargers.

"I'm really pleased with my players' [effort]," Lalli said. "When you go 5-5 and you lose the last three, you can just decide to cash it in and not really try, but they came

out ready to compete in the playoffs."

Next up for Chantilly is a road game against Robinson. The Rams defeated the Chargers 24-14 on Oct. 1.

Lalli said the regular-season meeting with Robinson should help his players "under-

stand how big and physical [Robinson's] running backs are and how aggressive they are on the defensive side. At least we won't be surprised."

— JON ROETMAN



PHOTOS BY ED LULL

Sixth at Boys' State Meet

Chantilly junior Brandon McGorty (194) placed sixth at the 6A boys' state cross country meet on Nov. 13 at Great Meadow. McGorty finished with a time of 16:13. Cox senior Jonathan Lomogda's time of 15:34 was good for first place. Lake Braddock won the team championship with a score of 46, followed by Madison (106) and Cosby (127).

Sixth at Girls' State Meet

Westfield senior Sara Freix placed fifth at the 6A girls' state cross country meet on Nov. 13 at Great Meadow, finishing with a time of 18:56.

Lake Braddock junior Kate Murphy won the title with a time of 18:20. The Bruins won the team championship with a score of 44, followed by Oakton (76) and Madison (89).



Crafting Perfect Admissions Essays

Local educators offer advice on how to write effective independent school admissions essays.

BY MARILYN CAMPBELL
THE CONNECTION

Cinger Wilner spent almost every morning last month hovering over her MacBook Pro, at a window seat in Starbucks, scouring a series of essays. She was looking for fatal mistakes. Errors ranging from comma splices to illogical arguments could torpedo weeks of late-nights spent in front of a computer. The words weren't hers, though. They were those of her 13-year-old daughter, who is in the midst of applying for a slot at one of the Washington-region's independent schools.

"I haven't spent this much time proofreading since I was in college," said Wilner, an Arlington mother of two. "She's a good writer and put a lot of effort into these essays. But that's probably true of the other type-A students who are applying to these schools, too."

That's right: 'Tis the season for independent school admissions. Families are scrambling to meet the application deadlines for local private schools. In addition to school tours, open houses, applicant interviews and standardized tests, many independent schools require prospective students to demonstrate their writing and critical thinking abilities in the form of an essay.

"It ... gives the applicant another opportunity, beyond the interview, to share more about their passions, interests, character and creativity," said Lisa Knight, director of admission and financial aid at Flint Hill School in Oakton.

The essay is a chance for the applicant to give the admissions committee a glimpse of the qualities that distinguish them from hundreds or even thousands of other students who seek one of a handful of slots at a school.

"We hope that the students will reveal something about themselves," said Clare M. Dame, director of enrollment management at Randolph-Macon Academy in Front Royal. "We want to get to know them and what motivates them. Hopefully some of their personalities will come through as they write about their goals or the person they admire."

Admissions officers at independent schools that are considered academically rigorous are looking for well-read students who have a solid command of grammar and punctuation. "As we are reviewing ... essays, we are assessing their ability to write," said Dame. "As a college prep school, we expect every student to go from Randolph Macon Academy to a four-year college. In order to succeed ... a student needs to know how to write fairly well."

In addition to writing abilities, admissions committees review applicants' aptitudes for analytical thinking, creativity and intellectual curiosity. "Are they making a thorough and well-structured argument?" asks Mark Reford, D.Phil., of BASIS Independent School in McLean. "How intellectually resource-



PHOTO COURTESY OF BASIS INDEPENDENT SCHOOL

Students seeking admission to many of the area's private schools, such as BASIS Independent School in McLean must write essays as part of the application process.

ful are they? How do these kids think and are they able to express themselves thoughtfully and carefully and clearly in writing?

"They should come ... with an ability to express arguments clearly and concisely," he continued. "Over the long term, what that involves is an education where the students are used to investigating topics where there isn't a right or wrong answer. They have to be used to thinking through a problem. What's important is the quality of their analysis."

Admissions officials look for applicants who demonstrate excitement about attending a particular school. "The ... essay gives us an idea of why they are considering our school," said Dame. "It helps us to know them and what motivates them to come to a college-prep, Air Force JROTC school."

Applicants should use specific examples that show they understand the school's culture and environment and how they would fit into it. "In writing why they want to come to Randolph-Macon Academy, they need to be able to talk about the school itself so that we understand that it is an essay written specific to our programs, and not just a generic essay generated for all the schools that they might be considering," said Dame.

Admissions officers can spot essays for which applicants have received an abundance of help. Such

assistance can become particularly apparent when a student's application includes a writing sample from a standardized test, such as the Secondary School Admission Test (SSAT), which requires students to organize and write essays in a limited amount of time without help.

"We really value the essay from the SSAT because you're seeing their thought process and how they express themselves in a first draft," said Terri Collins, director of admissions, Oakcrest School in McLean.

Applicants should not eschew all assistance, however. In fact, school officials encourage applicants to get help proofreading their essays. Many families actually seek guidance from an independent educational consultant.

"We follow a strict code of ethics, so we don't help them write the essays or help them pretend to be someone else," said Leigh Ann Cahill of Independent School Options, an educational consulting firm in Alexandria. "But we show them how to present their best selves."

"How do these kids think and are they able to express themselves thoughtfully and carefully and clearly in writing?"

— Mark Reford, D.Phil., of
BASIS Independent School

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12/9/2015 .. HomeLifeStyle; Home for the Holidays

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Introspective Perspective Not Effective

By KENNETH B. LOURIE



One of the greatest challenges – for me – in having cancer, is trying to live a “normal” life. And by “normal” I mean: emotionally. Obviously, having chemotherapy every three weeks – with its week-long side effects, diagnostic scans every three months – with its associated anxiety waiting for results, regular lab work, recurring appointments with my oncologist, the change in diet, the pills, the non-Western alternatives that I have semi embraced into my routine, the many well-meaning (and much appreciated) inquiries about my health/status, the occasional fatigue and ongoing food/taste issues, the neuropathy in my feet which makes walking and even sleeping difficult, the planning of my comings and goings and what else I might be doing in the future ALWAYS being contingent on my infusion schedule, and a few other effects I’m probably forgetting because of another effect I’m not remembering: “chemo brain,” (now a documented side effect), complicates living that “normal” life. However, if I don’t find a path of least resistance somehow and get to where I want to be, I risk getting lost in a cycle of abnormality which no doubt will upset more than my figurative apple cart.

The problem is, sometimes you become who you don’t want to be (or at least who I don’t want to be): a self-indulgent victim of circumstance. As I droned on about in the opening paragraph, there are ample reasons for me to not be who I want to be; and whenever I find myself crossing that line of caring about myself at the expense of caring about others, I worry that I’ve allowed the cancer to do more than just invade my body, that now I’ve allowed it to invade my mind.

Somehow, I have to remain true to myself in order to keep the cancer from doing what cancer so often does. I need to maintain my sense of humor and sunny disposition; I need to look more to the future and preoccupied less with the past or even the present – too much, anyhow; I need to live my life like I’m living, not like I’m dying – despite the lyrics of a recently popular Country song; and most importantly, somehow, I need to maintain an interest in things outside of me, myself and I. Way back when, I remember being told by a person whose opinion I value and whose cancer experience predated mine: “It’s all about you, Kenny.” And though I often took that advice to heart, and even employed it a few times, it was more a coping/temporary mechanism than it was a permanent/live-your-life mechanism.

Living life has to be more than just about me; how boring! I don’t want to live inside. I want to live outside. What matters most is what goes on around me; not through me/because of me. I want to be stimulated by external goings on, not internal comings off. Granted, if I’m not in some sort of internal balance, what goes on externally likely won’t matter, but excluding the latter won’t enhance the former. They go hand in hand. Actually, they go hand in glove.

Cancer is insidious enough on its own. The physical damage doesn’t need to be compounded, exacerbated even, by additional emotional damage. Maintaining one’s personality and not getting consumed emotionally by your disease is the goal. Fighting back against this killer is more than just hoping and praying, “doctoring” and “protocolling;” it’s about dignity and determination. I am determined to not become someone I’m not and when I am (like this past week), I feel as if I’ve been made worse for the experience. I don’t know if I’ll ever beat cancer, but never do I want to feel like it beat me.

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

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ROUNDUPS

FROM PAGE 3

Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice, canned fruit (all types), canned pastas, canned meats (tuna, ham, chicken), cold and hot cereals, spaghetti and sauces, peanut butter, canned vegetables (including spinach, collar greens, beets) and cooking oil.

Toiletries needed, which WFCM clients cannot purchase with food stamps, include facial tissues, toothpaste, shampoo and solid deodorant.

Bring all items to WFCM'S food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center. A volunteer stocker/bagger is needed Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or abosley@wfcma.org.

Learn about Police Department

Throughout the year, the Fairfax County Police Department will host a series of lectures as part of its 75th anniversary.

❖ Dec. 14 – Crisis Negotiations Team, 11 a.m. at the Criminal Justice Academy <https://www.eventbrite.com/e/fcpd-crisis-negotiations-team-tickets-15374274870>

Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, VolunteerSolutions@fairfaxcounty.gov or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

Long-Term Care Advocates

The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities. Training is provided in September. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Give Caregivers A Break

Fairfax County needs Respite Care volunteers throughout the county to give family caregivers of a frail older adult a well-deserved break. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

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PUBLIC HEARING FOR TOWN OF CLIFTON
PROPOSED AMENDMENT TO SPECIAL USE PERMIT
PUBLIC HEARING TOWN OF CLIFTON
PLANNING COMMISSION
November 30, 2015

Notice is hereby given that the Town of Clifton Planning Commission will hold a Public Hearing on Monday, November 30, 2015 at 7:30 P.M. at the Acacia Lodge Hall, 7135 Main Street, Clifton, VA 20124 to consider the amendment of the special use permit of the Clifton Café, located at 7144 Main Street, to include an expansion of the use, including, but not limited to, the increase in number of seats, inside and outside; an increase in parking onsite; expansion of the hours of operation; increase in employees. The application for the proposed amendment to the Clifton Café's special use permit is available for review and downloading on the Town's website at www.clifton-va.com and a hard copy may be examined at the Clifton Post Office, 12644 Chapel Road, Clifton VA, 20124. All interested parties are invited to attend and express their views with respect to the requested amendment to the Clifton Café's special use permit.

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