

Our Military Kids, Responding to the Need

Citizen Speakers Turn Out

for Stuart Name Change

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Mert, Asya and Yaren Bozdemir of McLean at the Tysons Corner Center ice rink.



Photo by Steve Hibbard/The Connection

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December 16-



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Enjoying ice skating at Tysons Corner Mall rink are (from left); Cathy Onsi, Diego Serrano, Hayden Byrnes, Josh Steiner, and Nick Annunziata of McLean, who was hosting his friends from Maryland and D.C. before exams next week.

Photos by Steve Hibbard/The Connection



Beginner ice skaters use red skate aids to help them balance on the ice.

Tysons Ice Rink is Open for the Season

By Steve Hibbard The Connection

he new 6,000 square foot Tysons Corner Ice Rink officially opened this season on Friday, Nov. 13, and will run through March 6, 2016. The outdoor rink located near the Silver Line Metro is situated on The Plaza next to Lord & Taylor on the second floor of the mall. A new Hyatt Hotel opened next door last March.

What's different this year is all of the surrounding stores and restaurants are fully

opened and occupied, said ice rink general manager Marissa Marwell, who's been in the business for 11 years.

"Now that the plaza is fully opened, there's something for everyone," she said. "We've got the ice skating, the restaurants (Barrel and Bushel, Earl's Kitchen and Bar, Starbucks and Shake Shack), and the playground and fire pits to warm up."

The cost for ice skating is \$10 for admission, \$9 for child ages 12 and under, and \$6 per skate rentals. The group rate (10 or more guests) is \$12 per person (includes admission and skate rental). The rink hours are Mondays and Tuesdays from 3 to 7 p.m.; Wednesdays and Thursdays from 3 to 9 p.m.; Fridays 3 to 11 p.m.; Saturdays 11 a.m. to 11 p.m.; and Sundays 11 a.m. to 7 p.m. The skate rental shop is located inside the mall on Level 2 near Lord & Taylor.

Besides general ice skating, the rink offers Birthday Party packages, fundraising opportunities, learn-to-skate lessons (private and semi-private) and private rentals.

"It's never too late to learn to skate," said Marwell. "We offer ice skating lessons for ages 3 and up. (Spaces are still available for Session 2.)... It's also a perfect way to celebrate your birthday party with friends in a magical outdoor atmosphere."

For younger kids, the rink offers a weekly Cartoon Skate on Saturday mornings. "We have our rink mascots join the children out on the ice from 11 a.m. to 1 p.m. every Saturday morning," said Marwell. "We have Pepper the Penguin, Spots the Dalmatian, Winter the Polar Bear and Lutz the Lion. They skate and interact with the children and their families."

For the older crowd, there's Saturday Night Rock and Skate from 7 to 9 p.m. with DJ Civil. "We do live request, shout outs and a lot of dancing. It's really fun. It's open to everyone," said Marwell.

For more information, visit the web site: www.tysonscornerlearntoskate.com. The email is skatetysonscorner@gmail.com. Call 703-356-1240.



The Shake Shack restaurant sits next to the ice skating rink.

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Ice rink general manager Marissa Marwell in her office.



Braeden Montague and Lola Fuentes Brock of Centreville.

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News

Our Military Kids, Responding to the Need

McLean based organization helps thousands across the country, especially at Christmas.

By Ken Moore The Connection

cLean's Linda Davidson cofounded Our Military Kids with 11 grants in 2004. "When I started, it was a volunteer program offering to support families in Virginia, Maryland and Washington, D.C.," she said.

The vision, she said, was to operate for a few years.

"The need was great and we received calls from all over the country," said Davidson.

She remembers a service member once saying, "Please don't send cookies, care packages or socks. Just take care of our children."

Helping one family at a time, one child at a time, Our Military Kids has now provided more than 52,000 grants to support and recognize military children of the National Guard and Reserve and children of wounded and fallen warriors from all branches of service.

"We should support those families that continue to make sacrifices," she said. "I feel it is our duty to support them even more now."

The grants to children can pay for fees associated with athletic, fine arts, and tutoring programs. In 2014, Our Military Kids provided 3,360 grants, including 17 grants to families of "fallen service members."

"We cater to the children's needs and interests. The families identify what is important," she said.

KAYLA'S FATHER was redeployed to the war zone when she was in first grade.

The Winchester student couldn't focus and she failed first grade.

Our Military Kids provided her a grant for tutoring based on Kayla's mother's request.

"In the fall, her mother called back to say her first report card was all As and one Cplus," Davidson said. "Kayla was upset that she was failing, but the truth was she missed her Dad."

Kayla is now an honor roll seventh grader. "We have provided gifts for children who have attempted suicide because Dad came back with post traumatic stress disorder. The person that came back is not the same person who left." said Davidson.

Alex, a teenager from Indiana, began withdrawing when his father returned home.

Our Military Kids provided the funding he needed to pay for football camp. He received his own recognition from Davidson's

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Our Military Kids, co-founded by McLean's Linda Davidson, provides grants to children in military families.

OUR KIDS

organization that thanked him for his service, and Davidson says the teenager now says, "I'm proud to be serving with my Dad."

The most famous example is Gabby Douglas, born in Newport News, Va., who won the gold medal for gymnastics in London in 2012. She received a grant years ago when she was identified as a having immense talent, but her family needed help paying for her to travel for training.

"It's just being there at the moment when a child needs that outside influence," said Davidson. "I could entertain you all weekend with stories that keep us passionate about this."

AT THE OLD BROGUE in Great Falls, Bob Nelson operates a monthly appreciation military dinner.

Nelson, of Keller Williams Realty in Great Falls, has teamed up with Our Military Kids and its Christmas Gift Wish List project the last seven years to make the holiday season "a bit brighter," he said.

Children in military families receive grants from Our Military Kids that allow them to pursue their needs and interests.



"It's my way as a civilian to say thank you," said Nelson. "It isn't charity, it's our way of saying, 'Thank you for your service to our country, for what you've done.""

The Christmas List project, for families of wounded warriors and fallen heroes, has grown from 63 families to more than 330 this year.

"We were hearing that it was a challenge to have Christmas gifts for the children," said Davidson. "One family didn't want to put up a tree because they didn't want their children to be disappointed that they weren't going to get presents."

A single-father who serves with the Marines first refused help, said Nelson. "He said, 'We're okay, we don't need help,' but when we insisted, he broke down and cried,"

Norma Bozell has been involved for three years. "There is such an incredibly deep

McLean-based organization Our Military Kids helped Olympian Gabby Douglas, then of Newport News, travel out for training when her talent was first identified.

Get Involved

See http://ourmilitarykids.org/ See http://bobnelsonteam.com/

need for our citizens to pay attention to these families," she said. "These people have sacrificed for us."

Gil Lunsford got involved with the program after attending Nelson's military appreciation dinners. "He works his butt off," he said, of Nelson.

"When I call, I say, 'Hello, Santa's calling," said Lunsford, of McLean Mortgage. "You hear it all."

"It's got me all jacked up," he said. "I told my family, we had a great life, we are going to have a great life, I want to do something different this year."

He now brings military members to his acreage for different programs, including hunting expeditions. He also started a therapeutic riding program.

"Giving back means everything," said Lunsford.

McLean Crime Reports

Notable incidents from Dec. 7-11.

cial **burglary alarm at Nova** nies, including credit card fraud, **Firearms** in the 1300 block of Chain Bridge Road on Friday Dec. 11, around 12:35 a.m. The owner was monitoring the alarm system and responded to the location when it activated. The rear door was found damaged and two handguns were missing from inside the store. The suspect fled the area in an unknown vehicle.

Anyone with information is asked to contact Crime Solvers electronically by visiting http:// /www.fairfaxcrimesolvers.org or text-a-tip by texting "TIP187" plus your message to CRIMES(274637)** or by calling 1-866-411-TIPS(8477), or call Fairfax County Police at 703-691-2131.

Credit Card Fraud/Arrest: 1961 Chain Bridge Road. Dec. 6, 3:56 p.m. CATT, (The Christmas Anti-Theft Team), responded to the Apple Store for the report of a woman attempting to use multiple suspected fraudulent credit cards to make purchases. After further investigation by CATT members, it was determined that the credit cards were fraudulent. A 21-yearold woman of Queens, N.Y. was

Officers responded to a commer- arrested and charged with 10 felolarceny by false pretense, forgery and credit card theft.

> **Diamonds and Jewels Tar**geted in Robbery Attempt: Detectives are investigating an attempted robbery that took place on Sunday, Dec. 6 as vendors were leaving the "Red Carpet Holiday Trunk Show" in the Tysons area at around 6:30 p.m. Two businessmen had been showing diamonds and jewels at the show on 1900 Mervis Way and were driving away when a vehicle approached them near the intersection of Old Gallows Road and Gallows Branch Road. Two masked men pulled in front of their vehicle and pointed a handgun at them. The victim put his vehicle into reverse and fled. The suspect vehicle was described as a dark four-door sedan, possibly a Mercedes Benz.

Anyone with information about this crime is asked to contact Crime Solvers electronically by visiting www.fairfaxcrimesolvers.org or text-a-tip by texting "TIP187" plus message vour to CRIMES(274637)** or by calling 1-866-411-TIPS(8477), or call Fairfax County Police at 703-691-2131.

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We want to be part of your family's Christmas tradition throughout Maryland and Virginia this year. Join McLean Bible Church for Christmas Eve service at any of our campuses.

is mas Services

DECEMBER 23, 2015

McLean Bible Church Montgomery County Campus 12440 Parklawn Drive, Rockville, MD 20852 Family services at 6:30 pm and 8 pm

DECEMBER 24, 2015

McLean Bible Church Tysons Campus 8925 Leesburg Pike, Vienna, VA 22182 Family services at 3 pm and 4:30 pm Communion services at 7 pm bg, 9 pm and 11 pm

DECEMBER 24, 2015

McLean Bible Church Loudoun Campus 44180 Riverside Parkway, Lansdowne, VA 20176 Family services at 4 pm and 6 pm by Communion service at 8 pm

McLean Bible Church Prince William Campus 10002 Battleview Parkway, Manassas, VA 20109 Family services at 5 pm and 6 pm Communion service at 7pm

To learn more about our Christmas celebration, visit www.mcleanbible.org/christmas.

"For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace." (Isaiah 9:6)

MCLEAN BIBLE CHURCH



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OPINION Season of Giving Never Has To End

Why ending childhood hunger should be your New Year's resolution.

By Amy Johnson, Jennifer Konish and Nick Arent

he holiday season is one of our favorite times of year because it's all about the best things in life. It's a time for celebrating, bringing ageold cultural traditions to life, and spending time with family and friends. It's about being thankful for all of the things we are fortunate enough to have in our lives and reminding people how much we love and appreciate them. Oh and we suppose the delicious food that accompanies all of these things makes them that much more enjoyable!

During the holidays there are still a number of people who are struggling to make ends meet and many who don't have enough to eat, but luckily, it is also the season of giving. Around the country, the holidays inspire hundreds of thousands of people to give to the poor. Caring individuals get involved by donating to hunger-relief organizations such as the Capital Area Food Bank — the largest nonprofit serving the Washington metro area serving at soup kitchens, and finding other ways to contribute to the improvement of our communities. Especially when it comes to sharing food, we make sure that everyone has something to eat. The holiday spirit unites us, brings out the best in us, and motivates us to make a real difference in the lives of others.

This year, let's make it our New Year's resolution to keep this level of engagement continuing into 2016 by tackling one of most tragic problems facing our country — child-hood hunger.

About 400,000 children here in Virginia alone are at risk of going hungry and it's a problem we can't afford to put off for another year. Despite all the pies, casseroles, hams and turkeys that will be enjoyed over the next several weeks, over 15.5 million kids across the country are food insecure. According to No Kid Hungry "three out of four public school teachers say students regularly come to school hungry" — another alarming statistic. In a country as prosperous as our own, it is absolutely unacceptable that there are any children who don't know where they are going to get their next meal.

The bottom line is that when kids are hungry, they struggle to learn, and kids who struggle to learn, struggle in life. With stomachs growling, hungry children sit through class unable to focus and get the most out of school. Fatigue and weakness as the result of poor nutrition make it difficult for them to stay awake or participate in physical activities like recess and PE. They are more likely to suffer from hyperactivity, miss school, and experience other behavioral problems which creates a negative learning environment for all students even their peers who are not food insecure. Perhaps the scariest thing about childhood food insecurity is the inability for a child to reach their full potential because of the dramatic damage hunger does to their brain. Over time, hungry students fall behind their peers academically and many of them never catch up making it far more difficult for them to find good jobs and take care of their children once they grow up. The medical sector is beginning to reprioritize its resources to see healthy food as the important intervention it is. For example, the American Academy of Pediatrics recently recommended for the first time that pediatri-

cians screen all children for food insecurity. If we want to make sure every child gets a fair shot in life, we need to make sure our elected officials and decision-makers properly fund and improve existing food assistance programs such as free/reduced price school meals, SNAP (formerly known as food stamps) and WIC. Research shows that these programs help students to perform better in school and in life — but they don't go far enough. First Lady Dorothy McAuliffe is an excellent example of how politicians from both sides of the aisle should be making this issue a priority and continuing to develop new solutions.

Congress is currently considering legislation to reauthorize the Child Nutrition Act and to make changes to a number of food assistance programs. This legislation will influence funding for programs like the Child and Adult Care Food Program and Summer Food Service Program which allows the Capital Area Food Bank and other organizations to provide nutritious meals to food insecure children when school is out of session. If you are as concerned about childhood hunger as we are, you can contact your elected officials and urge them to take action by calling the congressional switchboard at 202-225-3121.

We will start 2016 with one in six kids across Virginia waking up at risk of going hungry throughout the year. With your help — by making ending childhood hunger your New Year's resolution and taking action on this issue throughout the year — we can work toward a future where we wake up on New Year's Day to a country where every child's basic needs are met so that they all have a fair opportunity to be successful in life.

Amy Johnson and Jennifer Konish are the NOVA Kids Cafe Coordinators with the Capital Area Food Bank. Nick Arent is a Campaign Organizer with Virginia Fair Share.

Justice for Juveniles

By Kenneth R. "Ken" Plum State Delegate (D-36)

often quote from papers written by the staff of the Commonwealth Institute for Fiscal Analysis; they provide the most fact-based, nonpartisan, clear analysis of key is-

Virginians (http:// facing sues www.thecommonwealthinstitute.org/). Recently, I attended the 2015 Policy Summit held by the Institute in Richmond. Topics at the Summit included the declining state support for public schools in Virginia, accessing health care, and returning more money to the working poor through the Earned Income Tax Credit. One topic around which there seems to be a high level of political consensus developing was "Criminal Justice Reform: Opportunities to Save Money and Help Communities."

In a paper published by The Commonwealth Institute, it was reported that Virginia keeps more youth incarcerated than most states. As of 2013 for which the most recent federal data is available, Virginia incarcerated 79 youth in

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state facilities for every 100,000 youth age 10 or older living in the state. That's 75 percent higher than the national rate of 45 state incarcerated youth per 100,000 youth in the country. But that does not mean that Virginians are safer or that more youth are diverted from criminal behavior. In fact, the opposite

is true. According to data from the Department of Juvenile Justice, almost three-quarters of youth who have been held in the state's juvenile prisons are convicted of another crime within three years of release. Of great concern is the fact that youth who are held in the state's youth prisons for longer periods of time actually have higher rates of re-arrest within a year of release than youth who are held for shorter periods of time!

Virginia's current youth prison system consists of two youth prisons, Bon Air and Beaumont, in the Richmond suburbs. More affluent areas like Fairfax County have established local alternative programs. The highest rates of commitment to the state youth prisons come from the localities that have the highest poverty levels. As the Institute reported, "not only

is Virginia's current system not working to rehabilitate youth and keep communities safe, it is also very expensive. The per capita cost of incarcerating youth in Virginia's juvenile correctional centers was \$148,214 in FY 2015. Local programs are lower in cost as well as more effective at reducing recidivism.

Efforts have been underway to reform the current system for a number of years, but that movement needs to be accelerated. Wealthy communities are way ahead in establishing treatment programs, but these programs that are effective in keeping children out of trouble in the future must be extended to all localities regardless of wealth. The state must resist any effort to dump the problem on localities without providing necessary funds to make alternative programs available. The pipeline from school to prison must be shut off. Alternative solutions that include intensive treatment for offenders and families can keep the community safe, rehabilitate young people before they become criminals, and save money. There is widespread bipartisan agreement that progress needs to be accelerated in this area. It will bring justice to juveniles.



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News

Citizen Speakers Turn Out for Stuart Name Change

School Board to take action Dec. 17

By Tim Peterson The Connection

.E.B. Stuart High School senior Whitten Rutledge is proud of his school, mostly.

"The culture around the school is a wonderful one," he said, addressing the Fairfax County School Board on Dec. 3, "We believe the name should reflect the culture we have."

Rutledge was speaking on behalf of Students for Change, a group at the Falls Church school that's upset with the institution being named after a Civil War cavalry leader for the Confederate army.

"Change is necessary," Rutledge continued. "In order for our school to embrace its own culture, we need a symbol that accurately represents who we are, not a confederate general who stood adamantly for the segregation of society."

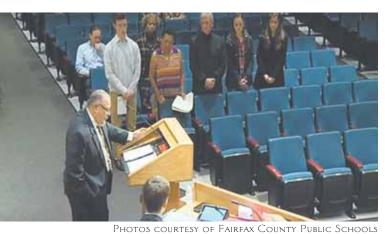
Stuart seniors Anna Rowan,

Cassie Marcotty, Marley Finley, Abby Conde and Lidia Amanuel founded Students for Change and were recognized by the Fairfax County NAACP for their work to have the school's name changed to honor Thurgood Marshall.

"The momentum we need for change is happening everywhere," Rutledge said, referencing over 34,000 signatures his group has obtained in support of changing the name.

Under the current policy (8170.5), new names for schools are only allowed at new buildings or buildings that have been repurposed. Since being adopted first in 1987, the policy has only been corrected or revised three times

As part of its new business on Dec. 3, the School Board scheduled a decision for changing the policy. On Dec. 17, the board will vote on adding the sentence "The School Board may also consider a change in the name of a school or



Edwin Henderson, a retired Fairfax County Public Schools U.S. history teacher and president of the Tinner Hill Heritage Foundation, voices his support for changing the name of J.E.B. Stuart High School to Thurgood Marshall.

facility where some other compelling need exists," to the naming guidelines, which would essentially open the door for a formal pitch to change Stuart's name.

Edwin Henderson, a retired Fairfax County Public Schools U.S. history teacher and president of the Tinner Hill Heritage Foundation, spoke after Rutledge, adding his support.

"I believe the time to do the right thing is now," said Henderson. "Renaming the school for a giant of American jurisprudence, who lived in this very community, championed Brown v. Board of Education and began a policy to dismantle segregation and open this country up to equality. If you

truly honor diversity, the choice couldn't be clearer: Rename J.E.B. Stuart High School to Thurgood Marshall High School."

Fairfax County NAACP president Shirley Ginwright spoke next, comparing Stuart the man to abolitionist John Brown, who fought to free slaves and was sentenced to death by hanging.

"One is considered a hero, the other considered a traitor," she said.

"As an African American," Ginwright continued, "it is painful to be constantly reminded of the trials and tribulations of our forefathers and what they had to endure. It is hard to have our children faced with the same pain in



Whitten Rutledge, a senior at Stuart, explains why he and the group Students for Change believe his high school's name should be changed from J.E.B. Stuart.

feeling there's nothing they can do about it because of policies and institutionalized behaviors that have been supported by racism and discrimination. It is time for us as a community to correct the wrongs that have been imposed by those who have previously held these positions. It is not a matter of rewriting history, but telling history as it happened, all of the history."

The board is scheduled to vote on the policy change at its Dec. 17 meeting, at Luther Jackson Middle School, 3020 Gallows Road in Falls Church. For more information about participating at meetings, visit www.fcps.edu/schlbd/meetings/requestspeak.shtml.



1480 North Point Village • 703-733-3860 (on Reston Parkway between Rt.7 & Baron Cameron Dr.)

Calendar

Send announcements to north@ connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged

WEDNESDAY/DEC. 16

- Walk, Waddle and Wiggle. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Animals move in many different ways. Walk like a turtle, waddle like a penguin and wiggle like a worm as we explore the world of animal movement through music activities and stories. Presented by Riverbend Park and sponsored by the Friends of the Dolley Madison Library. Ages 3-5. 703-356-0770. NVTC Titans Series. 7-9:15 a.m. The
- Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. John Chen, executive chairman and CEO of BlackBerry, will headline the organization's upcoming Titans series During a fireside chat with the Consumer Technology Association's Gary Shapiro, Chen will discuss the ups and downs of innovation, share his experiences turning around momentum-based technology companies, and provide insights into BlackBerry's corporate strategy and focus on security. 703-904-7878, x207. www.nvtc.org.

THURSDAY/DEC. 17

- Holiday Crafts for Children. 5:30-9 p.m. Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Visit the craft table and make a free craft to decorate for the holidays. http:// winterwalkoflights.com. 703-255-3631
- Author Reading. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike. Local author Laura Elliott will read and sign copies of her new novel "DaVinci's



Musicologist, humorist and jazz pianist John Eaton will share the history and harmonies of some favorite seasonal songs from the American Songbook at a special "Holiday Spectacular" on Saturday, Dec. 19 at The Alden.

- Tiger." Free. 703-757-8560. Caroling on the Town Green. 6:30 p.m. 144 Maple Ave., Vienna, All ages are welcome to participate in traditional caroling and to enjoy the marshmallow-roasting stations Weather permitting. 703-255-6360. Model Investment Club of Northern Virginia. 7 p.m. Dolley Madison
- Library, 1244 Oak Ridge Avenue, McLean. Learn more about investing following an investment club model New visitors welcome, 703-356-0770 Cat Janice CD Release Party. 6 p.m.
- Jammin Java, 227 Maple Ave E, Vienna. Cat Come join for the part as Cat Janice releases CD this winter!
- Janice is a rock/alternative singer from the Washington, D.C. area. Her musical debut began in 2013 when she was a featured artist at Doah Fest in Luray, VA. Cat has plans to release her next EP in Winter 2015 after being in studio with producer Austin Bello of Forever the Sickest Kids. \$15-\$20. https://jamminjava.com/. 703-255-

FRIDAYS/DEC. 18

VBA Lead Share Breakfast. 7:30-9 a.m. American Legion, Post 180, 320 Center St, Vienna. Fee for breakfast required. Any questions, contact Linda



From left, Tonya Beckman, and Kelsey Meiklejohn in "Harvey" at 1st Stage. The show runs through Dec. 20 in Tysons Corner. Photo by Teresa Castracane.

Christ at Linda@LindaAChrist.com.

SATURDAY/DEC. 19

- John Eaton "Holiday Spectacular." 2 p.m. The Alden, McLean Community Center, 1234 Ingleside Ave., McLean. Musicologist, humorist and jazz pianis will share the history and harmonies o some favorite seasonal songs from the American Songbook at a special "Holiday Spectacular."
- www.aldentheatre.org. 703-790-0123. Breakfast with Santa. 9:30 a.m.-11 a.m. McLean Community Center, 1234 Ingleside Ave. McLean. Come enjoy for breakfast with Santa and crafts! A photographer will be on hand to take pictures of child(ren) with Santa. The photo will be emailed to parents

following the event. Space is limited to the first 115 registrants. Early registration recommended. Fees: \$20 per person/\$15 MCC district residents; children 24 months or younger can attend free with a registered adult. http://www.mcleancenter.org/. 703-790-0123.

SUNDAY/DEC. 20

Filene Center Backstage Tour. 2 p.m. Wolf Trap National Park for the Performing Arts, 1551 Trap Road, Vienna. Stand on a world-class stage, learn how a theater runs, and get a sneak peek at where the stars get ready. Tours are limited to 30 participants. 703-255-1827 to RSVP or for additional information

MONDAY-TUESDAY/DEC. 21-22 Animal Vets Workshop. 9 a.m.

Riverbend Park, 8700 Potomac Hills St., Great Falls. Spend the day with our exhibit animals. Check their health, weight and size; clean and refresh their tanks and enjoy some fun activities and games. Bring snack, lunch and drink. Wear old clothes \$120/\$135. Ages 6 to 11. http:// www.fairfaxcounty.gov/parks/ riverbend-park/calendar.htm.

703-255-1566.

991-7197

TUESDAY/DEC. 22

Jammin Java presents Todd Wright's 13th Annual Santa Clauster-f@%! Christmas Spectacular. 7:30 p.m. Jammin Java 227 Maple Ave E, Vienna. Join and have fun for the holiday seasons with songs, including folk, rock and more! \$15-\$55. https://jamminjava.com/. 703-255-1566.

THURSDAY/DEC. 24

Good For The Jews. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna, Good For the Jews is a clever, hilarious music duo from New York whose Christmas Eve shows at Jammin Java have become a grand tradition. Join for the duo as they share songs about bar mitzvahs, Passover, Jewish girls, and relatives who live in Boca Raton. \$20. https://jamminjava.com/. 703-255-1566.

FRIDAY/DEC. 25

It's a Fu@*in SUPER bob Christmas. 8 p.m. Jammin Java, 227 Maple Ave E. Vienna. Join for some lively music from the Super bob rock band. \$12-255-1566

SATURDAY/DEC. 26 Egypt "Annual Reunion Show." 8 p.m.

Join the band with a long history, and have some fun time listening to their



Inside or out...

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"Brightview offers possibilities, independence and choices. The people here are very caring and attentive. Brightview is a respectful and empowering community where we receive compassionate and dedicated care." - Sheila W.

"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." - Bill W.

"At Brightview I still have my independence. I love everything here and I have everything that I need. My family is welcome anytime and the best part is they no longer worry about me." - Sophia C.



Please call Carolyn to schedule your personal visit.

03-759-2513

10200 Colvin Run Road. • Great Falls, VA 22066

BRIGHTVIEW

GREAT FALLS

ASSISTED LIVING

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Δ

Ongoing

McLean Symphony Concert. 3-4:45 p.m. Alden Theatre, 1234 Ingleside Ave., McLean. My Favorite Things: Holiday Celebration. Featuring Tanya Anisimova, Cello. Celebrate the season with holiday favorites, and sing along with carols, children's songs, and a Hanukah medley. \$Free, \$15, \$20, \$25. www.mclean-symphony.org. 703-

Cappella Afternoon: Exit 245 + BluesTones. 2 p.m. Jammin Java, 227 Maple Ave E, Vienna. With the popularity of Pitch Perfect movies. NBC's "Sing Off" and the John Legend produced reality show "Sing It On", collegiate a cappella has seen a rise in popularity and visibility. Come join for two of the James Madison University's a cappella groups - the all male Exit 245 and the all female group the BluesTones - performing lively a cappella music! \$10. https:// injava.com/. 703-255-1566 Griffin House. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Born and raised in Ohio, House began writing and recording and issued his first independent release, Upland, in 2003 Join the night as Griffin House shares with audience some of his great music. \$18-\$20. https://jamminjava.com/.

MONDAY/DEC. 21 **Clauster Eve: Jammin Java** Songwriters Circle Holiday **Edition featuring Todd Wright** Anthony Fiacco, Luke Brindley,

and Scott Simons. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Join the four songwriters as they share with audience some of the holiday songs. \$16. https:// ıminjava.com/. 703-255-1566.

min Java, 227 Maple Ave E, Vienna

www.ConnectionNewspapers.com

- Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission "Harvey." Check for show times. Nov. 12-Dec. 20, 1st Stage, 1524 Spring Hil Road, Tysons Corner. Winner of the Pulitzer Prize for Drama, this beloved classic is a treat for the whole family. Veta Simmons and her daughter Myrtle Mae have just moved back into town and are making quite a splash on the social scene. Gatherings and engagements abound as Myrtle Mae peruses for a viable suitor. \$15-\$30. www.1ststagetysons.org. 703-854-
- Great Falls Decorating Contest. Through Dec. 22. Bring out your lights bows, tinsel, inflatables and everything festive to help light up the holidays in town. Submit pictures of your business, organization or neighborhood to info@celebrategreatfalls.org and then vote for your favorites on our website Voting runs through Dec. 22. www.celebrategreatfalls.org.
- Meadowlark Gardens' Winter Walk of Lights. Nov. 14-Jan. 4. A half-amillion colorful LED lights span the lakeside and gardens of Meadowlark Botanical Gardens off Beulah Road in nostalgic and fairytale scenes of the holiday season. http://winterwalkoflights.com/.
- Bingo Night! 4 p.m. Sundays, Dec. 13, 20, 27. Vienna Volunteer Fire Department, 400 Center Street South, Vienna. The Vienna Volunteer Fire Department hosts smoke-free bingo every Sunday night in the Flame Room and activities include 33 games for a \$100 prize each and one \$1,000 jackpot game. Admission: minimum \$10. 703-255-6300.
- 53rd Annual James A. Bland Contest. Through Monday, Feb. 15. Vienna Lions Club invites elementary and high school vocalist and instruto present a song or piece for cash prizes. For information and application, contact Susan Stiles at
- sandcs89@yahoo.com or 703-938-1142.
- Vienna Lions Club Christmas Tree Sales. Weekdays noon-8 p.m.; Saturdays & Sundays 10 a.m.-6 p.m. Through Dec. 17. Walgreen's lot, 225 Maple Ave East, Vienna. Help the Lions help the youth, vision- and hearing-impaired of our community. Fresh, live, beautiful Christmas trees, wreaths, roping, Virginia peanuts, extra-large coloring books all for sale at the best prices in Town
- Dennis Crayon and Susan La Mont Exhibit. Through Dec. 20. 1st Stage, 1524 Spring Hill Road. Tysons Corner. View the works of two accomplished artists while attending a performance of "Harvey." www.1ststagetysons.org. 703-854-1856
- Nutcracker Tea. 10 a.m. and 1 p.m. Dec. 9. The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Delight in a contemporary twist on the beloved holiday classic by the South Riding Dance School while you enjoy afternoon tea, petite sandwiches and pastries. All children will go home with a nutcracker doll. \$79 per person. www.ritzcarlton.com/tysons. 703-748-
- Enchanted Forest Tea. 11 a.m. and 2 p.m. Dec. 20. The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Watch a dazzling performance by the South Riding Dance School as the Snow Fairy strives to save the woodland ballerinas from the Icicle King, whom is trying to freeze over the forest. Enjoy afternoon tea, petite sandwiches and pastries. \$79 per person. www.ritzcarlton.com/tysons. 703-748-4068.
- Optimist Club Christmas Tree Sales. Through Dec. 19. Weekdays 2-9 p.m.; Saturdays & Sundays 9 a.m.-9 p.m. Maple Avenue West at Branch Road. Fill your holidays with the sight and scent of fresh Frasier Fir trees and wreaths, and pine garlands. Trees range in size from cute and cozy 4-feet tall to towering 12-footers. All sales benefit the Optimist Club of Greater Vienna Youth Fund. Any questions, contact at
- lubofgreatervienna.org. Trail and Ales with Caboose Brewing and Grass Roots Fitness. Mondays through Jan. 31. Caboose Brewing Company, 520 Mill Street, NE Vienna. Come Run with us every Monday night. \$1 Off All Pints! All paces welcome. We will run between 3-5 miles with options to go shorter or longer. You can walk or run. Dog and stroller friendly. Contact Joann
- Meginley at joannandfrancine@grassrootsfitness.org. **Tai Chi Beginners' Practice**. Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

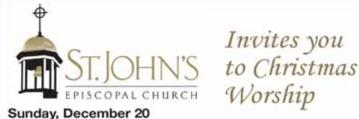
music. \$15-\$18. https:// jamminjava.com/. 703-255-1566.

MONDAY/DEC. 28 Winter Break Trip - Dave &

Buster's. 8:30 a.m.-5:30 p.m. McLean Community Center, 1234 Ingleside Ave. McLean. Eat, drink and play games! Dave and Buster's is one of the best dining and entertainment attractions around. Lunch and a \$20 game card with unlimited arcade game play are included. Bring money for additional ticket games, if desired. Fees: \$65/\$55 MCC district residents http://www.mcleancenter.org/. 703-448-8336







. 9:00 and 11:15 am - A Festival of Lessons and Carols **Christmas Eve**

- 4:00 pm Family Service of Holy Eucharist Christmas music at 3:30 pm
- 7:00 pm Holy Eucharist
- Christmas music at 6:30 pm • 10:00 pm - Holy Eucharist
- Christmas music at 9:30 pm Christmas Day
- · 10:00 am Holy Eucharist

6715 Georgetown Pike McLean, Virginia 22101 703-356-4902 www.stjohnsmclean.org





The McLean Community Center 1234 Ingleside Ave., McLean VA 22101 703-790-0123; TTY: 711 www.mcleancenter.org

McLean Connection & December 16-22, 2015 & 9



703-999-2928

Fairfax Water

Visit our website: www.twopoorteachers.com

INDUSTRIAL PROPERTY NEEDED

We are seeking expressions of interest from owners of industrial-zoned property located in Fairfax County between the City of Falls Church and the City of Fairfax, or within either City, who are or may be interested in selling their property. The desired property must have several specific attributes and features to meet Fairfax Water's needs. At a minimum, however, any property must meet at least the following criteria:

- Have I-5 or I-6 zoning in Fairfax County or the equivalent zoning in the City of Fairfax or Falls Church
- Be at least 3 to 4 acres in size. If the parcel(s) have split zoning, at least 3 to 4 contiguous acres, must be zoned I-5 or I-6 or an equivalent zoning.

Fairfax Water will consider expressions of interest from multiple owners of contiguous properties meeting these criteria and totaling at least 3 to 4 acres, however all owners must express interest in selling.

If you are an owner of property meeting these criteria, please send the following information to Fairfax Water, to the attention of Ms. Jamie Hedges, Director, Planning and Engineering by December 29, 2015.

Information for submitting an expression of interest:

- Name(s) of property owner(s)
- Contact information for property owner(s)
- Signed statement of interest of property owner(s)
- Parcel identification number(s)
- Street address of property(ies)
- Jurisdiction (Fairfax County, City of Falls Church, or City of Fairfax) in which the property is located
- Current zoning and parcel size
- Identification of any existing land use restrictions (e.g. special exceptions, proffers, utility easements, floodplain, etc.)

PLEASE SUBMIT EXPRESSIONS OF INTEREST BY DECEMBER 29, 2015, TO:

Jamie Bain Hedges, P.E. Director, Planning and Engineering Fairfax Water 8570 Executive Park Avenue Fairfax, VA 22031 FOR MORE INFORMATION, VISIT:

enue PROPERTY.HT

WWW.FAIRFAXWATER.ORG/ABOUT_US/ PROPERTY.HTM

Or email to: jhedges@fairfaxwater.org

10 & McLean Connection & December 16-22, 2015

News



Celebrating WinterFest in McLean

Victor Kimm and his granddaughter Mareka Bak served as grand marshals of Mclean's WinterFest parade.

Faith Notes

Faith Notes are for announcements and events in the faith community. Send to mclean@connectionnewspapers.com. Deadline is Friday.

St. John's Episcopal Church will hold A Festival of Carols on Sunday, Dec. 20 at 9 a.m and 11:15 a.m. On Christmas Eve, Thursday, Dec. 24, services will be:

♦ 4 p.m. - Family Service of Holy Eucharist with Christmas Music at 3:30 p.m.

♦ 7 p.m. - Holy Eucharist with Christmas Music at 6:30 p.m.
♦ 10 p.m. - Holy Eucharist with Christmas Music at 9:30 p.m.

There will be a Holy Eucharist service on Christmas Day at 10 a.m. The church is located at 6715 Georgetown Pike, McLean. 703-356-

4902. www.stjohnsmclean.org. Celebrate Advent and Christmas at Trinity United Methodist Church 1205 Dolley Madison Blyd.

Mas at Trinity Onited Methodist Church, 1205 Dolley Madison Blvd., McLean. Weekly worship is Sundays at 8:30 and 10:30 a.m.; Wednesdays at noon. Holiday events include: Sunday, Dec. 20, Lessons and Carols,

10:30 a.m. service. Thursday, Dec. 24, Christmas Eve, 5

p.m. family service; 8 p.m., Candlelight and Communion; 11 a.m., Candlelight and Communion. www.imtrinity.org.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or www.havenofnova.org.

McLean Bible Church Fitness Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or www.ChesterbrookUMC.org.

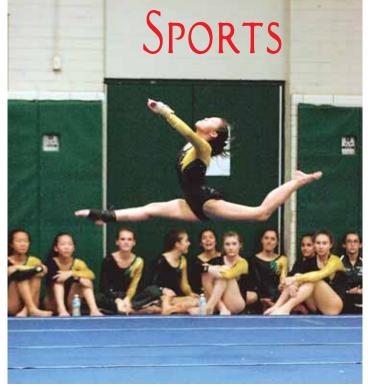
Centering Prayer Group meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at mmthomas211@hotmail.com or call the church at 703-759-3509.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

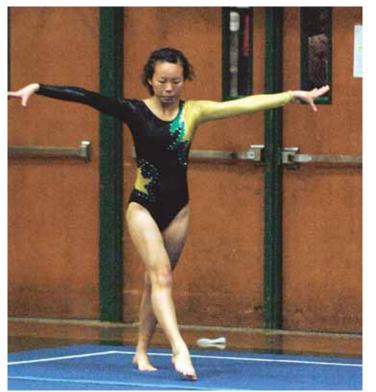
Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. The RE program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312 or umtrinity.org.

www.ConnectionNewspapers.com



Photos by Craig Sterbutzel/The Connection Langley's Anna Huang is a level 9 club gymnast.



Langley's Eileen Wen competes on floor during Monday's gymnastics meet at Langley High School.

Langley Gymnastics Seeing Improvement

Saxons place fourth at home meet.

By Jon Roetman The Connection

econd-year Langley gymnastics coach Michael Comini is pleasedwith the level of support in his pro gram.

He's also pleased with the improved team scores.

Comini said the Saxons' peaked in the 70s last season. On Monday, Langley placed fourth at a five-team home meet with a score of 109.4.

IO SUDD

"I think the success story here is we have [more than 30 gymnasts on the team]," said Comini, who coached at Herndon in the 1980s and 1990s. "That's a big team, so we've got a lot of support here."

Anna Huang is a level 9 club gymnast at Dulles Gymnastics and one of the Saxons most talented competitors. She placed fourth on floor Monday with a score of 8.45.

"She's a solid all-around," Comini said. "She's probably going to add 10 points to our team score."

Eileen Wen competed in the all-around

for the Saxons, producing a score of 23.175. Amy Wen, and team captains Christina Hara and Nikki Orsolini are also key contributors.

"We're looking at maybe being a contender this year in districts," Comini said. "If we can just finish up in the top three, I think I'd be happy.'

Yorktown won Monday's meet with a score of 136.925. Washington-Lee finished second with a total of 129.175, followed by South Lakes (120.325), Langley and Madison (100.25).

Yorktown produced the top three finishers in the all-around: Julia Hays (35.025), Juliette Mitrovich (34.825) and Olivia Zavrel (33.825).



Langley Girls Improve to 5-0

The Langley girls' basketball team defeated Mount Vernon 54-34 at Bell Multicultural High School on Dec. 12, improving its record to 5-0.

The Saxons faced South Lakes on Tuesday, after The Connection's deadline. Langley will travel to face Washington-Lee at 7:15 p.m. on Friday, Dec. 18.

Langley Boys Go 3-0 in Bahamas

The Langley boys' basketball team won each of its three games during a recent trip to the Bahamas.

The Saxons defeated The Oakwood School (California) 65-35 on Dec. 10 and 56-46 on Dec. 11. Langley beat The Vanguard School (Florida) 71-49 on Dec. 12.

Langley improved its record to 3-2 during the trip.

The Saxons faced South Lakes on Tuesday, after The Connection's deadline. Langley will host Washington-Lee at 7:15 p.m. on Friday, Dec. 18.

McLean Girls Start 3-1

The McLean girls' basketball team won its first three games of the season before losing to defending region champion Oakton 52-27 on Dec. 8.

The Highlanders opened the season with wins over St. John's Catholic Prep (46-45) on Nov. 30, Woodson (46-41) on Dec. 3 and Robinson (53-43) on Dec. 5.

McLean faced Washington-Lee on Tuesday, after The Connection's deadline. The Highlanders will host Hayfield at 7:15 p.m. on Friday, Dec. 18.

McLean Boys', Girls' Swim Teams Beat Hayfield

The McLean boys' and girls' swim teams defeated Hayfield on Dec. 12.

The girls' team remained undefeated with a 218-87 victory. The Highlanders took first, second and third place in eight of 12 events.

Senior captain Emma Chamberlayne, freshman Julia Green (two), junior Julia LeMuyon, sophomore Serena Wood, junior Elizabeth Ulrich, senior Rachel Montgomery, junior Julia Hunter, and sophomore Mary-Kate Mahoney each produced an individual first-place finish.

The boys' team improved to 2-1 with a 182-121 victory.

Senior captain Ben Miller finished first in two events. Juniors Andrew Yang and Ethan Cussatt each finished first in an event.

Divers Bobby Trono (junior), Sina Naeemi (sophomore) and Bennett Verderame (freshman) finished 1-2-3. McLean will face Washington-Lee on Friday, Dec. 18.

Amy Wen produced a score of 7.6 on floor during Monday's meet.

www.ConnectionNewspapers.com



Christina Hara is a captain for the Langley gymnastics team.

McLean Connection & December 16-22, 2015 & 11

Education Learning Fun Lessons in Charitable Giving

Conversations, modeling behavior and hands-on actions can help teach children about benevolence and compassion.

> By Marilyn Campbell The Connection

atthew Mamalian's holiday shopping list included some items that might seem atypical for a 12-year-old middle school student: shampoo, socks, soap and a few snacks. He, along with several friends from his Sunday school class, packed the items in shoeboxes wrapped with holiday paper and tucked a handwritten note of encouragement inside each box.

"We were all laughing and having fun packing them," he said. "We also learned that there are people who really need these things because they don't have a lot else." The project was part of Interfaith Works'



Photo courtesy of Cyndy Mamalian

Cyndy Mamalian's three children are collecting gifts for the homeless this holiday season. She hopes the project will help them understand the impact that giving can have on others.

holiday giving program, an effort by the local nonprofit organization to meet the needs of the homeless. The holiday season

can be a time for children to learn the principles of benevolence, say child develop-







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Middle School Experiential Workshops Sunday, January 10, 2:00 p.m.

Middle School Information Session Tuesday, January 12, 9:00 a.m.

Upper School Featured Program Event: Fine Arts and Robotics Sunday, January 24, 2:00 p.m.

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> Flint Hill is an independent school for students in Junior Kindergarten through Grade 12 in Oakton, VA

ior and making a link between compassion and a higher power are all effective ways

of giving to the less fortunate. ment experts. Involving children in chari-

SPECIAL CONNECTIONS CALENDAR Advertising Deadlines are the previous Thursday unless noted.		
DECEMBER		
12/30/2015 Children's Connection		
JANUARY		
1/6/2016Wellbeing, Renewal, Resolutions		
1/13/2016HomeLifeStyle		
Martin Luther King Jr. Day is Jan. 18		
1/20/2016A+ Camps & Schools		
1/27/2016Community Guide 1/27/2016Winter Fun, Food, Arts &		
1/27/2016Winter Fun, Food, Arts &		
Entertainment; Valentine's Preview		
FEBRUARY		
2/3/2016Valentine's Dining & Gifts I 2/3/2016Wellbeing – National Children's		
2/3/2016Wellbeing – National Children's		
Dental Health Month		
2/10/2016HomeLifeStyle		
2/10/2016Valentine's Dining & Gifts II		
2/17/2016A+ Camps & Schools		
E-mail sales@connectionnewspapers.com for more information.		



Reaching Suburban Washington's Leading Households

Alexandria Gazette Packet Arlington Connection Burke Connection Centre View Chantilly Connection	Fairfax Connection Fairfax Station/Clifton/Lorton Connection Great Falls Connection McLean Connection Mount Vernon Gazette	Oak Hill/Herndon Connection Potomac Almanac Reston Connection Springfield Connection Vienna/Oakton Connection
 Chantilly Connection 	• Mount Vernon Gazette	 Vienna/Uakton Connection

12 & McLean Connection & December 16-22, 2015

Interfaith Works Holiday

Help neighbors in need by decorating and

This can be a fun activity for families and groups, large or small. Here are guidelines and

filling shoeboxes with essentials and gift items

Start with an empty shoebox, including box

 $\boldsymbol{\diamondsuit}$ Cover both box and lid in holiday wrapping

Travel-sized toiletries like lip balm, deodorant, shaving cream, new crew socks (men's or

women's), pocket calendars, mini-flashlight and

Deliver shoe boxes to Community Vision

program, 8210 Dixon Avenue, Silver Spring,

Md., 301-585-4471. For more information

batteries (AA or AAA), scarf, gloves, mittens, hat,

contact Yvonne Esipila at yesipila@iworksmc.org

table activities, modeling altruistic behav-

parents can teach their children the value

See Teaching, Page 13

Write an encouraging note to tuck inside

Fill it with suggested items:

mini-notepads and mini-pens

\$10 gift card (grocery store, Target)

Shoebox Project

to spread holiday cheer.

SmarTrip cards

or 301-315-1097.

suggestions:

lid

paper

Education Learning Fun **Teaching About Benevolence and Compassion**

From Page 12

"Children need to have empathy modeled for them and they need a script to follow or ideas for carrying out charitable acts," said Christine Pegorraro Schull, Ph.D., professor of Early Childhood Education at Northern Virginia Community College in Alexandria. "Children aspire to be kind and to be good citizens, but they don't necessarily know how to do these things,"

Involving Matthew and his siblings in philanthropic efforts through Potomac Presbyterian Church is one of the ways that their mother, Cyndy Mamalian, makes a connection between gratitude, charity and a higher power. "I think it's important for them to think beyond themselves and live out their faith," she said. "You need to put your faith into action, and that is about caring for other people."

Janet Dunlop, Matthew's Sunday school teacher and a member of the Mission Committee at Potomac Presbyterian Church, melds volunteer projects with class discussions to teach her students about gratitude and charity. This holiday season, as the middle-school aged children clipped wrapping paper and tied ribbons around shoeboxes filled with deodorant, toothpaste, snacks and other essentials for the

those who are on the receiving end of their project.

"Many young people growing up in Potomac don't have much experience with homelessness," said Dunlop. "When my husband and I arrive at the shelter with these boxes, the people there are so happy to receive them. So, this is also about helping the children see another aspect of life and trying to instill in them a life-long ideal of service."

Charitable giving for adults often means donating old clothes at the end of the tax year or writing a check to a nonprofit organization. However, children might find it difficult to understand how these abstract actions make a difference. That's why psychologists and educators recommend giving children first-hand experience in caring for others.

Jenny Trope, Ph.D. and her children raised money to purchase grocery store gift cards that they are distributing to homeless men and women they encounter this winter. "It gives the kids a glimpse of what it's like to be alone, hungry and stuck outside when it's cold," said Trope, who is also a marriage and family therapist based in Arlington.

Such hands-on projects, coupled with a

homeless, she gave them a description of conversation about why it's important to take action to aid people in need of a helping hand, could drive home the message. "Children aspire to be kind and to be good citizens, but they don't necessarily know how to do these things," said Schull.

A study by the United Nations "Children need to have Foundation and the Women's Phiempathy modeled for them lanthropy Institute at Indiana Univerand they need a script to sity-Purdue University Indianapofollow or ideas for carrying lis found that talking to children out charitable acts." about giving is highly effective for encouraging philanthropy, and increases a child's in-

clination to give by 20 percent.

"Conversations are critical. Talking about giving in combination with modeling is what actually increases children's giving," said Debra J. Mesch, Ph.D., director of the Women's Philanthropy Institute. "We ... know that these conversations need to be focused on why and how giving ... makes an impact on individuals in need, rather than simply talk that is more general, such

as giving is the right thing to do."

The dialogue can include concrete examples of how a charitable action will benefit others, say mental health experts. "Around the holidays when you're struggling to survive, when you've lost everything

and every decision you make is about meeting your absolute, basic needs, like how you're going to take a shower, it's a nice surprise to get a wrapped box of soaps, toothpaste, socks, snacks and a personal note," Nikki said Stanaitis, LCSW-C of Interfaith

Works. "It makes a person feel human and gives them the sense of normalcy that we all want."

- Christine Pegorraro Schull, Ph.D.,

Northern Virginia Community College

Acts of charity displayed year-round can lead to life-long habits of philanthropy. "Don't reserve donating and volunteering for the holidays. By making it a way of life, you're sharing your value system about giving and helping others with your children," said Trope.



Naive and Delusional

By KENNETH B. LOURIE

Some days, like today, I don't feel like I have cancer. I feel – delude – myself into thinking that I have/feel what everyone else at my age who doesn't have a "terminal" disease, has/feels. Now whether I'm into something or just rationalizing symptoms like any other cancer patient does – discounting any signs of potential trouble for fear of the consequences – I certainly don't know, and probably wouldn't admit to it anyway; mind over what might actually matter. Nevertheless, it's a good feeling to have, so long as I don't think about it too much and just go with the uninterrupted flow, at least until it's interrupted. I'll spare you the details – in this column, anyway.

But not thinking about having cancer - when vou have cancer, seems counterintuitive almost. How do you not think about the most important thing in your life, the "thing" which is very likely shortening that life? I mean, being diagnosed with cancer is not exactly chicken soup for the soul; it's more a harbinger of things to come, most of which are not particularly good. And as much as I would encourage not focusing on a negative and the presumptive self-fulfilling outcome it might portend, denying its existence and pretending that all is right when previously your CT Scans indicated you've been wrong, is reckless and irresponsible, unless you know/feel something that modern medicine has yet to detect.

I don't know anything except what I feel, and most of those feelings are probably being routed through my brain and its desire for self-preservation. The point being: Am I thinking clearly? Thinking wishfully/hopefully? Or thinking normally? That is: pretending, denying, waiting, wondering. Being a cancer patient/survivor is an emotional roller coaster, and feeling good – however fleeting, has many rewards, but feeling bad as I now do (a mere two paragraphs later) is all it's cracked up to be.

Sure, I had chemotherapy the other day, so feeling good, then hours later feeling bad, was not totally unexpected; as you might imagine after nearly seven years of cancer treatment I sort of know the routine/cycle. Still, whenever I feel as good as I did in the opening paragraphs, I get disappointed when the inevitable bad feelings return, which last for a week or so – and what bothers me even more: I should know better (I do know better). But I can't help think-ing/hoping that this will be the post-chemotherapy week when I won't feel what I've always felt every week after chemotherapy since the infusions began in early March 2009.

As much as I readily acknowledge how amazingly lucky I am to still be alive, I can't help expecting more. And when I don't get more, but instead get less, I don't usually take it well. Emotionally I get challenged and physically I get compromised. The combination results in a difficult set of circumstances. I don't exactly lose my focus or forget my good fortune, but I am reminded that I have a serious disease, one that is looking for trouble, and occasionally, it does have its way with me. The only saving grace is that it is all very familiar to me now, and as my Auntie Irene used to say: "This too shall pass," which of course, it always does – and then we're back to abnormal.

However, that time when I feel good, it's almost a tease, as I know the forthcoming bad. And yet I want to believe that feeling good, for whatever period, is somehow indicative of a future less complicated than my present. Still, I keep thinking that maybe after this infusion, the week-after will be different. Unfortunately, it's never different. It's always the same. Hope springs eternal though, and as a cancer patient, hope is our most valuable commodity. Thankfully, there's plenty for everyone.

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













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OVER 95 HOMES SOLD SO FAR THIS YEAR!

8009 Greenwich Woods Dr McLean \$2,699,000 *RESORT-LIKE LIVING* in this spectacular and inviting 8BR/9 full BA/2 half bath luxury home!

Located on OVER an ACRE, this expansive property features in-ground pool, waterfall & gazebo. Beautiful main-level floorplan with great light and flow; main level owner's suite, plus 2 additional MBR suites upstairs and generously sized additional bedrooms; LL boasts over 3600 square feet of lavish space with separate entry; Langley school district!

1505 Brookhaven Drive McLean, VA \$2,049,950 *MAGNIFICENT* elegantly-styled Craftsman home! Featuring 7BR and 6.5 baths, this GORGEOUS property includes sparkling hardwood floors; state-of-the-art technology for light, heating & sound controls; perfect living & formal dining room spaces with plantation shutters; easy-flow open concept floorplan; DREAM gourmet island kitchen w/ granite/stainless steel plus breakfast area; walkout to outdoor deck; main level BR suite-great for au-pair or in-laws; fabulous owner's suite with breathtaking luxury bath; huge walkout lower

level with media room, bedroom and full bath!

\$1,675,000 6610 Chesterfield Avenue McLean, VA ABSOLUTELY STUNNING* 5BR/6 full and 2 half bath colonial home on 3 finished levels built in 2015! This GORGEOUS home features sparkling hardwood floors, incredible gourmet island kitchen with top-of-the-line GE Monogram appliances, granite, custom cabinets; large breakfast room off the kitchen; dramatic 2-story family room with wall of windows and gas fireplace; main level in-law/au pair suite; expansive owner's suite with sitting area, luxury bath and huge walk-in closet; upper level laundry room; finished LL rec room w/ guest room, 1.5 baths and media room!









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