

Holiday Race at Burke Lake Park

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Partnership Launches 'Build a Village' Campaign

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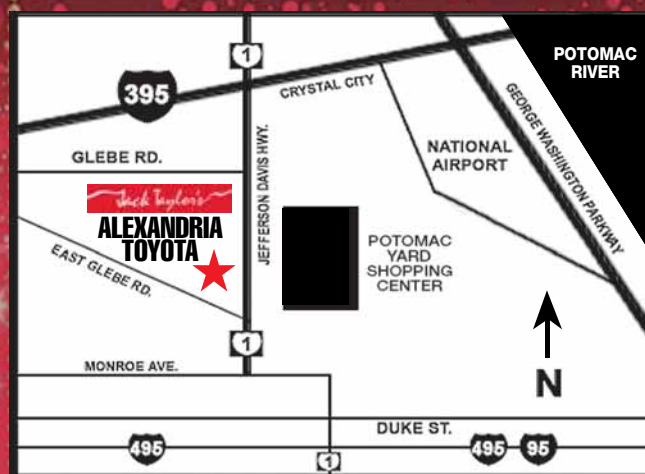
Fairfax Station Woman Survives Lung Cancer Scare

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The start of the first
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**Let's
Go
Places**

Fairfax Station Woman Survives Lung Cancer Scare

Early detection and new screening technology caught nodule in early stage.

BY TIM PETERSON
THE CONNECTION

It was not Fairfax Station resident Jackie Marino's first time visiting the Burke Allergy and Asthma Center with a resurgent sinus infection. The elementary school Spanish teacher had cycled through treatment several times, complaining of a sinus infection, receiving antibiotics, seeing some resolution and then returning when the infection came back.

In the summer of 2014, it was different: Marino's sinus infection was back, and when she went to the center, she was coughing up blood.

Immediately, Certified Family Nurse Practitioner Christen Davis recommended Marino get a chest X-ray. That procedure revealed a soft tissue mass in the lower left lobe of her lung. Marino would need a computerized tomography (or CT) scan and biopsy to see if the mass was cancerous.

Rather than follow the more traditional bronchoscopy that would be both more invasive and potentially less accurate, Marino worked with the Cardiac, Vascular and Thoracic Surgery Associates specialists at Inova Fairfax Hospital who used new Electromagnetic Navigation Bronchoscopy technology to make a digital three-dimensional map of the lungs and pathway to the mass.

"When we do biopsies without having a good idea of where the lesions are — because they are too deep in the lungs — there's always a risk of not getting an answer," said Dr. Amit Mahajan, an Interventional Pulmonologist at Inova, and the one who performed Marino's scan. "That was an issue we were able to eliminate using this advanced technology."

With the pathway clear, it is possible to take the biopsy sample much quicker and have the results ready for the patient quicker, as well.

"Waiting for results is worse than the procedure itself," Dr. Mahajan said, "usually at least three to five days." But with rapid



(From left) Jackie Marino, her son Nick, daughter Elisa and husband Robert celebrate Elisa's graduation.

onsite evaluation, Marino was able to find out the same day that the mass found in the X-ray was cancerous.

WITHIN TWO WEEKS, Marino was scheduled for minimally invasive surgery to remove that lower left lobe of her lung. After a successful operation, Marino was out of the hospital the next day and resumed normal activities within days.

"I'm considering myself lucky to have been diagnosed very early," Marino said. "After the treatment, there was no chemo, nothing. I feel very fortunate."

Marino's tumor was very close to a vein, and using the older biopsy technology may have forced doctors to remove her entire lung just to see if there was a cancer growing. And the recovery time for that procedure is significant.

"I didn't want to spend weeks or months



Dr. Amit K. Mahajan



Certified Family Nurse Practitioner Christen Davis

in bed," Marino said, "so I thought this was the best option."

Dr. Sandeep Khandhar, a CVTSA thoracic surgeon and Surgical Director of Thoracic Oncology at Inova performed the surgery on Marino in November, 2014.

Using a still relatively new method, he was able to enter with a scope, cutting a little under the left breast and on the back, deflate and remove a portion of the lung, and staple things back up again.

As a regular smoker for 35 years, Marino did fall within the established guidelines for screening patients for lung cancer, Dr. Mahajan said.

Breast and colon cancer screening is historically more prevalent, but with increased approvals from insurance companies and screening programs like the ones at Inova and other academic institutions, the number of CT scans and incidental cancer find-

ings is going up, according to Dr. Mahajan.

"I had quit smoking for nearly two years and was living so much healthier," Marino said. "I was walking more and being more active. To be told I had lung cancer after I felt so much healthier was shocking and very scary."

As a resolution for her 50th birthday, Marino had chosen to quit smoking altogether in January 2013. Her son's pleas and reading the book "The Easy Way to Stop Smoking" by Allen Carr inspired her to change her lifestyle.

"You always know when you smoke that it's a possibility," Marino said. "I've had many people in my family being smokers, with no one diagnosed."

Regardless of family history, Davis said, it is important to follow-up and have coughs evaluated.

"No matter the age or if you fall into a certain category, people should get a cough checked out," she said. "Patients are sometimes in denial, because they quit smoking already."

Jackie's young, she just had a sinus infection and a cough, so getting an X-ray initially wasn't a top priority. It can be completely resolved and still have something going on."

Though in Marino's case, her cancer was in the early A1A stage and had not spread beyond that immediate nodule, the American Cancer Society says many lung cancers have already progressed further to a more advanced stage by the time they are discovered.

"The lesson I took away from this is it's so important for people to get screened for lung cancer,

whether you have a history as a smoker or not," Marino said. "If the nurse hadn't decided to do

an imaging evaluation, I know I wouldn't be here today. It saved my life."

FOR THE FIRST TWO YEARS after surgery, Marino will be re-scanned every six months for any traces or new developments of cancer. So far, she is in the clear.

"This technology is really changing the landscape of lung cancer lung nodules," said Dr. Mahajan, "with our ability to do this, take nodules which otherwise wouldn't have been able to be treated, diagnosed, and make it a reality."

Sentence in Drug Possession, Distribution Case

12-year sentence handed to Fairfax Station man for possessing and distributing heroin and oxycodone.

Thirty-two-year-old Michael Ryan Martin of Fairfax Station was sentenced to serve 12 years in prison for possessing and conspiracy to

distribute heroin and oxycodone, according to a Dec. 11 release from the U.S. Department of Justice.

Martin's sentence is set to conclude with

three years of supervised release.

Court documents show Martin distributed oxycodone tablets illegally between Aug. 14, 2014 and June 1, 2015, then used that revenue to buy heroin. He turned around and sold a portion of that as well, the release said.

Martin was ordered to hand over \$71,840, in addition to his jail time, as his illegal profits.

One of Martin's heroin customers, 30-

year-old Christopher Ritchie, died shortly after shooting some of the drug Martin sold to him. His death was ruled as heroin poisoning.

The Dec. 11 release also said Martin was found to have obstructed the Loudoun County Sheriff's Office in the investigation of Ritchie's death by giving false statements to detectives.

—TIM PETERSON



Board of Supervisors Chairman Sharon Bulova with Michael L. O'Reilly, Chairman of the Governing Board, Fairfax County Office to End and Prevent Homelessness.



Verdia L. Haywood, former Deputy County Executive and Governing Board member, with Glynda Hall, Partnership Development Manager for the Office to End and Prevent Homelessness, and Kathy Albarado, CEO of Helios HR in Reston.

PHOTOS BY MARY KIMM/THE CONNECTION



Wendy Lemieux, of the Fairfax County Office of Public Private Partnerships.

Partnership Launches 'Build a Village' Campaign

Goal to end homelessness in Fairfax County by 2018 looms; more than 400 children are among the homeless here.

Dozens of business leaders, elected officials and advocates for ending homelessness gathered Monday, Dec. 14 in the offices of Piedmont Fund Services in Herndon to launch the "Build a Village" campaign.

The effort is designed to provide funds to help end homelessness in Fairfax County. Businesses pledged more than \$20,000 at the event just to begin. Jim Corcoran, president and CEO of the Fairfax County Chamber of Commerce, Don Owens of Griffin-Owens Insurance in Herndon, John Sekas of Sekas Homes in Vienna and Kathy Albarado, CEO of Helios HR in Reston, each pledged \$5,000.

Albarado shared her personal story, which included periods of homelessness when she was growing up as her mother fled domestic violence.

The Build a Village concept, which graphically builds houses with donations starting at one brick for \$25, a window or chimney for \$250, \$500 to build the front door and \$5,000 completing a house, is the brainchild of the Dulles Regional Chamber of Commerce and its president Eileen Curtis, who was on hand for the kickoff. Apple Federal Credit Union will manage donations.

In 2015, about 1,200 people were literally homeless, including 431 children. More than 60 percent of the homeless adults in families were employed, but their jobs didn't pay them enough to afford housing. Domestic violence was the cause of homelessness for more than 40 percent of the adults in families who are homeless. Of the 488 single individuals who were homeless, 52 were 18-24 years old; 123 were 55 years old or older. Two hundred sixty eight homeless individuals were dealing with serious mental illness and/or substance abuse.

Lack of affordable housing is the main cause of homelessness in Fairfax County, according to the Fairfax County Office to



Sharon Bulova, Chairman of the Board of Supervisors, and Supervisor Catherine Hudgins (D-Hunter Mill) both serve on Governing Board of the Office to End and Prevent Homelessness, and were on hand to support the launch of the "Build a Village" campaign.



Kerrie Wilson, CEO of Cornerstones, with Nannette Bowler, Director of the Fairfax County Department of Family Services.



Delegate-elect Jennifer Boysko (D-86) with Margi Preston, Executive Director of FACETS.



Jeff Lisanick of Vienna, and Joe Meyer, Executive Director of Shelter House.

Prevent and End Homelessness. Low incomes and expensive housing make it impossible to pay for an apartment when earning minimum wage — even working 24

hours per day, seven days a week. Monthly rent for a two-bedroom apartment is at least \$1,500, meaning a family would need an annual income of \$58,760 to afford a two-

bedroom apartment.

To donate, go to www.fairfaxcounty.gov/homeless and click on "Build a Village" campaign.

Del. Filler-Corn Receives the Jobs for America's Graduates' National Network Leadership Award

Del. Eileen Filler-Corn (D-41) was honored by Jobs for America's Graduates (JAG) with their National Network Leadership Award in Washington, D.C. This annual awards event recognizes a select number of national, state and local leaders for their support of the mission of Jobs for America's Graduates, as well as the activities of their respective state organizations and local JAG programs.

JAG is a national nonprofit organization with state partners, dedicated to preventing school dropouts among young people who are most at risk. Governor Terry McAuliffe and U.S. Rep. Don Beyer both serve on JAG's national board of directors. JAG recognized Filler-Corn for her work as chair of their Virginia affiliated organization, Jobs for Virginia Graduates (JVG), which she has chaired since 2012, succeeding Congressman Beyer.

The festivities began on Wednesday night in the Kennedy Caucus Room at the Russell Senate Office Building. Following an introduction by Beyer, Filler-Corn had the opportunity to address the crowd. "One of my principal goals for JVG



PHOTOS CONTRIBUTED

Del. Eileen Filler-Corn accepting the JAG National Network Leadership Award

is to become Virginia's 'Program of Choice' for dropout prevention and obtaining good job opportunities for at-risk students," said Filler-Corn. "On a personal level, I am committed to continuing to expand the ability of Jobs for Virginia graduates to reach a growing percentage of the many thou-

sands of our students who remain at high risk of dropping out of school before graduation, and thus become likely to remain on the sidelines of an otherwise growing economy throughout their working lives," she added.

In addition to Beyer, Sen. Tim Kaine and Virginia Secretary of



Del. Eileen Filler-Corn with Senator Tim Kaine and Virginia Secretary of Education Anne Holton

Education Anne Holton also attended Wednesday night, as well as Mississippi governor and current chair of JAG, Phil Bryant. The following day, JAG held its national awards luncheon where Filler-Corn was presented with a plaque commemorating her efforts on behalf of JVG.

AREA ROUNDUPS

Burke Lake Seniors Golf League Seeks Members

Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all-around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season - April 1 through Oct. 31 - are \$20 plus green fees. For more information, call Charlie Ryan 703-690-4227.

Toy Collection

Lake Braddock Secondary School SGA will be collecting toys during the boys basketball game against W.T. Woodson on Friday, Dec. 18 at 7:30 p.m. at Lake Braddock. Every person that brings in a new, unwrapped toy will receive a \$2 discount on their game ticket. If 200 toys are raised during the game, all those who donated a toy will receive a voucher for a free slice of pizza. Lake Braddock is located at 9200 Burke Lake Road, Burke. Collection is for Toys for Tots.

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FOR UNTO US

a child is born

Christmas

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Christmas Services

<p>DECEMBER 23, 2015 McLean Bible Church Montgomery County Campus 12440 Parklawn Drive, Rockville, MD 20852 Family services at 6:30 pm and 8 pm</p>	<p>DECEMBER 24, 2015 McLean Bible Church Loudoun Campus 44180 Riverside Parkway, Lansdowne, VA 20176 Family services at 4 pm and 6 pm Communion service at 8 pm</p>
<p>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, 9 pm and 11 pm</p>	<p>McLean Bible Church Prince William Campus 10002 Battleview Parkway, Manassas, VA 20109 Family services at 5 pm and 6 pm Communion service at 7 pm</p>

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)

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

The 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 age-old 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 non-profit 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 — childhood 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)



I 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 issues facing Virginians (<http://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

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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Lorton & Clifton
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NEWS



PHOTO BY TIM PETERSON/THE CONNECTION

The South County and West Springfield High School swim and dive teams come together on Dec. 12 to donate new, unwrapped toys for the South Run RECenter Toys for Tots program.

Swim Teams Bring in Toys for Tots

Before their head-to-head meet on Dec. 12, members of the South County and West Springfield High School swim and dive teams dropped off dozens of new toys for the South Run RECenter's Toys for Tots donation drive.

The drive ran from Nov. 16 until Dec. 12, collecting about four large bins of presents, according to South Run Fitness director Laurie Strickland. The toys

are then taken to a Marine Corps depot in Dumfries for distribution.

The South County girls team defeated West Springfield by a score of 167 to 148, while the boys lost to West Springfield 111 to 203.

—TIM PETERSON

FAITH NOTES

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

Pohick Church will offer Service Lessons and Carols. This service originated in Victorian England in the 1880s as a series of scripture readings interspersed with Advent and Christmas carols, hymns and choral anthems, tracing God's love from the creation of man and woman in the Garden of Eden, through the annunciation and birth of the Christ Child. The event will be on Sunday, Dec. 20 at 10 a.m. Pohick Church is located at 9301 Richmond Highway, Lorton. www.pohick.org. 703-339-

6572.

Clifton Presbyterian Church is offering a **Grief Support Group**. Offered for eight sessions on Thursdays from Dec. 3-Feb. 3 from 10:30 a.m.-noon for those who have experienced a recent death and loss in their lives. This group will offer a safe and supportive place for participants to explore ways to walk the journey of grief and to "wrestle" with difficult, and sometimes unanswerable, questions. Dec. 3, 10, 17; Jan. 7, 12, 21, 28; Feb. 3. Clifton Presbyterian Church is located at 12748 Richards Lane, Clifton. office@cliftonpc.org. 703-830-3175.

Join **Harvester Presbyterian Church**, 7800 Rolling Road, Springfield, for Light of Hope, a traditional

Christmas Eve service with candle-lighting on Thursday, Dec. 24 from 8-9 p.m. www.harvesterpca.org. 703-455-7800.

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

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PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Children clamber excitedly onto the most popular event during Lake Accotink Park's holiday hayride, lakeside campfire and visit to Santa—the horse-drawn hayride pulled by the elegant equines from Harmon's Hayrides and Carriages.



From left, Cassie, 2, and Christina Fowler, of Alexandria, join Hugh, 2, and Maura Keaney, of Lorton, at Lake Accotink Park in Springfield during the park's holiday hayride and lakeside campfire on Saturday, Dec. 12.

Balmy Weather for a Hayride Together with You

High temperatures match high spirits at Lake Accotink Park's holiday events.

ABIGAIL CONSTANTINO
THE CONNECTION

“We promised a campfire,” said Lake Accotink Park's Julie Tahan.

Holiday music blared through the park as Santa held court at the pavilion despite temperatures in the 70s on Saturday, Dec. 12.

Howard Hall, of Harmon's Hayrides and Carriages, pointed to a picture of himself driving the horse-drawn hayride a few years ago at a snow-covered Lake Accotink Park. He was wearing a heavy coat then. “The wind across the lake just whistled,” he said. Today, he is wearing a short-sleeved shirt.



From left, Shepherd, 2, and Colin Miller, of Springfield, Jackson McElhatton, 11, of Alexandria, Winnie Miller, 5, Ann McElhatton, of Springfield, ride the tractor-pulled hayride on Saturday, Dec. 12 at Lake Accotink Park in Springfield.

Although the most popular activity of the day was the horse-drawn hayride pulled by two elegant Belgian draft horses, revelers also posed for pictures in front of inflatables and rode a tractor-pulled hayride that went over the footbridge into the trail.

While waiting for the horse-drawn hayride, people also visited Santa and posed for pictures. Or, played in the sandy area, as Hugh Keaney, 2, of Lorton, did.

Alas, the roaring lakeside campfire remained mostly deserted. Colin and Winnie, 5, Miller and

Ann McElhatton, of Springfield, have been coming to the park's holiday event for five years. This is where they see Santa. It is better than being at the mall, said Ann.

“It's a nice event. People enjoy it every year,” said Tahan.



Belgian draft horses from Harmon's Hayrides and Carriages of Brandy Station, Va. take excited riders on a jaunt around Lake Accotink Park in Springfield.



Sophia, 4, and Helen Au, of Alexandria, wait for the arrival of the horse-drawn hayride at Lake Accotink Park on Saturday, Dec. 12 in Springfield.



From left, Aimee Convery, Aros, 18 months, and Katherine Estrada, 9, of Mount Vernon, on the tractor-pulled hayride at Springfield's Lake Accotink Park on Saturday, Dec. 12.

CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

FRIDAY/DEC. 18

Vienna Boys Choir, Christmas in Vienna. 8 p.m. George Mason University Center for the Arts, 4373 Mason Pond Drive, Fairfax. The choir performs a broad range of music for the holidays, from sacred hymns and traditional Christmas carols to holiday pop favorites and folk songs from across the globe. These Austrian lads belong to one of the best-known boys choirs in the world, and are known for their ethereal vocals, glorious harmonies, pristine tone, and a broad repertoire spanning centuries and genres. \$32-\$54. cfa.gmu.edu. 888-945-2468.

“It's a Wonderful Life-A Live Radio Play” and Silent Auction. 6 p.m. (Silent auction start). 7 p.m. (Play). West Springfield High, 6100 Rolling Road, Springfield. Door 6. Performed by Spartan Theatre Company. \$10. www.spartantheatre.com.

SATURDAY/DEC. 19

VFW Post 7327 Thanksgiving and Christmas Adopt-a-Military-Family Party. Noon-4 p.m. Greater Springfield Volunteer Fire Department, 7011 Backlick Road, Springfield. Each year, the Post and Auxiliary provide food for the families at the Thanksgiving and Christmas Holiday. At Thanksgiving they receive a “wish list” from the children and provide those gifts for the parents to put under the tree on Christmas day. Finally, they hold a Christmas party that includes food for the entire family, a visit from Santa Claus, crafts, entertainment, and music. Call 703-732-6596 for more information.

More than a Muse Opening Reception. 8 p.m. Epicure Cafe, 11104 Lee Highway, Fairfax. Curated by Mojdeh Rezaeipour and The Bunnyman Bridge Collective, the artists of More than a Muse create work in a variety of mediums. Live music by Her Roots. Exhibit will run from Dec. 19-Feb. 20. www.epicurecafe.org/contact. 703-352-9193.

Donuts with Santa. 11 a.m.-12:15 p.m. W-16, Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Santa is returning for a wonderful family event just in time for the holidays! Join Santa and his helpers for a special experience at Donuts With Santa. Each ticket holder will enjoy two doughnuts and a choice of juice or coffee while Santa and his Elves read a classic Christmas story and lead a fun-filled family sing-a-long. \$20. workhousearts.org. 703-585-2900.

Brunch with Santa at the Pub. 9-11:30 a.m. The Pub by Wegmans, 7905 Hilltop Village Center Drive, Alexandria. Santa's coming to town and he'll be at The Pub! Join us for brunch specials in addition to our full Pub menu. You can take pictures with Santa too. Reserve at Call (571) 527-2465 or use OpenTable.

“How to Catch Santa” Storytime. 11 a.m. Barnes and Noble Springfield, 6646 Loisdale Road, Springfield. Join us for Storytime featuring How to Catch Santa. Filled with humor and holiday warmth, this is a jolly read-aloud for the whole family to enjoy! 703-971-5383.

SATURDAYS/DEC. 19, 26

Children's Theatre: “The Nutcracker.” 1-2:15 p.m. 3-4:15 p.m. W-3 Theatre, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Presented by Mestey Films



PHOTO BY LOIS GREENFIELD

Savion Glover Comes to Center for the Arts

Savion Glover and “DANCE HOLIDAY SPeCTaCuLaR” at George Mason University, Center for the Arts, Fairfax, Saturday, Dec. 19 at 8 p.m. Tickets: \$32-\$54. Call 888-945-2468 or visit www.cfa.gmu.edu. Note: This is designated as a family friendly performance. All children, regardless of age, must have a ticket.

Jewish Community Center to Host J Fest

The Jewish Community Center of Northern Virginia (the J) is hosting its annual J Fest and Movie Screening on Friday, Dec. 25 at 8900 Little River Turnpike, Fairfax. J Fest: 11 a.m.-3 p.m. Movie: “Yentl” at 3 p.m. The DMV is invited to attend this great day to play at the J with friends, family, and community. Interactive entertainment, arcade games, moon bounces, and other inflatables and the magic of Benjamin Corey — a Comedy Magician/Illusionist who also includes mentalism in his performances. Food will be available for purchase. This year guests are encouraged to participate in a coat drive for those less fortunate by bringing any new or gently used coats for donation. Fee per family (up to 6 people): \$20/ \$15 member. Free parking. 703.323.0880. jccnv.org

Following J Fest, enjoy a free screening of “Yentl.”

This 1983 romantic musical, directed, co-written, co-produced and starring Barbra Streisand is based on the Isaac Bashevis Singer story “Yentl, the Yeshiva Boy” and portrays the odyssey of an Ashkenazi Jewish girl in Poland who decides to dress and live like a man so that she can receive an education in Talmudic Law after her father dies. Co-starring Mandy Patinkin and Amy Irving, and Streisand singing “Papa, Can You Hear Me?” and “The Way He Makes Me Feel,” songs by Michel Legrand. Free admission. 703-323-0880. jccnv.org

Productions. LIVE onstage! Playwright Vianlix Mestey produces an original re-telling of the favorite holiday story in play form! Running time 75 minutes with one intermission, appropriate for all ages. \$9-\$13. workhousearts.org. 703-585-2900.

University Drive, Fairfax. Teaming up with a full symphony orchestra to celebrate the Christmas season live. \$39.50-\$150. http://www.eaglebankarena.com/. 703-993-3000.

FRIDAY/DEC. 25

Fourth Annual Christmas Day “Giving Back.” 1-5 p.m. Ravensworth Shopping Center, 5236 Port Royal Road, Springfield. Join us for camaraderie, fellowship, munchies and beverages - as we pack Care Packages for our Deployed write Care Letters for our Veterans in Veterans Homes and Hospitals and accept, clean gently used or new winter coats for our local homeless veterans. To participate or volunteer go to

www.ConnectionNewspapers.com

Ongoing

Inaugural Workhouse Glass National 2015. Through Jan. 17. W-16, Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join for the family-friendly exhibitions of glass art and the opening reception on Tuesday, Nov. 10, 6-8 p.m. workhousearts.org. 703-585-2900.

Children's Theatre: “The Nutcracker.” 1-2:15 p.m. & 3-4:15 p.m. Saturdays. Dec. 19, 26. W-3 Theatre, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Presented by Mestey Films Productions. Playwright Vianlix Mestey produces an original re-telling of the favorite holiday story in play form. Running time 75 minutes with one intermission, appropriate for all ages. \$9-\$13. workhousearts.org. 703-585-2900.

Iconic Images from the American Civil War. Through Dec. 31. Tuesday-Friday, 10 a.m.-3 p.m. Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. The exhibition, Between the States: Photographs of the American Civil War, features a selection of 110 historical photographs of the Civil War by photographers (including renown photographers George Barnard, Mathew Brady, and Alexander Gardner from the George Eastman House Collection in Rochester, N.Y. 703-691-0560.

Cafe Ivrit (Hebrew Cafe). Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (Hello)! Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel! Free (we ask that you try to attend regularly). RSVP Naama.Gold@jccnv.org.

www.americasadoptsoldier.org.

J Fest and Movie Screening. 11 a.m.-3 p.m. The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. “Yentl” at 3 p.m. Interactive entertainment, arcade games, moon bounces, etc. Plus magician Benjamin Corey. \$20/ \$16 per family (up to six people). jccnv.org. 703-323-0880.

SATURDAY/JAN. 2

“Lady Pancake and Sir French Toast.” 11 a.m. Barnes and Noble Springfield, 6646 Loisdale Road, Springfield. Lady Pancake and Sir French Toast have a beautiful friendship — until they discover that there's ONLY ONE DROP of maple syrup left. Activities to follow. 703-971-5383.

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The first place female finisher was Bailey Kolonich of Springfield with a time of 1:28:53. She also runs for George Mason University. Pictured with her is Richard Poorman of Lake Ridge, who is a co-worker at Metro Run and Walk of Springfield.



The first-place male finisher was Otto Kingstedt of Sweden with a time of 1:12:41.

Holiday Half Marathon Race at Burke Lake Park

Some 612 runners participated in the first Holiday Half Marathon Race on Sunday, Dec. 13, at Burke Lake Park, helping to raise \$10,000 in a fundraiser for the park. With temperatures approaching 70 degrees, it was the perfect day to run through the trails lined with Christmas and Hanukkah decorations. The 13.1 mile race started at Burke Lake Park and wound around the Accotink Valley Trail then around Lake Mercer and back.

"I think this is so fantastic that people are coming out on a Sunday dressed in their festive gear to enjoy the beautiful parks that we have," said race organizer Helen Russell, owner of Metro Run and Walk of Springfield, which presented the race. "And it's our pleasure to be able to raise money to give back to the park."

— STEVE HIBBARD

Race organizer Helen Russell, owner of Metro Run and Walk of Springfield.



Leading in the pre-race exercise warmup is Zach Sykes of Max Muscle in Springfield.

PHOTOS BY
STEVE HIBBARD
THE CONNECTION

SPORTS

Freshman James Provides Spark for Undefeated Bruins

Guard scores 12 points, Bruins beat Robinson.

BY JON ROETMAN
THE CONNECTION

Lake Braddock freshman guard Quentin James felt nervous prior to Friday's matchup with Robinson — his first taste of the Burke rivalry.

Near the end of the first quarter, James unloaded those nerves on the Rams in the form of a personal 6-0 run.

James' trio of buckets helped Lake Braddock close the opening quarter on 14-1 run. The Bruins led by at least nine points for the remainder of the contest and improved to 4-0 with a 66-54 victory on Dec. 11 at Lake Braddock Secondary School.

James, a starter for the Bruins, finished as the team's second-leading scorer with 12 points.

"He's a player, now," Lake Braddock head coach Brian Metress said. "He gets after you defensively and he's in the passing lanes. I thought we rattled them early with the pressure. We just rattled them. And they really, early, didn't look like they wanted to dribble. It was sort of like chum in the water — we were going after every pass."

Lake Braddock forced nine turnovers in the first quarter and 26 for the game. After back-to-back buckets by James late in the first quarter, the freshman guard came up with a steal and finished with a layup, extending the Bruins' lead to 14 points. Lake Braddock led 26-10 at the end of the opening quarter.

"It felt amazing," James said about scoring six straight points. "It was my first time playing in the big cross-town rivalry as a freshman so, I was a little nervous ..."

Has James had to prove to Lake Braddock coaches that he belongs on the varsity level?

"We've known him since his seventh, eighth grade year," Metress said. "He's a good player. He's confident, he expects to play well, we expect him to play well. We don't treat him like a freshman and we think he's got a bright future here at Lake Braddock. ... And the older guys, the captains, like [senior forward] Peyton Bishop and [senior center] James Butler, the guys who have been through the wars before, they embrace him as an important part of our team."

James' final field goal came with less than a minute remaining in the fourth quarter, giving Lake Braddock a 65-52 advantage.

"He's really stepped up," Butler said. "You can see he's feeling more confidence as he plays. He had a great game tonight — sort of a breakout game for him."

While James gave the Bruins a spark, Butler took care of business as usual in the paint. The 6-foot-8 Navy signee scored a game-high 22 points, including 12 in the first quarter, and grabbed five rebounds.

"... I thought he was a beast in there," Metress said.

Metress said he's asking Butler to take on a leadership role this year.

"As a freshman, he was a young kid that was up on the varsity and he played limited minutes," Metress said. "As a sophomore, he was an integral part — a



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Lake Braddock freshman Quentin James scored 12 points during the Bruins' 66-54 win over Robinson on Dec. 11.

"We've known [James] since his seventh, eighth grade year. He's a good player. He's confident, he expects to play well, we expect him to play well. We don't treat him like a freshman and we think he's got a bright future here at Lake Braddock."

— Lake Braddock basketball coach Brian Metress

sixth man — of a team that went to the state final four. Last year, he was the fourth- or fifth-leading scorer in the metropolitan area. This year, we've asked him to do something that doesn't have anything to do with basketball: we asked him to lead and that's what he's doing."

Junior guard Corey Pelham scored 11 points for Lake Braddock, including a pair of 3-pointers.

Avi Silberman led Robinson with 14.

Lake Braddock opened Conference 7 play with an 83-77 win over T.C. Williamson Tuesday, improving its record to 5-0. The Bruins will host Woodson at 7:30 p.m. on Friday, Dec. 18.

Robinson (2-4) will travel to face Stone Bridge at 7:30 p.m. on Friday, Dec. 18.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Lake Braddock senior James Butler scored a career-high 46 points against T.C. Williams on Tuesday.

Butler Scores 46 in Victory Over TC

Bruins' senior scores 18 points in fourth quarter.

BY JON ROETMAN
THE CONNECTION

The undefeated Lake Braddock boys' basketball team trailed T.C. Williams entering the fourth quarter of Tuesday's Conference 7 opener. The Titans' lead didn't last for long, however, as the Bruins employed a strategy for which undersized TC simply had no answer.

"They fed the beast," Lake Braddock head coach Brian Metress said.

James Butler scored 18 of his career-high 46 points in the fourth quarter and the Bruins improved to 5-0 overall and 1-0 in the conference with an 83-77 victory at Lake Braddock Secondary School.

Butler, a 6-foot-8 senior and Navy signee, was unstoppable in the paint. His three-point play with 7:32 remaining in the fourth quarter gave Lake Braddock a 61-60 lead it would not relinquish.

"My teammates," Butler said, "did a great job of feeding me the ball."

T.C. Williams' tallest player, 6-foot-5 center Andrew Tovskey, fouled out with 6:30 remaining and Lake Braddock leading 64-62. Butler, who surpassed his previous career-high of 35 points, continued to capitalize on the Titans' lack of size, scoring in the post and on putbacks.

"TC, once the big boy got in foul trouble and they just tried

to surround [Butler] a little bit, and it was tough," Metress said. "I thought we ran offense well, we threw passes to him and we got him in all sorts of different matchups."

After a jumper by T.C. Williams guard Jordan Jones cut Lake Braddock's lead to 68-66 with 5:08 remaining, Butler scored Lake Braddock's next 11 points.

Butler's final field goal gave the Bruins a 79-72 advantage with 1:15 remaining.

"If I can go in and get a couple easy buckets or quick buckets for the team, I'm going to do it," Butler said. "We're 1-0 in the conference now and that's huge."

Butler scored four points in the first quarter. He had 20 points at halftime and 28 at the end of the third quarter.

"Rough start," Butler said. "I was almost ... lethargic in the first quarter, I'd say, but I got it going in the second and third."

In the second half, Butler was aggressive in the paint.

"It's his senior year and he wants to win," Metress said. "I think what he started thinking was, 'Hey, if they're going to throw me the ball, I'm going to finish at the rim.' Early in the game, he was kind of stepping back and shooting some and going with the fade-away. Basically, what happened was he wasn't going to bail the defense out. He was just going to put his elbow in the guy's nose and go right to the rim."

Corey Pelham scored 15 points for Lake Braddock, including a trio of 3-pointers. Peyton Bishop added 11.

Lake Braddock will host Woodson at 7:30 p.m. on Friday, Dec. 18.

Lessons in Charitable Giving

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

BY MARILYN CAMPBELL
THE CONNECTION

Matthew 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 development experts. Involving children in chari-

Interfaith Works Holiday Shoebox Project

Help neighbors in need by decorating and filling shoeboxes with essentials and gift items to spread holiday cheer.

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

- ❖ Start with an empty shoebox, including box lid

- ❖ Cover both box and lid in holiday wrapping paper

- ❖ Write an encouraging note to tuck inside

- ❖ Fill it with suggested items:

- \$10 gift card (grocery store, Target)

- SmarTrip cards

- Travel-sized toiletries like lip balm, deodorant, shaving cream, new crew socks (men's or women's), pocket calendars, mini-flashlight and batteries (AA or AAA), scarf, gloves, mittens, hat, mini-notepads and mini-pens

Deliver shoe boxes to Community Vision program, 8210 Dixon Avenue, Silver Spring, Md., 301-585-4471. For more information contact Yvonne Esipila at yesipila@iworksmc.org or 301-315-1097.

table activities, modeling altruistic behavior and making a link between compassion and a higher power are all effective ways parents can teach their children the value of giving to the less fortunate.

SEE TEACHING, PAGE 13



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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 Pegoraro 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

homeless, she gave them a description of 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

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 Foundation and the Women's Philanthropy Institute at Indiana University-Purdue University Indianapolis found that talking to children about giving is highly effective for encouraging philanthropy, and increases a child's inclination 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

socks, snacks and a personal note," said Nikki Stanaitis, LCSW-C of Interfaith Works. "It makes a person feel human and gives them the sense of normalcy that we all want."

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.

"Children need to have empathy modeled for them and they need a script to follow or ideas for carrying out charitable acts."

— Christine Pegoraro Schull, Ph.D., Northern Virginia Community College

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21 Announcements

ABC LICENSE
Jenny Shen, Inc Trading as Rice Pot, 4709 Backlick Road, Annandale, VA 22003. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Beer, Wine & Mixed Beverages on premises license to sell or manufacture alcoholic beverages. Jenny Zhen, Owner

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
Yasini Empire, LLC trading as Empire, 6355 Rolling Rd, Springfield, VA 22152. Fairfax County. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverages license to sell or manufacture alcoholic beverages. Hamid Yasini, owner

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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**PUBLIC HEARING FOR TOWN OF CLIFTON
PROPOSED AMENDMENT TO SPECIAL USE PERMIT
PUBLIC HEARING OF TOWN OF
CLIFTON TOWN COUNCIL**

JANUARY 5, 2016

Notice is hereby given that the Town of Clifton Town Council will hold a Public Hearing on Tuesday, January 5, 2016 at 7:30 P.M. at the Town Meeting Hall, 12641 Chapel Road, 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.

**PUBLIC HEARING FOR TOWN OF CLIFTON
PROPOSED CHANGES TO THE TOWN CODE**

JANUARY 5, 2016

Notice is hereby given that the Town of Clifton Town Council and the Town of Clifton Planning Commission will hold a joint Public Hearing on Tuesday, January 5, 2016 at the Town Meeting Hall, 12641 Chapel Road, Clifton, VA 20124, directly after the special use permit hearing at 7:30 P.M. to review and implement proposed changes to the fee schedule for use permit applications and other items pertaining to the administration of use permit applications in the Town Code Section 9-10 c. The proposed changes are 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 proposed changes to Clifton's Town Code.

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SPORTS



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Lake Braddock junior Bailey Edwards, left, scored 13 points during the Bruins' 42-34 victory over Robinson on Dec. 11.

Lake Braddock Girls Beat Robinson

The Lake Braddock girls' basketball team
defeated rival Robinson 42-34 on Dec. 11.

Bailey Edwards led the Bruins with 13
points and Kate Esper finished with 12.

Madeline Dozier led Robinson with
nine points.

Lake Braddock opened Conference 7
play on Tuesday with a 40-27 loss to
T.C. Williams. Edward led the Bruins
with nine points.

Lake Braddock (3-2, 0-1) will travel to face
Woodson at 7:15 p.m. on Friday, Dec. 18.

BULLETIN BOARD

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416.
The deadline for submissions is the Friday prior to publication. Dated announcements should be
submitted at least two weeks prior to the event.

THURSDAYS/DEC. 3-FEB. 3

Grief Support Group. 10:30 a.m.-noon.

Clifton Presbyterian Church, 12748 Richards
Lane, Clifton. The Clifton Presbyterian Church
is offering to the church and community a
Grief Support Group for those who have
experienced a recent death and loss in their
lives. This group will offer a safe and
supportive place for participants to explore
ways to walk the journey of grief and to
"wrestle" with difficult, and sometimes
unanswerable, questions. Dec. 3, 10, 17; Jan.
7, 12, 21, 28; Feb. 3. office@cliftonpc.org.
703-830-3175.

SATURDAY/DEC. 19

Toy and Food Drop Off. 11 a.m.-3 p.m.

Moose Family Center, 9612 Fernedge Lane,
Lorton. Share the spirit of the holiday season
and bring joy to a local child or teen by
donating a new, unwrapped gift or gift card.
Find out more at <http://www.signupgenius.com/go/4090e48adaf28ab9-holiday>.

TUESDAY/JAN. 26

Fairfax 50+ Community Ambassador

Program. 9:30 a.m.-noon. Pennino Building,
12011 Government Center Parkways, Suite
206, Fairfax. This volunteer program trains
members of Fairfax County community
organizations to help link their fellow
members to the county's services for older
adults and caregivers. Contact Mena Nakhla
at 703-324-5859 or by email at
Mena.Nakhla@fairfaxcounty.gov by
Wednesday, Jan. 20.

ONGOING

Burke Lake Seniors Golf League seeks

members. Interested golfers are invited to join
the Burke Lake Seniors Golf League. Must be
55 and older, enjoy playing golf, meeting new
people and having an all-around good time.
Reserved tee times on Tuesday and Thursday
mornings at the Par 3 Burke Lake Golf Course
on Ox Road. Annual dues for the season –

April 1 through October 31 – are \$20 plus
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Ryan 703-690-4227.

The **Northern Virginia Long Term Care
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advocates for residents in nursing homes and
assisted living facilities. Contact Lisa Callahan
at 703-324-5861, TTY 711 or email
Lisa.Callahan@fairfaxcounty.gov. Also visit
www.fairfaxcounty.gov/dfs/olderadultservices/ltoombudsman/.

Fairfax County needs volunteers to **drive
older adults** to medical appointments and
wellness programs. For these and other
volunteer opportunities, call 703-324-5406,
TTY 711 or visit www.fairfaxcounty.gov/olderadults
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Respite Care volunteers give family caregivers
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Volunteers visit and oversee the safety of the
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Support and training are provided. Contact
703-324-7577, TTY 711, or
Kristin.Martin@fairfaxcounty.gov.

Fairfax County needs a volunteer **Senior
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the Friends of Fairfax County Senior Centers
with marketing. For these and other volunteer
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visit www.fairfaxcounty.gov/olderadults
and click on Volunteer Solutions.

The **Little River Glen Senior Center** in
Fairfax needs a Computer Lab Assistant. For
these and other volunteer opportunities, call
703-324-5406, TTY 711 or visit
www.fairfaxcounty.gov/olderadults
and click on Volunteer Solutions.

The **Wakefield Senior Center** in Annandale
needs an Art Instructor and a certified Pilates
Instructor. Volunteer instructor positions
could lead to part-time employment. For these
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