



Fairfax CONNECTION

Dante Furlan-Freguia, 4, hand
delivers his letter to Santa Claus.



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ENTERTAINMENT**

Festival of Lights and Carols

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DECEMBER 8-14, 2016


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THIS DECEMBER IN THE CITY OF FAIRFAX

Sunday Monday	Music
<p>Mon. Dec. 12 - Story Time & Crafts Mon. Dec. 19 - Bob Brown Puppets Holiday Show 10:30am, Old Town Hall</p>	<p>*Bonita Lestina Performance Series Cathedral Brass - A Christmas Celebration Fri. Dec. 9, 8:00pm Old Town Hall</p>
<p>Theatre</p> <p>*The Magi Hub Theatre December 1-18 John Swayze Theatre at the New School</p> <p>*Comedy Improv Show Mason Improv Fri. Dec. 9, 9:00pm Village Gallery</p>	<p>*The Nutcracker Fairfax Symphony Orchestra & Fairfax Ballet Fri. Dec. 9, 8:00pm GMU Center for the Arts</p> <p>*Northern Virginia Ceili Irish Country Dancing with cello band Shepherd's Pie Sat. Dec. 10, 6:30pm-9:30pm Green Acres Center</p>
<p>Other Events</p> <p>*"American Holiday Postcards" Use of holiday cards in the 20th century Sun. Dec. 11, 2:00pm-4:00pm Fairfax Museum & Visitor Center</p> <p>*Art League Holiday Party Sun. Dec. 11, 5:00pm-7:00pm Old Town Hall</p> <p>*Family Fun Movie Nights <i>The Secret Life of Pets</i> Fri. Dec. 16, 7:00pm Sherwood Center</p> <p>*Fairfax Four Miller Run to ring in the new year Sat. Dec. 31, 6:00pm Old Town Square</p>	<p>*Tuba Caroling Holiday favorites with the Mason Tuba Euphonium Ensemble Sun. Dec. 11, 2:00pm Old Town Square</p> <p>*Northern Virginia Youth Winds and Junior Winds Season Opening Concert Sun. Dec. 11, 3:00pm Robinson Secondary School</p> <p>*Christmas, Candles, and a Chorus The City of Fairfax Band & Fairfax Choral Society Sat. Dec. 17, 7:00pm Fairfax High School</p>

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NEWS

Red-Light Cameras for Three More Locations

The goal is to increase driver and pedestrian safety.

BY BONNIE HOBBS
THE CONNECTION

Driver in the City of Fairfax had better pay attention to the traffic signals. That's because City Council has given Police Chief Carl Pardiny the go-ahead to have red-light cameras installed at three more City intersections.

The Respect Red (Photo Red Light) program currently has six cameras at five intersections, with the installation of an already-approved camera for a sixth intersection pending until roadway construction (the Northfax project) is finished at Chain Bridge Road and Eaton Place.

In a jurisdiction such as Fairfax, Virginia State Code allows for a maximum of 10 intersections to be enforced by red-light cameras. They're presently at: 1. Eastbound and westbound North Steet and University Drive; 2. Eastbound Fairfax Boulevard and Old Lee Highway (Fairfax Circle); 3. Westbound Fairfax Boulevard and Lee Highway (Fairfax Circle); 4. Westbound Main Street and Pickett Road; 5. Eastbound Fairfax Boulevard and Plantation Parkway.

During a recent City Council work session, Pardiny presented a great deal of data and information. Before requesting permission to add more red-light cameras at other problematic traffic spots in the City, he up-

dated the Council members on the safety improvements resulting from having cameras at the existing locations.

"There have been about 79,000 violations at these five intersections since 2011," he said. "About 5.6 percent of the violations over the past two months were City residents; previously, it was 7 percent."

PARDINY said Xerox is the vendor responsible for installing and maintaining the red-light cameras. Two Xerox employees review each violation to make sure they're correct. Then they forward them to the Police Department's photo red-light technician and a \$50 civil fine is issued to each violator.

"Overall, there's been a steady decline in red-light violations since the cameras were installed," said Pardiny. "The only exception is Plantation Parkway and Fairfax Boulevard. Also at these intersections, crashes decreased – especially red-light-related crashes – which are usually very serious."

So five more intersections were selected as potential sites for more cameras. "We chose them based on vehicle-crash and red-light-violation data, pedestrian risk, and the difficulty of police enforcement there – an officer's ability to pull out safely to apprehend a violator," explained Pardiny. "We didn't include any with pending transportation projects."

The five intersections are: Fairfax Boulevard and Jermantown Road (eastbound and westbound), Main Street and Woodland Drive (eastbound), Lee Highway and Jermantown Road (southbound), Main and Whitacre Road, and Main and Oak Street. Pardiny especially recommended placing cameras at the first three intersections.



BONNIE HOBBS/THE CONNECTION
Police Chief Carl Pardiny

"The highest accident rate was at Main Street and Woodland Drive eastbound," he said. "And it's the only intersection along that corridor that doesn't flash at midnight, but keeps functioning as usual."

Pardiny said Xerox staff would conduct a safety assessment of each site to determine camera placement and would do the installation. And there'd be a 30-day warning period for drivers before tickets are issued. The new cameras are planned to be installed sometime in early spring 2017.

"I believe photo red-light systems enhance roadway safety for our officers and for the public," he said. "We simply can't be everywhere at once, and some intersections aren't accessible to police vehicles."

"Overall, there's been a steady decline in red-light violations since the cameras were installed."

— **Police Chief Carl Pardiny**

Councilman Michael DeMarco asked if the existing cameras were functioning properly, and Pardiny replied, "Yes, and they're checked daily, multiple times."

COUNCILWOMAN Janice Miller inquired about the next steps for City Council to take regarding this matter. Pardiny said there's no requirement for a public hearing. And, he added, "It's cost-neutral to the City because our temporary, part-time employee handles this [program]."

"Where do the red-light fees go," asked Councilman Jon Stehle. Pardiny told him the proceeds go into the City's General Fund.

DeMarco then said he was fine with adding red-light cameras to the three locations Pardiny recommended as the highest priority ones, and Miller concurred. Stehle asked if the Council had the authority to greenlight the new cameras during a work session, and City Manager Bob Sisson said it did.

"I've struggled with this program from the beginning," said Mayor Steve Stombres. "But the safety arguments are very compelling, and it's not to generate revenue." He then told Pardiny the Council's guidance is to "move forward with this."

Three Council Members Are Vying for Mayor

BY BONNIE HOBBS
THE CONNECTION

Three members of the Fairfax City Council have tossed their hats in the ring to become the City's next mayor. Vying in the Feb. 7, 2017 special election will be Council members Michael DeMarco, David Meyer and Ellie Schmidt.

❖ DeMarco has lived in the community for 16 years and is currently serving in his third, two-year term on the Council. He's also a former chairman of the City's Economic Development Authority. Professionally, he's a global strategic alignment manager for the ExxonMobil Corp.

He ran for City Council "to ensure that the City is competitive with its surrounding jurisdictions by building a stronger economic



Michael DeMarco

base. We must attract new investment in the City to preserve and improve our neighborhoods, retain our sense of place and continue having the highest quality services and education."

❖ Meyer has lived here 35 years



David Meyer

and is a senior executive with the U.S. Nuclear Regulatory Commission. First elected in 2008, he's now serving in his fifth term on City Council and has professional experience in government budgeting and financial management.



Ellie Schmidt

He ran for Council "to sustain and strengthen our City by maintaining sound financial management of our resources, continuing our outstanding services and positioning our City to be a vibrant place to live. We need targeted,

high-quality redevelopment of its commercial tax base to create new sources of revenue."

❖ Schmidt has lived in Fairfax since 1969 and is executive vice president and chief compliance officer at Cardinal Bank. She's currently in her fourth term on the Council and has served in the City of Fairfax Band Assn., Historic Fairfax City Inc. and Kiwanis Club of Fairfax.

She ran for re-election because she "grew up in the City and enjoyed its many benefits. Giving back to the community is important to me. I would like to continue my work to preserve the unique quality of life we enjoy. We're facing redevelopment opportunities, but must take a balanced and sensible approach."

— **BONNIE HOBBS**



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WEEK IN FAIRFAX

Food Donations Needed for Daniels Run Students

The Central Fairfax Chamber of Commerce is partnering with Daniels Run Elementary's Food for Thought program to stock the school's empty shelves. This program provides food for students with little or no food to eat over the weekend and during school holidays. With a two-week holiday break coming up, food donations are needed to send home with the students.

Requested items include: Soup (pop-top cans), microwave-ready macaroni and cheese or ravioli, tuna, oatmeal and mini cereal boxes, healthy snacks such as granola bars or crackers, and microwaveable dinners.

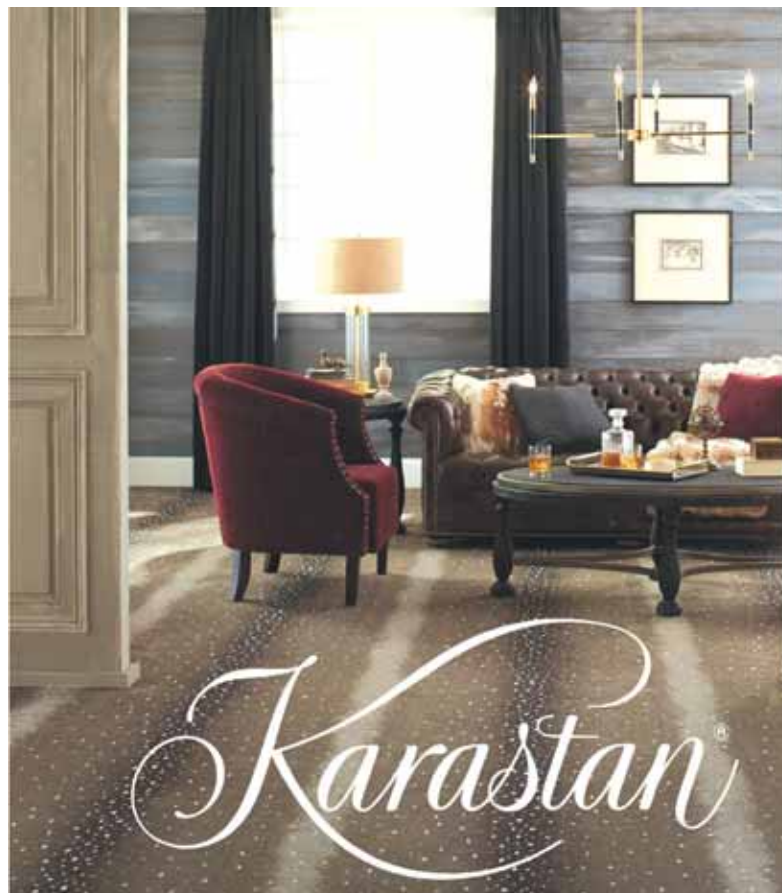
Food donations may be dropped off at the school office (across from Van Dyke Park) or at the Sherwood Center, 3705 Old Lee Hwy. They're accepted any time, but must be delivered by Dec. 14 to be sent home in time for the holiday break. In addition, monetary donations may be made to Daniels Run Elementary or visit Amazon "Wish List" for Daniels Run F4T.

Grevey's Restaurant & Sports Bar Set To Close

Former NBA veteran Kevin Grevey announced that after 35 years of serving the public, Grevey's Restaurant & Sports Bar will close its doors on Dec. 11. The Merrifield restaurant has been a neighborhood mainstay since 1979 when Grevey played for the NBA Champion Washington Bullets. Its 75 televisions, full service patio bar and classic pub cuisine kept sports fans and regulars coming back for decades.

"Serving Merrifield has been a pleasure and a privilege," said Grevey. "There is something gratifying in being part of the fabric of a community for over three decades. I've made lifelong friendships and seen countless life events along the way, ranging from the routine to the extraordinary."

Grevey expressed gratitude toward his staff, patrons, community partners, suppliers and supporters of his charity foundation, The Grevey Foundation, and said he hopes to see some of them one last time. "I will miss the camaraderie with our staff and regulars. Please stop by to share your stories and say goodbye. We'll have a live band on Saturday, Dec. 10 and our last full day will be the 11th. We will still keep our catering operation open while we search for a new location."



Grand Opening

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News

FACETS' Leader Margi Preston to Step Down for Family Move

Margi Preston, the Executive Director of FACETS, a nonprofit that opens doors by helping parents, their children and individuals who suffer the effects of poverty in Fairfax County, will be stepping down to move to Oklahoma as her spouse was transferred. Preston will stay on at FACETS until a successor is selected.

"These past two years have been a time of great excitement, growth, and opportunity. My husband's unexpected job transfer made leaving FACETS necessary, but I am committed to help make this transition as seamless as possible," said Preston. "FACETS has an incredible team that does important work in Fairfax County. They are strong, dedicated, resilient and motivated for continued development and success."

"We are sad to be losing Margi, but family comes first. Her deep experience in human services and running nonprofits was invaluable in helping FACETS fight poverty and homelessness in our county," said FACETS' Board Chair Bob Grimmett. "We look forward to working with Margi and the board to find a new executive director who will sustain FACETS' trajectory and momentum."

Preston is credited with helping FACETS meet the critical needs of people who are homeless, unstably



Margi Preston

housed or suffering the effects of poverty in the county in a more efficient and effective manner. Under her leadership, FACETS took on new responsibilities, including taking over management of the county's Next Steps Family Program which helped more than 120 families facing homelessness find housing in the past year.

The board has formed a search committee and has retained Mary Agee, former President and CEO of Northern Virginia Family Service (NVFS), to help lead the search process. The board expects to select a new executive director for FACETS in the next few months. In the meantime, Preston will remain in her role until a successor is found.

With the second largest homeless population in the region, homelessness is a real problem in the Fairfax County-Falls Church community. A majority of the people who are homeless are in working families with children. With critical help from volunteers and partnerships with the faith and business communities, FACETS works to prevent and end homelessness throughout Fairfax County by offering a full spectrum of services, such as basic needs and financial assistance, career counseling and outreach, educational enrichment programs, and permanent housing. More information can be found at www.FACETSCares.org

Area Roundups

Leadership Award Winners Announced

Leadership Fairfax CEO, Karen Cleveland announced the winners of the Northern Virginia Leadership Awards. The 2016 honorees are:

- ❖ Regional Leadership Award – Dr. Joan Isenberg, George Mason University
- ❖ Trustee Leadership Award – Rob Stalzer, Fairfax County Deputy County Executive
- ❖ Education Leadership Award: Alteasha Ervin, The Phillips Program
- ❖ Nonprofit Leadership Award – OAR Fairfax
- ❖ Corporate Leadership Award - Financial Investments, Inc. Craig Kendall, CEO
- ❖ Individual Leadership Award – Brian Monday, Regional President, TD Bank

In announcing the names of the winners to the Leadership Fairfax Board of Directors Chair Kevin Greenlief stated, "This is a strong and deserving group of awardees who have been working tirelessly to make our community strong and vibrant."

Watch the Geminids Meteor Shower Over Burke Lake

The Geminids is the king of the meteor showers, considered by many to be the best in the heavens with up to 120 multicolored meteors per hour. Burke Lake is offering two opportunities to marvel at the show on Tuesday, Dec. 13, 2016, as the Geminids hits its peak.

The park is offering a Geminids campfire program for participants age six to adult from 9 to 11 p.m. See if you can spot the showers produced by debris from an asteroid that was discovered in 1982. The program cost is \$10 per person.

For those who like to stay out late, the park will also be opening its gates at 11 p.m. to allow free public access for a special late-night viewing. Staff will guide you to predetermined viewing areas to catch the show. Participants age six to adult must register in advance to receive this special access. Dress for the weather and bring a flashlight.

Burke Lake Park is located at 7315 Ox Road, Fairfax Station, VA. For more information, call 703-323-6600 or visit <http://www.fairfaxcounty.gov/parks/burkelakepark/programs.htm>.

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Court Should Overturn Partisan Redistricting

BY SCOTT SUROVELL
STATE SENATOR (D-36)



COMMENTARY

Virginia is represented by Democrats in all five statewide offices, has voted for a Democratic president three times, yet the Virginia House of Delegates has 66 Republicans and 34 Democrats.

This week, the U.S. Supreme Court heard arguments on the legality and constitutionality of the last redistricting of Virginia House of Delegates' districts. The court's decision could be monumental for all Virginia voters.

If I could fix one thing to make our government work better at every level, I would reform redistricting. Partisan redistricting abuse has been around since the beginning of American democracy. The term "gerrymander" originates from an 1812 attempt to draw districts favoring Massachusetts Gov. Eldridge Gerry. To be clear, both parties do it, but in the last two decades, gerrymandering has become especially powerful for a few reasons.

First, America is more partisan. Due to multiple and growing sources of information available in today's world, voters are able to self-select their news sources and are exposed to fewer alternative perspectives. This has driven up partisan identification and led to fewer voters who are willing to split their votes between political parties.

Second, and more importantly, computer-enabled mapping software has made it possible to draw districts that are finely crafted. When redistricting was done with index cards shifting precincts days because of ancillary effects and the need to recalculate and balance

district populations.

Today, computing technology analyzes data by census block and in a few seconds can draw a comprehensive set of districts to elect a predicted number from a specific political party while maximizing majority-minority districts.

Over the last 30 years, these political considerations have caused district lines to constantly shift. Many areas constantly move between congressmen, senators and delegates every redistricting cycle. Changed lines leave people confused about their representatives. Census level analysis leaves precincts split requiring local governments to redraw precinct lines to avoid polling places with multiple ballots. This costs taxpayers money and leaves voters confused about their polling place.

Resulting districts are not communities of interest. The 36th Senate district that I represent stretches 60 miles across three counties and two area codes. The 1st Congressional District crosses the 36th District and stretches from Manassas to near Norfolk. Districts should minimize jurisdictional splits, use natural geographical boundaries like rivers and be truly compact and contiguous.

Together, this creates a series of hyper-partisan districts, both Republican and Democratic, which are so safe in general elections that they incentivize incumbents to focus on galvanizing primary voters' support and not the broader electorate. This distorts public policy and increases partisanship when it is time to legislate.

There are two solutions to this problem. First, the legislature could give up redistricting power and transfer it to a bipartisan or non-partisan commission. Incumbent legislators should not pick their voters. I have always supported nonpartisan redistricting and the Virginia State Senate has passed it several times, but it always dies in the hyper-gerrymandered House of Delegates. A legislative solution is highly unlikely.

The real opportunity to remedy this situation lies in the courts. Some courts have thrown out hyper gerrymandered seats using Voting Rights Act provisions. While valuable, this law is not a comprehensive tool because it is limited to preventing racial discrimination and does not address other problems with partisan redistricting. A Wisconsin federal court recently used an analysis based on the 1st and 14th Amendments to invalidate partisan redistricting by focusing on "wasted votes," but did not recommend a remedy.

Courts can often better resolve issues that legislatures cannot. For example, in 1962, numerous legislatures, including Virginia's, refused to redraw districts recognizing the booming suburban populations. The U.S. Supreme Court required Virginia and other states to draw districts based on actual population by adopting the "one man, one vote" rule of the *Baker v. Carr* case.

Today, it is similarly time for the courts to restore democracy to our country and our commonwealth. Hopefully, they will use the Virginia House of Delegates case argued this week to restore democracy to America.

It is an honor to serve as your state senator. If you have any feedback, you can always contact me at scott@scottsuovell.org.

To Be a Delegate

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



COMMENTARY

The National Conference of State Legislatures sponsors a "Legislators Back to School Day" each year as a way to promote the idea that more legislators should visit their local schools to see the good work they are doing as well as to understand the challenges that school administrators and teachers face. I take advantage of that opportunity and other times I am invited to visit schools in my district and sometimes to visit schools in other areas to learn about special programs. For me the visits are very positive experiences. I continue to be impressed with the outstanding work that our schools are doing especially considering the thousands of children—more than 180,000 in Fairfax County—they have to educate. Ensuring that every child reaches his or her full potential is a continual challenge, but I find administrators and teachers at every level working earnestly and diligently to make sure it happens. The children in our community are amazing! They are for the most part eager learners who are full of questions and curiosity. And they are good citizens.

One question that I get from children that

may be a curiosity of some adults as well is just what is a delegate. I discuss with the students the meaning of "to be delegate" and explain that I am given a delegation of responsibility by the voters of my district to go to the state capitol each year to represent their interests. In most states and at the federal level, members of one house of the legislature are called representatives; they represent their constituents in the legislature just as I am delegated to do by the people who live in my legislative district.

Their follow-up question is a key one that must be answered appropriately if our representative form of government or republic is to be successful: How do I know the interests of my constituents? I give several explanations. My term of office is for two years. When I stand for re-election every two years I tell the voters in my district what I stand for and believe in. Their vote for me is an affirmation that I stand for the kind of things that they want in their government. If I do not represent the interests of my voters, they have an opportunity every two years to take back the delegation of responsibility they have given to me and give it to someone else.

Secondly, I know many of the interests of

my constituents because I am out and about in the community all the time. I listen to a lot of people. I encourage people to call or write to me. I try to stay very active in the community to understand my constituents and their needs. I encourage people to respond

to my annual constituent survey which you can do at www.kenplum.com. Along with Senator Janet Howell I hold public meetings; the next one is Monday, Dec. 19, 7:30 to 9:00 p.m., at the Reston Community Center at Lake Anne. Please come and participate.

Being a delegate is supposed to be a part-time job in Virginia; for me it is a full-time job and a half, but I am very honored to have been entrusted with this delegation of responsibility.

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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Preventing Underage Drinking During the Holidays

Experts suggest holding honest conversations.

BY MARILYN CAMPBELL
THE CONNECTION

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

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



PHOTO BY MARILYN CAMPBELL

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

naturally lose some of the control that we had when they were younger."

A recent study from the Substance Abuse and Mental Health Services Administration

shows that increased access to alcoholic beverages for underage drinkers, combined with less oversight from distracted adults and mixed messages from parents may fuel

Resources for Parents

- ❖ **Mothers Against Drunk Driving**
<http://www.madd.org/underage-drinking/the-power-of-parents/>
- ❖ **Substance Abuse Prevention Coalition of Alexandria**
<http://healthieralexandria.org/SAPCA/>

surges in underage drinking during the holidays.

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

According to the Centers for Disease Control and Prevention, underage drinkers are responsible for between 10 and 20 percent of all alcohol consumed. They also make up the highest percentage of impaired drivers, and during the holiday season, two to three times more people die in alcohol-related crashes than they do during the rest of the year. In fact, 40 percent of traffic fa-

SEE WELLBEING, PAGE 15

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HOLIDAY ENTERTAINMENT

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

ONGOING

Springfield Town Center Toy Drive through Dec. 24 located at 6500 Springfield Mall, Springfield. Springfield Town Center is partnering with America's Adopt A Soldier Foundation to sponsor a Toy Drive to gather new toys to be donated to children undergoing treatment at Walter Reed Medical Center.

Please bring new toys to the bin located next to Guest Services, on the Lower Level near Starbucks to donate and bring joy to a child struggling with illness during this Holiday Season. 6500 Springfield Mall, Springfield.

'Storytime & Craft' at Lucy

Activewear Every Friday in December at 10:30 a.m. Lucy Activewear 11899 Grand Commons Avenue, Fairfax. An opportunity to get holiday shopping done in peace. Lucy Activewear will be hosting 'Storytime & Craft.' This event is appropriate for ages 3-8. Please sign up.

Bull Run Festival of Lights and

Holiday Village Nov. 23 - Jan. 8 7700 Bull Run Dr. Centreville. Every year from Thanksgiving until just after New Year's Day the Bull Run Festival of Lights will be in session. A 2.5 mile stretch will be illuminated by holiday light displays. The festival happens annually at Bull Run Regional Park in Centreville, Virginia. Drive the festival route from the comfort of your car; turn out your

headlights and just follow the magical glow. After viewing the lights, bring your family and friends to the holiday village to enjoy rides, refreshments, and of course, photos with Santa Claus. The cost of driving through the light show is Mon-Thurs, \$15 per car; Fri-Sun & Holidays, \$20 per car (vans w/ 15-34 people and motorcoaches cost extra - visit website for details) Want to avoid the crowds? Fridays, Saturdays, and Sundays are our busiest nights. Please take advantage of the Monday through Thursday discounted price and avoid a long wait.

Children's Theatre: "A Magical Christmas"

Saturdays through Dec. 22, 1 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. A children's theatre performance for the holidays. There's something not right in the town of Believe. Santa hasn't stopped there for many years; in fact he doesn't even know the place exists! Joy's grandfather decides to do something about it and make sure that this year's Christmas will be the most magical ever. Appropriate for all ages. Concessions available in lobby before the performance and at intermission. Cost: \$8 children, \$12 adults. workhousearts.org Cost: \$8 children, \$12 adults.

Senior Line Dancing 1 - 2 p.m. Little River Glen Senior Center 4001 Barker Ct, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. barbriba@hotmail.com 703-524-3739

Fairfax Rotary Club Meeting.

12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. fairfaxrotary.org.

Carolina Shag. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

FUN-Exercise. Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

EXERCISE PROGRAM Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

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, however we ask that you try to attend regularly. RSVP.Naama.Gold@jccnv.org.

Smoke Free Bingo (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. www.fairfaxvd.com. 703-273-3638.

SEE CALENDAR, PAGE 9



PHOTO COURTESY OF LINDA HELMS

Encore Presents Christmas Show

Dancing with wreaths in Encore's musical extravaganza, 'Christmas Undercover,' are (from left) Jessy Dawson, Jenna Frisby and Claire Griesse. Performances are in NOVA's Richard Ernst Theater, 8333 Little River Turnpike, Annandale. Show times are: Friday, Dec. 9, at 7:30 p.m.; Saturday, Dec. 10, at noon, 3:30 and 7:30 p.m.; Sunday, Dec. 11, at noon and 3:30 p.m.; Friday, Dec. 16, at 7:30 p.m.; Saturday, Dec. 17, at noon, 3:30 and 7:30 p.m.; Sunday, Dec. 18, at noon and 3:30 p.m.

Tickets are \$19 - 26 at the door or via www.Encore-tap.org. For more information, call 703-222-5511.

Oh the places you'll go...

December 11 – 16, 2016
6:00 - 9:00 PM

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8925 Leesburg Pike, Vienna, VA 22128
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RSVP: mcleanbible.org/christmasvillage



PHOTO COURTESY OF THE HUB THEATRE

Rex Dougherty and Daven Ralston in Hub Theatre's production of 'The Magi.' Performances will take place from Dec. 2-18 at The New School, 9431 Silver King Court, Fairfax. Show times: Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., Sundays at 2 p.m. and 7 p.m. Tickets: \$20-\$30. Call 1-800-494-8497 or visit www.thehubtheatre.org

HOLIDAY ENTERTAINMENT

FROM PAGE 8

English Conversation Groups weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp>

First Sunday Jazz Brunch 11 - 2 p.m. Recurring monthly on the 1st Sunday at Bazin's on Church 111 Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit: <http://www.fxva.com/listing/bazins-on-church/1686/>

Stories From Strawberry Park 10 - 11 a.m. Tuesdays in Mosaic - Strawberry Park 2910 District Avenue, Fairfax. Enjoy a live interactive performance each week taught by a group of unique storytellers. For ages 10 and under. Held outside in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Recurring weekly on Tuesday. Visit: <http://www.fxva.com/listing/mosaic-district/2326/>

THURSDAY/DEC. 8

Fairfax Art League Art & Lunch event at Old Town Hall 10:30 - 2 p.m. Old Town Hall, 3999 University Dr, Fairfax. Bring lunch and enjoy the company of other artists. Free and open to the public. New members welcome. Please visit the Fairfax Art League on Facebook or at www.fairfaxartleague.net or call 703-587-9481

Banner Lecture noon "Horns, Masks, and Women's Dress: How the First Klan Used Costume to Build Domestic Terrorism," by Elaine Frantz Parsons. One hundred and fifty years ago, the Ku-Klux Klan became the first broad-based domestic terrorist movement in the United States. It sought to disempower and control black Americans not only through violence but also by using bizarre costume and performance to create a climate of terror that could be spread both by word of mouth and the

media. Admission: \$6 adults, \$5 seniors, and \$4 students and children. Admission: Free for VHS members and Richmond Times-Dispatch readers with a Press Pass coupon.

Surviving the Holidays with Dementia 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Join us for this free class to Learn how to adapt your holiday festivities so that it can truly be the most wonderful time of the year for everyone. Contact Christi Clark, christi.clark@insightmcc.org, 703-204-4664 InsightMCC.org

Annandale High School Band Performance 6 - 8 p.m. Springfield Town Center 6500 Springfield Mall, Springfield. <https://springfieldtowncenter.com/calendar/view/626>

SCHS Winter Concert 7 - 8:30 p.m. South County High School Dale S. Rumberger Performing Arts Center Auditorium 8501 Silverbrook Road, Lorton. Under the musical direction of Latoya Lamons, the SCHS Orchestra, and Choir will perform a delightful program of popular holiday standards, seasonal Christmas classics including Handel's Hallelujah Chorus. Admission: Free. 703-690-0753 www.schsorchestra.org/

FRIDAY/DEC. 9

Cathedral Bass - A Christmas Celebration 8 p.m. Old Town Hall, 3999 University Dr, Fairfax. The Bonita Lestina Old Town Hall Performance Series. Founded in 1983 by the late Ray Abell, the Cathedral Brass performs sacred and secular works from all eras in support of the music ministry at Vienna Presbyterian Church. The group draws its membership from around the DC Metro area, and includes current and former professionals and members of the Service Bands. The Cathedral Brass is under the direction of L. Thomas Vining. 703-385-7858 www.fairfaxva.gov/culturalarts

SEE CALENDAR, PAGE 11



Bull Run Festival of Lights

November 23 to January 8

7700 Bull Run Drive | Centreville, VA 20121 | T: 703-631-0550

\$3 off weekday admission with this coupon

Offer valid Monday-Thursday, 2016 season only, excluding holidays (Thanksgiving, Christmas Eve, Christmas Day, New Years Eve & New Years Day). Expires January 5, 2016. Cannot be combined with other offers.

www.bullrunfestivaloflights.com



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Students from Daniels Run Elementary sing Christmas carols in Old Town Square in 45-degree weather.



Festival of Lights and Carols

The City of Fairfax's annual Festival of Lights and Carols was Saturday, Dec. 3.



Having fun at the lunch with Santa are (from left) Ethan Coates, 6; Ryan Hall, 7; Tyler Coates, 9; and Andrew Hall, 5.



John Meagher watches 3-year-old daughter Kate's excitement as she meets Olaf from "Frozen."



Kathryn Butler, 4, shows the snowman she colored while she and sister Alyson, 2, wait for Santa to arrive.

PHOTOS BY BONNIE HOBBS/
THE CONNECTION

Owie, 2, feeds a goat at the petting zoo in Old Town Square.



Kevin Thomas and daughter Kaila, 10 months, pose with Rudolph the Red-Nosed Reindeer.

HOLIDAY ENTERTAINMENT

The Herdman kids in Providence Players production of 'The Best Christmas Pageant Ever.' From left — front: Jack Wright who plays Ralph, Aerial Indirisano as Ollie, Nora Rice who plays Imogene; back - Gavin Friel as Claude, Erika Friel who plays Gladys, Kashvi Ramani as Loretta. Shows will take place from Dec. 9 to Dec. 18 at James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Thursday, Friday and Saturday evenings at 7:30 p.m., Saturday and Sunday 2 p.m. matinees on Dec. 10, 11, 17 and 18, 2016. Tickets on-line at www.providenceplayers.org or call 703-425-6782.



PHOTO BY CHIP CERTZOC/COURTESY OF PROVIDENCE PLAYERS

CALENDAR

FROM PAGE 9

THURSDAY/DEC. 8 - FRIDAY DEC. 9

Tiny Tots Concert at Robinson Secondary School's Russell Theater Thursday 10 a.m. Friday 10 a.m. and 7 p.m. Great holiday fun for "kids from 1 to 92" Robinson High School's Symphonic Band plays holiday tunes and introduces the audience to different types of musical instruments while costumed characters make appearances: Frosty the Snowman, Rudolph and more. For group reservations contact Karen Ingle at markarenin@verizon.net.

SATURDAY/DEC. 10

Lake Braddock Senior High Orchestra Performance 10 - 2 p.m. Springfield Town Center 6500 Springfield Mall, Springfield. <https://springfieldtowncenter.com/calendar/view/626>

Bike Collection noon - 3 p.m. REI 11950 Grand Commons Ave, Fairfax. Bikes for the World is collecting bikes for Guinea-Bissau. We accept any type bike, bike accessory, or bike part. We suggest a \$10 donation with each bike to help with shipping and handling of the bikes. www.bikesfortheworld.org

Hop on a Hayride and Visit Santa at Lake Accotink Park

Register for ride times from noon - 2:40 p.m. 7500 Accotink Park Road, Springfield. There will be holiday music, snacks, and merriment. Available horse-drawn hayrides through Lake Accotink Park. There's no charge to visit Santa for hayride ticket holders. <http://www.fairfaxcounty.gov/parks/lake-accotink/events.htm>.

Take Your Pets to See Santa Claws

at Lake Accotink Park 3 - 3:30 p.m. 7500 Accotink Park Road, Springfield. Bring your dog, cat or other furry friend to the park for a visit with Santa Claws. Cost: \$5 per pet. Pets must be leashed and friendly toward others. Register each pet individually, under their human's name. <http://www.fairfaxcounty.gov/parks/lake-accotink/events.htm>.

Metropolitan School of the Arts and Santa's Frosty Follies

4 p.m. & 5 p.m. Springfield Town Center 6500 Springfield Mall, Springfield. <https://springfieldtowncenter.com/calendar/view/626>

Irish Country Dancing

6:30 - 9:30 p.m. Green Acres Center, 4401 Sideburn Rd., Fairfax. Admission: Adults: \$15, Families: \$25 (includes all children under 16, and uncles,

aunts, and grandparents). Children under 16: Free, GMU Students (with ID): \$5. Free coffee, tea, and Irish soda bread. Dance Instruction: Marilyn Moore Music by Shepherd's Pie. Sponsored by City of Fairfax Commission on the Arts & Father William Corby Division of the Ancient Order of Hibernians. 703-273-6090

SUNDAY/DEC. 11

Christmas Musical at Jubilee Christian Center

two shows one at 8:45 a.m. and one at 11 a.m. 4650 Shirley Gate Rd., Fairfax. Intergenerational Christmas musical "Born is the King" There will be a reception after the 11 a.m. service. Cost: Free. www.jccag.org

Arts and Crafts Day at The Fairfax Station Railroad Museum

1 - 4 p.m. 11200 Fairfax Station Road in Fairfax Station. A volunteer in Civil War attire will do candle dipping. Lead acrylic painting, painting wooden train ornaments and other crafts may be offered that day. Most activities are appropriate for ages 8 and above.

Supply costs included with admission. Museum members and children 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. www.fairfax-station.org

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12/28/2016.....Children's Connection 2016

JANUARY

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

1/11/2017.....HomeLifeStyle

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

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

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

FEBRUARY

2/1/2017.....Valentine's Dining & Gifts I

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

2/8/2017.....HomeLifeStyle

2/8/2017.....Valentine's Dining & Gifts II

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PHOTOS BY FALLON FORBUSH/THE CONNECTION

Washington Redskins starting quarterback Kirk Cousins answers questions from the media during a press conference for the campaign's kick-off on Nov. 29. Drivers who share the "Phones Down. Touchdown." graphic on social media with the hashtag #PhoneDownTouchdown will be entered to win a month of free travel on the 495 and 95 Express Lanes.



PHOTO COURTESY OF THE OFFICE OF SUPERVISOR COOK

Supervisor John Cook (R-Braddock District), right, who is also the chair of the board's Public Safety Committee, took the pledge to commit to keeping his Phones Down while behind the wheel. Cook, who attended the press conference with Kirk Cousins (left) is the author of the "Slow Down" campaign, which helps alert motorists to the dangers of speeding.

Quarterback Promotes 'Phones Down. Touchdown.' Initiative

Redskins' quarterback urges region to put phones down while behind the wheel.

BY FALLON FORBUSH
THE CONNECTION

Washington Redskins starting quarterback Kirk Cousins kicked off the "Phones Down. Touchdown." safe driving campaign in McLean to spread awareness of the dangers and consequences of using cellphones while driving.

"I've made a career out of playing offense playing quarterback," Cousins said during the press conference. "When I'm behind the wheel, I drive defensively. I don't text or look at my phone while driving because it's dangerous. No text or phone is worth risking your life or the lives of others."

Texting for just five seconds behind the wheel is like driving blindfolded across an entire football field, he said.

"If I get sacked in a game, I can get back up and move onto the next play—for the most part," he said. "But when you text and drive, you might not get back up."

He encouraged people to apply positive peer pressure when they see the foul being committed.

"Speak up and tell them to put the Phones Down," he said. "Tell them to wait. If you're in the car, don't let a distracted driver make an excuse. No matter the call or the text, it's not worth it."

FRIENDS WHO HAVE DIED in car accidents is part of the reason Cousins was willing to be the face of the campaign. His college teammate and former Michigan State punter Mike Sadler, 24, died in a car accident in Wisconsin in July.

"Mike is one of a few people close to me who have been lost due to a car accident," Cousins says. "If we can even save one life by putting this message out, it's a worth-

while message."

While distracted driving may not have been the reason for his friend's fatal accident, it is a trend among young drivers.

According to the National Highway Traffic Safety Administration, 10 percent of all drivers 15 to 19 years old involved in fatal crashes were reported as distracted at the time of the crashes.

"I've been up here for 12 years and at least 16 troopers in those 12 years have been struck on the sides of the interstate in Northern Virginia for drivers that were distracted by various reasons," Cpt. Jim De Ford, commander of the Fairfax Division of the Virginia State Police, said during the press conference. "It is a real problem and it is one that affects us every day."

"Distracted driving has become an epidemic and one too many people are too willing to accept as the norm, and too many people are willing to be a part of the problem rather than be the solution," he said. "By the solution I mean ignore the phone, and that's even hard for me to do I'll admit, but I try to do it."

If drivers fail to ignore their phones while driving, De Ford said that he and his officers will not be ignoring them.

"I can assure you that if a Virginia state police trooper observes you texting while driving or determines that your texting caused a crash, then you will be cited," he said.

Fairfax County has not been immune to the epidemic.

"In 2016 year-to-date, [Fairfax County is] at 35,000 crashes approximately and 29 percent of those have been attributed to distracted driving," Cpt. Bob Blakley, commander of the Fairfax County Police Department Traffic Division, said during the press conference.

VIEWPOINTS

Do you think the campaign will make us safer?



Del. Marcus Simon (D-53)

"I think that having a nice and easy-to-remember catch phrase will keep it front of mind. Having a celebrity will get the kids involved. My son will catch me looking at my phone [while driving] and it's not safe."



Cpt. Jim De Ford, commander of the Fairfax Division of the Virginia State Police

"You don't have to wear a uniform to see the dangers and too often deadly consequences of distracted driving on the highway, but we see it every day ... This is caused by people who fail to do their jobs when they're on the highway and that's just simply driving a car while they're behind the wheel ... the Virginia State Police proudly supports this traffic safety initiative ... This is a pledge to do the right thing."



Cpt. Bob Blakley, commander of the Fairfax County Police Department Traffic Division

"The problem is growing ... so we definitely need help from everybody to get it under control ... Year to date, we have issued more than 13,000 citations for failing to pay full time and attention which includes texting while driving in Fairfax County ... But enforcement's not the answer to the problem. It's a combination of aggressive enforcement but more importantly a huge education and awareness campaign. This is what will truly make the difference."

That's more than 10,000 car accidents so far this year due to distracted driving, and even more citations.

POLICE OFFICERS have issued more than 13,000 citations to drivers in the county for distracted driving, Blakley said. But Blakley said enforcement alone is not the answer to the problem.

"It's a combination of aggressive enforcement but more importantly a huge education and awareness campaign," he said. "This is what will truly make the difference."

He encouraged the public to take the time to take the campaign's pledge at www.phonedowntouchdown.com and to

talk about their experiences with texting while driving.

The "Phones Down. Touchdown." Campaign is sponsored by Transurban, which manages and develops toll road networks in the U.S. and Australia. The company, which hosted the press conference at its McLean office, operates the 495 and 95 Express Lanes in Northern Virginia.

According to Mike McGurk, a spokesman for Transurban, drivers who share the "Phones Down. Touchdown." graphic on social media with the hashtag #PhoneDownTouchdown will be entered to win a month of free travel on the Express Lanes. A new winner will be selected every week throughout December and January.

12

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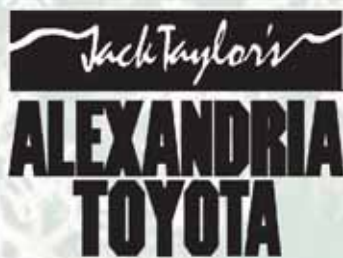
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21 Announcements

LEGAL NOTICE

According to the Lease by and between Karen Andrews (of unit 3123) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: exercise bike, furniture, boxes, ect. Items will be sold or otherwise disposed of on Friday December 16, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Lina Chovil (of unit 4075) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: bags, suitcases, boxes, clothes, sewing machine, ect. Items will be sold or otherwise disposed of on Friday December 16, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

Light tomorrow with today!.

-Elizabeth Barret Browning

21 Announcements

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800-552-3200.

21 Announcements

21 Announcements

21 Announcements

21 Announcements

OBITUARY

PHILIP OTTERBACK WARD JR. - Age 98 of Lebanon passed away on Tuesday, December 6, 2016 at his residence. He was preceded in death by parents, Philip and Nellie Ward, Sr.; wife, Mary Ward; 2 sisters; and 1 brother. Survived by children, John D. (Shirley) Belk Jr., Myrna B. Harrell, Marvin L. Ward, Dee W. (Charles) Chasse, and Kenneth W. (Carolyn) Ward; 10 grandchildren; 18 great-grandchildren; and 1 great-great grandchild. Mr. Ward was a WWII Army Veteran serving in artillery unit Big Red 1 and a member of Pohick Episcopal Church. Graveside services will be held in Mint Hill, NC at a later date. PARTLOW FUNERAL CHAPEL is in charge of arrangements. 615-444-7007 www.partlowchapel.com

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talities during this period involve a driver who is under the influence of alcohol.

As a result, child safety advocates encourage parents to have frequent conversations with their children about alcohol.

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

In fact, personal experiences, even those that are unpleasant, can be teachable moments and should not be avoided or sugar-coated, said Cote-Reilly. Inform older children of any family history of alcoholism or alcohol abuse. "Some children will have an alcoholic in the family, and parents should always address that situation honestly and in child appropriate language. For example, a child might say, 'Why did Uncle Jim fall asleep during Thanksgiving dinner?' and the parent could respond, 'Because he drank too much alcohol.'"

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

Cote-Reilly advises parents to start by mulling over their own views on alcohol. For example, at what age is alcohol consumption acceptable? Is there a fully stocked bar in your home? "Parents values will vary," she said. "If the child is an older adolescent, parents can explain why they made the choices they did, for example, to be a teetotaler, regular drinker or somewhere in between."

While parents want to curb underage drinking to keep their high school children safe and avoid legal penalties, rather than simply banning alcohol, parents "need to lay the groundwork for their children to consume alcohol responsibly in early adulthood," said Amy L. Best, Ph.D., professor

"Rather than focusing on the illegality of the behavior and the rules around drinking, parents should have honest conversations about drinking, the consequences on bodies of drinking, and explain why the rules exist in general."

— Shannon N. Davis, Ph.D., George Mason University

and chair, Department of Sociology and Anthropology, George Mason University. This is especially important for students transitioning to college, where binge drinking is more common.

Engaging in a straightforward discussion that is void of mandates and hard-lined rules is the most effective approach in getting children to be receptive, advised Best. "I think parents do well when they engage in honest and reasoned discussions with their children about alcohol, and that these conversations be ongoing, informal and structured so their children can feel comfortable talking about what they are observing."

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

"This is not to say that parents should encourage their adolescents to break the law. Instead, rather than focusing on the illegality of the behavior and the rules around drinking, parents should have honest conversations about drinking, the consequences on bodies of drinking, and explain why the rules exist in general."

While one in seven teens abuses alcohol or binge drinks, only one in 100 parents believe his or her child does so, according to a study by Center for Behavioral Health Statistics and Quality, so discovering that it is indeed your child can be quite shocking and disturbing.

Experts advise setting emotions aside in favor of an honest dialogue that includes a frank recount of the discovery. Ask the child why you found alcohol. Ask the child whether or not he's been drinking. Ask about her personal views on alcohol consumption.

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

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

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

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

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.

FAITH NOTES

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

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.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by both traditional and contemporary worship services at 10:30 a.m. at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspRINGfield.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 10 a.m. and Cup of Fellowship at 11 a.m. Nursery care is provided from 9:45-11:15 a.m. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., Latin mass at 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. Additional mass offered Monday-Friday at 6:30 a.m. (except on Federal holidays) and 8:45 a.m. 703-817-1770 or www.st-andrew.org.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.popl.org.



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