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Springfield resident Jay Groff recalls the Japanese attack on Pearl Harbor at the Nov. 8 Rotary Club of Alexandria Veterans Day luncheon.

Photo contributed

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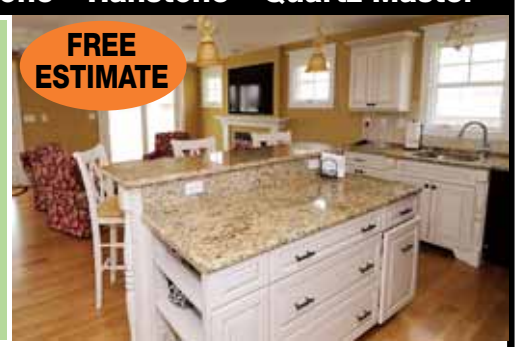

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News

New York Man Dies in Four-Car Crash on I-495

Sana Maboneza, a 39-year-old man from College Point, N.Y. died at the scene of a four-vehicle crash on the Springfield interchange at mile marker 56.

Maboneza was driving south on I-495 in a Toyota Highlander sport utility vehicle on the evening of Dec. 1 when he unexpectedly swerved right in the direction of the I-95 exit, Virginia State Police said in a statement.

Witness statements as well as the ongoing investigation determined the Highlander struck a Jeep Commander SUV while swerving that was in the center lane.

The Highlander then stopped suddenly in the travel lane. Virginia State Police said evidence suggests Maboneza exited the vehicle.

The Highlander was then hit by a Dodge Caravan minivan heading south on I-495 that was unable to stop in time.

The next vehicle, a Lincoln Town Car, struck the Caravan in front of it.

"Meanwhile, the impact of those crashes thrust the driver of the Highlander into the right travel lane," the VSP statement said.

Maboneza died at the scene of the crash, while the driver and two passengers from the Caravan were taken to the hospital, treated and released.

Virginia State Police responded to the crash at 10:14 p.m. They reopened southbound lanes of I-495 by 3:32 a.m. Friday morning, Dec. 2.

—Tim Peterson

Week in Springfield

Volunteers Needed for Christmas Day 'Giving Back'

Americas Adopt A Soldier invites the community to join their fifth annual Christmas Day 'Giving Back' saying "Thank You" to veterans and deployed service members for their service and sacrifices on Dec. 25, from 1 to 5 p.m. at Kilroys Ravensworth Shopping Center, 5236 Port Royal Road, Springfield. See events tab

See Week, Page 11

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Supervisors Establish County's First Police Civilian Review Panel

As complement to Police Auditor, panel will review abuse and misconduct complaints.

By Tim Peterson
The Connection

The Fairfax County Board of Supervisors voted 9-1 on Tuesday, Dec. 6 to establish a Civilian Review Panel to provide oversight of Fairfax County Police and to hear complaints of police misconduct or abuse of authority.

The independent panel was one of the more controversial of the 142 recommendations from the Ad Hoc Police Practices Review Commission created by board chairman Sharon Bulova in 2015. The commission, with representatives from law enforcement, the media and the community at large, was set up in response to public outrage over lack of transparency and accountability surrounding the 2013 shooting death of unarmed Springfield man John Geer by Fairfax County Police officer Adam Torres.

From the Ad Hoc Commission's Use of Force Subcommittee, chairman Phil Niedzielski-Eichner said the Dec. 6 vote was a "tremendous accomplishment" and another opportunity to reinforce the major process the police department and government are undertaking to improve.

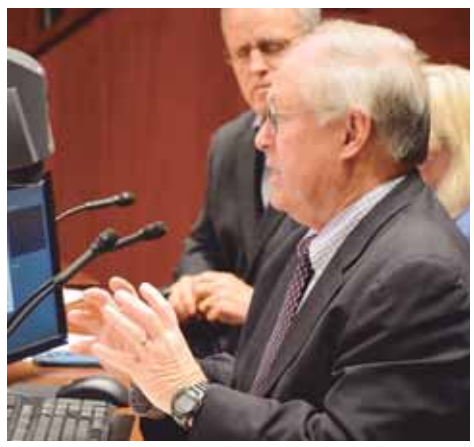
"I see what we're doing today as taking another step in making a great police department even better," Chairman Bulova said, "[being a] model for the nation, continuing to improve community policing and enhance trust between the community and police department."

Fairfax County Police Chief Edwin Roessler said in an interview after the vote he's not concerned about the cost of the panel, the caseload or officer morale, issues raised by Supervisor Pat Herrity, the lone vote against the proposal.

"I'm very proud of Fairfax County today," Roessler said. "It showed how a community, political leaders and a highly engaged police department can work together to create more transparency and accountability."

Tuesday, Dec. 6, the Board of Supervisors voted 9-1 in favor of establishing a nine-member independent police review panel comprised of citizens.

Photos by Tim Peterson/The Connection



Ad Hoc Commission member Adrian Steel offered suggestions for how civilians with potentially new information in a case could be informed of a police civilian review panel hearing and systematically present their materials, such as video evidence.

Supervisor Pat Herrity (R-Springfield) was the lone dissenting vote; Herrity did vote in favor of establishing the auditor.

FAIRFAX COUNTY will have a civilian review panel for police oversight, but will that body have the teeth to regain public trust in law enforcement and local government? Supervisor Cathy Hudgins (D-Hunter Mill) proposed an amendment that would have given the Panel more investigative power..

"While we have had some challenges in the past, the absence of the receptivity to the concerns of the community, has been the biggest burden of what we had," Hudgins said Tuesday, Dec. 6 before she joined the board in voting in favor of establishing a nine-member police review panel comprised of citizens. The panel will have the authority to review completed FCPD investigations into citizen complaints of abuse or misconduct by Fairfax County police.

After reviewing the investigation, the panel would report to the Board of Supervisors with essentially a rating of how well they think it was executed. The panel could, as supervisor and Public Safety Committee chairman John Cook (R-Braddock) said, "send it back to be done better, say it was done great, say it was done horribly, and pass that information to us and to the public."

What that body would not have the authority to do, and what Hudgins said concerns her, is conduct independent investigations, take sworn testimony or compel officers named in complaints to appear and take part in public hearings with the complainant.

"Are those the limitations we want to exist under?" Hudgins asked prior to the vote. "We will learn very quickly, if we move forward, that it is going to be something that is lacking. We need to be prepared to address it."

Hudgins alluded to the last several years, a period that included the 2013 fatal shooting of Springfield resident John Geer by Fairfax County Police officer Adam Torres and subsequent public outcry.

"We were unresponsive before," Hudgins said. "It was a very, very difficult environment to live in. Citizens felt we were not listeners, were not engaged."

State law limits the authority of a panel such as the one proposed to conduct investigations or take sworn testimony, and the Ad Hoc Police Practices Review Commission did not propose that panel would conduct investigations.

Supervisor Dan Storck (D-Mount Vernon) said he was similarly frustrated with the limitations like Hudgins, but said the less than ideal solution still enables citizens to be engaged.

"The most powerful thing we're doing today, ensuring people are heard," he said. "[That's the] core of my support for this."

The commission also recommended creating a Police Auditor office. This full-time county government position with a small staff would be able to monitor investigations and review complaints concerning the use of force or police-involved shootings. The supervisors adopted that recommendation in September this year and said they have since begin advertising for candidates.

"I am proud of how far we've come in implementing recommendations made by the Ad Hoc Commission, and establishing this Panel represents a significant milestone," Bulova said in a statement following the vote.

Supervisor Pat Herrity (R-Springfield) was the lone dissenting vote and has previously voiced his support for the auditor but not the panel.

"I see it as duplicative in a time when we've got resource issues," he said. "It makes us the only jurisdiction in Virginia with two review boards."

The auditor, approved by the Board of Supervisors on Sept. 20, will review all use of force incidents that result in serious injury or death, as well as other citizen complaints about police use of force not resulting in serious injury or death. In addition, the auditor could engage in policy and practice analysis, as suggested by the Board of Supervisors, County Executive or Chief of Police.

BY CONTRAST, the civilian review panel would "review completed police internal administrative investigations of civilian complaints concerning allegations of abuse of authority and serious misconduct."

At the Oct. 25 meeting, Cook specified the civilian review panel would not conduct investigations. Rather, the panel would review investigation files and decide whether the police's own review was "well done, not well done or needs more work," Cook said. If the panel determines more work is required, the panel would be able to send the issue back to the police.

The fiscal impact of the panel is up in the air, according to the board's agenda item. Though the panel members will be volunteers, they will be supported by the Auditor's staff and the county expects there to be other undetermined costs of time from FCPD, the County Attorney's Office, independent counsel and other required materials.

Herrity said he was also critical of "a number of issues with the implementation and the terrible impact on the morale of our great police department which keeps us the safest jurisdiction of our size in the country."

Unlike Hudgins, Herrity said he really hasn't heard from the community "that we have a significant issue here."

Panel members will be selected by the supervisors from across all Fairfax County magisterial districts. Cook said that could take place as early as the spring.

The final version of the board's action Item will be posted online at www.fairfaxcounty.gov/government/board/meetings/2016/dec-6.htm.

Issues Before Panel

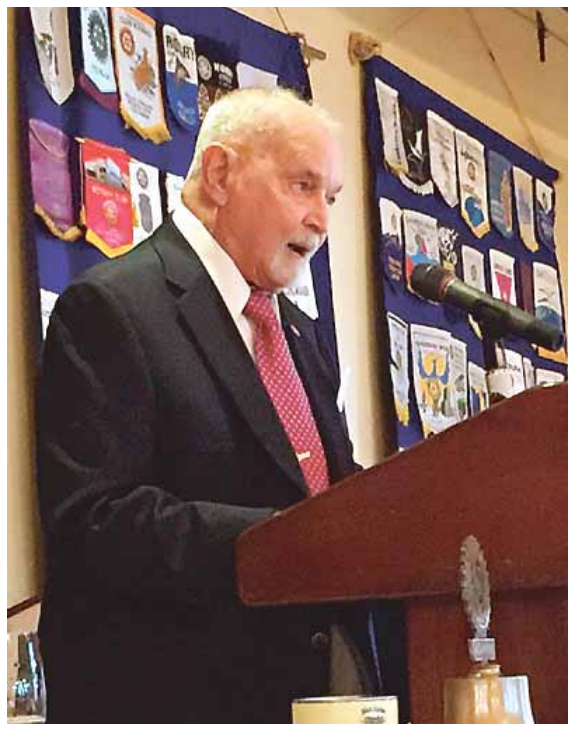
Examples of citizen complaints against police officers that could be directed to the civilian review panel:

- The use of abusive, racial, ethnic or sexual language;
- Harassment or discrimination based on race, color, sex, religion, national origin, marital status, age, familial status, or disability;
- The reckless endangerment of a detainee or person in custody;
- Serious violations of Fairfax County or FCPD procedures.

‘Infamy’: Springfield Resident Remembers Pearl Harbor

Survivor recalls Pearl Harbor attack on 75th anniversary.

By Jeanne Theismann
The Connection



Springfield resident Jay Groff recalls the Japanese attack on Pearl Harbor at the Nov. 8 Rotary Club of Alexandria Veterans Day luncheon.

Air Force Chief Warrant Officer Jay Groff and his wife Kaye were married in Hawaii on V-J Day – Aug. 14, 1945.

Photos contributed

“To do our duty was all that mattered. We responded to the challenge.”
—Pearl Harbor survivor Jay Groff

They said it couldn’t be done. There had never been anything like it in the history of warfare, but with unmistakable red spheres visible on every wing, 353 Japanese planes descended undetected over the islands of Hawaii on a sleepy Sunday morning. It was Dec. 7, 1941 – the “date that will live in infamy.”

“The Japanese timed it perfectly,” said Jay Groff, who was preparing to head to his duty station at Hawaii’s Hickam Air Force Base when Pearl Harbor was suddenly attacked. “We didn’t believe a sneak attack was possible. We were told – and believed - that the islands were impregnable and that no one could get close to us. We were a victim of our own propaganda.”

Groff was a 19-year-old Chief Warrant Officer serving in the Army Air Corps Rescue Boat Service. Now 94 years old, he remembers vividly that moment 75 years ago when “hell came raining down on us.”

“Most of us were still asleep in our bunks on what was a typical Hawaiian morning,” recalled Groff. “A few lucky ones were on leave in Honolulu, money still jingling in their pockets from payday a few days earlier. I was still in my skivvies when the first bomb landed outside the barracks.”

The Japanese attack on Pearl Harbor came in two waves. The first hit its target at 7:53 a.m. followed by a second wave an hour later. Within 90 minutes it was over. Left behind was chaos: 2,403 Americans dead with another 1,178 wounded; 188 destroyed planes and a Pacific Fleet crippled by eight damaged or destroyed battleships. In one stroke the Japanese propelled the United States into World War II.

“When the bombs began to fall, personal security was forgotten,”

See Pearl Harbor, Page 5

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Remembering Pearl Harbor

From Page 4

Groff said from his home in Springfield. "That was the first time I was scared. I could see the bombs coming through the ceiling. But to do our duty was all that mattered. We responded to the challenge."

As Japanese Zeros strafed the base with gunfire, Groff made his way to an armament building to help set up machine guns in a baseball field.

"We set up probably 10 guns between home plate and third base," Groff recalled. "I still hadn't bothered to put clothes on and to this day I couldn't tell you if I was wearing shoes."

Groff then manned a machine gun on the roof of his boathouse duty station. During that time, he saw an unarmed American B-17 bomber try to land on the runway just beyond the boathouse.

"The Zeroes' rounds hit a flare box in the B-17 and by the time it finished rolling the plane had burned in half," said Groff.

Hickam Air Force Base was one of Japan's primary targets during the attack on Pearl Harbor. As a result, Hickam suffered extensive damage, aircraft losses and loss of life with 189 people killed and 303 wounded.

Photo contributed

Springfield resident Jay Groff was in the third floor of the barracks of Hickam Air Force Base when it was attacked on Dec. 7, 1941.

"We didn't realize at the time that day would become such a significant part of world history," Groff said.

At the time of the attacks, there were more than 80,000 U.S. service members living on Oahu. It is believed that fewer than 2,000 are still alive today.

"With each passing year there are fewer survivors to remember the valor of those who died," said Groff, who will lay a wreath at the WWII Memorial in Washington as part of the formal 75th anniversary ceremonies. "It's important to honor those who fought in the Battle of Pearl Harbor and survived that day of infamy. These are the men and women at the forefront of the Greatest Generation."

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Opinion

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 nonpartisan 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@scottsurovell.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:

Letters to the Editor
The Connection
1606 King St., Alexandria VA 22314
Call: 703-917-6444.
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NEWS DEPARTMENT:
south@connectionnewspapers.com

Kemal Kurspahic
Editor ❖ 703-778-9414
kemal@connectionnewspapers.com

Tim Peterson
Community Reporter
703-314-0789
tpeterson@connectionnewspapers.com

Kyle Kincaid
Editorial Assistant
south@connectionnewspapers.com

ADVERTISING:
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Steve Hogan
Display Advertising, 703-778-9418
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Andrea Smith
Classified Advertising, 703-778-9411
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Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly, Ali Khaligh
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

2015 Virginia Press Association Award Winning Newspaper

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

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

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

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

See Wellbeing, Page 15

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/

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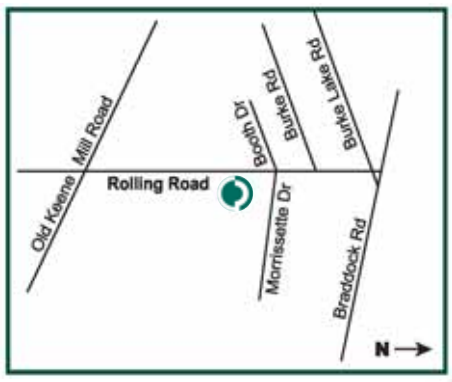

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Holiday Entertainment

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 Griese. 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.Encoretap.org. For more information, call 703-222-5511.

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

Photo by Chip Gertzog/Courtesy of Providence Players

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 at: www.providenceplayers.org or call 703-425-6782.

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The Connection Newspapers

Calendar

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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/

Photos contributed

Bob Hamrin of Clifton founded the non-profit Great Dads in 1996 to help combat the problem of father absenteeism in society.

From left, Ben, Diesel, Carter, Collin and Jamie Osterhaus. Ben lives in South Riding, Va., while his father Jim lives in Fairfax Station. In early 2015, at the first local Great Dads seminar Ben was able to attend, he invited his dad to go with him.

Great Dads Turns 20

Nonprofit celebrates two decades training fathers to be better parents.

By Tim Peterson
The Connection

Former Springfield resident Joel Stafford's life changed on a Saturday. He had planned to attend the Great Dads seminar at Burke Community Church, and then go to work later that afternoon.

Stafford was working "crazy hours," he said, climbing the corporate ladder. "Coming home going to bed, watching TV, the next morning, get up and do it all again."

Stafford was also married and had a two-year-old child.

"I wasn't giving my wife the support she needed, my daughter the attention she needed," said Stafford. "My family was suffering a little bit."

But he was involved with the men at the church. One of them, Bob Hamrin, invited him to the first-ever seminar for a father-specific parenting organization he founded. There were between 50 and 60 men in attendance.

Hamrin's four-hour seminar was an eye-opener for Stafford. He resolved to change his priorities and start spending more time with his family.

"I remember leaving the conference and driving past the exit for my office," Stafford said, "looking back and seeing my briefcase, thinking about all the things I needed to get done, or thought I did."

But Stafford passed the exit, drove home and surprised his wife. He announced the family would be going to the zoo, "a nice little daycation."

THAT WEEKEND he committed to his wife he would march into his boss' office Monday morning and explain he would be leaving each day in time to have dinner with his family.

"I really changed my pattern of life, my priorities of life," Stafford said. "From that point on, it was wanting to be a great dad."

Stafford's daughter is now 24 and recently married. For her wedding, he wrote her a poem, a tribute to her.

"I really tried to make memories with her," Stafford said, "like spending time, doing unique things with her. Being there for her spiritually, being really involved in her life."

Stafford grew up in a mostly African American community in Cumberland, Md., though he is caucasian himself. He saw a considerable amount of father absenteeism in that community.

"The number one problem in America is the absence of fathers," he said. "So many fathers that are not doing their job – to me the most earthly relationship is between a father and their child. [If the child] doesn't have direction, love, support, they go off finding that in other ways."

Widespread father absenteeism – physical, emotional and spiritual distance – is what motivated Clifton resident Bob Hamrin, who retired from being an economist in Washington, D.C., to write the instructional book "Great Dads" and create a seminar program with the same name.

Hamrin saw the policy work he was spending time on was not having as big or rapid a positive impact on society as he'd hoped.

"I recognized father absenteeism is such huge problem," he said. "It wreaks havoc, writ large. There are 36 million children suffering from father absence nationally."

But he also saw the national issue close at hand, "friends, neighbors, royallying blowing it as fathers."

Hamrin began researching for his book in 1992, tapping five sources: the Bible, children, dads, moms and parenting experts.

What he distilled the research down to was six basics of being a great dad, that include specific instructions on showing unconditional love to your child, making time for them and partnering with the child's mother.

Hamrin founded Great Dads in 1996. After that first seminar, the program grew and spread. Hamrin began enlisting associates to lead seminars in locations further and further afield, in churches, military bases, homeless shelters and prisons.

The seminars eventually spread overseas, reaching India, Africa, Europe and China.

Since the founding, Hamrin said Great Dads has reached and trained more than 53,000 fathers in 45 states and ten countries.

At the end of each seminar, the father is asked to sign a comprehensive commitment pledge to their child. One per child. From those fathers, Hamrin said, 133,000 children have received pledges like the one Joel Stafford made.

The vision of Great Dads, Hamrin said, "is to turn the hearts of fathers to their children."

Hamrin admits the seminar was launched in a church and draws from religious text and doctrine as influences, but that his seminars are not evangelism or an attempt to convert anyone.

In fact, he said, he receives overwhelmingly enthusiastic post-seminar survey results from men of all faiths, atheists and agnostics, men from all walks of life.

Proceeds from book sales, seminars and online training materials go back into the organization, which Hamrin established as a non-profit. Seminars are offered free of charge to inmates and guests at homeless shelters, which the funds support.

"Men in prison," Hamrin said, "have been impacted by a lousy father in some way, and most are fathers themselves. We recognize the vicious cycle, and try to provide a central hope in their lives."

In 2016, Hamrin said Great Dads seminars have trained 1,400 incarcerated fathers.

Ben Osterhaus' father Jim was one of Hamrin's first associates leading Great Dads seminars himself. Three years ago, Hamrin asked Ben to sit on the organization's board and assist with branding and marketing strategy.

Ben lives in South Riding, Va., while Jim lives in Fairfax Station. In early 2015, at the first local Great Dads seminar Ben was able to attend, he invited his dad to go with him.

He said he most appreciated the strategies for implementing the different basic aspects of being a great dad the seminar covered.

"What it looks like, to not only spend more time with children," Ben said, "but here's ways you can do that."

ANOTHER BIG TAKEAWAY for Ben, who currently has a five-year-old and one-year-old together with his wife, was the importance of being intentional with his children.

"In this life stage, it's really difficult to focus in," he said. "Everything feels like a blur, you want to make sure they're not breakings tuff. So often, I'll be doing something else, not really focusing in on them."

Ben thinks dads out there, overall, get the wrong message from television, movies, stereotypes, that portray father figures as passive, not great leaders, or dumb. But the seminar, he said, provides specific tools, ideas and strategies for being a good father and having a healthy relationship with your spouse.

Great Dads celebrated its 20th anniversary Dec. 4. There was a dinner held Nov. 12 at the Burke Community Church to commemorate the occasion.

For Ben Osterhaus, the global success of Great Dads comes back to Bob Hamrin's passion for the project.

"You get a room with men that vary in age, family size, and talk with them at tables, about life experiences, struggles, strategies, personally even." Ben said. "The fact that he's so dedicated and motivated to keep it moving forward, has just been amazing to see."

For more information, visit www.greatdads.org.

From Page 2

www.americasadoptasoldier.org for details.

Volunteers are needed, with no age restrictions and no time slots, to help packing care packages and care letters for deployed and veterans. Bring an item for the care package or mail your tax deductible donations to the following address:

Americas Adopt A Soldier®, P.O. Box 1049, Springfield, VA 22151 or through a website www.americasadoptasoldier.org

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."

Movement Studios Collects Food for Others

The Movement Studios will collect food donations from community members to build food packages for families in need of extra assistance this holiday season. All food donations will be provided to the charity Food for Others, which serves to assist the growing number of working poor who are unable to make ends meet and need to supplement their inadequate food supplies. The Movement Studios requests interested members of the community to provide 10-20 food items for either breakfast, lunch, or dinner that could be easily packed up for delivery. Please note there cannot be any items with nuts included.

Donations can be dropped at The Movement Studios located at 8004 Alban Rd, Springfield on Mondays through Thursdays, from 4 - 9 p.m. until Dec. 19. The studio will also accept donations on Saturdays, Dec. 10 and 17 between 10 a.m. and 1 p.m.

The Movement Studios in Springfield transforms everyday dancers into artists. With over a dozen elite faculty, a focus on cultivation of artistry, and a professional atmosphere, TMS is a family friendly studio dedicated to providing quality dance training to dancers of all ages.

The studio was founded by a trio of powerhouse women, who share decades of experience working with youths, teens, and adults in a multitude of levels and styles.

Visit TMSdance.com or call 703-337-2840.

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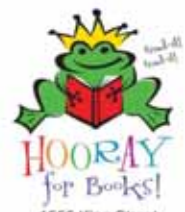

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12/14/2016.....HomeLifeStyle; Home for the Holidays
12/21/2016.....A+ Camps & Schools; Holiday Entertainment & Gift Guide III
12/21/2016.....Connection Families: Safe for the Holidays
12/28/2016.....Children's Connection 2016

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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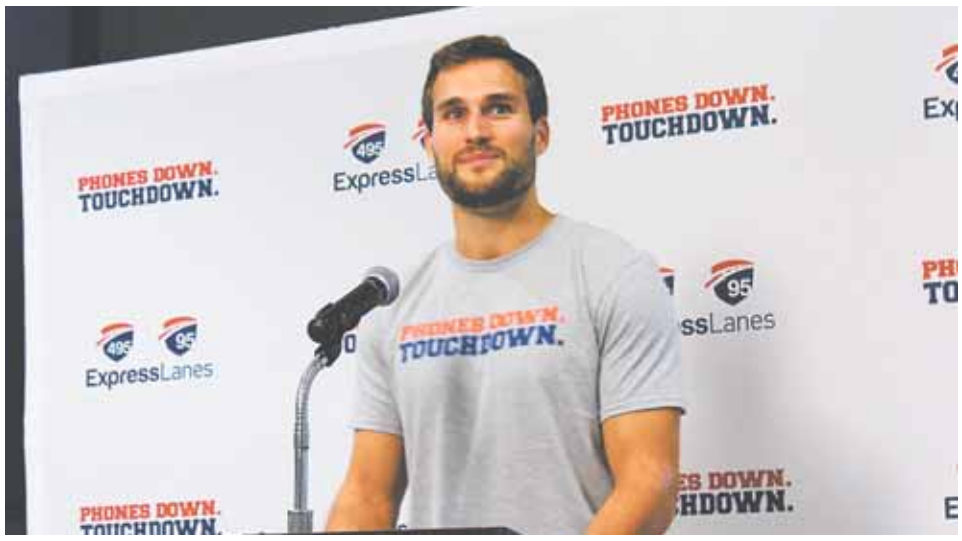

Photos by Fallon Forbush/The Connection

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 worthwhile 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.

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 spokesperson 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.

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."

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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 Browing

ABC LICENSE

Rose Florist Inc., trading as Rose Florist, 11211 Lee Hwy Ste E, Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off Premises license to sell or manufacture alcoholic beverages.Zobair Farzana, 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 legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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.
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Preventing Underage Drinking During the Holidays

From Page 7

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

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

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

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

Cote-Reilly advises parents to start by mulling over their own views on alcohol. 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 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."

Photo by Marilyn Campbell

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

> "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

"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."

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.

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.

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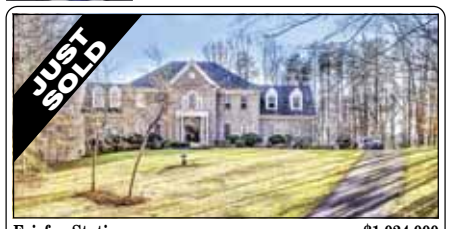

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