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The Foley family and their construction companies not only helped build the original Great Falls Freedom Memorial, but in October, they donated their time and labor to improve the site. The Foleys levelled the surrounding slopes to make more room for seating, re-sodded and added additional lighting.

Great Falls CONNECTION



Calling for Service On Veterans Day

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Helping Keep Homeless Warm

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Saxon Stage To Present 'Biloxi Blues'

NEWS, PAGE 7

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NOVEMBER 21-27, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



RESTON TOWN CENTER

Friday, November 23

28th Annual Reston Holiday Parade

Tree Lighting and Sing Along Extravaganza

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The Langley Madrigals amazed, singing the National Anthem and a number of patriotic selections, their voices echoing around the Great Falls Freedom Memorial plaza.

Calling for Service

Gathering in Great Falls to honor veterans.

BY ANDREA WORKER
THE CONNECTION

It has been one hundred years – the 11th hour of the 11th day of the 11th month of 1918 since the signing of the Armistice that officially ended World War I. One year later, on Nov. 11, 1919, the first “Armistice Day” commemoration was held to honor the service of those who fought in that war.

The passage of the years and the continuation of global conflicts has seen the evolution of that day of remembrance, with “Armistice Day” becoming “Veterans Day” with the purpose to honor all veterans, wherever and whenever they served.

On Monday, Nov. 12, at 11 a.m., residents of Great Falls gathered at the Great Falls Freedom Memorial behind the Public Library to do just that – honor those who served to protect our freedom.

THIS YEAR, thanks to the generosity and hard work of the Foley family and their construction companies, those who attended had more seating space available to them, additional standing spots, and less potential for a trip up – or down – the slowly sinking berms and slopes that had surrounded the site. Wayne Foley and his sons Kyle, Shawn and Ryan created the plans and then did the work in early October, leveling, re-sodding and repairing signage, with everything ready for the Veterans’ Day ceremonies.

Friends of the Great Falls Freedom Memorial, the volunteer group who formed in 2002 to build the site dedicated to the memory of local residents who had given their lives in military service, arranged the event, as they do each year. Friends of the Great Falls Freedom Memorial president Andy Wilson welcomed the attendees and

Col. Joseph Gordon, United States Army, Ret., was the keynote speaker at the Great Falls Veterans’ memorial.

Gordon called for the need to “reignite our sense of service” as one way to help unify the country and to spread goodwill around the world.



handled the duties of host.

The Colors were presented by the Color Guard Detachment of the U.S. Marine Corps, the Invocation was given by Pastor Livingston Dore of the Great Falls Methodist Church, and a selection of patriotic tunes, including the National Anthem and “America the Beautiful” rang out within the memorial plaza courtesy of the Langley High School Madrigals choral group, under the direction of Dr. Mac Lambert.

Colonel Joseph S. Gordon, U.S. Army, Ret. was the event’s keynote speaker.

Gordon served thirty years in the Army, both on active duty and in the reserves, with assignments in Germany, peacekeeping in Bosnia and Kosovo, and as a member in the U.S. Military Delegation at NATO headquarters in Brussels.

In addition to his military services, Gordon used his educational achievements, including his Ph.D. in European History from Duke University, being a Fulbright Scholar at Marburg University in Germany, to pass along his knowledge. He has taught at Duke, the Army Command and Staff College, the National Intelligence University,

SEE VETERANS, PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM

Helping Keep Homeless Warm

BY ANDREA WORKER
THE CONNECTION

This month, residents in the area were taken somewhat by surprise at the record-for-November snowfall on Nov. 15. For most in the region, the negative effects of the nor'easter meant hazardous commutes at the worst, or being annoyingly housebound on the less dramatic side of the scale.

For some people experiencing homelessness, however, that snowfall brought potentially life-threatening consequences, and the forecasts for a more snow-filled winter than in years past means the dangers they face will only escalate as winter wears on.

The Hypothermia Prevention Program is an integral part of Fairfax County's battle to combat homelessness and keep this vulnerable population safe during the coldest months. Nonprofit organizations operate shelters for individuals and families year-round, but when winter arrives, the efforts of nonprofits, faith communities, civic organizations, businesses and volunteers — in collaboration with a number of government agencies — kick in to an even higher gear. The Office to Prevent and End Homelessness, the Community Services Board, the Police Department and the Sheriff's Office, the Fire Marshal's Office and the county's Land Development Services all work together with these partners to support the program and address the clients' needs for service and safety throughout the season.

The hypothermia season runs from approximately Dec. 1 – March 1, activating a no-turn-away policy at shelters and adding additional venues where the homeless can shelter, find food, clothing, other basic needs and resources aimed at helping to lift them out of their situations.

This year, a number of those venues have already opened their doors, such as the Falls Church Homeless Shelter on Gordon Road, which operates in partnership with New Hope Housing.

Fairfax County has been waging a war against homelessness since they first officially took up the challenge in 2007. In the 10 years between 2008 and 2018, the annual "Point in Time" census, conducted by dozens of staff and volunteers throughout the Metro region in accordance with guidelines from the U.S. Department of Housing and Urban Development, shows a decrease of almost 50 percent in the number of people who are homeless in the county. Those same statistics, however, show a slight uptick in the last 12-month period.

When the last Point-in-Time survey was done, on the night of Jan. 24, 2018, 987 people were counted among the county's homeless, up from 964 at the same time in 2017. Of those, 488 were people in families and 499 were single individuals. Homeless persons in families increased by 3 per-



The county already operates six shelters for both individuals and families, but during the coldest times more homeless people need assistance to stay safe and warm. The Hypothermia Prevention Program kicks in to offer this needed support.

CONTACT INFORMATION

To make contact to receive assistance or to find out how to offer assistance, here are some contact details:

Region 1 – South County:

Contact Sherry Edelkamp at sedelkamp@yahoo.com, or Chandra Beander at cbeander@newhopehousing.org or by calling 703-799-0200.

In the City of Falls Church, contact Jeff Lisanick at 703-854-1400 or via email at jlisanick@newhopehousing.org or again, Chandra Beander.

In Region 2 – Central/Annandale and Seven Corners:

Contact Alfred Grant at 703-820-7621, agrant@newhopehousing.org, or Khristina Koontz at kkooontz@newhopehousing.org.

Region 3 – Reston, Herndon:

Cornerstones Outreach Missy Norquest at missy.norquest@cornerstonesva.org, or Cass Hyatt at cass.hyatt@cornerstonesva.org 703-437-1975.

cent compared to 2017. The number of homeless families also increased, by 6 percent over last year, while the number of single adults increased by 2 percent since the 2017 count.

THE NUMBERS also inched up for families in emergency shelters and in transitional housing. One of the largest increases over 2017 figures was the 18 percent increase in families whose homelessness was due to domestic violence.

Part of the study showed that 44 percent of single adults who were classified as "chronically homeless" suffered from serious mental health and/or substance abuse, a number identical to the last year. Also unchanged was the number of homeless children (298) under the age of 18.

The point-in-time statistics and some discussion about root causes and steps to take to further the cause are available on the county's website www.fairfaxcounty.gov by searching Office to Prevent and End Homelessness.

But right now, as the weather turns colder,

Region 4 – Fairfax and Centreville:

Visit the FACETS website at www.facetscares.org/programs/hypothermia-prevention-and-response-program or call 703-352-5090 ext. 302 for English and ext. 303 for information in Spanish. Maria Avila at Mavila@facetscares.org can also provide more information.

The county operates a total of six year-round shelters for both adults and families. Their locations and contact information are available on the county's website. For families with children, to schedule shelter, the adults need to contact the Human Services Coordinated Services Planning office at 703-222-0880 during regular business hours. After hours, families with children can present themselves directly to one of the emergency shelters.

the challenge and the immediate efforts are focused on keeping people who are unsheltered alive and safe and surrounded by welcoming neighbors willing to assist.

That safe welcome is available throughout the area, with the county divided into regions offering a variety of services.

New Hope Housing operates its Winter Seasonal program in Region I – the South County Route 1 area – out of the Eleanor U. Kennedy Shelter at 9155 Richmond Highway. Guests are welcomed to enter the shelter after 4:30 p.m. where they are provided with showers and laundry service, self-care supplies, dinner, and breakfast and bagged lunches the next morning.

Starting Dec. 1, New Hope Housing starts operation of its Hypothermia Prevention Program through Ventures in Community Hypothermia Outreach Program at the Rising Hope United Methodist Mission Church at 8220 Russell Road in Alexandria. That hypothermia shelter operates from 6:30 p.m. – 7 a.m., offering shelter, meals and other supplies. Both shelters also allow New Hope case management staff to assist with em-

ployment skills and housing assistance.

Within the City of Falls Church, the Friends of Falls Church Homeless Shelter partner with New Hope Housing to operate the Gordon Road facility, seven days a week from 6 p.m. to 8 the following morning. This shelter is already operational, and will remain open until March 31, 2019 to handle the winter homeless crisis. At the Falls Church shelter, guests have the opportunity to reserve their bed in advance, offering a sense of security for persons who often lack that basic need.

Region 2 is the Central area for the program, and includes Annandale and Seven Corners. New Hope Housing is at work in this area, as well, operating out of the Bailey's Crossroads Community Shelter (BCCS), located at 3525 Moncure Ave. in Falls Church. Because of the partnership of many neighboring faith communities, the BCCS can handle a larger number of guests by welcoming them first at their own location, and then transporting them to a faith community facility. These overnight hosts rotate throughout the season and offer meals, supplies and fellowship in addition to a warm, safe bed. Again, outreach case managers offer other life skills and housing assistance.

In the North County's Region 3, which includes Herndon and Reston, Cornerstones operates its winter seasonal efforts from the Embry Rucker Community Shelter, located at 11975 Bowman Towne Drive in Reston.

THE EXPANDED SERVICES are offered as part of the Hypothermia Prevention Program's move to the nearby North County Human Services Building at 1850 Cameron Glen Dr. in Reston, where guests are directed after checking in at the Embry Rucker facility.

Nonprofit FACETS takes point in Region 4 – the western and central areas that cover Fairfax and Centreville. The location of its shelters rotates among many of the area's various faith communities. It starts with the first four weeks at one location, and then the program operates from two faith community sites each week, beginning on Dec. 23, 2018. Potential guests or those wishing to volunteer, can learn where the program will be hosted at any given period by visiting the FACETS website, or contacting them at 703-352-5090, ext. 302 (or ext. 303 for the information in Spanish.)

In addition to providing shelter, food, supplies and other resources, the Fairfax County Health Department's Homeless Healthcare Program also deploys nurse practitioners to visit all of the Homeless Healthcare Program venues and the regular shelters at least once per week. The nurse practitioners see to basic medical needs during their visits and can offer no cost flu shots as needed. Medical outreach workers also visit, assisting clients in enrollment into the Community Health Care Network's free clinic.

OPINION

Give Locally

For tens of thousands of poor children and families in our area, uncertainty and need are distant from the celebrations and plenty that so many of us associate with this holiday period.

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

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

EDITORIAL

In Fairfax County Public Schools, more than 54,000 students (29 percent) are poor enough to receive subsidized meals.

Many are children living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Thanksgiv-

ing and Christmas.

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

Many nonprofits in the county need your help to provide a holiday meal for Thanksgiving or Christmas, to provide children with gifts.

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

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Office of Coordinated Services Planning 703-222-0880 fairfaxfish.org/

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

❖ **Food for Others** Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. 2938 Prosperity Ave. info@foodforothers.org. Most needed items include: Fresh fruits (oranges, apples, bananas, tomatoes, avocados, grapes, berries), Fresh vegetables (cucumbers, celery, peppers, lettuce, eggplant), Canned chili, Canned tomato products (crushed, peeled, diced, etc.), Canned meat (chicken, beef, turkey, or seafood), Rice, 16 oz packages, Spaghetti sauce, 14 oz – 1lb (ideally in cans instead of glass), Canned fruit (packed in fruit juice instead of syrup) 11oz – 20oz, Beans, dried or canned (black, kidney, pinto, etc.), Canned pasta. www.foodforothers.org

❖ **Ecumenical Community Helping Others** (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families. Outerwear drive through Dec. 14. See Greater Springfield Chamber for drop off locations. www.echo-inc.org.

❖ **Lorton Community Action Center** (LCAC) will provide Thanksgiving and holiday assistance to hundreds of families. Thanksgiving and Christmas food baskets along with fulfilling gift wishes for children and teens will help low-income families. See website for warm coat and Christmas donations and volunteer needs. lortonaction.org/seasonal-assistance/.

❖ **Assistance League of Northern Virginia** is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, contact alnorthernva@gmail.com or visit www.northernvirginia.assistanceleague.org

❖ **Comfort for America's Uniformed Services** (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, cause-usa.org

❖ **Shelter House** provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. www.shelterhouse.org

SEE WHERE TO GIVE. PAGE 10

List of Nonprofits in Fairfax County

❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org.

Nonprofit providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Thanksgiving Food Drive, Gifts for Kids and annual Coat Drive.

For families in need, often there isn't enough money to spend on gifts. To register for the Gifts for Kids drive, visit <https://www.cornerstonesva.org/gifts-for-kids-donation-form/>. Personalized wish lists will be distributed within two business days of your submission.

Gifts will be collected at Cornerstones' main office, 11150 Sunset Hills Road, Suite 210, Reston, VA 20190, during the following times:

Thursday, Dec. 6 and Friday, Dec. 7: 9 a.m. – 6 p.m.

Saturday, Dec. 8: 9 a.m. – 12 p.m.

Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.

❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis. Share of McLean will provide holiday assistance to hundreds of needy families this year. In December, Share's families will be welcomed to a festive party, served a light meal, and Santa will travel all the way from the North Pole to take photographs with the children. Help Share help those in need by fulfilling a wish or donating Walmart, Target, Giant, or Safeway gift cards. Contact ShareWishes@gmail.com for more information. Visit www.shareofmclean.org for more info about Share.

❖ **Herndon-Reston FISH** (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 herndonrestonfish.org Herndon-Reston FISH has assisted local residents in short-term crises by since 1969. 703-437-0600.

❖ **LINK**, serving Herndon, Chantilly, Loudoun and more. Every year the goal is to provide each family with a week's worth of non-perishable food in November and again in December. When funds allow, grocery gift cards are also included. In November, clients also receive a voucher for coats and warm clothing. In December, children 16 and under receive gifts. holiday@linkagainsthunger.org. 703-437-1776 www.linkagainsthunger.org.

❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, www.cho-va.com

❖ **Our Neighbor's Child** (ONC) volunteers are preparing for delivery of holiday gifts for children from financially struggling families in western

Fairfax County – predominantly in Centreville and Chantilly. www.ourneighborschild.org/

❖ **Northern Virginia Family Service**. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. Every year, it empowers 35,000 individuals to achieve self-sufficiency. www.nvfs.org Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500

❖ **Second Story** — Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. second-story.org.

❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, www.scov.org

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

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

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

❖ **Britepaths** Britepaths is working to assist 800 Fairfax County area families who might otherwise go without with Thanksgiving meals, December holiday meals and gifts for their children in December. Sponsor a family or donate to provide a family with a holiday meal and/or gifts for their children. britepaths.org

❖ **Fairfax City Area FISH** (For Immediate Sympathetic Help) FISH provides funds and volunteers to serve the needy and elderly in the greater Fairfax City area of Fairfax County. FISH responds to requests for life's necessities: food, clothing, financial assistance for delinquent rent, mortgage, utility bills, gasoline, and prescriptions. Requests for assistance are passed on to FISH by the

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Residents gather to honor veteran service in Great Falls.

Veterans Honored in Great Falls

FROM PAGE 2

the NATO school and other educational facilities around the world. He adds accomplished singer to his resume, performing as a member of the Choral Arts Society of Washington and the Washington Men's Camerata. He described singing in Red Square in Moscow in 1993 as one of the "highlights" and "most moving moments" in his career.

Gordon spoke briefly, and with emotion, "on really just three things."

"First, to recognize all our veterans, which is why we are really here."

Gordon took a moment to observe that it was also the 100th "birthday" of the song "God Bless America." "Fitting for this occasion," he said, reminding the gathering that the song's composer, Irving Berlin, was "an immigrant, born in Siberia, who served in the United States Army."

And third, Gordon noted what he sees as a decline in the concept of service and an inequality in the fact that rural areas and "middle states" tend to provide the most service members.

Acknowledging that it "wouldn't be easy and would require a lot of leadership," the colonel called for a "universal, national service requirement" in replacement of the draft which ended in 1973.

GORDON doesn't think that such service necessarily means active duty in the military. "The Peace Corps, AmeriCorps, a year or two in service in organizations like that," he said could reignite Americans' sense of service and "spread goodwill around the world."

"We should all share in service to our country and each other. No, it's not easy," but he believes to do so would "keep us at peace and safe."

Before bringing the ceremony to a close, Wilson echoed some of Gordon's call to service.

"Only about 1 percent of our population



The United States Marine Corps Color Guard detachment presents the Colors at the Great Falls Veterans' Day Memorial ceremony on November 12.

serves in the military," he noted, before reciting the famous quote by Winston Churchill to punctuate his point.

"Never in the field of human conflict was so much owed by so many to so few," said the British Prime Minister Churchill in a wartime speech in 1940, referring to the British Royal Air Force who were fighting the Battle of Britain at the time.

Spoken almost 80 years ago, Wilson said those words still hold true today.

With thanks to the guests, speakers, participants, and the Foley's, Wilson closed the ceremony with a few reminders.

"Join us here for Memorial Day next May, learn more about the Friends of Great Falls Freedom Memorial at www.gffreedom.org, encourage its use, and support "Military Appreciation Mondays" at the Old Brogue in Great Falls in support of the "Stop Soldier Suicide," organized by the Bob Nelson realty Team.

Fairfax Water

Notice of Public Hearing

NOTICE OF BUDGET AND WATER RATE PUBLIC HEARING

December 13, 2018 at 6:30 p.m.

At 6:30 p.m. on Thursday, December 13, 2018, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2019, include the following:

1. An increase in the Availability Charge from \$4,150 to \$4,260¹.
2. An increase in the Local Facilities Charge from \$13,420 to \$15,285.
3. An increase in the Service Connection Charge from \$1,260 to \$1,300¹.
4. An increase in the Base Commodity Charge from \$2.94 to \$3.07 per 1,000 gallons of water.
5. An increase in the Quarterly Billing Service Charge for meters larger than a standard 5/8" residential meter¹.
6. An increase in the Turn Off / Turn On Charge from \$45 to \$48.
7. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge.
8. An increase in the Installation of Sewer Use Meter Charge from \$36 to \$38.

¹Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is also proposing a \$183.2 million budget for calendar year 2019¹. Revenues are expected to be \$183.2 million in 2019. Water sales are expected to provide \$158.3 million. Approximately \$24.9 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

| Category | — \$1,000s — | |
|---|------------------|------------------|
| | 2018 | 2019 |
| Personal Services and Employee Benefits | \$ 55,934 | \$ 57,584 |
| Power and Utilities | 10,755 | 11,102 |
| Chemicals | 6,958 | 7,532 |
| Purchased Water | 7,810 | 7,155 |
| Supplies and Materials | 5,261 | 5,444 |
| Insurance | 955 | 1,075 |
| Fuel | 700 | 728 |
| Postage | 603 | 612 |
| Contractual Services | 12,481 | 12,974 |
| Professional Services | 1,001 | 1,065 |
| Other | 2,428 | 2,505 |
| Sub-Total | 104,886 | 107,776 |
| Transfer to Improvement Fund | (10,248) | (10,380) |
| Total | \$ 94,638 | \$ 97,396 |

Net revenues are expected to be appropriated as follows:

| | |
|------------------|--------------|
| Debt Payment | \$42,988,000 |
| Improvement Fund | \$11,000,000 |
| General Fund | \$31,337,000 |

¹ Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes to the rates can be viewed on our website at www.fairfaxwater.org/rates. A copy of the proposed budget can be found at www.fairfaxwater.org. Those wishing to speak or receive a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017.

Interested parties may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 12, 2018, to be included in the record of the public hearing.

G. STEPHEN DULANEY

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Teaching Gratitude, Giving

Child development experts share suggestions for helping children develop a sense of altruism.

BY MARILYN CAMPBELL

When teaching their three young children about gratitude and benevolence, Marcus Rosano and his wife Laura began with what they consider the basics: treating others with kindness.

"After leaving a sports practice, we tell them to go back and say, 'goodbye' and 'thank-you' to their coach," he said. "My wife and I have focused on the way we treat others. Part of kindness is understanding that there are people in our community who can't afford presents at Christmas and who aren't going to have a Thanksgiving turkey with all the trimmings."

The Rosanos' method of instruction is an effective one, according to researchers who say that parents are their children's most influential teachers. "The best thing a parent can do to promote altruistic behavior is to model the behavior themselves," said Jessica McLaughlin, Ph.D., assistant professor of psychology at Montgomery College. "Kids imitate their parents and they are more likely to engage in altruistic behavior if we show them how to treat others with kindness and empathy."

Parents can choose to partake in simple, random acts of kindness, while they are with their children, added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. "For example, paying for someone in line behind you in the grocery store, or helping an elderly person carry their grocery bags to the car, or helping a neighbor shovel snow or clear ice from their walkway."

Use that opportunity to initiate a dialogue, continued Bagshaw. "Then afterwards, talk with your child about how it made you feel to help someone else. Through that discussion, brainstorm with your child how it might have made the person you helped feel. [This will] help develop empathy in your child."

"I would suggest that parents discuss with kids what circumstances other kids and families may be in over the holidays and how it may differ from their own," said child psychologist Stacie Isenberg, Psy.D. "For example, there are families who have limited food and those who rely on shelters. They could also discuss ways to acknowledge and express gratitude for specific things they have, from food to heat to their personal belongings, like saying something from their day that they are grateful for; not just at Thanksgiving dinner, but every day at dinner or before bed."

It is important that parents tailor their dialogue and lessons on gratitude and altruism to a child's age and level of development, advises Linda Gulyn, Ph.D., professor of psychology at Marymount University.



PHOTO COURTESY OF MARCUS ROSANO

Lesson on gratitude and giving during the holidays should be age-appropriate say psychologists.

"Preschool-aged kids need to see the immediate and tangible effects of helping and giving to others," she said. "For example, 'See how much grandpa likes it when you help him carry the holiday decorations?' Or 'Because you shared your train tracks, now [your playmate] can get his train over the hill.'"

School-aged children learn best by seeing the social benefits and being part of group activities associated with giving and helping, suggests Gulyn. "[This is] because peers and people outside immediate family are more interesting to them," she said. "For example the Girl Scout troop helped the elderly people decorate the senior living rec center."

Teenaged children, on the other hand, are idealistic and interested in social justice issues, says Gulyn. "They care about pop culture, too," said said. "My teens enjoyed shopping for holiday gifts for other kids who were socioeconomically disadvantaged. They bought sports team gear for fel-

low teen boys."

Identify issues that are important to a child and provide opportunities for them practice altruism around those topics, suggests Carolyn Cass Lorente, Ph.D., professor of psychology at Northern Virginia Community College. "For instance if your child is interested in animals you might help them collect old towels and blankets in the neighborhood to take to a shelter," she said. "This helps build a sense of agency and responsibility and shows them that we each can make a difference."

"During the holidays, parents should share their family histories and traditions and note their good fortune in living today with many daily comforts and conveniences that their grandparents did not have," said Short, Ph.D., professor of psychology at George Mason University. "Gift giving encourages empathy and perspective-taking to consider what others might like and it brings people closer together."

"The best thing a parent can do to promote altruistic behavior is to model the behavior themselves."

**— Jessica McLaughlin, Ph.D.,
assistant professor of psychology,
Montgomery College**

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PHOTO BY RANEEM KHAN/THE CONNECTION

From left, Langley students Cole Sitolides, Josh Guinn, Samuel Buroker, Anderson Hauptli, and Chris Morgan rehearse their scenes for the upcoming show. These actors will play young military recruits in the school's fall production.

Saxon Stage to Present 'Biloxi Blues'

Performances
Nov. 29-Dec. 2 at
Langley High.

BY RANEEM KHAN
THE CONNECTION

Langley High School's theater is getting ready to present its fall play, "Biloxi Blues," from Nov. 29 to Dec. 2. The comedy, written by Neil Simon, takes protagonist Eugene Jerome in his journey as he enlists in the U.S. army and trains for World War II in a drill camp in Biloxi, Mississippi. While training, Eugene meets many of the nice, not-so-nice, and downright crazy people that he comes to call his fellow recruits.

This comedic coming-of-age story explores themes of war, discrimination, and camaraderie that both students and adults can relate to. "Biloxi Blues," a story set in 1943, will be Langley High School's first fall play after years of performing musicals. Langley's Saxon Stage encourages community members to come see the play and enjoy the hilarious, emotional, and exciting story that awaits.

"Normally when doing plays, the story might get confusing, but I think this one will be really appealing to a lot of people, and everyone will be excited to see it," Emma Connolly, a member of the Saxon Stage publicity team, said. "I think [the play] is really relatable; the experiences they go through mentally during war are similar to what we go through at a different level, and maybe even what community members have gone through in their lives," Connolly said, encouraging locals



PHOTO BY BLAKE TIPENS

Sophomore Cole Sitolides, who plays Eugene, and junior Josh Guinn, who plays Arnold, prepare for the play.

to go see the show.

In addition to the show's relatable nature, "Biloxi Blues" is an emotionally provoking story with an array of complex characters, including six young recruits and a stern drill sergeant.

"My character is kind of sadistic, and he's really tough on those boys, but it's because he loves them; he doesn't want them to get killed and wants them to succeed," Mark Bosset, the actor who plays drill sergeant Toomey, said. Bosset looks forward to performing "Biloxi Blues" to show the teamwork that both students and community members can learn from. "Camaraderie is definitely a huge theme. The recruits have verbal fights and get into each other's head, but they learn that regardless of whether you disagree with someone, you have to be a band of brothers, or else you die," Bosset said.

"I think it's such a touching story, the older generation can kind of relive the younger part of their lives," Langley theater's stage manager Mary Kurbanov said. "It has a lot of teenage humor from the 40s, and it shows that ultimately, we can really learn from one another."

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Public Meetings

Fall Transportation Meetings: Updated Schedule

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a public comment period. At the open house you can learn about various transportation initiatives, as well as Virginia's project prioritization process (SMART SCALE), Virginia's Statewide Transportation Improvement Program, and the VTrans Multimodal Transportation Plan. Representatives from the Office of Intermodal Planning and Investment and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, where you can provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Updated Schedule: Area Public Meetings will be held at the dates, locations and times listed below:

| | |
|---|--|
| <p>Wednesday, November 28, 2018 at 5:30 p.m.* NOVA District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030</p> | <p>Thursday, November 29, 2018 at 4 p.m.* Fredericksburg District Office Auditorium 86 Deacon Road Fredericksburg, VA 22405</p> |
|---|--|

Fall meeting materials will be available at:
<http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2018.

***Please note that these dates have been changed from previous listings.**

| | |
|--|--|
| <p>If you cannot attend a meeting, you may send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or Six-YearProgram@VDOT.Virginia.gov.</p> | <p>You may send comments on rail, public transportation, and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov.</p> |
|--|--|

Comments will be accepted until December 13, 2018.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Trout Fishing at Lake Fairfax.

Through Nov. 25, dawn until dusk, at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Purchase daily passes for adults for \$13, seniors 65 and older at \$10 and children are \$8 per day. Only hook and line fishing is permitted. No trout size limit. Up to six trout per pass may be kept each day. All anglers must display their Virginia Fishing License prior to purchasing a trout pass. Call 703-471-5414.

Art Exhibit: “Walking the Path.”

Through Nov. 30 in the large meeting room at Great Falls Library, 9830 Georgetown Pike, Great Falls. Featured artists include Pat Menster Neuman, Richard Masaniello, and Lesley Hackman. Visit www.fairfaxcounty.gov/library/branches/great-falls or call 703-757-8560.

Chanukah Bazaar.

Through Dec. 2, at Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. Ready, Set, Go to Chanukah Bazaar sponsored by Women of TRS. Everything you could possibly want to celebrate the Festival of Lights will be on display in the Grand Foyer. Proceeds from this event are donated to the Temple as well as Jewish and community charitable organizations. Dates and times: Sunday, Dec. 2, 8:45 a.m.-2 p.m.; Tuesdays, Nov. 20, 27, from 5:30-7:30 p.m.; Wednesday, 28, from 4:15-6:30 p.m. Email treasures@templerodefshalom.org.

Art Exhibit: “Walking the Path.”

Through Nov. 30 in the large meeting room at Great Falls Library, 9830 Georgetown Pike, Great Falls. Featured artists include Pat Menster Neuman, Richard Masaniello, and Lesley Hackman. Visit www.fairfaxcounty.gov/library/branches/great-falls 703-757-8560.

Santa HQ.

Through Dec. 24, Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. Near Nordstrom on the Lower Level. Guests can make reservations to spend less time in line. Shoppers are invited to bring an unwrapped toy and participate in our ‘Help Through Holiday Giving’ toy drive benefitting Second Story (formerly Alternative House). Visit www.santa-hq.com.

THURSDAY/NOV. 22

Community Thanksgiving Dinner.

Noon-2 p.m. at The Lewinsville Retirement Residence, 1515 Great Falls St., McLean. Community Thanksgiving Dinner hosted by Lewinsville Presbyterian Church. New and old friends are invited to the table. Young adults, including college and graduate students, singles, families, children and our elderly who are far from home or without family are welcome, whether or not they are members of the church. Free (donations welcomed). RSVP to attend and/or volunteer/donate at www.lewinsville.org/event-items/thanksgiving. Call 703-356-7200 or visit www.lewinsville.org.

MONDAY/NOV. 19

Grand Opening.

11 a.m. at Little Dipper Hot Pot House, Fairfax’s Mosaic District, 2985 District Ave., Suite 185, Fairfax. Little Dipper will kick off its grand opening with a ribbon-cutting ceremony, door prizes, and other fun activities throughout the day. In addition, the first 100 guests will be treated to a free hot pot. Visit www.littledipperhotpot.com.



SUNDAY/NOV. 25

Watoto Children’s Choir.

9:30 a.m. at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Watoto Children’s Choir, whose members are orphans and other vulnerable children, will present new worship music from Watoto Church in Uganda. Visit gflutheran.org for more.

MONDAY/NOV. 26

Church Street Holiday Stroll.

See above. 6-9 p.m.

Model Railroaders Open House.

6-9 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

WEDNESDAY/NOV. 28

“Rock To Resist By” Benefit Show.

7-10 p.m. at Jammin’ Java, 227 Maple Ave. E., Vienna. Join “resistance rock” band M4TR, Innovation Station Music, 350 Fairfax, Climate Reality Project NoVA, Network NoVA, Our Revolution Northern Virginia and many more non-profits and activist groups to celebrate civic action in the age of the Resistance. This event is part concert, part album release party, part civic action rally, part networking event. Tickets are \$15 at the door or by in advance on Ticketfly at www.ticketfly.com/event/1778042-m4trs-rock-resist-by-vienna/.

THURSDAY-FRIDAY/NOV. 29-30

Tiny Tots Concerts.

Thursday, 10 a.m. and 7 p.m. (“jammy-friendly show”); Friday, 10 a.m. at James Madison High School, 2500 James Madison Drive, Vienna. The JMHS Band Program presents a concert celebration featuring a wide spectrum of seasonal music. The audience can sing, clap and dance along with the band. Advance purchase is highly recommended. \$9

per person at james-madison-band.ticketleap.com/tinytots2018/. Admission is free for babies in arms (under 1). If available, tickets may be purchased in the lobby by check, cash or credit card 30 minutes prior to the show for \$10 per person. Email tinytots@jmhsband.org.

THURSDAY/NOV. 29-DEC. 1

Neil Simon’s “Biloxi Blues.”

At Langley High School, 6520 Georgetown Pike, McLean. Saxon Stage Theatre begins its 2018-2019 season with a production of “Biloxi Blues,” a semi-autobiographical coming-of-age story by Neil Simon packed with wit and charm promised to please all ages. Visit www.Saxon-Stage.com.

THURSDAY/NOV. 29-DEC. 23

A Civil War Christmas: An American Musical Celebration.

Thursdays, 7:30 p.m.; Fridays, 8 p.m.; Saturdays 2 and 8 p.m.; and Sundays, 2 p.m. at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. It’s 1864 and Washington, D.C. is settling down to the coldest Christmas Eve in years in this pageant of carols by Paula Vogel. Stories of many intertwining lives—spanning from the battlegrounds of Northern Virginia to the halls of the White House. Visit www.1stStage.org for the schedule of Community Conversations, captioned and audio described performances. Tickets: general admission, \$39; senior (65+), \$36; student and military, \$15 at www.1ststage.org or at 703-854-1856.

FRIDAY/NOV. 30-SUNDAY/DEC. 2

Tysons Library Book Sale.

Friday, 11 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; Sunday, 1 p.m.-4 p.m. at Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Large selection of books and media for all ages and interests. Half price/\$10 per bag on Sunday. Email tysonslibraryfriends@gmail.com or call 703-790-4031 or 703-338-3307.

SATURDAY/DEC. 1

Holiday Sing-A-Long.

4 p.m. at Wolf Trap, 1551 Trap Road, Vienna. The Marine Band, led by Assistant Director Capt. Ryan Nowlin, will perform at Wolf Trap’s Annual Holiday Sing-A-Long. Free, no tickets required. Free parking is available. Visit www.marineband.marines.mil.

60th Service Birthday and Christmas Party.

6 p.m. at The Vienna Moose Lodge, 9616 Courthouse Road, Vienna. The Vienna Moose Lodge welcomes the public to celebrate their 60th Service Birthday and Christmas Party. The band will be a local favorite the Deja Blue band. There will be food and refreshments available for a nominal price. Admission is free. Visit www.ViennaMoose.org or call 703-599-3929.

SATURDAY-SUNDAY/DEC. 1-2

The Enchanted Forest.

Saturday, 9 a.m.-5 p.m. and 8-11 p.m.; Sunday, 9 a.m.-1 p.m. at Sheraton Tysons Corner, 8661 Leesburg Pike, Tysons. 18th Annual The Enchanted Forest featuring live entertainment, Junior Leagues’ Kids in the Kitchen activities, a visit from Santa, crafts, premium events for all, and a silent auction of over 80 themed trees and wreaths. \$10 general admission for adults, \$15 child general admission. Visit www.jlnv.org/tef/.

SUNDAY/DEC. 2

Holiday Gift Shopping.

8:30 a.m.-2 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Judy’s Place, a Temple Rodef Shalom tradition for 20 years, provides a non-denominational and convenient shopping experience for children ages 2-13 that lets your child, with the help of volunteers, choose from among over 100 gift items ranging in price from \$1 to \$15 to surprise parents, siblings, grandparents and pets. Proceeds go to charities supported by The Women of Temple Rodef Shalom. Contact Jackie Rockman at jackie.rockman@gmail.com.

Artist Reception and Talk.

After 10:15 a.m. worship at The Gallery at The Church of the Good Shepherd (United Methodist), 2351 Hunter Road, Vienna. Featuring “Peace Like a River” art exhibit by Alice Nodine



Church Street Stroll

The Town of Vienna, Historic Vienna, Inc., and Church Street merchants are ringing in the holiday season with the 22nd annual Church Street Holiday Stroll Monday, Nov. 26, 6-9 p.m. Santa will glide in atop a 1946 historic fire truck at 6:15 p.m., then help Mayor Laurie DiRocco light the holiday tree at 6:20. Following the lighting, St. Nick will greet children from the porch of the Freeman Store and Museum. Visit historic sites such as the Freeman Store and Museum, Little Library, Caboose, Train Station, Knights of Columbus (formerly First Baptist Church) and Vienna Presbyterian’s Old Chapel. Call 703-938-5187 or visit historicviennainc.org for more.

of mixed media paintings. The exhibit will be open during church office hours Monday-Friday 9 a.m. to 2 p.m. and on Sunday mornings from 9 to noon. The exhibit also will be open during the church’s Puppy Nativity event on Saturday, Dec. 8 from 10 a.m.-1 p.m. Nodine, a member of Good Shepherd, also will offer her paintings for sale at the conclusion of the exhibit. She will donate a portion of the proceeds to Columbus County Disaster Response, for flood recovery efforts in North Carolina, where she grew up. Visit www.GoodShepherdVA.com

WinterFest Holiday Parade.

Pre-parade entertainment, 2:30 p.m.; parade, 3:30 p.m. on Old Chain Bridge Road, from Fleetwood to Elm Street in McLean. This will be the 10th year for WinterFest. The viewing stand will be at Langley Shopping Center with a variety of food trucks. To be an entry in the parade, one must register at www.mcleanwinterfest.org. Questions about registration or sponsorships can be directed to Trish Butler at sagecommunications@earthlink.net.

Celebration of Lights.

4-6:30 p.m. at Great Falls Village Field. Celebrate the beginning of the season with Great Falls’ Annual Christmas Tree Lighting. Drink hot cider or cocoa next to the fire while listening to local children’s choral groups sing seasonal music (starting 3:45). The petting zoo and pony rides will keep children busy until Mr. and Mrs. Claus arrive by antique fire truck. Held rain or shine. Visit celebrategreatfalls.org/event/celebration-of-lights.

MONDAY/DEC. 3

Video Contest Entry Deadline.

Burke & Herbert Bank is accepting submissions to the Lights, Camera, Save! video contest. To participate, students (ages 13-18) must create a video, 90-seconds or less, on saving and using money wisely and submit a link to the video along with a completed entry form to the bank. Entry forms and more information can be found at burkeandherbertbank.com/contest. Visit lightscamerasave.com.

COMMUNITY

Celebration of Lights Set for Dec. 2 in Great Falls

Celebrate the beginning of the season with Annual Christmas Tree Lighting on Sunday, Dec. 2, 3:45 - 6:30 p.m. on the Village Field, behind the Great Falls Post Office. The event held in any weather. Enjoy hot cocoa and cookies next to the fire as you listen to local children's choral groups sing seasonal music. The petting zoo and pony rides will keep your kids busy until Mr. and Mrs. Claus arrive by antique fire truck to light the tree.

Schedule:

3:45 - Great Falls United Methodist Preschool

4 — Village Green Day School

Pony Rides and Petting Zoo begin

4:15 - King's Kids Preschool

4:30 - Siena Academy

4:45 - St Francis Creche Preschool

5 - Santa and Mrs. Claus arrive to light the tree

5:15 - Forestville ES Ensembles

5:30 - Great Falls ES

5:45 - Colvin Run ES Singalong

6 - Live Nativity (pony rides and petting zoo close)

Volunteers needed between 4-6 p.m. Contact info@celebrategreatfalls.org if you are available.

After Santa and Mrs. Claus arrive in an antique fire truck to light the Great Falls Tree, they will meet all children who wish to share their holiday wishes. Hot cocoa and cookies offered by sponsors.



PHOTO BY STEVE HIBBARD/THE CONNECTION

The lighting of the Christmas Tree at the Great Falls Celebration of Lights on Sunday, Dec. 3, 2017, at the Great Falls Village Centre.

Special Great Falls Program for Senior Citizens and their Families

The Great Falls Citizens Association (GFCA) is hosting a special program focusing on issues facing senior citizens as they age in place in their homes. The Seminar for Savvy Seniors and their Families will be held on Saturday, Dec. 1, from 10 a.m. to noon, at Christ the King Lutheran Church, 10550 Georgetown Pike (park in the lot behind the church, and enter the building there). The public is invited.

This meeting will feature a range of speakers, a panel discussion, questions from the audience, and a social time afterward for personal discussions with the speakers. Light refreshments will be served.

The meeting is designed so that senior citizens can learn about options in Great Falls that may assist them as they age in place in their own homes. It is also an opportunity for their children to learn about the issues that they can help their

aging parents deal with, and about resources available to help.

The meeting's agenda:

❖ Welcome: Bill Canis, GFCA President

❖ Fairfax County's Seniors programs: Dranesville Supervisor John Foust

❖ Remarks/presentations followed by panel discussion: Carol Blackwell, Great Falls Senior Center; Carol Edelstein, Shepherd's Center of Great Falls; Toni Reinhart, Dementia Friendly America; Grace Lynch, Fairfax County Division of Adult & Aging Services; Karen McPhail, Eldementals; Stan Corey, retired financial planner and author of a new book on how to manage seniors issues.

The program will include a time for questions from the audience and a social time afterwards so that residents can speak individually with the speakers.

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NEWS

Providing Thanksgiving Meal to 84 Families in Need

For the second year in a row, the community came together in the spirit of Thanksgiving for those in need. More than 50 "Wish List Angels" purchased food for a complete Thanksgiving dinner basket for 84 families struggling to put a meal on the table this holiday. The group also collected grocery gift cards of \$2400 to distribute to families and help refill diminished charity food pantries. Wish List Project coordinators, Christie Shumadine and Lissa Perez, worked with the staff at Hutchison and Buzz Aldrin elementary schools and Second Story Shelter to identify families. Shumadine said, "As always, we are overwhelmed by the generosity of our wonderful community and are thankful to have their continued support to give food baskets to 84 families this year."

The Wish List Project was created 18 years ago by Ginger Mahon and her "Wish List Angels" to purchase individual gifts from a wish list made by individuals and families during the holidays. More individuals in need were added to the list, bringing the number of individuals served to more than 300 including youth in foster care, alternative housing, domestic abuse shelter homes, and families in local elementary schools. Having a desire to do more, in 2017, Shumadine and Perez expanded the project to collect Thanksgiving Meal Baskets for families who could not afford a special holiday meal. With that success, the Wish List Project added a Spring Break Food Drive and Toiletry Collection in 2018.

The 2018 Holiday Wish List was released Nov. 19. To pick an individual or family to support this year, go to The Wish List Project website at www.wishlistangels.org.



Wish List Project Coordinators Christie Shumadine and Lissa Perez and their Angels collect Thanksgiving Meal Baskets and gift cards to give to area families in need.



Local teen volunteers (left to right) Lexie Perez, Caitlyn Shumadine, Alexa Gianoplus and Avery Perez, unload Thanksgiving Meal Baskets from cars of donors at the Nov. 11 drop off day.

Where to Give Locally

FROM PAGE 4

- ❖ **United Community Ministries**, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor, UCM provides housing programs as well as a Workforce Development Center. Last year, for the holidays, donations of nearly 10,000 toys, books, games, clothing, and other gifts ensured a joy-filled holiday for hundreds of children. 7511 Fordson Road, Alexandria VA 22306. www.ucmagency.org Donations of cash/checks and gift cards are also welcome.
- ❖ **Mount Vernon At Home**, 703-303-4060, www.mountvernonathome.org. From practical help to social, wellness, educational and cultural activities, Mount Vernon At Home membership helps connect senior members of our community. Neighbors helping neighbors with volunteer support is the power of Mount Vernon At Home. Mount Vernon At Home is a 501(c)(3) nonprofit organization working to meet the needs of its older members. The group fundraises all year to make this possible and count on the generosity of the community.
- ❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. www.capitalareafoodbank.org
- ❖ **Homestretch** is a provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email: jhenderson@homestretchva.org; 703-237-2035 x125; homestretchva.org/volunteer/
- ❖ **Pathway Homes** providing non-time-limited housing and supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia. Founded in 1980, Pathways currently serves more than 400 adults in community-based homes in Northern Virginia. www.pathwayhomes.org
- ❖ **Good Shepherd Housing and Family Services**, 8305-17B Richmond Highway, PO Box 15096, Alexandria, VA, 22039. 703-768-9419, www.goodhousing.org/ The mission of Good Shepherd Housing (GSH) is to reduce homelessness, increase

community support, and promote self-sufficiency. GSH housing manages more than 70 housing units.

- ❖ **Boys and Girls Clubs of Greater Washington Fairfax Area** operates clubs in two of the neediest areas of the county, Culmore and Mount Vernon/ Route 1 corridor, focusing on character and academic success. www.bgcgw.org/fairfax
- ❖ **Christian Relief Services**, 8301 Richmond Highway, Suite 900, Alexandria, VA 22309, 703-317-9086, 703-317-9690 christianrelief.org/
- ❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/
- ❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at www.habitatnova.org.
- ❖ **Alice's Kids** (@alicewillhelp) aliceskids.org P.O. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When there is no food in the refrigerator, no electricity nor heat, these are hardships that they can keep hidden from their peers. But, when that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. It helps children from all over the Mount Vernon area through small acts of kindness.
- ❖ **Neighborhood Health**, 6677 Richmond Highway, Alexandria, VA 22306. The organization partners with its patients to treat the whole person through medical, behavioral health and dental programs. It has 10 clinics throughout Arlington and Fairfax counties. Participating with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, www.neighborhoodhealthva.org

PHOTOS CONTRIBUTED

BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

HOLIDAY DONATIONS

Food for Fines. Through Nov. 30. Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others, a not-for-profit food pantry and food rescue operation that serves Fairfax County. Each item donated will erase \$1 from a patron's overdue fines up to a maximum of \$15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

Blanket and Coat Drive. Through Dec. 8. Organized by NOVA Relief Center, blankets and coats will be sent to refugees in three camps in Jordan this winter. Blankets and coats should be new or gently worn. Monetary donations are also needed and may be made to NOVA Relief Center online and at some drop-off locations. For drop-off sites or to make a tax-deductible donation, visit novareliefcenr.org.

Volunteers Needed: CHO Christmas Store & Bike Program. Friday, Dec. 7, 9:30 a.m.-noon (set up); Saturday, Dec. 8, 8:30 a.m.-noon (shop) at Vienna Presbyterian Church, 124 Park St. NE, Vienna. CHO's 2018 Christmas Store is an annual event that invites our less fortunate neighbors to "shop" for gifts for their families and provides holiday extras that many take for granted. CHO (Committee for Helping Others) will be accepting donations of new unwrapped gifts for young children, gift cards for teens, as well as food gift certificates from Giant and Safeway. It also will be accepting new or like new jackets and coats. Clothing and other donations can be dropped at the CHO Clothes Closet at Vienna Court Condos, 133 Park St. NE, across from the Vienna Presbyterian Church, any Monday morning or by appointment. Call 703-281-7614; leave a message in Box # 1. The "bike distribution program," will be collecting bikes on Saturday, Nov. 24, 9 a.m.-noon, at the Vienna Presbyterian parking lot and at Antioch Christian Church, 1860 Beulah Road.

Toys for Tots Drive. Through Dec. 10. Area Sheehy Auto Stores will collect new and unwrapped toys to benefit the U.S. Marine Corps Reserve Toys for Tots Program, which will distribute those toys as gifts to less fortunate children in the community in which the campaign is conducted. Sheehy's Toys for Tots drop-off locations include:

- Sheehy INFINITI of Tysons, 8527 Leesburg Pike, Vienna
- Patriot Harley-Davidson, 9739 Fairfax Boulevard, Fairfax

WEDNESDAY/NOV. 21

Family Caregiver Webinar. Noon-1 p.m. Fairfax County is offering a free Webinar for Family Caregivers, Wednesday. This month's topic is "Emergency Preparedness for Caregivers". To register, visit www.fairfaxcounty.gov/OlderAdults and click on Register for 2018 Free Caregiver Webinars. Call 703-324-5205, TTY 711.

Vienna Woman's Club Meeting. 7-9 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Vienna Woman's Club invites prospective members to its open membership meeting with a guest speaker on a common interest subject. Visit www.ViennaWomansClub.org for more.

THURSDAY/NOV. 22

Thanksgiving Day Worship Service. 10 a.m. at St. John's Church, 6715 Georgetown Pike, McLean. St. John's Episcopal Church will hold a Thanksgiving Day service of Holy Eucharist. The Thanksgiving Offering will support SHARE, a non-profit organization founded in 1969 to meet emergency needs in McLean, Great Falls, Pimmit Hills, and surrounding areas. All are welcome. Call 703-356-4902 or visit www.stjohnsmclean.org for more.

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Indeed, A Festivus Miracle



By KENNETH B. LOURIE

For those readers still following me after reading last week's column: "Airing of a Grievance," when I moaned and groaned about my anxiety and fear concerning the impact of my possibly having to delay the first of my three holiday-season infusions due to unacceptable lab results, let me real-time you: chemotherapy went ahead Friday, Nov. 16, as regularly scheduled.

Now, there will be no need to drive back from Pennsylvania to Maryland on the Friday after Thanksgiving – after arriving there the preceding afternoon, only to have to drive back to Pennsylvania Friday after my morning infusion, in order to resume our holiday weekend; and then drive back home again on Sunday during one of the busiest driving weekends of the year.

Given that there's no delay, this means I'll be sitting down for Thanksgiving dinner on Thursday afternoon. Unfortunately, the eating side effects typical of my treatment will have not subsided as yet so enjoying my favorite meal of the year will be impaired. Still, given the alternatives discussed, no delay in treatment is an altogether better outcome. I will be able to enjoy leftover turkey sandwiches on Friday though.

And so, perhaps you can imagine the relief I felt when I called the Infusion Center on Friday morning, Nov. 16, to confirm my appointment.

It has happened previously when I've made this pre-appointment confirmation call, that I've been told not to come and to reschedule. Moreover, it has also happened – once, that after making this call, receiving approval to come in, driving 45 minutes, checking in at reception and then getting hooked up to an IV, that I was told after further review by my oncologist, that I had to go home.

Disappointing, as you can imagine, but had it happened last week, the Friday before Thanksgiving, as has been well-blathered about in two columns, it would have been particularly discouraging and extremely disheartening.

It really wasn't until 10:30 a.m., after my oncology nurse set up my IV and ordered my drug (alimta) that I had the nerve to ask if I was 100 percent getting my drugs today. Enthusiastically, Nora said: "Oh. You're getting your drugs today. I've checked everything."

After hearing her response, my eyes welled up with tears and I heaved a sigh of relief, the likes of which I've never heaved before.

In addition to writing about this scheduling 'heave,' I've been worried for a few months now based on the finding of my most recent CT scan during my last post-scan appointment with my oncologist on Oct. 5. This scan confirmed an enlarged tumor under my Adam's Apple.

This every-three-week infusion schedule was implemented specifically to determine if this new growth was old growth recently impeded or new growth indicating my treatment has stopped working. If my treatment has stopped working, and I believe I have written about it previously, I might not be living the life going forward that I want to.

And so, when Nora confirmed my infusion mid morning on Friday, the pent-up emotion, the worry, the fear, the holiday hassle all faded away and I began to breathe more normally and easily as I had in six weeks or so anticipating this day. At least the first hurdle has been passed.

My next scheduled infusion is Dec. 7. Three weeks later is another infusion on Dec. 28. Followed up by a CT scan on Jan. 2, 2019. I would love to receive both infusions before that next scan to maximize the medicine I will be receiving.

Certainly there will be anxiety and fear worrying about those results, but absent the holiday season, I think I can manage it. More of a mindset than a miracle at that point.

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

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