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The scouts from
Daisy Troop 52068
of Springfield were
enjoying the camaraderie during the
26th annual CROP
Hunger Walk on
Sunday, Nov. 18.

Hunger Walk Helps Those in Need

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Helping Keep
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Thankful for This Year?

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*Offers good between Monday, November 19, and Sunday, November 25, 2018. Free furniture is in addition to the minimum purchase requirement. Free TV Voucher from Best Buy will be validated after your furniture is delivered. TV offer cannot be combined with the free furniture offer. Gift cards will be issued by Elite Rewards after your mattress is delivered. Free heads up adjustable bases can be upgraded for an additional fee. Ask a sales associate for details. Many special financing programs are available. See store for details.

Helping Keep Homeless Warm

BY ANDREA WORKER
THE CONNECTION

Slightly higher numbers of residents in need face higher snowfalls forecasted.

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-



PHOTO CONTRIBUTED

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 Kristina 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.

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.



PHOTOS CONTRIBUTED

VARatifyERA bus makes stop in Clifton.

Bus Tour Promotes Equal Right Amendment

Virginia supporters of the Equal Right Amendment (ERA) launched the campaign for recognition of gender equality in the United States Constitution. The campaign seeks to press Virginia lawmakers to approve the 22nd amendment, and make history providing the 38th state vote needed for national ERA adoption. The campaign, "VARatifyERA" (www.VAratifyERA.org) includes a ten-day bus tour mirroring the suffragists 1916 special train tour. A listing of the bus tour scheduling and stops is available at: <https://varatifyera.org/tour-schedule>.

The ERA bus stopped in Clifton recently with supporters State Sen. George Barker (D-39), and Delegates Jennifer Carroll Foy (District 2), Hala Ayala (District 51) and

Kaye Kory (District 38) on-board. They were joined on the bus by Jane Barker, Co-Chair of the Democratic Women of Clifton and Northern Virginia and wife of Sen. Barker. Jane Barker is a principal force behind the bipartisan effort to build a suffragist memorial, near the Lorton location where many suffragists were imprisoned during their struggle to obtain voting rights for women. The suffragists memorial is planned for unveiling in August 2020; the 100th anniversary of the 19th Amendment passage. Mrs. Barker lauds the memorial "as a means of educating boys and girls about this part of women's voting history." Fundraising for the memorial is on-going. suffragistmemorial.org



State Sen. George Barker and ERA supporter Jane Barker at Clifton ERA bus stop

Burke Resident Promotes 'Functional Riding'

Jorge Torrico, a dedicated cyclist from Burke, rides a Brompton folding bike from England. He believes in "functional riding," that is not just for leisure riding, but also to the store or other destinations that would normally require a car. Health, pollution and congestion on the roads are reasons he rides, and loves the versatility the folding bike provides. "I use it every day to commute from Burke to D.C.," he said.



PHOTO BY MIKE SALMON/THE CONNECTION

PEOPLE



PHOTO CONTRIBUTED

The gentlemen are (from left): Ken Alnwick, Tony Burshnick, Bill Hockenberry, Jerry De La Cruz, Jay McDivitt, Jim Fitzgibbon, Vic Tambone, Greg Wade, Ralph Lalime, Win Aub, and Tom Burke.

Veterans Meet in Springfield Fridays

Each Friday a group of local citizens gather at their favorite coffee shop in Springfield to share favorite memories, camaraderie, current events and an appreciative nod of service to country.

They are US veterans who collectively represent more than 230 years of service to the nation and its citizens. These veterans

represent the United States Army, Marines and Air Force. They are humbled by the honor and privilege of serving in our armed forces and would do it again if afforded the opportunity.

This past Friday was special as they each wore uniform items from their own history in honor of Veterans Day.

New Woman-Owned Business Opens in Springfield

Marissa Eyon has opened a new sign and graphics company in Springfield. Her independently owned and operated FASTSIGNS center is located at 6715-B Backlick Road, Springfield.

"I am grateful to build on the past successes and positive reviews of the previous owners," said Eyon. "My team is looking forward to bringing more innovative, comprehensive visual solutions to Springfield business owners, facility managers, educators, churches, event planners, realtors, and hospitals."

Eyon is eager to join the Springfield Chamber of Commerce and supportive of Women in Business community groups. With her prior civilian Navy experience, she

looks forward to continuing to support military and government missions in this new role.

FASTSIGNS of Springfield provides a wide range of visual communications solutions including wall, window and floor graphics, building signs, banners, flags, trade show displays, wayfinding signs, digital signage and content, vehicle wraps, decals and interior décor graphics.

To learn more, visit fastsigns.com/2251 or call 703-913-5300.



PHOTO CONTRIBUTED
Marissa Eyon

We didn't inherit the earth from our parents. We're borrowing it from our children.

—Chief Seattle
(1788-1866)
Suquamish/
Duwamish chief

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We've Moved!

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 Thanksgiving

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

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.

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

❖ **Community Foundation of Northern Virginia**, www.cfnova.org The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in the region. Make grants in its focus areas of interest while also bringing a spotlight on the benefits of community philanthropists

❖ **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 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. 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

❖ **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

SEE WHERE TO GIVE, PAGE 14

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LETTERS

Thoughtful and Delightful Piece of Americana and Fairfax History

To the Editor:

State Senator Chap Petersen's article "Yes, America, Religious Freedom Began in Fairfax County" (Connection, October 18-24, 2018) was a thoughtful and delightful piece of Americana and Fairfax history. One example among many of not only Virginia's but also Fairfax's contributions to the founding and formation of the United States.

It was however the little known Flushing Remonstrance, a 1657 petition written by the town clerk of Flushing (borough and county of Queens, N.Y.), Edward Hart, to the Director-General of New Netherland (current day New York City), Peter Stuyvesant, that some consider to be a precursor to the U.S. Constitution's provision of freedom of religion in the Bill of Rights.

Written to protect the Quakers from an anti-Quaker ordinance,

the Flushing Remonstrance remarkably also extended to non-Christians making it more inclusive at the time to include the two contemporary documents often noted in the history of American religious freedom – the 1649 Maryland Toleration Act and the 1663 Rhode Island Royal Charter that restricted theirs to Christians only. More extraordinary is that the petition was written and supported (by 30 signatories) not by the persecuted, but by those who wanted to help and support them.

The Flushing Remonstrance predates the Fairfax (County) Resolves by over one hundred years crediting the town of Flushing with being the location of one of the first debates over religious conscience and tolerance in the American colonies.

Gordon H. Goetz
Fairfax

VIEWPOINTS

What are you thankful for this year?

PHOTOS BY MIKE SALMON/THE CONNECTION



Shafuq Naseem, 17, West Springfield High School senior, Springfield

"Having a roof over my head, friends, family and having an education."



Rosie Bombaugh, office manager at recreation center, Burke

"My family."



Audrey Hicks, 17, Robinson High School senior, Fairfax

"I'm thankful for my little sisters, all my teammates on my running team, I'm thankful that it's almost Christmas."



Deidre Cahill with her twins Maeve, 4, and Fionn, 4, Springfield

"My family, my four children, we're all able to do this CROP walk."

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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:

Wednesday, November 28, 2018 at 5:30 p.m.*
NOVA District Office
Potomac Conference Room
4975 Alliance Drive
Fairfax, VA 22030

Thursday, November 29, 2018 at 4 p.m.*
Fredericksburg District
Office Auditorium
86 Deacon Road
Fredericksburg, VA 22405

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.

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.

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.

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).



The walkers gathered in the parking lot before heading out.

Hunger Walk Helps Those in Need

Fundraiser helps many without food locally and nationally.

BY MIKE SALMON
THE CONNECTION

The smiles and enthusiasm flowed out of the Fairfax Presbyterian Church on Sunday, Nov. 18, as the 26th annual CROP Hunger Walk got underway to help those in need. There were an assortment of groups, churches and social organizations taking part in an activity that is important to many.

CROP stands for “Communities Respond-

ing to Overcome Poverty,” and there are nearly 1,000 CROP walks across the country. The fundraising walks occur in the fall and spring each year.

Janet Smith is the coordinator of this walk in Fairfax, and appreciated the effort of nearly 300 walkers that came out this year. “There seems to be a strong, dedicated interest in the faith community in this area to give back, to make a real difference to others less fortunate so that they can have a better life,” she said.

Roberta Macauley traveled up from North Carolina to take part in this, one of many CROP walks around the area. “Thank you



With banner in hand, the walkers set out through Fairfax.

PHOTOS BY
MIKE SALMON/
THE CONNECTION

for praying with your feet,” said Macauley. She was the representative from the national office of the Church World Service that helps with the walks. “All of God’s children deserve to have food,” she said, “we couldn’t do this work without all of you.”

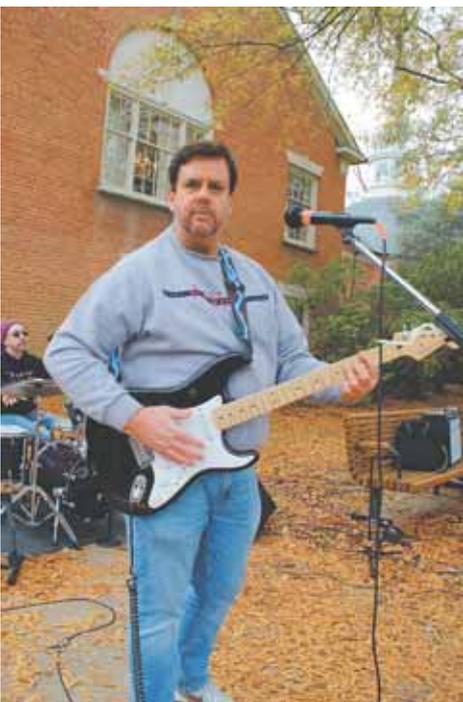
The Delaney Hall Band provided the background music as the walkers headed out of the church parking lot and through the City of Fairfax before meeting back at the church. The band was out of Burke, and featured Stephen Delaney on lead guitar, Eric Atwell on guitar, Fuego on drums, Kathy Courtney on vocals, Mark Hall on bass, and Lyndon Diaz running the sound. “We like doing charity things,” said Courtney.

Since the Fairfax Presbyterian Church

Hunger Facts

- 11.3 percent of the world’s population is hungry
- Roughly 805 million people go undernourished on a daily basis
- 66 million primary school age children attend class hungry across the developing world
- 16 million American kids struggle with hunger each year
- 30 percent of students in Fairfax County Public Schools qualify for subsidized meals

started taking part in the walks in 1992, they’ve had over 6,600 walkers and raised nearly \$500,000 to fight hunger. Some of the money stays in the area too. According to their information, “\$121,000 helping hungry neighbors in our own community,” their pamphlet read.



Stephen Delaney — with his Delaney Hall Band from Burke — was happy to hammer out classic rock tunes for a good cause.



Maggie and Carrie Muirhead from Accotink Unitarian Church in Burke took part in the 26th annual CROP Hunger Walk on Sunday, Nov. 18.



Luna the Poodle was leading Sierra Encarnacion and Matt Cevasco on the walk.



The scouts from Daisy Troop 52068 of Springfield were enjoying the camaraderie during the 26th annual CROP Hunger Walk on Sunday, Nov. 18.

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 Guly, 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 Guly. “[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 Guly. “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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ENTERTAINMENT

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

ONGOING

Pop-Up Art show. Through Dec. 16 at Gallery 57, 11899 Grand Commons Ave., Fairfax. Emerging Artists Initiative and the Peterson Companies are partnering to bring an artistic and creative facet to the Fairfax community. Exhibiting paintings and sculptors by four resident artists in the vacant retail space. Free. Email director@eaiinc.org or visit eaiinc.org.

Glass National 2018. Through Jan. 13 at The Workhouse Arts Center, Vulcan Gallery, W-16, 9518 Workhouse Way, Lorton. The Workhouse Arts Center presents its 3rd Annual Glass National exhibition. Glass National is a juried exhibition which promotes and displays the breadth of contemporary glass artwork being created by highlighting both functional and sculptural works. Visit www.workhousearts.org/event/glass-national-2018.

Founding Artists Exhibition. Through Feb. 3 at The Workhouse Arts Center, Vulcan Muse Gallery, 9518 Workhouse Way, Lorton. Workhouse Arts Center presents a group exhibition highlighting Studio and Arches artists that have been a part of the organization for its 10-year span. In honor of their dedication and support, the exhibition will survey their works in various mediums including painting, sculpture, fiber, glass, precious metals, and mixed media. Visit www.workhousearts.org.

FRIDAY/NOV. 23

STEM Family FUN Day. 10 a.m.-5:30 p.m. at Children's Science Center Lab, 11948 Fair Oaks Mall, Fairfax. The Children's Science Center is hosting \$5 Family Fun Day at the Lab on Friday, November 23, a day filled with fun for the whole family while exploring STEM. This event promotes family learning, and supports the Children's Science Center's mission to inspire a love of learning STEM by providing unique opportunities to explore and create. Timed entry tickets are available for a two-hour visit to the Lab beginning at 10 a.m., 12:30 p.m., and 3:30 p.m. \$5. Call 703-648-3130 or visit www.childsci.org for advance tickets.

SATURDAY/NOV. 24

Build a Gingerbread House. Noon-1:30 and 2-3:30 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Roland Mesnier and Mark Ramsdell, former White House Pastry Chefs, will be guiding visitors through constructing their own gingerbread houses in this special event. \$40 (\$35 for museum members). Reservations and advance payment are required. Purchase at squareup.com/store/fairfax-station-railroad-museum or by emailing events@fairfax-station.org with name, number of houses to purchase and seating time. Visit www.fairfax-station.org or call 703-425-9225.

God, the Universe and Everything: Really Big Stories. 7 p.m. at The Auld Shebeen (Downstairs - Entrance on North St.), 3971 Chain Bridge Road, Fairfax. Join Better Said Than Done storytellers the Saturday after Thanksgiving for a night of true, personal storytelling. The theme of the show is "God, the Universe and Everything." \$15 at the door (cash preferred). Advance, discount tickets at www.betersaidthandone.com/storytelling-shows/.



Christmastide

A full day of holiday activities starts with a visit from Santa to games and crafts for all ages. The evening hours provide a romantic holiday experience by candlelight as visitors sample period food in the kitchen and explore the grounds by candlelight. Saturday, Dec. 1, 10 a.m.-7 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Mason Neck. \$15 for adults; \$10 for children. Visit www.gunstonhall.org/ or call 703-550-9220.

SATURDAY-SUNDAY/NOV. 24-25

Fairfax Ballet Company's Nutcracker. Saturday, 2 and 7 p.m.; Sunday, 2 p.m. at W.T. Woodson High School, Fairfax. The Fairfax Ballet Company presents the full-length production of "The Nutcracker," the family-friendly holiday tradition. Join Clara and her Nutcracker Prince in a magical journey through a winter wonderland. \$15-\$30. Tickets at fairfaxnutcracker2018.brownpapertickets.com or at the door beginning one hour before each show. Email events@fairfaxballet.com or call 703-665-9427.

Fairfax City-opoly. Shop local with the Fairfax City-opoly game for a chance to win a \$600 cash prize and \$100 gift card to Twin's Ace Hardware. Participation is free. Call 703-385-7944 or visit fairfaxcityconnected.com/fairfaxcityopoly.

SUNDAY/NOV. 25

Burke Historical Society Meeting. 3:30-5 at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Dr. Mike Johnson will discuss the geological and human history of gold in the area. Learn about the geology of gold veins in the area, as well as evidence for human interaction with this metal over the past 13,000 years. Free. visit www.burkehistoricalsociety.org.

THURSDAY/NOV. 29

Genealogy Workshop. 6:30-9 p.m. at Pohick Library, 6450 Sydenstricker Road, Burke. Anna Maria Fitzhugh Chapter, NSDAR, will have a Genealogy Workshop. Prospective DAR members welcome. Contact 703-690-7136.

THURSDAY/NOV. 30-DEC. 1

Holiday Book Sale. Thursday, 3-9 p.m.; Friday, 10 a.m.-6 p.m.; Saturday, 10 a.m.-5 p.m. at Richard Byrd Library, 7250 Commerce St., Springfield. More than 10,000 like new books in all categories, most at \$2 or less, plus CDs, DVDs and special gifts. Over 3,000 children's books, too. Funds raised will pay for children's programs and more. Free admission. Call 703-451-8055 or Email rbfriends@gmail.com or

SATURDAY/DEC. 1

Holiday Extravaganza. 9 a.m.-3 p.m. at South County High School, 8501 Silverbrook Road, Lorton. Santa arrives at 8:30 a.m. courtesy of the Lorton Volunteer Fire Department

kicking off the Candy Cane Kids Fun Run for kids age 12 and under. At 9 a.m., 170 vendors featuring all sorts of handcrafted items will offer everything from handmade glass ornaments and jewelry to soaps, lotions, clothing, and holiday décor. Cookies with Santa, free, 9:30-12; Fairfax Co Sheriff, Child ID and fingerprinting, free, 9-3; Santa's Book Emporium, 9-3. Visit southcountypstso.org.

Advent Festival. 10 a.m.-1 p.m. at St. Stephen's United Methodist Church, 9203 Braddock Road, Burke. Open to all and designed with busy families in mind. Includes a Fair Trade Christmas Market, Christmas Concert (11 a.m.), Food Trucks, DIY Advent craft stations, free coffee and cookies and more. Free admission. Visit ststephensfairfax.org.

Christmastide at Gunston Hall. 10 a.m.-7 p.m. at George Mason's Gunston Hall, 10709 Gunston Road, Mason Neck. A full day of holiday activities starts with a visit from Santa to games and crafts for all ages. The evening hours provide a romantic holiday experience by candlelight as visitors sample period food in the kitchen and explore the grounds by candlelight. \$15 for adults; \$10 for children. Visit www.gunstonhall.org or call 703-550-9220.

A Cathedral Brass Christmas. 6 p.m. at Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. The Cathedral Brass will present "Christmas Cheer!" - a festive program of holiday favorites from all eras. The Cathedral Brass is a 23-player symphonic brass ensemble. All are welcome. Free. Visit www.livingsaviorlutheran.org or cathedralbrass.org.

SATURDAY-SUNDAY/DEC. 1-2

Holiday Arts and Crafts Show. Saturday, 9 a.m.-4 p.m.; Sunday, 10 a.m.-3:30 p.m. at Audrey Moore Recreation Center, 8100 Braddock Road, Annandale. Experience one of Northern Virginia's longest running arts and crafts shows with plenty of great gifts to choose from. Nearly 100 of the area's finest artisans. Admission is \$2 per person; children ages 12 and under are free. Door prizes. Call 703-321-7081.

SUNDAY/DEC. 2

Concert: for King & Country. 6-10 p.m. at Eagle Bank Arena, 4500 Patriot Circle, Fairfax. Two-time GRAMMY Award winners for King & Country hit the road with their Christmas tour. Joining the duo on tour is special guest Zach Williams. \$28., \$40., \$42.5 Reserved, \$78.50



VIP. Tickets at 703-993-3000 or visit www.TheConcertSpot.com.

TUESDAY/DEC. 4

Burke Historical Society Research Seminar. 7-9 p.m. at Burke Centre Library, 5935 Freds Oak Road, Burke. Preserve heirloom photographs and documents - photographs, letters, ledgers, and more. Virginia Room librarian Chris Barbuschak will share preservation techniques to use at home. Free. Email slawski_brian@yahoo.com or visit www.burkehistoricalsociety.org.

THURSDAY/DEC. 6

Winter Wonderland. 4-7 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Join us Insight Memory Care Center in celebrating the season at their Winter Wonderland Holiday Party with treats, drinks, holiday cheer, and to celebrate the families, supporters, volunteers, board and staff members. Visit www.insightmcc.org.

Holiday Open House. 5:30-7:30 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane. Join Supervisor Storck, his staff and members of the Mount Vernon District Boards, Authorities and Commissions for a holiday open house. Enjoy an evening of refreshments, get to know the staff and tour the office. Consider supporting those in need by donating to the Blanket & Coat Drive for Refugees sponsored by the NOVA Relief Center. New or gently used coat and blanket donations can be dropped off at the Mount Vernon District Office until Friday, Dec. 7. RSVP by Dec. 1, appreciated but not required. Call 703-780-7518.

SATURDAY/DEC. 8

Night in Bethlehem. 6-8 p.m. at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Experience a live recreation of the Christmas Story. Free to the community and includes a living Nativity, manger petting zoo, crafts, and hot cider. Call 703 971 5151 or visit www.franconiaumc.org.

SATURDAY/DEC. 15

Jazz Brunch and Vendor Expo. Vendor Expo, 9 a.m.-4 p.m.; Jazz Brunch, noon at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. Fairfax County NAACP offers a Jazz Brunch and Business and Vendor Expo, featuring more than 40 vendors. Shop for holiday gifts and stay to enjoy the jazz

brunch celebration. Proceeds benefit scholarships and advocacy efforts. Jazz Brunch, \$65; expo admission is free. Visit www.fairfaxnaacp.org/.

Pet Adoption Event. 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet.

SUNDAY/DEC. 16

Tchaikovsky's: The Nutcracker. 4 p.m. at GMU Center for the Arts Concert Hall. Experience this timeless holiday classic with the Fairfax Symphony Orchestra and the Fairfax Ballet. Enjoy a winter wonderland of dancing snowflakes, sugar plum fairies and epic battles between heroic toy soldiers and mischievous mice. \$49-\$89. Visit www.fairfaxsymphony.org/nutcracker-1-1/ fore more.

FRIDAY/DEC. 21

Moscow Ballet's Nutcracker. 4 and 8 p.m. at GMU Center for the Arts Concert Hall, 4373 Mason Pond Drive, Fairfax. Experience Moscow Ballet's Great Russian Nutcracker during their Dove of Peace Tour, spreading goodwill in over 100 cities across North America during the holiday season. \$28 and up. Go to www.nutcracker.com for tickets.

WEDNESDAY/DEC. 26

Holiday Concert. 6-7:30 at The John F. Kennedy Center for the Performing Arts, 2700 F St. NW, Washington, D.C. Featuring local Encore Chorale groups from Alexandria, Arlington, Fairfax, and Reston. Encore Creativity for Older Adults, the nation's largest choral program for singers 55+, will present the combined talents of more than 250 Encore Chorales and Encore ROCKS singers in concert. Free, the public is invited and no tickets are required. Call 301-261-5747 or visit www.encorecreativity.org.

THURSDAY-SATURDAY/DEC. 27-29

The Nutcracker. 2 and 7 p.m. at Northern Virginia Community College Annandale Campus in the Ernst Community Cultural Center Theater. Virginia Ballet Company and School will present its 68th season of the classic Nutcracker ballet. \$30 for adults; \$20 for children, students and seniors at www.vaballet.org. A limited number of general admission tickets is available for the Working Stage Rehearsal on Dec. 26 at 6:30 p.m. (\$10) at www.vaballet.org. Tickets for Working Stage Rehearsal must be purchased in advance.

ENTERTAINMENT

Soweto Gospel Choir Brings 'Songs of Freedom'

World-renowned choir coming to Center for the Arts on Dec. 2.

BY DAVID SIEGEL
THE CONNECTION

Internationally acclaimed, Soweto Gospel Choir from South Africa will be visiting Northern Virginia's Center for the Arts performing joyous Gospel music, inspirational songs in honor of Nelson Mandela's 100th birthday as well as sharing beautiful gospel and popular Holiday Season favorites.

Touring the Globe for nearly two decades, Soweto Gospel Choir has won multiple Grammy Awards and an EMMY. Comprising about 20 singers, The Choir has performed with some of the biggest names in music such as Aretha

Franklin, Pharrell Williams, Stevie Wonder, Celine Dion, Josh Groban, and U2 to name a few.

"It has been a blessing working with the people of such caliber because it taught us to embrace our uniqueness. It humbles us that we are ranked on the same platform as them," said Soweto Gospel Choir member Mulalo Mulovhedzi

"We love touring because we are showcasing the diversity of faiths and cultures from South Africa and also to interact with the world through music," said Mulovhedzi

Mulovhedzi indicated that in the first half of the performance, Center for the Arts patrons will hear "Songs of the Free," a rousing program celebrating the 100th birthday of Nelson Mandela.

"The first half of the show consists of songs of hope, unity and peace which were sung by our freedom fighters during protests against the apartheid regime." Through the performance the au-

Where and When

Soweto Gospel Choir performing "Songs of the Free" at Center for the Arts, George Mason University, 4400 University Drive, Fairfax. Performance: Sunday, Dec. 2, 2018 at 2 p.m. Tickets: \$30, \$43 and \$50. Visit www.cfa.gmu.edu or call: 888-945-2468. Note: Pre-performance discussion with member of the Choir begins 45 minutes prior the performance time.

dience can learn about the South African history of Apartheid.

The second half of the show is "a celebration of life that we now have as a country." Popular Holiday Season songs such as "Silent Night" and Leonard Cohen's "Hallelujah" are expected to be performed.

"Gospel music and many of the songs we sing in our show we were taught by our grandparents; they very are close to our hearts. As you know music has a universal language and it speaks directly to the heart and the soul. We use it as a

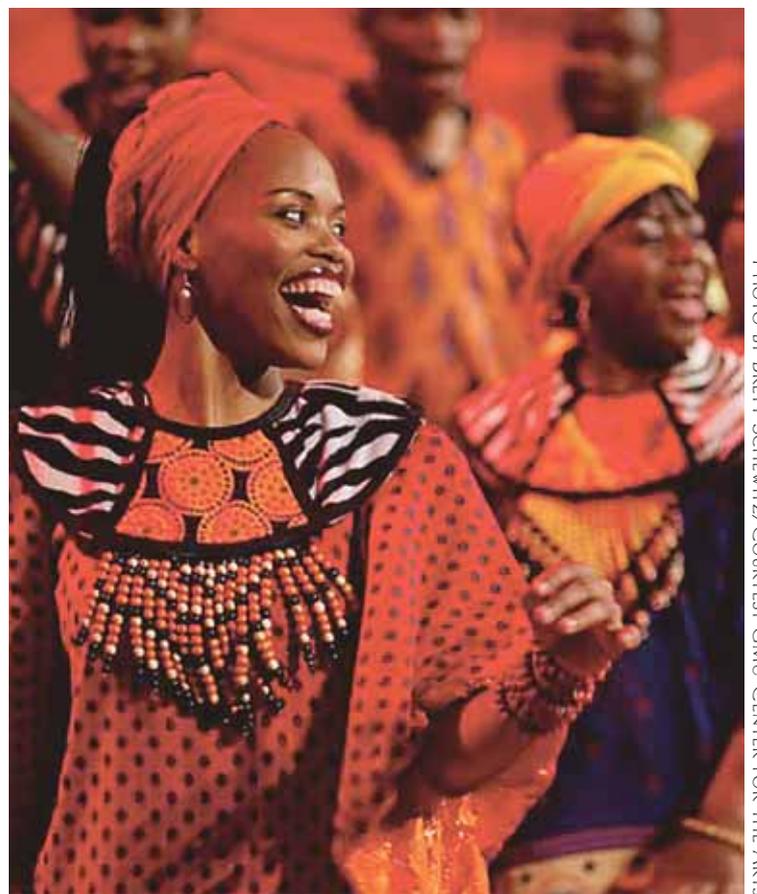


PHOTO BY BRETT SCHEWITZ/COURTESY GMU CENTER FOR THE ARTS

Soweto Gospel Choir soloist performing at George Mason University Center for the Arts

vehicle of good news through song and dance," added Mulovhedzi.

Soweto Gospel Choir was formed to celebrate the inspirational power of African Gospel music, dance, drumming and narration. Filling the patron's eyes with vibrant costumes and their

hearts with dazzling vocals and uplifting songs, Soweto Gospel Choir will be 90 minutes of musical joy.

The performance by the Soweto Gospel Choir at the Center for the Arts is dedicated to sharing the joy of faith through spirited music.

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SPORTS



VIDEO SCREENSHOT BY JON ROETMAN/THE CONNECTION

Woodson defenders Christian Yost (25), Gee Nijjar (53) and Travis Legum (8) close in on South County quarterback Matt Dzerski.



PHOTO BY JON ROETMAN/THE CONNECTION

Woodson head coach Jared Van Acker talks to the Cavaliers after they defeated South County 20-10 in the Region 6C semifinals on Nov. 17.

Yost, Defense Propel Woodson to Region Final

Cavaliers beat South County, to host Freedom.

BY JON ROETMAN
THE CONNECTION

Christian Yost gave the Woodson football team a two-score cushion with a pick-6 earlier in the fourth quarter.

Later, with South County trying to engineer a comeback, the senior linebacker finished the job.

Yost, the Patriot District Defensive Player of the Year, stepped in front of a South County crossing route to snag his second interception of the day and secure a 20-10 Cavalier victory on Nov. 17 in the Region 6C semifinals at Woodson High School.

The victory improved Woodson's record to 11-1. The top-seed Cavaliers will host No. 2 seed Freedom (Woodbridge) in the region final at 7 p.m. on Saturday, Nov. 24.

It will be Woodson's first appearance in a region championship game since 2009.

"We're a very senior-heavy team," Yost said. "We use the feeling that no one wants this to be their last game. Since we have so many seniors, that feeling compiles and we feed off it."

Nothing about Yost's youthful face or 5-foot-8, 155-pound frame says, "star football player."

"Then, when he plays the game [and] the lights come on," Woodson defensive coordinator Mel Morgan said, "you're like, 'wow.'"

YOST is the leader of a Woodson defense that isn't loaded with Division I athletes, yet through 12 games is holding opponents to fewer than 10 points per contest.

"I tell my kids all the time, we don't need to have the D-I athletes," said second-year Woodson head coach Jared Van Acker, who previously coached at Battlefield, "we just need to play together as a team — one heartbeat, do it together, love your brother

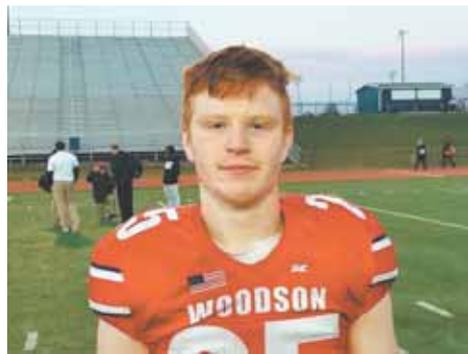


PHOTO BY JON ROETMAN/THE CONNECTION

Woodson senior linebacker Christian Yost was named Patriot District Defensive Player of the Year.

and fight for your brother."

On Saturday afternoon, the Cavalier defense kept South County out of the end zone, limiting the Stallions to a 22-yard field goal early in the fourth quarter.

South County's lone touchdown came via defense in the first quarter, when linebacker Brian Dumbuya intercepted a pass tipped by lineman Haris Khan and returned it three yards for a 7-0 Stallions lead.

With Woodson leading 14-10 and less than 8 minutes remaining in the fourth quarter, and South County facing third-and-long deep in its own territory, Yost intercepted a pass and returned it 19 yards to give the Cavaliers a two-score advantage.

"He doesn't look like much, but he's a ball player," Van Acker said about Yost. "He's a three-sport star: football, basketball, lacrosse."

What Yost lacks in size he makes up for in other areas.

"He's smart, he's resilient," Morgan said. "He gets blocked, he fights through it, he finds the crevices, he makes tackles, he makes picks, he's a vocal leader. The only thing that is not on the list is 6-foot, 200-something."

Woodson forced five turnovers, including four interceptions. Senior defensive back Ryan Mamere and junior defensive back Noah Roah each had an interception for the Cavaliers.

"We take a lot of pride in our defense," said senior defensive back/running back

"They want to leave their legacy as the greatest team in Woodson history and we're one game away."

— Woodson head coach Jared Van Acker

Isaiah Barnes. "We see it as an insult to let people score on us. Other people try to doubt our defense. As the game goes on, it just hypes us even more as they don't score."

While the Woodson defense played well throughout the contest, the Cavalier offense and special teams struggled early. In the first half, Woodson special teams missed two field goals and muffed a punt for a turnover. Sophomore quarterback Joe Pesansky threw a pair of interceptions, including one that was returned for a touchdown.

Late in the first half, Woodson started a drive on the South County 26-yard line, thanks to a Stallions penalty during a punt. Five plays later, senior quarterback Jack Fisher converted a sneak on fourth-and-goal from inside the 1-yard line, tying the score at 7-7 with 1:13 left in the second quarter.

On the opening possession of the second half, South County decided to go for it on fourth-and-inches from its own 39, but the Woodson defense came up with a huge stop, swarming the Stallion ball carrier in the backfield.

Woodson then marched 37 yards in eight plays, taking the lead for good when Barnes took a direct snap and scored on a 2-yard run with 6:46 remaining in the third quarter.

"We never put our heads down because that was last year's Woodson," Barnes said. "That is our motto: we never give up. It is always push on. We never put our heads down."

Trailing 14-7 late in the third quarter, South County embarked on a 14-play, 86-yard drive but failed to score a touchdown. The Stallions faced 2nd-and-5 at the 6-yard

line, but the Woodson defense stopped Tyler Johnson for a 1-yard gain on second down forced an incomplete pass on third down, leading to a 22-yard field goal for South County.

"The old saying is defense wins championships," Van Acker said, "offense determines by how much."

VAN ACKER took over as Woodson head coach prior to the 2017 season, when Mike Dougherty left the Cavaliers to take over as head coach at Lake Braddock. Woodson lost several close games in 2017 and finished with a 4-6 record.

This year, the Cavaliers' lone loss was an 18-12 defeat against Lake Braddock on Oct. 12. Woodson, Lake Braddock and South County finished in a three-way tie for the Patriot District championship.

"We were, basically, [three] games away from being 7-3 last year and having a winning season," Van Acker said. "A couple things went wrong for us — we lost [multiple] games in the last two minutes of the game. ... Most of the guys are seniors that are returning. They went through that season and they believed in the process. They worked all offseason. What we are going through right now is not by chance or by luck."

Morgan, who spent nearly two decades as a Lake Braddock assistant before joining the Woodson staff, has played a key role in the Cavalier turnaround as defensive coordinator.

"He's everything," Yost said. "He's the brains behind the operation. Great DB coach, great D-line coach, everything. He's been around football for a long time and you can really tell when he talks."

Next up for Woodson is the region championship game against a Freedom team that is 11-1 and defeated Hayfield, 29-19, in the region semifinals.

The Cavaliers are in search of their first region title since 2004.

"They want to leave their mark," Van Acker said. "They want to leave their legacy as the greatest team in Woodson history and we're one game away from it."

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SPORTS



Eighteen Paul VI Senior Student-Athletes Sign or Commit to College Teams

St. Paul VI Catholic High School in Fairfax has announced its first round of NCAA signees and other senior college commits. These student-athletes will continue their academic and athletic careers at the next level.

Bottom row, from left: Adoniyas Reynolds (Mary Washington Soccer), Maya Anand (Binghamton Soccer), Abby Pogreba (Christopher Newport Soccer), Riley Hayden (Virginia Tech Lacrosse), Nick Ortega (Mary Washington Baseball).

Second row, from left: Anthony Harris (Virginia

Tech Basketball), Gretchen Bennett (Boston University Soccer), Olivia Mock (Westchester College Softball), Gavin Kline (Syracuse Lacrosse), John Barrie (Marymount Baseball).

Third Row: Josh Oduro (George Mason Basketball), Cortland Lawson (Tennessee Baseball), Jacob Angelus (Johns Hopkins Lacrosse), Joe Dickson (Christopher Newport Lacrosse), Ian McCarthy (Lynchburg Lacrosse).

Back Row: Logan "LT" Ancona (VMI Lacrosse), Nathan Paolozzi (James Madison Soccer), Ashley Owusu (Maryland Basketball).

Where to Give Locally

FROM PAGE 6

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

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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

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 novareliefcen.org.

Holiday Basket Donation. Thanksgiving basket donations by Nov. 19 and Christmas baskets by Dec. 17. Preparing a special holiday meal and joining one's family around the table to give thanks are visions that come to mind when we think of Thanksgiving and Christmas dinner. For many families and individuals, enjoying a special holiday meal when finances are tight is just not possible. Visit www.koinoniacares.org/holiday-baskets.html for suggestions and to sign up to donate a basket.

Food for Fines. Nov. 1-30. 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

Toys for Tots Drive. Nov. 19-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 Volkswagen of Springfield, 6601 Backlick Road, Springfield
- Sheehy Ford of Springfield, 6727 Loisdale Road, Springfield
- Sheehy Subaru of Springfield, 6571 Backlick Road, Springfield
- Patriot Harley-Davidson, 9739 Fairfax Boulevard, Fairfax

Christmas Wish Donations and Volunteers. Koinonia is now accepting donations of unwrapped Christmas gifts so that their clients can pick out gifts for their families. This year Christmas wishes will be held at Franconia United Methodist Church from Dec. 10-12. Donations will be accepted through Dec. 10. Visit www.koinoniacares.org for a list of suggested toys and gift cards. Volunteers needed Dec. 9-12, call 703-971-1991.

Sponsor a Local Family. Through Dec. 14, Fairfax-based non-profit Britepaths (formerly Our Daily Bread) is seeking volunteers to sponsor families in need who live throughout the Fairfax County area. Sponsors are matched with an individual or family with demonstrated need, and may opt to provide a December holiday meal, and/or gifts for children under 18. Cash donations and gift cards are welcome to assist those who are not sponsored. A wonderful family, company or group holiday service project. Register and learn more at britepaths.org. Contact 703-273-8829 or jwalton@britepaths.org.

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The Shepherd's Center of Fairfax-Burke needs volunteer drivers for trips to medical appointments (Monday - Friday) and companion shopping (Tuesday, Friday) within the Fairfax-Burke area and in the South County area (west of Route 1, Alexandria). Office volunteers are also needed to work in the SCFB (Olley Glen) office to schedule rides. Bilingual volunteers (English and Spanish) are needed as drivers and office volunteers. Email Shavaun Wall at recruiter@scfbva.org or call 703-323-4788.

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Blood Donation Drive. Inova wants ensure a steady supply of blood is available for patients in the hospitals we serve during the holiday season. Donors will receive a \$10 gift card (One gift per donor, while supplies last. Donors must complete screening process on the day of the event.) of their choice. Snacks provided. Blood donations take less than an hour and can help save up to three patients. Photo ID Required. Visit inovablood.org and click on Upcoming Events

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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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