

Fairfax CONNECTION



The American Legion
Post 177 Color Guard
begins Fairfax City's Vet-
erans Day celebration.

'They Took that Risk And They Are Heroes'

PM Pediatrics
Opens in Fairfax
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Give Locally
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'They Took that Risk and They Are Heroes'

America's veterans saluted on Armistice Day.

BY BONNIE HOBBS
THE CONNECTION

PHOTOS BY BONNIE HOBBS/THE CONNECTION

America is often called "The home of the free because of the brave," and that point was emphasized last Monday, Nov. 11, when U.S. veterans were honored in a ceremony outside Fairfax City Hall. Hosting the annual Veterans Day event were American Legion Post 177 and Veterans of Foreign Wars Post 8469.

Federal, state and local dignitaries, residents and veterans alike gathered to both remember and pay homage to America's heroes. Speaking first was U.S. Rep. Gerry Connolly (D-11).

"On the 11th hour of the 11th day of the 11th month in 1918, the shooting stopped in what was called 'The War to End All Wars,' and an armistice went into effect, ending much of the brutality of WWI," he said. "But that peace was inconclusive and, less than 30 years later, Hitlerism and fascism took hold and we had WWII."

Connolly said America initially stood by and watched, not getting involved until after the bombing of Pearl Harbor. But once it joined the fray, he said it became clear that "America stands for liberty and justice for all, and both individual and collective freedom. The U.S. became the country others looked toward to preserve peace."

TODAY, 23 million Americans are veterans. Nearly 1.3 million troops are serving in various places around the globe, and more than 800,000 are in the Reserves. So, said Connolly, "We use this day to honor the men and women who put on that uniform to fight for those values with their blood, sweat and sacrifice. We're not a red nation or a blue nation, but one nation. And we rededicate ourselves to supporting [our military personnel] and their families."

State Sen. Chap Petersen (D-34) mentioned his great-grandfather who fought in WWI and noted that WWII, in many ways, solved problems not solved by the previous war. He also talked about how impressed he was by a 99-year-old man he'd met who'd served at Guadalcanal, "where the U.S. Marines literally turned the tide in southwestern New Guinea."

"I believe two things," said Petersen. "I believe that, for most of its history, the U.S. has been a positive force for good in the world. And I believe that those who fought and died under its flag did not do so in vain."

Referencing the recent election, Del. David Bulova (D-37) said, "We're able to vote because of our veterans who fought so we could exercise that right. My grandfather was a Marine in WWII and, like most veterans, he was hesitant to talk about his wartime experiences. But one day, we bought him a book about Iwo Jima, and he



American Legion Post 177 Cmdr. Jeff White (at podium) prepares to lead a moment of silence in honor of the veterans.



Gerry Connolly



Chap Petersen



David Bulova



Stacey Kincaid



David Meyer



So Lim

opened up and talked about being a young man on a transport ship going there.

"He said they were all scared, but he put his faith in God and did his duty to his country. When he signed up, he didn't know what would happen. But he and the others took that risk; and for that reason, they are heroes."

Today, said Bulova, many veterans come back with PTSD and traumatic brain injuries, as well as other physical disabilities. "We need to make sure they get the services they need. They also come back with certain skills, and we need to make sure they can get a job and earn a decent living."

Furthermore, he said, "We also need to relay their stories to our children so they can understand what these people did to protect and preserve our freedom. That way, they'll respect and be inspired by [our veterans]."

STEPPING NEXT to the podium was Fairfax County Sheriff Stacey Kincaid, who stressed that 25 percent of her staff are vet-

erans. She also said they get preferential hiring in this county because of their service to the country.

"And we provide resources and services to help them re-enter into our community," she added. "I'm proud to be among you today, and we salute you."

Fairfax Mayor David Meyer noted his relatives who were veterans. And he, too, mentioned the "complicated, psychological challenges" faced by many returning home after serving in today's volunteer military.

He said the City of Fairfax also makes hiring veterans a priority. And, said Meyer, "I express our appreciation to all of our veterans for their service and for ensuring that our democratic way of life endures."

The next speaker was Councilwoman So Lim. "I came here from South Korea at age 12," she said. "My brother joined the Army and told me that, although he barely spoke English, they were kind to him. And had it not been for the U.S. soldiers who saved many lives in the Korean War, we would not be here. So thank you to all our veterans."

"Yesterday, I asked my 5-year-old daughter what a veteran is, and she said,

'Veterans help people.'"

—Councilman Sang Yi



Councilman Sang Yi said he came to America at age 4 and had a wonderful life. "My father said, 'You have no idea how lucky you are,'" said Yi. "My father fought alongside the U.S. Army and was a ROK [Republic of Korea] soldier in Vietnam. He told me one of the best ways to repay that debt is to serve, so I attended the Naval Academy and my patriotism soared."

"Yesterday, I asked my 5-year-old daughter what a veteran is, and she said, 'Veterans help people,'" continued Yi. "And we appreciate what people do, we thank them, so I thank everyone for being here today."

Closing out the program, Jeff White, the commander of American Legion Post 177, said, "Some of the injuries veterans suffer are apparent right away, but some are not – and they get worse with age. What you can do to help is vote – every time you have the chance – and try to encourage policies that will help veterans now and in the future." But, he added, "This will take commitment and finances from our nation and our communities."

OPINION

Give Locally

For tens of thousands of 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.

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 Christmas

and the holiday season.

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

Many nonprofits in the region need your help to provide holiday meals around Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season, for humans in need, for animals in need, for an environment in need. Here are a few ideas. Please let us know what we have missed.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Where to Give Locally

❖ **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 nfv@alnv.org or visit www.alnv.org

❖ **Britepaths** Britepaths is working to assist 500 Fairfax County area families who might otherwise go without holiday meals and gifts for their children. Sponsor a family or donate to provide a family with a holiday meal and/or gifts for their children. Britepaths.org https://britepaths.org/our-programs/holiday-program

❖ **Centreville Labor Resource Center** (CLRC), a safe, organized center where residents and contractors can negotiate work arrangements with day laborers. Centreville Square Shopping Center, 5944 Centreville Crest Ln, Centreville, VA 20121. Phone: (703) 543-6272 Email: Contact@CentrevilleLRC.org www.centreville-lrc.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

❖ **Community Foundation of Northern Virginia** www.cfnova.org The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in our region. Your gift helps us make grants in our focus areas of interest while also bringing a spotlight on the benefits of community philanthropists www.cfnova.org/for-donors/donate-now

❖ **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. We want to provide a happy Christmas for 600 children whose families struggle economically. We need donations of new toys, games and books, not gift wrapped, brought to ECHO before Dec. 8 www.echo-inc.org.

❖ **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.

Please donate a basket of non-perishable food and a \$25 grocery store gift card (so the recipient may purchase the perishable items needed to complete their meal). Please drop off your donations of Thanksgiving food baskets and gift cards by Friday, Nov. 22. Donations will be accepted at FACETS' main office (10700 Page Avenue, Building B, Fairfax VA 22030) between 9am – 5pm. Contact Haylee Davis at hdavis@facetscares.org. 703-865-4251 or volunteer@facetscares.org. www.facetscares.org. 10640 Page Ave., Suite 300, Fairfax VA 22030

❖ **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. 703-222-0880 fairfaxfish.org/

❖ **Food for Others** Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. 2938 Prosperity Ave. info@foodforothers.org. Food for Others distributes food to more than 1,800 local families in need each week. Drop off food at our Merrifield Warehouse, 2938 Prosperity Ave, Fairfax, VA 22031. Monday through Friday from 9:30am to 5pm. The best time is between 2pm and 5pm. Park in a space, walk up to loading dock #2 and let one of the warehouse staff

members know you have a donation. Holiday wish list: stuffing, gravy packets, instant potatoes, canned sweet potatoes, pie, canned cranberries, canned meat (tuna, chicken, beef, turkey) peanut butter, canned tomato products (chopped, diced, peeled), canned pumpkin, soup, spaghetti and spaghetti sauce; cereal, cans of beans, mac & cheese. www.foodforothers.org

❖ **Friends of the Fairfax County Animal Shelter.** Each year, nearly 5,000 pets, including cats, dogs, small mammals, reptiles and livestock, come to the Fairfax County Animal Shelter. Friends of the Fairfax County Animal Shelter funds important needs throughout the Shelter such as behavioral training and dental or medical care beyond what the shelter's budget can provide. generalinfo@ffcas.org 571-212-9858 www.ffcas.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.

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

❖ **Lorton Community Action Center** (LCAC) will provide holiday assistance to hundreds of families. There is still time to help for Thanksgiving, Christmas food baskets along with fulfilling gift wishes for children and teens will help low-income families. See website for warm coat donation details and volunteer needs. https://lortonaction.org/2019-thanksgiving-outreach/

❖ **NAMI Northern Virginia** (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. NAMI Northern Virginia serves Fairfax, Falls Church, Arlington, Alexandria, and Loudoun www.nami-northernvirginia.org/ **HelpLine: (571)458.7310,**

Email: info@nami-nova.org

❖ **National Capital Food Bank,** 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, (571) 482-4770 . www.capitalareafoodbank.org

❖ **New Hope Housing,** ends homelessness in Northern Virginia by providing housing, offering hope, and building community. We currently offer various Housing Programs, and Support Services. 8407E Richmond Hwy., Alexandria, VA 22309 www.newhopehousing.org/how-to-help/donate/

❖ **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

❖ **OAR** rebuilds lives and breaks the cycle of crime with opportunities, alternatives, and resources for offenders and their families to create a safer community. 10640 Page Ave., Suite 250, Fairfax, VA 22030, 703-246-3033. OAR needs volunteers and financial donations. oarnova.org/donate

❖ **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

❖ **PRS, Inc.** is a non profit providing mental health, crisis intervention and suicide prevention services in Northern Virginia and Washington, D.C. Seeking to change and save lives in our community by empowering hope, safety, recovery, wellness, independence and community integration.. PRS also provides crisis counseling and connection to supports CRISISLINK When crisis calls, we answer 24/7 Call: 800-273-TALK [8255] Text: "CONNECT" to 85511

SEE GIVE LOCALLY, PAGE 14

Fairfax
CONNECTION

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COMMENTARY

Helping Families Struggling to Make Ends Meet

Ensure a living wage and meaningful tax relief for working families to address affordable housing crisis.

BY KERRIE WILSON AND
LISA WHETZEL

Rent or childcare? Food or gas for the car? A doctor's visit or the electric bill? Those are impossible – often daily – decisions faced by too many families and individuals struggling to live and work in Northern Virginia.

At Cornerstones and Britepaths, we serve individuals and families throughout Fairfax County who are struggling to make ends meet and live in constant uncertainty about their future. With nearly 85 years collectively of serving the community, our nonprofits work with our most vulnerable neighbors to help them manage their limited income. But while our region rapidly attracts major industry, we're finding a punishing domino effect is forcing our clients to save less and less just to cover basic needs – with affordable housing as the greatest barrier to everyone thriving in our community.^o

Addressing the affordable housing crisis in Virginia is possible today if we offer meaningful tax relief for working families and ensure a living wage for families in the Commonwealth. This was the strong recommendation of local and national affordable housing experts convened recently in Northern Virginia.

Of course, meaningful, permanent investment in the Virginia Housing Trust Fund (such as the proposed \$35 million increase) is critical. Practically speaking; however, the long runway for housing production means we must look at near-term solutions to help struggling families today.

That's why we support tax policy proposals that offer a promising path forward.

Legislation has been proposed at the federal and state levels that would strengthen the Earned Income Tax Credit (EITC) and the Child Tax Credit (CTC).

At the federal level, lawmakers have proposed to build on the success of the federal version of the EITC and the federal Child Tax Credit. This proposal, known as the Working Families Tax Relief Act, would strengthen both credits, enabling working people to keep more of their hard-earned pay and help millions of more kids in families with low and moderate incomes get a stronger start in life.

At the state level, restrictions around Virginia's state EITC means families are missing out on the full value of the credit. Making the state EITC refundable would allow these families to keep more of the

income they earn.

We work with clients every day like "Denise," who explained to us what the EITC has meant to her and her family...

"I was a 21-year old single mother to a three-year-old. I worked full time, earning about \$12,000 a year. I paid \$75/week in daycare. I had no health care. A constant challenge was not having enough money to pay unexpected bills. A trip to the emergency room cost hundreds of dollars that I didn't have. My old Honda needed a significant repair before passing inspection, which I couldn't afford. Without my car, I couldn't get to work. Thankfully, every year, I received about \$1500 of EITC. The first year I qualified for EITC, I felt like I'd won the lottery. I paid off some bills, bought a new stroller for my son, and a blue futon from IKEA, which meant I no longer slept on the floor next to my son's crib.

The tax credit didn't allow me to work any less hard. It didn't pay the rent, or the tax bill, or fill my tank with gas. But it allowed me to make purchases that I could never have afforded and it improved my quality of life. It also did something less tangible – it gave me hope. I counted on that check and planned and re-planned throughout the year how to best use it."

That hope kept Denise moving forward as she eventually earned a college degree and worked her way into higher-paying jobs. She is now financially comfortable, and her son works as an engineer.

She explained, "My experiences as a young single mother have forever impacted the way I see the economic injustices. We fail as a society if we don't recognize where we can remove obstacles and create opportunities for people to build a good life for themselves and their children. Conversations about social support programs are not hypothetical political statements; they are decisions that impact real people."

It's time to prioritize working Virginians and their families. We urge Virginia's congressional delegation to support improvements to the federal EITC and CTC, and we urge the governor and state lawmakers to strengthen the state EITC by making it refundable. We hope all lawmakers will join them in sponsoring these proposals.

For more information on the proposed tax policy changes, please visit <https://www.thecommonwealthinstitute.org/research/budget-tax/>

KERRIE WILSON IS CHIEF EXECUTIVE OFFICER, CORNERSTONES; AND LISA WHETZEL IS EXECUTIVE DIRECTOR, BRITEPATHS

Fairfax Water

At 6:30 p.m. on Thursday, December 12, 2019, 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, 2020, include the following:

1. An increase in the Availability Charge from \$4,260 to \$4,320¹.
2. An increase in the Local Facilities Charge from \$15,285 to \$18,030.
3. An increase in the Service Connection Charge from \$1,300 to \$1,370¹.
4. An increase in the Account Charge from \$39 to \$40.
5. An increase in the Quarterly Billing Service Charge from \$12.20 to \$14.40¹.
6. An increase in the base Commodity Charge from \$3.07 to \$3.20 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.80 to \$3.85.
8. An increase in the Turn Off / Turn On Charge from \$48 to \$49.
9. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and the Peak Use Charge.
10. A decrease in the Overhead Charge for Labor from 105% to 104% and the Overhead Charge for Materials from 16% to 13%.
11. An increase in the Installation of Sewer Use Meter Charge from \$38 to \$39.

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 \$192.5 million budget for calendar year 2020¹. Water sales are expected to provide \$166.2 million and the remaining \$26.3 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-- \$1,000s --	
	2019	2020
Personal Services & Employee Benefits	\$ 56,839	\$ 60,020
Power and Utilities	10,890	11,060
Chemicals	7,241	7,878
Purchased Water	7,510	7,812
Supplies and Materials	5,418	5,713
Insurance	991	1,165
Fuel	685	730
Postage	612	622
Contractual Services	12,635	13,103
Professional Services	829	1,290
Other	2,353	2,562
Sub-Total	106,003	111,955
Transfer to Improvement Fund	(10,380)	(10,313)
Total	\$ 95,623	\$ 101,642

Net revenues are expected to be appropriated as follows:

Debt Payment	\$43,000,000
Improvement Fund	\$11,000,000
General Fund	\$36,099,000

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 can be viewed on our website at www.fairfaxwater.org/rates. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Karen Barnette at 703-289-6029. 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 11, 2019** to be included in the record of the public hearing.

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Fairfax County Parkway Widening and Popes Head Road Interchange Fairfax County

Design Public Hearing

Thursday, December 12, 2019

6:30 p.m. to 8:30 p.m.

Presentation begins at 7 p.m.

Inclement weather date: Monday, December 16, 2019

James W. Robinson, Jr. Secondary School, Cafeteria
5035 Sideburn Road
Fairfax, VA 22032

Find out about plans to widen Fairfax County Parkway (Route 286) from four to six lanes between Route 29 (Lee Highway) and Route 123 (Ox Road). The proposed project design also includes an interchange at Popes Head Road and the future Shirley Gate Road extension, improvements to the existing trail in the Fairfax County Parkway right of way and construction of a new shared-use path to make the trail continuous within the project limits. This project will also involve the modification of limited access control along the Fairfax County Parkway and the establishment of limited access control for the proposed Popes Head Road interchange and its ramps, which will replace the existing at-grade signalized intersection.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR Parts 771 and 772, an environmental document in the form of an Environmental Assessment (EA) (which includes a Preliminary Noise Analysis) was prepared and approved by the Federal Highway Administration (FHWA) for public availability. Pursuant to the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on historic properties is also included in the EA. In accordance with 23 CFR 774, notice is given of the FHWA's intent to issue Section 4(f) de minimis impact findings with respect to the project's use of Patriot and Popes Head Parks.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and its preliminary design. VDOT will hold a presentation beginning at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-691-6710 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **December 23, 2019** to Mr. Sitaram Kodali, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "Fairfax County Parkway Widening" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

State Project: 0286-029-259, P101; 0286-029-365, B619, B620
UPC: 107937, 111725, Federal: STP-5A01 (775)



Cooking with Children this Thanksgiving

Holiday meal prep can help create life-long memories.

BY MARILYN CAMPBELL
THE CONNECTION

Mashing sweet potatoes for a soufflé and drizzling spoonfuls of olive oil over carrots for roasting are Sarah Pardo's earliest memories of cooking with her mother and younger sister during the holidays.

"Some of the things I made then became a family tradition," said Pardo, who is now a nutritionist in Falls Church. "I still make sweet potato soufflé every Thanksgiving."

From establishing tradition and making memories to building confidence and expanding one's palate, the holidays are a perfect time to include children in holiday meal preparation, says Pardo and other culinary aficionados. Bringing children into the kitchen using kid-friendly tools and recipes gets little ones excited about the feast, creates a sense of independence and offers an opportunity to learn about nutrition.

"Thanksgiving is all about tradition and family," said culinary instructor Terri Carr of Terri's Table in Potomac. "I started cooking with my son Nick when he was four or five. I bought him a Cookie Monster apron and we would bake and decorate cookies and give them to friends. We created a lot of special memories."

Allowing children to help with meal planning helps them to feel invested, especially if their favorite fare is included. Enticing children into trying new dishes that they claim to dislike might be made easier if they had a hand in the preparation. "You can also encourage them to try something new or introduce the food groups that make up a balanced meal," said Pardo. "Take them shopping with you and let them help you find the ingredients."

Advanced planning might be necessary for parents who tend to find preparing for a holiday meal stressful. "When you're in a frenzy to get the meal cooked before guests arrive, it might seem easier to do it yourself than have your kids



PHOTO COURTESY OF TERRI'S TABLE

Baking holiday cookies with her son when he was four, became a family tradition that continues today.

"I started cooking with my son Nick when he was four or five. I bought him a Cookie Monster apron and we would bake and decorate cookies ... we created a lot of special memories."

—Terri Carr, Terri's Table

trying to help," said Jessica Bernard, a personal chef in Alexandria. "You can include them in the prep work, even the day before. They can wash vegetables or measure ingredients

"Kids particularly would love making mashed potatoes," added Carr. "When parents do the prep work, kids can put the dish together."

Cooking is not the only task involved in a holiday meal. Creating a centerpiece or the table or choosing decorative items to display will help them to feel included in the festivities. "Kids can set the table so that they realize that it's a special day," said Carr. "Get

them involved in decorating. You can set the table a day or two in advance and kids can make crafts to incorporate in the table setting. Decorating the house ahead of time gets everyone in the mood for the holiday."



Fairfax Student Wins Harvard Book Award

PHOTO COURTESY OF ERIN MOLEK

The Harvard Book Award is given to an outstanding junior who combines excellence in scholarship with high character and achievement in other fields, and Fairfax High student Jack Allen has just won this honor. It's based on nominations from junior-year English teachers, with approval by counselors and administrators, and will be presented during his school's English awards ceremony in the spring. Pictured are Fairfax teacher Jessica Pullis and Jack Allen at the announcement ceremony hosted by the Harvard Club of Washington, D.C.

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HOLIDAY ENTERTAINMENT

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

ONGOING

Shir HaLev, the Community Jewish Chorale of Northern Virginia. Rehearsals are held select Tuesdays, 7:30-9 p.m. at Congregation Olam Tikvah, 3800 Glenbrook Road, Fairfax. The Chorale is a friendly, welcoming, adult volunteer choir. Visit carolboydleon.com/shir_halev for more.

Springfield Farmers Market. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit www.community-foodworks.org or call 202-697-7768.

Sweet but Psycho. Through Nov. 30, at Olly Olly, 10417 Main St., 2nd Floor, Fairfax. Olly Olly presents Sweet but Psycho: an avant-garde fairytale. Strangeland is a performance duo, made up of Bunni (Andiland) and Goatface (Strange Lens), that explores the superficial construct of reality. Call 703-789-6144 or visit ollyollyart.com

Braddock Wrestling Club. Online registration through Dec. 1. The Braddock Wrestling Club is holding registration for the 2019-2020 season. The club supports wrestling for age groups 5 through 14 years old, boys and girls. All practices are held at Lake Braddock Secondary School. Cost is \$155 per wrestler. Contact William Flynn at bflynniv@verizon.net or call 571-230-0713. braddockwrestlingclub.shutterfly.com/

Burke Farmers Market. Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. www.fairfaxcounty.gov/parks/farmersmarkets/burke or call 703-642-0128

Give the Gift of Original Art. Now thru Jan. 5. At Torpedo Factory Artists at Mosaic, 2905 District Ave., #105, Fairfax. Open Wednesday thru Sunday 11 – 7 p.m. Reception celebrating small businesses, Nov. 30, 5 to 8 p.m. You can find extraordinary fine art that makes great gifts this holiday season — the work of highly-acclaimed Torpedo Factory Artists — at their satellite space in Merrifield. Beautiful paintings, fine-art photographs, one-of-a-kind jewelry, scarves, ceramics and much more will be offered. Plus you can get an early start on your holiday shopping. Artists Sonne Hernandez and Greg Knott are in residence during this show.

PJ Party + Santa's Arrival. At Springfield Town Center, Springfield. Welcome Santa with a Pajama Party. Get in the holiday spirit with caroling, hot coco and watch as Santa arrives in style with Fairfax police and fire. Santa's visiting hours will be as follows: Now through Dec. 13; Monday – Saturday: 10 a.m. to 9 p.m.; Sunday: 11 a.m. to 7 p.m.; Dec. 14 thru Dec. 23: Monday – Saturday: 9 a.m. to 9 p.m.; Sunday: 10 a.m. to 7 p.m.; and Christmas Eve: 9 a.m. to 5 p.m.

Holidays and Christmas

THURSDAY/NOV. 21

Christmas Mart. 10 a.m. to 2 p.m. At Pohick Episcopal Church 9301 Richmond Hwy., Lorton. The Parish House and the Vestry House will be transformed into a festive Christmas atmosphere with rooms filled with Attic Treasures, a Consignment Shop, fresh baked goods, homemade candy and apple butter, and frozen casseroles made by the women of Pohick Church. Booths will feature the work of artisans showcasing handmade jewelry, stained glass, Christmas decorations and many other crafts. Colonial-attired ladies will serve luncheon at three sittings — 11 a.m., 12 noon and 1 p.m. — the cost is \$13. The Docent Guild will be leading tours of the historic docent church and the Golden Dove Gift Shop will be open. Admission to the Christmas Mart is free. Visit the website at www.pohick.org or call 703-339-6572.

EVENT IN RESTON

FRIDAY/NOV. 29

Reston Holiday Parade. 10 a.m. At Reston Town Center, Reston. The 29th annual Reston Holiday Parade — one of USA Today's 10 Best — plus tree lighting, sing-along, horse-drawn carriage rides, and more all day. Rain or shine. Schedule: 12:30 – 4:30 p.m.: Visits and photos with Santa & Mrs. Claus; 11 a.m. – 6 p.m.: Mini-train rides on Market Street; 5 p.m.: Dance Performance at Fountain Square; 6– 6:30 p.m.: Tree Lighting & Sing Along; 6:30– 10 p.m.: Horse-drawn Carriage Rides. Visit www.restontowncenter.com/holidays.



The Cathedral Brass will put on a concert on Saturday, Dec. 7 at Living Savior Lutheran Church in Fairfax Station.

The Cathedral Brass Concert

Saturday/Dec. 7, 6-7 p.m. At Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. Join in a family friendly, free Christmas concert featuring The Cathedral Brass. All are welcome. Visit the website: www.livingsaviorlutheran.org



The Nordic Dancers will perform on Saturday, Dec. 6 at 2 p.m. at the Norwegian Christmas Festival.

The Norwegian Christmas Festival

Dec. 6-7, Friday 10 a.m. to 6 p.m.; Saturday 9 a.m. to 4 p.m. At Christ Lutheran Church, 3810 Meredith Drive, Fairfax. Free Admission. Live music, dancing, fjord horses on Saturday. Food and craft demonstrations. Imported foods (nokkelost), fresh lefse and krumkake made onsite, Nordic Cafe, huge gift selection including books, linens, authentic Scandinavian sweaters. Free. Visit the website website: www.norwaydc.org.

NOV. 30-DEC. 1, 2019

"The Nutcracker." Nov. 30, 4 pm, and Dec. 1, 2:30 pm. At W.T. Woodson High School, Fairfax. The Fairfax Ballet Company members, along with students from the Russell School of Ballet and professional guest artists, take the audience on a magical journey through a festive party, an epic battle scene, a winter wonderland of sparkling snowflakes, and a Land of Sweets that includes a delicate Sugar Plum Fairy, a dashing Cavalier, graceful Mirlitons, and waltzing flowers. Fairfax Ballet Senior company member Nicole Shortle, a sophomore at Oakton High School, dances the role of Clara. Carlos Martinez, a sophomore in George Mason University's dance program, portrays the Nutcracker Prince. Professional guest artists, Cody Beaton and Mate Szentes from the

Richmond Ballet, dance the roles of the Sugar Plum Fairy and Cavalier. Philip Smith-Cobbs dances the roles of the Mouse King, Mechanical Doll, and Arabian Coffee. Tickets are available for purchase at <http://fairfaxnutcracker2019.bpt.me> Tickets will also be available at the door beginning one hour before each show. Group discounts are available for qualifying organizations with 10 or more guests. Email events@fairfaxballet.com or call 703-665-9427.

SATURDAY/NOV. 30

Build a Holiday Gingerbread House. 11 a.m. to 4 p.m. At Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Enjoy a family tradition of making your own gingerbread house. The first seating will be from 11 a.m. to 1 p.m. and the second seating will be

from 2 p.m. to 4 p.m. Each seating has a limited number of houses available. The price for each house is \$40 (\$35 for museum members). Local guest pastry chefs Laurent Lhuillier and Sergio Mueller will be on hand with volunteers to help you with your one-of-a-kind masterpiece. Reservations and advanced payment will guarantee a place. Indicate the number of people in your party when making your reservations. You may have one or more family members or friends help you with your house. You may also purchase additional houses at the same price if you wish to have more than one. Reservations may be made at the museum's online Square store. <https://squareup.com/store/fairfax-station-railroad-museum>. Visit www.fairfax-station.org, or call 703-425-9225.

NOV. 30-DEC. 20

Fairfax City Elf Hunt. 10:30 a.m. to 9 p.m. Takes place Fairfax City-wide, start point: Old Town Hall, 3999 University Drive, Fairfax. Locate 10 elves in Fairfax City businesses, get a stamp from each business confirming that you found the elf; share the Fairfax City Elf Hunt card with us at economicdevelopment@fairfaxva.gov. Once you have submitted your Fairfax City Elf Hunt card, you will receive a Fairfax City car magnet and have your name entered into a drawing for a \$250 cash prize. Completed cards must be received by Dec. 16 to be eligible. Free to participate; patrons are encouraged to purchase items when they visit businesses. Visit the website: <https://fairfaxcityconnected.com/2019/10/08/elfhunt/#prettyPhoto>

SUNDAY/DEC. 1

Messiah Sing Along. 3 p.m. At Fairfax Presbyterian Church, 10723 Main Street, Fairfax. All are welcome. Bring a score, or borrow one here, and join in the Messiah Sing Along...or simply come and enjoy the music. Free. Visit the website: fairfaxpresbyterian.org

DEC. 6-7

Norwegian Christmas Festival. Friday 10 a.m. to 6 p.m.; Saturday 9 a.m. to 4 p.m. At Christ Lutheran Church, 3810 Meredith Drive, Fairfax. Free Admission. Live music, dancing, fjord horses on Saturday. Food and craft demonstrations. Imported foods (nokkelost), fresh lefse and krumkake made onsite, Nordic Cafe, huge gift selection including books, linens, authentic Scandinavian sweaters. Free. Visit the website website: www.norwaydc.org.

SATURDAY/DEC. 7

Christmastide at Gunston Hall. 10 a.m. to 7 p.m. At George Mason's Gunston Hall, 10709 Gunston Road, Lorton. Celebrate a holiday tradition at Gunston Hall! Daytime activities include children's crafts, a visit from Santa, games, and even an indoor snowball fight. The evening hours provide a romantic holiday experience by candlelight as guests are invited to sample period food in the kitchen, explore the grounds, enjoy 18th century music, and chat with characters from the past. Cost: \$15 adults, \$10 children (ages 6 – 18), and members receive a 50% discount. <https://gunstonhall.org/event/christmastide-at-gunston-hall/>

Christmas Party. 11 a.m. to 3 p.m. At Twins Ace Hardware, 10310-B Main Street, Fairfax. Fun-filled activities include: Live grill demo from celebrity Ace grilling chef Jason K Morse of 5280 Culinary; BBQ Provisions & Team Traeger Grills; free goodie bags to the first 150 people at 11 a.m.; delicious apps and deserts; special appearance from children's author Lindsay Barry; photos with Santa; letters to Santa activity; decorating ideas; giveaways, demos and more. Visit the website: www.twinsacehardware.com.

DEC. 7-8

"The Nutcracker." Saturday at 8 p.m.; Sunday at 3 p.m. At Centreville High School, 6001 Union Mill Road, Clifton. Mia Saunders School of Ballet presents "The Nutcracker." The 2019 production of "The Nutcracker" marks the first for new MSB Artistic Director Hannah Woodruff, an alumna of MSB and 2017 graduate of University of Virginia. Proceeds for this annual giving tradition will benefit CVHS Drama Scholarships and the Michael J. Fox Foundation for Parkinson's Research. Enjoy this holiday classic with your family and support local dancers and CVHS students. Tickets are \$12, (cash or checks payable to CVHS Drama Boosters only) and are available at the door. <http://miasaundersballet.com/>

DEC. 7-8, DEC. 14-15

Winter Wonderland. Noon to 5 p.m. At Burke Lake Park, 7315 Ox Road, Fairfax Station. At Winter Wonderland, you can hop a train ride on

SEE CALENDAR, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

NEWS

PM Pediatrics Opens in Fairfax

PM Pediatrics opens its newest location at 11056 Lee Highway in the Kamp Washington Shopping Center in Fairfax on Nov. 20, 2019, marking its fourth location in Virginia and its 51st location nationwide. PM Pediatrics also operates offices in Ashburn, Reston/Herndon and Springfield.

"We see a growing need for the unique, specialized community-based pediatric urgent care we offer, especially late at night," said Dr. Jeffrey Schor, co-founder of PM Pediatrics. "When it's after hours but your child's condition can't wait until morning, parents can count on our family-focused approach to care as well as the highest quality evidence based medicine."

The new Fairfax office occupies 5,400 square feet and features an immersive child-friendly Safari theme with colorful murals and stuffed animals, as well as televisions with children's programming in each room.

"Every one of our offices is focused on the pediatric patient experience – from the murals on the walls depicting playful themes to the exam rooms outfitted with fa-



PHOTO COURTESY OF PM PEDIATRICS

The new Fairfax office occupies 5,400 square feet and features a child-friendly Safari theme with colorful murals and stuffed animals, as well as televisions with children's programming in each room.

miliar kids' characters," said Steven Katz, co-founder of PM Pediatrics. "Our doctors and nurses provide top-quality care and ensure the comfort of every patient we see."

PM Pediatrics of Fairfax will be open 365 days a year, from Noon to Midnight Monday through Saturday, and 10 a.m. to Midnight on Sunday. The state-of-the-art practice is staffed by a healthcare team with experience in Pediatric Emer-

gency and urgent care medicine, including board-certified pediatric emergency physicians and pediatricians, and features onsite digital x-ray and lab. Unlike traditional urgent care practices, PM Pediatrics treats children and young adults, exclusively. Mark Roddy, MD, FAAP, will serve as the Medical Director for the location.

For more information about PM Pediatrics and a list of locations, visit pmpediatrics.com.



PHOTO BY EILEEN CURREN

These 23 student-athletes will continue their academic and athletic careers at the next level.

Twenty-three Paul VI 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 for the year. These 23 student-athletes will continue their academic and athletic careers at the next level.

Bottom row, left to right: Jackson Palmer (Colorado Mesa Lacrosse), Ben Branic (Roanoke College Lacrosse), Charlie O'Connor (Duke Lacrosse), John Kelly (Marist Lacrosse), Brynn McDonald (Cornell Lacrosse), Elena Sanchez (Missouri State Beach Volleyball).

Second row: Caleb McNaull (Gettysburg Lacrosse), Patrick Ashby (Stevenson Baseball), Max Redmond (VMI Lacrosse), Will Rissing (Mary

Washington Soccer), Jeremy Roach (Duke Basketball).

Third Row: Brian Howdershell (VMI Lacrosse), Billy Saffin (Loyola University Maryland Lacrosse), Charlotte Clavelli (UMass Amherst Lacrosse), Lindsay Brandow (Scranton Lacrosse), Sarah Gurley (United States Naval Academy Swim & Dive), Alex Parra (St. Francis University Soccer).

Back Row: Owen Houston (VMI Lacrosse), Sydney Avoletta (Iona Basketball), Meghan Kenefick (Cleveland State Basketball), Brianna Arevalo (Marymount Soccer), Faith Alston (Appalachian State Basketball), Josiah Freeman (University of Buffalo Basketball).

COMMUNITIES OF WORSHIP



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Sunday School 10:10 AM
Sun. Evening – Realtime Worship & Youth 6 PM
Family Night – Wednesday 7:15 PM
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City of Fairfax, Virginia Public Notice

Disposal of Private Property Taken Into Possession of City of Fairfax Police Department

Pursuant to Section 50-33, 50-35 and 50-36 of the Code of the City of Fairfax, the City of Fairfax Police Department will be disposing of the below listed unclaimed property, by public auction conducted by an independent auction service, converted to department use or generally disposed of. Any person who feels they have a legal claim, with reasonable proof of ownership, should contact MPO Gardner of the City of Fairfax Police Department at 703-385-7829 between the hours of 8:00 a.m. and 3:00 p.m. weekdays until close of business FRIDAY, NOVEMBER 22, 2019.

Auction Service: Colonial Auction Services,
13200 Old Marlboro Pike, Upper Marlboro, MD 20772
Business Phone #301-627-7575

PROP#	ITEM	SERIAL #
14746	HUFFY NIGHTHAWK BICYCLE	AHT7H04****
14772	VA Birth Certificate ROSARIO VASQUEZ	N/A
14798	APPLE IPOD PINK	DJQT03M****
14821	WHITE FIT BIT	2015DJ****
14840	RED/BLK GENESIS V2100 BICYCLE	N/A
14850	US PASSPORT- MATTHEW HERNANDEZ	NONE
14854	US PASSPORT- RACHEL UGUALA	NONE
11865	SIL/BLUE BLACK HUFFY BICYCLE	36****
14883	MENS BCA5C29 BICYCLE	BCA7295****
14890	IPHONE 6 BLK/SIL	DNTPVD7V****
14899	KENT FS20 AMBUSH BICYCLE	N/A
14903	IPHONE 6 WHITE	35930706500****
14905	SILVER IPHONE WITH PINK COVER	N/A
14907	RED SONY LAPTOP WITH CHARGER	N/A
14912	21 SPD AVALON MOUNTAIN BIKE BLU/WHIT	GS11100****
14928	21 SPD MAGHA EXCITOR MOUNTAIN BIKE BLK/YLW	N/A
14935	HARD ROCK SPECIALIZED MOUNTAIN BIKE GRN	P8CH3****
14940	BLK COOL PAD PHONE	N/A
14957	ROADMASTER MOUNTAIN BICYCLE GRAY	SNFSD16HK****
14960	3 LARGE BLK SUITCASES	N/A
14976	BLACK CELLPHONE ZTE	N/A
14978	BOYS KENT FREESTYLE BICYCLE YELLOW	46531
15004	IPHONE WHITE/GOLD	N/A
15010	LG FLIP PHONE	N/A
15010	CASSETTE ADAPTER	N/A
15011	BLACK BACK PACK	N/A
15013	SLEEPING BAG	N/A
15014	BROWN OLD NAVY PURSE	N/A
15039	ROADMASTER MOUNTAIN BICYCLE PURPLE	SNFSD14F7****
15056	CELL PHONE	Unknown
15074	WHITE CELL PHONE	Unknown
15101	MONGOOSE MOUNTAIN BICYCLE	R52002
15107	BLACK CELL PHONE WITH OTTER BOX CASE	N/A
15112	ROADMASTER BICYCLE	SNFSD15C3****
15116	NEXT MOUNTAIN BICYCLE WHITE	LWMF00****
15142	PACIFIC EXPERT BICYCLE GREEN	N/A
15147	NEXT MOUNTAIN BICYCLE RED	005D74****
15175	IPHONE WITH OTTER BOX	N/A
15177	DIAMONDBACK BICYCLE GRAY	N/A
15188	GENESIS V2900 BICYCLE BLUE/WHITE	GS3290****
15191	VERA BRADLEY PURSE AND CONTENTS	Unknown
15196	IPHONE 7 WITH CASE PINK	N/A
15211	SKIP SCOOTER	4WYEQ18JAE****
15218	ROADMASTER BICYCLE BLACK	SNFSD08****
15227	BLUE SAMSUNG GALAXY PHONE S9	N/A
15208	WIRELESS SPEAKERS LIVE PLATINUM	021025****
15230	UNKNOWN MODEL IPHONE BLACK	N/A
12541	AMBUSH BICYCLE WHITE/BLK	H55040****
15266	WHITE ECLIPSE WRIST WATCH	N/A
15266	SILVER RING WITH PURPLE JEWEL	N/A
15280	NOVARA BICYCLE	ACA11H00****
15272	BLACK HANDBAG	Unknown
15305	ORANGE AVIEO BICYCLE	0328****
15305	GREEN DIAMOND BACK BICYCLE	DHA11M00****
15312	IPHONE IN BLACK OTTERBOX	N/A
15323	GREY PURSE	N/A
15326	US PASSPORT- DOUGLAS DAVIS	NONE
15331	MODEL AIRPLANE	NONE
15335	GENESIS BICYCLE	GS7287****
15340	HYPER SYSTEM 20 BLUE BICYCLE	XZDM15A0****
15343	VA O/L PIERCE NACLAREO	NONE
15346	PINK FITBIT BRACLET	N/A
15355	ADIDAS BAG AND CONTENTS	N/A
15365	APPLE IPAD AND CASE	DMRJPB62****
15366	US PASSPORT-CRISTIAN DIAZ	N/A
15372	SILVER/GOLD RING	N/A
15396	KENT TERRA 2.4 BLUE BICYCLE	G170720****
15397	WHITE IPHONE IN FLOWER CASE	N/A
15407	GREY ADIDAS SNEAKERS/EYEGLASS CASE/AUX CARD	N/A
15411	KATE SPADE SUNGLASSES	N/A
15413	GIANT MOUNTAIN BICYCLE	N/A

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3) Model # 305 Biloxi	\$36,825...BALANCE OWED \$14,500
4) Model # 403 Augusta	\$42,450...BALANCE OWED \$16,500

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WEEK IN FAIRFAX

Help Britepaths Brighten Holidays

Fairfax-based nonprofit Britepaths is seeking volunteers to sponsor local families in need. Sponsors are matched with families with demonstrated need to provide a December holiday meal and/or gifts for children under 18. Britepaths also has a great need for cash donations and gift cards to grocery stores or Target/Walmart to assist those who are not sponsored. It could even be a family, company or group holiday service project.

Register and learn more at: britepaths.org. Call 703-273-8829 or email sryan@britepaths.org. For more information, go to <https://britepaths.org/our-programs/holiday-program>.

BULLETIN BOARD

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

Fairfax County Board of Supervisors Meetings in 2019
12000 Government Center Parkway
Fairfax, VA 22035
Nov. 26 Committee Meetings
9:30 a.m. - Economic Advisory Commission
11 a.m. - Personnel Committee
1:30 p.m. - Legislative Committee
3 p.m. - Budget Committee
5 p.m. - Audit Committee
Dec. 3, 2019 9:30 a.m. - Full Board of Supervisors Meeting
Dec. 10 Committee Meetings
9:30 a.m. - Health, Housing and Human Services Committee
11 a.m. - Development Process Committee
1:30 p.m. - Transportation Committee
3 p.m. - General Assembly Annual Reception and Work Session

Britepaths Seek

Give Locally

FROM PAGE 4

❖ **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.

❖ **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. It is our mission to get families back into stable housing in order to provide them the opportunity to continue their journey to self-sufficiency. www.shelterhouse.org

❖ **Tahirih Justice Center**, 703-575-0070, www.tahirih.org, Legal services, public policy advocacy, and education for immigrant women and girls.

❖ **Western Fairfax Christian Ministries** — 4511 Daly Drive, Suite J, Chantilly, VA 20151 in Chantilly. email Assistant Food Pantry Manager/Volunteer Coordinator Debbie Culbertson at dculbertson@wfcma.org and put Holiday Food in the subject line. wfcma.org/

CALENDAR

FROM PAGE 8

the Holiday Express, take unlimited spins on the Carolers Carousel, play Gingerbread Man Golf or cook s'mores by the fire. Visit with Santa and enjoy hot chocolate or cider and candy canes. Five-hour passes are \$15 in advance and \$20 on the event day. The park will also be accepting new toys or canned food items for donation. In the evenings, enjoy a magical train ride through a forest decorated with holiday-themed lights and scenes. Celebration Station runs the same weekends as Winter Wonderland, but will take place on Friday and Saturday evenings from 6 to 9 p.m. Celebration Station ticket are \$10 each; trains depart every 20 minutes. Ticket holders receive one train ride, unlimited carousel rides and one cocoa or cider drink. Visit the website: www.fairfaxcounty.gov/parks/burke-lake.

SUNDAY/DEC. 8

"Little Drummer Dude." 11 a.m. to 12:30 p.m. At Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. A children's musical, "Little Drummer Dude" takes place during the time Jesus was born and we see the story through the eyes of the wise men, a traveling band and a little drummer dude. Free. jccag.org.

DEC. 13-22

ETAP's "Finding Santa." 12 show times over 2 weekends, Friday, Saturday and Sunday 7:30 p.m., 12 p.m. and 4 p.m. At Richard J. Ernst Theatre, Annandale NOVA Campus, 8333 Little River Turnpike, Annandale. Encore Theatrical Arts Project presents a new holiday musical, "Finding Santa." Cost is \$19-\$26. This song and dance musical features over 30 performers, creative choreography, elaborate sets, over 165 costumes, and over 16 musical numbers. Come see all the glamour of a Broadway-style show right here in Northern Virginia. Appropriate for audiences of all ages www.Encore-tap.org

DEC. 14-15

Bethlehem Walk. 3-7 p.m. At Parkwood Baptist Church, 8726 Braddock Road, Annandale. Get in the Christmas spirit walking through the narrow streets of Bethlehem. Haggle with shop owners, sidestep tax collectors, avoid the Roman centurions on your way to the manger scene. Hundreds of families make the trek each year to a replica of the holy city, raised by Parkwood Baptist Church. Features re-enactors, live music, children's crafts, games. Live nativity scene. Free. Ample parking. Reserve advance tickets at www.parkwood.org. Call 703-978-8160.

EVENTS IN ALEXANDRIA

FRIDAY/NOV. 29

Black Friday Alexandria. Held in Old Town Alexandria and Del Ray. Alexandria's alternative Black Friday experience features more than 40 independent boutiques kicking off the holiday shopping season with one-of-a-kind deals on designer and coveted merchandise, including home décor, chic fashions, gourmet food, classic toys and gifts for dogs. Store offers vary, with special discounts throughout the day and more than 10 boutiques opening by 7 a.m., including fibre space, Pacers, The Shoe Hive, Red Barn Mercantile and Bloomers. Visit the website: visitalexandria.com/blackfriday or visit www.VisitAlexandriaVA.com/holidays.

FRIDAY-SATURDAY/DEC. 6-7

The Scottish Christmas Walk Weekend. At various Old Town Alexandria locations. The Campagna Center presents the 49th Annual Scottish Christmas Walk Weekend and Parade. The parade is Dec. 7 at 11 a.m. and begins at St. Asaph and Wolfe Streets and concludes at Market Square with a massed band concert. Admission: Free for parade and Heather and Greens Sales; \$180-\$290 for Taste of Scotland; \$40 for Holiday Home Tours. The Scottish Christmas Walk Weekend, provides vital support to Campagna Center programs that serve more than 2,000 children, teens, and adults throughout the year. <https://www.campagnacenter.org/scottishwalkweekend>

SATURDAY/DEC. 7

Boat Parade of Lights. Parade begins at 5:30 p.m.; Dockside festivities 2 to 8 p.m. At Waterfront Park, 1 King Street, Alexandria. Parade viewing areas: Founders Park (351 N. Union St.), Alexandria City Marina (0 Cameron St.), Waterfront Park (1 King St. and 1A Prince St.), Point Lumley Park (1 Duke St.), Shipyard/Harborside Park (1 Wilkes St.), Windmill Hill Park (501 S. Union St.) and Ford's Landing Park (99 Franklin St.). Admission: Free; \$ for food/drink and some activities. Visit AlexandriaVA.com/boatparade

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An Idiot Servant No More



By KENNETH B. LOURIE

Given the extremely sad experience I shared with you all in last week's column: "Chino Lourie, Rest in Peace," this column will be an attempt to bounce back to my usual and customary reality, one oddly enough that has nothing to do with cancer (well, much, anyway). Instead it has to do with unexpected joy.

The joy to which I refer has to do with a subject which typically provides me little joy: I refer to our two automobiles, a 2000 Honda Accord and a 2018 Audi A4. The former inherited from my parents, payment-free but rarely hassle-free, the latter not free of payments, unfortunately, but free of hassle since its maintenance is covered by the warranty.

Nevertheless, for the past few years, off and mostly on, both cars have had an indication that all was not right. Each had illuminated dashboard warning lights (aka "idiot lights") constantly reminding the driver that attention to some detail was required. For the Honda, it was twofold, a "Main't Req" light and a "Brake" light "were dashing." For the Audi, it was "onefold," an icon which looks like an upside down horseshoe, sort of, which I learned, after thumbing through the owner's manual, meant low tire pressure, appeared directly under the speedometer. Since I felt no give or take with the Honda and saw no evidence of low tire anything with the Audi, I learned to take their reminders in stride and figured I'd wait until their respective next service calls to respond to them.

Those service calls have now occurred. And I am extremely glad - and relieved to say, that their necessary/underlying repairs have been made. Glad/relieved not so much because the repairs/obvious safety issues have been addressed. Rather, glad/relieved that in making those repairs, the dashboard warning lights are no longer illuminating their disdain with the idiot behind the wheel: me, neglecting them.

No more, after starting either car, will my initial focus be on the dashboard to see if miraculously the warning lights have disappeared and finally stopped their incessant, non-verbal badgering. No more will I be forced to ignore their illumination and attempt to compartmentalize their visual reminders that all is not well under the hood (so to speak). And finally, no more will I have to worry that one day - or night, the other mechanical shoe will drop and I or my wife, will be left stranded on the road somewhere waiting for a tow truck to drag us to our car-repair maker.

And though this dashboard-warning-light-turn-off is really a turn-on, I am still able to keep its effect in perspective. It's not a cure for cancer and neither it is a cure for my "stable" issue as written about multiple times recently ("Please Relief Me" and "Apparently, Not a Stable Genius"). However, as we say in sales: "I'll take a yes," as they say on the high seas: "Any port in a storm;" and has been said for the last century: "Don't look a gift horse in the mouth." For the official record, I am not horsing around in the least when I say how thrilled I am now that everytime I start our cars, I see no lights reminding me what an idiot I've been. As a cancer patient I don't need that kind (or any other kind, quite frankly) of negativity in my life, or in my car either. Eliminating it from my activities of daily living adds a bounce to my step and a joie to my vivre.

I realize I may be over stating the significance of this momentous occasion, but when cancer takes over your life, it does so emotionally before it does so physically. As such, finding relief is HUGE. Moreover, solving a problem however insignificant in the scheme of things it appears to be, provides the building blocks of success that, as a cancer patient, help strengthen your foundation as you navigate your daily routine. A routine which is already filled with enough challenges. So yes, I am going to make a mountain out of a molehill. And I am going to fill myself up with as much positivity, nonsensical or otherwise, as possible.

I need to be pulled forward, not dragged backward.

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

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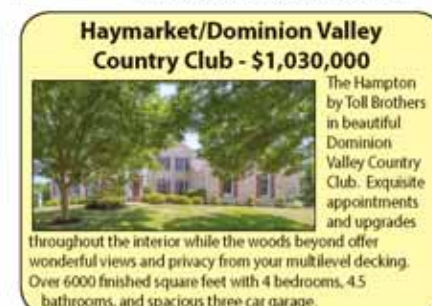
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