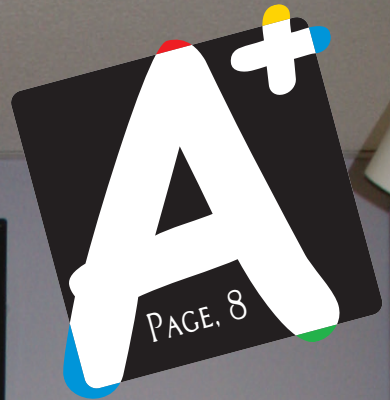


Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

Kings Park Elementary School Principal Dotty Lin helped out loading the cars during the holiday food drive for Springfield-based Ecumenical Community Helping Others.



ECHO Acts To Help Families in Need

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Local Rugby Player Signs to U.S. Team

SPORTS, PAGE 8

Give Locally

OPINION, PAGE 4

NOVEMBER 21-27, 2019

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First National Suffragist Memorial Breaks Ground

Site in Lorton to mark women's struggle for right to vote.

BY MERCIA HOBSON
THE CONNECTION

Construction for the first national suffragist memorial, the Turning Point Suffragist Memorial located in Lorton, in Fairfax County is set to begin following its Thursday, Nov. 14, groundbreaking ceremony. "With the stroke of a pen, 25 million women entered the Constitution and secured the right to vote," wrote Patricia Depew Wirth, Executive Director/CEO of the Turning Point Suffragist Memorial Association. "Few Americans know about the suffrage movement or its historical significance as it rarely makes it into the history textbooks."

Fairfax County kicked off support for the needed \$2 million memorial construction costs when it issued a \$200,000 grant to the cause. During program remarks before the groundbreaking at Occoquan Regional Park, Sharon Bulova, Chairman, Fairfax County Board of Supervisors said, "Our contribution in Fairfax County that was put into our budget was a turning point, so to speak, for fundraising. And it was clear that Fairfax County had skin in the game." According to "The Sentinel, the Newsletter of the Turning Point Suffragist Memorial," Board Chairman Bulova and Supervisor John W. Foust drafted the motion to support the project. "They cited its importance to the county's tourism and hospitality industries and said the memorial will only enhance the interest among residents and tourists to visit a famous historical and cultural area of Fairfax County." The Fairfax County Board unanimously approved the motion of Supervisors.

Sargeant described the suffragist movement as the 'Best Kept Secret in American History.' While the seven-decade campaign sought women's economic, social and political gender equality, the effort was not for the faint hearted. In the early years, women organized and built a movement. Then at the turn of the century, they changed tactics for the new generation with a new battle cry.

Women paraded, petitioned and picketed. Few women who began the campaign saw it to fruition. Material distributed at the groundbreaking titled, "SHALL NOT BE DENIED, Women Fight for the Vote," by Library of Congress, stated: "Their story is one of courage, perseverance, savvy, creativity and hope that inspires women today."

According to Wirth, the groundbreaking date coincided precisely one hundred and two years after the infamous Nov. 14, 1917 "Night of Terror." On that evening scores of suffragists ages, 19-73 were illegally imprisoned and tortured at the nearby historic D.C. prison grounds (what is known as the former Occoquan Workhouse) after peace-



Dressed as American suffragists Alice Paul, Rose Winslow, Lucy Burns and Elizabeth Cady Stanton respectively, from left: Debbie Glaser of Woodbridge, Julianna Smith of Woodbridge, Michelle McCall of Herndon and Quinn Jones of Arlington hold up shovels used at the Turning Point Suffragist Memorial Groundbreaking at Occoquan Regional Park, Lorton, Nov. 14, 2019.



Emily McCoy, Director, Turning Point Suffragist Memorial; Nancy Sargeant, Chairman Turning Point Suffragist Memorial; Sharon Bulova, Chairman, Fairfax County Board of Supervisor; Patricia D. Wirth, Executive Director Turning Point Suffragist Memorial; and Michael Nardolilli, Chairman NOVA Parks at the Thursday, Nov. 14, groundbreaking ceremony for the Turning Point Suffragist Memorial.



People from across Northern Virginia, the District of Columbia, Maryland and the nation listen to remarks held during the Suffragist Memorial Groundbreaking on Night of Terror Anniversary.

fully picketing outside the Woodrow Wilson White House for the right to vote. "There, they were humiliated, kept in inhumane conditions, tortured, locked in solitary confinement, and brutalized."

Doris Stevens wrote 'Jailed for Freedom' in 1920. In it, she stated, "When all suffrage controversy has died away, it will be the little army of women with their purple, white and gold banners, going to prison for their political freedom that will be remem-

bered. The challenge of the picket line roused the government out of its half-century sleep of indifference ... (On the Night of Terror) I saw Dorothy Day brought in. She is a frail girl. The two men handling her were twisting her arms above her head. Then suddenly, they lifted her up and banged her down over the arm of an iron bench twice."

Wirth said when word leaked out about the unconscionable treatment; it became a

"turning point" in forcing President Wilson to ask Congress to consider a Constitutional Amendment. The site for the Turning Point Suffragist Memorial is located within Occoquan Regional Park and the National Register-listed D.C. Workhouse and Reformatory Historic District, where the Night of Terror occurred.

CONSTRUCTION of the national suffragist memorial is anticipated to take nine months, culminating in the Aug. 26, 2020 dedication ceremony, which is the centennial anniversary certification of the 19th Amendment, Wirth announced in a statement. Designed by R.E. Beach Architects of Falls Church, the memorial, Wirth said would be the cornerstone of a planned park redevelopment. It would commemorate the five million women who fought for seven decades to win ratification of the 19th Amendment to the U.S. Constitution - the right for American women to vote. Wirth said Turning Point Suffragist Memorial would tell a critical part of history about American women through the construction of the memorial and "establishment of the Turning Point Institute and development of a 'Constitution Trail' in collaboration with numerous historical sites germane to our ever-evolving Constitution."

SEE MEMORIAL, PAGE 5

OPINION

Give Locally

❖ For full list, see www.ConnectionNewspapers.com

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 nfo@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

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**NEWS DEPARTMENT:
south@connectionnewspapers.com**

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

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

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

**Classified & Employment
Advertising**
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

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

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

CIRCULATION
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com





PHOTO BY MERCIA HOBSON/THE CONNECTION

From left: Emily McCoy, Director, Turning Point Suffragist Memorial; Dr. Thelma Daley, 16th President Sigma Theta Sorority; and Lidia Soto-Harmon, CEO, Girl Scouts Council of the Nation's Capital.

Ground Broken for Suffragist Memorial

FROM PAGE 3

Preceding the program guests spoke out. Nancy Tate, a board member of Turning Point and Woodrow Wilson Visiting Fellow, shared her thoughts about the brave and brilliant suffragists. "I joined the board when I was Executive Director of League of Women Voters, which was founded by Carrie Chapman Catt, leader of the major suffrage movement and who ensured the passage of the Nineteenth Amendment which the memorial is here to honor."

Lois Elizabeth Bingham, Executive Director of Delta Sigma Theta Sorority, Inc., said: "I think at long last women are being recognized. As an African American woman, I am doubly proud because we face the double jeopardy of being black and being women."

Mary Ellen Brock, International President, General Federation of Women's Club, spoke about how dedicated the suffragists were and that they "suffered so much."

Patricia Harrison, Fairfax County representative to NOVA Parks Board, said she was there to support and celebrate the achievements of women. "And to recognize the importance of the women's suffrage movement in creating opportunities for all women who come after us."

Significant donors, national partners and others spoke during the program, among them Tara Hogan Charles, Global Government Relations and Public Policy, Proctor and Gamble. She explained P&G had an aspiration, "to create a world free of bias, with equal voice and equal representation

for all individuals, which is why we are humbled to support the construction of the memorial to recognize the decades-long fight for the women's right to vote here in the United States."

Colleen Shogan, Assistant Deputy Librarian for Collections and Services at the Library of Congress, Vice Chair of the Women's Suffrage Centennial Commission shared how different states had already celebrated the 100th anniversary of the ratification of the 19th Amendment. "They have honored those occasions with commemorative proclamations and resolutions, lighting up state capitals and landmarks in purple and gold and holding celebrations and educational programs throughout the states."

OCOQUAN REGIONAL PARK is part of NOVA Parks. In a Memorandum of Understanding, NOVA Parks provided the land and perpetual maintenance of the memorial. "NOVA Parks is proud to share its role in the route for this important addition to Occoquan Regional Park," said Michael Nardolilli, Board member, Chairman, NOVA Parks. "As engaged citizens today, we need to understand the low points, and there were low points suffered by these women that are driven by fear and hatred but at the same time aspire to the high point of unity and love where all of us can strive to be our best. Let this site point to a better future for all Americans with liberty, and justice for all."

To learn more about the memorial, visit suffragistmemorial.com.

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.



The smiles reflected their achievement collecting the food for ECHO.



PHOTOS BY MIKE SALMON/THE CONNECTION

At the Scouting for Food drive, there was lots of action at the sorting table.

ECHO Acts as the Hub for Feeding Families in Need

The assortment of food drives around the holidays keeps their pantries full.

BY MIKE SALMON
THE CONNECTION

At Kings Park Elementary School it didn't take long for the holiday food donations to line the hall outside the office. Like in previous years, the school is working with the Ecumenical Community Helping Others to help those in need around Springfield.

Principal Dotty Lin described her students and their families as "very giving," she said as a group of the third grade "Cub Council" members loaded Dick Marvin's car with boxes and bags on Nov. 19. "The message was that we're helping families in need," Lin said of the effort but the students also used communications skills, advertising and commitment "to think of others," Lin said.

All boxes and bags of food were going to ECHO, located on Old Keene Mill Drive in Springfield. "It's a real challenging time," said Anita King, the ECHO executive director. Springfield may seem like a middle-class community, but falling on hard times, even temporarily, can happen to anyone. "Maybe they were doing well, but now they're not," said King. And that's when ECHO helps out so there is food on the table during the holiday.

More on ECHO

ECHO, 7205 Old Keene Mill Road, is open on weekday mornings between 9:30 and 12:30, as well as Tuesday, Wednesday or Thursday evenings between 7 and 9. For information about adopting a family for the holiday or volunteering, contact holidayfoodprograms@echo-inc.org, 703-569-9160



The loading group finished the job in about 10 minutes.



ECHO is right on Old Keene Mill Drive in Springfield, but will only accept drop offs when they are open.

On Saturday, Nov. 9, the annual Scouting for Food drive yielded more than 18,000 pounds of food for the pantries at ECHO.

"There are a lot of asking for Christmas food this year," said Cheryl Schmidt, a Burke resident who has been volunteering at ECHO

for 10 years. Just about everyone there is a volunteer, and they depend on community groups for the food and the gifts for the Christmas gift table. "Churches have a giving tree, it's usually very nice gifts," Schmidt said.

ECHO's Foothold in Springfield

ECHO recently celebrated their 50th year helping out in Springfield. Inside the non-descript ECHO building, there are areas where people can find out about heating assistance, jobs, mental health support, art donations, books and at this time of year there is a wall of holiday decorations to give away. There's a clothing room, a gift room, and a set of refrigerators and freezers for perishable foods. Scouts, adult social clubs, sport teams, schools and area businesses all chip in. Since they have limited hours and there is no drop off in the parking lot, "everything we do is by appointment only," Schmidt said. But at the same time, "we don't turn anybody away," she said.

They are always looking for volunteers, and teenagers can get community hours for a school requirement by working there, but only if it's to meet a school requirement.

"Due to the limited administrative supervision, this program can not be used for court-ordered community service hours," their information stated. Although ECHO is active all year long, some of the volunteer opportunities are only needed during the holiday season.

Local businesses support ECHO as well, and there is a special page on the ECHO website to recognize these businesses. For instance, for six straight holiday seasons, Sheehy Volkswagen and Subaru in Springfield have donated to ECHO, including \$5,000 in December, 2018. Cardinal Forest Shell, Cardinal Forest Giant Foods, the new Marshalls on Loisdale Road, the Springfield Lorton Dental Group, and Language on Demand all were recognized for helping. In addition, Merry Maids cleans the center each week.

BULLETIN

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

Seeking Volunteers

Fairfax-based nonprofit Britepaths is seeking volunteers to sponsor families in need who live throughout the Fairfax County area. Sponsors are matched with families who have demonstrated need, and may opt 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. A wonderful family, company or group holiday service project. Register and learn more at: britepaths.org. Contact 703-273-8829 or sryan@britepaths.org.

WEDNESDAY/NOV. 20

Slug Line and Parking Meeting. 7-9

p.m. At Forestdale Elementary School, 6530 Elder Ave., Springfield. Fairfax County Department of Transportation (FCDOT) will hold a community meeting to discuss the temporary slug line and parking relocation from the Old Keene Mill Road Park-and-Ride during the construction of the Springfield Commuter Parking Garage. Construction will begin in Spring 2020 and is expected to be completed in Fall 2022.

THURSDAY/NOV. 21

Lunch N' Life. Noon to 2 p.m. At Bethlehem Lutheran Church, 8922 Little River Turnpike, Fairfax. Are you 50 or better? Sponsored by the Shepherd's Center of Fairfax-Burke, author Rebecca Boggs Roberts will speak on the experiences of the Suffragists of Washington, D.C. For reservations, call Bea Stephenson at 703-273-5730, by Nov. 15. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. See www.scfbva.org.

SATURDAY/NOV. 23

Coffee with Del. David Bulova. 9-11 a.m. At Jireh Cafe, 13848 Lee Highway, Centreville. Del. Bulova (D-Fairfax) will continue a tradition started in 2006 by holding the first in a series of informal office hours. Constituents are invited to talk about issues of interest and to ask questions about legislation affecting our community. The format is casual and no appointment is needed. Visit the website: www.davidbulova.com.

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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."

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• Chantilly Connection	• Mount Vernon Gazette	• Vienna/Oakton Connection



PHOTO CONTRIBUTED

Waste of similar materials gets packed into blocks.

EPA Administrator and Supervisor Herrity Visit Recycling Center

Nov. 15 is now “Fairfax County Recycles Day,” in coordination with “America Recycles Week.”

BY MIKE SALMON
THE CONNECTION

In an effort to push his recycling agenda further along, Supervisor Pat Herrity accompanied EPA Administrator Andrew Wheeler on Wednesday, Nov. 13 to the Lorton Recycling Center as part of “America Recycles Week.”

They started at the American Disposal Services Recycling Center in Manassas, where Administrator Wheeler and Supervisor Herrity viewed the recycling processing plant where glass, aluminum, paper, steel, and cardboard is separated before being broken down and reused. Then they moved on to the Fairfax County Department of Public Works and Environmental Services I-95 Complex in Lorton where they saw a glass processing demonstration, which showed how the facility processes crushed glass for reuse in various county projects, including the road to the I-95 landfill. According to the county, two material blends are being tested: a 40/60 mix of ash and crushed glass, and a 25/75 mix of ash and recycled concrete. Approximately 400-500 tons of recycled material are being used to fill 2,000 square yards of roadway, the county website stated. Crushed glass is also being used in the recent past as pipe bedding at Flatlick Branch in the Sully area near Chantilly.

Herrity saw the visit as a posi-

tive for the county recycling effort. “Thank you to the EPA Administrator Andrew Wheeler for visiting Fairfax County to learn and see firsthand what we’re doing in the area of recycling, especially with our new glass recycling program, and to share with us some of the recycling trends both nationally and internationally. I’m proud of the enthusiasm our residents have for recycling and the success of our Department of Public Works recycling initiatives,” he said.

In Fairfax County, glass cannot be recycled through the normal channels, i.e. the recycling bin that is left at the curb during the week. Glass must be taken to the purple trash dumpsters at the county supervisors’ offices, which requires the user to make a special effort.

Over the last few weeks, the purple dumpsters have worked and they’ve collected two million pounds of glass that would have ended up in a landfill, Herrity said. There are now 25 purple dumpsters around the county. “The new glass recycling program has been tremendously successful,” he said.

At October’s Board of Supervisors meeting, Herrity and Supervisor Penny Gross (D-Mason) proposed to the board that Nov. 15 be Fairfax County Recycles Day, and it was adopted by the board. On that day, they will build on the EPA momentum to further highlight the benefits of recycling and improve recycling behaviors of the citizens of Fairfax County.

Let us know about an upcoming event
www.connectionnewspapers.com/Calendar



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Wilson dives for the score.

PHOTOS BY MIKE SALMON/THE CONNECTION



Wilson's determined on the field.

Local Rugby Player Signs to U.S. Team

West Springfield alumni going to San Diego for first game.

BY MIKE SALMON
THE CONNECTION

Springfield rugby star Elizabeth Wilson isn't the only "Moose" in her family, but she is the only "Moose," on the USA Women's National Rugby Team that went out to the west coast in mid-November to play the Canadian team at the Olympic Rugby center in San Diego. Wilson recently made the team, which was a dream of Wilson's ever since she started playing rugby locally in eighth grade.

Her brother Marshall plays rugby at the University of Virginia, and she admits "he's the original Moose," she said. "It's my rugby nickname, they don't know me as Elizabeth," she added.

She loves the rough and tumble sport, loves locking up in the "scrum," kicking the ball and scoring, and doing other physical things that are part of the sport. It's not exactly the sport that her parents pictured their daughter participating in but her father supports the endeavor. "My dad is flying out to San Diego for both games," she said.

Wilson started playing soccer and rugby as a student at West Springfield High School, and as a teenager and spent a few years playing for the West End Ruckettes, a rugby team with the South County Youth League. They went to the national tournament three years in a row, said coach Matt Estess, who praised Wilson's contributions to the team. "She's one of the most coachable players I've ever had," he said, noting that with rugby, a player has to be "more than tough, you have to be smart."

While with the Ruckettes, she made a commercial with the U.S. Marine Corps in 2016. "She made a tackle in the commercial," said Estess.

The violence and injuries in football have dominated sports news lately, and rugby is the same in a lot of ways with tackles, running and throwing the ball. Collisions are unavoidable, but Wilson points out that the sport is erring on the side of safety too. She



The West End Ruckettes and Elizabeth Wilson with their team mascot "Rosie."

does have a helmet though, they call a "scrum cap."

"I wear it all the time," she said, but there is no face guard like football. "I've broken my nose before, it's still a little crooked," she said, with a smile that comes with a battle scar like a crooked nose. "My knees will never be the same but I love the game, I'll keep playing for as long as I can," she said. She got hurt playing soccer too, she added.

Way Out West

Out in San Diego, the US Team is playing two games against the Canadians, and then training at the Olympic Rugby Training Center for the days without games.

There are two types of rugby, one with seven players on a team and one with 15 players on a team. The field is roughly 100 meters long and 70 meters wide. The games

are 80 minutes and a game could end in a tie. There are no forward passes and tackles must be made below the shoulders. They start off in a "scrum," with locked arms around the ball in the middle.

Wilson, whose position is "flanker," hangs out on the end, and they could throw it to her if a teammate gets the ball after the scrum. "I can get off (the pack) very quick," she said. Although there is a lot of contact, there are safety guidelines to follow. "They're very big on teaching safety, the right way to tackle," she said.

The game could be seen as a cross between soccer and football, but Wilson keeps it in its own category.

"I think rugby is so much better than football, mental and physical," she said. A rugby ball, known as a "quanco," is bigger than a football, but egg-shaped as well but not as pointy as a football.



Elizabeth Wilson, West Springfield class of 2017 and George Mason student is known as "Moose," in the rugby scrum.

HOLIDAY ENTERTAINMENT

Burke Lake to Host Winter Wonderland, Celebration Station

All aboard for the 2019 holiday season at Burke Lake Park. Enjoy holiday activities at Winter Wonderland during the day, or take evening carousel and train rides as twinkling holiday lights transform the carousel and train into Celebration Station.

At Winter Wonderland, hop a train ride on 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. Winter Wonderland runs the first two weekends in December. All hours are noon to 5 p.m.:

❖ Saturday, Dec. 7 & Sunday, Dec. 8

❖ Saturday, Dec. 14 & Sunday, Dec. 15

Five-hour passes are \$15 in advance and \$20 on the event day. Passes can be picked up at the ice cream parlor on the day of the event. Children 10 and younger must be accompanied by an adult registered for the same ride package. Children younger than two can ride the train for free (on a parents' lap) but must pay for other activities. Winter Wonderland tickets are good for the date specified at the time of purchase only. Limited activity tickets will be available the day of the event at the park.

The park will also be accepting donations of new toys and canned food items.

In the evenings, enjoy a magical train ride



PHOTOS BY STEVE HIBBARD/THE CONNECTION

Ellie Zerr, 3, of Springfield and her brother Jack, 1, and Lily Buckner, 3, of Alexandria, play with an inflatable Santa at Burke Lake Park.

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.:

❖ Friday, Dec. 6 & Saturday, Dec. 7

❖ Friday, Dec. 13 & Saturday, Dec. 14

Celebration Station tickets are \$10 each; trains depart every 20 minutes. Ticket holders receive one train ride, unlimited carou-

sel rides and one cocoa or cider drink. Additional drinks may be purchased for \$1 a cup. If seats are still available, tickets may be purchased at the train station on event day. Celebration Station tickets are good only for the date specified at time of purchase.

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



Nicholas Tun, 8, of Burke plays with the Kiss the Cook inflatable at the Winter Wonderland at Burke Lake Park 2018.

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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 15

WWW.CONNECTIONNEWSPAPERS.COM



PHOTO BY HONEST SOUL YOGA

Local All Night Yogathon Benefits Military Kids

In between the downward dogs and warrior II poses, it's Spencer Kenyon, Corporate Communications Manager, PenFed Credit Union; Suzie Mills, CEO, Honest Soul Yoga; Michelle L. Nelson, Family Programs Director, Our Military Kids; and Michelle Criqui - Social Media & Web Manager, Our Military Kids.



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Wednesdays • Bible Study:
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MEETING AT:

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Alexandria, VA 22309

703.690.0652 or 703.477.6898

communitychurchofchrist@yahoo.com
www.communitycoc.org



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Sun. Evening - Realtime Worship & Youth 6 PM
Family Night - Wednesday 7:15 PM
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NEWS

NovaLabs Hosts Maker Event for Kids

NovaLabs, a local educational nonprofit, hosted its second Kids Open Maker monthly event on Saturday, Nov. 16, at its facility in Reston. Children explored and learned about robotics, coding, drones, deconstruction, crafts, and blacksmithing, with the help of volunteers.

Founded in 2011 as part of the "maker movement," NovaLabs is the largest makerspace in the DMV (D.C., Maryland, Virginia) area and runs 24/7. It is supported by memberships and a vast array of volunteers including inventors, artists, engineers and entrepreneurs. The nonprofit offers classes to foster learning, teaching, and collaboration in a 10,500 square-foot space equipped with classrooms, offices, tool shops and manufacturing equipment. It hosts a multitude of popular meetups, "the largest of which is cybersecurity and hacking, one of the hottest careers in STEM right now," said Jennyfer Peterson, operations services leader.

"Nova Labs's mission is to create a community that makes things, all kinds of things. We have a lot of tools here, but the thing that makes it different is the community of people who help each other make things using those tools," said Peterson.

As for the nonprofit's future, nothing could be more at stake than its own facility. A new high-rise is set to replace the current facility within the next two years. The immediate goal is to find a new home that is affordable and allows the nonprofit to remain independent.



PHOTO BY DENISE LEW/THE CONNECTION

(From left) Fairfax City's Shane Smith and Annandale's Andrew Albosta with daughters Charlotte, 9, and Eleanor, 6.

"NovaLabs is one of the true meaningful things for residents to (participate in) besides going to dinner and shopping. We are a family learning space and very successful. It is critical that we get some help to remain in the Reston area so we can continue to serve the community to rediscover the joy of making things," said Peterson.

NovaLabs will host a Kids Open Maker on the third Saturday of each month, starting again in January.

For more info on NovaLabs and its events, visit <https://www.nova-labs.org/>

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/

❖ For full list, see www.ConnectionNewspapers.com

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CALENDAR

FROM PAGE 12

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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