

Dinner-Concert Experience for Everyone

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ENTERTAINMENT, PAGE 8 ♦ HOLIDAY FUN, PAGE 9 ♦ CLASSIFIED, PAGE 10

PHOTO BY BLAKE TIPPENS PHOTOGRAPHY

Medieval music, entertainment, and food return this holiday season with the Langley High School Renaissance Feaste on Fri., Dec. 2, and Sat., Dec. 3, at 7 p.m.

Tears Shed for 21 Pedestrians Killed

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Fairfax Water

NOTICE OF WATER RATE AND BUDGET PUBLIC HEARING December 15, 2022, at 6:30 p.m.

At 6:30 p.m. on Thursday, December 15, 2022, 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, 2023, include the following:

- An increase in the Availability Charge from \$4,510 to \$4,640.*
- An increase in the Local Facilities Charge from \$19,400 to \$22,090.
- An increase in the Service Connection Charge from \$1,480 to \$1,790.*
- An increase in the Account Charge from \$41 to \$44.
- An increase in the Quarterly Billing Service Charge for meters larger than the standard 5/8" residential meter. See the Proposed Schedule of Rates, Fees, and Charges for details.
- An increase in the base Commodity Charge from \$3.46 to \$3.65 per 1,000 gallons of water.
- An increase in the Peak Use Charge from \$3.85 to \$4.00.
- An increase in the Turn Off / Turn On Charge from \$50 to \$53.
- An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
- A decrease in the Overhead Charges for Labor from 103% to 102%.
- An increase in the Installation of Sewer Use Meter Charge Inspection Fee from \$40 to \$42.
- An increase in the Returned Payment Charge from \$20 to \$25.

*Charges 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 \$228 million budget for calendar year 2023¹. Water sales are expected to provide \$202 million and the remaining \$26 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

| Category | -- \$1,000s -- | |
|---------------------------------------|-------------------|-------------------|
| | 2022 | 2023 |
| Personal Services & Employee Benefits | \$ 59,399 | \$ 66,276 |
| Power and Utilities | 11,804 | 14,120 |
| Chemicals | 9,905 | 11,956 |
| Purchased Water | 7,312 | 7,513 |
| Supplies and Materials | 5,358 | 5,462 |
| Insurance | 1,146 | 1,370 |
| Fuel | 963 | 1,015 |
| Postage | 584 | 618 |
| Contractual Services | 11,831 | 12,912 |
| Professional Services | 1,320 | 1,365 |
| Other | 2,322 | 2,613 |
| Sub-Total | 111,944 | 125,220 |
| Transfer to Improvement Fund | (10,949) | (11,141) |
| Total | \$ 100,995 | \$ 114,079 |

Net revenues are expected to be appropriated as follows:

| | |
|------------------|--------------|
| Debt Payment | \$46,327,337 |
| Improvement Fund | \$11,000,000 |
| General Fund | \$55,563,000 |

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.

Visit fairfaxwater.org/rates to view a copy of the proposed changes.

Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Tonya Clement 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 14, 2022 to be included in the record of the public hearing.

HOLIDAY CONCERTS

"My role as a conductor is to interpret a composer's music."

— Ingrid Lestrud, Conductor, Encore Chorale of Arlington

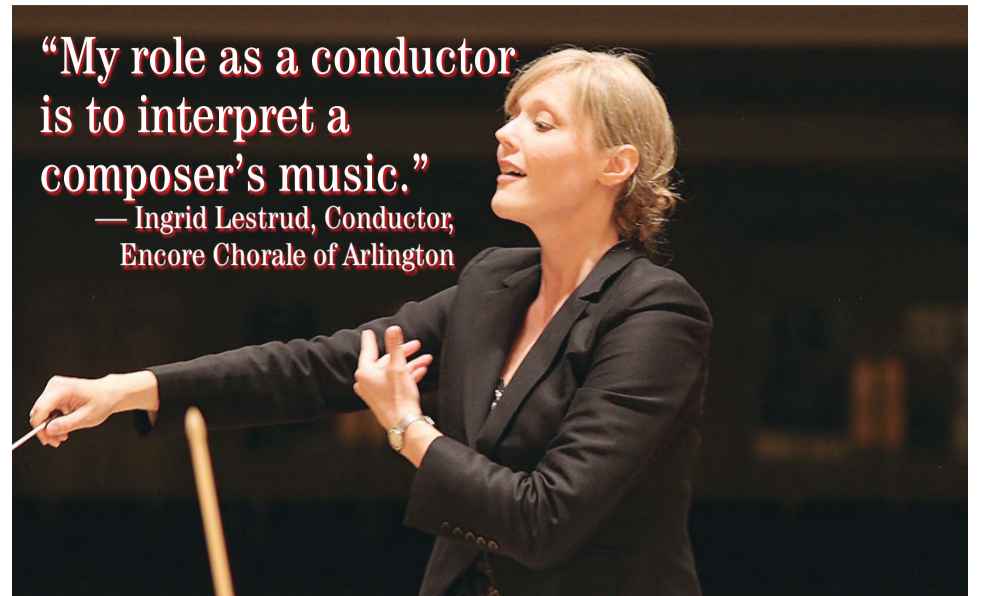


PHOTO COURTESY OF INGRID LESTRUD

Ingrid Lestrud will conduct an Encore Chorales Concert Performance on Dec. 15 at the George Washington Masonic National Memorial.

Local Conductor Prepares Singers for a Festive Performance

Encore Creativity's Northern Virginia holiday concerts coming up.

BY MARILYN CAMPBELL
THE CONNECTION

"Row, Row Row Your Boat" was one of the first songs that Ingrid Lestrud learned as a child. The familiar nursery rhyme is among those credited with developing language skills in many a toddler. For Lestrud, an Arlington based conductor, it launched her career.

"I've always loved to sing and started getting solo parts in my church choir when I was very young," she said. "It was something that I felt I was good at. My parents were supportive and I started taking piano lessons when I was seven and voice lessons when I was eleven."

Her parents first recognized her predilection for music when she was an infant. "She would wake up crying in her crib during the night, and the only remedy was to put a record on the stereo on repeat," said her mother Mary Lestrud. "She started singing in tune when she was a year old, and, by the age of three, her babysitter complained that she sang all the time."

Lestrud entered college with a plan to study vocal performance, but it was a class that she took to fulfill a degree requirement that altered her career trajectory.

"I had to take a conducting class to finish my degree and I was dreading it," said Lestrud. "I ended up loving it even more than singing and it became my career."

She went on to study conducting at the graduate level, eventually completing her Doctor of Music degree at Northwestern University. A married mother of two, Lestrud

Performances

Encore Chorales of Ashburn, Fairfax, Reston Dec. 11 at 4 p.m. at the Heritage Fellowship Church

Encore Chorales of Arlington, Alexandria and

Goodwin House Bailey's Crossroads Dec. 15 at 7pm. It will be held at the George Washington Masonic Memorial

For a complete listing of Encore Creativity's holiday concerts encorecreativity.org

is now a conductor with the Arlington Chorale and the Encore Creativity, a choral organization for older adults.

She has spent the last 15 weeks preparing her Encore singers for the organization's holiday concerts in December, including one on Dec. 15 at 7 p.m. It will be performed at the George Washington Masonic Memorial in Alexandria jointly with the Encore Chorale of Alexandria and the Encore Chorale of Goodwin House Bailey's Crossroads

"My role as a conductor is to interpret a composer's music," she said. "I'm collaborating with the singers. I have to train them to follow my lead. Otherwise, I'm just up there waving my arms in the air."

Singers who have performed under her baton concur. "She has a special gift for demonstrating how each composer intends for his or her composition to be performed," said Encore singer Joe Luquire. "As a result every piece performed under her direction comes alive."

Lestrud says that each of her chorales is like a tight knit community. That connection is a necessary element of a harmonious group of singers.

"In order to wrangle all of those voices, Ingrid has taught us how to sound cohesive by focusing on how to sing on the vowels, focusing on consonants and diction, along with accurate entrances and cut offs," said Encore singer Ann Johnson. "Then come the dynamics and interpretation of the piece. It's very freeing to sing once you've worked out all of the technical stuff and can just make music together."

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NEWS



PHOTO BY MICHELLE WEST

Students rehearse for Langley High School Renaissance Feaste 2022



PHOTO BY MICHELLE WEST

Ticket available now for Langley High School Renaissance Feaste

Renaissance Feaste 2022

Storyed tradition fuses with 21st century composers.

BY MERCIA HOBSON
THE CONNECTION

Medieval music, entertainment, and food return this holiday season with the Langley High School Renaissance Feaste on Fri., Dec. 2, and Sat., Dec. 3, at 7 p.m. The new choir director at Langley, Caroline Player, is bringing Feaste to the table somewhat differently. Player said that one of her goals was to “make the event even more lively and energized for the students and the audience.” She expanded the repertoire by including a modern setting of “Coventry Carol,” and an arrangement of “Mary Did You Know?” performed in the style of Pentatonix.

Not to worry, guests looking forward to Feaste classics such as “The Hog’s Head Carol,” which recounts the ritual of slaughtering a boar and offering its head at the Yuletide feast, and “Wassail,” which is an old English phrase for a toast. These songs, along with others, will be brought back. Sometimes it is better to stick with what is tried and true.

Dr. John Jones of McLean serves as a co-chair for the Feaste. Because Jones’s first pair of twins, boys, graduated from Langley this spring, his second set of twins, girls, left him no choice but to chair again in 2022. In 2021, Jones celebrated the twentieth and final Feast for Dr. Mac Lambert, an educator who had been a mainstay at Langley High School.

Feaste is a family tradition for the Jones family, something Jones said his wife described as “magical” and “difficult to describe until you experience it.” Students and parents bring Renaissance splendor to Langley Halle. It is decked out for the holidays with a dazzling stage, long tables set for communal dining, and sparkly lights. Students, clad in medieval garb and masks, perform as jesters, musicians, and singers. The performance features the Merrie Madrigals, the Chamber Choir, and the Bards from the Concert, Treble, and Select Choirs.

The dinner-concert experience is for everyone. Jones recommends that those who do not have students in their households come and make it a part of their family’s holiday traditions, especially if they have never done so before. Jones assures everyone that you will not be dissatisfied.



PHOTOS BY BLAKE TIPPENS PHOTOGRAPHY

Madrigals 2021



PHOTO BY MICHELLE WEST

Renaissance Feaste 2022 showcases an expanded repertoire with a modern setting of “Coventry Carol” and an arrangement of “Mary Did You Know?” performed in the style of Pentatonix.

Feaste singers such as Nico Morandi-Zerpa, 17, from Great Falls, said that she had always looked up to the madrigals as the ultimate singers in terms of technique and

that they seemed to be having so much fun performing together. “Once I got in, I found myself being part of an amazing family and singing fun songs every day. Feaste is a collection of so many of those fun songs. It is a total blast,” Morandi-Zerpa said.

Lily Chopus, also of Great Falls and 17 years old, reiterated many things that Morandi-Zerpa said. She, too, had a deep love for music and was looking for a group of

people who shared her enthusiasm for it. Chopus could finally fit the elective into her schedule for the first time during the 2022–2023 school year. “I knew choir was the right choice. As for Feaste, I remember seeing the Madrigals rehearse last year and being in awe,” Chopus said.

Chopus improved her singing abilities by learning more about working with the other choir members to create a cohesive sound. She said they worked on blending and when to bring out specific parts, which is a valuable skill in all aspects of a group ensemble.

The upcoming Renaissance Feaste is one of Kimberley Greer’s favorite activities during the school year. Greer is the principal at Langley High School. “Our choral students are so phenomenally talented. This event provides an opportunity to showcase our choral program while also helping our community ring in the holiday season,” she said.

“Come for great food, music, and holiday cheer,” Chopus said. Reservations are required. Adult tickets are \$45, and student tickets are \$25. Tickets are on sale to the general public now at BrownPaperTickets.com. Note that capacity is limited owing to ongoing safety restrictions imposed by COVID.




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Be Part of 2022 Children's and Teens' Connection

One week of December for many years, this newspaper has devoted its pages to the creativity of local students, teens and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection, including Children's Gazette and Children's Almanac, is a long-time tradition.

You can see last year's editions by visiting <http://www.connectionnewspapers.com/PDFs/> and scrolling down to Children's Edition.

We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture, gardens and any other creative efforts.

We ask that all submissions be digital so they can be sent through email. Writing should be submitted in text format: docx or google docs, or pasted in the body of an email. Artwork should be photographed or scanned and provided in jpeg format. These can be submitted via google drive as well. Please share all google drive files with kimm.mary@gmail.com

Some suggestions, but different ideas are welcome:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers: What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite possession? What makes a good friend? What is the best gift you've ever received?

- ❖ Your opinion (100 words) about movies, food, music, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry, short story or other creative writing.

- ❖ News stories or photos from school newspapers.

We must be able to print the full first and last name of the student artist/writer with the submission, along with student's age, grade and school or town name.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

Please send all submissions by Monday, Dec. 5, 2022. The Children's Connection/Gazette will publish the middle of December, the edition with publication date Dec. 14, 2022.

Email submissions for the Children's Connection to kimm.mary@gmail.com

CONNECTION

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Detectives Investigate Fatal Shooting

Police report the shooting is believed to be in self-defense.

At 6:08 p.m. on Wednesday, Nov. 9, 2022, officers responded to a home in the 11400 block of Waples Mill Road, Oakton, for a shooting. Officers found Eduardo Santos, 24, of Herndon, inside the home suffering from gunshot wounds to the upper body. Life-saving measures were attempted, but Santos was pronounced deceased by fire and rescue personnel.

Detectives determined the homeowner

saw Santos on his property. The homeowner told Santos to leave. Santos then assaulted the homeowner with a stick. The homeowner attempted to retreat inside the home. He was tackled by Santos and injured in the fall. The homeowner was able to make it into his home and he retrieved a firearm. Santos entered the home with a large landscaping rock and advanced toward the homeowner. Santos made it several feet into the home before he was shot.

The homeowner was taken to the hospital to be treated for his injuries.

Detectives continue to investigate to determine what led Santos to the home. Inside the home were two other adults and two children, but no one else was injured. Detectives do not believe there is a relationship between Santos and the occupants of the home.

After canvassing the area, detectives determined Santos was in the area Wednesday

afternoon for several hours. Officers received two calls for service involving Santos acting suspicious. On one occasion, officers found him, but no crime was established. Santos refused to speak to police, and he walked away from the area. During the second incident, Santos was not found.

Anyone with information is asked to call detectives at 703-246-7800, option 2. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477)

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VDH VIRGINIA DEPARTMENT OF HEALTH

You've Got Options, Virginia.



A young girl is embraced as she waits to place her remembrance candle for Helen Bahta Oukubazghi at a day of remembrance organized by Northern Virginia Families for Safe Streets. <https://novasafestreets.org/>



She sets it on the vacant chair.



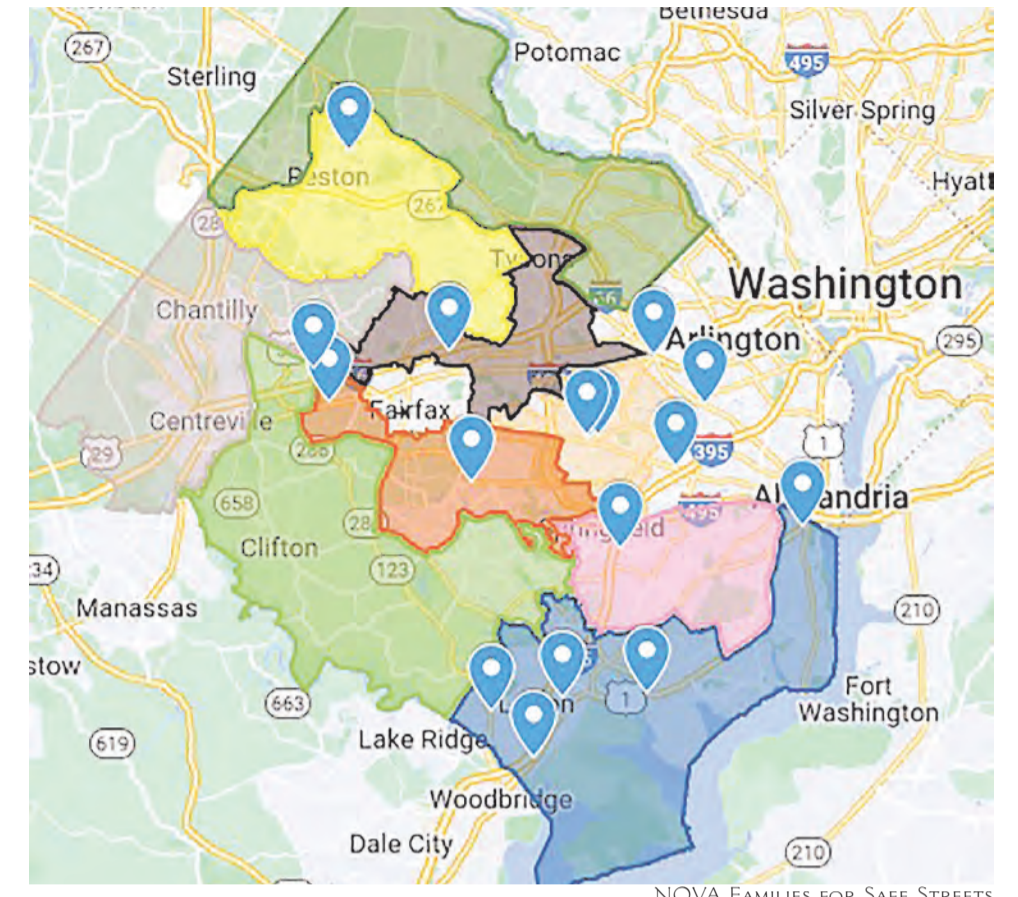
And looks back



PHOTO BY MERCIA HOBSON/THE CONNECTION
The crowd listens at a day of remembrance organized by Northern Virginia Families for Safe Streets. <https://novasafestreets.org/>.



PHOTO BY MERCIA HOBSON/THE CONNECTION
Representatives of the Fairfax County School Board at a day of remembrance for vulnerable pedestrians organized by Northern Virginia Families for Safe Streets. <https://novasafestreets.org/>



NOVA FAMILIES FOR SAFE STREETS

Each pinpoint is a pedestrian fatality in Fairfax County caused by a vehicle collision.

- List of 21 victims:
21 Pedestrian Fatalities in Fairfax County in 2022:
 1/8/2022, Joel Gonzalez, Male, 22 years old
 2/19/2022, Victor Savier Barillas Deal, Male, 28 years old
 2/3/2022, Human Xuan, Female, 86 years old
 2/10/2022, William Dunn, Male, 83 years old
 3/28/2022, Ellie Robinson, Male, 63 years old
 4/20/2022, Lloyd Ingram, Male, 58 years old
 5/20/2022, Eileen Garnett, Female, 83 years old
 5/22/2022, Daniela Bonilla Betancourt, Female, 18 years old
 6/7/2022, Name Not Released, Female, <18 years old
 6/7/2022, Name Not Released, Female, <18 years old
 7/5/2022, Name Not Released, Male
 7/6/2022, Doris Anita McPhail, Female, 56 years old
 7/8/2022, Keith Thomas, Male, 24 years old
 8/18/2022, Albert Sweat, Male, 62 years old
 8/24/2022, Chris Baidoe, Male, 26 years old
 10/2/2022, Dalchoon Park, Female, 74 years old
 10/6/2022, Melidie Kien, Female, 53 years old
 10/9/2022, Ligia Jeanette Herrera Betbeder, Female, 63 years old
 10/19/2022, Helen Bahta Oukubazghi, Female, 52 years old
 10/26/2022, Elise Ballard, Female, 40 years old
 11/16/2022, Lesly Diaz-Bonilla, Female, 17 years old
<https://novasafestreets.org/world-day-of-remembrance-2022/#2022Fatalities>

World Day of Remembrance: 21 Pedestrian Fatalities in Fairfax County

Crashes, injury and death waiting to happen.

BY MERCIA HOBSON
THE CONNECTION

A driver crashing into a pedestrian or cyclist can be one of the most traumatic collisions anyone experiences. In Fairfax County, especially in its urban areas, there is increased tension between vulnerable road users and vehicle traffic. So far this year, there have been 21 pedestrian fatality collisions in Fairfax County, including three Fairfax County Public School students on their way to and from school, according to Mike Doyle, founder of Northern Virginia Families for Safe Streets.

On Sunday, Nov. 20, grieving residents impacted and concerned, plus Fairfax County Public Schools Superintendent Dr. Michelle Reid, Police Chief Kevin Davis, Supervisor Dalia Palchik (D) and others attended a discussion with members of the Fairfax chapter of Northern Virginia Families for Safe Streets at Oakton High School in Vienna. Doyle founded Northern Virginia Families for Safe Streets in 2017 after being struck by the driver of a car while he was walking in a crosswalk in Old Town Alexandria. Doyle and the others were at Oakton High School to recognize International World Day of Remembrance for Road Traffic Victims 2022.

“Our mission is pretty simple: to advocate for safety on the streets for pedestrians and vulnerable road users,” Doyle said. He told of the organization’s real-time crowdsourcing for its Near Miss/Dangerous Intersections Survey. It helps identify locations where pedestrians and cyclists have experienced near-miss incidents and other dangers, with data viewable on its website. The statistics are used to advocate for policies and improvements that make streets safer. The data

is used to make cases for things like speed cameras. “We go down to Richmond ... It’s a constant effort,” Doyle said.

During the day of remembrance, at least six speakers began to cry or choked up. There were minor solutions told, but the air was like attending a funeral. There was no peace to be found—just heaviness and sorrow and the inevitable next pedestrian crash fatality.

Twenty-one chairs shrouded in white covers formed a semi-circle between Doyle and the audience. “We are going to light a candle in front of each one of these chairs to emphasize that this isn’t just statistics; it’s people,” Doyle said. Slowly the 21 names were read. A young girl stood in line with the elected officials holding candles. She, too, had a candle and waited her turn. Hearing the name Helen Bahta Oukubazghi, the girl walked forward and gently placed her candle in front of the vacant chair. Oukubazghi died when she was crossing Lorton Station Boulevard and a driver struck her, according to the police report.

The county’s most recent pedestrian fatality happened on Nov. 16. A 17-year-old Justice High School student was killed when a driver hit her as she made her way to school, according to Fairfax County police. Reports state that the student was walking east on Columbia Pike when she was hit in the crosswalk.

On Jun. 7, two Oakton High School students died, and a classmate was seriously injured when they were hit by a speeding vehicle while walking on a sidewalk near campus between Blake Lane and Five Oaks Road after classes.

“Each of these deaths is preventable,” Reid said.

School Board member Karl Frisch (Providence) described how all school bus stops are now moved off Blake Lane. The board would continue to partner with the community, whether on the location and routes of bus stops, new traffic signals, traffic lights, or speed zones. School Board Representative Elaine Tholen (Dranesville) said that the school district is in the process of hiring a new Safe Routes to School person. “We previously had a part-time position that will now be a full-time position,” Tholen said.



Superintendent Dr. Michelle Reid



Police Chief Kevin Davis



FCSB representative Stella Pekarsky (Sully) speaks as FCSB representative Karl Frisch (Providence) listens at a day of remembrance organized by Northern Virginia Families for Safe Streets. <https://novasafestreets.org/>.



Mike Doyle, founder of Northern Virginia Families for Safe Streets

trian and cyclist fatalities.

Continuing Danger in Plain Sight

Bruce Wright is a founding member of the Fairfax Alliance for Better Bicycling (FABB). He advocates for safe pedestrian and bicycle access, especially in the urban-rising Metro transit station areas. Wright called attention to three places that could be dangerous in Reston and Herndon as the new Silver Line Metro stations open.

Wright says that the county sometimes doesn’t do a good job of giving people temporary access while construction is underway. Developers use sidewalks as staging areas, making it harder for pedestrians and bicyclists to get around.

For instance, people are walking and riding against traffic adjacent to the J.W. Marriott Hotel construction site near the Wiehle-Reston Metro station in Reston because construction fences block sidewalk access.

The hassle and extra time discourages people from walking down to another crosswalk and back again to get to and from the station. “I think someone will get hit, but nothing has been done about it,” Wright said.

Another priority for Wright is completing the path on the north side at the newly opened Reston Station on Sunrise Valley Drive and providing a means for passengers to cross at the Dulles exit. “That’s one big one,” Wright said.

The Herndon Parkway Cycle Track connects the Washington and Old Dominion Trail, the Herndon Metrorail Station, and the Herndon Transit-Oriented Core. “It is kind of a mess,” Wright said. “There are plans for the cycle track, but it’s going to be a long time

before it is completed.”

According to William Ashton, town manager of the Town of Herndon, three projects near the Herndon Metro Station are in varying stages of completion. The first one, a bicycle path, goes to Worldgate. “That could be in the next couple of months,” he said.

Two independent Van Buren Street constructions are underway one block from the Herndon Metro Station. “We have the intersection of Van Buren with Herndon Parkway and then what we call the Complete Streets Project, which is Van Buren from the intersection back to Spring Street. The road has been milled, but to install pavement, daytime temperatures must be in the mid-to-upper-40s. The road will be striped a few weeks after it is completed,” Ashton said.

Then there will be dedicated bike lanes. The sidewalks are finished except for the Van Buren and Herndon Parkway junction, one



Mike Doyle speaking. The candles represent the 21 pedestrian crash fatalities in Fairfax County, while the white roses are for those whose loved ones died in crashes.



Construction for sidewalk access at the intersection of Van Buren Street and Herndon Parkway, located one block from the new Herndon Station on the Silver Line, is pending completion.

block from Herndon Station. “My goal was to have it completed when the station opened, but we couldn’t get it done,” Ashton said.

NOVA Families for Safe Streets said the purpose of the Day of Remembrance was to “call attention to the issue of traffic fatalities and serious injuries on pedestrians and other vulnerable road users; elevate the voices of those who have been most impacted by traffic crashes; advocate for traffic regulations that will promote safer streets on our roads, and promote the Vision Zero goal of zero traffic fatalities and serious injuries in all three Northern Virginia jurisdictions of Alexandria, Arlington, and Fairfax.”

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ONGOING

Town of Vienna Holiday Decorating Contest. Ring in the holiday season by participating in the 2022 Town of Vienna Holiday Decorating Contest. This year's theme is "Shine Bright, Vienna!" As in past years, the contest is open to residents and businesses located in the Town of Vienna who are encouraged to create a festive, holiday display that will draw visitors to the town. Displays will be judged by the Town Business Liaison Committee (TBLC) judging panel and voted on by community members. The TBLC judging panel will select business winners on Dec. 8. Community members will also have an opportunity to vote online for the resident and business "People's Choice Award" through Dec. 9 at 12 p.m., and winners will be announced at the regular Town Council meeting at Town Hall on Dec. 9 beginning at 8 p.m., and via social media and the Town website.

NOV. 17 TO DEC. 11

"The Rainmaker." At 1st Stage, 1524 Spring Hill Road, Tysons. "The Rainmaker," written by N. Richard Nash and directed by Deidra La-Wan Starnes. Not only is the Curry family farm being paralyzed by a devastating drought, but Lizzie Curry, to the chagrin of her father and brothers, is unmarried with

no viable prospects. A charming, confident trickster named Starbuck comes to town and promises to bring rain in exchange for \$100, setting off a series of events that enable Lizzie to see herself in a new light. Show times are Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., Sundays at 2 p.m. Tickets: Tickets: \$50 general admission, \$47 seniors (65+), \$15 students, educators, and military. Purchase online at www.1ststage.org or 703-854-1856.

SATURDAY/NOV. 26

Turkey Trot. The Langley Crew Team, winners of multiple state titles, is hosting its inaugural Turkey Trot on Saturday, Nov. 26, a 5K race that will start at Langley High School and make its way through the neighborhood before finishing at the school. The race starts at 9 a.m. on Nov. 26. The registration fee is \$35 through Nov. 1, fee goes up to \$50 after Nov. 1. Participants who register by Nov. 1 are guaranteed a commemorative race t-shirt. For residents who cannot make it to the race, you can make a donation and/or if you are a local businesses and residents, consider becoming a Langley Crew Turkey Trot 5K sponsor. Click here <https://www.langleycrew.com/page/show/7522386-langley-crew-turkey-trot-5k>.

SUNDAY/NOV. 27

Celtic Music. 4:30 and 6:30 p.m. At the Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Featuring the Irish Inn Mates. Tickets must be purchased in advance at oldbrogue.com - \$21 general admission.

SATURDAY/NOV. 28

NVMR Train Station Open House. 6-9 p.m. At Vienna Train Station, 231 Dominion Road, NE, Vienna. Stop by the Historic Vienna Train Station where you can see and hear HO scale model trolleys and trains including Thomas and some of his friends on display and in operation. Great family fun and activity for the young and young-at-heart. Hosted by the Northern Virginia Model Railroaders. See www.nvmr.org.

SUNDAY/NOV. 29

Dirty Dancing in Concert. At Capital One Hall, Tysons Corner. Enjoy the digitally remastered hit film like never before on a full-size cinema screen, with a live band and singers performing the film's iconic songs. With a soundtrack that marked a generation, Dirty Dancing in Concert promises to bring a thrilling new and unique experience to the 80s classic. Directly following the film, the band

SEE CALENDAR, PAGE 11

BULLETIN BOARD

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

MCLEAN COMMUNITY CENTER SEEKS AMBASSADORS

To assist in fulfilling its mission to provide programs of interest to area teens, the McLean Community Center (MCC) is launching a new initiative, MCC Youth Ambassadors. The purpose of the new initiative is to empower teens to collect and share their classmates' ideas and feedback with the MCC Governing Board. McLean and Langley high school students enrolled in 9th-12th grades who reside in Dranesville Small District 1A are eligible to apply for the volunteer positions. The deadline to apply is Friday, Dec. 9. MCC is located at 1234

Ingleside Ave. Youth Ambassadors will serve as liaisons between community youth and the two youth members of the MCC Governing Board, Sarah Tran (Langley High boundary area) and Charlotte Loving (McLean High boundary area). The ambassadors will promote MCC activities via their social media platforms and through resources at their respective schools. They will also assist in planning events and activities targeted to the youth of McLean in support of acquiring their growing participation in MCC programs. Ambassadors will meet monthly at MCC or the Old Firehouse Center to discuss public feedback and plan

future activities. MCC Youth Ambassador Applications are posted on the MCC website, www.mcleancenter.org. Completed applications should be emailed to MCC General Programs Director Michael Fisher at michael.fisher@fairfaxcounty.gov no later than Friday, Dec. 9. For more information, students may contact MCC Governing Board member Sarah Tran (McLean High School Boundary Area) at sarah.tran2@fairfaxcounty.gov or Charlotte Loving (Langley High School Boundary Area) at charlotte.loving@fairfaxcounty.gov.

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HOLIDAY CALENDAR

FRIDAY/NOV. 25

Reston Holiday Parade. 11 a.m. At Reston Town Center, Reston. Reston Town Center launches the season with the annual Reston Holiday Parade. The one-of-a-kind, one-hour, half-mile parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse-drawn carriage. Since 1992, rain or shine, the parade has been an annual tradition on the day after Thanksgiving. The Clauses will return for the annual Tree Lighting at 6 p.m.

DEC 1-23

"Snow Maiden." At Syntetic Theater, 1800 S. Bell St, Arlington. In a frozen forest, a lonely boy builds a girl from snow. When she mysteriously comes to life, mischief, laughter, and enchantment abound. But what will happen when the ice begins to melt? Told through dazzling movement, dance, and acrobatics, Snow Maiden is a magical tale of hope, friendship and the transformative power of dreams. Based on the beloved folktale Snegurochka, Snow Maiden is a holiday treat for friends and fans of all ages.

DEC. 1-31

Home for the Holidays Art Show. At Arts Herndon, 750 Center Street, Herndon. Works by local artists on display the entire month of December. Visit www.artsherndon.org. Call 703-956-6590.

DEC. 2-17

The PARC at Tysons Holiday Market. Fridays and Saturdays. Celebrate the holiday season with local makers, crafters, and artisans from the Fairfax County area! Visit the holiday market at The PARC at Tysons on the first three Fridays and Saturdays of December for a pop-up shop of local artisans and small businesses offering holiday-inspired goods. The PARC will be transformed into a festive indoors and outdoors winter village, featuring a local holiday market and (free!) snowtastic activities for the whole family to enjoy! Food and beverages can be purchased onsite from local businesses as well.

DEC. 2-18

Holiday Market. At 2704 Mount Vernon Ave., Alexandria. Del Ray Artisans 27th Annual Holiday Market offers unique handmade fine arts and crafts from local artists. Choose from wall art, pottery, photography, jewelry, glass, and much more! Plus 2023 wall calendars to support Del Ray Artisans nonprofit. Free admission. Market is the first three weekends in December (Dec 2-4, Dec 9-11, Dec 16-18). Different artists each weekend! Open Fridays 6-9 p.m., Saturdays & Sundays 11 a.m.-6 p.m. Details: delrayartisans.org/holiday-market

DEC. 2-11

Fairfax City Holiday Market. Fridays, Saturdays and Sundays. The Fairfax City Downtown Holiday Market will be open the first two weekends of December on Friday, Saturday and Sunday. Shop at the market of craft vendors as you enjoy Old Town Square in the heart of Historic Downtown Fairfax covered in holiday lights. The festival will include live holiday music, hot drinks, heated tents and gourmet



The Holiday Boat Parade of Lights will take place Saturday, Dec. 3, 2022 in Alexandria.



The McLean Holiday Art & Crafts Festival will take place Dec. 2-3, 2022 at the McLean Community Center.

treats, and more!

DEC. 2-3

Alexandria Scottish Christmas Walk Weekend. Taste of Scotland: Friday, December 2, 2022; Parade: Saturday, December 3, 2022. Campagna Center is pleased to announce a new presenting partnership for the 51st Annual Alexandria Scottish Christmas Walk Parade on Saturday, December 3. The parade will be produced by Visit Alexandria in partnership with Campagna Center and the City of Alexandria, as part of Alexandria's Biggest Holiday Weekend. Learn more about the 2022 parade at ALXscottishwalk.com, or send questions directly to alxscottishwalk@visitalexva.com.

DEC. 2-3

McLean Holiday Art & Crafts Festival.

At McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Holiday Art & Crafts Festival will feature a wide variety of high-quality handmade items just in time for the holidays. This indoor show features the work of 80 talented, juried, regional artisans. Produced by MCC in conjunction with the Northern Virginia Handcrafters Guild, the juried show will be held Friday through Sunday, Dec. 2 through 4. Show hours are 11 a.m. to 6 p.m. on Friday, Dec. 2; 10 a.m. to 6 p.m. on Saturday, Dec. 3; and 11 a.m. to 4 p.m. on Sunday, Dec. 4. Admission is \$5, free for children ages 12 or younger. The admission price is good for all three days of the show. Visit the center's website, www.mcleancenter.org, or call 703-790-0123, TTY: 711.

DEC. 2-3 AND 9-10

Holiday on the Farm. 5:30-7:30 p.m. (timed entries). At Frying Pan Farm Park, 2709 West Ox Road, Herndon. See the farm as you never have before, lit up with hundreds of holiday lights. Wagon rides, indoor activities, food, animal interactions and campfires. One-hour entry in 15-minute slots starting at 5:30 p.m. For times and to register, visit www.fairfaxcounty.gov/parks/parktaks

SATURDAY/DEC. 3

Holiday Boat Parade of Lights. Old Town's waterfront will shine for the 22nd Annual Alexandria Holiday Boat Parade of Lights sponsored by Amazon on Saturday, December 3, 2022, at 5:30 p.m. when more than 50 brightly lit boats cruise along one mile of the

Potomac River shoreline. Boat parade dockside festivities will entertain parade-goers from 2 to 8 p.m. The boat parade is part of a weekend of festivities including the 51st annual Alexandria Scottish Christmas Walk Parade. Head to Waterfront Park at the foot of King Street, near the official parade start line at the Alexandria City Marina, for festivities from 2 to 8 p.m. including a pop-up beer garden from Alexandria's award-winning Port City Brewing Company, hot chocolate from Dolci Gelati, gourmet popcorn from America's Favorite Gourmet Popcorn and holiday music from 97.1 WASH-FM.

SATURDAY/DEC. 3

Christmastide at Gunston Hall. 10 a.m. to 4 p.m. At Gunston Hall, 10709 Gunston Road, Lorton. Discover Christmases of the past through activities from the 1920s and the 1780s. See how Christmas has changed over time. Help visitors feed their curiosity by thinking about life for different people—enslaved, indentured, wealthy, and poor—at 18th-century Gunston Hall during the holiday season. This family-oriented event includes crafts, games, and live music. Visit the website: <https://gunstonhall.org/events/christmastide-at-gunston-hall/>

SATURDAY/DEC. 3

Cookies with Santa. 10 a.m. to 2 p.m. Join Reston Association when Santa makes his first stop in Reston. Join the holiday countdown with a cookie jar full of fun and see Santa Claus before he embarks on his annual journey around the world. With a craft, cookies & cocoa and activities to jumpstart your holiday season and a letter to and from Santa will sure be a highlight. Don't forget your camera! Registration and fee is only for the child, but parents must stay at the event. Contact Ashleigh@reston.org or 703-435-6577.

SEE HOLIDAY CALENDAR, PAGE 10

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HOLIDAY

FROM PAGE 9
SATURDAY/DEC. 3
Claus & Paws. 2-4 p.m. Dress up your pet, bring your camera and take a photo with Santa to share with family and friends this holiday season. Santa will also have a gift for your four-legged family member. This event will be held outdoors at the Lake House, Reston Contact Ashleigh@reston.org or 703-435-6577 .

SATURDAY/DEC. 3
Historic Clifton Holiday Homes Tour. 4-7 p.m. In the Town of Clifton. Kick off the holiday season at the Clifton Holiday Homes Tour. This year's tour will feature four historic houses, an open caboose, arts and crafts show in the Town Hall, and a gospel ensemble in the Clifton Primitive Baptist Church. Tickets: Prior to Tour \$20 adults, \$5 child; Day of Tour: \$25/adults, \$5 child. Tickets are available for purchase in town shops/restaurants. Visit <http://cliftonva.gov>.

SATURDAY/DEC. 3
Herndon Homes Tour. 10 a.m.-4 p.m. Tour Herndon homes decorated for the holidays. Tickets \$15 through Nov. 26; \$20 Nov. 27-Dec. 3. Buy in person at Arts Herndon, 750 Center St., Herndon; (credit, cash or check) and Herndon Florist, 1675 Reston Parkway Suite G, Reston; (cash or check) or online through Dec. 2 at holidayhomeshernndon.eventbrite.com. More information at holidayhomestourofherndon.org

SATURDAY/DEC. 3
Gifts from the Heart Exhibit & Shopping Event. 10 a.m. to 3 p.m. at Reston Community Center at Lake Anne, Reston. People can enjoy the artists' creations on display in the Jo Ann Rose Gallery through January 9, 2023; 3D Gallery exhibit items will remain on display through February 18, 2023. Artist entry fees and 10 percent of all sales will be donated to Cornerstones. The exhibit showcases original works of art in a variety of media – including oil, acrylic, watercolor, collage, stained glass, ceramic, sculpture and mixed media – with a wide range of sizes and prices. The December 3 sales event will offer the community a chance to purchase artwork and get into the holiday spirit. RCC will also offer a virtual artists' directory, which will connect visitors with the dozens of artists displaying their wares at Gifts from the HeART. Interested shoppers can shop directly from the artists' links. Find the directory online at www.restoncommunitycenter.com beginning December 3.

SATURDAY/DEC. 3
Holiday Model Train Show. 10 a.m.-4 p.m. at W&OD Caboose Open House, 11 a.m. - 2 p.m. At Arts Herndon, 750 Center Street, Herndon. Contact herndonhistoricalso-ciety@gmail.com

SATURDAY/DEC. 3
Holiday Tree Lighting & Sing-Along. 5-6 p.m. Carols, tree lighting and a visit from Santa. At Town Hall Square, 730 Elden Street, Herndon. Visit dulleschamber.org or call 571-323-5300.

DEC. 3-4
"The Nutcracker." At Rachel M. SEE HOLIDAY CALENDAR, PAGE 11
WWW.CONNECTIONNEWSPAPERS.COM

HOLIDAY CALENDAR

FROM PAGE 10

Schlesinger Concert Hall, 4915 E. Campus Drive, Alexandria. Presented by Metropolitan School of the Arts. Sat., Dec. 3 and Sun., Dec. 4 at 12 p.m. and 5 p.m. on both days. This year, MSA is replacing the Russian musical suite with Ukrainian folk dance in support of the Ukrainian crisis, and invited Colleen Prince, a dancer/choreographer from Carpathia Folk Dance Ensemble of Washington, D.C. to help choreograph the MSA Nutcracker. Tickets range from \$30 to \$32 per person. Go to www.metropolitanarts.org for more information, and purchase tickets at <https://ci.ovationtix.com/35491/production/1140336>.

SUNDAY/DEC. 4

Great Falls Tree Lighting. At Great Falls Village Center Field, Great Falls. Join in on Sunday, December 4 for the annual tree lighting at the Great Falls Village Field. There will be pony rides, a petting zoo, school choir performances, Live Nativity, and a special visit from Santa and Mrs. Claus.

SUNDAY/DEC. 4

Herndon Holiday Arts & Crafts Show. 10 a.m. to 4 p.m. More than 70 arts and craft vendors offer unique gifts, decorations and handmade items. Free admission and parking. At Herndon Community Center, 814 Ferndale Ave., Herndon. Visit herndon-va.gov/events. Call 703-787-7300.

SATURDAY/DEC. 10

Wintermarkt. 12-7 p.m. Bringing the Old World charm of Christmas in Europe to Herndon. Family-focused events, entertainment, and items for all members of the household. Downtown Herndon, 777 Lynn Street, Herndon. Visit Herndonwintermarkt.com or call 571-323-5300.

SATURDAY/DEC. 10

Christmas Around the World. 4-8 p.m. At Parkwood Baptist Church, 8726 Braddock Road, Annandale. "Christmas Around the World," celebrating Jesus' birth features concerts, costumed reenactors, live animals, biblical stories. Tickets at www.parkwood.org/registration beginning Nov. 28. Free parking. Visit the website: www.parkwood.org

SATURDAY/DEC. 10

Holiday Cheer. 7:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. Presented by the National Chamber Ensemble. This program brings the finest classical masterpieces and traditional holiday favorites together for a fun and memorable evening for the entire family. Festivities begin with a "Sleigh Ride" - Leroy Anderson's classic and "Chanukkah Festival". Soprano Nancy Peery Marriott (soprano), a long-time NCE favorite, will perform seasonal favorites and lead a Carol Sing-along that will have the entire audience joining in the spirit of the holidays. Tickets: <https://www.nationalchamberensemble.org/tickets.htm>

SATURDAY/DEC. 10

Christmas Calamity Improv. 7-9:30 p.m. Come ring the bells! Improv with a seasonal twist! At Arts Herndon, 750 Center Street, Herndon. Visit artsherndon.org. Tickets \$15. Call 703-956-6590.

DEC. 10-11

"The Nutcracker." 4 p.m. At Centreville High School, Centreville. Presented by the Mia Saunders School of Ballet. Tickets available at the door or online for Saturday and Sunday shows for \$10 for children under 5 and \$12 for ages 6 & up. Proceeds benefit CVHS Drama Scholarships and the Chesapeake Bay Foundation. More info at MiaSaundersBallet.com.

CALENDAR

FROM PAGE 8

and singers will throw an encore party that will surely take you back to the time of your life as you sing and dance along to your favorite Dirty Dancing songs.

DEC. 1-4

Tyson's Library Book & Media Sale. At Tyson's Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Hours: Thursday, 1 December, 10 a.m. - 5 p.m.; Friday, 2 December, 10 a.m. - 5 p.m.; Saturday, 3 December, 10 a.m. - 5 p.m.; and Sunday, 4 December, 10 a.m. - 5 p.m.: Bag sale. \$10 for a full grocery sack or half price if less. Large selection of books and media for all ages and interests. Email: tysonslibraryfriends@gmail.com. Call: 703-338-3307.

DEC. 1

Toys for Tots Happy Hour. 4:30-6:30 p.m. At Brightview Great Falls, 10200 Colvin Run Road, Great Falls. They will serve festive cocktails, hors d'oeuvres, and plenty of sweet treats. Send an email to Jenn Burns (jburns2@bvsl.net) or Kathy Wagner (kwagner@bvsl.net) to RSVP.

DEC. 2-3

Langley High Feaste. 7 p.m. At Langley High School, McLean. With the approach of the holidays, students at Langley High School are preparing for a time-honored tradition of their holiday Feaste, a festive evening that transports the audience back to Merrie Olde England for Renaissance-style dining and musical entertainment. Guests will encounter a transformed Langley Halle awash with twinkling lights, long, communal dinner tables and a sparkling, holiday-trimmed stage. Students, outfitted with medieval costumes and masks take on the roles of jesters, musicians and

singers, featuring the Merrie Madrigals, Chamber Choir and Bards from the Concert, Treble and Select Choirs.

DEC. 2-4

Holiday Book Sale. At Centreville Library, 14200 St. Germaine Drive, Centreville. Fiction for all ages (many new titles!), Variety of Nonfiction, DVDs, and Holiday Audio CDs Shop for holiday gifts and support the Library. Friday, Dec. 2 from 1-5 p.m.; Saturday, Dec. 3 from 10-5 p.m.; and Sunday, Dec. 4, from 1-4 p.m. The bag sale will take place on Sunday from 2-4 p.m.

SATURDAY/DEC. 3

Clifton Art Show. 2-7 p.m. At Clifton Town Hall, 12641 Chapel Road, Clifton. Artists offer their works in Fine Art Painting, Jewelry, Sculpture, Photography, Matted Giclee Prints, and Holiday Cards. With Clifton Homes tour 4-7 pm (admission) and a Horse Parade at 2 p.m. Visit the website: artguildofclifton.org

NOW THRU DEC. 31

Crafts for Kids. 10 a.m. to 12 noon. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Free, themed art projects for children (with guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: www.restonartgallery.com

SATURDAYS UNTIL DECEMBER

The Reston Farmers Market (sponsored by the Fairfax Co. Park Authority) will take place at Lake Anne Village in Reston from 8 a.m.-noon. SNAP beneficiaries receive up to \$20 match. The market will continue until December. Visit <http://restonfarmersmarket.com/>

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Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County, Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper's mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

Please, help save these historical papers. All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper-local news to residents. It feels like no small miracle to be looking forward into 2022.

The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

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Weight For It, Wait ...



By KENNETH B. LOURIE

For the first time in almost my entire six-decades plus of eating, I heard something from a doctor (my oncologist) that I had never heard before: "Kenny, you need to gain some weight."

The first reaction I had was to recall (in my mind) Robert Di Niro's famous "You talking' to me?" bit from the movie "Taxi Driver." But since I was the only cancer patient sitting in the examining room and the oncologist was speaking directly to me from approximately three feet away, it was me. I just couldn't believe, process even, these never-before-heard words.

These words were directed at me for good reason. I'm not even fitting into my older brother's hand-me-down jeans anymore, almost all of which were too tight. Now, these jeans are all too big. In addition, my belt hangs around my waist as it no longer has enough holes to make for a tight fit anymore. And when I had to wear a suit last week to attend a funeral, it was very nearly tent city. To say I was swimming conjures water. Let me assure you, there was no water where I was swimming. I was on dry land and standing helplessly in front of a mirror reflecting on my appearance. Ultimately, I did find something to wear. However, the problem was; I was the one wearing it, not the Kenny from last year.

This juxtaposition from my normal overweight to this very uncharacteristic underweight was not exactly my intention. It's more a combination of teeth issues and the dry-mouth side effect of my thyroid cancer medication. Though I'm not exactly a shell of my former self, I am nonetheless, svelte, you might say? And why might I be svelte? Because I've never heard the word used to describe me before so I'm not sure it applies. But to quote Popeye, that famous sailor: "I y'am what I y'am." I just hope that my future weight gain doesn't involve eating spinach out of a can. Early suggestions from the peanut gallery suggest otherwise: to include drinking multiple cans of boost per day, eating Ben & Jerry's ice cream at will, without caring which one is will, and eating more than a bagel and cream cheese for breakfast/lunch every day.

This need to eat - for my health, is the complete and total reversal of my lifelong relationship with food. Generally speaking, I am not a "healthy" eater. I'm more a carbohydrate kind of person who prefers cake, cookies, and ice cream. Vegetables, fresh fruit, fish and the like were never much on my dietary radar. If they ever were, I'd try and jam the signal so I wouldn't be embarrassed by my refusal to even try anything different. Eating has always been the bane of my existence. I'm a meat and potatoes chocoholic who doesn't eat well in front of others. A dinner invitation to eat a meal at somebody's home is fraught with anxiety for me. Invariably, there will be food I won't eat. As such, I'll try to sit next to my wife at the far end of the table away from the hosts so I can sneak food I don't eat onto her plate. Since she's a good eater, possibly what I discard onto her plate won't be left in limbo.

This self-assessment comes from a former adolescent who spent countless hours in the Husky Department in Filenes, Jordan Marsh, Kennedy's, and Raleigh's in downtown Boston trying to find "school clothes." As a result, I've stood over so many piles of clothes in dressing rooms which didn't fit and/or had to try on and then walk a kind of shame onto the floor where my mother was anxiously waiting to see if what I had tried on, even fit and if it did, would it meet with her approval. Twice a year, I endured this shopping hell; fall and winter, spring and summer. I remain partially traumatized to this day. Not to mention all the "fat"-type nicknames my brother had for me: "Fatso," "Blimp," "Endicott Chubb," and "Corpulent," to name a few. But since he was my biggest booster, it never really bothered me. Still, I was never ever told I needed to eat. Far from it. I ate plenty, just the wrong stuff. Yet, in 2022, that's what I'm being told. Eat anything I want; whatever it takes to gain weight.

You might as well try to turn an ocean liner around after it's headed out to sea. It hardly turns on a dime, and as far as my eating habits/tendencies, et cetera, neither do I.

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