

## Children and Family Ministry Calendar

- ▶ **This Wednesday, February 22—Great Parenting Wednesday** at the Microsoft Store theater on Level 2 of Tysons Corner Station. Pastor Herb Owen will speak on “**Developing Character in Your Children**” from 10-11am. Full information and register online at [greatparentingdays.com](http://greatparentingdays.com).
- ▶ **Sunday, February 26—Kids Place Singers rehearsal, 12:30-3:30pm.**
- ▶ **Sunday, March 11—Kids Place Singers** present *The Amazing Jerusalem Makeover*, an original musical by Pastor Herb Owen, at 6pm in the Worship Center.
- ▶ **Sunday, March 17—If You Were Mine Workshop**-8:30am-5:30pm for those considering adoption or who want to learn more about what’s involved. Full information and online registration is available at [cherrydale.org/ifyouweremine](http://cherrydale.org/ifyouweremine). \$15, or \$25 per couple if you register by February 26.
- ▶ **Friday, April 6—Arlington combined Good Friday Service** at Westover Baptist Church. Kids will enjoy a special kids Good Friday service there, as well.
- ▶ **June 25-29—Vacation Bible School.** Registration has begun at [cherrydalekids.net](http://cherrydalekids.net).
- ▶ **July 2-August 24—Camp Kids Place Day Camp** (no camp July 4). Registration has begun. Camp meets each day from 9am-4pm, with optional early (beginning at 7:15am) and late (until 5:45pm) programs, just the thing for working parents. Visit [campkidsplace.com](http://campkidsplace.com) to learn more and register online.

Relatively few people know that along with authoring the Declaration of Independence, Thomas Jefferson also compiled his own text, drawn carefully from passages extracted out of the New Testament, that he titled *The Life and Morals of Jesus of Nazareth*. The book, which focused on the ethical teachings of Jesus, was a private undertaking for Jefferson and never made public in his lifetime. Now, experts at the Smithsonian's National Museum of American History are meticulously conserving this fragile volume, page by brittle page. Along the way, they discover subtle hidden clues to Jefferson himself. Pastor Herb referred to this in his sermon this morning.

The Bible is on exhibit in the Museum of American History and a special about the Bible will be aired on the Smithsonian Channel tomorrow at 8pm.



# ISSUE 162 Family Talk

Cherrydale Baptist Church Parents Newsletter February 19, 2012

What are your children like when they're alone? Learn about..

## Developing Character in Your Children

Our children have been taught that “character counts,” but what, exactly, does character look like and how can we help our children go from being the characters they are ☺ to developing life-changing character?

Join us this **Wednesday, February 22 from 10-11am** as Pastor Herb Owen leads the sixth in a series of “**Great Parenting Wednesdays**”. Each of these sessions stands on its own and is open to everyone.

The workshop meets in the theater in the back of the **Microsoft Store** on level 2 of Tysons Corner Center. Although the store doesn't open until 10am, if you arrive a bit before then you'll find one of the glass doors open so you can come in and find your seat. You may bring your young children with you if you feel they can settle down beside you during the workshop.

**Please preregister at [greatparentingdays.com](http://greatparentingdays.com)** and invite your friends to join you at these weekly sessions.

## ***If not you, who? If not now, when?***

We shouldn't have to work so hard to find dedicated people to teach our children in the nursery, lead our kids classes and work in Vacation Bible School in the summer. But we do. And I wonder why.

The responsibility to train “the generation to come” is given to all God's people (Psalm 78). We currently need nursery volunteers to teach our children age 3 and under each week—so our children can have *the same teacher* each week. Other volunteers can help monthly or bi-weekly (although it would be great to have more of *them* volunteer each Sunday, too), but we need our teachers to be there every time the children are with us. The children need that, too.

Are you one of the teachers whose heart God has touched? If so, contact Pastor Herb Owen at (703) 254-8305.

## Opinion from the New York Times: Should We Regulate Sugar?

If sugar's consumption is linked to the rise in noncommunicable diseases like diabetes and hypertension, and if its effects on the body mimic those of alcohol, should we regulate it to protect public health?

Robert Lustig, Laura Schmidt and Claire Brindis, all researchers involved in health policy, argue that we should. In the February 4 issue of Nature magazine, they write:

*Authorities consider sugar as "empty calories" — but there is nothing empty about these calories. A growing body of scientific evidence shows that fructose can trigger processes that lead to liver toxicity and a host of other chronic diseases. A little is not a problem, but a lot kills — slowly. If international authorities are truly concerned about public health, they must consider limiting fructose — and its main delivery vehicles, the added sugars HCFS (high fructose corn syrup) and sucrose — which pose dangers to individuals and to society as a whole.*

Robert Lustig is the researcher at the center of last year's New York Times Magazine article Is Sugar Toxic? He hasn't moderated his stance. Among familiar ideas such as taxing added sugars or sodas, limiting sugary products available in schools and reducing the advertising of foods with added sugar, he and his co-authors add the suggestion that the Food and Drug Administration remove sugar from the "Generally Regarded as Safe" list. They propose putting an age limit on those allowed to purchase drinks with added sugar and creating laws to restrict the access of children to convenience stores after school.

Those ideas are paternalistic, and perhaps that's the point. Many of us, as parents, have effectively already imposed similar limits on our own children, some stricter than others. Free-for-all access to soda, advertising and convenience foods isn't on most of our menus. Public policy could support our parenting, and offer similar limits for those children whose parents are less vigilant.

But I, for one, am having a lot of trouble wrapping my head around the idea that we should class sugar with tobacco and alcohol, and even more trouble with ceding my parental prerogative to hand my child a dollar and send her up to the concession stand for a soda during her brother's hockey game (let alone the theory that public policy should stand in for allegedly poor parenting, which might in fact be mine). I find myself perched on the infamous slippery slope, though: I'm willing to hand the child a dollar and a dime for a taxed soda, but not to stand behind her and produce my government-issued identification.

And that's exactly the reaction the writers both fear and expect. "We're not talking prohibition," Dr. Schmidt said in a press release. "We're not advocating a major imposition of the government into people's lives. We're talking about gentle ways to make sugar consumption slightly less convenient, thereby moving people away from the concentrated dose. What we want is to actually increase people's choices by making foods that aren't loaded with sugar comparatively easier and cheaper to get."

Should we, really, regulate sugar? Is governmental action the only way to persuade our entire population to eat less of the added sweet stuff, and more of the whole foods version? It may be that I'm hopelessly behind the times — after all, beer was once considered a healthy drink for adults and children alike, and tobacco was marketed to women as a healthier alternative to candy. Is sugar the next health threat for the list?

*This article is presented to make you aware of current thought and controversy on the important topic of what our children eat. We do not necessarily endorse the content of articles like this, but feel you should be aware of what people are saying to facilitate your own discussion.*

By KJ Dell'Antonia

# Register your child now for Cherrydale's Son Harvest County Fair

## Vacation Bible School • June 25-29

### for kids age 4 by September 30-6th grade

Registration is now open for Cherrydale's 2012 Vacation Bible School. Join us at Son Harvest County Fair June 25-29 from 9am-12:15pm.

Our city slickers will experience county life for some down-to-earth farm fun. Your kids will love trying their hand at some real-life farm activities, creating blue-ribbon crafts, enjoying farm-fresh snacks, going hog-wild playing fun games, and singing down-home songs.

Learn more at [cherrydalekids.net](http://cherrydalekids.net) where you'll click the VBS link and learn about the program, register your child, and tell us if you can join the fun as a volunteer. VBS will fill up early, so register right away.

We are now interviewing applicants for positions on our summer staff at Camp Kids Place. Volunteers are 14 or 15 year-olds to help on the Activity Staff or serve as assistant Junior Counselors. Older

teens, college students, and adults are being interviewed for paid positions. We have openings for counselors, activity staff, Activity Director, Registrar (with good secretarial and computer skills), and other camp positions. Plus, there are openings for you to volunteer for a week here and there to help in various ways. If you are interested in applying, go to [campkidsplace.com](http://campkidsplace.com) and click the "Join Our Staff" link to complete an application.

**264 CAMPERS  
HAVE REGISTERED  
FOR THE SUMMER  
OF 2012 AT  
CAMP KIDS PLACE.  
DON'T BE  
DISAPPOINTED  
BY A FULL CAMP.  
REGISTER TODAY!**

## WHAT A WAY TO SPEND THE SUMMER!

Once school ends your kids have hours of free time to enjoy.

We've planned eight great weeks of day camp for kids entering kindergarten through grade 7 in the fall with lots of new things this year. It's great for all ages!

### 8 GREAT WEEKS OF DAY CAMP!

**CARNIVAL CAMP  
RANGER CAMP  
STUDIO CAMP  
OLYMPIC CAMP  
EXTREME CAMP  
CRUISIN' CAMP  
CAMPUS CAMP  
COSMOS CAMP**

Camp meets each weekday (except Independence Day) from July 2 through August 24 from 9 to 4. Plus, there are optional early and late programs that begin at 7:15am and end at 5:45pm at extra cost, just the thing for working parents.

The weekly camp fee is only \$159 (plus a one-time \$15 registration fee). The early and late programs are \$4 each per day (\$8 for both).

The camp meets at the beautiful campus of Cherrydale Baptist Church, with weekly off-campus adventures. We're just minutes from Ballston, Georgetown, Clarendon, the Pentagon, and the National Mall.

We're a Christian camp where kids explore, experience new things, and build great relationships with our counselors and other kids.

It's a safe, fun, loving, cool place for your children. You can visit us anytime online at [CAMPKIDSPPLACE.COM](http://CAMPKIDSPPLACE.COM) to learn more and register online.

Camp Kids Place  
3910 Lorcom Lane  
Arlington, Virginia 22207

