

Thrift Shop Gift Ideas in Herndon

HOLIDAY FUN & GIFT GUIDE, PAGE 8

The Closet's holiday section attracts shoppers looking for gift and decoration ideas.

Herndon Council Okays Town Gateway Signs

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Classical Ballet Theatre Presents Nutcracker

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PHOTO BY ALEX McVEIGH/THE CONNECTION

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

WEDNESDAY/MONDAY/NOV20-DEC.16

Toys for Tots Drop-off. 9 a.m.-5 p.m. weekdays, at National Realty, located at the corner of Reston Parkway and Sunrise Valley Drive, 11890 Sunrise Valley Drive, Reston. Drop a new, unwrapped toy in the donation box in the lobby. All toys will be distributed to needy children within Loudoun County and to Herndon & Reston children via the non-profit Herndon-Reston FISH, Inc. "Newborn to 1-Year Old" and the "Teens" age groups are particularly needed. 703-860-4600.

THURSDAY, NOV. 21

Politics & the Media. 8 p.m., at the Northern Virginia Hebrew Congregation, 1441 Wiehle Ave, Reston. New York Times Reporter Sheryl Gay Stolberg will discuss the relationship between politics and the media as well as her coverage of the 2012 presidential election. The event is free and open to all. 703-437-7733

Magic Tree House Book Club. 4 p.m.-5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Come explore the world of Jack and Annie. This month's title is Thanksgiving on Thursday by Mary Pope Osborne. Read it at home and join us for discussion and activities. Age 6-9. 703-689-2700.

Reston Teen Cafe. 7 p.m.-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Bring a copy of a favorite, lesser-known book or book-based DVD. We'll socialize and come up with ideas for each month's meeting: Teen Choice Book Club. Share samples of creative writing and get constructive feedback from each other. Create illustrations for a favorite book. Play games like "Which book am I?" Bring a covered drink for yourself and snacks to share. Age 13-18. 703-689-2700.

SATURDAY/NOV. 23

Korean Spirit and Culture Promotion Project. 1 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. A program on Korean culture which includes films, a re-enactment of a Korean wedding ceremony and traditional foods. Register. 703-689-2700 or www.fairfaxcounty.gov/library/.

MONDAY/NOV. 25

Storytimes for Threes to Fives. 10:30 a.m. - 11:00 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Early literacy program with stories and activities. Age 3-5 with adult. 703-689-2700.

FRIDAY/NOV. 29

American Red Cross Blood Drive. 8:30 a.m.-2 p.m. Reston Community Center, 2310 Colts Neck Road, Reston.

TUESDAY/DEC. 10

Discover Graphics. At ArtSpace Herndon, 750 Center Street, Herndon. Exhibiting the work of printmakers for the past 30 years.

WEDNESDAY/DEC. 11

Business Education Workshop: Learn to Enjoy Tax Time. 8:30-10 a.m., at Greater Reston Chamber of Commerce, 1763 Fountain Drive, Reston. The cost is \$10. Register at <https://restonvacoc.wliinc25.com/>. More info: call 703-707-9045.

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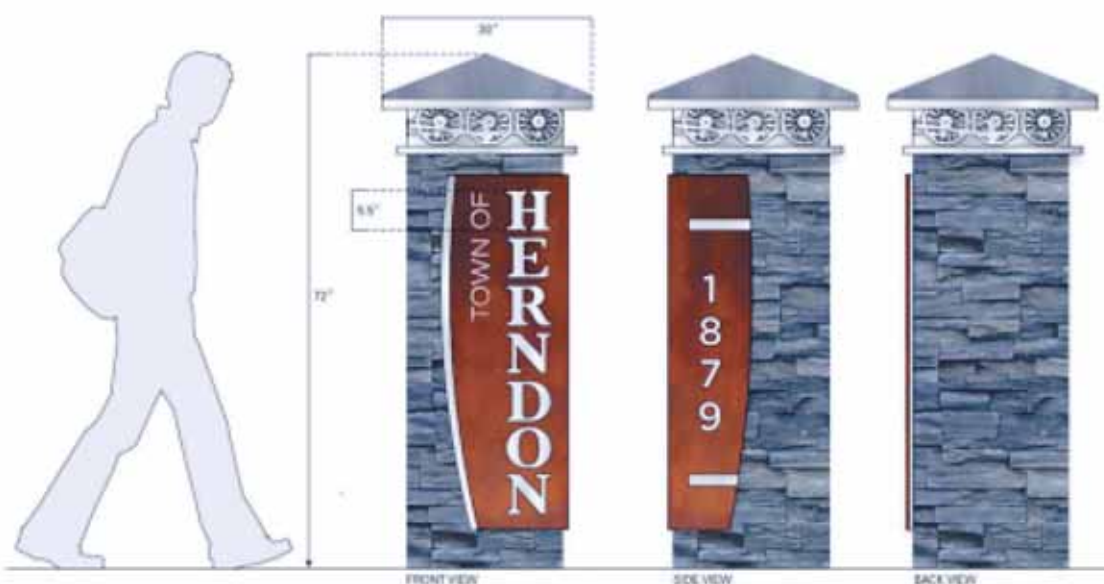


PHOTO COURTESY OF TOWN OF HERNDON

The approved design for gateway signs that will be placed at seven entrances to the Town of Herndon.

Herndon Council Okays Town Gateway Signs

BY RYAN DUNN
THE CONNECTION

Members of the Herndon Town Council voted on Tuesday, Nov. 12, to approve the design of gateway signs that will be set up around the entrances to the town of Herndon. Members of the public were invited to attend the Town Council meeting and voice their opinions during the public hearing. “When the signs are installed it is yet to be determined,” said Bryce Perry, the planner and deputy zoning administrator at Town of Herndon.

“The process of obtaining these signs was decades in the making,” said Perry. “The need to market the town and enhance the gateway to the town are in the 2030 vision. We knew this was a big part of that.” The Town of Herndon currently has two older wooden gateway signs that have been in use since 1979.

A sign review advisory committee comprising six residents of the town of Herndon was formed to help evaluate designs for the new gateway signs. Town councilmember Melissa Jonas was chair of this committee.

TWO DESIGNS were developed, a primary design and a design when site constraints limit size. “We are lucky to have medians in most of the locations for the gateways signs and there is less competition visually,” said Perry. “Because the medians had sight constraints, we decided to go with vertical oriented signs.”

The estimated costs are between \$20,000 to \$40,000 per sign, though Town staff say they believe it would be toward the lower end of the range.

“We really want to establish the Town of Herndon as a locality, to identify where the Town of Herndon starts,” said town council member Grace Wolf. “A lot of people do not know where the town borders are.”



PHOTO BY RYAN DUNN/THE CONNECTION

Both Wolf and Jonas agree public response to the sign designs has been mostly positive. “Some question how much it would cost, but I ask how much it would cost to not continue investing in our infrastructure,” said Herndon resident Barbara Glakas. “This design speaks louder of our history.”

All the lettering on the signs will be vertical, without a branding or logo font. The design calls for traditional materials, real stone veneer, and smooth concrete. Absent from the signs’ design is the town’s seal. “It simplifies the message of the sign. With a sign of this size, you would not be able to see the intricacies of the town seal,” said Perry. Herndon Town

council member Dave Kirby said during the hearing as much as he respected the town seal, space limitations would not make it a good location.

The seven gateway signs will be posted inside street medians with the exception of the site at Crestview, where because there is no median, it will go on the side of the road. The letters of all seven signs will be lit. There will be five larger signs that are about 9 feet tall, with letters about 10 inches tall.

The other two smaller signs will be about 6 feet tall, with letters that are 5.5 inches tall. The project passed with a 6-1 vote at the town council.

One of the next steps will be for the office of the Herndon Town Manager to obtain construction bids for this project.

“Because we are at the doorstep of Dulles and with the arrival of the Metro Silver Line, it will be a welcoming sign whenever people enter in and out of the town,” said councilmember Jonas. “There will be a sense of pride for people of the Town of Herndon to see these gateway signs.”

To learn more about Town of Herndon government and meetings, visit www.herndon-va.gov/Content/Government.



PHOTOS CONTRIBUTED

Herndon High School Naval JROTC students line up for a morning formation while at Parris Island.

Herndon Cadets Visit Boot Camp

Naval JROTC cadets train at Parris Island, S.C.

BY ALEX McVEIGH
THE CONNECTION

Members of the Herndon High School Naval Junior ROTC got a chance to train in the same place as members of the Marine Corps for 48 hours, experiencing life at boot camp firsthand.

“They allow groups to go down to Parris Island, [S.C.] and train on a regular basis, with drill sergeants giving them the full routine,” said Herndon JROTC Commander Richard Cassara. “I think they knew we could get it a little tougher as a JROTC group, and they sure let the students have it, from the moment we stepped off the bus, to the moment we left.”

Marine Corps Recruit Depot Parris Island is where any Marine west of the Mississippi River attends boot camp. It has housed Marines since 1891, and currently more than 16,000 Marines pass through per year.

Herndon students got an earful from three different drill instructors during their time there, as well as 5 a.m. wakeups, a visit to the gas chamber, an obstacle course, a challenge course and a trip to the Marine Corps Museum.

“In every TV show and movie about the Marines, what you hear about Parris Island is their drill instructors, so we were definitely interested in seeing what it looked like,” said senior Charlotte Suttle, the unit’s executive officer.

Forty one cadets, about half



A member of the Herndon High School Naval Junior ROTC attempts an obstacle during a session at Parris Island.

of the corps, attended Parris Island. For group’s commanding officer, senior Sean Sullivan, it was a chance to get a glimpse of what is to come.

“I’m planning on joining the Marine Corps after graduation, so I was glad to get a taste of what I’ll be in for,” he said. “We had it a little softer than regular recruits, there are a few obstacle courses that we couldn’t go on, but I expected a fast paced weekend with a DI yelling in your face, and that’s what I got.”

The volume from the drill instructor was at first not what the cadets expected.

“One of the DIs we had was having a voice issue, so he couldn’t yell too much, but the ones we ran across on the rappelling tower did not have the same problem, so we got it there,” Suttle said.

Sullivan recalled that moment when he, and his fellow

SEE LEARNING, PAGE 7

Herndon Elementary Holds Family Science Night

Science Night coincides with Fall Book Fair.

BY RYAN DUNN
THE CONNECTION

Herndon Elementary School opened the evening of Nov. 18, for students and families to participate in the Family Science Night. Special guests that evening were the Children's Science Center, which set up 12 hands-on stations or a mobile lab in the gymnasium for kids to witness and view science related matter. "This is our first time inviting the Children's Science Center to Herndon Elementary," said Elizabeth Gibson, teacher of Advanced Academic Resources.

The Children's Science Center is an interactive children's museum planned for Northern Virginia focused on math and science. Their objective is to excite children in science and engineering learning and exploration through use of an interactive hands-on medium. "We have 12 different activities all geared towards different grade levels," the center's Senior Science Educator Michelle Avda said. All the persons working at the mobile lab stands that evening were vol-



From left, Shermin S. Kapadia and Joanne Lyons, members of the Herndon PTA helped sell books at the Herndon Elementary fall book sale.

unteers or staff with Herndon Elementary. "It is great for the children to see their parents and teachers in a different role," Avda said.

Herndon Elementary technology specialist Sue Powell and first grade teacher Katie Mirro were operating the Binary Code Exploring Computer Memory stand. "I think it [the science night] is exciting because it gives kids a lot of hand on experience with different science concepts," said Powell. Other stands included one on fingerprint analysis and another on series and parallel circuits.

"This event is so very profes-

SEE SCIENCE, PAGE 13



Herndon Elementary technology specialist Sue Powell and 1st grade teacher Katie Mirro.



From left: Elizabeth Gibson, Herndon Elementary's teacher of Advanced Academic Resources and Children's Science Center's Senior Science Educator Michelle Avda.



Robyn Tremaine instructs a student on making a paper airplane at the aviation stand.



Founder of The Three Birds Foundation, Joe Plummer brought a solar light display.

PHOTOS BY RYAN DUNN/THE CONNECTION

A Lesson on Thankfulness

Chanukah and Thanksgiving are deeply connected.

BY RABBI LEIBEL
FAJNLAND
CHABAD OF RESTON-HERNDON

For the first time since 1888, and not for at least another 77,798 years, the festivals of Chanukah and Thanksgiving converge. It is a rarity that invites us to take a closer look at the underlying message of both, the common theme they both share.

Thanksgiving is a story about a strenuous journey to escape religious persecution for freedom in a new land, a free land, and the Divine providence that carried those refugees through their plight.

In a nutshell that's Chanukah, as well: a narrative deeply embedded in the collective Jewish psyche of how a small band of heroes fought back against religious oppres-



Rabbi Leibel Fajnlend

America, most holidays have lost their original significance for most people. With Thanksgiving, we still identify with the plight of those Pilgrims. Most of us, after all, are descendants of those who fled to this side of the planet seeking a new future free of the oppressive restrictions of the old world. And when we think of America, we still think of a land of promise and liberty.

So Chanukah and Thanksgiving are deeply connected, and both elicit from deep within our souls the cry summed up so well by MLK

Jr. "Free at last! Free at last! Thank G-d Almighty, we are free at last!"

And although Thanksgiving is a national holiday, not a religious holiday, it is ultimately a story about the oppressed thanking G-d for the gift of life and liberty.

Notwithstanding the fact that, in America, most holidays have lost their original significance for most people. With Thanksgiving, we still identify with the plight of those Pilgrims. Most of us, after all, are descendants of those who fled to this side of the planet seeking a new future free of the oppressive restrictions of the old world. And when we think of America, we still think of a land of promise and liberty.

So this Chanukah/Thanksgiving season let us all be thankful for the blessings we were gifted. But most importantly let us become G-dlike ourselves, by caring, and by being

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And although Thanksgiving is a national holiday, not a religious holiday, it is ultimately a story about the oppressed thanking G-d for the gift of life and liberty.

And why is the G-d factor that important? Thanking G-d affirms you feel an affinity with whatever it is you believe is behind this whole existence of ours. You feel that there is some sort of interaction going on here. You feel that this super-being, this transcendental oneness — as strange as it may sound, actually cares...about you!

It says that caring doesn't just make the world go 'round — caring is the reason the world is here to begin with.

So this Chanukah/Thanksgiving season let us all be thankful for the blessings we were gifted. But most importantly let us become G-dlike ourselves, by caring, and by being

Chanukah Programs in Reston-Herndon Area

All reservations can be made at www.chabadrh.org

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Chanukah treats for all. Bands galore. Fantastic raffle.
Where: Michaels Reston (11630 Plaza America Dr. Reston)
When: Sunday, Nov. 24., 2:-3:30 p.m.
Fee: Gratis. \$36 Event Sponsorship.

Chanukah on the Green

Bring family and friends for an evening of Chanukah fun. Giant Menorah lighting, refreshments and more!
Who: The entire community
When: Sunday, Dec. 1, at 5:30 p.m.
Where: Herndon Town Green, 777 Lynn Street, Herndon.
Fee: Gratis.

Chanukah Party @ Lake Anne Waterfront

Witness the lighting of a giant Ice Menorah by a special guest. Then join us in the Reston Community Center at Lake Anne for fun, prize drawings, Chanukah donuts, latkes, and chocolate gelt, Hot chocolate, Family chanukah film, free dreidels, and lots of holiday cheer for the whole family!

Tuesday, Dec. 3, 5:30 p.m.
At the Lake Anne Waterfront/Reston Community Center Lake Anne, 1609 Washington Plaza N # A, Reston
Event Sponsorship: Menorah Sponsor \$50 . Maccabee Sponsor \$100

and bringing blessings to others.
For all Chanukah related questions and information visit

www.chabadrh.org/chanukah
Rabbi Fajnlend can be reached at Rabbi@chabadrh.org



PHOTO COURTESY OF COOKOLOGY

Holiday cooking with children promotes learning and self-confidence and creates fond memories.

Holiday Cooking with Children

Local culinary instructors offer suggestions for bonding in the kitchen.

BY MARILYN CAMPBELL
THE CONNECTION

Maria Kopsidas recalls childhood holidays filled with turkey, sweets and merriment. Because she grew up in a family of professional chefs, cookbook authors and culinary enthusiasts, the stretch from Thanksgiving to Christmas always brings fond food recollections.

“My grandmother was always tasked with seven to eight pies, my aunt made her famous stuffing and brownies [and] my uncle cooked the turkey. My mother was in charge of everything else, [including] and more importantly, playing referee between my two grandmothers, who competed over the invisible gravy of the year award,” said Kopsidas, who owns Cookology Recreational Culinary School, in Dulles Town Center.

Kopsidas and other culinary instructors say the holidays are an ideal time to spend time in the kitchen with children. When tasks match a child’s age and ability, the kitchen becomes fertile ground for making memories, learning and creating lasting bonds.

Stephen P. Sands, of Culinary Cooking School in Vienna, agrees. “Besides being educational — teaching them math through measuring ingredients, and the chemistry of food, such as why egg whites cause soufflés to rise, or why or how baking soda works — it bonds families together,” he said. “It provides all with a purpose, a

fun way to work together, and the results are enjoyed by everyone. Some of life’s great lessons can be learned in the kitchen.”

Kopsidas believes that children enjoy creating a dish designed especially for other children. “Sit down with your children to discuss what they think each child/guest would like to eat for Thanksgiving,” she said. “Discuss who is a picky eater, who would love vegetables, potatoes, sweet potatoes, cranberry sauce, pie. Let them help make baked goods like pies, brownies and cupcakes.”

Sands said praise and encouragement can make meal preparation a joyful experience for children. “At an early age, provide positive reinforcement, a sense of accomplishment and pride in the work they produce,” he said. “However, remember there are those negatives: like egg shells in the batter, salt being added to a dessert instead of sugar and my favorite, the spatula in the mixer while it’s running, [which] results in chocolate splatter on the walls, not to mention you, them and probably the dog. Regardless, it is a fun experience all will enjoy.”

Even children who may not enjoy spending time in the kitchen can take part in process. “Have your kids set the kids’ table, making colorful place settings with each kid’s name and maybe a drawing of their likeness,” said Kopsidas. “This will make the guest children feel special when they arrive at a new home.”

Open House Date December 10

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Shop Locally, Shop in Reston

Small business Saturday isn't enough; don't wait until then, and don't stop after that.

An effort to support locally owned-businesses has resulted in the recognition of Small Business Saturday, the Saturday after Thanksgiving. This year that is Nov. 30. Black Friday, the day after Thanksgiving, is known as a dedicated day of national zeal for shopping. Presumably the next day shoppers can focus on local shopping.

It sounds like an obligation, and it is. But there is a joy to shopping in local stores at the holidays, to walking along a sidewalk with the streets decked out for the holidays, to being greeted by someone likely to be the owner of the store, to finding gifts that are not mass-produced.

We all benefit when local stores thrive, when local business districts beckon.

Locally owned retail shops, services, restaurants depend on vibrant local communities to thrive. Most small, locally owned businesses invest in community, helping to transform our towns and communities with a sense of place.

The economy continues to improve slowly without inspiring. Local families will shop and

exchange gifts during the next month, spending tens of millions of dollars in a variety of places.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambience available by shopping in the heart of a town that is decked out for the season. Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

Frequently, it is the small retail person who is active in fundraising for local charities, for fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, face tough challenges right now. Competition from big box stores and online sellers makes the holiday shopping season all the more important to locally owned retailers.

Everyone will do some of their shopping at the mall. Everyone will do some shopping online. Many will answer the call of the big box. But local shoppers should be sure to save some shopping time and dollars for local stores. Spend some time shopping in your own community, and also plan an excursion to a nearby town to check out the local businesses and holiday spirit there.

Some of the upcoming holiday events in the

area include:

23rd Annual Reston Holiday Parade

Take part in the festive season with Macy's-style balloons, musicians, dancers, antique cars, and more. This one-hour parade along Market Street will also welcome the arrival of Santa and Mrs. Claus in a horse-drawn carriage on Friday, Nov. 29.

Herndon Towne Square Singers Winter Concert

The Towne Square Singers will perform music of the holidays from TV and movies. Join them on Dec. 7 at Herndon Middle School.

Jingle with Santa at Lake Anne

Bring the family to enjoy festive activities on Dec. 7, ranging from the visit from Santa (arriving on a lake barge), strolling carolers, a petting zoo, music, wine tastings, merchant specials, children's crafts, cookie decorating, holiday arts & crafts market, holiday entertainment and more.

Herndon Holiday Arts & Crafts Show

Shop locally this holiday season at the Holiday Arts & Crafts Show on Dec. 8, where more than 70 arts and craft vendors will offer unique gifts, decorations and handmade items.

EDITORIAL

LETTERS TO THE EDITOR

Response to Sharon Bulova

Dear Chairman Bulova:

Perhaps I am mistaken, but your recent article ("Library Reorganization Deserves More Work," The Connection, Nov. 13-19, 2013) sounds to me like a repudiation of the hard-fought community efforts over the last several months to maintain strong library services. It also appears to be a pre-emptive strike against the Library Board of Trustees presentation to be made on Nov. 19.

I understand that these are hard times financially, but I also understand that in hard times people need their public libraries to resolve personal and financial issues by researching jobs, careers, education, with the help of experienced librarians in a non-intimidating, friendly, neighborhood environment. Therefore I do not think this is the time to take the Fairfax County Public Library down the road to destruction by continuing to refuse to provide it with the funds it needs to be of service to the community.

In your article, you mention other library systems have success-

fully saved money in hard times by reducing hours, cutting services, or even closing library branches. These approaches by other library systems have one thing in common: they are all temporary cutbacks which can be re-adjusted slowly over time as the financial situation gets better.

The Beta Plan however will effectively destroy the library by reducing to a point of no return the quantity and quality of staff and services the library is able to provide. The Beta Plan is not a temporary plan. The changes are designed to be permanent (re-designation and reclassification of personnel is not to be undertaken lightly; nor is a one-size fits all library system where branches no longer serve the needs of their individual communities.) There will be no easy, gradual return to the level of quality and service at FCPL that we all know today, let alone to bring FCPL to the level it was at before the series of extensive budget cuts the Library has been taking over the last five or six years. The Beta Plan will be a mortal wound to the Fairfax County Library system and the Fairfax County citizens who need and deserve the best library they can get.

It will take a lot more money to bring FCPL back from the Beta Plan.

I certainly hope that your Nov. 13 comments in The Connection do not reflect a closed mind and an intent to go forward with the Beta Plan no matter what the citizens of Fairfax County want and need, and no matter what the Library Board of Trustees present to you on Nov. 19. I hope that your charge to the Library Board to find out what the public wants was not an exercise in futility and that you will listen with an open mind and do the right thing.

Mary Alice Giarda
Springfield

Bad Plan for County Libraries

Chairman Bulova:

I find it very disturbing that after many hours of public meetings, hundreds of speakers, and thousands of emails and petition signatures about the proposed "strategic redirection" of Fairfax libraries you can still believe that absolutely dreadful plan contains many ideas "of value" which "should

continue to be explored." The problem was not that the plan was "too much for the organization to absorb;" the problem was that the plan was a bad plan which was condemned as such by staff and public alike. What is worth pursuing about lowering educational requirements and eliminating the expectation that there be any actual librarians in our libraries or in eliminating staff specializing in service to children?

This was not a plan to enhance or improve our libraries. It was a plan which would degrade our library services and devalue our library staff. Fairfax libraries do not suffer from a failure to reinvent themselves. They suffer from years of budget cuts and staff reductions. Fairfax libraries have fallen behind neighboring systems because we have been increasingly unwilling to fund them. The library budget has been gutted by 25 percent over the last few years and the materials budget slashed by 2/3. No misguided search for further "efficiencies" will rectify that situation. Only a restoration of appropriate funding will solve the ills which afflict our libraries.

Please listen to the clear mes-

SEE LETTERS, PAGE 13

NEWS

Learning a 'Tough Lesson'

FROM PAGE 3

cadets would realize they caught an instructor's attention.

"There's that sudden moment when they see you and lock eyes, and all of a sudden they're right in your face, yelling and trying to intimidate you," he said. "It didn't bother me too much, because it's not personal, it's their jobs. They just have no patience for mistakes or incompetence, because there's not room for it."

The cadets also stayed in the barracks on the base, though due to impending bed inspections the next mornings, it wasn't always a comfortable way to sleep.

"Most of the girls didn't sleep under the covers, especially the first night, because we didn't want to mess up the bed for morning inspection, because it takes a long time to get it ready," Suttle said.

She will be joining the Navy reserves after graduation, and enjoyed getting a glimpse of military life.

"I think I'm a little more confident, because I know what to expect a little bit at boot camp," she said. "It definitely reinforced my decision to join."

Sullivan said he learned about the realities of the military as opposed to what's seen on TV and the movies.

"I think I expected it to be more chaotic, in the movies it's always a little crazy, but in real life it's nothing but order," he said. "I wish I could have stayed down there, but I had to get back to school. But it's definitely a positive message about how you can overcome things that are tough."

LETTER

FROM PAGE 6

sage from library users and library staff. We want no part of the despised "Beta plan." It needs to be tossed in the dumpster just as hundreds of thousands of taxpayer purchased books were over the last year. Our libraries need a restoration of funding, a restoration of staff morale, a restoration of public trust in library leadership, and a restoration of hope that Fairfax County is indeed committed to supporting the sort of first class library system a County of our wealth and population deserves.

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Vienna

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PHOTO CONTRIBUTED

The Classical Ballet Theatre will present their annual production of "The Nutcracker" starting Saturday, Nov. 30.

Classical Ballet Theatre Presents Nutcracker

Annual production will run Nov. 30 and Dec. 1.

By ALEX McVEIGH
THE CONNECTION

The Classical Ballet Theatre will present their annual production of "The Nutcracker" starting Nov. 30 at the Northern Virginia Community College Annandale campus.

"Work on this production starts in August, when we hold camps to learn the choreography, and it's one of our most intensive productions every year," said Alisher Saburov, the CBT's artistic director. "Once we get started, the practices are tough. The girls are breathing hard, almost to the point of collapse. But it's something they're excited about all year long. As we get closer, the dancers come in every day knowing it's coming." The hard work manifests itself in the theater's most popular annual show, one that often sells out. "The Nutcracker" tells the story of a young girl's adventures when a Christmas present comes to life, set to the music of Pyotr Tchaikovsky.

"Every year is different, it's sort of a living thing, we change parts from last year, add or take away props, and we never know how many people will be in the

cast," Saburov said. "We have different casts, who bring their own personality and artistry to the roles, not just the technique."

During the process, the dancers do a few outreach programs, welcoming in students from local schools. And while it gives a chance for children to see the show up close, it also requires the dancers to be spot on with every maneuver.

"It's different than dancing on a stage, with the audience right in our studio, they can see every gesture, every expression each dancer makes, so they have to be in total control," Saburov said.

Saburov and CBT Executive Director Cynthia Donavin both credited the theater's parents for being the backbone behind the production, helping with everything to costumes, sales and loading and unloading equipment for the show.

The shows will be Saturday, Nov. 30 at 2 and 7 p.m., and Sunday Dec. 1 at 2 p.m. at the Ernst Community Cultural Center Theater, 8333 Little River Turnpike, Annandale.

Nonperishable food items for donation to LINK, a nonprofit that provides emergency food assistance, will be accepted at the door.

Tickets can be purchased at www.cbtnva.org/nutcracker. Military families, Boy Scouts and Girl Scouts can contact 703-471-0750 for a password for discounted tickets.

HOLIDAY GIFT GUIDE

Thrift Shop Gift Ideas in Herndon

The Closet, Bargain Loft, offer gift ideas that support local charities.

By ALEX McVEIGH
THE CONNECTION

While there's no shortage of standard brick-and-mortar and online places to shop for this holiday season, several thrift shops in Herndon offer special gift opportunities, as well as a chance to help the less fortunate while doing so.

The Closet in downtown Herndon, which was recently cleaned and completely restocked for the holidays, features a selection of clothing, CD, DVDs, books, art, silverware, tableware, as well as a children's section filled with toys and books.

Store manager Aaron Sawyer likes to say "if it's not here when you're here, it's on its way."

Regular customer Geoff Akey says he likes to shop The Closet for athletic gear.

"It's a great place for sporting equipment that's in good shape and at a good price. In fact it's so good, I hate to tell people about it, because it's my secret," he said. "But hopefully more people will also find their old equipment at home and donate it, so it can find a new home this holiday season."

Sawyer says the store checks and double checks every item that is donated before it goes onto the floor.

"We guarantee every toy, or puzzle or game is complete with all the pieces before it even makes it out onto the shelves," he said. "And whether it's a toaster or a DVD on the shelves, every single item has been tested to make sure it works. Our volunteers work very hard to make sure everything we stock works."

Since every item goes through the volunteers, they have a good sense of what can be found, and how to help their customers.

"Many of our regulars have come to rely on the person who watches the dressing rooms as their own fashion consultant, and we're definitely up for the job," said Annette Reed, a longtime volunteer. "And around the holidays, we have an entire section dedicated to decorations, which is fully stocked."

The shop's holiday wares fill one section, and are also spread out



Shoppers browse The Closet in Herndon for gift ideas.



Starting Tuesday, Nov. 26, The Bargain Loft thrift store will transform into a holiday shop.

throughout the store's regular selection of clothes,

"A great, affordable gift idea that we've seen lately starts with a coffee mug, which we have a great selection of at about 50 cents per mug," Greenspan said. "After you find the right mug, fill it with chocolates, candy, or even a small plant like an African violet, and it makes a beautiful, personal gift."

Greenspan also highlighted the store's locked china cabinet, which contains an ever-changing selection of bric-a-brac, flatware and other items that are among the favorites of local collectors.

The store also has a new boxed section, featuring items that have been donated, but are still unopened in their original packaging.

Proceeds from The Closet go to support local nonprofits such as Herndon-Reston FISH among others. They also donate tens of thousands of dollars of clothing and other items to local congregations and social service agencies.

The shop will be hosting their fourth annual Christmas celebration on Sunday, Dec. 8 from 4 to 6 p.m. Santa Claus will be making



PHOTOS BY ALEX McVEIGH/THE CONNECTION

Shoppers at The Closet in Herndon check out the shoe and clothing stock.

off, and will be until closing on Saturday, Nov. 23.

"One of our most popular items are the vintage ornaments we get in, they're hard to find anywhere else, and we get a great selection of them," Williams said.

Proceeds from The Bargain Loft go to benefit Herndon-Reston FISH, which stands for Friendly, Instant, Sympathetic Help. The or-

ganization provides emergency assistance in the form of bill or rent payment, transportation and other needs.

The Bargain Loft is open Tuesday through Friday from 10 a.m. to 3 p.m. and on Saturdays from 10 a.m. to 4 p.m. It is located at 336 Victory Drive in Herndon.

More information is available at www.herndonrestonfish.org.

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HOLIDAY CALENDAR

THURSDAY/NOV. 21

"The Nutcracker" Children's Series Performances. 1 p.m. Classical Ballet Theatre Performance Studio, 320 Victory Drive, Herndon. One-hour performances of the classic holiday ballet, performed for preschools, Head Start classes, and kindergartens.

WEDNESDAY/NOV. 27

Community Thanksgiving Eve Service. 7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston.

FRIDAY/NOV. 29

23rd Annual Reston Holiday Parade. 11 a.m. Reston Town Center, 11900 Market Street, Reston. Take part in the festive season with Macy's-style balloons, musicians, dancers, antique cars, and more. This one-hour parade along Market Street will also welcome the arrival of Santa and Mrs. Claus in a horse-drawn carriage. www.restontowncenter.com/holidays.

Gingerbread Man Mile. 8 a.m. Reston Town Center, 11900 Market Street, Reston. The course covers a 1-mile loop around Reston Town Center. Registration: \$5. <http://www.prraces.com/gingerbread/>

Tree Lighting and Sing Along. 6 p.m. Reston Town Center, 11900 Market Street, Reston. Join Santa to light up the Christmas tree and sing some festive carols.

The Thanksgiving Story. 11 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Bring family and friends to this lively and interactive retelling of the Thanksgiving Story. Admission \$4-\$6.



Southview Community Church, 2620 Reston Pkwy, Herndon, presents "Living Nativity," in which the Christmas story is recounted in a meaningful and tangible way with live animals and visual interpretations, starting Dec. 6.

SUNDAY/DEC. 1

Chanukah on the Town Square. 5:30 p.m. Giant Menorah lighting, crafts, refreshments and more. Herndon Town Square, in front of Town Hall at 730 Elden Street, Herndon.

TUESDAY/DEC. 3- SUNDAY/DEC. 29

Jacob Marley's Christmas Carol. NextStop Theatre, 269 Sunset Park Drive, Herndon. In this behind-the-scenes retelling of one of the most

famous stories of all time, join Marley and an annoying little sprite named Bogle, as they set out on an impossible adventure to save old Scrooge's soul. Tickets: \$25. <http://www.nextstoptheatre.org>

TUESDAY/DEC. 3

New York Festival of Song "Cubans in Paris, Cubans at Home." 8 p.m. CenterStage, 2310 Colts Neck Road, Reston. Features Cuban music that took the world by storm in the 1920s and 30s and

found a special welcome in Paris. Tickets: \$20-\$40. <http://restoncommunitycenter.com/centerstage-new-york-festival-of-song.shtml>

WEDNESDAY/DEC. 4

"The Twelve Dates of Christmas." NextStop Theatre, 269 Sunset Park Drive, Herndon. Tickets: \$25. <http://www.nextstoptheatre.org>.

FRIDAY/DEC. 6- SATURDAY/DEC. 7

Living Nativity. 6:30-9 p.m. Southview Community Church, 2620 Reston Pkwy, Herndon. The Christmas story is recounted in a meaningful and tangible way with live animals and visual interpretations.

SATURDAY/DEC. 7

Alternative Gift Market. 10 a.m. - 2 p.m. Unitarian Universalist Church, 1625 Wiehle Avenue, Reston. This annual market and craft festival allows you to donate on behalf of someone to a cause that will benefit others.

Gifts from the HeART: Reception and Holiday Sale Event. 11 a.m. - 4 p.m. 2310 Colts Neck Road, Reston. Original works of art in a variety of media, including oil, acrylic, watercolor, collage, stained glass, ceramic, sculpture, and mixed media, in a wide range of sizes and prices. <http://restoncommunitycenter.com/gifts-from-heart.shtml>

Herndon Towne Square Singers

Winter Concert. 7:30 p.m. Herndon Middle School, 901 Locust Street, Herndon. The Towne Square Singers perform music of the holidays from TV and movies. Tickets: \$12. <http://www.herndon-va.gov/>

Herndon Tree Lighting and Sing-Along. 5-6 p.m. Herndon Town Hall Square, 730 Elden Street, Herndon. Join in celebrating at Herndon's historic downtown for carols, tree lighting and a visit from Santa.

Holiday Homes Tour of Herndon.

10 a.m. - 4 p.m. 777 Lynn Street, Herndon. Tour Herndon homes decorated for the holidays. Admission: \$15 in advance; \$20 day of tour. 703-435-6800 ext. 2222.

Jingle with Santa at Lake Anne. 11 a.m. - 2 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Festive activities ranging from the visit from Santa (arriving on a lake barge), strolling carolers, a petting zoo, music, wine tastings, merchant specials, children's crafts, cookie decorating, holiday arts & crafts market, holiday entertainment and more.

Lights, Camera, Christmas. 2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The Towne Square Singers will give two performances of their winter concert Lights, Camera, Christmas featuring music of the holidays from TV and Movies. Tickets: \$12. Register at www.herndon-va.gov/webtrac

Winter Open House & Santa's

Workshop. 11 a.m. - 4:45 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Live entertainment including handbell music performed by Joyful Ringers, stories, visits with Santa, and crafts.

Zombie Bash. 5-8 p.m. 2709 West Ox Road, Herndon. Prepare to be scared to death then to rise and scare others. This game is designed for players age 18 and up due to the context and intense combat. Admission: \$20.00 or play a zombie for free.

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Send announcements to herndon@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

WEDNESDAY-SATURDAY/ NOV. 20-30

Ventures and Puzzles. 9 a.m.-9 p.m. Monday-Saturday, 9 a.m.-8 p.m. Sunday, at Hunters Woods, 2310 Colts Neck Road, Reston. Abstract oil paintings by Frank Eifert, in an exhibit in which "Half-Reflections" accompany each picture to metaphorically suggest some of the intentions, surprises and significances encountered in the creation of the picture. In this series of paintings, Frank developed a "multi-directional" style, painting from all four sides and four corners (for square pictures), essentially providing up to eight distinct pictures, the multiple options of viewing reflecting the ambivalence and ambiguity of our time. 703-467-4500 or www.restoncommunitycenter.com.

WEDNESDAY-SUNDAY/ NOV. 20-DEC. 9

The Artists of Montorno. 10 a.m.-2 p.m. Tuesday-Thursday; 10 a.m.-5 p.m. Friday-Saturday; and 1-5 p.m. Sunday, at ArtSpace Herndon, 750 Center St., Herndon. Montorno painting workshops in Seravezza, Italy, have been a refuge for artists to study with famous painters and sculptors for almost two decades. The exhibit features the work of Montorno instructors Danni Dawson, Mike Francis, Trisha Adams, Mary Del Popolo, Peggy Feerick, Gavin

Glakas and Kurt Schwarz—locally and internationally known artists. Portraits, landscapes, still life paintings, drawings, pastels, printmaking and photography are featured.

703-956-6590 or www.artspaceherndon.org.

THURSDAY/NOV. 21

Politicians and the Press. 8 p.m., at Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. Washington correspondent for The New York Times Sheryl Gay Stolberg shares insight on the interplay between politicians and the press, sharing examples from reporting during the George W. Bush and Obama administrations.

FRIDAY/NOV. 22

"Black 'n Blue Boys" by Dael Orlandersmith. 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Orlandersmith performs her original piece about seven male victims of abuse. Adults only. \$20 Reston, \$40 Non-Reston. www.restoncommunitycenter.com.

SATURDAY/NOV. 23

Korean Spirit and Culture Promotion Project. 1 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. A program on Korean culture which includes films, a re-enactment of a Korean wedding ceremony and traditional foods. Register. 703-689-2700 or www.fairfaxcounty.gov/library/.

Gustafer Yellowgold. 3 p.m. Reston

Community Center, 2310 Colts Neck Road, Reston. Morgan Taylor brings his character to life in a child-friendly performance featuring live music, animated illustrations, and storytelling. \$5 Reston, \$10 Non-Reston; register for a pancake breakfast before the show. www.restoncommunitycenter.com.

The Churchmen. 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road (one block off Elden Street), Herndon. The bluegrass gospel group plays Southern, traditional music with harmonies and elaborate instrumentation. \$15; free for children under 12. 703-435-8377, www.thechurchmen.com or http://www.holycrosslutheranchurch.net/?page_id=18.

WEDNESDAY/NOV. 27

Community Thanksgiving Eve Service. 7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston.

TUESDAY/DEC. 3

New York Festival of Song: Cubans in Paris, Cubans in Havana. 8 p.m., Cubans in Paris, Cubans in Havana features Cuban music that took the world by storm in the 1920s and 30s and found a special welcome in Paris. \$20 Reston/\$40 Non-Reston.

TUESDAY/DEC. 3 - SUNDAY/DEC. 29

Jacob Marley's Christmas Carol. 269 Sunset Park Drive, Herndon. This one-man show retells the classic story but focuses on Scrooge's departed, doomed and chained business partner, Jacob Marley.

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OAK HILL/HERNDON CONNECTION ♦ NOVEMBER 20-26, 2013 ♦ 11

Seahawks Ready to 'Cut Nets' South Lakes girls' basketball returns nine from state-playoff team.

BY JON ROETMAN
THE CONNECTION

The South Lakes girls' basketball team ended the 2012-13 season on a wild ride, with five of six postseason games decided by three or fewer points while earning a trip to the state tournament.

The Seahawks have positive memories from the 23-win campaign, including Caitlin Jensen's buzzer-beater that knocked a talented Mount Vernon team out in the region quarterfinals, and memories of disappointment, including a two-point loss to Stonewall Jackson in the state quarterfinals.

Unfortunately for the Seahawks, memories are all they have to show for last season.

Despite a deep postseason run, South Lakes failed to win a district, region or state championship. The Seahawks lost to Madison by three in the Liberty District semifinals, fell to Edison by eight in the Northern Region championship game and came up short against Stonewall at states. None of the athletes on the South Lakes roster have experienced a high school postseason championship.

This season, South Lakes has its sights set on taking care of unfinished business.

"We want to cut down nets," said Jensen, referring to the celebratory act following a championship. "That's definitely big for us. Being right there, it's kind of a sour taste in your mouth for all four years, so we definitely want to cut down those nets."

South Lakes possess the firepower to make championships a



Six-foot-4 senior Abby Rendle, left, is one of nine returning athletes on the 2013-14 South Lakes girls' basketball team.

reality. The Seahawks return nine athletes from a team that finished 23-6, including a pair of seniors who will play college basketball. South Lakes has size, perimeter scoring and the motivation to improve.

"Even though everyone was like, oh, great year, there was still kind of an unfinished feel to it," South Lakes head coach Christy Winters Scott said, "because we didn't cut nets."

Jensen is a 5-foot-5 senior combo guard who can handle the ball and score. Her jumper at the buzzer gave the Seahawks a 46-45 win over Mount Vernon, advancing South Lakes to the region semifinals for the first time since 1997. She will play for the University of Mary Washington.

"Last year," Jensen said, "really raised our expectations."

Abby Rendle is a 6-foot-4 senior center who can fill up a boxscore. Rendle has the size to be a double-digit rebounder and the wingspan

"We want to cut down nets. That's definitely big for us. Being right there, it's kind of a sour taste in your mouth for all four years, so we definitely want to cut down those nets."

— South Lakes senior Caitlin Jensen

to be a shot-blocking force. She can also run the floor and finish in transition. Rendle will play for William & Mary.

"I just want them to be consistent," Winters Scott said about her college-bound standouts. "Every game, I want them to be the same player [and] I want them to be



South Lakes girls' basketball coach Christy Winters Scott speaks to the Seahawks during a scrimmage against St. Stephen's & St. Agnes on Nov. 18.

relied upon by their peers."

Six-foot-2 junior Princess Aghayere is a force in the paint and senior guard Sasha Sprei (5 feet 5) is an experienced contributor. Senior guard Chauntell

Dunbar (5-8), junior guard Brenda Kamga (5-9), senior guard Natalie Toma (5-9), senior guard Colette Toma (5-8) and senior forward Kristen Cornwell (5-10) also return from last season.

"Every single year we get a better connection," Rendle said. "We have great chemistry."

After the VHSL six-class realignment, South Lakes will play its first season in the 6A North region's Conference 6, which includes Fairfax, Langley, Madison, McLean, Hayfield, Washington-

Lee and Yorktown.

The Seahawks will scrimmage Centreville, which also reached last year's region final four, at 10 a.m. on Saturday, Nov. 23 at Centreville High School. The Seahawks will open the season on the road against Stone Bridge at 7:30 p.m. on Dec. 3.

The Seahawks will have a target on their backs this season and Winters Scott said the team has to focus on improving.

"We're not the ones gunning for the Oaktons and the Mount Vernons," she said. "Now, they're going to be coming to us because of what happened last year in those games when we beat them."

If the Seahawks work hard, their talent and experience just might earn them more than memories this season.

I want [championship banners] on the wall," Winters Scott said. "... I want it to be a prideful thing and not (have to) look up like, we didn't get it done."

Herndon's Goldman Competes at XC States

Herndon senior Andrew Goldman finished 41st at the VHSL 6A boys' state cross country championship on Nov. 15 at Great Meadow.

Goldman finished with a time of 16 minutes, 29 seconds.

Oakton's John Stoney won the individual title with a time of 15:24. Lake Braddock's Alex Corbett finished runner-up with a time of 15:35, followed by Chantilly's Ryan McGorty (15:45), Osbourn Park's Nick Causey (15:49) and Chantilly's Dakota Lange (15:51).

Chantilly won the team championship with a score of 85. Lake Braddock finished second (87), followed by Robinson (89), Battlefield (89), Osbourn Park (98) and Oakton (133).

Herndon's Andrew Goldman finished 41st at the VHSL 6A state cross country championships on Nov. 15 at Great Meadow.

PHOTO BY
ED LULL



Science Night at Herndon ES

FROM PAGE 4

sional and informative. Everybody can learn something," said Eva Ozkaptan, who brought her daughter Ellen to attend the Science Night. "It is a great educational event for kids to get more exposure to science, they get great hands on experience," said Herndon resident and parent Rose Dela Cruz. Two side events were classroom presentations on movement in robotics and solar energy.

The presentation "Bright Ideas: Exploring Solar Energy" was led by founder of The Three Birds Foundation, Joe Plummer. Plummer discussed fossil fuels and renewable energy, and invited his listeners to view the solar energy display he brought to the classroom. The Three Birds Foundation is committed to

ensuring every student in the U.S. has learning experiences with renewable energy before graduating high school. "We have been trying to collaborate with the Children's Science Center as much as possible," said Plummer.

Two other events occurring that same evening were the opening of the Herndon Book Fair operated by the school PTA, and the Student Council Association (SCA) Ice Cream Social. "Our book inventory is a lot more than last year," said PTA member Joanne Lyons. The earnings from this sale go to the Herndon PTA which funds field trips, special assemblies, as well as classroom equipment. "We welcome everyone to come in and browse our book fair selection," said Lyons. The school book fair ends Friday, Nov. 22.

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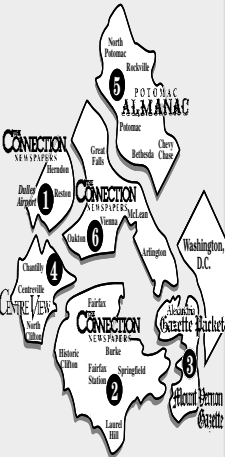
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Fairfax Water

NOTICE OF WATER RATE PUBLIC HEARING

At 6:30 p.m. on Thursday, December 12, 2013, 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, 2014, include the following:

1. An increase in the Availability Charge from \$3,850 to \$3,950†.
2. An increase in the Local Facilities Charge from \$9,500 to \$9,750.
3. An increase in the Service Connection Charge from \$1,050 to \$1,090†.
4. An increase in the Account Charge from \$35 to \$36.
5. An increase in the Quarterly Billing Service Charge from \$9.20 to \$9.80†.
6. An increase in the base Commodity Charge from \$2.29 to \$2.42 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.45 to \$3.55 per 1,000 gallons of water.
8. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
9. An increase in the Installation of Sewer Use Meter Charge from \$44 to \$45.
10. An increase in the Returned Payment Charge from \$17 to \$20.

A copy of the proposed changes can be viewed on our Web site at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017. Interested parties also 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, 2013 to be included in the record of the public hearing.

†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.

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Cost of Living



By KENNETH B. LOURIE

As the person primarily responsible for stocking the house with supplies and maintaining miscellaneous inventory, I am frequently in stores (supermarket, drugstore, pet store, etc.) buying the staples (not an office supply reference) our family needs to maintain our lifestyle, such as it is. And if I do say so myself, and I do, I do an excellent job balancing needs, wants and available cash flow to fulfill those various requirements. I don't know if I should win an award, but I should definitely be nominated for the tasks I regularly undertake and the success I have completing them. Moreover, considering the underlying fact that I have a terminal disease: stage IV, non-small cell lung cancer (the incurable kind), and a cash flow which is hardly guaranteed or predictable, I certainly deserve an "A" for effort.

As much as I don't/didn't want to factor my original prognosis: "13 months to two years" into my daily life, especially when allocating resources/spending money, not considering that prognosis/time line has been nearly impossible. The logic goes something like this: why spend money today on an item I might not need in six months (if you know what I mean)? Why deprive/neglect myself today (a definite) in order to prepare/plan for tomorrow (a maybe), a tomorrow that, ever since my February, 2009 diagnosis is no longer guaranteed, or at least no longer anticipated as it was prior to that date – on paper, anyway; given the fact that both of my parents lived into their mid-eighties (I was diagnosed at 54 and half)?

Nevertheless, as my life has gone on, somewhat unexpectedly, considering what my oncologist said to Team Lourie back in early 2009, my attitude about the future has evolved. Whereas once I had one (pre-diagnosis), then didn't (post diagnosis); now I sort of am having one, subject to change of course and therein lies the rub (although, it's a heck of a lot more than a "rub," it's more like a systemic irritation); trying to live/consume normally in the face/context of a terminal cancer diagnosis. It has been and continues to be the bane of my rather fortunate existence. I don't want to pretend or presume that life goes on as I have said it has – for me, but acting as if it doesn't is hardly the negative attitude I want to embrace. And for the most part, I haven't.

This emotional maturity manifested itself recently at the supermarket. I bought multiple items that I didn't need now (charcoal lighter fluid, two cans of shaving gel; in general, non-perishables), but presumably would need later (months later), but given their sale price, their net cost to me was too appealing to resist, so I bought them – without thinking too much about my life expectancy time line. In fact, the time line thing didn't hit me until later when I realized that I had made purchases whose ultimate benefit to me (other than the price discount now), when I would actually use/need the items, was not now, but later, much later. A "later" that I'm not 100-percent sure I have, given my semi-precarious cancer-centric existence. The future was once again part of my instinctive planning. And that realization made me feel unburdened somehow.

Mind over matter, I'm sure, since I've received no result (lab work, CT Scan, etc. – and certainly no assurance from my oncologist) to indicate that my medical status has changed somehow. Still, it was a good feeling to have and one that gave me hope that my future is indeed more than just an abbreviated version of my past.

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

NEWS

Celebrating Hope

On Nov. 13, Herndon Elementary participated in the national Kids at Hope Day. This day presented them with the opportunity to highlight the treasures that can be found in every student. Throughout the day the students received badges highlighting their talents, performed an original "at hope" rap, and wrote letters to their treasure hunter (a treasure hunter is a person who strives to find the treasure in everyone).

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