

Reston
CONNECTION

Prior to the 11 a.m. start, thousands of commemorative Reston Town Center jingle bells were handed out to children along the route on Market Street as they waited for the 23rd annual Reston Holiday Parade to begin.

Holiday Parade Returns To Reston

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DECEMBER 4-10, 2013

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NEWS

From left, Council for the Arts of Herndon Director Signe Friedrichs, Anita Damron, Gail Greenberg, Susan Alger and Leroy "Ivan" Young at the Reston Embry Rucker Shelter.



RESTON CONNECTION EDITOR KEMAL KURSPAHIC
703-778-9414 OR RESTON@CONNECTIONNEWSPAPERS.COM

Reston Shelter Unveils New Mosaic

PHOTOS BY RYAN DUNN/THE CONNECTION

Embry Rucker Community Shelter dedicates mosaic project.

BY RYAN DUNN
THE CONNECTION

The Embry Rucker Shelter in Reston celebrated the completion of a mosaic project which began in April 2013. Stretching 20 feet long, the mosaic is in the main lobby, dining room area of the center. Residents of Embry Rucker lent a helping hand with the fabrication of the mosaic, which was installed Nov. 4.

In April of 2013 Leroy "Ivan" Young asked Anita Damron, a professional mosaicist, to collaborate on a panel project for the Embry Rucker shelter in Reston. Young has been a regular volunteer at Cornerstone, formerly Reston Interfaith, for more than 10 years and has assisted at the Herndon Neighborhood Resource Center. Damron has taught mosaic classes at Reston Community Center and won numerous art awards. "I've been creating mosaics for over 10 years," Damron said.

ArtSpace Herndon donated space for the planning and construction of the large mosaic, particularly pattern making and glass cutting. The Herndon Council for the Arts granted the funds needed for materials. An anonymous donor donated wood trim at the Herndon Depot. Maryland Mosaics and Weisser Glass discounted the cost of supplies needed for the project.

The wall divide contains 20 panels installed in the main common area where residents gather for meals and meetings. The mosaic was designed to be removable, and can be reconfigured into a large square designed by the artists as an alternative, should the homeless shelter be relocated in the future.

Also attending the dedication event were executive director of the Council for the Arts of Herndon, Signe Friedrichs and former Town of Herndon mayor Mike O'Reilly, president of the Council for the Arts of Herndon Board of Directors. "As the president of the Council for the Arts, I was particularly pleased to be part of this project," stated O'Reilly. "I also have the privilege of serving as Chairman of the Fairfax-Falls Church Partnership to Prevent and End Homelessness."

"I think the mosaic adds a festive atmosphere to the shelter," Friedrichs said. "This was truly a collaborative effort on the part of all the town arts or-



From left, Reston resident and artist Anita Damron, Gail Greenberg, and Leroy "Ivan" Young pose for photos at the Embry Rucker Community Shelter. Gail Greenberg holds a mosaic with the symbol for the nonprofit Cornerstones.

ganizations to help with the project...The Board of the Council for the Arts of Herndon could not have been more pleased to help." The Council for the Arts of Herndon (CAH) is the Town of Herndon's officially designated local arts agency. CAH is a not-for-profit charitable organization supported by citizens, businesses and the public sector including the Town of Herndon.

The Embry Rucker Community Shelter is a 70-bed residential shelter that provides healthy, safe, emergency housing for families and single men and women. They are dedicated to helping clients overcome the circumstances that led to their homelessness, and facilitate their transition to stable housing. The shelter first opened in 1987 and is operated by the nonprofit Cornerstones. To learn more about this organization, visit <http://www.cornerstonesva.org>.

GRACE Names New Director

Holly Koons McCullough appointed Executive Director for the Greater Reston Arts Center.

The Board of Directors for the Greater Reston Arts Center announced the appointment of Holly Koons McCullough as the Center's Executive Director. McCullough, who currently serves as the Center's Curator, will keep that responsibility as well.

The Board praised McCullough as uniquely positioned to not only manage the institution and envision its future as part of the "Destination Reston" proposition with the coming of Metrorail, but someone who can articulate and model that vision in ways that are essential for fundraising.

"My goal is to lead GRACE to a position of growth and prosperity, allowing the organization to better serve its mission to enrich community life by promoting involvement and excellence in the visual arts," McCullough said. "I intend to bring in exhibitions that inspire and educate, in addition to promoting Reston as a cultural destination. I also hope to expand the reach of our educational programming that currently serves over 20,000 students in more than 40 schools regionally, and take our highly-anticipated annual Northern Virginia Fine Arts Festival to an even higher level of quality and success."

McCullough has a 17-year career devoted exclusively to the visual arts. She served as the Director of Collections and Exhibitions at the Telfair Museum of Art in Savannah, Ga., in the 15 years prior to her appointment as the Center's Curator. She managed the Telfair's permanent collection and twelve to sixteen changing exhibitions annually, was responsible for an extensive curatorial budget and staff of six, and pursued



Holly Koons McCullough

grants and fundraising in support of exhibitions, collections, and acquisitions.

Moving to the Center in 2012 she inherited an exhibition program largely structured through 2013, but has infused it with her personal choices. She has scheduled upcoming exhibitions featuring nationally-recognized artists and

has proposed collaborative installations beyond the gallery's walls, cultivating a greater awareness of the Center and its mission. As Curator she has gained an understanding of the Center's operations and built positive relationships with staff, Board Members, and partner organizations.

McCullough holds a B.A. in English and Art History from the University of Georgia and an MA in Art History from the University of Notre Dame. She will assume the Executive Director role Jan. 1.

"The Center is a special place, and with the coming of Metrorail we are uniquely poised for growth," said McCullough. "I am delighted to be working with such a talented staff and engaged Board of Directors to launch the next chapter in the organization's development."

Every Tweet Counts

How Republican Brian Schoeneman earned wrath of his party by making sure every vote counted in county.

BY VICTORIA ROSS
THE CONNECTION

On the morning of Nov. 6, the day after the general election, it appeared that Republican Mark Obenshain had eked out a razor-thin victory over Democrat Mark Herring to become Virginia's next Attorney General.

Like most hotly-contested political battles, the close race generated even closer scrutiny.

National political analyst David Wasserman, with the Cook Political Report, thought there were anomalies in the absentee ballot totals for Fairfax County, which had been expected to vote strongly Democratic.

Wasserman took to Twitter with his evidence, pointing out there must be absentee ballots missing in Fairfax County, because the percentage of requested absentee ballots that had been returned and reported on election night was much lower than the percentage of other counties. Wasserman and others noticed that there were abnormally low totals in the 8th Congressional District, which includes Bailey's Crossroads.

"Are we supposed to buy that just 7 percent of voters in Bailey's Crossroads who requested an absentee ballot actually voted? Preposterous," Wasserman concluded in one tweet.

Meanwhile, Brian Schoeneman, the senior GOP appointee to Fairfax County's three-member Electoral Board, was in the midst of a post-election canvass, his first since being appointed to the board last spring. Essentially, a canvass is checking and double-checking Election Day votes, the purpose of which is to catch inevitable human errors.

Schoeneman, a well-known Fairfax attorney, Republican blogger and former Bush staffer, had been posting tweets and Facebook messages on Election Day to make the process as transparent as possible for voters.

He had also been reading the tweets from Wasserman and others. Finding no evidence of a discrepancy after an initial review, he tweeted a reply.

"To respond to rumors going around, there are zero - o - ZERO uncounted absentee ballots in Fairfax County. We completed our



Brian Schoeneman, Secretary of the Fairfax County Election Board, at his "day job" as an attorney in Fairfax County.



Brian W. Schoeneman
@BrianSchoeneman



To respond to rumors going around, there are zero - o - ZERO uncounted absentee ballots in Fairfax County. We completed our count last night

Reply Retweet Favorite More

Brian Schoeneman, Secretary of the Fairfax County Election Board, took to Twitter throughout Election Day and in the days following the election, to communicate with political observers who questioned the discrepancy between requested absentee ballots and actual vote counts in the statewide elections. Schoeneman's now infamous "zero" tweet, posted on Wednesday, Nov. 6, went viral and sparked a fast and furious twitter sphere debate.

count last night," Schoeneman posted on Wednesday, Nov. 6, at 2:33 p.m.

The "zero" tweet instantly went viral.

Over the next 36 hours, the twitter sphere exploded as hundreds of followers jumped into the fray, providing numbers, offering theories, and, at times, hurling partisan insults.

Wasserman and Ben Tribbett, a Fairfax County Democratic operative who writes the political blog "Not Larry Sabato," kept peppering Schoeneman with numbers showing abnormally low totals for

absentee ballots.

Schoeneman, in an effort to be "hyper-transparent," encouraged the crowd sourcing by engaging followers with real-time status reports.

At 7:40 p.m. on Thursday, Nov. 7, Schoeneman tweeted:

"I'm working on figuring this out as we speak ... Nobody's being rude. Dave is keeping me honest, which is fine."

A half hour later, at 8:14 p.m., Schoeneman sent out a "Houston, we have a problem" tweet:

"I've talked to the GR (general registrar) and we are working on



PHOTO BY VICTORIA ROSS/THE CONNECTION

Brian Schoeneman in his Fairfax townhome with his cat, Howie. His favorite portrait of Revolutionary hero George Washington hangs above the fireplace.

Brian Schoeneman — At a Glance

Hometown: Born in Baltimore and raised in Pennsylvania, Schoeneman came to the D.C. metropolitan area to attend The George Washington University, where he earned two degrees. He moved to Fairfax County in 2007.

Education: B.A. in political science, George Washington University, 2001. Master's degree in political management, George Washington University, 2004; Law degree, Catholic University School of Law, 2011

Family: Married to KayAnn, the communications director for the Fairfax Chamber. The couple live in Fairfax with their 3 1/2 year-old son Nick and cat, Howie.

Public Office: Schoeneman served in President George W. Bush's administration as special assistant and senior speechwriter to Secretary of Labor Elaine L. Chao from 2008 to 2009. In that capacity, he served as the Secretary's lead liaison to organized labor and as a member of her senior staff. In the 2011 election, he ran against state Del. David Bulova, a Democrat, but failed to capture the 37th house district seat.

Profession: Schoeneman earned his law degree at Catholic University.

He is the legislative director for the Seafarers International Union of North America, a maritime labor union. Schoeneman is co-owner and an active blogger for the right-leaning political blog Bearing Drift.

Membership & Affiliations: Member of the historic St. John's Episcopal Church on Lafayette Square; Catholic University Law Review, published The Scarlet "L" - Have Recent Developments in Lobbying Regulation Gone Too Far?; vice president of the Wescott Ridge Homeowners Association; an active freemason, he has served as an officer in John Blair Lodge #187; member of the International Propeller Club of the United States, where he serves on the Board of Governors of the D.C. Chapter; founding member of the GW Graduate School of Political Management Alumni Association, and served as its first president; communications director for the Fairfax County Republican Committee in 2010 and former general counsel for FCRC from 2012 to March 2013. He is a member of the American Bar Association, the Fairfax Bar Association and the Federalist Society.

this as we speak — I am convinced now too that there is an issue."

"It was my worst nightmare as an election official, the perfect storm of events," Schoeneman said last week. "During the canvass, we spent most of the day catching little errors, and we didn't realize we had a glaring error."

Votes were temporarily underreported when a voting machine in Bailey's Crossroads malfunctioned early on Election Day. Although the machine was later repaired, an election official grabbed the totals generated when the machine broke down, rather than the final tally — a much larger number for Herring.

Schoeneman's transparency and his willingness to explore what went wrong on election night thrust him into the epicenter of partisan politics.

While his actions earned him the respect of many Democrats, both locally and nationally, Schoeneman also earned the wrath of some in his own party,

who weren't happy that Fairfax County's revised count turned the tide in favor of Democrat Mark Herring.

"Anyone who knows Brian knows that he is honest to a fault, and will do everything in his power to make the (election) process as fair and transparent as possible," said Cameron Quinn, Fairfax County's general registrar.

Chris Sanders, a local Twitter follower, said he was impressed by Schoeneman's candid responses during the election. "He is a stand-up guy, even though we don't have the same politics," Sanders said.

On Nov. 25, the Virginia State Board of Elections certified election results with Herring defeating Obenshain by a mere 165 votes out of more than 2 million cast statewide. Obenshain has requested a recount, which is expected to be held in mid-December.

The "found" absentee ballots

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Usury Explosion

Northern Virginia becomes hotbed for car-title lending industry.

BY MICHAEL LEE POPE
THE CONNECTION

In the last three years, dozens of new car-title lending businesses have popped up in neighborhoods across Northern Virginia — the result of recent regulations opening the door to a business that charges as much as 264 percent a year on loans. Since 2010, when the Virginia General Assembly gave the green light to the industry, the total number of locations has more than doubled from 184 to 395. And locations are opening every week.

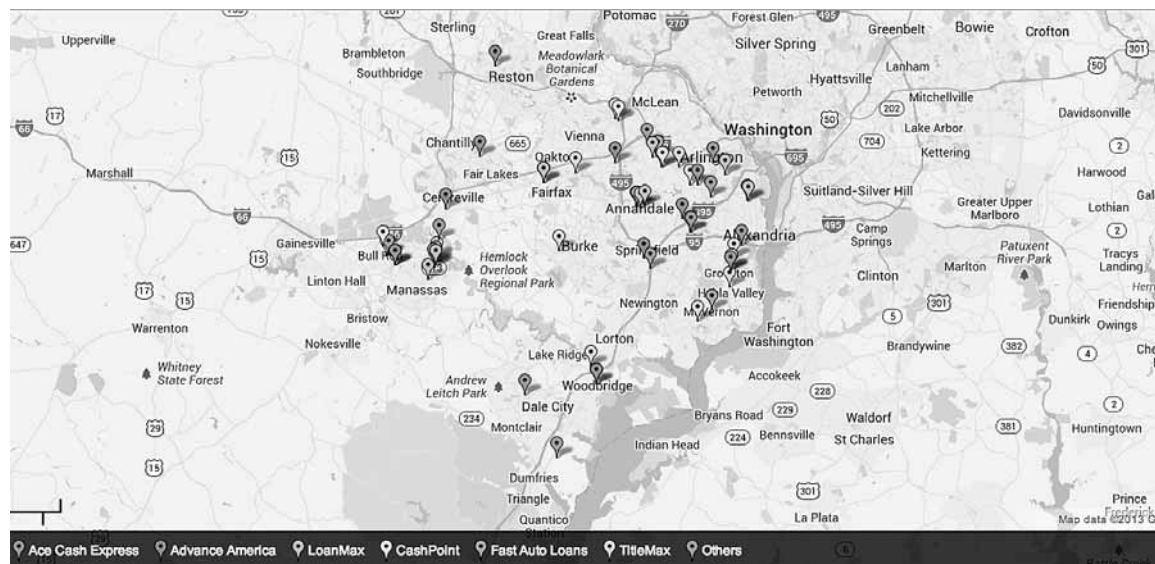
"It's a trap, and although it's presented as a loan it's really loan-sharking," said Jay Speech, executive director of the Virginia Poverty Law Center. "People who get into this end up much worse off than when they started."

Lenders have always charged a range of interest rates for loans,

but what's happening now in neighborhoods across Northern Virginia is unprecedented. Back in 2010, after then-Attorney General Bob McDonnell went after the car-title lending industry for violating Virginia law restricting how soon collections could begin on loans, members of the Virginia General Assembly crafted legislation that set rules specific to car-title lenders. The legislation created some restrictions that prevented lenders from going after borrowers for additional money if they had already repossessed an automobile, prevented lenders from charging more than 50 percent of the value of a car and capped the interests rate at 264 percent a year.

"Under this law, Mister Speaker, the industry will not grow," said Del. Terry Kilgore (R-1) when the bill was debated on the House floor. "It will shrink."

THAT PREDICTION ended up



being wrong. When the 2010 legislation passed, Virginia had 125 car-title lending locations. By the end of the year, that number had spiked to 184 locations. By the end of 2011, according to a report from the State Corporation Commission, the industry had 378 locations across the commonwealth. And the industry was clamoring for more. In 2011, a year after the new rules were created, the General Assembly considered another piece of legislation that undercut one of the restrictions created by the previous bill — preventing lenders from accepting titles of out-of-state cars.

"If you want to see car-title lenders do more loans in the state of

Virginia, then you want to vote yes," said Glenn Oder (R-94), who brought a plush shark to the House floor to help him make the point. "But if you agree with me that the law we passed last year was sufficient, then you want to vote no."

A number of Northern Virginia legislators disagreed with Oder and supported the legislation to expand the reach of car-title lenders outside the boundaries of the commonwealth. The Senate passed the legislation on a 32 to 3 vote, with every member of the Northern Virginia supporting legislation that was introduced by Senate Democratic leader Dick Saslaw (D-35). On the House side, the vote was much tighter — 51

in support and 47 in opposition. The coalition in support of the bill was bipartisan, including Del. Bob Brink (D-48), Del. Barbara Comstock (R-34), Del. Kaye Kory (D-38), Del. Tim Hugo (R-40) and Del. Mark Sickles (D-43).

"All these laws do is let people get a car-title loan," said Del. Dave Albo (R-42), who also voted in favor of the bill. "People can determine if this is a good choice for them or if it's a bad choice for them."

INDUSTRY LEADERS contributed generously to members of the General Assembly and lobbied heavily to get their way. Since

SEE CAR-TITLE, PAGE 14

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OPINION

Who Will Be Hurt?

Innovations, changes and cuts designed to help the budget should be subject to analysis of how they will affect those on the short end of the economic and digital divide.

As Fairfax County faces a tight budget year and Fairfax County Public Schools consider significant cuts, clearly some changes are going to affect services on the ground.

As various proposals emerge, there should be some specific analysis of how changes, innovations and cuts would affect the poorest one-third or so of the county's residents specifically.

The schools, along with certain county agencies, must take special note of their mission, including providing services to families who are on the short side of the economic and digital divide. Elimination of print notices and newsletters, conversion to digital textbooks, use of internet-based surveys are just examples of small innovations that can leave many resi-

dents behind.

In another example, it is disturbing that ongoing concerns about Fairfax County libraries do not include a clear statement of mission to serve families and individuals who lack access to broadband internet at home.

EDITORIAL

In Fairfax County, where nearly 20 percent of the households have annual income of under \$50,000, about 8 percent live below the poverty line and more than 47,000 public school students are poor enough to qualify for subsidized meals, the public libraries are indispensable. Access to library resources goes beyond books, and includes the very digital access that many people cite as a threat to libraries. Public access to information via computers and Internet for those who do not have other access is a

critical service, and should be clearly defined as a critical mission of the libraries.

According to a 2010 report, Opportunity for All: How the American Public Benefits from Internet Access at U.S. Libraries, funded by the Bill and Melinda Gates Foundation: 44 percent of people in households living below the federal poverty line (\$22,000 a year for a family of four) used public library computers and Internet access; among young adults 14-24 in households below the poverty line, 61 percent used public library computers and Internet for educational purposes; among seniors 65 and older living in poverty, 54 percent used public library computers for health or wellness needs.

The report also notes: "This access has also proven to be critical in times of disaster, where libraries may be the only access point still operating that can provide a delivery point for government and social services to those displaced."

Budgeting and restructuring must take into consideration the disproportionate effect of cutting services on lower income households especially.



PHOTOS CONTRIBUTED

Biscuit was adopted in August by Faisal and Mary Ann Rashid of Oakton, and their two school-age children, Julia and Sam.

The Latest on Biscuit

The little Shih Tzu finds a loving home in Oakton.

Biscuit, the little Shih Tzu who survived on his own for more than two years in the Franconia Community and was rescued by Fairfax County Animal Control Officer Enna Lugo, staff and volunteers of the Fairfax County Animal Shelter, has been

adopted and is adjusting well to life in his new home.

After being rescued last April, he spent several months in foster care with Officer Lugo and was adopted in August by Faisal and Rashid of Oakton, and their two school-age children, Julia and Sam.

According to Mary Ann Rashid, Biscuit has become comfortable and even protective of his family over the past several months. "He and I walk the kids to the bus every morning and he waits for them



Biscuit with his rescuer, Fairfax County Animal Control Officer Enna Lugo.

to come home."

She reports that his favorite activity is cuddling with the family during TV time and that he sleeps under the parent's bed, much like he slept underneath a porch dur-

ing his two years roaming free.

Officer Lugo is thrilled with the match. "I can't believe how much he's bonded with his new family! He's found the loving home we always wanted for him."

Reston CONNECTION

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COMMENTARY

Unmet Needs Can Lead to Tragedy

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

The recent tragic stabbing of State Senator Creigh Deeds by his son who then took his own life brings to attention the importance of the mental health system and its very fragile condition in Virginia. While the young Deeds son was evaluated the day before the tragedy by staff of the local mental health board, he was discharged without being held for treatment. Early reports indicated that there was no facility available to accommodate him. Subsequent information seems to indicate that there were several hospitals within reasonable distance that could have taken him, but there is no system for coordination of available facilities and patient needs. At least two investigations are underway to find out what went wrong and why.

Regardless of the facts that are found surrounding this terribly tragic event, there remains a concern that the mental health system in Virginia is inadequate to meet the needs. Clearly the mentally ill are no more violent than the rest of society, and some statistics suggest that a smaller percentage of the mentally ill are violent than in the population at large. At the same time, however, violent people have their own needs for mental health treatment for themselves as well as for the safety of family and society.

The tragic slayings at Virginia Tech demonstrated the consequences of an untreated disease and the faultiness of the system that is supposed to take care of them. The immediate response in Virginia was to



provide an instant transfusion of about \$40 million to meet the need. Unfortunately with the economic recession and the cutback on spending, that money has mostly disappeared from the system. Mental health services had a budget of \$424.3 million in FY2009, but that amount had decreased to \$386.6 in FY2012. The adoption of a state budget for the 2014-2016 biennium must recognize the continued need and restore and supplement lost funding.

The same Inspector General who is looking into the circumstances of Deeds' son being released without treatment earlier had looked into this problem system wide. In 2010 the Inspector General found that approximately 200 individuals were returned to the streets in Virginia that year even though there was agreement among mental health professionals that they needed to be hospitalized. In the view of these professionals, either these individuals were sick enough to harm themselves or others, or they were unable to defend themselves. This is referred to as the "streeting" of individuals with mental illnesses. It occurs when either there is no space for mentally ill people in public facilities or no private facility will take them. About one-third of the persons in local jails are in need of mental health services.

My continued prayers are with Senator Creigh Deeds and his family. May time bring about merciful healing. For legislators, may this tragic event spur us to action without the need for more lives lost and communities shattered. The need is clear; we must act responsibly.

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OPINION

Trading a Pontoon Boat for a River Boat

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Once we had closed the Reston Farmers Market regular season and assisted in organizing the extended Fall Farmers Market at Lake Anne, co-Market Master Fran and I decided a change of scenery was in order. We traded in our pontoon boat on Lake Anne for a river boat cruising up the Danube with old friends.



INDEPENDENT PROGRESSIVE

The trip on a long, cigar shaped, 140-passenger vessel began in Budapest, Hungary and ended in Nuremberg, Germany. The weather was cool and cloudy, just like back home. The scenery along the Danube was charming—quaint old world villages, castles, and cathedrals dating back a thousand years in the Wachau Valley and the Black Forest. Towns along the way were busy setting up their Christmas markets, complete with hot mulled wine to warm a traveler's cockles.

As we walked and shopped in the mom and pop stores in German cities and towns, I was impressed with the bustling markets and apparent prosperity all around us. Speaking with people in the shops and our tour guides, I got a short course in what makes Germany such a dynamic place. Some of the striking differences between what I was experiencing and the situation back in metro Washington and even Reston rekindled my progressive spirit.

Germans have universal health care providing immediate, free access to preventive care and a full range of medical services. As a result, people are healthier, live longer and are productive workers. Yet, Germans spend only 11.1 percent of their GDP on health care, while we spend 17.9 percent while 45 million people (over half the population of Ger-

many) go without health insurance and care.

And, how about this—quality public education is free! That includes free tuition through college for all those with good high school performance. The German economy has come through recent economic crises better than nearly all others, in part because they have such a well-educated workforce in fields from industrial production to specialized agriculture and, yes, business.

Unlike our spotty public transportation system in Northern Virginia, public transportation there is affordable and works efficiently. People can get to where they need to go by a well-coordinated, multi-modal system featuring extensive bike sharing, light rail, subways and buses.

Germany is a prosperous country where nearly everyone is doing well. Prosperity is not reserved to the few, but is widespread, without the gaping and growing inequality we have at home. Workers have a voice in business, both as small business owner-operators and as board members of larger businesses.

Taxation is more equitable, too. The wealthier pay more, but are doing quite well, thank you. Furthermore, Germany's political system seems cleaner. More, way more, people participate in elections, at the national and local level. Money plays a lesser role. There must be some lessons we can learn from these folks?! New topic: Join the Audubon Society for a holiday get-together this Sunday, Dec. 8, from 5 to 7 p.m. at the National Wildlife Federation (11100 Wildlife Center Drive in Reston). Our guest speaker will be Claudia Thompson-Deahl, Reston Citizen of the Year Award winner for excellence in environmental leadership and Natural Resource Manager with the Reston Association.

OBITUARY

Jon T. Thew of Reston Dies

Jon T. Thew, beloved husband, father, grandfather, uncle, brother and friend, passed away peacefully at his home on Sunday, Nov. 24. Jon was originally from the Hudson Valley area of New York. He has resided in Reston since 1992. Jon had a 30-year career at IBM and worked as a consultant until he retired in 2001. Jon was an active member of Vienna Presbyterian

Church.

He is survived by his beloved wife, Lollita M. Thew, his loving children, Kate Thew (Matt), Matt Nolan (Sherri), Dan Nolan (Kim), Jason Moses (Crissy), Ben Lundquist (Sarah), Eric Lundquist (Joanne), Ricky Mills (Heidi), his grandchildren, Shannon, Emily, Ashlyn, Dean, Jack, Brittany, Nash, Jordan and Ryan, and his sister Sue Albertson (Charlie).

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly

classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington

Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

BULLETIN BOARD

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

THURSDAY/DEC. 5

The Great Falls Writer's Group. 11 a.m. - 12:45 p.m. Great Falls Public Library, 9830 Georgetown Pike. Guest speaker, Laura Wickstead, executive director of Fairfax County Public Library's Virginia Room will be present.

FRIDAY/DEC. 6

Reston Lions Club Annual Citrus Sale. 4-7 p.m. Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida navel and juice oranges, red grapefruit, tangelos, chocolate peanut clusters, and Ohio Buckeye Chocolates available. All proceeds benefit sight and hearing programs. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

Brain Science, 21st Century Skills and Education. 6:30 p.m. - 8:15 p.m. Vienna Community Center, 127 Center Street S., Vienna. \$10 per ticket. RSVP to office@fioremontessori.com

SATURDAY/DEC. 7

Reston Lions Club Annual Citrus Sale. 8 a.m.-6 p.m. Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida navel and juice oranges, red grapefruit, tangelos, chocolate peanut clusters, and Ohio Buckeye Chocolates available. All proceeds benefit sight and hearing programs. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

SUNDAY/DEC. 8

Worm Composting. 2-3:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Learn about Worm composting, which is a type of vermiculture that is a natural method of recycling food waste. Reservations required by Dec. 5. Fee: \$35/Bin RA members; \$40/Bin Non-members. naturecenter@reston.org

Reston Lions Club Annual Citrus Sale. 8 a.m.-6 p.m. Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida navel and juice oranges, red grapefruit, tangelos, chocolate peanut clusters, and Ohio Buckeye Chocolates available. All proceeds benefit sight and hearing programs. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

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.

SATURDAY/DEC. 14

Health, Fitness and Personal Energy for Men and Women (or approaching) 60. 9 a.m. - 12 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Bob McMillan, Age 72, and in robust condition, will inspire, motivate and educate you to live your senior years to their fullest by teaching 9 keys to personal energy and how to use them, including five ancient longevity exercises. <http://www.unityoffairfax.org/health-fitness-senior-health>



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Nathan Musso, a sophomore at Robinson High in Fairfax, donned the costume of the Gingerbread Man and cheered on participating runners in the Gingerbread Man Mile for Kids at Reston Town Center prior to the parade. This event was presented by Potomac River Running.



Parents and children in the ages 4 to 5 group begin their run in the Gingerbread Man Mile for Kids at Reston Town Center on Friday, Nov. 29.



The Northern Virginia Firefighters Emerald Society Pipe Band was one of the more than 50 groups participating in the 23rd annual Reston Holiday Parade.



The Pride of Herndon, Herndon High School's marching band, was in the 23rd annual Reston Holiday Parade at Reston Town Center.

Holiday Parade Returns To Reston

Holiday season celebrated in Reston Town Center.

By RYAN DUNN
THE CONNECTION

Activities at Reston Town Center continued throughout Black Friday, with thousands of people participating or observing holiday themed events. Among the events were the Gingerbread Man Mile for Kids, the annual holiday parade, and the evening Christmas tree lighting and sing along. The Reston Holiday Parade has been an annual tradition since 1991, and was supported by sponsors including the Reston Community Association and the Reston Town Center Association.

Beginning at 8 a.m., tots to high school students ran in the Gingerbread Man Mile at the Kids Mile Fun Run presented by Potomac River Running. The course covered a 1-mile loop around Reston Town Center. Race winners were able to take part in the parade following the races. Approximately 1,200 persons registered for the race. "It is kid focused and a great opportunity for any child any age," said Potomac River Running head coach Kelly Kavanaugh who was emceeing the race. The Gingerbread Man Mile benefits Children's National Medical Center.

Nathan Musso, a sophomore at

Robinson High in Fairfax, donned the costume of the Gingerbread Man and cheered on participating runners. "It was fun," said Musso. Braden and his brother Jack Sturman both ran in the 8 to 9 age group of the race. "We are thrilled they were able to participate in this race," said their mother, Jennifer Sturman.

THE 23RD ANNUAL RESTON PARADE began at 11 a.m. with the Masters of Ceremonies being Sonya Gavankar McKay, TV Personality, and Devon Lucie of Channel 8. Reston real estate broker Joe Ritchey was this year's Grand Marshal.

Junior Grand Marshal was Lauren Spar, 8th grade student at Langston Hughes Middle School. In her two years at the school she has run her own service club, SPAR (Service Projects Around Reston). "I love the Holiday Parade," said McKay. "It is the perfect way of kicking off the holiday and finishing the year with family, community and charity."

Prior to the 11 a.m. start, thousands of commemorative Reston Town Center jingle bells were handed out to children along the route on Market Street as they waited for the parade to begin. The theme of this year's parade was

"Destination: Reston," and many floats and groups used the transportation theme, paying tribute to the soon-to-come Silver Line.

The Herndon High and South Lakes High School marching bands performed, in addition to members of local schools' Junior ROTC programs. The Herndon High Step Team also preformed a dance routine. "We have had many practices and prepared a lot for this event," said Herndon High senior and step team member Ryan Withers.

Members of the Reston Community Players cast in the upcoming production of "Les Miserables" sang songs from the musical, and staff and associates of ArtInsights Animation & Film Art Gallery paraded as Disney princesses. "We love representing Disney, and the kids love it," said ArtInsights owner Leslie Combemale.

APPROXIMATELY 2,000 VOLUNTEERS helped make day's events a success. Spectators came to see at least 60 groups participate in the holiday parade, amounting to more than 500 participants in the procession. Reston resident Lyn Cordts along with family members from North Carolina came to view the parade. Cordts' son Robby was volunteering with other members of Boy

Scout Troop 1313 as a parade marshal. "It was a great parade," said Cordts.

The parade concluded with arrival of Santa and Mrs. Claus in a horse-drawn carriage. Merriment at Reston Town Center continued into the evening. At 5 p.m., at Fountain Square there was a performance of "Santa's Frosty Follies," by the Metropolitan School of the Arts, and a tree lighting and sing along with Reston Chorale at 6 p.m. Visitors also had the opportunity to go on a horse drawn carriage ride. "It is very exciting," said Ross Kirby who was filming the event for Story Catcher Production.

To learn more about the Reston Town Center and upcoming events, visit <http://www.restontowncenter.com>.

The balloon of Jay Jay the Jet Plane was sponsored by the Reston Community Center for the 23rd annual Reston Holiday Parade.

PHOTOS BY
RYAN DUNN
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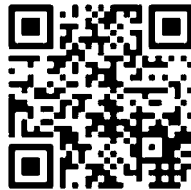


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HOLIDAY CALENDAR

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>

WEDNESDAY/DEC. 4

"The Twelve Dates of Christmas."

NextStop Theatre, 269 Sunset Park Drive, Herndon. Tickets: \$25. <http://www.nextstoptheatre.org>.

THURSDAY/DEC. 5

Dulles Chamber Small Business Holiday Expo & Mixer.

5:30-7:30 p.m. Washington Dulles Marriott Suites, 13101 Worldgate Drive, Herndon. Tickets: www.dulleschamber.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. Lake Anne, 1609-A Washington Plaza, 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. ArtSpace Herndon, 750 Center 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



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.

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.

Winter Wreaths.

10:30 a.m.-12 p.m. OR 1-2:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Make festive wreaths for your home. When making reservations, include

the number of people in your party and how many wreaths you would like to make. Reservations required by Dec. 4. Fee: \$20/wreath RA members; \$25/wreath Non-members. naturecenter@reston.org

Children's Holiday Shopping.

10 a.m. - 2 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Staff helps children shop for presents for family and friends in the Country Store.

Old-Fashioned Holiday Celebration.

11 a.m. - 5 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Enjoy farm animal fun, photos with Santa, and much more.

SUNDAY/DEC. 8

Cocoa Wagon Rides.

5-9 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Journey through the farm on a wagon followed by a campfire with cocoa and s'mores. Tickets: \$8.

Herndon Towne Square Singers Winter Concert.

2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The Towne Square Singers perform music of the holidays from TV and movies. Tickets: \$12. <http://www.herndon-va.gov/>

35th Annual Herndon Holiday Arts & Crafts Show.

10 a.m. - 4 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. More than 70 arts and craft vendors offer unique gifts, decorations and handmade items.

Children's Holiday Shopping.

12 p.m. - 4 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Staff

helps children shop for presents for family and friends in the Country Store.

SUNDAY/DEC. 8-31, 2013

America the Beautiful

9 a.m.-9 p.m. Monday - Sunday at the Hunters Woods Exhibit, 2310 Colts Neck Rd, Reston. A mood, glowing light, subtle color and, above all, the *chi* or spirit of the subject are all captured in Lassie Corbett's paintings. 703-435-1888 or www.lassiecorbettart.com

MONDAY/DEC. 9

NARFE Dulles Chapter 1241

Holiday Party. 1-4 p.m. Amphora Diner, 1151 Elden Street, Herndon. \$25 per person. RSVP by Dec. 5. Call 703-435-3532.

MONDAY/DEC. 9-JAN. 6, 2014

15th Annual Gifts from the HeART Exhibit.

9 a.m.-9 p.m. Monday - Sunday at the Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. In the Jo Ann Rose Gallery, original works of art in watercolor, oil, acrylic, mixed media, collage, photography, fiber and charcoal are displayed. 703-476-4500 or www.restoncommunitycenter.com

FRIDAY/DEC. 13

Candle Making.

6-7 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Dip a pair of candles and decorate a pillar candle with natural materials. Reservations required by Dec. 10. Fee: \$7/child RA members; \$9/child Non-members. naturecenter@reston.org

SATURDAY/DEC. 14

Holiday Model Train Show.

10 a.m.-5 p.m. Herndon Municipal Center, 777 Lynn St., Herndon.

"Home for Christmas."

3 p.m. Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. A free concert featuring the Potomac Brass Quintet and Friends.

A Storybook Holiday Brunch.

10 a.m.-12 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Holiday fun includes a visit with Santa, crafts, brunch, and a reading of a holiday story by a special guest. \$14 per child/adult duo. Register by Dec. 13. herndon-va.gov

30 Years - 30 Artists Exhibit Opening Reception.

5-7 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The exhibit **30 Years - 30 Artists** will include original hand-pulled prints from 30 current and former artists representing Discover Graphics Atelier over the past 30 years. artspaceherndon.org

ENTERTAINMENT

Send announcements to reston@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-SUNDAY/DEC. 4-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.

TUESDAY/DEC. 5 - 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.

FRIDAY/DEC. 6

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TUESDAY/DEC. 10

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SEE ENTERTAINMENT.
PAGE 13

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ENTERTAINMENT

FROM PAGE 12

Grace Pettis. 7:15 p.m. The Folk Club of Reston-Herndon. In her short career, Grace Pettis has built a reputation as a respected songwriter among artists, industry, and fans.

SATURDAY/DEC. 14

Opening Reception for Discover Graphics. 4-7 p.m. at ArtSpace Herndon, 750 Center Street, Herndon. Exhibiting the work of printmakers for the past 30 years.

ONGOING

League of Reston Featured Artists Exhibit. Every Monday-Friday through Dec. 31, 8:30 a.m.-5 p.m., the Reston Association office, 12001 Sunrise Valley Drive, Reston. The League of Reston Artists invites art lovers to a series of rotating painting and photography exhibits featuring a new artist each month. www.leagueofrestonartists.org.

SUNDAY, JAN. 19

Sweet Honey In The Rock. 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Five women provide unique perspective in their traditional gospel hymns, rap, reggae, African chants, hip hop, ancient lullabies and jazz improvisation; with sign language interpretation. \$25 Reston/\$50 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

SUNDAY, MARCH 9

Rennie Harris' RHAW 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. RHAW will showcase Dr. Rennie Harris' newest and brightest street dancers as they bring hip hop back to basics. \$15 Reston/\$30 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

WEDNESDAY, MARCH 12

Lúnasa. 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. This group of Irishmen continues its 20-year tradition of famed Celtic music. \$20 Reston/\$40 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

SUNDAY, APRIL 6

Mr. Vaudeville and Friends with Mark Brutsché. 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. Buddy Silver, and alter-ego Mark Brutsché, returns to to prove, once again, that nothing can take the place of live entertainment. \$5 Reston/\$10 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

SUNDAY, APRIL 27

Trout Fishing in America. 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. This Grammy Award nominated duo's infectious mix of folk/pop and family music is enriched by the diverse influences of reggae, Latin, blues, jazz and classical music. \$15 Reston/\$30 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

WEDNESDAY/MAY 28

Modern Moves, in partnership with Dance Place. 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Three of D.C.'s most prominent choreographers – Daniel Burkholder, Daniel Phoenix Singh and Erica Rebollar – come together to create an eclectic evening of thrilling modern dance. \$15 Reston/\$30 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

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COMMUNITY

Blanket Collection for Syrian War Refugees

A "Blankets for Refugees" project has been initiated in Fairfax County to provide comfort and warmth for the many Syrian war refugees in Turkey. There are currently over 2 million Syrian war refugees, mostly women and young children, living in temporary refugee camps with little viable means of keeping warm in the approaching bitter winter weather. Numerous faith organizations have been invited to participate and all Fairfax County residents are invited to contribute to those in desperate need. Most of the refugees fled the violence with nothing more than the clothes on their backs and have only donations and the kindness of others to sustain life and family cohesiveness.

Background information: Fairfax County has a sisterhood relationship with the city of Keçiören in Ankara, Turkey. A delegation from Northern Virginia recently visited Turkey as part of a cultural exchange program with the American Turkish Friendship Association, a sponsor of the drive. Part of that trip included a visit to a Syrian refugee camp. Some delegation members from that trip, including Purcellville Mayor, Bob Lazaro, and Northern Virginia Regional Commission Director, Mark Gibb, have initiated the blanket drive in the region.

Under direction of the Fairfax County Board of Supervisors Chairman, Sharon Bulova, and in conjunction with Hizmet Relief (www.hizmetrelief.org) headquartered in Carlstadt, N.J. (formerly Helping Hands Relief Foundation), an effort has been organized to collect and provide blankets for refugees from the Syrian civil war. Paxton Van Lines has agreed to provide boxes, trucks and transportation for shipping. Anyone wishing to participate can donate new or freshly laundered, gently used blankets to one of the

several collection points, to include:

- ❖ Offices of Board of Supervisor members on weekdays and during business hours during the week beginning Dec. 2 and no later than Dec. 5.
- ❖ Office of Chairman Sharon Bulova
12000 Government Center Parkway, Suite 530, Fairfax, VA 22035
- ❖ Office of Mason District Supervisor Penelope A. Gross
6507 Columbia Pike, Annandale, VA 22003
- ❖ Office of Braddock District Supervisor John C. Cook
9002 Burke Lake Road, Burke, VA 22015
- ❖ Office of Dranesville District Supervisor John Foust
6649-A Old Dominion Drive, McLean, VA 22101
- ❖ Office of Lee District Supervisor Jeffrey C. McKay
6121 Franconia Road, Alexandria, VA 22310
- ❖ Office of Mt. Vernon Supervisor Gerald W. Hyland
2511 Parkers Lane, Mt. Vernon, VA 22306
- ❖ Office of Springfield Supervisors Pat Herrity
6140 Rolling Road, Springfield, VA 22152
- ❖ Office of Sully District Supervisor Michael Frey
4900 Stonecroft Boulevard, Chantilly, VA 20151
- ❖ Office of Hunter Mill District Supervisor Catherine Hudgins
12000 Bowman Town Drive, Reston, VA 20190
- ❖ The meeting houses of the Church of Jesus Christ of Latter-day Saints (LDS) will also be used as collection points on Dec. 7, between 9 a.m. and 5 p.m. at the following locations:
- ❖ Annandale Stake Center
3900 Howard St, Annandale VA 22003
- ❖ Ox Road Chapel
4911 Ox Road, Fairfax VA 22030
- ❖ Sydenstricker Chapel
6942 Sydenstricker Road, Springfield VA 22152
- ❖ McLean Stake Center
2034 Great Falls Street, Falls Church, VA 22043.
- ❖ Mount Vernon Stake Center
6219 Villa Street, Alexandria, VA, 22310
- ❖ 23rd Street Chapel
745 23rd Street South, Arlington, VA 22202
- ❖ Oakton Stake Center
2719 Hunter Mill Road, Oakton, VA 22124

Blankets will be taken to a central gathering point on Dec. 7 when they will be boxed for shipping to Turkey for delivery and distribution in the camps by a local relief agency.

Car-title Lending Spreads in the Area

FROM PAGE 5

2009, LoanMax contributed more than \$500,000 and Fast Auto Loans contributed more than \$200,000. Saslaw received the largest individual contributions, receiving \$22,000 from Fast Auto Loans and almost \$20,000 from LoanMax. Many of the other legislators voting in support of the industry also received financial support from car-title lenders. When asked

about his support of the 2011 bill, Del. Bob Brink (D-48) had little to say.

"No comment," said Brink, who received \$1,500 from LoanMax and \$500 from Fast Auto Loans.

A map of car-title lending operations in Northern Virginia shows they are clustered in areas with high poverty and low

salaries. Manassas has 11 locations. Annandale has four. South Arlington has two. The Route 1 corridor in southeast Fairfax County has seven, and another one is about to open

at the intersection with Huntington Avenue. Some say they are concerned Northern Virginia is becoming a place where unscrupulous lenders can take advantage of people in need who come from the District of Co-

lumbia or Maryland — a fear that will become more pronounced when a new casino opens in Prince George's County.

"Route 1 has become the car-title lending capital of Northern Virginia," said Del. Scott Surovell (D-44). "And that's the last kind of economic development we need on the corridor."

"People who get into this end up much worse off than when they started."

— Jay Speech, executive director, Virginia Poverty Law Center

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We ask that all submissions be digital so they can be sent through e-mail or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be provided in .jpg format. 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. Please provide the submissions by Friday, Dec. 6 for publication the week of Dec. 26.

E-mail submissions to: ChildrensNorth@connectionnewspapers.com
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Dept of Rail & Public Transportation Presents Super NoVa Transit/TDM Action Plan at public meetings Dec. 11 at Courtyard Marriott Alexandria Pentagon South & Dec. 17 at Holiday Inn Manassas Battlefield from 6:30-8:30 p.m. Public input needed to prioritize policies to enhance transportation choices and improve connectivity in region. Meetings are ADA and transit accessible. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI Compliance Officer, 804-786-4440 or TDD 711 for information. Comment deadline December 31, 2013.

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"Scanticipation" Not So Much

By KENNETH B. LOURIE



As much as last week's column, "Scanticipation" was about my looking forward – in a non-foreboding way, to my scheduled CT Scan on the 27th and the presumptive positive (not negative) results, having to write a column for this week before having received those results makes this writing effort particularly challenging. Due to the Thanksgiving holiday on Thursday and the indeterminate staffing situation on Friday, not to mention possible vacation days taken by my oncologist, I have not heard back from my him as yet about my scan. Not totally unexpected, but the calm with which I wrote last week's column has been replaced with an uneasiness that I had not anticipated. Perhaps reality has set in, finally.

On the one hand, no news is good news – and I can certainly live with that, as you regular readers know. On the other hand, generally speaking, my oncologist would rather not share bad news electronically (although we have discussed this and he knows my preference for knowing vs not knowing). And on yet another hand, the information has simply not been communicated to me because of the holiday and there's nothing more to be read into it than that. Much easier written than actually accepted.

But accept it I must. Which really is no big deal since the exchange of information is basically out of any of my hands anyway. And as an experienced cancer patient familiar with the emotional demands of waiting for the life-and-death-type results a CT Scan can indicate, I should know better – and I do, however...what bothers me most is my attitude in last week's column. I think I anticipated disrespectfully, as if I was some kind of big shot simply because I had been through it all so many times before and moreover, I felt fairly asymptomatic and as such, somehow I knew better (not best, just better) and the sense that I had was that not much problematic with my lungs would be indicated when the results came back. And I may yet be correct, but last week's column smacked of a certain type of hubris (is there more than one kind?) thinking I knew something. Well, I didn't and I don't know anything. Cancer will do what it does and it probably doesn't consider what I think I feel or what I feel I think. Ultimately, as in many things in life, it's results that matter and I'm a little mad at myself for presuming/anticipating facts not in evidence. I should have expressed a healthier dose of respect and concern (and hope, always) and not taken any sides in the debate over whether feeling nothing was in fact as significant as I wrote it out to be.

Presumably, I will the know scan results soon enough, but not before this week's column needed to be submitted. I don't believe I necessarily crossed a line expressing confidence about an as yet unpublished result. But as a cancer patient, I really don't want to tempt fate, just in case anyone is paying attention, if you know what I mean? So I guess this column is an attempt to right a wrong, in arrears, if that's even possible. When you've outlived your original prognosis by as long as I have, introspecting becomes an occupational-type hazard. Still, life goes on, thankfully.

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

NEWS

From left —
Herndon resident
Tricia Cherrington
Ratliff with
Council for the Arts of
Herndon
(CAH) Director
Signe Friedrichs.



Artists Make 'Creative Connections'

By RYAN DUNN
THE CONNECTION

Saturday, Nov. 16, the Council for the Arts of Herndon held a networking event at the Classical Ballet Theater, in the Reston-Herndon Office Park. Wine and light refreshments were served, and the event was open to the public. "We had always planned to hold the event at different venues to highlight the arts venues in Herndon," said Council for the Arts of Herndon (CAH) Director Signe Friedrichs. "The first of these events was held at ArtSpace Herndon."

Herndon resident Tricia Cherrington Ratliff assisted in setting up the Creative Connection Event. A local artist, Ratliff was asked by the CAH to make her successful art networking event public. "It began as a gathering of five artists in my studio who came together to show our latest work and get inspiration: Jordan Xu, Vicki Blum, Trisha Adams, Juanita Dahlin and me," said Ratliff. "We naturally shared business knowledge with each other too."

During the meeting, everyone has the freedom to share or display their latest project, portfolios, handouts or news. Attendees could participate in the "Creative Connections Game," where participants write labels describing what they do and a goal they are trying to achieve. "There's a kind of collective 'pay it forward' attitude that makes the game successful," said Ratliff. "I had come up with the idea of a game for a Women in Technology networking event many years prior and saw that it would be applicable to this group," stated Ratliff.

Amy Skiavo, resident of Chantilly attended the event with her sister. "My sister Anna Bledsoe volunteers with the Herndon Arts Council, so I came out to support them." Skiavo enjoys designing jewelry in her spare time and has written for several different comedians before beginning her own career in comedy.

Also attending was Reston resident Kathleen Leatherwood, author of "That Crazy English: Raps and Songs for Teaching English Literacy." "This is my second time attending this networking event. I heard about this through a friend at



PHOTOS BY RYAN DUNN/THE CONNECTION

Reston resident Kathleen Leatherwood, author of "That Crazy English: Raps and Songs for Teaching English Literacy."

ArtSpace Herndon," said Leatherwood. She is a former ESOL teacher for Fairfax County Public Schools in Virginia.

Other artists attending the event included Vicki Blum, who brought several paintings with her. "I find this to be an opportunity to speak with other artists and enhance my career. It is a great exchange," said Blum. Freelance artist Jordan Xu brought several pieces with him. Xu has a painting style that combines classical realism with vibrant colors and broad, casual brushwork. Also attending was professional guitarist Al Robertson, board member of the Herndon Foundation for the Cultural Arts.

"I am very happy with the event," said Friedrichs. "As time went on more and more connections were made. This is one of our most satisfying events because it consists of people learning from each other."

Herndon's Classical Ballet Theatre of Northern Virginia will be performing the holiday favorite "The Nutcracker" this year at Northern Virginia College in Annandale, production dates are Nov. 30-Dec. 1. For more information and to obtain tickets, visit www.cbntva.org/nutcracker. To learn more about Council for the Arts of Herndon, visit herndonarts.org.

SPORTS

Herndon's 5K Turkey Trot Brings Out Crowds

Annual race brings together community.

BY RYAN DUNN
THE CONNECTION

Way to go! You are doing great!" cheered Wolf Gottschalk as participants in the 2013 Herndon Turkey Trot ran by Ferndale Avenue near the Herndon Community Center. Despite cool weather that remained below 40 degrees, spirits were upbeat for volunteers and race participants. "The key thing about the race is how many families and kids participate," said Cindy Roeder, director at Herndon Parks and Recreation. "It [the Turkey Trot] has grown to be a community race with a focus on families participating. This is the largest registration we have yet had for this race."

Outside Herndon Community Center, people warmed up in the late afternoon on Saturday, Nov. 23 for the 5K race. "If you see someone go down in front of you, they are not a speed bump, help them up," said Gottschalk. He gave the final instructions to participants in this year's Turkey Trot. An employee of Fitness Image Results, Gottschalk led warm up exercises for race participants.

"For us this is great to see so many people coming out with their friends and get a bit of exercise. It is wonderful to see so many local people from the area. We have over 1,000 runners in this year's race," said Abby Kimble, Herndon Park and Recreation Marketing Specialist. Kimble noted the community center was participating in Nike's Reuse-a-Shoe Recycling Program, which concludes at the end of November. All athletic shoes collected go toward making basketball courts, track fields, playgrounds, floor tiles, new shoes and apparel.

Maddie Humphrey, a resident of Reston and PE teacher at Floris Elementary was participating in the race for the first time and was cheered on by her friend Kevin Mallon. "This was more a cross country race than I expected," said Humphrey. "I really enjoyed it." "I had a good run," said Susanna Sullivan, a resident of Falls Church. "I ran about 20 seconds faster than last year."



Wolf Gottschalk led warm up exercises for race participants of the Herndon 5K race. This year had the biggest registration for this race.



Matt Kroetch from Chantilly crosses the finish line. Kroetch was the 5K overall winner with a time of 16 minutes and 27 seconds.

The registration fee to race was \$15 and a can of food which was given to the non-profit charity LINK, Inc. A turkey and all the trimmings were given to the overall male and female winners. "I have done this race every year repeatedly, so I advertised it to my friends," said Sterling resident Amy Carroll who convinced some friends and fellow members of the Reston YMCA to join in this year's Herndon Turkey Trot.

This is the second year students from the 4th through 6th grade at Dranesville Elementary, called the Dragon Runners, participated in the Herndon Turkey Trot. "They practice twice a week at our school," said Dranesville Elementary Principal Kathy Manoatl.



Runners in the 2013 Herndon 5K Turkey Trot began their race at Herndon Community Center's parking lot.



Maddie Humphrey resident of Reston and PE teacher at Floris Elementary participated in the 5K race and was cheered on by her friend Kevin Mallon.

Herndon Elementary and Hutchison Elementary also had groups of students participating in the 5K race. Hutchison Elementary teachers Matt Lear and Robin Schuh were leading a running club of 4th through 6th grade students.

When participants completed running, they returned to the Herndon Community Center gym where they could obtain snacks. A raffle was conducted, and prizes were awarded to the race participants based on age and gender. Great Harvest Bread Company brought muffins and bread. Jimmy Cirrito, owner of Jimmy's Tavern served bowls of baked potato soup. "We have been coming to the Herndon Turkey Trot since 1997," said Cirrito.



CRAIG STERBUTZEL/THE CONNECTION

The South Lakes girls' basketball team, along with the Seahawks boys' team, will host a tournament Dec. 5, 6 and 7.

South Lakes Basketball to Host Tournament

The South Lakes boys' and girls' basketball teams will host the RAL Tip Off tournament Dec. 5, 6 and 7.

The boys' team will face Stonewall Jackson at 7:30 p.m. on Thursday, Dec. 5 and Wilson (Washington, D.C.) at 7 p.m. on Saturday, Dec. 7.

The girls' team will host Western (Baltimore) at 5:30 p.m. on Friday, Dec. 6 and Potomac Falls at 5:30 p.m. on Saturday.

Herndon Boys' Basketball to Face Patriot in Home Opener

The Herndon boys' basketball team will host Patriot for its home opener at 7:30 p.m. on Friday, Dec. 6.

The Hornets will host Washington-Lee on Dec. 10 before participating in the Gonzaga Holiday Tournament Dec. 13-15, starting with a game against Mount Saint Joseph on Dec. 13.

Herndon traveled to face Woodson on Dec. 3, after The Connection's deadline.

NoVa Harriers Shine at Foot Locker Regionals

Marshall senior Mackenzie Haight was one of five Northern Virginia harriers to finish in the top 10 at the Foot Locker Cross Country Championship South Regionals on Nov. 30 at McAlpine Greenway Park in Charlotte, N.C., and earn a berth to nationals.

Haight (Vienna) placed fifth in the boys' race with a time of 14:51. The Vienna native placed sixth in the Group 5A boys' race at the VHSL state meet on Nov. 15.

Edison senior Louis Colson, who won the 5A boys' state championship, finished fourth at Foot Locker South with a time of 14:50. In the girls' race, Virginia 6A state champion Caroline Alcorta, a senior at West Springfield, finished first at Foot Locker South with a time of 16:55.

Lake Braddock teammates Hannah Christen (17:15) and Katy Kunc (17:16) placed fifth and sixth, respectively.

The five Northern Virginia runners, along with the other top-10 finishers, will compete at nationals on Saturday, Dec. 14 at Morley Field, Balboa Park in San Diego.

Football Playoffs

The top-seeded Centreville football team and No. 3 Westfield will meet in the 6A North final on Dec. 7 at Centreville High School. The winner advances to the state championship game to take on the winner of the 6A South final between No. 1 Oscar Smith and No. 3 Colonial Forge.

Centreville beat Westfield 28-0 during the regular season on Oct. 11. Centreville defeated No. 13 Stonewall Jackson 52-27 on Nov. 30 during the 6A North semifinals at Centreville High School. Westfield defeated No. 2 Lake Braddock 19-16 at Lake Braddock Secondary School, overcoming a 16-3 deficit in the game's final six minutes.

WELLBEING

The Holiday Blues: Cope and Prevent

Mental health experts say being realistic and seeking support can help you avoid holiday stress and depression.

BY MARILYN CAMPBELL
THE CONNECTION

While the holiday season is filled with parties, shopping, decorating and other festive activities, mental health experts say it often brings unwelcome guests as well: stress and depression.

While they can be difficult to manage when one is in the midst of a bout, with a few strategies one may be able to prevent both before they ruin the holiday season.

Frederic Bemak, Ed.D., a professor in counseling and development at George Mason University in Fairfax, said causes of stress and depression during the holidays can include difficult family dynamics or issues such as illness, death of family members or changes due to marriage or divorce.

"People need to have open and clear dialogues about those issues," said Bemak. "Anticipatory conversations about those issues in advance is better than arriving and then saying 'Now what do I do?'"

Bemak advises managing one's own issues first. Sometimes that means seeking professional help. "Gain an understanding of your issues and behaviors," he said. "If you have had a difficult relationship with a family member, you have to work on that for yourself and ask yourself 'How do I handle those things when these issues come up?' so you don't get pulled back into behavior patterns that are unhealthy."

Bethesda-based psychotherapist Karen Soltes, a licensed clinical social worker who treats military veterans, said while spending time with family can be challenging, a lack of familial connection can also pose obstacles.

"During the holidays, it is hard for people who don't have family," said Soltes. "A lot of veterans I work with are disconnected from their families and are lonely because they don't have family to be with."

Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington, said high expectations can lead to anxiety and sadness as well. "Some people feel this need to spend a lot of money, which can contribute to stress, especially with parents and children," she said. "They have unrealistic expectations which can lead to profound disappointment."

In addition to dealing with possible causes, recognizing the warning signs of stress and depression can help prevent serious bouts. "One big sign that your mood is being affected is trouble with sleeping," said Gulyn. "Senses of hopelessness, guilt, regret or other kinds of negative feelings are signs, as well as overeating and alcohol or substance abuse. You're also more likely to be more agitated with other people."

Shorter days and less sunlight are other contributors. "The holidays happen to fall in winter where



Bethesda-based psychotherapist Karen Soltes enjoys a conversation with her friend Linda Feldman. Mental health experts say spending quality time with friends can help relieve holiday-induced stress and depression.

"Some people feel a need to spend a lot of money during the holidays or have unrealistic expectations, which can lead to profound disappointment."

— Linda Gulyn, Ph.D., professor of psychology, Marymount University

we're more likely to have our moods affected by lack of light," she said. "That is our brain's response to reduced sunlight, which we need very much."

If one feels the warning signs of stress or depression, there are behavior modifications that can help ward off both. "Watch the alcohol consumption," said Gulyn. "Get as much activity and sunlight as possible and try to modify your expectations."

However, Gulyn says that at the top of her list is social support. "Have interactions with other people who can keep you active or give comfort, advice, fun or joy," she said. "Exercise is great, meditation is great, but nothing beats spending quality time with friends."

Soltes said, "I tell people to put themselves at the top of their Christmas list and give as generously [to] and nurture themselves as they do others in their lives. That could mean having a 'staycation' like staying at home in your pajamas and watching your favorite movie on Netflix."

Arlington fitness trainer Christian Elliot guides Patty McAndrews through strength training exercises. Experts suggest exercising before a holiday event where rich foods will be abundant.



PHOTO COURTESY NINA ELLIOT

Staying Fit During the Holidays

Staving off extra pounds during the season of sweets.

BY MARILYN CAMPBELL
THE CONNECTION

Patty McAndrews works out with a trainer twice a week at of TRUE Health and Wholeness in Arlington. She found that restarting her fitness regimen about two months ago has strengthened her abdominal muscles and toned her body. A threat to her fitness looms, however: the holidays and the food and festivities that come with them. McAndrews plans to continue her workout schedule to combat the traditional holiday weight gain.

"I am excited about the working out during the holidays because it gives me the freedom to indulge," she said.

From eggnog and chocolate truffles to Yule logs and Linzer cookies, the holidays bring an onslaught of sugar-filled delicacies. Those who find it hard to resist multiple servings of Italian trifle at an office party or chocolate-covered gingerbread men at a cookie exchange might be kicking themselves for over-indulging come January, however.

To keep that from happening, local nutrition and fitness experts share their tricks for staying in shape and helping their clients do the same during the sweetest time of the year.

"It is a very hard time of the year, even for me," said Professor Lisa Pawloski, Ph.D., chair of the Department of Nutrition and Food Studies at George Mason University in Fairfax. "Everyone has challenges. There is food everywhere. Office parties are filled with fatty food. There are dishes filled

with candy all around the office this time of year."

Pawloski believes bringing calm to the holiday bustle can aid in fitness. "It is important to reduce your stress so that you don't over consume," she said. "Many people react to stress by overeating."

Planning ahead is one strategy to avoid gluttony during holiday gatherings. "Think about nibbling on small amounts of healthy food throughout the day to fill you up a bit instead waiting on a big meal to fill you up," said Michael Nordvall, Ed.D., professor of health and human performance at Marymount University in Arlington. "Take your time while you're eating, chew slowly, eat slowly. The slower you eat, the less food you end up eating because you will get fuller sooner."

Loading up on nutritious nibbles in advance of a big event might make platters of pound-packing fare appear less appealing. "When it comes to holiday parties or buffets, eat something healthy before you go so you're not feeling overly hungry," said Pawloski. "Think about eating protein and whole grains because high-fiber food will allow you to feel fuller for a longer period of time."

"My personal philosophy is for people to enjoy themselves at a party," said Nina Elliot of TRUE Health and Wholeness in Arlington. "Have some of everything, but don't go back for seconds. Don't be obsessed with the food, move through the crowd, focus on enjoying the people who are there."

SEE TIPS, PAGE 19

Election Aftermath: 'Getting it Right in Fairfax'

FROM PAGE 4

and the approved provisional ballots resulted in a 975-vote new swing in favor of Democratic nominee Mark Herring. In fact, the additional votes from Fairfax County were the single biggest factor in Herring edging out Obenshain in the final certified tally.

The headline-making story spawned conspiracy theories by political activists on both sides of the aisle. While Schoeneman said he was just doing his job by making certain that every vote counted, others in his party saw it differently.

Jeanine Martin, on The Bull Elephant blog, asked "Why is Brian Schoeneman, who purports to be a Republican, helping Democrats by extending this deadline?"

Martin was referring to the Election Board's unanimous decision to extend the provisional ballot deadline through Tuesday, Nov. 12, a full week after the Nov. 5 election, while other Virginia counties were adhering to a deadline at 1 p.m. on Friday, Nov. 8.

That decision earned Schoeneman the scorn of Republican party officials throughout the state.

"What happened in Fairfax over the last week, culminating in tonight's announcement of a reversal in fortunes of the Virginia Attorney General candidates, was a travesty," wrote Steve Albertson, vice chairman of the Stafford County Electoral Board, in his blog. "... In doing so they raised a giant middle finger to the rest of us."

Schoeneman said it stung to have members of his own party question his integrity.

"These folks knew better. They've worked with me for years, and they know I'm honest and willing to address any complaints.

"One of the downsides to politics is that there are some folks — and they exist on both sides of the aisle — who want to turn everything into a 'good vs. evil' battle where everybody with one letter after their name is good and the other side is evil," Schoeneman said.

Schoeneman also said there were some Republicans who questioned his attempts at transparency and responsiveness through

social media such as Twitter and Facebook.

"When I made that 'zero' tweet, I was trying to tamp down the rumors that we had missing ballots or missing votes — and by missing I mean physically not present, like a box of ballots lying around somewhere that hadn't been counted. I had confirmed with the staff that this wasn't the case," Schoeneman said.

"And I was right," Schoeneman added, "we didn't have missing ballots. We did have a major tabulation error that inadvertently left 3,000 or so votes off the results sheet, which we caught and corrected. So both sides were right — there were votes that hadn't been reported, but my tweet was also accurate, because we didn't have any missing ballots that hadn't been counted in the 8th."

Looking back on election night, Schoeneman said he doesn't re-

8th District Central Absentee Precinct had that information, they could have figured out right away that their numbers were off," he said.

Ironically, it wasn't supposed to be Schoeneman sitting in that hot seat this highly partisan election.

Last February, Schoeneman was representing the Fairfax County Republican Committee in a lawsuit stemming from the 2012 election when the term of election board member Hans von Spakovsky, a Republican former member of the George W. Bush administration, was up.

Von Spakovsky, a political lightning rod for his controversial research on voter fraud, was the local Republican Party's first choice to remain on the board. Although it's almost unheard of for the panel of circuit court judges to refuse a party's first choice, the panel bypassed von Spakovsky.

"I hope I was able to do that for a few people on the left — prove to them that there are Republicans out there who care about the rules, getting it right and being fair..."

**— Brian Schoeneman,
a Republican and Secretary of the Fairfax County Electoral Board**

gret his infamous tweet, or any other tweets that gave the public a chance to "see into the factory where the sausage is being made."

"When folks are that cynical, it's hard to crack through to convince them that their preconceived notions about politics are wrong. I hope I was able to do that for a few people on the left — prove to them that there are Republicans out there who care about the rules, getting it right and being fair ... I want the average voter to know that their vote counts."

Asked if he would do anything differently on election night, Schoeneman replied that he thought the process could be improved with enhanced communication to election chiefs.

"The one thing I know we need to do differently and would have done differently is to get our chiefs and coordinators the spreadsheet we had that included all of the mail-in absentees and absentee-in-person ballots cast by Congressional District. Had our folks in the

Instead, they picked the party's second choice: Brian Schoeneman.

"Did I ever think I'd be sitting here as an election officer? No, absolutely not. But I'm here, and I'm committed to transparency. Call it 'Getting it right in Fairfax.' That's kind of my new slogan," Schoeneman said, smiling.

An avid Orioles fan, Schoeneman compared the events of election night, and the subsequent fallout from the Attorney General's saga to the World Series.

"We had a good night on Tuesday night, and a couple of nights where I thought we were in real trouble, but we patched things together and got it done," Schoeneman said. "Given that we didn't completely wrap up the process until 10 minutes before the deadline on Tuesday the 12th, the whole process felt like coming down to the last pitch of the last inning of Game 7 of the series, and having your guy hit a walk off single to win the game. And it was that stressful the whole time, too."

Tips on Staying Fit

FROM PAGE 18

When faced with a large spread of tantalizing eats, be selective. "You have to ask yourself, 'Is it worth the calories?' Since there is such a variety, being picky is important," said Pawloski. "Go after the food you really enjoy. There is research that shows that when you eat food you enjoy, you secrete more of the digestive enzymes and you absorb more nutrients of those particular foods."

Resist the urge to clean your plate. "Most people will pile on as much food as they can and feel the requirement to finish everything," said Nordvall. "Start with smaller portions."

While libations can add merriment to a holiday party, they can also add pounds. "For the adults, things like alcoholic beverages and eggnog can slow you down, make you drowsy," said Nordvall. "One of the worst things that can happen after a big meal is to fall asleep because your metabolism slows down."

When it comes to sit-down dinners with family and friends, both Pawloski and Nordvall suggest loading up on low-calorie liquids

and moving around. "Have water or some broth before you eat a meal," said Pawloski. "That will actually make you feel a little full."

"Going on a walk with your family after a big meal will increase metabolism and help with digestion," said Nordvall.

Elliot even recommends that those concerned about maintaining fitness consider hiring a trainer for the holidays. "Maybe four sessions during the month of December, once a week, for weight training specifically," she said. "Have a session right before a big party where you know there is going to be rich food."

Elliot says that weight training is important to maintaining muscle mass and reducing stress. "Most people can go for a run, but what is often lacking is proper utilization of weights," she said. "People with more muscle mass have a higher metabolism because muscles are energy demanding."

Her husband, Christian Elliot, fellow trainer and co-owner of TRUE Health and Wholeness, said, "One of the great benefits about strength training is how it boosts the client's self confidence."

BULLETIN BOARD

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

THURSDAY/DEC. 5

The Great Falls Writer's Group. 11 a.m. - 12:45 p.m. Great Falls Public Library, 9830 Georgetown Pike. Guest speaker, Laura Wickstead, executive director of Fairfax County Public Library's Virginia Room will be present.

FRIDAY/DEC. 6

Reston Lions Club Annual Citrus Sale. 4-7 p.m. Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida navel and juice oranges, red grapefruit, tangelos, chocolate peanut clusters, and Ohio Buckeye Chocolates available. All proceeds benefit sight and hearing programs. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

Brain Science, 21st Century Skills and Education. 6:30 p.m. - 8:15 p.m. Vienna Community Center, 127 Center Street S., Vienna. \$10 per ticket. RSVP to office@fioremontessori.com

SATURDAY/DEC. 7

Reston Lions Club Annual Citrus Sale. 8 a.m.-6 p.m. Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida navel and juice oranges, red grapefruit, tangelos, chocolate peanut clusters, and Ohio Buckeye Chocolates available. All proceeds benefit sight and hearing programs. Eyeglasses and hearing

aids accepted at the trailer for recycling. www.RestonLions.org

SUNDAY/DEC. 8

Worm Composting. 2-3:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Learn about Worm composting, which is a type of vermiculture that is a natural method of recycling food waste. Reservations required by Dec. 5. Fee: \$35/Bin RA members; \$40/Bin Non-members. naturecenter@reston.org

Reston Lions Club Annual Citrus Sale. 8 a.m.-6 p.m. Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida navel and juice oranges, red grapefruit, tangelos, chocolate peanut clusters, and Ohio Buckeye Chocolates available. All proceeds benefit sight and hearing programs. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

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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