

Oak Hill ❖ Herndon
CONNECTION

Herndon Hosts Turkey Trot

NEWS, PAGE 4

Cost-effective Roofing Denied

NEWS, PAGE 2

Homelessness, A Year-Round Issue

NEWS, PAGE 3

WELLBEING

PAGE 9

OPINION, PAGE 6 ❖ ENTERTAINMENT, PAGE 7 ❖ SPORTS, PAGE 8 ❖ CLASSIFIEDS, PAGE 10

PHOTO BY RYAN DUNN/THE CONNECTION



Andrew Griffith and Carolyn Griffith with their children Ryan and Emily participated in the 2014 Herndon Turkey Trot 5K on Saturday, Nov. 22.

Cost-effective Roofing Denied

Town Council upholds historic review board's decision for tin metal roofing.

BY REENA SINGH
THE CONNECTION

A resident's appeal to have her historic home roofed in asphalt shingles failed 2 to 4.

The town council upheld the Historic Preservation Review Board's decision on Nov. 25 to only allow stamped tin or standing seam metal roofing for a nearly century old house on Spring Street.

"Staff recommends that the town council uphold the decision the board has made because we do not believe the board has made a mistake when you look at the handbook and the zoning ordinance standards," said town Director of Community Development Lisa Gilleran.

She stated the HPRB's handbook specifically states that asphalt shingles are not allowed on homes that hold a historic aspect in town because it "dramatically alters the appearance."

Sally Walkinshaw, the applicant, had filed for two appeals to have the roof changed from the stamped tin that is deteriorating "on the grounds that the cost made it impractical."

She presented research on how asphalt shingles were a historically accurate, cost-effective solution during the meeting.

"There are hundreds of references of as-



PHOTO BY REENA SINGH/THE CONNECTION

Vice Mayor Jennifer Baker listens to an appeal to have asphalt shingle roofing at the Nov. 25 meeting.

phalt shingles not only being used in the period when my home was being built in 1922 and the period before that, but that they were actually very popular," she said.

She also noted that the tin stamped roofing would cost \$9,000 to order while as-

phalt shingles would cost \$4,000. While the review board approved standing seam metal roofing, it did not fit the character of her home.

Gilleran said that in this case and in past cases, the town does not have the author-

ity to verify whether an applicant does or does not have the means to afford the roofing called for by the HPRB's handbook.

Herndon Historical Society President and former councilmember Charlie Waddell spoke about his agreement with the HPRB's decision during the public hearing.

"The roof represents a history that's unique to that time period, and also characteristic of the time period," he said. "Asphalt roofs replacing the original roofs are not appropriate."

Former HPRB member and councilmember Harlon Reese also spoke against the appeal.

"We have a number of buildings in town with metal roofs, particularly those built in the late 1800s and early 1900s," he said.

He stated that it would be a "significant depart" to replace the current roofing, which is the original roofing, with asphalt shingles."

Council member Steven Michell, who voted against upholding the HPRB's decision, stated his own experience having to replace his historic home's roofing before he was in the town council. He listed a number of homes that fall under the town's historic guidelines that have asphalt shingles.

"I'm here to be a part of the solution, not part of the problem," he said.

Santa Picture Day
Saturday December 6, 2014
8AM to 2PM

Holiday Treats and Refreshments for All. BIG Savings in Posh Paws Boutique, your pets' Holiday Headquarters.

One 5x7 for \$20.00
Two 5x7 for \$30.00

Like us on facebook
follow us on twitter

Seneca Hill donates all proceeds to local charities.
Seneca Hill Animal Hospital, Resort & Spa
11415 Georgetown Pike, Great Falls, VA 22066
Corner of Leesburg and Georgetown Pikes
703-450-6760
www.senecahillvet.com

Dulles Regional Chamber of Commerce invites you to

Chamber 101: For New and Prospective Members

Lunch Is On Us
The Dulles Regional Chamber of Commerce invites new and prospective members to be our guests for lunch at Chamber 101, an opportunity to fast-track your business.

Network
This orientation is where business representatives learn about the powerful impact of this regional chamber and its many avenues for promoting a business. There is extensive networking on site so attendees are asked to bring business cards! Online pre-registration is required and limited to the first 30 people.

Join Us on December 17th!
Register by the day before and have your contact information provided to all attendees at Registration. For more information or to register, go to dulleschamber.org or call 571-323-5304

Platinum Sponsors:
WASHINGTON BUSINESS JOURNAL COX Business

DULLES REGIONAL CHAMBER of COMMERCE

dullesregionalchamber.org

HELLO my name is
opportunity

Location:
DRRC's Chantilly Office
3901 Centerview Drive
Suite S
Chantilly, VA 20151

Date & Location:
Wednesday, Dec. 17, 2014
11:45am to 1:30pm

Fees/Admission:
Complimentary

What are the needs and priorities of the homeless in Fairfax County this winter?

Jolie Smith, director of development, Shelter House:

"Housing. Affordable housing. We always need hygiene products. One thing people don't realize is that with food stamps you can't buy any hygiene products. So, we always ask people to give shampoo, conditioner, toothpaste, toothbrush. Gift cards. A gift card from CVS can help people buy medications they may need. Gift cards are always in need. Think about what you need and those are the needs of our families."



Joe Meyer, executive director, Shelter House:

"This is a community that really cares about the issue that we have—homelessness and domestic violence. For a community to come together is one of the biggest things that I want to see this winter."



Scott Covino, board member, Shelter House, and daughter Lauren, 10, of Leesburg:

"It's getting the folks who need the help, help. It's usually trying to identify folks and make sure that they are in the system, that they're being recognized and make sure that they are not just out there on their own. And communicating that there are places they can go and things that they can do to help themselves. And we can help them do that."

Gov. Terry McAuliffe (D-Va):

"We need to make sure that this winter, which is expected to be a very tough winter, that we have the shelter for folks to make sure they can [have] shelter, they can have food, they can have healthcare. We need to do our part to provide for those individuals who need help today."



Brian Ricks, director, Katherine K. Hanley Family Shelter:

"The biggest issue is affordable housing in Fairfax County. We are a rapid re-housing program. However, though, rents are really high in Fairfax and we have a lot of families that are low-income that may need additional support in housing. The biggest need is fair market housing in Fairfax."



— ABIGAIL CONSTANTINO

Gov. Terry McAuliffe carves the turkey served to families at Shelter House on Thursday, Nov. 27, in Fairfax.



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Homelessness, A Year-Round Issue

Gov. McAuliffe serves Thanksgiving lunch at Shelter House.

BY ABIGAIL CONSTANTINO
THE CONNECTION

"Do you like the stuffing? I made it," said Gov. Terry McAuliffe on Thanksgiving, as he mingled with guests of Shelter House. Earlier, the governor donned a hairnet and served lunch to invited clients and residents at the Katherine K. Hanley Family Shelter in Fairfax.

"Fairfax County does an excellent job in providing for those who need shelter, who need food," said McAuliffe. "I was so honored to come out here with my family to show our support and give back a little bit." Though he said we all have something to be thankful for, there are those who are really in need.

Mo, his wife, and their two children arrived at the family shelter the night before. He was working two full time jobs when he got hurt at work. He lost one job and started falling behind on his bills. "It was just me providing for my family and I couldn't do it anymore," he said. He has been in the U.S. for 15 years, emigrating from West Africa. "I've never been in the shelter. Most of the time people talk about the shelter, and it's, like, you know, you are somebody who doesn't want to work. And, I'm not like that."

DIRECTOR OF DEVELOPMENT Jolie Smith said Mo's situation is very common. "Really, all they need is a hand up not a handout." With the help they receive, she has witnessed people bounce back. "A couple of month's rent, a secu-

rity deposit and they're off and running," she said.

But there are those whose needs require more than financial help. "Thanksgiving, you're supposed to be with your friends but right now, I cannot be with my family and friends," said "Lee" (name changed for security). Lee fled from domestic violence and her husband does not know where she is staying. "He kind of knows I'm in a shelter. He knows I have no friends, no relatives. He pushed me out. Where am I supposed to go?"

Lee never called the police because her husband was the only one working in the family. "Since I got married, I kind of lost myself. I used to be very confident...go to work. But I have been a housewife for eight

years. I don't know what I can do." Lee left her children with her husband, while she regains her independence and learns to be self-sufficient. "I want to get custody of them. I want to fight for them," she said.

McAuliffe visited the tables of the families he served and took photographs with them. Jennifer Erazo posed with him and nervously forgot to ask her question about housing for people with disabilities. "There's a lot of housing for low funds, domestic violence. There should be more for people with mental disabilities," she said. She is dealing with mental health issues and domestic violence.

LAST SEPTEMBER, McAuliffe announced his measure to expand healthcare services to over 200,000 Virginians. Through a series of executive actions, the plan includes care and coverage for people with mental illness. The plan was a reduction from a more ambitious one that was thwarted by the General Assembly when it shot down the expansion of Medicaid in the commonwealth. He said that about \$26 billion of Virginia taxpayer money has gone to Washington, D.C. and the commonwealth has a right to bring that money back. "It's unconscionable that we're not doing that," he said.

About 26.2 percent of sheltered homeless persons have a severe mental illness, according to the Substance Abuse and Mental Health Services Administration. But although mental illness may contribute to homelessness, the lack of low-income housing is the predominant cause of homelessness, according to a 1994 study by Shinn and Gillespie published in American Behavioral Scientist.

November is homelessness awareness month. Shelter House executive director Joe Meyer said that homelessness is not just a holiday or a seasonal issue. "It's a year-round issue that we need to address."



A father and son pray before eating their Thanksgiving meal, served at the Katherine K. Hanley Family Shelter by Gov. Terry McAuliffe on Thursday, Nov. 27, in Fairfax.

Wolf Gottschalk uses a loudspeaker to tell participants in the Herndon Turkey Trot 5K about the race course. Over 1,100 runners, eight elementary school running groups, 50 plus volunteers, Town of Herndon staff, and many local and national sponsors contributed to the success of the race.



PHOTO BY RYAN DUNN/THE CONNECTION

Herndon Hosts Turkey Trot

Herndon residents attend annual November race.

BY RYAN DUNN
THE CONNECTION

Residents from communities surrounding Herndon attended the annual Herndon Turkey Trot 5K on Saturday, Nov. 22. Over 1,100 runners, eight elementary school running groups, 50 plus volunteers, Town of Herndon staff, and many local and national sponsors contributed to the success of the race. Race participants donated 40 large boxes of nonperishable food items, which were donated to LINK and participants brought in more than 200 pairs of athletic shoes to be recycled.

Race Day registration for adults was \$25, youth age 18 & under \$20. Race shirts were allotted to people who signed up before Nov. 17. Helping provide instructions to racers in the 5K was certified trainer Wolf Gottschalk. In the end, Joe LoRusso finished the 5K first with a time of 16:28, second place went to Romain Mareuil with a time of 16:32, and third place to Susanna Sullivan with 16:41. Sullivan, who used to be an assistant cross country coach at Oakton High School teaches at a school in McLean. "I love the atmosphere here," said Sullivan.

"I heard about this event through a neighbor," said Town of Herndon resident Steve Privott who participated in the 5K. Students from many schools in the area participated in the event including Herndon Hutchison Elementary School, Dranesville Elementary School, and Stone Middle School. Wolf Gottschalk provided instructions on the race course and offered encouragement to participants. Families also participated in the race event including the Griffith family. "It is a neighborhood thing, we like to stay active," said parent Carolyn Griffith.

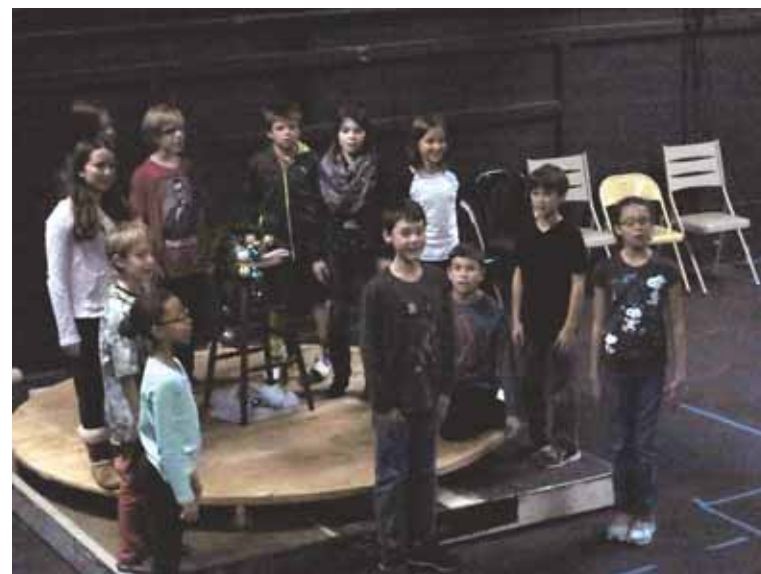
"It is a great event," said Oak Hill resident Andrea Lindsey, who was running with her son. "The route is pretty easy and we always see people we know." Thomas Schoenauer, Herndon Community Center Recreation Services Supervisor was pleased with turnout for the 5K race. "This is my third year organizing the Herndon Turkey Trot 5K and I am delighted with the outcome," said Schoenauer. Inside



Members of Stone Middle School's Lady Panthers on the Move running club participated in the annual Herndon Turkey Trot 5K on Saturday, Nov. 22.

the Herndon Community Center was a paper mache turkey wearing running sneakers which had been crafted by volunteers to promote the event. Sponsors for the race event included Jimmy's Old Town Tavern, Amphora Bakery, Evergreene Homes and Great Harvest Bread.

Herndon Community Center is an award-winning fitness and recreation facility located within Bready Park in the Town of Herndon. This year the community center celebrated 35 years of service. The Herndon Community Center (HCC) will host a craft fair on Sunday, Dec. 7. Over 80 artisans and craftspeople will exhibit and sell their work at this annual arts and crafts show sponsored by the Town of Herndon Department of Parks and Recreation. A variety of handcrafted items and fine art will be on sale including wreaths, quilts, jewelry, Christmas ornaments, decorations, original artwork, photography, stained glass, and more. On Dec. 13, HCC will host A Storybook Holiday Brunch for ages 3 to 8. For more information on the Herndon Community Center, visit www.herndon-va.gov/Content/Parks_rec/.



Early rehearsal for the NextStop Theatre's "A Charlie Brown Christmas."

A Show With Great Heart

"A Charlie Brown Christmas" at Industrial Strength Theatre.

BY DAVID SIEGEL
THE CONNECTION

Where and When

It's that time of year. Time to "try to catch snowflakes on your tongue" as a live edition of that animated favorite, "A Charlie Brown Christmas" comes to the Industrial Strength Theater by way of Herndon's NextStop Theatre.

A show with great heart, "A Charlie Brown Christmas" will spring to life through the efforts of 25 children and youthful actors. In the almost 50 years since first premiering on television, "A Charlie Brown Christmas" has been broadcast yearly. Now kids of all ages can see this perennial holiday tradition staged live.

"It brings me so much pride and joy to be able to provide the opportunity for a new generation of kids to feel the rush of performing in a top notch production," said Evan Hoffmann, artistic director, NextStop Theatre. The NextStop Theatre presentation will also introduce new generations to the capacity of theatre to beguile.

"A Charlie Brown Christmas" will be a full-scale production under the direction of award-winning Jennifer Lambert. The show includes all the characters remembered from comics and animated features such as the endearing Charlie Brown, a bossy Lucy, humorous Snoopy, and all the others. There will be plenty of music, singing and dancing. All with the Holiday Spirit.

"There is a special insight that kids can provide about characters that sometimes adults simply can't. These kids really get the brilliantly created characters Shultz

NextStop Theatre presents "A Charlie Brown Christmas" at the Industrial Strength Theatre, 269 Sunset Drive Park, Herndon. Performances are Dec. 12-21. Friday, Dec. 12 – 8 p.m., Saturday, Dec. 13 at 12, 4, and 8 p.m. Sunday, Dec. 14 at 12 and 4 p.m., Friday, Dec. 19 at 8 p.m., Saturday, Dec. 20 at 12 and 4 p.m. Saturday, Dec. 20 at 8 p.m., Sunday, Dec. 21 at 12 and 4 p.m. Tickets: Adults \$20, Children (12 and under): \$16. Call: 866-811-4111 or visit www.nextstoptheatre.org. Note: There are two separate casts performing on different days/times for this production; the Peace Cast and the Joy Cast. Go to www.nextstoptheatre.org for details.

has given to us and they bring them to life like only youngsters can," said Lambert. The show has such "joy you want to hold onto during the holidays."

Lambert wants audiences to have a "the same joyful smile that comes to my face every time I watch these children perform this show and listen to the peaceful score that goes with it."

There are also many other values of being in a live theatre production. Speaking for many of the parents, Lori Gaskill (parent of Owen Gaskill) said "Acting in this is such a great opportunity for Owen. Building his confidence and presence is such a phenomenal opportunity. I am thrilled with the positive and upbeat attitude everyone involved maintains and expects." Margo Osborne (parent of Hudson Osborne) noted that beyond honing "acting, communications and listening skills" the rehearsal process has been "an absolute ball." So, relive your own youth, or bring someone new to visit the world of Charlie Brown and friends right in your own neighborhood.

FAITH

Shine Your Light

BY RABBI LEIBEL FAJNLAND
DIRECTOR OF CHABAD
OF RESTON-HERNDON

Chanukah, the Festival of Lights, recalls the victory—more than 2100 years ago—of a militarily weak but spiritually strong Jewish people over the mighty forces of a ruthless enemy that had overrun the Holy Land and threatened to engulf the land and its people in darkness.

The miraculous victory—culminating with the dedication of the Sanctuary in Jerusalem and the rekindling of the Menorah which had been desecrated and extinguished by the enemy—has been celebrated annually ever since during these eight days of Chanukah, especially by lighting the Chanukah Menorah, also as a symbol and message of the triumph of freedom over oppression, of spirit over matter, of light over darkness.

It is a timely and reassuring message, for the forces of darkness are ever present. Moreover, the danger does not come exclusively from outside; it often lurks close to home, in the form of insidious erosion of time-honored values and principles that are at the foundation of any decent human society. Needless to say, darkness is not chased away by brooms and sticks, but by illumination. Our sages said, “A little



Rabbi Leibel Fajnlard

light expels a lot of darkness.” The Chanukah Lights remind us in a most obvious way that illumination begins at home, within oneself and one’s family, by increasing and intensifying the light of decency, respect, and good deeds in the everyday experience, even as the Chanukah Lights are kindled in growing numbers from day to day. But though it begins at home, it does not stop there. Such is the nature of light that when one kindles the Chanukah Lights are expressly meant to illuminate the “outside,” symbolically alluding to the duty to bring light also to those who, for one reason or another, still

walk in darkness.

What is true of the individual is true of a nation, especially this great United States, united under G-d, and generously blessed by G-d with material as well as spiritual riches. It is surely the duty and privilege of this Nation to promote all the forces of light both at home and abroad, and in a steadily growing measure.

Let us pray that the message of the Chanukah Lights will illuminate the everyday life of everyone personally, and of the society at large, for a brighter life in every respect, both materially and spiritually.

Rabbi Leibel Fajnlard is the director of Chabad of Reston-Herndon. He can be reached at Rabbi@chabadrh.org.

Chanukah Programs in the Reston-Herndon Area

◆Chanukah Party at Lake Anne Waterfront

An exciting holiday celebration, jam packed with activities for the whole family - lots of fun and surprises for all ages.

Giant Outdoor Food Cans Menorah - to later be donated to feed the homeless, arts and crafts, Chanukah chocolate making, face painting, sizzling latkes, delicious donuts and chocolate gelt, free dreidels, and lots of holiday cheer for the whole family.

WHEN: Tuesday, Dec. 16. 5:30 p.m. - Menorah set up. 6 - Lighting

WHERE: Reston Community Center Lake Anne, 1609-A Washington Plaza North, Reston

FEE: Gratis

Event Sponsorship: Dreidle Sponsor \$50. Menorah Sponsor \$100. Macabee Sponsor \$180

Grand raffle for a tablet, and other great prizes. Change the world with your good deed. Bring Kosher canned food of all sizes, and add it to the Menorah of Kindness later to be donated to the needy.

◆Chanukah on the Green

Bring family and friends for an evening of outdoor Chanukah fun, and sing - along. Giant Menorah lighting, refreshments and more.

Who: The entire community

When: Sunday, Dec. 21 at 5:30 p.m.

Where: Herndon Town Square, in front of Town Hall at 730 Elden Street, Herndon.

Sponsored by Nachmans Partnership

All reservations can be made at WWW.CHABADRH.ORG

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.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

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.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students for the 2010/2011 school year. 703-938-2391.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. E-mail shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

Now's A Great Time for Your Landscape Project!
Free Estimates Patios, Walkways, Retaining Walls, Landscaping & so much more!

Hosta Special! 25% Off All Varieties
Just Arrived! Christmas Trees, Greens and Poinsettias

60% Off Pottery (Lowest Prices Since 2008!)

Playground Chips & Organic Compost \$29.99 cu. yd.
Bagged, Shredded Hardwood Mulch \$3.49
Bulk Mulch \$24.99 cu. yd. FREE Fill

Fragrant, blooming Citrus Plants 10% Off

Cravens Nursery & Pottery
9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50, 1 mile from I-66 (Vienna Metro)
703-573-5025
Open 7 days a week
Visit our new Web site: www.cravensnursery.com

COMMUNITIES OF WORSHIP

Welcoming, Diverse, Progressive

ST. ANNE'S
EPISCOPAL
CHURCH • Reston



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday School: preschool - grade 2
Music: grades 3 - 7
10:25 a.m. Sunday School Grades 3 to 6
Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 9:00 a.m. service

The Rev. James Papile, Rector
The Rev. Laura Cochran
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston



To Highlight
your Faith
Community,
Call Karen at
703-917-6468

ARTS & CRAFTS SHOW
36th Herndon Holiday

SUNDAY 7 DECEMBER FREE ADMISSION and PARKING
10 AM to 4 PM
Over 80 vendors. Unique gifts, holiday decorations and homemade items.

at the **Herndon Community Center**
814 Ferndale Ave., Herndon
herndon-va.gov 703-787-7300

TOWN OF **Herndon**
PARKS & RECREATION

OPINION

Be Part of Children's Connection 2014

Annual edition showcases youth art and writing.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

We welcome student's original ideas. Here are some suggestions:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite ac-

tivity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

❖ Your opinion (50 to 100 words) about news, traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers.

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.

Email submissions for the Children's Connection to editors@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 10. The Children's Connection will publish the week of Dec. 27, 2014.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Help! I've Lost Everything!

BY ANN EMMONS PETRI

You may think McLean is a nice, quiet place to live, but you are wrong. In our living room at this very minute lurks an almost invisible menace. It is small and innocent looking but in reality it is the scourge of our lives. Very simply put, it is our laptop computer. It is not what it seems to be. With a mind of its own, it waits patiently for the ideal time to strike.

"Help! I've lost everything!" is Bill's usual panicked response when things go terribly wrong while he's in the process of creating an important document or trying to compose a crucial email. Of course, you know without asking,

that he is expecting me to perform miracles! The trouble is, however, I am not the authority he thinks I am. The sad truth is that I am usually teetering just one tiny branch higher on the Tree of Knowledge. The only sure way I know to fix anything is to turn everything off and start from scratch.

Sometimes this works. But sometimes it doesn't and then we are left with only two options: the first is our trusty son-in-law Dan who is a computer genius and good at explaining things via email or on the phone, and the second is a call to our grandson Brian and his wife Ashley who live nearby and can be counted on to come over and sort it all out.

The trouble with either of these

arrangements is that our temperamental computer acts up fairly regularly and we hate to keep interrupting their busy schedules. And sometimes all three are away on business trips or vacations at the same time. And the worst part is, when we have to appeal to them for help it makes us feel like the two bumbling old fogies we are. Usually it only takes them a minute to explain in a few steps what had seemed like the riddle of the Sphinx to us.

So now, we have developed a totally new strategy. It is incredibly simple. We kowtow to, and humor the all-powerful beast. Whatever it wishes: that is our command. We are no longer masters of our own universe, but who cares?



PHOTO BY BRIAN HENSKÉ

Bill at the computer: With a mind of its own, it waits patiently for the ideal time to strike.

LETTERS TO THE EDITOR

Meeting a Candidate

To the Editor:

I am not a political person, but I recently attended a young professionals event and met Craig Parisot, Republican nominee running for Virginia House of Delegates, 34th District, and I knew we had a new kind of candidate on our hands.

You think of a politician and you think of the same old tired stump speech, shake hands, swap names, then move on to quickly greeting the next face in the room. When Craig came up to me and initiated our conversation I could tell that this was someone who was eager to learn, listen and lay out a real vision for his candidacy.

He asked what the issues I cared about were, then relayed that he had the same concerns about including our business community in state and local politics, engaging younger people in policy decision making, and The conversation flowed on.

I was particularly impressed with his strong position on reducing regulations and taxes to increase take home pay - now that is true showing of someone who really understands the struggles of those like me who are new to the workforce and trying to scrape by and save up living in a place like pricey Northern Virginia. Even from this first meeting with Mr.

Parisot, I could tell that he would be a great representative for this area.

He is a breath of fresh air, and with him being a young, first time candidate with a business and technology background, he would be a perfect fit for this important House of Delegates seat. I urge anyone who isn't already familiar with Craig Parisot to learn more about him at craigparisot.com, and strongly consider voting for him in the special election for the vacated seat in the 34th District.

Sam Yeganeh
Vienna

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
vienna@connectionnewspapers.com

Oak Hill & Herndon CONNECTION

www.ConnectionNewspapers.com

@HerndonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
herndon@connectionnewspapers.com

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

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Reena Singh
Community Reporter
757-619-7584
rsingh@connectionnewspapers.com

Jon Roetman
Sports Editor ❖ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Ryan Dunn
Contributing Writer

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

Don Park
Display Advertising
703-778-9420
donpark@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

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

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

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



CALENDAR

Send announcements to herndon@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

THROUGH SATURDAY/JAN. 3, 2015

LineWorks: Drawing Redefined Exhibit at GRACE. 6 - 8 p.m. Reston Town Center, 11900 Market Street, Reston. Thematic multi-media works by five artists, Lee Gainer, Sarah Irvin, Nikki Painter, Foon Sham, and Sarah Weinstock. 703-471-9242. www.restonarts.org.

MONDAY/DEC. 1-WEDNESDAY/DEC. 31

La Lumiere DuBois. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. An exhibit of the colorful nature photographs of award-winning artist, Michael DuBois. 703-476-4500.

MONDAY/DEC. 1-MONDAY/JAN. 5

Annual "Gifts from the HeART" to Benefit Reston Interfaith. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. Sales of original works of art in many mediums will benefit Cornerstones. 703-476-4500.

THURSDAY/DEC. 4

2014 Annual Holiday Book Sale. 10 a.m. - 8 p.m. Reston Regional Library, 11925 Bowman Towne Center, Reston. Books, gifts, and surprises to delight readers of all ages—children and teens included. A special bonus—you're helping support the library too.

FRIDAY/DEC. 5

Towne Square Singers. 7:30-9 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Annual holiday concert with cider, cookies and sing-along carols. \$12. 703-435-6800.

FRIDAY-SUNDAY/DEC. 5-7

Reston Lions Club Annual Citrus Sale. 8 a.m. - 3 p.m., Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida navel oranges, red grapefruit and chocolate peanut clusters available. All proceeds benefit sight and hearing programs and other club charities. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

SATURDAY/DEC. 6

Jingle on Lake Anne. 11 a.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Community organizers and plaza retailers will host a variety of festive activities ranging from the ever popular special visit from Santa (arriving on a lake barge), strolling carolers, a petting zoo, music, wine tastings, merchant specials, children's crafts, cookie and ornament decorating, holiday arts and crafts market, holiday entertainment and much more.

Towne Square Singers. 7:30-9 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Annual holiday concert with cider, cookies and sing-along carols. \$12. 703-435-6800.

Holiday Homes Tour. 10 a.m.-4 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Tour five different homes that are



Don't miss the Jingle on Lake Anne on Dec. 6 at 11 a.m. at Lake Anne Plaza, 1609 Washington Plaza, Reston. Community organizers and plaza retailers will host a variety of festive activities ranging from the ever popular special visit from Santa (arriving on a lake barge), strolling carolers, a petting zoo, music, wine tastings, merchant specials, children's crafts, cookie and ornament decorating, holiday arts and crafts market, holiday entertainment and much more.

decorated for the holidays. \$15-\$20. <http://www.herndon-va.gov/>

Annual Tree Lighting and Sing-Along. 5-6 p.m. Town Hall Square, 730 Elden Street, Herndon. For more information call 703-437-5556.

SATURDAY-SUNDAY/DEC. 6 - 8

Children's Holiday Shopping. Saturday, 10 a.m.-2 p.m.; Sunday, 12-4 p.m.; Monday, 1-4 p.m. Frying Pan Farm Park, 2309 West Ox Road, Herndon. Meet at the Old Floris Schoolhouse. Volunteers help children shop for everybody on their holiday list. The Country Store stocks many unique items in all price ranges. Free wrapping assures surprises for family and friends. Adults are invited to wait at the schoolhouse. Monday is for ages 8 years and older with self-shopping and wrapping. Admission: Cost of presents; free gift wrapping. For more information, contact Frying Pan Farm Park at 703-437-9101.

SUNDAY/DEC. 7

Towne Square Singers. 2-3:30 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Annual holiday concert with cider, cookies and sing-along carols. \$12. 703-435-6800.

2014 Annual Holiday Book Sale. 1 - 4 p.m. Reston Regional Library, 11925 Bowman Towne Center, Reston. Books, gifts, and surprises to delight readers of all ages— children and teens included. A special bonus— you're helping support the library too.

Christmas Caroling at The Closet. 4-6 p.m. The Closet, 845 Station Street, Herndon. A Christmas party at The Closet. Listen to carolers, shop, enjoy free hot chocolate and cookies, and more. Santa will pose for pictures with kids of all ages. Please join the fun and bring a canned

or boxed nonperishable food item to support the Western Fairfax Christian Ministries Food Bank. This event is free and co-sponsored by The Closet (www.theclosetofgreaterherndon.org) and Dranesville United Methodist Church (www.dranesvilleumc.org).

Christmas at the Frying Pan Farm. Recurring weekly on Sundays until Dec. 14. 11:30 a.m.-12:30 p.m., 1:30 p.m.-2:30 p.m., 3:30-4:30p.m. 2309 West Ox Road, Herndon. 2-year-olds and older accompanied by caregiver, dress warm for a fun wagon ride with Santa through the woods and fields. Enjoy a special holiday craft, cookie decorating and puppet show. Admission: \$8/person. 703-437-9101. Admission: \$8/person. 703-437-9101.

Annual Holiday Arts & Crafts Show. 10 a.m. - 4 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. Over 70 crafters and artisans will exhibit and sell their work which includes wreaths, Christmas ornaments, decorations, quilts, jewelry, original artwork, photography, stained glass, and such. Due to limited exhibition space, the sponsor, Town of Herndon Department of Parks and Recreation, kindly asks you to refrain from bringing strollers inside the building. Free Admission and parking. Additional parking available at the Herndon Centennial Golf Course. 703-787-7300.

MONDAY/DEC. 8

NARFE Dulles Chapter 1241 Holiday Party. 1-4 p.m. Amphora Diner, 1151 Elden Street, Herndon. Come to the NARFE Dulles Chapter 1241 holiday celebration to enjoy London broil, Salmon, or chicken Marsala. The cost is \$25 per person. Dick Giangerelli, President of Virginia Federation of Chapters, NARFE, will install New Officers. Please bring non-perishable food items for the food pantry in Herndon; and a wrapped gift, for the door prize, if you want, with no

more than a \$10 value. There will be drawings for door prizes. Please call in your reservation by Dec. 4, to Louise Rooney 703-435-3523

FRIDAY/DEC. 12

Winter's Muse Fairfax Choral Society Youth Concert

5 p.m. First Baptist Church of Herndon, 681 Elden St., Herndon. Enjoy an afternoon of seasonal music interwoven with short, winter proverbs and witty observations performed by our very own West & South Campus choristers. Season Subscription Tickets: \$16 for Adults, \$8 for Students Advanced Tickets: \$20 for Adults, \$10 for Students Door Tickets: \$25 for Adults, \$10 for Students. 703-642-3277.

SATURDAY/DEC. 13

A Storybook Holiday. 10 a.m.- 12 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Enjoy a variety of holiday activities including a visit with Santa and crafts. \$14. 703-435-6800.

Breakfast with the Birds. 7:30 a.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Enjoy a winter morning of birding here at the nature center. Search for year-round residents and winter specialties like winter wrens, yellow-bellied sapsuckers and ravens. Afterwards, warm up with a hot breakfast at Nature House. Reservations required by Dec. 8. Fee: \$10/person RA members " \$15/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Remembering the Battle of the Bulge. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Historian Jim Lewis returns to commemorate the 70th anniversary of the Battle of the Bulge. Join him to relive the massive German offensive that caught the Allied armies by surprise on Dec. 16, 1944 and would ultimately be the largest and deadliest battle for American forces during the war.

From the Ground Up Exhibit Reception. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Come meet From the Ground Up artist Pattee Hipschen at the exhibit reception. Light refreshments. This event is free and open to the public. For more information call 703-956-6590 or visit www.artspaceherndon.org.

SUNDAY/DEC. 14

A Storybook Holiday Brunch. 11 a.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. Children will prepare a craft, enjoy a visit from Santa and in addition, a special guest appearance who will read the ever popular Elf on the Shelf storybook. \$14 fee includes brunch for one caregiver and one child.

WEDNESDAY/DEC. 17

The Mitten. Herndon Community Center, 814 Ferndale Ave., Herndon. Where do animals stay on a cold and snowy day? Snuggle in for story time and listen to Jan Brett's classic book. Make a mitten craft. Weather permitting, bundle up and take a walk to search for animal homes. Reservations required by December 12. Fee: \$7/child RA members, \$9/child Non-members. For more information, email naturecenter@reston.org. Ages 3 to 5.

A HAPPY & PROSPEROUS NEW YEAR!



Our Thanks to Our Customers for
Their Support Throughout 2014.
We Look Forward to Serving
Your Flooring Needs in 2015.

VIENNA FLOORS
ESTABLISHED IN 1984
208 DOMINION ROAD • VIENNA, VA
HARDWOOD-CARPET-WOOD LAMINATES-CERAMIC TILE-SHEET VINYL
703-938-3160
WWW.VIENNAFLOORS.COM

Providing Free Estimates Since 1984

NEXT WEEKEND!

SUGARLOAF CRAFTS FESTIVAL.

DEC. 12, 13, 14, 2014

Dulles Expo Center

CHANTILLY, VA • RT 28 AT WILLARD RD

Tickets \$8 online, \$10 at door - good all 3 days
Children under 12 and parking free

TICKETS - www.SugarloafCrafts.com

official event
check in app

FRI 10-6

SAT 10-6

SUN 10-5

Aghayere Leads South Lakes Girls' Hoops into 2014-15 Season

Seahawks last season won first conference/district title since 1997.

BY JON ROETMAN
THE CONNECTION

South Lakes girls' basketball coach Christy Winters Scott was driving by an outdoor court in Reston recently when she noticed her star player putting in work.

It was a warm evening following a two-hour practice, but rather than relax or get something to eat, there was South Lakes senior Princess Aghayere, still in her practice gear, working on her shot.

Winters Scott smiled.

"Look at this kid," she recalled thinking.

Aghayere is a 6-foot-1 double-double machine who is committed to play at the University of Pennsylvania. She's the top returning player from a 2013-14 South Lakes team that won the program's first conference/district championship since 1997. But there she was, trying to improve her game.

"She's out there on her own after we had practice for a couple hours," Winters Scott said, "and she's out there getting shots up."

With the graduation of eight seniors, including college-bound standouts Abigail Rendle (William & Mary) and Caitlin Jensen (Mary Washington), Aghayere's talent and

"She's out there on her own after we had practice for a couple hours, and she's out there getting shots up."

— South Lakes girls' basketball coach Christy Winters Scott about Princess Aghayere

Princess Aghayere, seen last season, is the South Lakes girls' basketball team's top returning player.

CONNECTION
FILE PHOTO



leadership will be vital for the Seahawks during the 2014-15 campaign.

"She's mature beyond her years," Winters Scott said.

Aghayere, a team captain, spent a lot of time in the paint last year, but could look to score more from the perimeter as a senior.

With the graduation of 6-foot-4 Rendle, Winters Scott said teams could focus more on stopping Aghayere on the block, but the senior has the outside game to keep opponents honest.

Fellow senior captains Brenda Kamga (5-9 guard), Paige Barlow (5-8 guard) and Hanna Shukran (5-8 forward) are also experienced Seahawks who will need to mesh with a talented group of younger athletes who were part of South Lakes' 14-2 JV team last season.

"[Kamga will] be a tremendous asset," Winters Scott said. "... She's pretty agile [in the paint] and finishes strong. She'll definitely be a great piece for us."

Sophomore guards Taylor Newman (5-9) and Alivia Damper (5-7) are also expected to be key contributors.

"[Damper has] got the 'Wow' factor to her game," Winters Scott said. "She'll make a crossover [move] and sometime people will fall. I can't describe what she just did. She'll lull you to sleep and then make this insane move."

South Lakes opened the season with a home game against Stone Bridge on Dec. 2, after The Connection's deadline. The Seahawks will travel to face Wakefield at 7 p.m. on Thursday, Dec. 4.

Oakton Girls' XC Places 4th at Nike SE Regional

Madison harriers compete at Foot Locker South.

The Oakton girls' cross country team, which captured its second straight VHSL 6A state championship on Nov. 15, finished fourth at the Nike Southeast regional meet on Nov. 29 in Cary, N.C.

The Cougars posted a score of 176. Blacksburg (Va.) won the event with a score of 86, followed by Western Cary (N.C., 106) and Lake Braddock (143), which placed runner-up in 6A at the VHSL state meet.

The top two teams and the top five unattached individuals qualified for the national meet on Dec. 6 in Portland, Ore.

Sophomore Casey Kendall led the way for Oakton, finishing 15th with a time of 18:07.7. Sophomore Leya Salis finished 24th for the Cougars with a time of 18:16.7. Senior Allie Klimkiewicz fin-

ished 35th (18:30.4), freshman Kira Buttrey was 80th (19:01.7) and junior Jill Bracaglia finished 97th (19:19.3).

Patriot High School sophomore and VHSL state champion Rachel McArthur won the individual competition with a time of 17:16.

Klimkiewicz (third), Kendall (fourth), Salis (11th) and Buttrey (15th) earned all-state honors at the VHSL state meet.

Members of the Madison girls' cross country team competed at the Foot Locker South regional meet on Nov. 29 in Charlotte, N.C.

Madison sophomore Devon Williams finished 24th with a time of 17:57. Senior Amanda Swaak came in 28th (17:59), junior Morgan Wittrock finished 36th (18:08), senior Laura Sullivan took 93rd (18:48) and junior Catherine Stone finished 136th (19:31).

Ryen Frazier, a senior at Ravenscroft School in Raleigh, N.C., won the event with a time of 16:27.

The Madison Warhawks placed third at the state meet. Williams (eighth), Swaak (10th) and Wittrock (13th) earned all-state honors.



Oakton sophomore Casey Kendall, seen during the VHSL state meet Nov. 15, finished 15th at the Nike Southeast regional meet on Nov. 29 in Cary, N.C.

PHOTO BY CRAIG STERBTZEL/THE CONNECTION

WELLBEING

GMU Chosen To Join Healthy Campus Initiative

George Mason was recognized for its commitment to health and wellness.

BY MARILYN CAMPBELL
THE CONNECTION

George Mason University's well-being and wellness programs recently received national recognition when the Fairfax-based university was chosen as the first higher education institution in Virginia to join the Healthy Campus Initiative, an effort to encourage colleges and universities to make their campuses healthier by adopting guidelines around food and nutrition, physical activity and programming.

Last month, the Partnership for a Healthier America unveiled the pilot program at the American Public Health Association's annual conference in New Orleans. (Leaders from The Healthier Campus Initiative praised Mason for its commitment to a health and for agreeing to adopt more guidelines on food and nutrition, physical activity and programming in the next three years.



PHOTO BY ALEXIS GLENN

George Mason University's wellness efforts recently earned national recognition for the school.

"We are proud and challenged to continue this energy toward a Healthier Campus Initiative," said Bill Ehling, executive director of Mason recreation. "I am continually appreciative of the past efforts and results to provide a genuine sense of a healthier community at George Mason University."

Mason officials point to statistics from The

American Public Health Association, which show that during the first year in college, students' overweight and obesity rates increase by more than 15 percent. Additionally, most college students do not meet dietary and physical activity guidelines. PHA officials say, at the same time, the college years are a time when lifelong habits begin

to form because most students are making their own choices about healthy eating and fitness.

"As a Mason alumni," said Kerry Ross, director of benefits and faculty/staff well-being, "it gives me great pride to see our community coming together in the areas of wellness and well-being. Mason has demonstrated its commitment to these initiatives for years with opportunities like the annual Health and Fitness Expo, Wellness by Mason, the Well-Being Learning Community, and now our strategic goal of becoming a Well-Being University. We are honored ... to take that commitment to a new level as a partner in the Healthier Campus Initiative under the auspices of The Partnership for a Healthier America."

The Partnership for a Healthier America was created in 2010 in conjunction with first lady Michelle Obama's Let's Move! Campaign with a goal of developing strategies to end childhood obesity.

"We know that going to college is a time of change for many students. We also know that means it's a time when new habits are formed. By creating healthier food and physical activity environments today, campuses and universities are encouraging healthier habits that will carry over into tomorrow," said the partnership's CEO Lawrence A. Soler in a statement.



You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.

Email cats@lostdogrescue.org.



Consider Fostering

visit the website, click on Participate

Adopt/Donate/Volunteer at
www.lostdogrescue.org



The Magic of Christmas Comes to Life

Now - Jan. 4, 2015

Packages from \$259* including UNLIMITED ENTRY to ICE! and a \$100 Resort Credit.**

Book your holiday getaway today!

ChristmasOnThePotomac.com
(301) 965-4000



Conveniently located just 8 miles south of downtown Washington D.C. and across the Potomac River from Old Town Alexandria, in National Harbor, MD. *Valid for one night stay now - 1/4/15. Price is per room, plus tax, resort fee, ticket handling fees and parking for standard accommodations. Not valid in conjunction with groups or other offers. Not retroactive. Package pricing, components, show schedules and entertainment subject to change without notice. **One (1) \$100 resort credit per night, applied upon arrival and valid toward dining or seasonal spa treatments. Other restrictions may apply. Frosty the Snowman TM & © Warner Bros. Entertainment Inc. & Classic Media, LLC. Based upon the musical composition FROSTY THE SNOWMAN © Warner/Chappell Music, Madagascar, Kung Fu Panda and all related characters and properties © 2014 DreamWorks Animation L.L.C. Pepsi and Pepsi Globe are registered trademarks of PepsiCo, Inc.

Since It Ain't Broken...



By **KENNETH B. LOURIE**

Apparently, at least in the near term, we're (meaning my oncologist) not going to fix it. And by fix it, I am referring to my chemotherapy infusion, which will continue to be every three weeks, as it has been for almost six years; save for a year or so when I was able to take pills at home, and on-site infusions were not necessary. Last week, at my most recent face-to-face appointment with my oncologist, given my higher-than-hoped-for creatinine levels, (which led to a one week's delay in my regularly scheduled infusion), I had inquired about extending my infusion interval to four weeks to give my kidneys a break. Considering the ongoing damage these vital organs have suffered after six years of non-stop chemotherapy, I thought - to quote my deceased father, "that the idea had merit." And it does have merit and my oncologist has always been concerned about the effect. In fact, per his orders, I had seen a nephrologist (a kidney specialist) a few years back. After examining me on multiple appointments, the doctor suggested there was no real need for a return appointment. Though my creatinine levels were abnormally high, her assessment was, considering my pre-cancer/pre-chemotherapy lab work history had been normal, it would likely go back down if we stopped chemotherapy; but since it's highly unlikely that we'll be stopping chemotherapy, given my diagnosis, there was nothing to be done other than watching and managing the levels as my oncologist has been doing. And that's what we've done and I've not been back to see her since.

Nevertheless, it is cause for concern. The kidney is a major organ. As it goes, so might yours truly go, and consequently its affect has been an ongoing theme/point of awareness during my six years of treatment. Fortunately, miraculously maybe (for all I know), a week later the second/rescheduled lab work showed that my creatinine levels had returned to its previous high normal and thus chemotherapy went on/in as semi usual. And thus begins, according to my oncologist, my new normal: I will continue to be scheduled for infusion every three weeks with my pre-chemotherapy lab work completed the Wednesday before the Friday. If my creatinine levels are high, we'll delay, and reschedule the infusion for a week later as happened during this past interval. Now, we didn't discuss what schedule we'd follow if abnormal creatinine levels persist. As has been established during previous conversations between Team Lourie and my oncologist, scenario questions are not helpful and we rarely venture into any what-ifs/what-abouts until absolutely necessary.

But what we did discuss at this last appointment was my future, a little bit. Considering the "shrinkage" written about in last week's column, my oncologist was very encouraged and characterized my treatment going forward as something we're going to be doing for awhile. But he said it so matter-of-factly, that we sort of took it for granted. He didn't really fuss about it and we didn't either. He said it. He didn't really emphasize it. But he meant it. It was all good, that's for sure.

On the way home, my wife, Dina and I reviewed what my oncologist had said and we became even more giddy at what had transpired/been said. It was certainly news with which we could live and that's what we intend to do. I'm not about to look a gift oncologist in the mouth. Since nothing seems broken, I'm not looking to fix anything.

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

ZONE I: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE I AD DEADLINE:
MONDAY NOON

<p>ELECTRICAL</p> <p>K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated</p> <p>Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...</p> <p>Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com</p>	<p>ELECTRICAL</p> <p>GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards</p> <p>PINNACLE SERVICES lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!</p>	<p>LAWN SERVICE</p> <p>Leaf Cleanup Services \$45.00 per man per hour Disposal extra info@perfectlandscapes.com 703-433-2739</p>	<p>LAWN SERVICE</p> <p>PINNACLE SERVICES, INC. LAWN SERVICE MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES Friendly Service for a Friendly Price 703-802-0483</p>	<p>HAULING</p> <p>ANGEL'S HAULING Junk Trash Removal, Yard/Construction Debris, Garage/Base- ment Clean Out, Furniture & Appl.</p> <p>703-863-1086 703-582-3709 240-603-6182</p>	<p>TREE SERVICE</p> <p>ANGEL'S TREE REMOVAL Brush & Yard Debris Trimming & Topping Gutters & Hauling Angelstreeslandscaping-hauling.com 703-863-1086 703-582-3709 240-603-6182</p>
<p>GUTTER</p> <p>IMPROVEMENTS</p> <p>R.N. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 Fax: 703-830-3849 E-mail: rncontractorsinc@gmail.com www.rncontractors.com</p>	<p>GUTTER</p> <p>IMPROVEMENTS</p> <p>The HANDYMAN A DIVISION OF NURSE CONSTRUCTION BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE You have tried the rest - NOW CALL THE BEST!! Proudly serving Northern VA - 46 yrs. exp. Licensed Insured We Accept VISA/MC 703-441-8811</p>	<p>PAVING</p> <p>GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231</p>	<p>PAVING</p> <p>Quality Tree Service & Landscaping Reasonable prices. Licensed & insured Leaf Removal Gutter Cleaning 25 years of experience Free estimates 703-868-5358 24 Hour Emergency Tree Service</p>	<p>LANDSCAPING</p> <p>JUNK HAULING Junk, Rubbish, Homes, Offices, Commercial, Yard/Construction Debris, Lot Clear out, 24 hrs day, General Hom Work. 703-520-3205 N-VA</p>	<p>An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg</p>
<p>PAVING</p> <p>R&N Carpentry ♦BASEMENTS ♦BATHS ♦KITCHENS Foreclosure specialist/Power washing ♦Exterior Wood Rot More! Deck & Fence repair, Screen Porches No jobs too large or small Free est. 37 yrs exp. Licensed, Insured 703-987-5096</p>	<p>PAVING</p> <p>Picture Perfect Home Improvements (703) 590-3137 Remodeling Bathrooms, Kitchens & Basements Exterior & Interior Repair, Painting, Carpentry, Wood Rot, Drywall, All Flooring, Decks</p> <p>•FREE Estimates •EASY To schedule •FAST & Reliable Service •NO \$\$\$ DOWN! Handyman Services Available www.pphionfine.com "If it can be done, we can do it" Licensed - Bonded - Insured</p>	<p>PAVING</p> <p>Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Fall Cleanup... Tree removal, topping & pruning, shrubby trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service</p>	<p>PAVING</p> <p>Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Fall Cleanup... Tree removal, topping & pruning, shrubby trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service</p>	<p>BUSINESS OPP</p> <p>TELEPHONE WORK AT HOME! A great opportunity to NATIONAL CHILDRENS CENTER No sell! Salary + Bonus + Benefits! 301-333-1900 Weekdays 9-4</p>	<p>BUSINESS OPP</p> <p>TELEPHONE WORK AT HOME! A great opportunity to NATIONAL CHILDRENS CENTER No sell! Salary + Bonus + Benefits! 301-333-1900 Weekdays 9-4</p>
<p>EMPLOYMENT</p> <p>Electr. Eng.: Design, develop, test electr. compts & systems for comm., industrial & scientific use of wireless communication equipment. FT. Req: MS in EE or eqv. & 1y exp. Resume to HR, WaveLab, 12007 Sunrise Valley Dr., Ste 450, Reston VA 20191</p> <p>Operations Manager Gainesville, VA - Must have Commercial Plumbing background, excellent communications, organization, & financial skills. Seeking Leader with positive attitude. Must be able to pass background check & drug test. Call 571.248.8727 to apply</p>					
<p>HOW TO SUBMIT ADS TO THE CONNECTION Newspapers & Online</p> <p>CLASSIFIED • CHOOSE 1 TO 6 ZONES E-mail classified@connectionnewspapers.com or call Andrea @ 703-778-9411</p> <p>EMPLOYMENT • CHOOSE 1 TO 6 ZONES E-mail classified@connectionnewspapers.com or call Andrea @ 703-778-9411</p> <p>THE CONNECTION CLASSIFIED Classified or Home • Lawn • Garden: 703-917-6400 Employment: 703-917-6464 E-mail: classified@connectionnewspapers.com</p>					

21 Announcements

ABC LICENSE
CI PRFC trading as Chef Geoff, 1 Saarinen Cir. Space-C-CM350, Dulles, VA 20166. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. R. Anthony Joseph, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
CI UCG LLC trading as Bar Symon, 1 Saarinen Cir. Space-D-Mid 16, Dulles, VA 20166. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer/Mixed Beverage Restaurant on Premises license to sell or manufacture alcoholic beverages. Hayat Rababy, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
CI UCG LLC trading as DC Craft Brews, 1 Saarinen Cir. Space-D-DM420B, Dulles, VA 20166. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer/Mixed Beverage Restaurant on Premises license to sell or manufacture alcoholic beverages. Hayat Rababy, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnews.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com



3 RE for Rent

Rent to buy homes available. No qualifying necessary. Downpayment required. Go to www.RentToBuyNOVA.com for full details.

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email: theschefer@cox.net

The biggest things are always the easiest to do because there is no competition.
-William Van Horne

21 Announcements

26 Antiques

FALLS CHURCH ANTIQUES

Best Kept Secret of The Metro Area!

Unique collection of antiques and collectibles, including furniture, jewelry, glassware, pottery, sterling silver, paintings, prints and more!
Fun home and gift ideas!

Christmas Shop Now Open!
Falls Church Antique Co.
250W. Broad St. Falls Church, Va • 703-2419642

21 Announcements

21 Announcements

Beyond the Barn Doors
...vintage home furnishings

HOLIDAY SHOW

Featuring Gifts for the Holidays, home accessories & furnishings that are "old, new & just plain cool!"

December 5th & 6th 9:00 am-5:00 pm
December 7th 10:00 am-3:00 pm

VALE SCHOOL HOUSE • 3124 Fox Mill Road, Oakton, VA

21 Announcements

21 Announcements

21 Announcements

Donate A Boat or Car Today!
Boat Angel
"2-Night Free Vacation!"
1-800-CAR-ANGEL
www.boatangel.com
sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING
by VaCarolina Buildings, INC

100% Financing
Free Estimate
Free Roof Inspection

1.800.893.1242
metalroofover.com

21 Announcements

21 Announcements

21 Announcements

ABSOLUTE AUCTION
ANTIQUA AUTOS, ROAD TRACTOR & EQUIPMENT
DECEMBER 6 - MARTINSVILLE, VIRGINIA

Buicks, Cadillacs, Pontiacs, Lincolns and Fords from 1929 through 1983. Convertibles, Coupes, Sedans and Woody Wagons. Condition: Professionally restored to good/runs/drives to parts cars. Also selling: Freightliner FL80 road tractor, Cat 977L loader, Pace American Two Car Enclosed Trailer and numerous other items.

For more information, go to woltz.com or call 800-551-3588. VA# 321. 10% Buyer's Premium (13% Buyer's Premium online).

WEEK IN HERNDON

Community Meeting on Bus Operating Facility

The Fairfax County Department of Public Works and Environmental Services is holding a community meeting on Dec. 10, to present the proposed design for the Reston-Herndon Bus Operating Facility located at 268 Spring Street, Herndon. The meeting will be held in the Council Chambers of the Herndon Community Center, 814 Ferndale Ave, Herndon, from 7 - 9 p.m.

The Reston-Herndon Bus Operating Facility project will be a renovation of the existing 21,400-square foot building, located on a 5.5-acre site at 268 Spring Street, Herndon.

The renovation will increase efficiency of the interior and exterior, provide additional building square footage, and upgrade building systems. Construction is planned to start in the spring of 2016 and be completed in the summer of 2017.

Wreaths Across America to Honor Herndon Veterans

On Dec. 13, National Wreaths Across America Day, live, balsam remembrance wreaths will be placed at the headstones of

fallen veterans at nearly 1,000 locations across the country and overseas. In Herndon, a remembrance ceremony will be held at Chestnut Grove Cemetery on Saturday, Dec. 13, at noon to ensure that the over 300 veteran graves, who served to protect the freedoms of our country are not, and never will be, forgotten. The ceremony is open to all people.

The Wreaths Across America organization is dedicated to spreading the message about the importance of remembering our fallen heroes, honoring those who serve, and teaching our children about the sacrifices made by veterans and their families to preserve our freedoms. One way they do this is to coordinate wreath laying ceremonies at Arlington, as well as other locations in all 50 states.

This year the Town of Herndon in partnership with the Herndon Woman's Club will join Wreaths Across America to honor our veterans who are laid to rest at Chestnut Grove Cemetery. On Dec.13, the club will remember the fallen, the prisoners of war, the missing in action and honor those who have served and are serving this great nation with a short ceremony. Volunteers, including Eagle Scouts and Boy Scouts from Herndon Troop 1577 will place commemorative wreaths on all the stone pillars surrounding Chestnut Grove Cemetery.

Officially established in 1872, Herndon's Chestnut Grove Cemetery is the final resting place of veterans, dating back to the Civil War.

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.

WEDNESDAY/DEC. 3

Human Rights Defenders: Relevant International Law and Strategies. 7:15-9 p.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. A presentation by David Padilla, international human rights consultant. How lawyers and other activists try to defend victims of human rights violations around the world. www.uucf.org.

FRIDAY-SUNDAY/DEC. 5-7

Reston Lions Club Annual Citrus Sale. 8 a.m. - 3 p.m., Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida navel oranges, red grapefruit and chocolate peanut clusters available. All proceeds benefit sight and hearing programs and other club charities. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

SATURDAY/DEC. 6

Region 1 Listening Tour. 9 a.m. Hunters Woods Elementary, 2401 Colts Neck Road, Reston. Superintendent Karen Garza invites students, parents, employees, and community members to join her at the Region 1 Listening Tour Meeting. Garza will discuss school issues and the priorities for Fairfax County schools and listen to ideas, comments, and questions from the audience. Those planning to attend the meeting are asked to please register at <https://www.surveymonkey.com/s/listeningtour2014-15>.

WEDNESDAY/DEC. 10

Herndon Bus Operations Facility Meeting. 7 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. A meeting held to present the proposed renovations to the Herndon Bus Operations Facility.

League of Women Voters Meeting on Fairfax Schools. 7:30-9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. Later high school start times and full-day Mondays: what do these mean for the rest of the Fairfax

school calendar and schedules for students and parents? Free, open to the public (men and women), call 703-757-5893. Background papers at www.lvv-fairfax.org.

Expansion and Renovation Meeting. 7:30 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. Learn more about the Town of Vienna's planned Community Center renovation and expansion. The Vienna Community Center, originally built in 1966, is one of the town's most vital sites. The renovation is slated to begin in 2015 with funds budgeted from two Capital Improvement Plan periods. Further community update meetings will be held as plans progress.

ONGOING

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Knitting Enthusiasts, Musicians Needed. 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, www.fairfaxcounty.gov/olderadult or VolunteerSolutions@fairfaxcounty.gov.

Habitat Heroes Project. The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

Tell Teens ‘Things Will Get Better’

Fairfax High hosts meeting about youth suicide.

BY BONNIE HOBBS
THE CONNECTION

In light of recent suicides by students from Fairfax, Woodson and Langley high schools, Fairfax High hosted a meeting Nov. 19 to discuss the problem and search for solutions. The idea was to begin an ongoing exchange between parents, students, staff, community members and mental-health professionals.

“Now in my sixth year as principal, I’m focused on finding ways to foster a culture where people look out for one another,” said Fairfax High’s leader, Dave Goldfarb. “We want this school to be a place where people ask for help and build resiliency. For me, hosting a community dialogue on mental health and wellness is a big part of this work.”

He said that, over the years, he’s become aware of many students struggling with mental distress. And he’s realized that mental health is an issue that significantly impacts the students and school.

Therefore, said Goldfarb, “We have to work together to make it visible. The inner pains our adolescents feel often limit them more than any physical injuries. We have to talk together to make it an open topic for discussion. Anxiety, depression, feeling out of control, suicide – we have to understand that these are all part of our teenagers’ world, and we have to talk openly about them if we want to connect with and support [our children].”

He also stressed that the meeting was just a first step. “Beyond tonight, we need to make brave choices as students, parents and educators to speak out and put our young people’s wellbeing first, over everything else,” said Goldfarb. “Success cannot come at the expense of happiness. We must summon the courage in our hearts to put balance, happiness and inner peace above GPAs, popularity and instant gratification.”

Then Fairfax High’s director of student services, Laura Rotella, and school counselor Tracy Hartley shared some results from the FCPS 2013 Youth Survey on mental health. On average, in the last three years, 29.6 percent of FCPS students in grades eight, 10 and 12 reported feeling sad during the year. In the Fairfax High Pyramid, it was 32.1 percent.

THE PERCENT WHO CONSIDERED SUICIDE during the past year was 17 percent countywide and 19.1 in the Fairfax Pyramid. “In 2013, 22.3 percent of females and 11.2 percent of males in FCPS considered suicide,” said Hartley. “But the social stigma attached to it makes it under-reported.”

Those same figures for students in the Fairfax Pyramid were 25 percent of females and 12.3 percent of males. “It peaks in 10th grade,” said Hartley. “And females report



PHOTO BY BONNIE HOBBS/THE CONNECTION

Applied psychologist Heather Tedesco points to a chart on the overhead screen.

“Success cannot come at the expense of happiness.”

— Dave Goldfarb, principal, Fairfax High

considering suicide twice as much as males, across all grade levels, but males tend to under-report.”

She and Rotella also discussed the “Three to Succeed” concept. Analysis of the Youth Survey revealed that having just three assets dramatically reduces teens’ risk behaviors and promotes thriving youth. Assets are strengths in young people, their families, friends, schools and communities that benefit them emotionally. The more assets a person has, the fewer risk behaviors they report – and every asset makes a difference.

Assets are: Possessing high personal integrity, performing community service, hav-

ing teachers recognize good work, having trusted adults to talk to, participating in extracurricular activities and having parents available for help.

“When a student said they had none of those, 50 percent of males have considered suicide and 80 percent of females,” said Rotella. “Having four or more assets reduces

suicidal attempts from upwards of 10 percent to nearly zero.”

“Female adolescents are twice as likely to commit suicide as boys are,” added Hartley. “But boys tend to use more lethal means, such as guns and gas.”

Another finding of the survey was that, by age 13, more than twice as many girls as boys are depressed – and this ratio continues into adulthood. And it also exists regardless of racial or ethnic background.

Applied psychologist Heather Tedesco also spoke. She’s in private practice in McLean and helps parents address their concerns about their teenagers. At the meeting, she discussed the burdens teens face today and how parents can help them deal with these things.

“Course loads in school are far more rigorous than in previous generations, and teens are involved in more extracurricular activities,” she said. “And because of social media, teens are always aware of what other teens are doing, and vice versa. So it puts more pressure on them and they have less face-to-face interaction.”

AS A RESULT, said Tedesco, “We need to de-stigmatize stress and talk about what we can do about it. We need to send healthy messages about failure and realize that teens need free time and psychological space to develop a strong sense of self.”

“We want our kids to have positive coping methods that they’ve practiced so, when they’re under stress, they can use them,” she explained. “And we must help them recognize and express their emotions.”

To thrive, said Tedesco, teens must be resilient and able to handle challenges. “Tell them that bouncing back is more important than not messing up,” she said. “Give them a message of hope that things will get better, and tell them failure can be an opportunity for growth.”

She said parents should examine their own attitudes about failure. “Parents must provide an unconditionally loving bond,” said Tedesco. “It’s a critical, protective factor in their mental health. And ask open-ended questions about their goals and values, and listen to their answers.”

Teenagers should be given increasing freedoms and responsibilities, she said, but they should also be responsible for their own successes and failures. “Avoid micro-managing and over-parenting, and encourage identity development,” said Tedesco. “Parents need to value psychological health as much as academic and extracurricular achievement. We really have to ask ourselves what really matters to us for our kids’ long-term happiness and success.”

She also told parents to “teach kids there are multiple paths to a successful adulthood. Character traits related to happiness and success include resilience, self-control, curiosity, enthusiasm, zest, self-efficacy and gratitude.” Bottom line, said Tedesco, “It’s not what your teen accomplishes that matters, but who they are.”



Goldfarb