

Reston South Lakes Hosts Winter Concert

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Anthony Khong takes a bow at the conclusion of the first part of the South Lakes High School winter concert. Khong who graduated this December with a degree in Music Education from James Madison University directed the men's and women's choir group in the first part of the show.



From left — Rizwan Jaka, chairman of the board of the All Dulles Area Muslim Society and a co-sponsor of the event, Sam Mall, founder and director of Reach Out International [ROI], and Rev. Richard Lord, pastor of The Church of the Holy Comforter in Vienna. All three spoke during the fundraiser for ROI.



Jalil Abbas Jilani, Pakistan's ambassador to the United States was the keynote speaker at the fundraising dinner for Reach Out International. The interfaith organization supports missions to improve the conditions and outlook for Christians in Pakistan. The ambassador was pleased to make a personal donation with his embassy staff for the work being done by ROI.

Pakistani Ambassador Keynotes Interfaith Event

PHOTOS BY ANDREA WORKER/THE CONNECTION

Local organization seeks to promote religious harmony and cooperation throughout the world.

BY ANDREA WORKER
THE CONNECTION

A Hindu, a Presbyterian and a non-denominational Christian were sitting at a table listening to a speech by Pakistan's ambassador to the United States... The occasion was a fundraiser for Reach Out International (ROI), a nonprofit interfaith organization founded by Restonian Sam Mall. Mall was born in West Punjab, just a few years before the region transferred from Indian to Pakistani rule. Mall and his wife, both professionals in Pakistani society, "could not see a good future for our children there. I saw the country losing its original character of democratic freedom and non-fundamentalist structures," he said. The Malls emigrated in the '80s and became U.S. citizens. But this son of an Anglican priest could not just sit by and ignore what was happening in his native land. He spent many years involved in numerous human rights activities until he "felt the call" to aim his works toward the place where he had come from.

Ten years ago he started ROI. The primary focus of ROI is ministering to the needs of Christians in Pakistan, where their overwhelming minority often makes life difficult for them. As Mall puts it, by "addressing the root cause of the problems, ROI seeks to better the lives of this disenfranchised group and promote interfaith reconciliation and communal harmony for peaceful coexistence." Mall believes that it re-



People of all faiths and ethnicities turned out for the Reach Out International [ROI] fundraiser at the Vienna Presbyterian Church. ROI is an interfaith nonprofit that focuses on the Christian segment of Pakistan, but seeks to promote religious harmony and human cooperation throughout the world.

quires people of all faiths to join together at the basic human level in order to achieve that goal, and ultimately make the whole world a better and safer place.

He is achieving the goal of bringing an interfaith community together to discuss serious world affairs and human rights issues. The fundraiser was held in the Hall at the Vienna Presbyterian Church. The All Dulles Area Muslim Society (ADAMS), which helped raise money to rebuild the Christian churches destroyed by suicide bomb attacks in Peshawar in Pakistan in 2013, and the Muslim-Christian Interfaith Federation International co-sponsored the event. The pastor of the Episcopal Church of the Holy Comforter in Vienna, Reverend Richard A. Lord was an honored guest and speaker, befitting his longtime involvement with Mall and ROI. And, of course, there was that table with the Hindu, non-denominational Christian and the Presbyterian...and they were surrounded by tables that mixed Christian, Muslim, Jew, and one self-described "believer in some-

thing out there." Together they listened to a series of speakers and watched a video presentation of Mall's most recent trip to Pakistan where he met with numerous religious and political leaders, as well as average citizens, seeking to encourage what he calls "People-to-People Diplomacy" to build trust and cooperation among different faiths.

The evening's keynote speaker, Ambassador Jalil Abbas Jilani, Pakistan's ambassador to the United States, stressed his government's commitment to seek out and punish extremists who commit atrocities such as the church bombings, but he cautioned, "Governments can only do so much to a point. It requires everyone to do something to make the change." He praised the work being done by ROI and its fellow interfaith communities, and ended his speech by making "a humble personal donation from myself and from the staff at the Embassy to further these good works."

While Mall, ROI, and others such as ADAMS believe that it is imperative to open



Mikkeel Jaka is the son of Rizwan Jaka, the chairman of board of ADAMS and a co-sponsor of the event. Mikkeel feels "it's important to do things for other people and to listen to everyone."

dialogue and keep it flowing, they also know it takes more to improve the circumstances of the Christian minority in Pakistan. "The needs are many," admitted Mall. Thus, the fundraising aspect of the event. Money raised will fund ROI's help in bringing training, job skills, and immediate assistance to those in need, and developing grass-root programs and opportunities for future young leaders on the ground. "This next generation needs encouragement and assistance, help in finding and using their voice," said Mall. "Christian leadership is foundering there, and without support, they cannot take their place in building the solutions."

Reach Out International is always seeking financial support for its efforts, but also hopes to recruit more persons from a variety of faiths to join in the dialogue, as volunteers, and even to serve as members of an Advisory Board. Their website is currently under re-construction, but more information is available on their Facebook page (search Reach Out), or by contacting Mall at reachoutintl@comcast.net.

Cyberbullying at South Lakes High?

Candy rumored laced with acid tested by police; found not contaminated.

BY REENA SINGH
THE CONNECTION

Unanswered questions about incidents at South Lakes High School (SLHS) are leaving parents begging for answers. Several parents say they were left in the dark about the aftermath of incidents including a gun threat, a claim that acid-laced candies were being circulated and a widespread cyberbullying incident last month.

"I don't understand the lack of outrage about this," said SLHS parent Kristina Rose.

A gun threat, which Fairfax County Police state as unfounded, was spread via twitter. Marguerite Leishman, parent of a SLHS student said parents were sent a vague letter from Principal Kim Retzer to let them know about the occurrence. However, the letter, dated Nov. 21, does not say what the "threat" was about.

"A threat directed at South Lakes High School was discovered on social media yesterday," according to the letter. "Fairfax County Police were notified and determined the threat was not credible but, as a precaution, the (Fairfax County Public Schools) Office of Safety and Security and Fairfax County Police have provided additional assistance for the school."

John Torre, FCPS public information officer, said Fairfax County Police are investi-



PHOTO BY REENA SINGH/THE CONNECTION

Some parents said they wanted more answers from South Lake High School Principal Katie Retzer at the Dec. 6 Superintendent Listening Tour.

gating the rumored acid-laced candies and cyberbullying incidents.

According to the FCP PIO, Officer Roger Henriquez, the candy incident was unfounded.

"They were actually able to test one of the candies that was found," he said. "It was just a suspicion at the time."

He says the school is cooperating with the

county police.

THE THREE INCIDENTS, two of which have been claimed as unfounded, were brought up by several SLHS parents during Superintendent Dr. Karen Garza's last listening tour at Hunters Mills Elementary on Dec. 6. Both Leishman and Kristina Rose say their children were targeted by a per-

son on twitter.

The person attaches the twitter handles of students to her tweets, calling some the ugliest people at the school, telling some their parents gave up on them and going so far as pointing out a group of students she said should kill themselves.

The most recent tweet states, "Got in trouble with the police:)," however, if that is true, parents have not been told that the threat of cyberbullying by that one person is no longer an issue.

Rose said she did not find out about the incident until she was contacted by another parent. After she found out, she contacted Principal Kim Retzer. Rose said that the principal sent letters to the students affected by the cyberbullying incident offering therapy.

The school system's public information officer sent an email to Retzer to clarify the story, including the status of the incidents, but there was no response in time for the Connection's deadline.

"My concern was not about my daughter's mental health," Rose said. "I want to know from a criminal justice standpoint who is behind this."

SUPERINTENDENT Garza announced at the listening tour that the school system could be working with Crime Stoppers in the near future to help solve these types of crimes. However, Rose said her requests for answers continue to be stonewalled. She said she has been in contact with the school resource officer who said the case may be handled by the Commonwealth Attorney's Office - who will decide whether to pursue pressing charges - if the police cannot locate a suspect.

VOLUNTEER OPPORTUNITIES

Fairfax County is offering a free Telephone Support Group for Family Caregivers of Older Adults. Join us for this open discussion. This telephone support group may be just what you need! Share your experiences, gain support and get important information without having to travel. The one-hour free sessions are scheduled for the second Tuesday of each month beginning at 7 p.m. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on Caregiver Telephone Support Group.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs Reston area. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Volunteers, fluent in American Sign Language, are needed in Reston, Herndon and Vienna. For these and other

volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs drivers in Chantilly, McLean, Mt. Vernon, and Clifton on Monday, Wednesday and Friday. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Lewinsville Senior Center in McLean needs instructors for the following classes: Certified Arthritis Exercise, Ballroom Dance, Square Dance, Knitting/Crocheting, Bridge and American Mah Jongg. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities. Training is pro-

vided in March. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Find more information on the program at www.fairfaxcounty.gov/ltc.

The Annandale Adult Day Health Care Center in Annandale needs a licensed hair stylist to wash, cut and style hair for participants once or twice a month and Spanish-speaking social companions Monday-Friday. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Wakefield Senior Center in Annandale needs a Chair Exercise Instructor and Bilingual English/Spanish Activity Leaders. They also need certified instructors for classes in Ballroom Dance and Pilates. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Hollin Hall Senior Center in Alexandria needs a DJ to provide a wide array of music from ballroom to line dancing and a Ballroom Dance Instructor.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Sully Senior Center in Centreville needs a certified personal trainer, preferably with experience working with older adults. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs Korean-speaking volunteers to deliver meals in Centreville, Reston and Annandale. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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

IT'S ABOUT

18 Weeks

TO GRASS ALLERGY SEASON*



GRASTEK should be started at least 12 weeks before the season. Talk to an allergy specialist now about whether GRASTEK is right for you.

*Date is approximate, depending on your region.



Not actual size

GRASTEK is grass allergy immunotherapy in a tablet. It may help you gradually build tolerance so you become less sensitive to grass pollen.



Made from small amounts of natural Timothy grass pollen, GRASTEK treats the grass allergies that cause eye and nose symptoms. Starting treatment early may give your body time to become less sensitive to grass pollen in preparation for the allergy season. It's recommended that you start taking GRASTEK at least 12 weeks before the grass pollen season. Make an appointment with an allergy specialist soon. **To find a doctor near you, go to grastek.com/thinkspring.**

GRASTEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat Timothy and related grass pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. GRASTEK may be prescribed for persons 5 through 65 years of age who are allergic to grass pollen.

GRASTEK is taken for about 12 weeks before grass pollen season and throughout grass pollen season. GRASTEK may also be taken daily for 3 years to provide a sustained effect for a fourth year in which you do not have to take GRASTEK.

GRASTEK is NOT a medication that gives immediate relief for symptoms of grass allergy.

Important Safety Information about GRASTEK

- GRASTEK can cause severe allergic reactions that may be life-threatening. Stop taking GRASTEK and get immediate medical treatment right away if you or your child has any of the following symptoms after taking GRASTEK: trouble breathing; throat tightness or swelling; trouble swallowing or speaking; dizziness or fainting; rapid or weak heartbeat; severe stomach cramps or pain, vomiting, or diarrhea; severe flushing or itching of the skin.
- Do not take GRASTEK if you or your child has severe unstable, or uncontrolled asthma; had a severe allergic reaction in the past that included trouble breathing, dizziness or fainting, or rapid or weak heartbeat; had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before; has ever been diagnosed with eosinophilic esophagitis or is allergic to any of the inactive ingredients contained in GRASTEK.
- For home use of GRASTEK, your doctor will prescribe epinephrine if you or your child has a severe allergic reaction after taking GRASTEK. Talk to your doctor or read the epinephrine patient information.
- The first dose of GRASTEK must be taken in the doctor's office. After taking the first dose, you or your child will be watched for at least 30 minutes by a healthcare professional for symptoms of a serious allergic reaction.
- Children should be given each tablet of GRASTEK by an adult.
- You should tell your doctor about any medicines you or your child take.
- Stop GRASTEK and contact your doctor if you or your child has any of the following after taking GRASTEK: Any type of a serious allergic reaction; heartburn, difficulty swallowing or pain with swallowing, or chest pain that does not go away or worsens; any mouth surgery procedures (such as tooth removal), develop any mouth infections, ulcers or cuts in the mouth or throat.
- The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Brief Summary on the following page for more detailed information.

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Brief Summary



GRASTEK®

Timothy Grass Pollen Allergen Extract
Tablet for Sublingual Use 2800 BAU

Carefully read the Medication Guide before you or your child start taking GRASTEK and each time you get a refill. This Brief Summary does not take the place of talking to your doctor about your medical condition or treatment. Talk with your doctor or pharmacist if there is something you do not understand or you want to learn more about GRASTEK.

What is the most important information I should know about GRASTEK?

GRASTEK can cause severe allergic reactions that may be life-threatening. Stop taking GRASTEK and get medical treatment right away if you or your child has any of the following symptoms after taking GRASTEK:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For home administration of GRASTEK, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you or your child has a severe allergic reaction after taking GRASTEK. Your doctor will train and instruct you on the proper use of auto-injectable epinephrine. Talk to your doctor or read the epinephrine patient information if you have any questions about the use of auto-injectable epinephrine.

What is GRASTEK?

GRASTEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat Timothy and related grass pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. GRASTEK may be prescribed for persons 5 through 65 years of age who are allergic to grass pollen.

GRASTEK is taken for about 12 weeks before grass pollen season and throughout grass pollen season. GRASTEK may also be taken daily for 3 years to provide a sustained effect for a fourth year in which you do not have to take GRASTEK. GRASTEK is NOT a medication that gives immediate relief for symptoms of grass allergy.

Who should not take GRASTEK?

You or your child should not take GRASTEK if:

- You or your child has severe, unstable or uncontrolled asthma
- You or your child had a severe allergic reaction in the past that included any of these symptoms:
 - o Trouble breathing
 - o Dizziness or fainting
 - o Rapid or weak heartbeat
- You or your child has ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before.
- You or your child has ever been diagnosed with eosinophilic esophagitis.
- You or your child is allergic to any of the inactive ingredients contained in GRASTEK. The inactive ingredients contained in GRASTEK are: gelatin, mannitol and sodium hydroxide.

What should I tell my doctor before taking GRASTEK?

Your doctor may decide that GRASTEK is not the best treatment if:

- You or your child has asthma, depending on how severe it is.
- You or your child suffers from lung disease such as chronic obstructive pulmonary disease (COPD).
- You or your child suffers from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.
- You or your daughter is pregnant, plans to become pregnant during the time you will be taking GRASTEK, or is breast-feeding.
- You or your child is unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to GRASTEK.
- You or your child is taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction. These medicines include:
 - o beta blockers and alpha-blockers (prescribed for high blood pressure)
 - o cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
 - o diuretics (prescribed for heart conditions and high blood pressure)
 - o ergot alkaloids (prescribed for migraine headache)
 - o monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
 - o thyroid hormone (prescribed for low thyroid activity).

You should tell your doctor if you or your child is taking or has recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of GRASTEK. Ask your doctor or pharmacist for advice before taking GRASTEK.

Are there any reasons to stop taking GRASTEK?

Stop GRASTEK and contact your doctor if you or your child has any of the following after taking GRASTEK:

- Any type of a serious allergic reaction
- Throat tightness that worsens or swelling of the tongue or throat that causes trouble speaking, breathing or swallowing
- Asthma or any other breathing condition that gets worse
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin
- Heartburn, difficulty swallowing, pain with swallowing, or chest pain that does not go away or worsens

Also, stop taking GRASTEK following: mouth surgery procedures (such as tooth removal), or if you develop any mouth infections, ulcers or cuts in the mouth or throat.

How should I take GRASTEK?

Take GRASTEK exactly as your doctor tells you. GRASTEK is a prescription medicine that is placed under the tongue.

- Take the tablet from the blister package after carefully removing the foil with dry hands.
- Place the tablet immediately under the tongue. Allow it to remain there until completely dissolved. Do not swallow for at least 1 minute.
- Do not take GRASTEK with food or beverage. Food and beverage should not be taken for the following 5 minutes.
- Wash hands after taking the tablet.

Take the first tablet of GRASTEK in your doctor's office. After taking the first tablet, you or your child will be watched for at least 30 minutes for

symptoms of a serious allergic reaction.

If you tolerate the first dose of GRASTEK, you or your child will continue GRASTEK therapy at home by taking one tablet every day. Children should be given each tablet of GRASTEK by an adult who will watch for any symptoms of a serious allergic reaction.

Take GRASTEK as prescribed by your doctor until the end of the treatment course. If you forget to take GRASTEK, do not take a double dose. Take the next dose at your normal scheduled time the next day. If you miss more than one dose of GRASTEK, contact your healthcare provider before restarting.

What are the possible side effects of GRASTEK?

In children and adults, the most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

GRASTEK can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to GRASTEK include:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For additional information on the possible side effects of GRASTEK, talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or www.fda.gov/medwatch.

This Brief Summary summarizes the most important information about GRASTEK. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about GRASTEK that was written for healthcare professionals. For more information go to www.grastek.com or call toll-free at 1-800-622-4477.

The Medication Guide has been approved by the U.S. Food and Drug Administration.

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Manufactured by: Catalent Pharma Solutions Limited, Blagrove, Swindon, Wiltshire, SN5 8RU UK

For more detailed information, please read the Prescribing Information.

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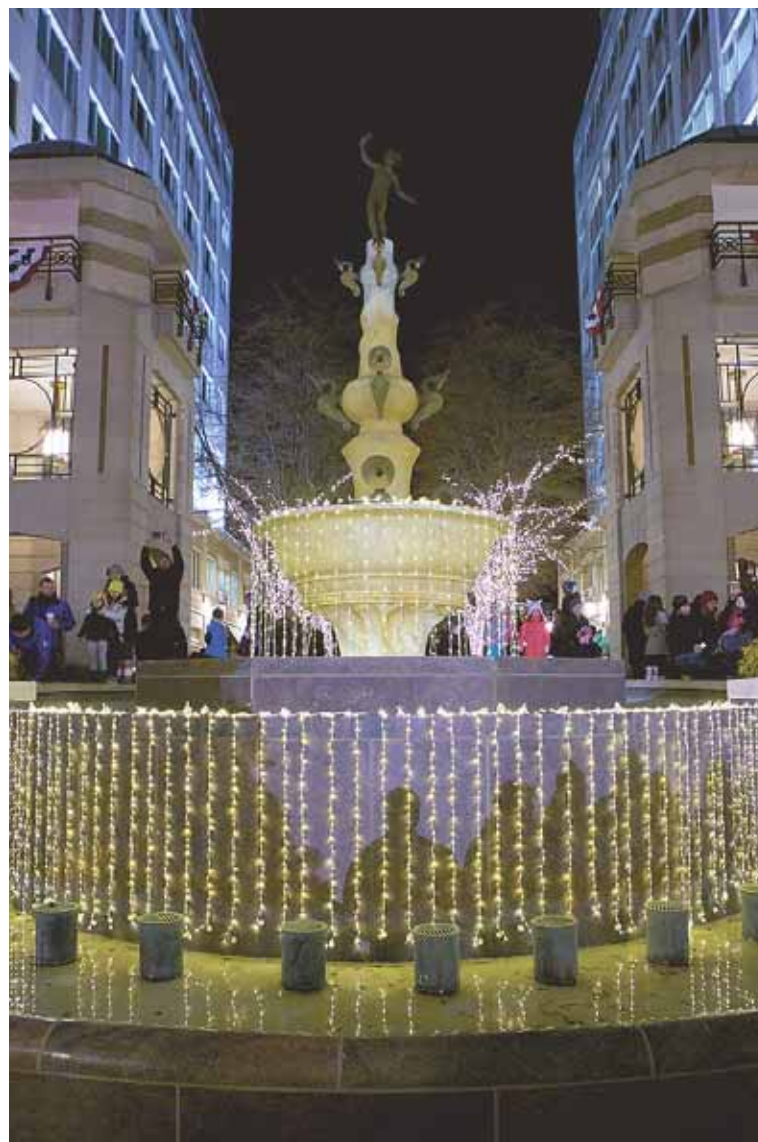




Mini train rides are offered on Sundays from 12 until 4 p.m. through Dec. 21.

Season Brightens Reston Town Center

PHOTOS BY JIM KIRBY
COURTESY OF RESTON TOWN CENTER



The Reston Town Center fountain has new lights this season.

THE EASY AS 1-2-3 SALES EVENT EXTENDED UNTIL 12/31!



ALL
CLOSING
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PAID!*

100%
FINANCING
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SAVE
ON QUICK
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HOMES!*

THROUGH
DEC. 31ST!



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*Offer valid on contracts written between November 3 and December 31, 2014. No adjustments on previous contracts. Some restrictions apply. All lender allowable closing costs paid. 100% financing available for qualified buyers. This offer is not redeemable for cash or cash equivalent. Cannot be combined with other offers or discounts. Offer and prices subject to change at any time without notice. See Sales Manager for details. 12/2014.

OPINION

Holidays Are for Giving

In the scramble to finish Christmas shopping, remember tens of thousands of local children are short of food as well as presents.

The holidays are for giving. Christmas and Hanukkah are about children and family, about sharing, about joy, about being thankful and about faith and appreciation.

Here in Northern Virginia, many of us see few signs of families in need as we go about our daily lives and holiday shopping. Our neighborhoods are largely segregated economically; we mostly see the people who are most like ourselves economically.

But in Fairfax County, about 65,000 people live below the poverty line, about 6 percent. In Arlington and Alexandria, more than 8 percent of the population lives in poverty, about 18,000 people in Arlington and more than 12,000 people in Alexandria.

Where to Give Locally

In no particular order:

- ❖ **Our Daily Bread's Holiday Program** helps those in need with food for the holidays and gifts for their children. Donations are still needed, go to www.odbfairfax.com/holiday
- ❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org. Programs and services include the Embury Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program and the Thanksgiving Food Drive.
- ❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area. FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or volunteer@facetscares.org. www.facetscares.org. 10640 Page Avenue, Suite 300, Fairfax VA 22030
- ❖ **HealthWorks for Northern Virginia**, formerly the Jeanie Schmidt Free Clinic, provides medical, dental and behavioral health care to anyone in need, regardless of age or ability to pay. Herndon location, 1141 Elden St. Third Floor, Herndon, VA 20170, 703-481-8160 <http://hwnova.org/>
- ❖ **Alternative House** — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182, 703-506-9191. www.thealternativehouse.org

EDITORIAL

To be clear, the poverty line is \$19,780 for a family of three; it's \$11,670 for a single person household. Imagine for a minute how far \$20,000 a year would go in your family. To live in Northern Virginia, a family needs to earn about twice the rate of poverty to get by. The median household income in Fairfax County and Arlington is well over \$100,000.

In Fairfax County Public Schools, more than 52,000 students, or more than 28 percent, are poor enough to receive free or subsidized meals, a significant measure of poverty.

In Arlington more than 32 percent of the students are poor enough to receive free or subsidized meals; that's 7,452 students at last count.

In Alexandria, more than 8,500 students are

poor enough to receive free or subsidized meals. That's 60 percent of the 14,222 students enrolled.

These are children who may not be sure that they will have a meal between the meals they get in school. School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Christmas, Hanukkah and winter holiday vacations.

Many of these are children are living in families who must choose between medical bills, car repair, heat and food. Almost all are families where at least one adult is employed full time, but still many are one unexpected expense away from disaster. Many of these families live on the brink of homelessness.

There are literally hundreds, probably thousands, of ways to give locally this season. Also mark your calendar to help again in a month or two. The needs don't go away after the holidays. Here are a few ideas.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

nonprofits, faith communities and businesses. <http://www.fairfaxcounty.gov/homeless/>

- ❖ **12 Ways of Giving:** Fairfax County Office of Public Private Partnerships' "12 Ways of Giving" campaign is an annual event that showcases many ways for meaningful, local giving during the holiday season, highlighting nonprofits in Fairfax County. www.fairfaxcountypartnerships.org
- ❖ **Assistance League of Northern Virginia** is an all-volunteer organization that clothes, feeds, educates and nurtures those in need focusing five of the neediest elementary schools. Volunteers and donors are always needed. Contact ALNorthernVA@yahoo.com or see www.northernvirginia.assistanceleague.org
- ❖ **Western Fairfax Christian Ministries** — food pantry at 13981 Metrotech Drive in Chantilly (near Backyard Grill and Bar). For more information or to sponsor a family, call 703-988-9656, ext. 105. To mail gift cards or send donations by check, add a note saying "food basket program" and send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. 703-988-9656. <http://www.wfcmva.org/>
- ❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. <http://www.touchingheart.com>, 703-901-7355

Helping People without Homes

BY PAMELA L. MICHELL
EXECUTIVE DIRECTOR
NEW HOPE HOUSING

The weather has turned colder and the holidays are in full swing, which means it's the time of year when people ask "what can we do for the homeless now that it's so cold?" Or "how can we help the homeless have a good Christmas?" For those of us working with men, women, and children who are experiencing homelessness, the great community interest in December in those we serve can be heartwarming — and overwhelming. Overwhelming because we are inundated by your extraordinary generosity during this time. But

heartwarming, because you are thinking about the persons in our program as individuals; as people with their own holiday dreams.

In my 30-plus years in homeless services, one of my pet peeves is the phrase "the homeless." When we use that phrase we unknowingly dehumanize the people we describe. We are also inaccurately lumping together a diverse group of people under one label as though they are all the same with the same needs. Nothing could be further from the truth. They are individuals, each with a unique story. They are children. They are mothers and fathers. They are veterans. They are people from all walks of life. The one thing they

have in common is not having a permanent address.

At New Hope Housing, we don't help the Homeless, we don't house the Homeless, we don't serve the Homeless, we don't work for the Homeless, because here, we don't believe the Homeless exist. We serve people. And sometimes people experience homelessness. We believe homelessness is something that happens to you. Our job at New Hope Housing — and the job of our nonprofit partners — is to prevent that experience from happening, or if it does happen, making it as short as possible by helping get people back into appropriate permanent housing.

We at New Hope Housing, and our partners, as well as the families and single adults in our pro-

grams, are truly grateful for your support in filling a holiday wish list, providing a meal, volunteering at one of the many hypothermia sites, or donating money to help our agencies end the homelessness of each person who walks through our doors. We will still need you on Dec. 26 and Feb. 5 and during the summer. Until each person is home, we've all got work to do.

Thank you for making this person-to-person connection this holiday season. Thank you for seeing that those who seek our assistance are not "the homeless," but men, women, and children with hopes and dreams, just like each of us who are blessed with a place to call home. Because there is no place like home — anytime of the year.

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COMMENTARY

On the Agenda

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

One of the most frequently asked questions of me this time of year is, "What will the General Assembly be doing when it meets?" The question is understandable with the regular session of the legislature scheduled to begin on Jan. 14, 2015. The answer is not simple, however, even at this late date. There is unfinished business left over from previous sessions, hot issues that have come to our attention, and recent events that warrant the legislature's response.

Although the General Assembly passes a two-year budget in the even-numbered years, there are always adjustments that must be made in the odd-numbered years. In stable economic times, these adjustments can be fairly technical and minor. In recent years with the uncertainty in the economy, adjustments can be major. That's the way it will be this session. Already \$1.5 billion has been reduced in the budget passed for this biennium, and additional reductions exceeding \$300 million must be made to keep the budget in balance. Since this will constitute a second round of budget reductions, the choices are not clear or easy. Higher education will likely get a second round of cuts with higher tuitions being available to

make up the difference. There seems to be agreement not to reduce state aid to schools which is very important since schools are already funded by the state at a level below 2007. With all 140 members of the House and Senate up for re-election in November 2015, you can be sure that there will be no discussion of revenue enhancements.

An issue that the Republican majority will try to keep in the background is the expansion of Medicaid that under the Affordable Care Act would provide health insurance coverage for nearly 400,000 of the working poor in the state. The Tea Party wing of the Party vehemently opposes the expansion. Ironically, expansion of Medicaid would provide about \$200 million in federal monies to supplant state monies and help reduce the budget deficit by two-thirds. Moderate Republicans in gerrymandered districts who fear a primary challenge from the right more than a general election opponent will not want to deal with Medicaid expansion. It is too important to delay further. I will continue pushing for expansion.

The ethical lapses under former Governor McDonnell resulted in some tightening of disclosure and ethics laws, but more recent events require the General Assembly to do more work on this issue. There is some com-

SEE PLUM, PAGE 15

*Happy Holidays
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and Best Wishes for a
Happy and Prosperous
New Year*



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 <p>LO8269159 \$2,800,000 MIDDLEBURG - Beautiful stone home on 40+ acres just minutes from the town of Middleburg. Goose creek runs through the property. 4 bdrm 5 bath house is perfect for entertaining. Exquisite 8-stall stone horse barn with tack room. Additional guest house and lot available. Scott Buzzelli 540.454.1399</p>	 <p>LO8441685 \$2,297,000 STONEBROOK FARM - c.1750 house w/ Stone Addition c. 1793 & recent total renovation w/ all of the charm of period home coupled w/ modern amenities. 3 additional guest houses, fantastic horse facilities, riding arena, 8+ stall barn/living space. Peter Pejacsevich 540.270.3835</p>
 <p>LO8175796 \$1,765,000 ROBIN CIRCLE, LEESBURG - Stone, brick and cedar estate on 3.54 acres. Heated indoor pool, a sports pub, racquetball court w/ hoop, audio/video system, roof top pavilion. 2, 2-Car garages & caretaker apartment. Peter Pejacsevich 540.270.3835</p>	 <p>LO8412399 \$1,495,000 PURCELLVILLE - Antique brick & stone home on 6.5 beautiful acres w/ mtn views. 7 fireplaces & solid cherry floors. 5 bdrms, 3 1/2 baths. Carriage house wing has two bedrooms/ large living area/kitchen area. Scott Buzzelli 540.454.1399</p>
 <p>LO8105401 \$1,190,000 MIDDLEBURG - Spacious brick house w/ roof top OBSERVATORY in private setting. Master suite w/ lots of closets. Family room w/ fireplace connects to open kitchen. 4 car garage w/ work benches. Lower level w/ in-law suite, media room & several work rooms. Pond. Mint condition. Scott Buzzelli 540.454.1399</p>	 <p>LO8092159 \$995,000 BLUEMONT - Custom all brick ranch with amazing views. Spacious open floor plan with over 6,000 sq. ft. of finished space. Large new barn/ man cave for all your toys. Daylight basement with rear brick terrace. Extensive landscaping and very private. Near bluemont vineyards. Scott Buzzelli 540.454.1399</p>
 <p>LO8509475 \$299,900 MIDDLEBURG - Nice Bungalow rental. In the process of getting fresh paint & cleaning. Should be ready to go in 2 weeks. Agent owned, motivated to sell before the end of the year. Granite countertop, SS Appliances, Very private off gravel road, one Acre lot, close to school, Ceramic baths and showers. In good condition. Scott Buzzelli 540.454.1399</p>	 <p>LO8504319 \$278,900 36952 CHARLES TOWN PIKE, PURCELLVILLE - Charming historic home in town of Hillsboro. Welcoming front porch, large stone FP in living room, beautiful HD floors, renovated country kitchen. Private deck, beautiful rear yard. Close to vineyard! Leslie Woods-Hulse (c)703.728.7370 (o)540.338.7770</p>



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Reston South Lakes Hosts Winter Concert

Students perform “Sounds of the Season.”

By RYAN DUNN
THE CONNECTION

Reston’s South Lakes High School choral department presented their free winter concert “Sounds of the Season” at the school auditorium on Dec. 11. Music preformed included both sacred and secular selection, and was an opportunity for family members and friends to hear the results of many hours of practice and rehearsal. “I am so proud of the amazing work our choral arts students perform,” said South Lakes Principal Kim Retzer. “The concert Thursday night showcased the amazing talents of our students. Ms. Gigliotti continues to challenge them to perform musi-

cally complex pieces.”

The evening began with student-directed a capella ensembles. Songs in the show included gospel spiritual “Go Where I Send Thee!” sung by the Women’s Chorale and “Santa Baby” by the Ladies A Capella Ensemble, the DoReMigas. The South Lakes Men’s Camerata performed songs including Ukranian folk tune “Sleigh Bells” and “Rockin’ Around the Christmas Tree.” Anthony Khong, who graduated this December with a degree in Music Education from James Madison University directed the men’s and women’s choir group in the first part of the show.

Khong, who previously studied at Woodson High School, took the opportunity to teach music to the students at South Lakes High School (SLHS) for the past several months. While on the stage before intermission, Khong expressed his appreciation for the experience. “I want to thank everyone at South Lakes High School for an amazing

eight weeks,” said Khong. Many of the students expressed appreciation for Khong’s teaching style. “He was a really good teacher,” said SLHS freshman Mackenzie Moy. “We got to have fun and yet be productive at the same time.”

While working as a student director at SLHS, Khong assisted SLHS choir director Rita Gigliotti. Gigliotti praised Khong’s work at South Lakes, and presented him with a thank—you card signed by the students. After the intermission, the program continued with music by the Chamber Singers and the advanced women’s singers group, Bella Voce. Gigliotti joined the SLHS faculty in 2005 and both students and parents have been very receptive to school chorus program. “It is always amazing watching them put it all together, they work so hard,” said parent Heather Young, whose two daughters Kellye and Madeline sing in the choir.

THE SOUTH LAKES CHORAL



The Reston South Lakes HS Men’s Camerata performed songs including Ukranian folk tune “Sleigh Bells” and “Rockin’ Around the Christmas Tree” at the December winter concert held at South Lakes HS.

ARTS PROGRAM will continue into 2015 with the annual Broadway Night concerts in January. Performances will include participation of about 100 feeder elementary and middle school students in

addition to 100 South Lakes students. There will be three shows: Friday, Jan. 23 at 7 p.m., Saturday, Jan. 24 at 3 p.m. and 7 p.m.. Tickets will go on sale in early January. On March 6-8, South Lakes

HS will again host the annual SingStrong DC event, a weekend full of a capella music and educational opportunities for students and the community. The festival includes concerts, competitions,

and two days of master classes from musicians from around the country. The event is hosted at SLHS because Gigliotti has been on the SingStrong team since the origin of the organization. Proceeds

from the event support the South Lakes HS Choral Department and Alzheimer’s Organization. Tickets are on sale now. Parents and attendees applauded the December winter concert performance. “I love the



Anthony Khong makes a bow at the conclusion of the first part of the SLHS winter concert. Khong who graduated this December with a degree in Music Education from James Madison University directed the men’s and women’s choir group in the first part of the show.

mix of music with both holiday and winter songs,” said parent Laurie Moy.

ON DEC. 18 at 7 p.m., the South Lakes Band and Orchestra pro-

grams will perform their winter concerts, both of which are free and open to the public. For more information about events check out the calendar on the website www.fcps.edu/SouthLakesHS.



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Admission is \$45 for clients, \$65 for non-clients. All proceeds to go to Hopecam, a nonprofit connecting hospitalized and homebound children undergoing treatment for cancer with loved ones and support networks.

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KELLER WILLIAMS
REALTY

CALENDAR

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

WEDNESDAY/DEC. 17-SUNDAY/DEC. 21

"A Charlie Brown Christmas." NextStop Theatre, 269 Sunset Park Drive, Reston. For the first time, NextStop Theatre Company will be producing a full-scale holiday production featuring a cast comprised entirely of young performers. All roles are unpaid, but will be supported by a team of high caliber directors, designers and technical personnel from the professional company. Directed by Jennifer Lambert. (Based on the classic holiday TV special). <http://www.nextstoptheatre.org/>

THROUGH 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.

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.

THROUGH MONDAY/JAN. 5, 2015
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.

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, or call 703-476-9689 and press 5. Ages 3 to 5.

Preschool Storytime. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Ages 3-5 with adult caregiver enjoy gingerbread and Jingle Bells stories, songs and rhymes. Openings.

All Ages Sing-A-Long With Santa. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. Join the Jingle Bell Orchestra to welcome Santa. Openings.

CAL1THURSDAY/DEC. 18

Toddler Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive. Age 2 and adult caregiver enjoy stories, songs, and fingerplay. Openings.

School Age Kid's Graphic Novel Book Club. 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive. This month's discussion: "Garfield & Co.: Home for the Holidays," by Jim Davis. Books are still available for check out at the Children's desk.

Book Discussion For Adults: Poetry. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. Informal gathering of poetry lovers to share own work or favorite poet.

FRIDAY/DEC. 19

Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive. Ages 3-5 with adult caregiver enjoy the early literacy program. Openings.

SATURDAY/DEC. 20

Horse-drawn Carriage Ride. 4-9 p.m. Reston Town Center, 11900 Market Street, Reston. \$5 per person. Children under 5 ride free. All proceeds benefit local charities. restontowncenter.com/holidays.

SUNDAY/DEC. 21

Mini-train Rides. 12-4 p.m. Reston Town Center, 11900 Market Street, Reston. All donated proceeds benefit local charities. restontowncenter.com/holidays

WEDNESDAY/DEC. 31

New Year's Eve Bonfire and Celebration. ArtSpace Herndon, 750 Center Street, Herndon. African Drum & band workshop (youth event; \$5/child or \$10/family) 7 - 8:30 p.m. Bonfire with Drum Circle (all ages; free), 8:30 - 10 p.m. A Night of Blues: Herbie D. & the Dangersmen (\$25/single, \$50/couple) 10 p.m. - 12:30 a.m. Purchase tickets at www.artspaceherndon.org.

Jimmy's Annual New Year's Eve Gala. Jimmy's Old Town Tavern,

SEE CALENDAR, PAGE 13



PHOTO BY ANDREA WORKER/THE CONNECTION

Scooby Doo and Tweety Bird glide along at the Reston Town Center Ice Skating Pavilion. A big hit with the younger skaters – and a few of the young at heart, as well –the two are part of the rink's Saturday Cartoon Character Skate. Scooby assured us that he would be there for many more Saturdays to come.

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CALL FOR BOARD CANDIDATES

2015 Reston Association Board of Directors Election

Are you interested in making an impact on the future of Reston? Then consider running for the Reston Association (RA) Board of Directors.

Attend the RA Election Information Session at 7 p.m. on Wednesday, Jan. 7, 2015 to learn more.

Four seats on the Board of Directors will be open in April 2015:

- Two At-Large Directors
- North Point District Director (one year term)
- South Lakes District Director

In addition to receiving key information about the 2015 election, potential candidates will learn about responsibilities of the RA board.

Information session will take place at RA headquarters, 12001 Sunrise Valley Drive. Elections are open to property owners and renters within Reston Association.

Candidacy forms must be filed by 5 p.m., Friday Jan. 30, 2015. Forms and other election information can be found online at www.reston.org.

Details or questions, send an email to ElectionsCommittee@reston.org or call 703-435-6570.



www.reston.org

CALENDAR

FROM PAGE 12

697 Spring Street, Herndon. Ring in the new year at Jimmy's . <http://www.jimmystavern.com/>

THURSDAY/JAN. 1, 2015

New Year's Day 5K. 10 a.m. Reston Town Center, 11900 Market Street, Reston, Fountain Square. Kick off the New Year with a run from Reston Town Center with music, food, and fun celebration following the race. Presented by Potomac River Running. 703-689-0999 at praces.com/newyearsday

ONGOING

LRA Displays "Changing Colors." Through Friday, Jan. 9. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art, and photography. Free. www.leagueofrestonartists.org.

Free Comedy Showcase. Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

Family Fun Entertainment Series. Saturdays 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.

Movies and Mimosas. Saturday and Sunday 11 a.m., at Reston Town Center, 11940 Market St., Reston. Showings in the morning; look up showings online. www.bowtiecinemas.com.

Smart Markets. Wednesdays 3-7 p.m., Smart Markets at 12001 Sunrise Valley Drive, Reston. Smart Markets is a producer-only farmers' market that offers food and live music from local jazz group, devoted to supporting local economy and a healthier environment. For more information visit, facebook.com/smartmarketsreston, twitter.com/smartmarkets and www.smartmarkets.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 or

www.epiphanypreschool.com.

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.

Nondenominational Christian businessmen meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and 12 p.m.

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An Essay To Remember

BY MARILYN CAMPBELL
THE CONNECTION

While many are knee-deep in wrapping paper and eggnog, some students are holed up with computer keyboards and books of quotations. In addition to driving to the mall for holiday shopping, some parents are throwing rapid-fire questions at their children to make sure they are fast on their feet.

For students and parents who hope for slots at the area's top independent schools next year, 'tis admissions season.

"As a school we want to know what the relationship will be between what a student brings to the table and what we will need to bring to the table," said Tim Simpson, assistant head of school and director of admission and financial aid at Bullis School in Potomac, Md.

Interviews are opportunities for admissions teams to get to know applicants and their parents, and share information about their



PHOTO COURTESY OF AUDRA WRISLEY

Students at Episcopal High School in Alexandria collaborate on a school project. Essays and interviews help admissions teams determine how an applicant would fit into the school community.

schools.

"We try to encourage students to view the interview as a conversation," said Julie Jameson, director of admissions at St. Andrew's Episcopal School in Potomac. "They should feel comfortable ... be themselves ... and feel free to ask any questions they might have."

In fact, the interview is really a two-way street, says Ann

Richardson Miller, director of admission and financial aid at The Madeira School in McLean. "The girl and her parents should be asking as many questions of me as I am asking of her," she said. "After all, this will be her school for the next four years, and fit is critical, both for us, but also for the girl and her parents."

"Learn as much as you can about the school before your visit and be

prepared to ask questions," said Scott Conklin, director of admissions, Episcopal High School in Alexandria. "This is also an opportunity to brag about your interests, talents and accomplishments. ... Be humble, but make sure you let us know all about you."

That doesn't mean you should ignore your flaws, however. "We look for genuine conversations that convey the student's real interests and passions," said Simpson. "We also want students and parents to be open to talking about strengths and weaknesses."

THE ADMISSION ESSAY is another opportunity for students to reveal facets of their personalities that might not be obvious through test scores, transcripts and even letters of recommendation, said Patricia Harden, director of admissions and financial aid at Connelly School of the Holy Child in Potomac. "It should be a well-written snapshot of how an applicant thinks and how she understands some aspect of her world," Harden said.

Some schools even require the admission essay to be completed in person.

"We want to see a student's true, natural writing ability, and we are interested in assessing their ability to develop and present a cohesive, thoughtful essay on the spot," said Michael Cresson, director of admissions, Bishop O'Connell High School in Arlington. "A polished essay prepared at home with lots of edits really doesn't tell us what we want to know to best evaluate an applicant."

No matter where the essay is written however, the same basic writing advice applies.

"We are looking for students to express themselves and give us an insight into what kind of person he or she is," Cresson said. "My suggestions for students ... would be ... to proofread their essay, allow for enough time, do some research on the school and include that in the essay. "These are simple suggestions, but it is disappointing as a director to read through essays and find simple mistakes and see that it was rushed."



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Holiday Greetings from Aldrin Elementary

Crew members on the USS Carl Vinson will receive letters from Aldrin students this holiday season. The cards and letters created by the students, express gratitude and send warm holiday wishes to sailors on the ship.

Plum

FROM PAGE 9

petition between the parties as to who wants to be the toughest. Other breaking news stories like the rape and sexual assault reports at the University of Virginia will result in some legislation to address a concern that has been ignored too long. Headlines

not yet written may well add other issues to the 2015 agenda of the General Assembly. One thing is clear: the agenda will be full. There is much work to be done.

Please share your views on the upcoming legislative session with me on my constituent survey that can be completed online at www.kenplum.com.

WEEK IN RESTON

IPAR to Receive \$20,000 Grant

The Initiative for Public Art – Reston (IPAR) is one of 919 nonprofit organizations nationwide to receive a National Endowment for the Arts' (NEA) Art Works grant. IPAR is recommended for a \$20,000 grant to support the creation of a temporary, site-specific, large-scale public artwork in Reston by internationally acclaimed artist Patrick Dougherty. IPAR, in collaboration with the Greater Reston Arts Center

(GRACE), will commission Dougherty to create a public artwork in Town Square Park in Reston Town Center over a three-week period in April 2015. The creation of this esthetic landmark, composed of local saplings, will involve local artists, youth, and other community members, who will participate in the construction of the artwork, installed directly across from the GRACE gallery where IPAR and GRACE share office space. The Dougherty

installation will remain on site for one to two years.

In tandem with the installation, an exhibition in the GRACE gallery, on view from April to July 2015, will document the installation and explore Dougherty's work throughout the world through photographs, sketches, models, and video.

In addition, IPAR and GRACE will present a series of related public programs. For more information about IPAR, visit, www.publicartreston.org.



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Herndon boys' basketball coach Gary Hall and his wife, Colleen Mulrenin, host a weekly study hall for Herndon student/athletes at their home in Reston.



Herndon student/athletes eat dinner during a weekly study hall gathering at the Reston home of head boys' basketball coach Gary Hall and his wife, Colleen Mulrenin.

Herndon Coach Hall, Wife Host Weekly Study Hall

Herndon High School athletes meet weekly for dinner, studying, fun.

BY JON ROETMAN
THE CONNECTION

Gary Hall and his wife, Colleen Mulrenin, attended a Herndon boys' soccer game in the spring and wondered what could have been.

Hall, a PE teacher and head boys' basketball coach at Herndon High School, knew the Hornets weren't operating at full strength. He knew of several athletes at HHS who could help the soccer program, but for whatever reason were unable to play. Whether it was poor grades, family responsibilities or simply a lack of discipline, talented teenagers capable of making a difference weren't part of the team.

"It was the same story over and over again," Hall said. "All these kids weren't playing. It was like we need to try to figure out some way to help."

After discussing the matter, Hall and Mulrenin decided to open their doors — and offer their help — to Herndon athletes. In September, during the second week of the 2014-15 school year, Hall and Mulrenin began hosting a weekly study hall at their home in Reston. Three months later, a group of about 25 boys show up each week, ready to study, ready to spend time with their friends — and ready to eat.

"It's evolved," Hall said, "into this really cool thing."

THE STUDY HALL started on Tuesday nights in the fall. Kids arrive at the house around 7 p.m. At 7:15, it's time for dinner. Sometimes Hall and Mulrenin purchase food from a local restaurant. Sometimes Mulrenin prepares the meal (spaghetti and tacos are among the boys' favorites). Either way, Hall and Mulrenin consider it money well spent.

"There have been nights where we've gone through 150 tacos and 12 pounds of ground beef," said Hall, a 1979 Herndon High School graduate. "It's awesome."

The meal is significant for some of the



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

After dinner, it's time for work during a weekly study hall for Herndon High School student/athletes at head basketball coach Gary Hall's home in Reston.

students in attendance. Three students at a recent study hall told Mulrenin it was the only meal they ate that day.

"For some of them, the meal is actually important," said Mulrenin, a lawyer whose children attended Herndon High School. "It's a good, nutritious meal that they might not be getting."

After dinner, it's time to get to work. Students study from 8 p.m. until 9:15 or 9:30. Members of the Herndon football, boys' basketball, baseball, and boys' soccer teams set up around the house and work on assignments. The dining room is the math room. Basketball players usually set up shop in the living room, while soccer players hang out in the kitchen. The library is used for computer work, which is helpful as some of the students don't have Internet access at home.

There is candy at every table.

"We do have it down to a science," said Mulrenin, or "Ms. Colleen," as some of the students call her.

After studying, students relax with 30-45 minutes of recreation time. Some play pool downstairs. Others play Xbox.

By 10 p.m., it's time to go home.

As basketball season approached, Hall was concerned whether he could coach and continue hosting the study hall. Would he miss opportunities to scout future opponents? Would he stretch himself too thin?

Hall and Mulrenin decided it was important to keep the study hall going.

THE WEEKLY MEETING was moved from Tuesdays to Thursdays. A scheduling conflict led to a Sunday meeting, as well.

"The one thing Colleen and I have made a commitment to is we cannot cancel," Hall said. "We're having study hall every week. We're not going to quit on [the kids]."

While Hall and Mulrenin didn't quit on the students, they do have to rush at times to make sure things are ready to go by 7 p.m. Mulrenin leaves her office in Tysons Corner at 5:15. Hall and the boys' basketball team are finished with practice at 5:30. From there, dinner is purchased and/or prepared. The work tables remain set up to save time.

"When people get here, it looks great," Hall said, "but they don't see what happens [to get it ready]."

Michael Griffin is a 6-foot-2 sophomore guard on the Herndon boys' basketball team. He hasn't missed a study hall.

"At first, I thought that it was just going to be hanging out with my teammates and friends and have a good time," Griffin said. "Then I found out that it's a good place to get my homework done because I have trouble getting homework done at home. It was good to have him open his house to us to get homework done."

Griffin said he hopes to one day play college basketball. As a freshman, he struggled with his grades. This year, his grades have improved and he was recognized as the study hall group's most improved student during the first quarter.

Griffin said his favorite study hall dinner is Colleen's spaghetti with meatballs. When work is done, he enjoys playing pool and said he is usually on the winning team.

"It's like a second home," Griffin said. "Everybody loves it and we anticipate it every week. Everyone is always texting our group chat ... 'we have study hall tonight.'"

Chris Recinos is a senior soccer player. Last year, he was unable to play for the Hornets due to failing four classes, he said. This year, Recinos said his grades have improved and he's eligible to play.

"[The study hall has] helped me a lot with just keeping things more organized and getting more time for my homework," Recinos said. "... Last year, I would just blow things off and I didn't really care as much. Coach Hall's study hall gives me a little more motivation to do my work because they're going out of their way to help me and my fellow students. ..."

"It's really nice for Ms. Colleen and Coach Hall to do this. Taking their time and money to help us out, I really appreciate them doing it. It motivates me to do my work and I look forward to [soccer] season."

Recently, parents and neighbors have donated desserts for the study hall. Local businesses have offered discounted food. One neighbor is paying for a math tutor to help the Herndon students. The tutor sometimes stays an extra 30 minutes and works for half-price, Mulrenin said.

"Nobody's getting a tax break ... people are just willing to help," Mulrenin said. "... All of these people, we didn't ask for their help, but they heard the story and people are just throwing [help in our direction]."

Along with continued weekly meetings, the study hall group planned to dress up and go out for a holiday dinner this week.

"I grew up in Herndon," Hall said. "Herndon is my school. Herndon is my community. The reality is, if I'm only helping or working or having any influence over the young people in the basketball program, I'm being rather shortsighted. This was an opportunity for us to help."



PHOTOS CONTRIBUTED

SLHS senior Colin Lamoureux lifts the Sugar Plum Fairy high overhead bringing to life the romance and majesty of the Conservatory Ballet's annual Nutcracker performances.

'The Nutcracker' at Reston Stage

Last week more than 100 students ages 4 to 18 took audiences on a magical adventure in the Conservatory Ballet's production of "The Nutcracker." For more than a decade, fighting mice and triumphing over the evil Mouse King has marked the start of the holiday season for South Lakes High School (SLHS) Senior Colin Lamoureux. His quiet strength and attention to detail have served him well on his journey from toy soldier to heroic Nutcracker. They've also won Lamoureux the confidence of his partners who rely on him to lift, turn, steady and catch them in the breathtaking steps that captivate young and old alike.

This year's cast also featured SLHS junior Sara Petrosian who enchanted local audiences with her elegant arabesques, soaring grand jete's and dizzying pirouettes in her performances as Sugar Plum Fairy, Snow Queen and the Waltz and Spanish solos. In addition to the long hours spent in class and rehearsals, Petrosian also teaches several classes and assists with the many details that go into planning and producing The Nutcracker. But what makes the studios at the Conservatory Ballet a second home to Petrosian is Artistic Director Julia Redick.

Petrosian credits Redick's teaching and guidance with providing her with the technical skills and artistic experience to take advantage of several professional opportunities to include performing at the Kennedy Center with the Marinskii Ballet, attending the Gelsey Kirkland Academy summer intensive program, and the subsequent invitation from Kirkland to join the Academy's full time professional training program in New York City.

For more than four decades, the Conservatory has delivered an event well known for its incomparable pageantry and charm. Based on a German fairy tale and set to music by Pytor Illyich Tchaikovsky, The Nutcracker transforms the stage into a fantastical place where brave toy soldiers battle mischievous mice, an elegant Snow Queen and her princesses dance with delicate snowflakes across a moonlit wonderland, and enchanted flowers, whirling Russians, exotic Arabian girls and fiery Spanish dancers



SLHS junior Sara Petrosian and partner Ryan Davis captivate audiences as Snow Queen and her cavalier.

entertain the Sugar Plum Fairy and her guests.

Established in 1972, the Conservatory offers early childhood, pre-professional and adult ballet instruction. Its curriculum program produces more professional ballerinas than any other pre-professional dance academy in the greater Washington area. Students have performed with numerous well-known companies including American Ballet Theater, Dance Theater of Harlem, the Bolshoi, Boston, English National, Fort Worth, Mariinsky, Miami and Stuttgart Ballets.



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The Vienna/Oakton
Connection
The McLean Connection
The Great Falls Connection

21 Announcements

21 Announcements

OBITUARY Joel D. Tomlinson

Passed away on December 11, 2014, surrounded by family, at
George Washington University Hospital in Washington. He was
49.

Born July 21, 1965, in Waco, Texas, Joel is survived by his
mother, Mildred (Mitty) Hayek; Margaret (Maya) O'Connor, his
partner of 17 years; four children, Joshua (29), Jessica (27), Ja-
coba (26) and Ada Grace (4); along with former wife Lelia
Keen, brother Jonathan and sister and brother-in-law Jennifer
Tomlinson and Steve Toloken; he is also survived by daughter-
in-law Emily Cull Tomlinson, son-in-law David Rines and Agne
Menges. He was preceded in death by father Glen C. Tomlin-
son, brother James (Jamie) Glen Tomlinson and many loving
relatives.

Joel was a warm, kind person with a gift for talking to anyone.
He attracted an eclectic group of friends, and was an avid pho-
tographer, working for many years at Central Photo on Capitol
Hill, where his painstaking attention to detail would have been
felt in the portraits of countless Washington D.C. tour groups.
He was a frequent marcher at protests and supporter of social
justice, and he worked tirelessly to help with the longtime fam-
ily home on Beulah Road in Vienna, Va. He was raised in Fair-
fax County, Va., attending schools in Reston, Langley High
School and Texas State University. He lived most of his adult
life in the Washington D.C. area.

A memorial service will be held Friday Dec. 19, at 2 p.m., at
the Unitarian Universalist Congregation of Fairfax, 2709 Hunter
Mill Road, Oakton, Va. In lieu of flowers, the family is request-
ing donations to a charity of choice or Empower DC,
www.empowerdc.org.

21 Announcements

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The McLean Connection
The Great Falls Connection

A Level That's Anything But

By KENNETH B. LOURIE



This is not a home improvement reference, but this is most definitely a do-it-yourself column. And though friends, family and all the medical professionals at The Infusion Center, and of course the Oncology staff, have been wonderfully supportive and encouraging throughout my nearly-six-year ordeal, at the end of the day – heck, at the beginning of the day, every day – the patient has to figure a way to navigate through this characterized-as-terminal minefield. More often than not, this has been my greatest challenge: keeping my spirits up and my attitude positive when there are only three people present and accounted for: me, myself and I.

Dealing with unexpected results – both good and especially bad, from lab work, diagnostic scans and/or in-person appointments/physical examinations/assessments – and the effect all of it has on the patient's presumptive life expectancy, are emotional hurdles I regularly endure. Moreover, interpreting any of these results, better left for the professionals, rarely prevents us amateurs (patients) from wishfully-thinking, denying or freaking out entirely. After all, your life is at stake and since there are no guarantees or 100-percent predictable outcomes in the treatment of stage IV, non-small cell lung cancer – other than it's not curable, according to my oncologist – anticipating the worst while praying for the best becomes your 24/7 reality.

This reality is never more apparent to me, since I'm relatively asymptomatic, than when I complete my every-three-week, pre-chemotherapy lab work. That's when (other than my quarterly CT Scan), the tale of my tape, so to speak, is updated. If certain measurements are too high: creatinine, bilirubin, potassium – then no chemo for me. If certain other measurements are too low: white and red blood cells counts, oxygen, also potassium; then again, no chemo for me. The real anxiety, new anxiety – for me, is what levels show up on the inevitable retest (the first order of business is to confirm the abnormality with additional lab work). Typically, at least historically, my retests, taken a week later (sometimes even a day later), have always returned to normal, and accordingly, chemotherapy has proceeded as usual. This week, however, something different has occurred. This is the first time that my creatinine levels were too high on consecutive three-week intervals. If my next retest does not return to level (as the previous one did), and chemotherapy is put off an additional week again, that too will be a first and cause – in my head anyway, for new concern. This would be a complication/result that in the previous six years has never happened.

Should I be worried? And whether or not I should be, can I even control my feelings and somehow patiently (no pun intended) wait for new results from the retest without coming apart at the seams? If I could, I would; but given this column's subject, apparently I can't. Wish me luck; hopefully, I won't need it.

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

OBITUARY

Beverly Anne Schupfer Morris Dies

Beverly Anne Schupfer Morris, 84, passed away Nov. 23, 2014 in Idaho Falls, Idaho from complications of Parkinson's Disease. She was born June 13, 1930 in Lewiston, Idaho to Herman and Alberta Schupfer.

Beverly married Robert Morris July 3. Three sons were born: Robert, John and Richard.

She also loved classical music and was an accomplished pianist, organist, and recorder player.

In 1968 the family moved to Reston, after Bob got a job with the Office of Naval Research. While in Reston, Beverly sang in the Reston Chorale and founded house music groups.

She also taught piano and recorder and was a Cub Scout Den Mother. In 1974 Bob

got a job with the State Department, and in 1978 the couple moved to Paris, France for four years, followed by overseas stints in Bonn, West Germany; Buenos Aires, Argentina; and Madrid, Spain.

In 1992, Bob retired and the couple eventually relocated to Ashland, Ore., where they enjoyed attending the Shakespeare Festival. In March 2014 they moved to Idaho Falls, Idaho to live near their oldest son and his family.

Beverly was a devoted wife, a loving mother of three, grandmother of four, and great-grandmother of five. In observance of her wishes, her body was donated to science, with the wish that her remaining ashes be scattered in Northern Idaho.

Beverly is survived by her husband Robert and all other descendants.

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. 17

ESL For Adults: Intermediate Level. 11 a.m.
Reston Regional Library, 11925 Bowman Towne Drive. Join conversational group: Wednesdays with Richard.

<call Thursday/Dec. 18

ESL For Adults: Advanced Level. 10 a.m.
Reston Regional Library, 11925 Bowman Towne Drive. Join conversational group: Thursdays with Richard.

ESL For Adults: Grammar and Vocabulary for Intermediate Level. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive. 12-week course to learn basic rules of English grammar and vocabulary building. Regular attendance is required for class: Thursdays with Paul.

<call Friday/Dec. 19

ESL For Adults: Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive. Join conversational group: Fridays with Elayne.

ESL For Adults: Intermediate Level. 11 a.m.
Reston Regional Library, 11925 Bowman Towne Drive. Join conversational group: Fridays with Richard.

MONDAY/DEC. 22

ESL For Adults: Intermediate Level. 11 a.m.
Reston Regional Library, 11925 Bowman Towne

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Each year, the Northwest Federal Credit Union (NWFCU Foundation) awards a total of \$100,000 in college scholarships – \$5,000 each – to 20 students who have demonstrated qualities of leadership, dedication and commitment in school, at home and in the community.

"These students have displayed the qualities that will make them future leaders in our community," said Chris McDonald, Chairman of the NWFCU Foundation and President/CEO of Northwest Federal Credit Union. "We are pleased to make an investment in their future – and our community's future – by helping them pay for college."

Winners of the 2014 Ben DeFelice Scholarships from our area include:

- ♦ Jared Hunsaker, graduate of Herndon High school. He will attend Brigham Young University.
- ♦ Troy Hunsaker, graduate of Herndon High school. He will attend Brigham Young University.
- ♦ Derek Phillips, graduate of South Lakes High School. He will attend Stanford University.

Emily Schaal, a student at Herndon High School, is the winner of the 2014 National Peace Essay contest for Virginia and has earned a \$1,000 academic scholarship – US Institute of Peace

Drive. Join conversational group: Mondays with Richard.

TUESDAY/DEC. 23

ESL For Adults: Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive. Join conversational group: Tuesdays with Elayne.

WEDNESDAY/DEC. 24

ESL For Adults: Intermediate Level. 11a.m.
Reston Regional Library, 11925 Bowman Towne Drive. Join conversational group: Wednesdays with Richard.

MONDAY/DEC. 29

ESL For Adults: Intermediate Level. 11a.m.
Reston Regional Library, 11925 Bowman Towne Drive. Join conversational group: Mondays with Richard.

TUESDAY/DEC. 30

ESL For Adults: Intermediate Level. 10 a.m.
Reston Regional Library, 11925 Bowman Towne Drive. Join conversational group: Tuesdays with Elayne.

WEDNESDAY/DEC. 31

ESL For Adults: Intermediate Level. 11 a.m.
Reston Regional Library, 11925 Bowman Towne Drive. Join conversational group: Wednesdays with Richard.

announced. Emily's essay examined how security sector reform contributes to sustainable peace.

Douglas Graney, who teaches history and social studies at Herndon High, was named Virginia Teacher of the Year by the Veterans of Foreign Wars (VFW) Department of Virginia. Graney was one of three teachers (elementary, middle, and high school) recognized by the state VFW for their commitment to teach citizenship education topics to students, and to promote America's history, traditions, and institutions. Graney received his award in Williamsburg last month. He teaches U.S. and Virginia history, U.S. government, and philosophy, and recently completed the renewal process for board certification from the National Board for Professional Teaching Standards.

Herndon area students **Michael H. Chen, Emily Schaal, Jefferson Sheron and Tae-Jung Yang** of Herndon High School; and **Jocelyn Huang, Sreenath Are, Rohan Banerjee, Ashwin Basana, Arjun Iyer, Aseem Jain, Anne Li, Soumya Mishra, Christin Park, Rohan Punnoose, Sarah Quettawala, Simran Rohatgi, Snigdha Srivastava and Tony Xiao** of Thomas Jefferson High School for Science and Technology are National Merit Scholarship semifinalists.



Merry Christmas

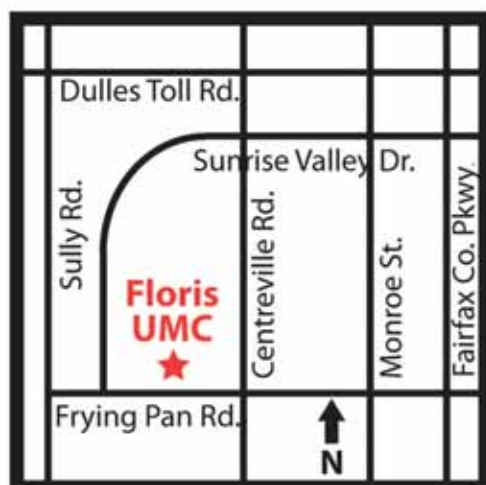
from Floris United Methodist Church!

Christmas reminds us of the warmth of family and the joy of friendship. We anticipate the giving and receiving of gifts. As we grow older, we often find that the anticipation of receiving the perfect gift fades.

Are you longing for that child-like anticipation again? Come to Floris United Methodist Church this Christmas Eve to hear about the greatest gift that you could receive this Christmas.

www.florisumc.org/MerryChristmas

We hope you'll join us.



13600 Frying Pan Rd. Herndon, VA 20171
703-793-0026

Christmas Eve Service

Tuesday, December 23

Traditional 7 PM

Christmas Eve Services

Wednesday, December 24

Preschool..... 3 PM
Family..... 5 PM
Contemporary (Spanish Interpreter)..... 7 PM
Traditional (Sign Language Interpreter)..... 9 PM
Communion..... 11 PM

Christmas Day Service

Thursday, December 25

South Asian Traditional..... 10 AM