

Oak Hill ♦ Herndon
CONNECTION

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**HOLIDAY ENTERTAINMENT,
DINING & GIFT GUIDE**

Holiday Happenings in Herndon

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Nicholas and Gabrielle Walker of Herndon are happy to pose in front of their Thanksgiving visitor. The cookies they're holding are homemade. Dad Jeff was inside manning the oven and protecting the gingerbread sweets, but he did take a minute to invite us back. "You really need to see our Christmas display!" he called from the doorway, cookie-making paraphernalia in hand.

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NOVEMBER 18-24, 2015

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Koko FitClub of Reston | 571-612-2333 | reston.kokofitclub.com/30for30



Veterans, active duty members, town dignitaries and citizens gathered on the green behind the Herndon Municipal Center on Nov. 11. David Kirby, Commander of American Legion Post 184, welcomed everyone to the event. Kirby is also a member of Herndon Town Council.



Post Chaplain David Womack with David Kirby, Commander of American Legion Post 184, and Bob Thompson and Geoff Schelhorn at the Herndon Town Green on Veterans Day, Wednesday, Nov. 11.

PHOTOS BY RYAN DUNN/THE CONNECTION

Veterans Day Ceremony Held at Herndon Town Green

BY RYAN DUNN
THE CONNECTION

American Legion Post 184 honored veterans with an observance on the Herndon Town Green on Wednesday, Nov. 11. Veterans, active duty members, town dignitaries and citizens gathered on the green behind the Herndon Municipal Center. David Kirby, Commander of American Legion Post 184 and a Town of Herndon councilmember welcomed everyone to the event. Originally celebrated as “Armistice Day” to remember those fallen in combat during World War I, Veterans Day has evolved to honor those who made sacrifices, and thank all who have served and continue to do so. Approximately 80 persons attended the Town of Herndon 2015 observance.

“While we set aside Nov. 11 as a special day to honor and remember our veterans, we should continuously endeavor to serve our veterans as well as they have served their nation. We must honor all of their families and not just with Blue and Gold

Star Banners, but with compassionate hearts. PTSD, traumatic brain injury and life-altering war wounds not only affect the veteran, but can also take an enormous toll on the family, as well,” said Kirby. Serving as color guard for the event were members of Herndon High School JROTC. Kirby welcomed guest speaker, U.S. Air Force Colonel Paul G. Patton (Ret.), to share a few remarks.

FOLLOWING A SOUNDING OF “TAPS,” a benediction was given by Post Chaplain David Womack. Covering the event was Herndon HCTV volunteer Blake Rose. The Herndon Woman’s Club served refreshments after the observance at the Municipal Center Lobby. Established in 1939, the Herndon Woman’s Club is joining in the Wreaths Across America project to honor veterans laid to rest at Chestnut Grove Cemetery in Herndon.

Wreaths Across America’s mission is to remember fallen heroes and honor those who serve. On Dec. 12, at noon, the Herndon Woman’s Club in conjunction with

Wreaths Across America, will host a Remembrance Ceremony by laying over 400 wreaths on graves at Chestnut Grove Cemetery. There are an estimated 77,000 military veterans who live in Fairfax County, according to the U.S. Census Bureau. Their service to the nation ranges from World War II to the conflicts in today’s news. Fairfax County offers a number of veterans services and programs. Other nonprofits, such as Final Salute Inc., seek to provide homeless female veterans with safe and suitable housing. In December 2014, Fairfax County joined the Mayors Challenge to End Veteran Homelessness. The Mayors Challenge calls for mayors (and other jurisdiction leaders) to make a commitment to ending veteran homelessness in their communities in 2015. “I’m glad councilmember Kirby brought up the issue of homeless veterans, a problem we all need to address,” said Town of Herndon councilmember Grace Han Wolf.

THE AMERICAN LEGION Wayne M. Kidwell Post 184, along with volunteers from Herndon High School, assembled an

Avenue of Flags on Wednesday, Nov. 11 at Herndon’s Chestnut Grove Cemetery. The flags could be viewed from dawn to dusk each Veterans Day. The display this year included 63 veterans’ casket flags. American Legion Post 184 is named in honor of the first Herndon resident to be killed in Vietnam. Wayne Minor Kidwell, born on June 9, 1948 became a member of the U.S. Army, and died at the age of 19, in South Vietnam. Veterans organizations, such as the American Legion and Veterans of Foreign Wars, are losing older members and are seeking to attract veterans of recent wars. “We thank all the veterans for their services,” said Herndon Police Officer Michael Berg, who attended the ceremony with other officers, including Herndon Police Chief Maggie A. DeBoard. Many officers in the Herndon Police previously served with a branch of the military, and Officer Berg formerly served with the Air Force as a military bomb and drug dog handler. “I am glad the Town lets us use this place,” said Herndon Town councilmember Sheila Olem.

THIS WEEK IN BRIEF

BY KEN MOORE
THE CONNECTION

\$2 Million Requested for Middle School

The Herndon Town Council requested \$2 million in funding from the county park authority’s 2016 Bond Referendum to “complete enhancements on outdated facilities at Herndon Middle School.”

“There is a need to renovate the sports fields at Herndon Middle School,” according to Mayor Lisa Merkel and council documents.

Arthur Nachman testified in support of the Council’s request at the Council’s Public Hearing on Tuesday, Oct. 27.

“I think this is an extremely important gesture on your part,” said Nachman. “I think this is important not only from an activities standpoint that our youth and our adults will participate, but from a

property value standpoint.”

“This is a way for government to improve the property values of the Town of Herndon by creating more amenities and more reasons for people to come to Herndon to purchase and invest,” he said.

Dranesville Supervisor John W. Foust, School Board member Janie Strauss, county sports organizations and county staff identified the middle school fields as “in major need of re-planning and redevelopment,” according to Council documents.

Town Goes Mobile

Residents will be able to access government from their smart phones.

The Town of Herndon launched “ON the GO,” the official platform for town citizens to access their government from their mobile devices, according to Anne Curtis, Town public spokesperson.

“With this new tool, citizens can submit, track and view nearby service requests through their smartphones. On the backend, town staff redirects and responds to sub-

mitted requests through a customized workflow management system. The town also uses the backend system to provide residents real-time status updates and comments on requests as they are submitted,” according to Town documents.

Citizens can also use the in-app widgets to find information about town events, town news, police news, town meetings, employment opportunities and more. Widgets also connect app users to DineONHerndon.com, the town’s restaurant website, town places such as parks, and the town’s Facebook page.

“We are thrilled to offer this new app for the many, many people who rely on their smartphones to stay informed,” said Mayor Lisa Merkel. “ON the Go” incorporates the town’s brand, our request response capabilities and the information available through our website onto one convenient mobile location.”

Download the “ON the Go,” app for free through iTunes and Google Play. The app is powered by PublicStuff, the town’s vendor for its customer relationship management

(CRM) interface.

Remember, Honor, Teach

Kathy Herbert, president of the Herndon’s Women’s Club, has identified a veteran who served in the War of 1812 whose grave is located in Chestnut Grove Cemetery.

“Last year, we honored all veterans interned at Chestnut Grove Cemetery with a ceremony and by placing 35 wreaths on the pillars around the cemetery,” said Herbert. “This year, our goal is to place a wreath on each of the 500 graves of veterans we have identified including those dating back to the Civil War and one from the War of 1812.”

Herbert invited the Council and public to participate in this year’s Women’s Club/Town of Herndon Wreaths Across America Joint Project.

Following TAPS, the wreaths will be
SEE THIS WEEK, PAGE 5



— REAL STORIES FROM THE EXPRESS LANES —

"My daily commute to work used to take me over an hour. Now, it only takes me 20 minutes. Those extra minutes allow me to spend quality time with my children."

- Jennifer G.
Alexandria, VA

Thanks to the 495 Express Lanes, Jennifer says she can balance being the mother of five young children and working at her job in Tysons. Traveling from Alexandria to Tysons Corner used to take her over an hour, but now it only takes 20 minutes. With those extra 40 minutes, Jennifer is able to eat breakfast with her kids and spend more time with them in the morning. She even has time to take her older children to school before heading to work—and now she can pick them up on the way home, too.

See more real stories from the Lanes at ExpressLanes.com



Jennifer's story was one of our winning entries in our "Express Lanes Love Story" promotion.

BULLETIN BOARD

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

WEDNESDAY/NOV. 18

Covenants Committee Meeting. 6:30-9 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. The Covenants Committee is responsible for administering the Use and Maintenance Covenants set forth in the Reston Deed of Dedication. In doing so, the Committee considers and decides violations in accordance with adopted procedures that are found by staff or other Association Members, develops Use and Maintenance Standards, and considers requests for temporary exception permits. 703-435-6530.

THURSDAY/NOV. 19

Chinese Auction/Silent Auction. 10 a.m. 11426 Washington Plaza West, Reston. Sponsored by the Women's Club of Greater Reston. www.restonnewcomers.org. rspound2@yahoo.com.

Board of Directors Meeting. 6-10 p.m. Reston Association, 12001 Sunrise Valley Drive, Reston. Community members are encouraged to join in and contribute their ideas, comments and suggestions. Monthly meeting of the Board of Directors where formal action is taken on policy issues pertinent to the association. 703-435-6530.

Public Hearing on 2016-2017 Biennial Budget. 6:30 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston.

The RA Board of Directors will hold a public hearing on the proposed 2016-2017 biennial budget for the association. Members can access a copy of the latest draft budget at www.reston.org. 703-435-6530.

TUESDAY/NOV. 24

Volunteer for Ethics Day 2015. 7 a.m.-2 p.m. Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston. Sign-up in advance, as training sessions are required for some positions. Contact 703-707-9045 or visit <http://www.restonchamber.org/events/Ethics-Day-2015-2662/> details.

MONDAY/NOV. 30

Board Operations Committee Meeting. 6-10 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. The primary task of the Board Operations Committee is to set the agenda for the Regular Meetings of the Association's Board of Directors. Join in and contribute your ideas and suggestions during the member comment period. 703-435-6530.

TUESDAYS/DEC. 1, 8, AND 15

Design Review Board Meeting. 7-9 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. The Design Review Board (DRB) is responsible for reviewing all additions and alterations to many different types of Reston properties. To assist in the review process, the DRB develops Design Guidelines and review procedures, and establishes design standards for clusters. 703-435-6530.

TUESDAY/DEC. 1

Environmental Advisory Committee Meeting. 7-9:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. The Environmental Advisory Committee advises the Board on the ecologically sound management of the association's environmental resources, including its water, natural areas and wildlife. Come join in to share your thoughts and ideas. 703-435-6530.

THIS WEEK IN BRIEF

FROM PAGE 3

placed at all the veterans' graves by volunteers. The ceremony is scheduled for Dec. 12 at noon at Chestnut Grove Cemetery, "rain, snow or shine,"

"I hope you all will joining us," Herbert said before the Town Council on Oct. 27. The Women's Club, established in 1939, is comprised of women who "share a passion for community service. Each member brings her own ideas and energy to the club, and we work together to achieve our common goals," according to the group's website.

Herndon's Chestnut Grove Cemetery was "officially established" in 1882. Chestnut Grove Cemetery has been registered with Wreaths Across America and anyone can go online and order a wreath to be placed. See www.herndonwomansclub.com and www.wreathsaacrossamerica.org.

This Date/Topic in History?

Mayor Lisa Merkel thanked Barbara Glakas who conducted some research for the Herndon Historical Society and encountered this item in old minutes from past council meetings.

Merkel read the minutes of a Council meeting from 1947.

"In March of 1947, the minutes said, 'Mr. Henry Moffet' which I believe is Ms. Erma Makin's father," said Merkel, "requested the council to consider some method of eliminating the dangerous curb on Rte. 28 at the intersection of Park Avenue and Monroe Street. And that matter was referred to Public Works for study," said Merkel.

On February 14, 2012 the Council approved an Improvement Plan to the Park Avenue/Monroe Street intersection, according to Council documents. According to the Town's website on Park and Monroe Intersection Improvements, "work is substantially complete on Park Avenue between Station Street and Van Buren Street."

"I think Mr. Moffett will be pleased to know it only took 68 years to complete that project. And it looks great," said Merkel.

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The Ship Control Console on the USS WASP is impressive.

PHOTOS CONTRIBUTED



Herndon Cadets Learn from Active Duty Military Personnel

The Herndon High Navy Junior Reserve Officers Training Corps (NJROTC) departed Herndon on Friday, Oct. 30 for a three-day and night orientation field trip to Virginia Beach and Norfolk. The purpose of this and similar annual trips is to familiarize the cadets with active duty sailors and marines serving on ships and aircraft squadrons in the fleet. This helps cadets make better career decisions, and it exposes them to some of the most professional and hardworking servicemen and servicewomen on active duty.

The cadets arrived at the Virginia Army National Guard Barracks at approximately 11:30 p.m., and they quickly moved into open bay accommodations and prepared for the next day. Early Saturday morning, the cadets ate breakfast at the Naval Air Station Oceana's appropriately named "Hornets Nest Galley" and then proceeded to the Naval Shiphandling and Simulation Facility at Norfolk Naval Base. After a warm welcome by the manager, Captain Mike Turner, USN (Ret.), cadets split into groups and entered the ship simulators. They learned to drive frigate-sized ships in accurate pilothouse settings. Realistic simulations with 60 knot winds and heavy seas caused some to have to step out to prevent sea sickness, but most endured and enjoyed driving their ships around a harbor.

The cadets then headed over to the USS WASP (LHD-1) for a tour of this front-line amphibious warship. Cadets first explored the well deck, where Landing Craft Air Cushions and other amphibious craft used by marines to land ashore are launched. Next, they visited the flight deck, where

helicopters and vertical takeoff and landing aircraft operate. Finally, they saw the pilothouse, where the captain and navigation team drive the ship near shore to support Marine Corps landings. After paying their respects to the ensign flying on the fantail, cadets departed down the pier.

The next stop was to the newest U.S. Navy attack submarine, the USS JOHN WARNER (SSN-785). Cadets toured the torpedo room, the extremely cramped crew quarters, the conning tower attack center and parts of engineering.

After returning to the barracks to change into civilian clothes, the cadets spent the evening at the Navy Morale, Welfare, and Recreation bowling alley on Naval Air Station Oceana. There, they had a great time bowling and eating pizza.

Sunday, the cadets enjoyed downtown Norfolk, where they saw the Nauticus Museum and the WISCONSIN (BB-64). They also had a short visit to the MacArthur Memorial. Before returning home on Monday, the cadets cleaned the barracks and presented them for a field day inspection to the Army National Guard. After passing the rigorous inspection, they spent the morning visiting the Swift Boat Squadron at Little Creek. Cadets helped Navy gunner's mates assemble small arms at the gun shop, and then they took a tour of some of the latest small yet powerful swift boats, which the Navy uses along rivers and in shallow waters. After spending time testing their skill against computer targets at the electronic gun range, the cadets bade farewell to the sailors that hosted them and headed back to Herndon.



Cadets pose for a picture outside of the Hornet's Nest, the most obvious place for Herndon Hornets to enjoy breakfast.

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Garza Presents Budget Task Force Report to School Board

Transparency and methodology of budget review questioned.

BY TIM PETERSON
THE CONNECTION

Fairfax County Public Schools Superintendent Karen Garza is attempting to scale a towering projected budget shortfall for Fiscal Year 2017. On Nov. 9, she presented School Board members the report of budget cuts recommended by a 36-member task force she summoned earlier this year.

A dozen of the task force members were appointed by the School Board, the rest are representatives from civic associations, teachers associations and other county staff.

Garza instructed the team to make recommendations specifically for the 2017 budget with six criteria in mind: the number of students impacted, effect on employees and students, disruption to the system, permanent cuts instead of “one-time” cuts, magnitude of the cut and student outcomes especially on the core instruction.

“No one — including the Task Force members — wants to enact significant budget reductions that will impact classroom and student programs,” Garza said in a statement. “Their involvement in the process guarantees that a wide variety of voices and suggestions were heard and seriously considered.”

THE REPORT from the task force includes dozens of ideas for cuts and how those were supported by task force members, as well as employees, students and the community, based on input from the “UserVoice” program, outreach meetings, budget meetings with School Board members and the online Budget Proposal Tool.

The sets of cuts are divided into two groups — one set that would cut \$50 million from the projected budget and one that would cut \$75 million — and cover a wide area: Some examples are increasing facility use fees and student parking fees, increasing class sizes, eliminating foreign lan-



PHOTO BY TIM PETERSON/THE CONNECTION

Members of the Fairfax County School Board meet at the school system headquarters where superintendent Karen Garza presented a report from the FY 2017 Budget Task Force.

guage immersion programs and eliminating Level IV Advanced Academic Program centers in favor of offering that advanced curriculum at each local school to reduce student transportation costs.

Garza admitted though the recommendations are just that, and far from final decisions, inevitable cuts would negatively impact essentially everyone involved with Fairfax County Public Schools.

“Reductions will be unavoidable unless we receive sufficient revenue to meet our expenditure requirements,” Garza said in her statement. “As I’ve said all along, we cannot cut our way to excellence.”

The recommendations were ranked by the percent of agreement among voting members of the task force. Two members of the task force abstained during voting on the recommendations: George Becerra, appointed by At-Large School Board member Ilryong Moon, and Mindy Carlin, representing the Fairfax County Chamber of Commerce.

A representative from the chamber said Carlin would not be available to comment personally.

Becerra, who currently serves on the Board of Supervisors and School Board joint Successful Children and Youth Policy team, said he wished the task force had conducted its meetings publicly rather than in private,

and that they had been provided with more comprehensive program evaluation information on which to base their decisions.

According to the task force report, “Due to time constraints, the Budget Task Force was unable to review programmatic evaluations for every potential item and option.”

“How good that program is to a child, it’s not up to me, it’s up to the system to quantify it,” Becerra said. “Right now, I don’t have that information in front of me. If you’re going to cut your own family budget like this, I think there’d be a divorce in my family real quick.”

Springfield District Supervisor Pat Herrity sent out a statement on the day of Garza’s presentation, also critical the task force failed to review the school’s supplemental retirement system, outsourcing or the “functions of the many ‘teachers’ that do not spend time in the classroom.”

“The School Budget Task Force missed the mark,” Herrity said in the statement.

The task force report did explain that employee compensation, health insurance and retirement are among items being reviewed and studied, so they weren’t included in the online budget tool.

Kimberly Adams, president and task force representative for the Fairfax Education Association, did vote, and said her organization is “not supportive of the majority of

the recommendations as they stand now.”

Adams said the whole task force objective being focused on what to cut rather than where else to make up revenue was “hard to hear” from the perspective of educators.

“But you have to cut \$50 million out of the system, they have to find it somewhere,” Adams said. “We have to pick the best bad choices out of that list. Nothing very palatable. Raising fees for students is not something I want to see happen, but is it a less impactful way to cut money out of the budget?”

Matt Haley, who was appointed to the task force by School Board member Jane Strauss (Dranesville) and chosen to chair the group by Garza, said the meetings were kept private to encourage more open discussion by task force members.

“We felt it was important for them to be able to share how they felt and what was feasible, possible, without being questioned on every statement by their constituents,” said Haley, a retired strategy consultant with Accenture.

Haley said that no program evaluation information in existence was withheld from the task force. “There was no less data available to us than is available to the School Board or Board of Supervisors,” he said. “We looked at everything that’s been studied. We had hundreds of questions fed through a staff answered for us. We have a lot more detailed information than just about any group has had in the past, though it is possible more analysis could be done.”

Adams agreed she would like to see more evaluative data in the future. “We had to assume every program is doing what it’s supposed to do, meeting their goals,” she said.

Garza will make her formal budget presentation to the School Board in January 2016. The School Board is scheduled to make their final decision on the proposed budget and vote at the May 26, 2016 meeting.

FOR GARZA’S PRESENTATION and the full report from the task force, visit the Fairfax County Public Schools online document-sharing program at www.boarddocs.com/vsba/fairfax/Board.nsf/goto?open&id=A3KSVY653B27.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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Northern Virginia
Handcrafters Guild

www.NVHG.org

Annual Ecumenical-Interfaith Community Thanksgiving Eve Service

November 25, 2015, at 7:30 PM
11508 North Shore Drive, Reston, VA 20190

UNITED CHRISTIAN PARISH
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Join faith communities and local leaders in celebration of the diversity of all people and faiths. The service will include Shoreshim Community; ADAMS; Saint John Neumann Catholic Church; Unitarian Universalist, Reston; Virginia Delegate Ken Plum and Hunter Mill District Supervisor Cathy Hudgins.

OPINION

Holidays Are About Giving

Give thanks and share locally; tens of thousands of families around us are in need.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country, and many if not most of us go through our usual routines without encountering evidence of needy families among us.

Where to Give Locally

- ❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org. Nonprofit providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Thanksgiving Food Drive, Gifts for Kids and annual Coat Drive. Sign up this week to give Gifts for Kids, Alacia Earley at 571.323.9568 or alacia.earley@cornerstonesva.org. Hunter Mill District Winter Coat Closet distributed over 5,500 winter coats and jackets last winter, plus over 4,000 hats, gloves, mittens and scarves to individuals and families in need of winter gear. Bring coat donations to the North County Governmental Building, 1801 Cameron Glen Drive, Reston, VA 20190 through Feb. 29, 2016, 24 hours a day.
- ❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis; provided gift cards and holiday presents to over 230 needy families, including 650 household members, last holiday season. Donate online or contact 703-229-1414. www.SHAREofMcLean.org. info@shareofmclean.org.

But more than 51,000 children who attend Fairfax County Public Schools are poor enough to receive free or subsidized meals, a significant measure of poverty. That's 28 percent of students in Fairfax County Public Schools.

EDITORIAL

In Arlington more than 31 percent of the students are poor enough to receive free or subsidized meals; that's 7,749 students at last count.

In Alexandria, 8,664 students are poor enough to receive free or subsidized meals. That's 59 percent of the 14,671 students enrolled.

These are children who are living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. 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 Thanksgiving and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again during the holiday, so let us know what we have missed.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

- ❖ **Alternative House** — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, 703-506-9191. Now have a new program to help young people who are homeless while still in high school and who don't have the support of a parent or guardian. Requests for food and clothing are up more than 50 percent. www.thealternativehouse.org.
- ❖ **LINK**, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and holiday toys for children, plus volunteers. More than 4,000 adults and children have signed up for help with Thanksgiving and Christmas meals. 703-437-1776, www.linkagainsthunger.org.
- ❖ **Herndon-Reston FISH** (For Immediate Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105, <http://herndonrestonfish.org>
- ❖ **Committee for Helping Others (CHO)**, Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Last year 450 children had a special Christmas through the annual Christmas Store. Collecting gently used jackets and bikes, new toys, gift cards for teens, and food gift cards. Drop gently used bikes off at the Vienna Presbyterian 10 a.m.-2 p.m. on Saturday, Nov. 28. On Friday, Dec.

11, bring new, unwrapped toys for children ages 1-12, gift cards for teens, and food gift cards. Volunteers needed Saturday, Dec. 12, we to help clients shop at Vienna Presbyterian Church, call at 703-281-7614 and leave a message in box #1. <http://www.cho-va.com>

- ❖ **Northern Virginia Family Service**. Mail check or Shoppers Food Warehouse gift card to Northern Virginia Family Service, ATTN: Operation Turkey, 10455 White Granite Drive, Suite 100, Oakton, VA 22124. Gifting for Families was able to bring some extra holiday cheer to 2,122 children in Northern Virginia last year. Monetary contributions and online donations help the most. www.nvfs.org. Contact Pam Boyle at pboyle@nvfs.org or 571-748-2537.
- ❖ **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.
- ❖ **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.

More Support Needed for Runaway, Homeless Youth

BY JUDITH DITTMAN
EXECUTIVE DIRECTOR,
ALTERNATIVE HOUSE



November is National Runaway Prevention Month and The National Runaway Safeline estimates are that nationally 1.3 to 1.7 million runaway, thrown away and homeless youth live on the street. Fairfax, even with its excellent schools and supports for young people, is not immune from this problem. Alternative House, a Fairfax nonprofit organization, provides emergency shelter and counseling to more than 150 young people each year. The Fairfax County Public Schools homeless liaison's office reports that there were 324 homeless youth under the age of 18 who didn't have the support of a parent or guardian during the last school year.

About Alternative House

The Alternative House, a Northern Virginia nonprofit organization, provides emergency shelter, transitional living programs and community based supports for homeless, runaway, abused and at-risk young people. Alternative House has provided services for young people for more than 43 years.

Why do young people run away or become homeless? They run for many different reasons. Sometimes young people are experiencing "typical" teenage behavior. They get mad at their family and leave home usually going to a friend's house. But even this can be dangerous. The National Center for Missing and Exploited Children estimates that one in six endangered runaways is a victim of sex trafficking. It's unfortunately too easy for even a suburban teen to be sucked into this horror when they've left home.

Many young people are fleeing

family conflict or an abusive situation. According to the National Runaway Safeline, 47 percent report conflict in their home, 80 percent of runaway girls report being physically or sexually abused and 43 percent of runaways have experienced physical abuse. These are young people who believe the street is safer than home and more than 50 percent of youth who are on the streets are there because their parents told them to leave or didn't care if they left.

Once they have left home young people are at higher risk to become victims of sex trafficking, and assault. Young people are simply not

prepared to fend for themselves. It's not surprising that mental health issues increase significantly with 32 percent of runaway and homeless teens reporting having attempted suicide.

Unfortunately, there are few resources for these young people. Here in Fairfax we have Alternative House. It is the only emergency shelter for teenagers in Northern Virginia. There is only one other shelter like it in the entire state of Virginia and that one is far away in Virginia Beach. In the past 15 years four other Northern Virginia emergency shelters for teenagers have closed. Fairfax needs more housing and supports for our runaway and homeless young people.

In addition to working to provide more safe shelters for those youth who have runaway or are

SEE ALTERNATIVE, PAGE 9

Oak Hill & Herndon
CONNECTION

www.ConnectionNewspapers.com

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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

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WEEK IN HERNDON

Herndon MOMS Club on The Art of Babywearing

The MOMS Club of Herndon will host a monthly meeting on Thursday, Nov. 19, from 10 a.m. to noon at the Trinity Presbyterian Church (651 Dranesville Rd, Herndon). All Herndon, Va. (zip codes 20170 and 20171) stay-at-home mothers and their children are encouraged to attend an interactive discussion on the do's and don'ts of babywearing. The club will also be collecting non-perishable, kid-friendly food and toiletry items for donation to a local food pantry.

For more information or to RSVP, contact: Stephanie Talberg, Membership VP at Herndon_moms_info@yahoo.com.

Alternative House

FROM PAGE 8

homeless, there are things we can do as individuals and as a community to provide the support young people need to stay safe. Additional counseling resources can help families learn to better communicate. Since family conflict is one of the primary reasons young people leave home this can have a huge impact. Studies also show that

increased mental health supports and substance abuse treatment options for both youth and families help prevent runaway episodes.

Our young people deserve to have caring adults and a safe place to stay so they can grow to their full potential. If we can create this, we can prevent the tragedy that faces young people who run away and become homeless.



ENTER TO WIN

a \$500 Shopping Spree
and a \$1,000 Donation
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Entries are due to any
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No purchase necessary. Purchases will not improve chances of winning. Need not be present to win. Void where prohibited. Franklin Farm Village Center businesses, employees and family members are not eligible. For complete rules, visit www.promorules.info

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37th Herndon Holiday

SUNDAY 6 DECEMBER 10^{AM} to 4^{PM}

FREE ADMISSION and PARKING

Unique gifts, holiday decorations and homemade items.
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HOLIDAY ENTERTAINMENT AND GIFT GUIDE



PHOTOS BY ANDREA WORKER/THE CONNECTION

It's not just Herndon residents who enjoy the annual Holiday Homes Tour. The sell-out event attracts people from far and wide, who enjoy visiting the homes, many of them historic, dressed up for the holiday season. Tickets for the Dec. 5 tour can be purchased at the Herndon Community Center and at The Herndon Florist.

Holiday Happenings in Herndon

What to do,
where to shop in
Herndon this
holiday season?

BY ANDREA WORKER
THE CONNECTION

Next-door neighbors Carmen Rodriguez, 9, and Alyson Peralta, 8, are ready for the holidays. Carmen is excited that her cousins from Texas will be joining the Herndon branch of the family for Thanksgiving and best of all they will be here in time for one of Carmen's favorite holiday events – the annual 5k Turkey Trot, on Saturday, Nov. 21, starting at 4 p.m. “Maybe they don't have turkeys were they come from, I don't know,” said Carmen, “but I know they don't have the Turkey Trot!” The Trot course winds through the Herndon Centennial Golf Course and visits the Washington and Old Dominion Trail. There are prizes for first and second place winners in nine age categories and a turkey with all the trimmings for the overall male and female winners.

Alyson says she will leave the running to her friend, but she's looking forward to the “Magic Toy Shop” puppet show that will offer

two performances at Frying Pan Farm Park on Dec. 22. “I love the park,” said Alyson. “It's one of the closest places to go and visit animals. That's what I'll do when the show is over.”

THE TURKEY TROT and the puppet show are just two of the many events that will be served up during the holidays. Pre-sale price \$15 tickets are already available for the annual Holiday Homes Tour and can be purchased at the Herndon Community Center at 814 Ferndale Ave. or at The Herndon Florist at 716 Lynn St. in the downtown Historic District. This year's tour of five homes will include Herndon's famous “Yellow House,” built circa 1870 and uprooted and moved twice before finally coming to rest once more. For the first time in the tour's history, there will also be a townhouse on the itinerary and a Vinehaven model home by Evergreene Homes will also be on display. The homes, decorated for the holidays, will be open from 10 a.m. – 4 p.m.

Santa will be making a number of appearances around town, and will be substituting the traditional sleigh with some rather unusual methods of conveyance. Bathing suits will be required for one event as you tell him your secret wishes on a Canoe Ride with Santa on Saturday, Dec. 5 from 2 – 6 p.m. at

the Herndon Community Center. Santa will take to the water six times and paddle about for \$10 with folks ages 3 to 17. On Dec. 6 and 13, Santa will have dried off and be ready to share a wagon ride through the woods and fields for Christmas at the Farm at Frying Pan Farm Park. The rides will be offered at 11:30 a.m., 1:30 p.m., and 3:30 p.m. for \$8 per person, but there will be plenty of other activities including a puppet show, holiday crafts and cookie decorating to round out the experience.

Somehow, Santa will also find time to stop by the Herndon Community Center for A Storybook Holiday Brunch on Saturday, Dec. 12. From 11 a.m.–1 p.m. there will be holiday crafts, Kiddie Open Gym, and storytelling. For ages 3 and up, \$9 inclusive.

And what's Christmas without the carols? Christmas with the Towne Singers will definitely help stir up some holiday spirit on Friday, Dec. 11 from 7:30 p.m.–9 p.m. and again on Saturday, Dec. 12 from 2 p.m.–3:30 p.m. at the Next Stop Theatre, 269 Sunset Drive in Herndon. Admission is \$10.

Another holiday tradition that can't be missed is a performance of The Nutcracker. The Classical Ballet Theatre of Herndon takes over the Ernst Community Cultural Center Theatre in Annandale for their professional-quality produc-



Thank goodness some shops take time to celebrate the current season without skipping ahead. The window displays at The Herndon Florist are still all about Autumn and Thanksgiving. Christmas will show up in a bit. Stop by for a holiday floral gift or arrangement for your own holiday decorating plans when you purchase your tickets for the Herndon Holiday Homes Tour, on sale at the shop located at 716 Lynn Street.

tion twice on Nov. 28 and once on Nov. 30. Ticket prices range from \$18 - \$25. Check the website www.cbtnva.org for more information and to buy tickets.

What about the Shopping?

By now you have probably overfilled your holiday social calendar and you're wondering how you might complete your gift list. Herndon's got some answers for that holiday dilemma, as well. If you've exhausted the mall and Amazon – or if they've exhausted you – you can do a little local shopping to slow the pace and get a bit of fresh air while you're at it.

With some 80 artisans and crafts people on hand, there's got to be something for just about everyone on every list at the Holiday Arts and Crafts Show at the Herndon Community Center from 10 a.m.–4 p.m. on Sunday, Dec. 6.

The Closet Thrift shop will have a Caroling in the Closet shopping event from 4–6 p.m. on Sunday, Dec. 6 with free hot chocolate and cookies and photos with Santa. Shoppers are asked to bring a donation of a nonperishable food item to support the Western Fairfax

Christian Ministries Food Bank, so you can warm your heart while you do your shopping in the historic downtown district at 845 Station St.

Just around the corner from the Closet, you can give the gift of time from the Herndon Clock and Watch shop at 715 Pine St., home to the largest collection of clocks for sale in Fairfax County. In addition to all the wonderful timepieces for sale, founder Dung Lam had been offering his expert service in clock and watch repair and maintenance for over 31 years.

Bike enthusiasts will surely appreciate a gift from Green Lizard Cycling, located at 718 Lynn St. It's a favorite stopping spot for riders on the Washington and Old Dominion Trail. While you're there, you can reward yourself with a specialty coffee or sweet treat at the Coffee Bar.

What about a one-of-a-kind gift like an original painting, sculpture or handmade jewelry? Did you know that in addition to offering a variety of exhibits and art-related activities throughout the year, many of the pieces on display at ArtSpace Herndon are for sale? Take in the latest show while taking a breather from all of your other holiday obligations – and



The Herndon Community Center at 814 Ferndale Avenue will be the scene of a number of holiday happenings, including a large Arts and Crafts Fair, a Canoe with Santa event, and a Holiday Storybook Brunch.

maybe find just the right thing for a special someone. ArtSpace is easy to find at 750 Center St. A calendar of events can be found at www.ArtSpaceHerndon.org.

Not far from the Historic District, another unique shopping experience with a long Herndon history awaits at Crystalis Treasures. Like Mr. Lam at the clock shop, Sandra Marshall has been bringing her expertise and passion for her products and services to the community for 31 years. Crystals and minerals are the shop's specialties. A visit to the shop at 306 Elden St. feels a lot like a trip to the gem room at the Smithsonian Museum of Natural History, as you wander past shelves packed with amazing examples of gifts from the earth. Marshall looks for the best pieces from all around the world and adds jewelry, incense, books, meditation supplies and more to her inventory – all of which is well-guarded by Sofi the dog. “Don't mind me,” says Marshall. “Sofi is really the boss.”

The needs of our youngest shoppers are not forgotten around Herndon with the Children's Holiday Shopping at Floris School House event on Saturday, Dec. 5. The old school house at Frying Pan Farm Park at 2709 West Ox Road is the meeting place where adult

companions can wait while the children are escorted to the Country Store next door to check out many unique items in all price ranges. Items purchased are then wrapped for free so there can be no peeking by the adults when they are reunited with the juvenile shoppers.

The list could go on for pages, but don't forget to check out the many church bazaars and craft fairs at area faith communities, and hosted by a number of charitable organizations.

A more comprehensive look at opportunities to share holiday good cheer with our neighbors in need will appear in next week's edition, but why not get a head start and donate to one of many of the community care organizations that are working feverishly to ensure that a Thanksgiving Feast can be enjoyed by all? LINK Against Hunger can use your food donations, particularly hearty soups, boxed potatoes and other canned vegetables.

Visit their website at www.linkagainsthunger.org for a list of drop off sites, or to give the gift of your time to help sort, deliver or serve food on Nov. 21, and again between Dec. 16–19.

Happy Holidays, Herndon!

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Western Caribbean Cruise from Baltimore • Jan. 24-Feb. 3.....\$715
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Christmas Shop Opens Tue Nov 24th at 10AM

Trees • Gifts • Cards • Ornaments • Decorations • Lights

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Forget the Fruitcake.

Give a gift that really matters this holiday season.



REFOREST FAIRFAX
\$35 will plant five new trees in Fairfax County.



SUPPORT TRAINING
\$100 buys workforce training for one low income student.



BUY A BICYCLE
\$50 will buy a new bike for a low income child.



DONATE KIDS BOOKS
\$50 purchases twelve children's picture books.



PROVIDE HEALTHCARE
\$300 will buy one child a year of medical care.



FEED THE HUNGRY
\$100 will buy a holiday meal for a family in need.



FUND SOME SUMMER FUN
\$50 provides a week of summer fun at camp.



COUNTY FAIR
1742

Enough with all the snowflake ties and reindeer sweaters, too. This year, there are lots of great ways to give and give back at the same time. Now you can donate to any of these Fairfax County nonprofits in honor of anyone on your gift list. It makes shopping easy and offers you a nice tax deduction. But best of all, it helps those organizations succeed in bringing goods and services to those who need them most at this special time of year. Learn more at givefairfax.net



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HOLIDAY CALENDAR

ONGOING

Gingerbread Village at Hyatt Regency Reston. Saturday, Dec. 5 through Thursday, Dec. 31. The Hyatt Gingerbread Village is a holiday tradition presented annually since the hotel's opening in 1990. The sweet, whimsical, classic holiday village scene is on display in the main lobby. reston.hyatt.com.

Horse-Drawn Carriage Rides. Saturdays, Dec. 5, 12 and 19. 4-9 p.m. Departures on Market Street in front of Talbots at Reston Town Center. \$5 per person; children 5 and under ride free. All proceeds benefit local charities. www.restontowncenter.com/holidays.

Mini-Train Rides. Sundays, Dec. 6, 13, 20. Noon-4 p.m. Pick up on Market Street in front of Talbots at Reston Town Center. Donated proceeds benefit local charities. www.restontowncenter.com/holidays.

Holiday Gift Wrapping. Dec. 19-22, Noon-6 p.m. Dec. 23, 10 a.m.-6 p.m. Dec. 24, 10 a.m.-4 p.m. Hyatt Regence Reston, 1800 Presidents St., Reston. Gifts will be beautifully wrapped while you shop or work, same-day service. Donations benefit 22,000 needy kids with school supplies. Presented by Kids R First with support from the Hyatt Regency and Appalachian Spring. kidsrfirst.org. appalachianspring.com.

Community Performances. December through the holiday season. 11900 Market Street, Reston. Street performances of music and dance performed by a variety of local groups. For more information and schedules, visit <http://www.restontowncenter.com>.



The Christmas Tree is ready for the holiday kick off on Friday, Nov. 27, when it will be lit and Santa Clause comes to Reston Town Center.

Handmade Holiday Ornaments Workshop. 9:30-11 a.m. Greater Reston Arts Center, 12001 Market St., #103, Reston. Sign up the whole family for this fun workshop led by GRACE staff to make some fun, creative ornaments. Children must be accompanied by a participating adult. 703-471-9242. Register at restoncommunitycenter.org.

The Wonder of the Season: Around the World. 4:30 and 7:30 p.m. Reston Community Center, 213 Colts Neck Road, Reston. Celebrate the holidays with beloved carols from around the globe, plus Daniel Pinkham's Christmas Cantata, featuring the Washington Symphonic Brass Quintet. Adults/\$25, Seniors/\$20, Military/Free and Youth 17 and under/Free (with adult/senior ticketholder). www.restonchorale.org.

SATURDAY-SUNDAY/DEC. 5-6

Movies and Mimosa—"White Christmas." 11 a.m. Bow Tie Cinemas, 11940 Market St., Reston. See the classics how they were meant to be see-on the big screen. \$5.50, \$1 for Loyalty members. bowtietcinemas.com. 703-318-1801.

SUNDAY/DEC. 6

Holiday Arts and Crafts Show. 10 a.m.-4 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. 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. Visit www.herndonva.gov.

Run with Santa 5K. 8:30 a.m. Reston Town Center, 11911 Democracy Drive, Reston. Word on the street is he's been training like a champion. Are you ready to Run with Santa? Register at <http://www.prraces.com/runwithsanta>.

Holiday Caroling in the Closet. 4-6 p.m. The Closet, 845 Station St., Herndon. 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. Free. www.theclosetofgreaterherndon.org. www.dranesville.org.

SUNDAYS/DEC. 6, 13

Christmas at the Farm. 11:30 a.m., 1:30 p.m. and 3:30 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Enjoy a special holiday visit and take a wagon ride with Santa through the woods and fields. Activities include a holiday craft, cookie decorating and puppet show. Children must be accompanied by a registered adult. Tickets: \$8-\$10. 703-437-9101.

MONDAY/DEC. 7

Evening in December. 7:30-9:30 p.m. Floris

Classical Ballet Theatre Presents The Nutcracker

Experience the magic of Classical Ballet Theatre's "Nutcracker." Performed at the 520-seat Ernst Theater, this holiday classic includes all of the stunning costumes dancing, and enchantment necessary to bring Clara's dream to life. Join Clara for a mischievously fun, family holiday party, an epic battle between the Mouse King and Nutcracker and a captivating journey with her Nutcracker Prince. On her travels, Clara meets the majestic Snow Queen; and when she arrives to the Kingdom of Sweets, she encounters the whimsical Mother Ginger, the exquisite Sugar Plum Fairy and other magnificent Kingdom characters. All treat Clara — and audience members alike — to some of the most beautiful choreography and professional and pre-professional talent in the Washington Metropolitan Area.

For the best seating, visit <http://www.cbntva.org/nutcracker> to purchase

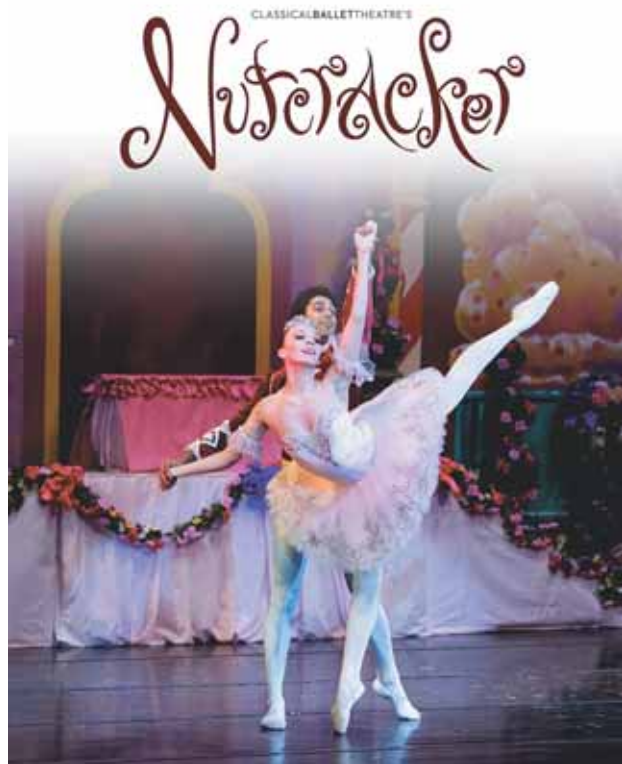


PHOTO COURTESY OF CLASSICAL BALLET THEATRE

your tickets soon. Performances: Saturday, Nov. 28 at 2 and 7 p.m. and Sunday, Nov. 29 at 2 p.m. at the Ernst Community Theater, Northern Virginia Community College, Annandale Campus, 8333 Little River Turnpike, Annandale. Visit <http://www.cbntva.org/nutcracker> for information and tickets, \$18-\$25. Call 703-471-0750 for discounts for military families and boy scouts. Call 703-742-9395 for discounts and free programming for girl scouts. Show your holiday spirit by bringing a non-perishable food donation for LINK Against Hunger.

United Methodist Church, 13600 Frying Pan Road, Herndon. Ladies, put aside that endless Christmas to-do list and grab your friends! You do not want to miss this year's Evening in December! Enjoy a rejuvenating evening of music and message, love and laughter, realignment and restoration. \$15. 703-793-9521. www.helpingchildrenworldwide.org.

WEDNESDAY/DEC. 9

Holiday Centerpiece Craft. 1:30-3:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Join creating a beautiful seasonal decoration. We will have many options for you to choose from to make your floral decoration unique and an instructor to guide you along the way.

Cost: \$22/resident; \$33/non-resident. Email Ashleigh@reston.org or call 703-435-6577 for more information.

Tinsel 'n Tinis Annual Holiday Celebration. 6-9 p.m. Harrison at Reston Town Center 1800 Jonathan Way, Reston. This festive event includes fantastic networking in a fabulous, spacious venue, and food and drinks, including the signature Chamber-tini! Price varies. Registration at <http://www.restonchamber.org/events>.

Classic Cinema Series. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for a nostalgic holiday favorite. Adults. 703-689-2700.

Reston Sings! Handel's Messiah. 7:30 p.m. St. John Neumann Catholic Church Chapel, 11900 Lawyers Road, Reston. Join the chorus this holiday season with The Reston Chorale's annual Messiah Sing-Along. A treasured holiday tradition, this event also benefits Cornerstones (formerly Reston Interfaith.) Bring a new or gently used coat — or new hat, gloves, socks or scarf — and receive \$5 off the price of admission.

www.restonchorale.org.

FRIDAY/DEC. 11

Encore Chorale Holiday Choral Concert.

7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston. Features holiday and seasonal pieces. Guest artist for the concert will be violinist Heather Haughn of the West Shore Trio.

Audience will be invited to join the chorale in a sing-along of holiday favorites. Free. <http://encorecreativity.org>. 301-261-5747.

SATURDAY/DEC. 12

National Wreaths Across America.

Noon. Chestnut Grove Cemetery, 831 Dranesville Road, Herndon. A short ceremony will be held at Chestnut Grove Cemetery in Herndon followed by the placing of wreaths on about 500 veterans' graves there. 703-582-1640.

Community Holiday Performances. 7 p.m. Fountain Square, 11900 Market St., Reston. Musical performances by Oak Hill Elementary School.

SATURDAY-SUNDAY/DEC. 12-13

Movies and Mimosas—"A Christmas Story."

3-5 p.m. Bow Tie Cinemas, 11940 Market St., Reston. See the classics how they were meant to be see-on the big screen. \$5.50, \$1 for Loyalty members. bowtietcinemas.com. 703-318-1801.

WEDNESDAY/DEC. 16

Toys for Tots Collection Event.

11 a.m.-2 p.m. Ice Skating Pavilion, Reston Town Center, 11900 Market St., Reston. U.S. Marines will be on site accepting unwrapped toys and cash donations to help children's holiday wishes come true. restontowncenter.com/holidays.

CALENDAR

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

ONGOING

Deathtrap. Time varies. Thursday-Sunday, through Nov. 22. NextStop Theatre, 269 Sunset Park Drive, Herndon. Keep up with the twists and turns... if you dare. Deathtrap is a hysterical yet terrifying thriller sure to delight. \$35. www.nextstoptheatre.org. 866-811-4111.

Ethereal and Natural Reactions. Through Sunday, Dec. 6. ArtSpace Herndon, 750 Center St., Herndon. Ethereal is series of abstract, contemporary art paintings by artist Anne Cherubim. In Natural Reaction, sculptor Brian Kirk reshapes and twists steel into new forms using blacksmithing techniques that focus on the beauty of rust as a surface treatment. Free. <http://www.artspaceherndon.com/ethereal-and-natural-reaction>. 703-956-6590.

Holiday Gift Wrapping. Dec. 19-22, Noon-6 p.m. Dec. 23, 10 a.m.-6 p.m. Dec. 24, 10 a.m.-4 p.m. Hyatt Regence Reston, 1800 Presidents St., Reston. Gifts will be beautifully wrapped while you shop or work, same-day service. Donations benefit 22,000 needy kids with school supplies. Presented by Kids R First with support from the Hyatt Regency and Appalachian Spring. kidsrfirst.org. appalachianspring.com.

Reston Town Center Ice Skating Pavilion – 2015-2016 Season. November through March. Open daily. 11900 Market Street, Reston. For more information on rates, rentals and schedules, call 703-709-6300 or visit skating@restontowncenter.com.

Portrait and Figure Painting with Jordan Xu. Wednesdays, Nov. 4-Dec. 23. 7-10 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Come and learn how to paint portraits and figures in oil, acrylic or pastel from a live model. In this class you will gain the knowledge of basic painting concepts and techniques such as value, color temperature, composition and transition. Step-by-step instructions will take you through the entire process of a painting. Fee: \$250. Registration required at <http://www.artspaceherndon.com/portrait-and-figure-painting-with-jordan-xu/>. For more information, call 703-956-6590.

FRIDAY/NOV. 20

Thanksgiving Centerpieces. 7-8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Start your holiday season with this festive workshop. Make a beautiful centerpiece with native materials and some simple napkin rings for your Thanksgiving table. Enjoy mulled cider and seasonal treats as we work. Cost: \$20/resident; \$25/non-resident. Reservations at naturecenter@reston.org or 703-476-9689.

SATURDAY/NOV. 21

Smartphone Photography Workshop. 9:30-11 a.m. Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Learn to take spectacular photos with a smartphone camera. Bring a smartphone with a built-in camera and a USB cord. Ages 14 and up. 703-471-9242. Registration #402631 at restoncommunitycenter.com.

Herndon Turkey Trot 5k Race. 4 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. \$20 with a can of food through noon, Nov. 20. Race day registration \$25 plus a can of food and \$20 for 18 and under. All food donated to LINK. Register at herndon-va.gov/webtrac.

SUNDAY/NOV. 22

Bluegrass - Tom Mindte and Patuxent Partners. 7 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. The Patuxent Partners who has been performing since 1975 and Bandleader Tom Mindte who delivers his powerful voice and authoritative mandolin chops perform the best of local and regional bluegrass music. Doors open at 6p.m. Food and drinks, including beer and wine, are available for purchase. Tickets: \$18/advance; \$20/day-of. 703-437-9101.

THURSDAY/NOV. 26

Annual Reston Thanksgiving Day Family Bike Ride. 9 a.m. South Lakes Shopping Center 11120 South Lakes Drive, Reston. Join the South Lakes Village Center ride to Reston Town



The Herndon Turkey Trot 5K will be on Saturday, Nov. 21. Bring a can of food to be donated to LINK. Register at herndon-va.gov/webtrac.

Center or organize your own neighborhood ride. All rides converge at Starbucks at Reston Town Center. Free. Contact cyclinginreston@gmail.com or call 703-966-6182 for information.

FRIDAY/NOV. 27

Holidays at Reston Town Center. 8 a.m.-11 p.m. Reston Town Center, 11900 Market St., Reston. Stores, restaurants, skating pavilion open early. Gingerbread Man Mile Race. Holiday parade. Dancing. Tree lighting and sing along. Carriage and min-train rides. And, Santa.

SATURDAY/NOV. 28

Jimmy Gaudreau and Orrin Star. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Bluegrass musicians who have been with some of the top bands in the genre over their 20 plus years in the music business. Jimmy is a master mandolin player and Orrin is a champion flat picking guitar player. Together they blend voices, instruments and sense of humor that make for a great night of music and fun. \$15, free to children under 12. 703-435-8377.

Local Author Reading. 11 a.m.-3 p.m. Reston Used Book Shop, 1623 Washington Plaza N., Reston. Visit local author Tony Mayo as he signs and reads from his new novel "Crimes of Cunning." www.TonyMayo.com.

SUNDAY/NOV. 29

Bluegrass Series Season Pass. 7 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Support the Bluegrass Barn by becoming a season pass holder. The series at the park's Visitor Center is sponsored by the Friends of Frying Pan Park, Vienna Hardwoods and Eastman Guitars and Mandolins in cooperation with Fairfax County Park Authority. Doors open at 6 p.m. Artists include Valerie Smith and Liberty Pike, Tom Mindte and Patuxent Partners and more. Season pass: \$128. 703-437-9101.

TUESDAY/DEC. 1

Trip to Arena Stage to see Oliver - the Musical. 5:30-11:30 p.m. Consider yourself invited to the theatrical event of the holiday season. Charles Dickens' unforgettable characters burst to life in this classic Tony Award-winning musical about an innocent orphan thrown into the dark world of double-dealing thieves and comen of 19th-century London. Songs including "You've Got to Pick a Pocket or Two," "Consider Yourself," "Where is Love?" and more. All sales are final. Cost: \$67/resident; \$77/non-resident. Ashleigh@reston.org or 703-435-6577 for more information.

THURSDAY/DEC. 3



"Deathtrap" is a hysterical yet terrifying thriller sure to delight playing at NextStop Theatre in Herndon through Nov. 22.

www.herndon-drama.org.

FRIDAY/DEC. 4

Community Holiday Performances. 6 p.m. Fountain Square, 11900 Market St., Reston. Musical performances by community group from River Bend Middle School, Raven Jazz, River Bend Jazz and River Bend Chamber Music. **TGIF-Free Fridays at Greater Reston Arts Center.** 5-7 p.m. An evening of family art-making and storytelling. 703-471-9242. restonarts.org.



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Ethereal and Natural Reactions at ArtSpace Herndon

New exhibit opens at the community art gallery.

BY RYAN DUNN
THE CONNECTION

Herndon community art gallery ArtSpace Herndon opened a new exhibit on Nov. 3, *Ethereal and Natural Reactions*, a dual exhibition highlighting creativity in the form of abstract contemporary paintings by artist Anne Cherubim. In addition, this exhibit includes sculpture that focuses on the beauty of rust as a surface treatment by sculptor Brian Kirk. This exhibit is on display at ArtSpace Herndon through Dec. 8.

Anne Cherubim is a Canadian artist born of Sri Lankan parents who is currently residing in the United States. Her background provides the unique lens through which she sees the world. Cherubim's painting features layers of color that seem to recede into painting, demonstrating depth beyond the surface. Though she has been an artist for many years, her professional pursuit of it began more recently. Anne Cherubim has enjoyed exhibiting her work locally and internationally. She is a Resident Artist at Art-



Kitt Potter performed in Jazzart show at ArtSpace Herndon on Sunday, Nov. 15.

ists and Makers Studios in Rockville, Md.

Brian Kirk reshapes steel into new forms using blacksmithing techniques that focus on the beauty of rust as a surface treatment. Natural reaction refers to the oxidation process that occurs when combining water with the iron atoms present in steel. Kirk enjoys working with a variety of art-making processes, including welded metal, stone carving, ceramics, printmaking, encaustic paint-

ing and mixed media. Kirk obtained his B.F.A. from The George Washington University and his M.F.A. from Virginia Commonwealth University where he taught sculpture from 2003 to 2012. He has been a fellow for the Japanese Fulbright Teaching program in Shizuoka, Japan, and in the Wheedon Asian Studies program in Beijing, China. He teaches art at Stone Bridge High School, where he is the Fine Arts Depart-

ment chair and teaches metal sculpture at the Art League School in Alexandria.

Council for the Arts of Herndon is a recipient of a grant of \$10,000 to host The Big Read in Herndon. A program of the National Endowment for the Arts, The Big Read broadens our understanding of our world, our communities, and ourselves through the joy of sharing a good book. Managed by Arts Midwest, this initiative offers grants to support innovative community reading programs designed around a single book. Council for the Arts of Herndon is one of 75 nonprofit organizations to receive a grant to host a Big Read project between September 2015 and June 2016. The Big Read in Herndon will focus on "Bless Me, Ultima" by Rudolfo Anaya. Activities will take place over March and April of 2016.

"We have been offered a great opportunity to engage our entire community in a discussion about art and community. Too often we become entrenched in our own tiny sphere of activity.

This broad-ranging program will engage all the local artistic and civic organizations and will utilize venues such as the Herndon Fortnightly Library, the NextStop Theatre and ArtSpace Herndon," said executive director Signe Friedrichs of the Council for the Arts of Herndon.



PHOTO COURTESY OF BMW

Herndon's Josh George, seated on the left, joins BMW's elite Performance Team roster.

Herndon Native Has Shot at Rio Games

Herndon native and track and field paralympian Josh George has officially been named to BMW's elite Performance Team roster for the Rio Games. George joins seven other U.S. Olympic and Paralympic athletes who will not only receive financial sup-

port from BMW, but will have access to BMW resources and technologies as they train for the world's biggest stage. This unveiling follows BMW's August announcement of its plan to develop a new racing wheelchair for use in the lead up to and during the Rio Games.

Herndon Crime Reports

Incidents from Nov. 2-8.

Major Incidents

Attempted Burglary - Commercial, Nov. 2., 700 block Pine St. Unknown suspects attempted to break into a business through the back door and window after it was closed.

However, they were unable to gain access to the business. Approximately \$300 in damage done to the door.

Other Incidents By Districts

Nov. 2, 4:13 p.m., Larceny-All Other, 200 Missouri Ave.

Nov. 8, 2:39 p.m., Driving Under the Influence, 700 Palmer Drive

Nov. 2, 1:45 a.m., Assault-Simple, 1000 Elden St.

Nov. 2, 11:02 a.m., Trespass - Banned, 1100 Elden St.

Nov. 2, 4:51 p.m., Assault-Simple, 1000 Elden St.

Nov. 2, 9:46 p.m., Drunkenness (DIP), 1100 Elden St.

Nov. 7, 4:19 a.m., Driving Under the Influence, 1200 Elden St.

Nov. 7, 4:18 p.m., Destruction of Property, 1100 Elden St.

Nov. 12, 2:15 a.m., Assault-Simple, 1200 Springtide Place

Nov. 5, 12:55 a.m., Driving Under the Influence 1100 Autumnhaze Court

Nov. 7, Midnight, Driving Under the Influence, 1100 Crestview Drive

Nov. 7, 2:54 a.m., Driving Under the Influence, Herndon Parkway/summerfield Drive

Nov. 2, 9:16 a.m., Assault-Simple, 300 Reneau Way

Nov. 3, 10:15 a.m., Larceny from Building, 300 Elden St.

Nov. 5, 1:03 p.m., Drunkenness (DIP), 700 Lynn

St.

Nov. 15, 3:28 p.m., Fail to Appear, 300 Herndon Parkway

Nov. 7, 11:15 p.m., Trespass - Banned, 700 Tamarack Way

Nov. 2, 8:30 a.m., Burglary-commercial, 700 Pine St.

Nov. 4, 10:34 a.m., Fail to Appear, 700 Lynn St.

Nov. 4, 12:22 p.m. 11/4/15 12:22 201504843

Larceny From Building 800 Dranesville Road

Nov. 4, 3:40 p.m., Fail to Appear, 700 Lynn St.

Nov. 4, 3:44 p.m., Fail to Appear, 700 Lynn St.

Nov. 4, 3:45 p.m., Fail to Appear, 700 Lynn St.

Nov. 6, 3:12 p.m., Larceny-All Other, 700 Center St.

Nov. 6, 11:06 p.m., False Information, 700 Elden St.

Nov. 7, 10:15 a.m., Destruction of Property, 200 Meeting House Station Square

Arrests

Arrests may be related to incidents listed above/ or previous incidents

Nov. 2, Assault, 41 M

Nov. 2, Assault, M Waters, 45 F

Nov. 2, Drunkenness, 36 M

Nov. 2, Drunkenness, 34 M

Nov. 3, Warrant, Other Jurisdiction, 57 M

Nov. 5, Driving Under the Influence, 32 M

Nov. 5, Drunkenness, 51 M

Nov. 6, False Identification, 30 F

Nov. 7, Driving Under the Influence, 40 M

Nov. 7, Driving Under the Influence, 55 M

Nov. 7, Driving Under the Influence, 23 M

Nov. 8, Driving Under the Influence, 28 M

Traffic

DWI/Driving Under the Influence: 5

Drive on Suspended/Revoked: 3

No Operators License: 14

All Other Traffic Summons: 127

Total of all summonses for the week: 102

There were 18 reported traffic accidents in town during the week.



PHOTOS CONTRIBUTED

Scouts remove an overgrown tree outside the LINK Food Pantry while other scouts wash the building siding in the background during Charles Gilbertson's Eagle Service project on Saturday, Oct. 31.

Herndon Boy Scout Troops Gain Eagle Scouts

On Saturday, Oct. 31, Life Scout Charles Gilbertson, 16, of Boy Scout Troop 913 in Herndon completed his Eagle Scout service project at the LINK Food Pantry on Bennett Street in Herndon. The project involved trimming overgrown bushes and removing weeds from the grounds and replacing a ramp used to haul heavy carts of donated food items into the building. The project also included several additional improvements, such as washing the siding, spreading fresh mulch and painting/caulking a door and window. More than 20 scouts and adult volunteers from Troop 913 helped complete the project in one day.

Troop 913 is sponsored by St. Joseph's Catholic Church in Herndon, and is one of 28 Boy Scout troops serving boys ages 11 to 18 throughout the Herndon and Reston areas.

Daniel Walter, a student at Herndon High School, has achieved the rank of Eagle Scout. The accomplishment represents almost five years of adventure, fun, work and dedication to the Scouting program for Walter, a member of Troop 878, sponsored by the Herndon ward of the Church of Jesus Christ of Latter-Day Saints. During the process of satisfying the requirements for the Eagle rank, Walter has performed community service and leadership for his troop and is currently serving as a mentor to the younger scouts in the troop.

In addition to the traditional outdoor skills learned in Boy Scouts, Walter has a host of merit badges in-



Daniel Walter, of Herndon, from Troop 878, achieves the rank of Eagle Scout.

cluding those from Leatherwork to Citizenship in the World.

His Eagle project was to organize and coordinate a food drive to benefit the LINK food bank in Herndon. He and his team canvassed local neighborhoods and collected over 100 bags of groceries, which were distributed by LINK to local needy families. Walter was formally presented with his Eagle Scout award along with several letters of commendation from Virginia political leaders at a Court of Honor Ceremony on Sunday, Nov. 1 at the local Latter-Day Saints church in Reston.

LINK is a nonprofit organization that supplies emergency food for those in need in the areas of Herndon, Sterling and Ashburn. To find a scouting unit near you, visit www.BeAScout.org.



Life Scout Charles Gilbertson from Troop 913 poses outside the LINK Food Pantry in Herndon during his Eagle Service project on Saturday, Oct. 31.

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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
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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

NOVEMBER

11/25/2015 Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015 Wellbeing

12/9/2015 .. Holiday Entertainment & Gift Guide II

12/9/2015 .. HomeLifeStyle; Home for the Holidays

12/16/2015 A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015 Special Issue – Safe for the Holidays

12/30/2015 Children's Connection

JANUARY

1/6/2016 Wellbeing, Renewal, Resolutions

1/13/2016 HomeLifeStyle

Martin Luther King Jr. Day is Jan. 18

1/20/2016 A+ Camps & Schools

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- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

SPORTS



South Lakes quarterback Devin Miles threw three touchdown passes during the Seahawks' come-from-behind 35-28 win over Oakton in the 6A North region playoffs on Nov. 13.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



South Lakes' Marvin Grunshie scored a pair of touchdowns during the Seahawks 35-28 win over Oakton on Nov. 13.

South Lakes Football Comes Back to Beat Oakton

Seahawks will face Westfield in region quarterfinals.

BY JON ROETMAN
THE CONNECTION

The South Lakes football team had been down before.

On Sept. 18, the Seahawks trailed Yorktown 14-0 before coming back to win, 25-14. On Oct. 23, South Lakes fell behind Langley 28-6 before winning, 48-42.

Unlike those regular-season contests, however, South Lakes' season was on the line when the Seahawks trailed Oakton 28-14 with less than 8 minutes remaining in the fourth quarter of Friday's 6A North region playoff game.

While the stakes were high, the Seahawks didn't let some postseason pressure derail the program's best season in more than 15 years.

No. 6-seed South Lakes scored three touchdowns in the final 6 minutes, 7 seconds of the fourth quarter to pull out a 35-28 victory over No. 11 Oakton on Nov. 13 at South Lakes High School.

"One of the things going into this year ... if we got down, we just quit playing and it got out of hand," second-year South Lakes head coach Trey Taylor said. "One of the things we talked about ... was take it one play at a time. ... They've really taken that message to heart. ... We just keep playing until the game is over."

After Jarrett Bacon's 8-yard touchdown run gave Oakton a 28-14 lead with 7:57 remaining, South Lakes responded with a touchdown less than two minutes later. Sophomore quarterback Devin Miles connected with Marvin Grunshie for a 15-yard score, cutting the Cougars' lead to 28-21.

The South Lakes defense made a big play during Oakton's next possession, when Kevin Damper intercepted a pass and returned it inside the Cougars



Eric Kirlew and the South Lakes football team overcame a 14-point fourth-quarter deficit to beat Oakton on Nov. 13.

5-yard line. Seahawks running back Spencer Alston would take it in from 2 yards, tying the score at 28 with 5:10 remaining.

After forcing a punt, South Lakes scored the game-winner when Miles hit Grunshie for a 15-yard touchdown with 47 seconds remaining.

Miles completed 17 of 28 passes for 214 yards and three touchdowns, with one interception. Grunshie caught seven passes for 114 yards and two touchdowns. Eric Kirlew had five receptions for 43 yards and a score, and Alston carried six times for 66 yards and two touchdowns.

Friday's playoff victory was South Lakes' first since 2010. The Seahawks finished the regular season with an 8-2 record, the program's best in more than 15 years.

How is the team's confidence after beating Oakton?

"Honestly, I think we're about the same," Taylor said. "We feel like if we go out and play, we can compete with just about anybody."

Next up for South Lakes is a road game against No. 3 Westfield in the quarterfinals at 7:30 p.m. on Friday, Nov. 20. The Bulldogs went 9-1 during the regular season and won the Conference 5 championship. On Friday, Westfield defeated No. 14 Washington-Lee 44-20.

Facing Westfield will be "certainly tough," Taylor said. The Bulldogs have a "great defense and we're going to have to absolutely play our A' game if we're going to have a chance."



PHOTO BY ED LULL

Cougars Shine at Great Meadow

Oakton junior Casey Kendall, right, placed third (18:49) and Jill Bracaglia took fourth (18:49) at the VHSL 6A state cross country meet on Nov. 13 at Great Meadow. The Cougars placed second as a team. The Madison girls' team finished third, led by senior Morgan Wittrock, who earned all-state honors with a 15th-place finish (19:21).

New Businesses to Open In Herndon, Reston

BY RYAN DUNN
THE CONNECTION

Comstock Partners has prepared a lease with Farmers Restaurant Group to bring the restaurant to Reston Station at Wiehle-Reston East Metro station. The 10,000-square-foot Founding Farmers restaurant may open in late 2016 at the retail space on the Reston Station plaza. The American style cuisine offered at Founding Fathers restaurants is supplied daily by hundreds of family farms.

There are three Founding Farmers restaurants, one located in D.C., Potomac, Md. and at Tysons. "As we expand, we're passionately committed to evolving with each new location," Dan Simons, Farmers Restaurant Group concept developer, said in a company press release. "Each restaurant will always have its own personality and charm, from the interior design to the menu items. You can expect to see something different at Reston, including a rooftop-dining scene." Founding Farmers locations include breakfast, lunch and dinner services, as well as a selection of locally distilled liquors.

The Chick-fil-A at 12160 Sunset Hills Road reopened after temporarily shutting its doors for a major remodeling project. Reston's Chick-fil-A has been supportive of local teams and school fundraisers. Chick-fil-A recently filed Planned Residential Community (PRC) documents with Fairfax County for a fast food restaurant at North Point Village Center. The former Burger King located at 1494 North Point has been vacant since March 2014.

Not Your Average Joe's will be opening a Reston location in December at 1845 Foundation Drive. The Massachusetts-based restaurant chain is taking over the former location of Macaroni Grill at the Reston Spectrum. Not Your Average Joe's has 20 locations including Bethesda, Gaithersburg, Leesburg and Woodbridge. The menu was directed by executive chef Jeff Tenner, with culinary roots from New England.

Reston's Red's Table has enjoyed positive reviews since it opened the week of Labor Day. Located at South Lakes Village Center near Lake Thoreau, the restaurant has veteran chef Adam Stein at the culinary helm. The restaurant has an emphasis on steaks, seafood and fresh food, in addition to a bread program with a range of scratch pies and cakes. Positive reviews have come from both the Washington Post and Washington DC Eater. The restaurant will be open on Thanksgiving.

Twenty-eight companies from Fairfax County are on a new Washington Business Journal list of the 50 fastest-growing companies in the Washington, D.C., region. Eleven firms from Reston and Herndon are on this list. This includes Reston companies such as Knight Point Systems LLC, hCentive and G2SF Inc. The list also included companies based in Herndon such as Greensmith Energy Management Systems Inc., 2 ITility LLC, and The RSR Co. "Having so many companies on this list demon-



CONTRIBUTED BY FOUNDING FARMERS GROUP

Founding Farmers restaurant locations include breakfast, lunch and dinner services, as well as a selection of locally distilled liquors. Comstock Partners has prepared a lease with Farmers Restaurant Group to bring the restaurant to Reston Station at Wiehle-Reston East Metro station.



CONTRIBUTED BY HOT SPOT

The infrared sauna studio Hot Spot located at Station Street in downtown Herndon is going out of business on Nov. 30. Store management says all fixtures and saunas are up for sale.

strates that Fairfax County has developed the kind of environment that businesses at all stages of growth can leverage to succeed," said Gerald L. Gordon, Ph.D., president and CEO of the Fairfax County Economic Development Authority (FCEDA). "We are delighted to see these companies becoming larger pieces of the local economy."

Boston Properties completed the final part of a transaction making the company the sole owner of Reston Town Center. Other developments at Reston Town Center include the opening of Bluemercury at 11924 Market St. Bluemercury is part of a local chain of beauty product stores featuring spa services. Joe Grooming, a McLean-based men's hair, shaving and skin care line, also recently opened its first dedicated retail store and salon at 11944 Market St. at Reston Town Center. The location formerly housed PR at Partners salon, which relocated to a space on Democracy Drive at Reston Town Center.

At Lake Anne Plaza, the nanobrewery Lake Anne Brew House is waiting to open their location at 11424 Washington Plaza. The husband and wife team of Reston residents Melissa and Jason Romano are working with the Fairfax County Health Department (FCHD) to get plans reviewed and approved. Once the FCHD review is complete, Lake Anne Brew House can finish their build-out, install equipment and start brewing some beer. The Romano couple say both the ABC and TTB licenses are approved, and waiting for the county to give them the green light.

Federal Capital Partners (FCP) announced the acquisition of One Dulles Tower, a 400,000-square-foot office building at 13200 Woodland Park Drive on the Dulles Toll Road in Herndon, two miles east of Dulles Airport. The price for One Dulles Tower was \$84 million.

FCP vice president, Erik Weinberg, said, "One Dulles Tower, which has been 100 percent leased to Booz Allen Hamilton, will

be vacated at the end of the year, providing FCP with the perfect opportunity to renovate and reposition the building. With the largest contiguous block of space on the Toll Road and upgraded amenities, lobby and common areas, One Dulles Tower will be highly competitive in the headquarters office building offerings in the Dulles Corridor."

The MOM's Organics Market located at 424 Elden St. finished an expansion project, adding a Naked Lunch, an all organic eatery featuring soups, bowls and raw juices including kombucha. Yet while MOM's Organics Market has been able to expand, opening a new location at Arlington, other area businesses are shutting up shop. The Cold Spoon Frozen Yogurt at Reston's Hunters Woods Village Center has closed. In the Town of Herndon, the infrared sauna studio Hot Spot located at Station Street is going out of business on Nov. 30. Store management says all fixtures and saunas are up for sale.



CONTRIBUTED BY MOM'S ORGANICS MARKET

The Herndon MOM's Organics Market at 424 Elden St. finished an expansion project, adding a Naked Lunch, an all organic eatery featuring soups, bowls and raw juices including kombucha.



PHOTO BY RYAN DUNN/THE CONNECTION

Joe Grooming, a McLean-based men's hair, shaving and skin care line, opened its first dedicated retail store and salon at 11944 Market St. at Reston Town Center. The location formerly housed PR at Partners salon, which relocated to a space on Democracy Drive at Reston Town Center.

Introspective Perspective Not Effective

By KENNETH B. LOURIE



One of the greatest challenges – for me – in having cancer, is trying to live a “normal” life. And by “normal” I mean: emotionally. Obviously, having chemotherapy every three weeks – with its week-long side effects, diagnostic scans every three months – with its associated anxiety waiting for results, regular lab work, recurring appointments with my oncologist, the change in diet, the pills, the non-Western alternatives that I have semi-embraced into my routine, the many well-meaning (and much appreciated) inquiries about my health/status, the occasional fatigue and ongoing food/taste issues, the neuropathy in my feet which makes walking and even sleeping difficult, the planning of my comings and goings and what else I might be doing in the future ALWAYS being contingent on my infusion schedule, and a few other effects I’m probably forgetting because of another effect I’m not remembering: “chemo brain,” (now a documented side effect), complicates living that “normal” life. However, if I don’t find a path of least resistance somehow and get to where I want to be, I risk getting lost in a cycle of abnormality which no doubt will upset more than my figurative apple cart.

The problem is, sometimes you become who you don’t want to be (or at least who I don’t want to be): a self-indulgent victim of circumstance. As I droned on about in the opening paragraph, there are ample reasons for me to not be who I want to be; and whenever I find myself crossing that line of caring about myself at the expense of caring about others, I worry that I’ve allowed the cancer to do more than just invade my body, that now I’ve allowed it to invade my mind.

Somehow, I have to remain true to myself in order to keep the cancer from doing what cancer so often does. I need to maintain my sense of humor and sunny disposition; I need to look more to the future and preoccupy less with the past or even the present – too much, anyhow; I need to live my life like I’m living, not like I’m dying – despite the lyrics of a recently popular Country song; and most importantly, somehow, I need to maintain an interest in things outside of me, myself and I. Way back when, I remember being told by a person whose opinion I value and whose cancer experience predated mine: “It’s all about you, Kenny.” And though I often took that advice to heart, and even employed it a few times, it was more a coping/temporary mechanism than it was a permanent/live-your-life mechanism.

Living life has to be more than just about me; how boring! I don’t want to live inside. I want to live outside. What matters most is what goes on around me; not through me/because of me. I want to be stimulated by external goings on, not internal comings off. Granted, if I’m not in some sort of internal balance, what goes on externally likely won’t matter, but excluding the latter won’t enhance the former. They go hand in hand. Actually, they go hand in glove.

Cancer is insidious enough on its own. The physical damage doesn’t need to be compounded, exacerbated even, by additional emotional damage. Maintaining one’s personality and not getting consumed emotionally by your disease is the goal. Fighting back against this killer is more than just hoping and praying, “doctoring” and “protocolling;” it’s about dignity and determination. I am determined to not become someone I’m not and when I am (like this past week), I feel as if I’ve been made worse for the experience. I don’t know if I’ll ever beat cancer, but never do I want to feel like it beat me.

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

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