

Oak Hill ♦ Herndon
CONNECTION

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Chris and Nanette Carlisi created a
“Happy Gum Drop Christmas.” Each judge
said the display made them happy.

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PHOTO BY KEN MOORE/THE CONNECTION

DECEMBER 16-22, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

NEWS

Herndon HCTV Recognized By Town Council

Volunteers of Herndon station celebrate 25th anniversary.

BY RYAN DUNN
THE CONNECTION

In December, volunteers and staff at Herndon Community Television or HCTV were recognized by the Town of Herndon Council members. Attending were Blake Rose and his wife Nancy Rose. President of Herndon HCTV, Blake Rose thanked the council for the recognition and the 25 years of keeping the community connected. "Nancy and I were among the original volunteers back in 1990, and have fond memories of those early broadcasts of public hearings from the old Hoover Building on Crestview. We didn't have cameras mounted on the walls back then, so every evening three or four of us would have to lug rather heavy cameras and tripods up from the basement to the first floor... Today, a single person can be ready to broadcast here from the Council Chambers in less than 10 min-

utes," said Rose.

HERNDON HCTV is a nonprofit, cable access PEG station. HCTV broadcasts from the Old Town Hall in downtown Herndon. A small studio and team of volunteers enable the studio to produce its own programming. There is also a studio in the Herndon Town Council Chambers on Lynn Street that allows HCTV to provide live broadcasts of Town meetings and special events in the chambers. HCTV volunteers help cover community events including the annual Herndon High Homecoming Parade, National Night Out, and Mayor's Volunteer Appreciation Night.

Another original volunteer with HCTV is John Dudzinsky, the town's Urban Forester, who hosted one of HCTV's first programs, The Back Porch, a gardening tips show. Dudzinsky still volunteers with HCTV. Over the past couple of years, the studio has gotten a boost



PHOTO BY HERNDON HCTV

Herndon HCTV volunteers help cover community events, including the annual Herndon High Homecoming Parade, National Night Out, and Mayor's Volunteer Appreciation Night. Some Herndon High students write and direct their own live show every other Friday evening called Herndon Live which is broadcast on HCTV.

from a group of Herndon High School students who produce, write and direct their own live show every other Friday evening called Herndon Live. "The creativity and enthusiasm exhibited by these young adults is truly an inspiration for the rest of us," said

Rose.

"I am extremely proud of our volunteers. We are probably pretty unique in that all programming produced by HCTV is done by volunteers," said Rose. Many volunteers come to HCTV with no experience, and some come to us with



RYAN DUNN/THE CONNECTION

Herndon HCTV president Blake Rose at the HCTV office in downtown Herndon. Members of the Rose family, including Nancy Rose and Brian Rose, have volunteered and helped with HCTV productions.

a professional background in TV. They range in age from elementary school to retirees. Some volunteer with us in high school, move on to college and careers in the business, and later reconnect with us to give back. Chris Stuard, HCTV's chief engineer, and Dave Eisenberg, a member of the HCTV Board of Directors, are two such individuals.

In addition to special events, HCTV partners with the Chamber of Commerce to highlight area businesses in a show called Circles

SEE HCTV, PAGE 7



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Glenn and Roxanne Gardner made displays from wood pallets. Judges called the display a “Carpenter’s Christmas.”



Richard Lally had numerous Disney characters and a timely Star Wars Display, “Peace, Hope and Droid.”

Herndon Hails Holiday Lights

BY KEN MOORE
THE CONNECTION

Winners of Herndon’s “Dress Up for the Holidays” contest added more holiday cheer to the light displays already on their roofs, yards and trees with their responses.

“I think you won,” said Chris Carlisi. Nanette Carlisi immediately placed her winning sign on the front lawn.

“Yay, yay, yay,” said Katie Blair.

“I couldn’t resist this year,” said Richard Lally, who added a Star Wars “Peace, Hope and Droid” to Disney characters in his front yard.

“Why didn’t you come at Halloween,” said Glenn Gardner.

“I just wanted it to be pretty,” said Patty Kelly.

“People are happy when we come to their doors,” said Barbara Glakas, of Herndon’s Cultivating Community Initiative project.

“They love it,” said Mercia Hobson.

“It’s great when there are children at the

door because they jump up and down,” said Glakas.

Judges from Herndon’s Cultivating Community Initiative included arborist John Dudzinsky, who drove while Glakas, Hobson and Sharon McKenney spent three hours examining 4.2 miles of lighting display aesthetics around the Town. The judging took place on Monday, Dec. 14.

Glakas, of the Historical Society, offered insight into Herndon’s history.

Judges used their artist eyes, looking at balance, aesthetic, use of color, even negative space.

They noticed one neighbor who lit the tree roots on his yard.

They noticed laser lighting on another. “It looks like cupcake sprinkles,” said Hobson.

“I may be dating myself, but to me it looks like a disco,” said McKenney.

“I credit anyone who puts up lights. It’s a lot of work,” said Hobson.

The morning after, Hobson said, “two things would have made the evening even more perfect: snow and a horse drawn sleigh.”



PHOTOS BY KEN MOORE/THE CONNECTION



Judges greet Mike Preston.

Winning Houses

755 Grace Street – “New England Tradition”

“A picturesque New England style 1920s era house, with beautiful white lights and wreaths, perfectly accenting the deep blue color of this home.”

1302 Summerfield Drive – “Carpenter’s Christmas”

“The front yard of this attractive home is laced with lovely handmade wooden wagons, Christmas trees and snowmen.”

1505 Snowflake Court – “Happy Gum Drop Christmas”

“Windows outlined with red lights and illuminated gumdrops and candy canes fill this very happy looking holiday yard.”

912 Spring Knoll Drive – “Whimsical”

“This fun yard is filled with Mickey Mouse and Star Wars figurines, creating a fantasy Christmas for all the kids.”

111 Herndon Mill Circle – “Winter White”

“White lights and wreaths surround this towering townhome in stylish fashion.”

1195 Monroe Street – “A Perfect Holiday”

White icicles lace the multi-peaked roofline of this home with small trees and reindeer adorning the front yard.

106 Monroe Hill Court – “Classic”

This classic historic home is appropriately adorned with beautiful classic garland, wreaths and red ribbons, harkening back to yesteryear.

Judges called this townhome on Herndon Mill Circle “Winter White.”



Judges said: “This classic historic home is appropriately adorned with beautiful classic garland, wreaths and red ribbons, harkening back to yesteryear.”



Board of Supervisors Chairman Sharon Bulova with Michael L. O'Reilly, Chairman of the Governing Board, Fairfax County Office to End and Prevent Homelessness.



Verdia L. Haywood, former Deputy County Executive and Governing Board member, with Glynda Hall, Partnership Development Manager for the Office to End and Prevent Homelessness, and Kathy Albarado, CEO of Helios HR in Reston.

PHOTOS BY MARY KIMM/THE CONNECTION



Wendy Lemieux, of the Fairfax County Office of Public Private Partnerships.

Partnership Launches 'Build a Village' Campaign

Goal to end homelessness in Fairfax County by 2018 looms; more than 400 children are among the homeless here.

Dozens of business leaders, elected officials and advocates for ending homelessness gathered Monday, Dec. 14 in the offices of Piedmont Fund Services in Herndon to launch the "Build a Village" campaign.

The effort is designed to provide funds to help end homelessness in Fairfax County. Businesses pledged more than \$20,000 at the event just to begin. Jim Corcoran, president and CEO of the Fairfax County Chamber of Commerce, Don Owens of Griffin-Owens Insurance in Herndon, John Sekas of Sekas Homes in Vienna and Kathy Albarado, CEO of Helios HR in Reston, each pledged \$5,000.

Albarado shared her personal story, which included periods of homelessness when she was growing up as her mother fled domestic violence.

The Build a Village concept, which graphically builds houses with donations starting at one brick for \$25, a window or chimney for \$250, \$500 to build the front door and \$5,000 completing a house, is the brainchild of the Dulles Regional Chamber of Commerce and its president Eileen Curtis, who was on hand for the kickoff. Apple Federal Credit Union will manage donations.

In 2015, about 1,200 people were literally homeless, including 431 children. More than 60 percent of the homeless adults in families were employed, but their jobs didn't pay them enough to afford housing. Domestic violence was the cause of homelessness for more than 40 percent of the adults in families who are homeless. Of the 488 single individuals who were homeless, 52 were 18-24 years old; 123 were 55 years old or older. Two hundred sixty eight homeless individuals were dealing with serious mental illness and/or substance abuse.

Lack of affordable housing is the main cause of homelessness in Fairfax County, according to the Fairfax County Office to



Sharon Bulova, Chairman of the Board of Supervisors, and Supervisor Catherine Hudgins (D-Hunter Mill) both serve on Governing Board of the Office to End and Prevent Homelessness, and were on hand to support the launch of the "Build a Village" campaign.



Kerrie Wilson, CEO of Cornerstones, with Nannette Bowler, Director of the Fairfax County Department of Family Services.



Delegate-elect Jennifer Boysko (D-86) with Margi Preston, Executive Director of FACETS.



Jeff Lisanick of Vienna, and Joe Meyer, Executive Director of Shelter House.

Prevent and End Homelessness. Low incomes and expensive housing make it impossible to pay for an apartment when earning minimum wage — even working 24

hours per day, seven days a week. Monthly rent for a two-bedroom apartment is at least \$1,500, meaning a family would need an annual income of \$58,760 to afford a two-

bedroom apartment.

To donate, go to www.fairfaxcounty.gov/homeless and click on "Build a Village" campaign.

MOMS Club of Herndon to Hold Holiday Cookie Exchange

The MOMS Club of Herndon will host its monthly meeting on Thursday, Dec. 17, from 10 a.m. to noon at the Trinity Presbyterian Church, 651 Dranesville Road, Herndon. All Herndon, VA (zip codes 20170 and 20171) stay-at-home mothers and their children are encouraged to attend and participate in a Holiday Cookie Exchange.

For more information or to RSVP, contact Stephanie Talberg, membership VP at herndon_moms_info@yahoo.com.

Herndon Foundation for the Cultural Arts Receives \$10,000 Grant

The Herndon Foundation for the Cultural Arts has received a grant from the Nelson J. and Katherine Friant Post Foundation in the amount of \$10,000. The award will support children and youth-centered programming at ArtSpace Herndon.

On the award, the Foundation's executive director Kitt Potter said, "We have made great strides this year to advance our children's programming on behalf of our local, regional and national patronage. This generous award from the Nelson J. and Katherine Friant Post Foundation is a great vote of confidence in our mission and future plans for comprehensive youth arts education programming."

ArtSpace Herndon will be hosting a New Year's Eve Celebration for children on Thursday, Dec. 31, 2015 at 2 p.m. For more detail and further information about upcoming art exhibits, concerts, workshops and classes please visit www.artspaceherndon.org.

HERNDON CRIME REPORT

Notable incidents from Nov. 30 to Dec. 6.

Major Incidents

Hit and Run Accident With Injury, Dec. 4, 1200 Block Elden Street. A 43-year-old Herndon man was crossing the roadway when he was struck by a vehicle which then left the area without stopping. The victim was transported to the hospital with minor non-life threatening injuries. The vehicle was described as a light colored Honda minivan. Anyone with information concerning this accident is asked

to call the Herndon Police at 703-435-6846.

Other Incidents

Dec. 1, 0:07 a.m. Larceny-All Other, 300 Holly Court
Dec. 1, 12:08 a.m. Assault-Simple, 600 Austin Lane
Dec. 3, 5:52 p.m. Larceny-All Other, 500 Florida Ave.

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OPINION

Season of Giving Never Has To End

Why ending childhood hunger should be your New Year's resolution.

BY AMY JOHNSON, JENNIFER KONISH
AND NICK ARENT

The holiday season is one of our favorite times of year because it's all about the best things in life. It's a time for celebrating, bringing age-old cultural traditions to life, and spending time with family and friends. It's about being thankful for all of the things we are fortunate enough to have in our lives and reminding people how much we love and appreciate them. Oh and we suppose the delicious food that accompanies all of these things makes them that much more enjoyable!

During the holidays there are still a number of people who are struggling to make ends meet and many who don't have enough to eat, but luckily, it is also the season of giving. Around the country, the holidays inspire hundreds of thousands of people to give to the poor. Caring individuals get involved by donating to hunger-relief organizations such as the Capital Area Food Bank — the largest non-profit serving the Washington metro area — serving at soup kitchens, and finding other ways to contribute to the improvement of our communities. Especially when it comes to sharing food, we make sure that everyone has something to eat. The holiday spirit unites us, brings out the best in us, and motivates us to make a real difference in the lives of others.

This year, let's make it our New Year's resolution to keep this level of engagement continuing into 2016 by tackling one of most

tragic problems facing our country — childhood hunger.

About 400,000 children here in Virginia alone are at risk of going hungry and it's a problem we can't afford to put off for another year. Despite all the pies, casseroles, hams and turkeys that will be enjoyed over the next several weeks, over 15.5 million kids across the country are food insecure. According to No Kid Hungry "three out of four public school teachers say students regularly come to school hungry" — another alarming statistic. In a country as prosperous as our own, it is absolutely unacceptable that there are any children who don't know where they are going to get their next meal.

The bottom line is that when kids are hungry, they struggle to learn, and kids who struggle to learn, struggle in life. With stomachs growling, hungry children sit through class unable to focus and get the most out of school. Fatigue and weakness as the result of poor nutrition make it difficult for them to stay awake or participate in physical activities like recess and PE. They are more likely to suffer from hyperactivity, miss school, and experience other behavioral problems which creates a negative learning environment for all students — even their peers who are not food insecure. Perhaps the scariest thing about childhood food insecurity is the inability for a child to reach their full potential because of the dramatic damage hunger does to their brain. Over time, hungry students fall behind their peers academically and many of them never catch up making it far more difficult for them to find good jobs and take care of their children once they grow up. The medical sector is beginning to reprioritize its resources to see healthy food as the important intervention it is. For example, the American Academy of Pediatrics recently recommended for the first time that pediatri-

cians screen all children for food insecurity.

If we want to make sure every child gets a fair shot in life, we need to make sure our elected officials and decision-makers properly fund and improve existing food assistance programs such as free/reduced price school meals, SNAP (formerly known as food stamps) and WIC. Research shows that these programs help students to perform better in school and in life — but they don't go far enough. First Lady Dorothy McAuliffe is an excellent example of how politicians from both sides of the aisle should be making this issue a priority and continuing to develop new solutions.

Congress is currently considering legislation to reauthorize the Child Nutrition Act and to make changes to a number of food assistance programs. This legislation will influence funding for programs like the Child and Adult Care Food Program and Summer Food Service Program which allows the Capital Area Food Bank and other organizations to provide nutritious meals to food insecure children when school is out of session. If you are as concerned about childhood hunger as we are, you can contact your elected officials and urge them to take action by calling the congressional switchboard at 202-225-3121.

We will start 2016 with one in six kids across Virginia waking up at risk of going hungry throughout the year. With your help — by making ending childhood hunger your New Year's resolution and taking action on this issue throughout the year — we can work toward a future where we wake up on New Year's Day to a country where every child's basic needs are met so that they all have a fair opportunity to be successful in life.

Amy Johnson and Jennifer Konish are the NOVA Kids Cafe Coordinators with the Capital Area Food Bank. Nick Arent is a Campaign Organizer with Virginia Fair Share.

Justice for Juveniles

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

I often quote from papers written by the staff of the Commonwealth Institute for Fiscal Analysis; they provide the most fact-based, nonpartisan, clear analysis of key issues facing Virginians (<http://www.thecommonwealthinstitute.org/>). Recently, I attended the 2015 Policy Summit held by the Institute in Richmond. Topics at the Summit included the declining state support for public schools in Virginia, accessing health care, and returning more money to the working poor through the Earned Income Tax Credit. One topic around which there seems to be a high level of political consensus developing was "Criminal Justice Reform: Opportunities to Save Money and Help Communities."

In a paper published by The Commonwealth Institute, it was reported that Virginia keeps more youth incarcerated than most states. As of 2013 for which the most recent federal data is available, Virginia incarcerated 79 youth in



state facilities for every 100,000 youth age 10 or older living in the state. That's 75 percent higher than the national rate of 45 state incarcerated youth per 100,000 youth in the country. But that does not mean that Virginians are safer or that more youth are diverted from criminal behavior. In fact, the opposite is true. According to data from the Department of Juvenile Justice, almost three-quarters of youth who have been held in the state's juvenile prisons are convicted of another crime within three years of release. Of great concern is the fact that youth who are held in the state's youth prisons for longer periods of time actually have higher rates of re-arrest within a year of release than youth who are held for shorter periods of time!

Virginia's current youth prison system consists of two youth prisons, Bon Air and Beaumont, in the Richmond suburbs. More affluent areas like Fairfax County have established local alternative programs. The highest rates of commitment to the state youth prisons come from the localities that have the highest poverty levels. As the Institute reported, "not only

is Virginia's current system not working to rehabilitate youth and keep communities safe, it is also very expensive. The per capita cost of incarcerating youth in Virginia's juvenile correctional centers was \$148,214 in FY 2015. Local programs are lower in cost as well as more effective at reducing recidivism.

Efforts have been underway to reform the current system for a number of years, but that movement needs to be accelerated. Wealthy communities are way ahead in establishing treatment programs, but these programs that are effective in keeping children out of trouble in the future must be extended to all localities regardless of wealth. The state must resist any effort to dump the problem on localities without providing necessary funds to make alternative programs available. The pipeline from school to prison must be shut off. Alternative solutions that include intensive treatment for offenders and families can keep the community safe, rehabilitate young people before they become criminals, and save money. There is widespread bipartisan agreement that progress needs to be accelerated in this area. It will bring justice to juveniles.

Oak Hill & Herndon
CONNECTION

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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

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FAITH

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

The **Church of the Brethren** will hold the Battle of Dranesville Peace Service at 7 p.m. on Sunday, Dec. 20, the anniversary of the Battle of Dranesville fought in 1861. Hear about the battle, the Brethren and the war. Artifacts from the battle will be on display. Refreshments will be served. The church is located at 11500 Leesburg Pike, Herndon. 703-430-7872.

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-herndon.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. 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.

HCTV

FROM PAGE 2

of Influence. It also produces PSAs for the Herndon Police Department and produces videos for Parks and Rec to highlight the Herndon Festival. This past summer HCTV had the opportunity to provide coverage of two unique events held locally, the World Police and Fire Games, and the Korean-American games. Volunteers have been able to cover local area attractions including Frying Pan Farm Park and the Washington West Film Festival.

Marsha Kerman joined HCTV's staff a year ago and serves as the programming director.

ANOTHER ASSET has been Brian Rose, who has been helping his parents at HCTV since he was tall enough to reach a camera. "The expertise he has gained over the years has been invaluable in making upgrades to our facilities," said Blake Rose. Brian is studying at the University of Southern California, where he is majoring in Film and Television Production. Herndon Community Television or HCTV can be viewed on Channel 23 on Cox Communications and Channel 28 on Verizon FIOS. To learn more about Herndon Community Television, visit hctv.org.

Christmas

Eve

at

trinity

5:00 PM Family Service

7:00 PM Service of Lessons and Carols

10:00 PM Traditional Candlelight Communion Service

Trinity Presbyterian Church
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Christmas

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Christmas Services

DECEMBER 23, 2015
 McLean Bible Church Montgomery County Campus
 12440 Parklawn Drive, Rockville, MD 20852
 Family services at 6:30 pm and 8 pm

DECEMBER 24, 2015
 McLean Bible Church Tysons Campus
 8925 Leesburg Pike, Vienna, VA 22182
 Family services at 3 pm and 4:30 pm
 Communion services at 7 pm, 9 pm and 11 pm

DECEMBER 24, 2015
 McLean Bible Church Loudoun Campus
 44180 Riverside Parkway, Lansdowne, VA 20176
 Family services at 4 pm and 6 pm
 Communion service at 8 pm

DECEMBER 24, 2015
 McLean Bible Church Prince William Campus
 10002 Battleview Parkway, Manassas, VA 20109
 Family services at 5 pm and 6 pm
 Communion service at 7pm

To learn more about our Christmas celebration, visit www.mcleanbible.org/christmas.

"For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace." (Isaiah 9:6)

Fresh, Healthy Food in Season at GreenFare

The restaurant is bringing plant-based food to the masses.

By Hope Nelson

There's one green sign that stands out amid a sea of red in the K-Mart shopping center these days. "GREENFARE," it reads, the storefront nestled in a corner of the plaza.

Blink and you'd have missed the opening of this all-vegan restaurant, which took place amid a flurry of activity. What was merely a glimmer in the eye of chief executive officer Gwyn Whittaker in May came to fruition in early November – lightning speed in the restaurant business.

"We signed the lease in I think mid-September, had a soft opening in October, and then opened the restaurant on Nov. 1," Whittaker said.

But while the restaurant has gone from dream to reality over the course of several months, Whittaker says the pieces have been slowly falling into place for years. After losing a partner to heart disease six years ago, Whittaker decided to make a change.

"Three years (after her partner's death), my current boyfriend introduced me to a film called 'Forks Over Knives,' with Colin Campbell, and so I saw that. And it was really inspiring to me," Whittaker said. "And I reached out to Colin Campbell and ... went up and met with him at Cornell in Ithaca and said, you know, 'I love what you're doing.' The whole story about being able to age gracefully without pain and medication is so inspiring. We're so ingrained in chronic illness and medication in the United States."

Through GreenFare, Whittaker aims to bring healthy, plant-based food to Herndon and the surrounding area, and so far, the community is responding. Word has gotten out in the vegetarian community about the new vegan restaurant down the road, and all three special events the restaurant has hosted since opening have sold out.

"We're intentionally calling this place a 'healthy restaurant' instead of a vegan restaurant, although there are no animal products here," Whittaker said. "... It's the broad tent ... we want to be hospitable to people that are in it for ethical reasons, people that are in it for environmental reasons," as well as people who have pursued a plant-based diet for health reasons.

FIRST-TIME VISITORS to GreenFare may be surprised at the menu, which looks limited at first glance with fewer than a dozen options. Whittaker says her chefs emphasize quality over quantity of choices, and the benefits of that trade-



GreenFare CEO Gwyn Whittaker has big plans for her healthy café.

PHOTOS CONTRIBUTED

Along with serving a menu full of plant-based meals, GreenFare also sells books focused on healthy eating.



IF YOU GO

GreenFare, 408 Elden St.

Hours: 11 a.m.-9 p.m. daily

Phone number: 703-689-0506

Try this: "The hearty roasted vegetable bowl is a surprise," CEO Gwyn Whittaker says. Filled with a cauliflower, turnip, and parsnip mash, it's "sort of a shepherd's pie, upside-down" with a rainbow of roasted vegetables and mushroom gravy on top, dotted with Sriracha.

off appear quite clear when tasting the hearty, flavorful, fresh food.

"Our menu is fairly short compared to other restaurants. We try to have like seven to eight things that are fantastic instead of 50 things that are mediocre," Whittaker said. "... It's like going to somebody's house and having some choices."

And those choices are rich and flavorful. Any would-be carnivore won't miss the meat in GreenFare's offerings, and plant-based eaters will be thrilled by the array of fresh seasonal vegetables on display in each entrée at any given time.

"Everybody else loves the lasagna – it's this fantastic, hearty lasagna. It's got pine nut topping that resembles dairy, it's studded with all these beautiful vegetables," Whittaker said. "And we just added something new to the menu in the past couple of weeks called the creamy chickpea and kale casserole, and that's my favorite. ... It's a comfort food."

But the restaurant extends well beyond the food itself. GreenFare hosts events with speakers on specific nutritional and health topics, as well as sells an array of books focused on plant-based diets. Further,

Whittaker and her team organize "kick-start" diet plans for those people looking to embark on a new, healthier way of eating.

While it would appear that Whittaker and her team have their hands full with the restaurant already, she says she's looking beyond the café's four walls in the new year to bring healthy food to even more residents. Next stop: Commuters.

"We're planning to do a kiosk at the Reston Metro starting in January" offering ready-to-go meals, Whittaker said. That way, commuters who find themselves too tired to cook or pack something healthy can still enjoy an organic, plant-based meal.

WHITTAKER says she's been pleased by the warm welcome of the community thus far — "We have a lot of repeat customers, which is always great" – and that she's looking forward to growing GreenFare in the coming months and years.

"There's a lot of really wonderful people that thank us for opening this restaurant and want us to be part of the community," Whittaker said. And from events to a new Metro kiosk, from clean-eating kick-start plans to book signings, it looks like GreenFare's relationship with Herndon and the region has only just begun.

Hope Nelson owns and operates the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

CALENDAR

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

WEDNESDAY/DEC. 16

Senior Movie Day. 9:15 a.m. Reston Bow-Tie Cinemas 11940 Market St. Reston. The Reston Association, in cooperation with Reston Town Center Bow Tie Cinemas, presents, "Meet Me at the Movies". Join us on the fourth Wednesday of each month; 9:15 a.m. doors open, 10 a.m. movie ("A Walk in the Woods") starts. Refreshments are provided and door prizes are distributed prior to the movie. 703-435-6530.

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.

FRIDAY/DEC. 18

Family Splash at RCC Pool. 7-9 p.m. Terry L. Smith Aquatics Center, 2310 Colts Neck Road, Reston. Drop in for a night of family fun. \$13 Reston/\$26 non-Reston (for groups up to five people). Groups of six or more must pre-register by calling the Aquatics Service Desk at 703-390-6150.

SATURDAY/DEC. 19

Tour de Lights. 4:40-6 p.m. Lake Anne Plaza Lake Anne Plaza, 11404 Washington Plaza, Reston. You are invited to join Reston Association's Pedestrian and Bicycle Committee for our fourth annual Reston Tour de Lights. An evening bike ride to view some of Reston's best holiday lights. We will travel approximately 10 miles. Riders are required to have a front light and red, rear light. Helmet strongly recommended and required if under 15 years old. Free. For registration contact Craig Clark 703-689-0152, cbike@verizon.net or Burton Griffith 408-705-2652, burtoneg@yahoo.com.

65th Anniversary Party and Puppet Show. 10 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Join the 65th anniversary event come to a family-friendly Holiday Party and Puppet Show. The event features an interactive musical show, live music and more. The kids can pet live farm animals outside and enjoy hot cocoa, cider and cookies inside. \$5 donation suggested for Frying Pan Farm Park camp scholarships. 703-437-9101.

Horse-Drawn Carriage Rides. 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.

RCC Community Coffee. 9-11 a.m. Reston Community Center, 2310 Colts Neck Road, Reston. Families, friends and neighbors are all invited. Enjoy complimentary food and beverages with casual conversation. 703-476-4500.

SUNDAY/DEC. 20

Art Adventures Workshops for Children: Snow Globe Ornaments and Pastel Snowflakes. 1:15-2:45 p.m. (ages 4-7). 3-4:30 p.m. (ages 8-12). ArtSpace Herndon, 750 Center St., Herndon. Each workshop combines various elements of fine arts and crafts to expand children's knowledge of fine arts while giving them the freedom to express their own unique personalities and lies/dislikes. Register at <http://www.graygoosestudios.com>. Specify age group and workshop. www.artspaceherndon.com/art-adventures-workshops/. 703-956-9560.

Battle of Dranesville Peace Service. 7 p.m. Church of the Brethren, 11500 Leesburg Pike, Herndon. The church is on the site of the Battle of Dranesville, fought Dec. 20, 1861. Hear about the battle, the Brethren and the war. Artifacts from battle will be on display. Refreshments. 703-430-7872.

Mini-Train Rides. 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.

"The Joy of Christmas." 5:00 p.m. Good Shepherd Lutheran Church, 1133 Reston Ave, Herndon. The Sanctuary Choir and a 31-piece orchestra, conducted by Music Director Neme Azzam, will present an eclectic program including the music of Mozart, Handel and Fauré, Spanish carols accompanied by harp and guitar, and a sing-along of familiar carols. Soloists Michael Bicoy (tenor) and Stephanie Batchelder (soprano) will be performing. A free-

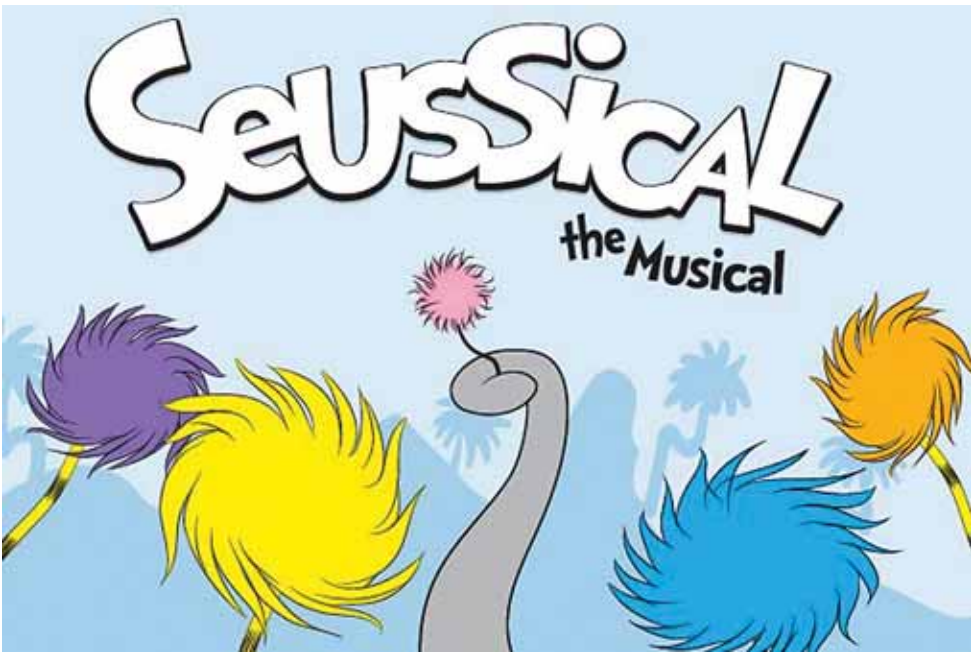


PHOTO CONTRIBUTED

"Seussical the Musical" will be at the NextStop Theatre in Herndon from Dec. 4-20. Bring the whole family for the musical spectacular.

will offering will be taken to benefit Cornerstones. Reception will follow.703 437 5020. www.gslcva.org.

TUESDAY/DEC. 22

Winter Wonderland Puppet Show. 10 a.m. and 11:30 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Bring your holiday guests and join master puppeteer Bob Brown in a holiday production of Winter Wonderland. Join the lively marionettes as they frolic in a magical winter wonderland of snow. Tickets: \$5-\$7. 703-437-9101.

WEDNESDAY/DEC. 30

Puppet Show: Wild Winter Break. 10 a.m.

11:15 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Enjoy a creative puppet show about how the animals at the nature center are spending their winter break. Create an animal puppet of your own to take home. Ages 5 to 12 with an adult. \$6/\$8. Reserve by Sunday, Dec. 24. naturecenter@reston.org. 703-476-9689.

THURSDAY/DEC. 31

New Year's Eve Celebrations for Children. 2-4 p.m. ArtsSpace Herndon, 750 Center St., Herndon. Children's crafts and dance Workshop with Acoatzin Torres. Free cocoa and snacks. Register at website: <http://www.artspaceherndon.com/events-2/>. 703-956-6590.



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Music: grades 3 - 7
10:25 a.m. Sunday School Grades 3 to 6
Music 4 years to 2nd grade
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Ongoing

"Middletown" by Will Eno. Jan. 14-Feb. 7. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. In this quirky, modern companion to "Our Town," residents of Middletown seek the meaning of suburban life. Encounter thought-provoking universal themes and a few personalities you may recognize from your own neighbors and friends. www.NextStopTheatre.org. 703-481-5930.

2016 ArtSpace Herndon Fine Art Photography Competition. Submission by 2 p.m. Saturday, Jan. 16. ArtSpace Herndon, 750 Center Street, Herndon. ArtSpace Herndon invites photographers from Virginia, DC, Maryland, and West Virginia to participate in the competition. It is open to fine art photographers aged 18 or older working in any medium (digital or analog, color or monochrome), and using any printing technique. Fine Art Photography of any subject is welcome; there is no required theme for entries. For more information, visit <http://www.artspaceherndon.com/calls-for-art/> or call 703-956-6590.

"Seussical the Musical." Dec. 4-20. Times vary by performance. NextStop Theatre, 269 Sunset Park Drive, Herndon. Bring the whole family along for this musical spectacular featuring all your favorite Dr. Seuss characters! The cast of Seussical features local young actors in 3rd through 11th grades. \$25. 866-811-4111. boxoffice@nextstoptheatre.org.

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.

Korean Pop Art in America Exhibit. Tuesday, Dec. 8-Sunday, Jan. 10. ArtSpace Herndon, 750 Center St., Herndon. Featuring selected works of modern art trends in Korean Pop Art from the Han-Mee Artists Association of Greater Washington (HMAA). The exhibit features the art of invited guest artists

Kyungjoo Park, Robert Yi, Chris Mona, and Franc Rosario along with participant artists of Han-mee. <http://www.artspaceherndon.com/korean-pop-art-in-america/>. 703-956-9560.

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 Regency 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. kidsfirst.org.appalachianspring.com.

Dress Drive for Prom. Jan. 2-March 26. Monday-Saturday, 9 a.m.-5 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. RCC is collecting formal dresses, shoes, handbags, scarves and shawls, jewelry and accessories for Diva Central. All donations are appreciated, however, we ask that donations are in good condition, no older than 5 years old (circa 2011), and dry cleaned before they are donated. 703-390-6158.

Charlene Fuhrman-Schulz Exhibit. Through January 2016. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Fuhrman-Schulz displays her passion for traditional Oriental watercolor and ink painting in this solo show, arranged by the League of Reston Artists. Free. www.leagueofrestonartists.org.

Threaded with Green Quilt Show. Jan. 12-Feb. 14. ArtSpace Herndon, 750 Center St., Herndon. Display of talent, dedication and attention to detail from nineteen invited fiber artists. Every quilt in the show has an element of green.The exhibit features the challenge "There is a Season" from 12 fiber artists creating a quilt for each season. www.artspaceherndon.com.

Petrecca's Paintings. February-March. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Energetic brushstrokes are the hallmark of Regina Petrecca's paintings. Free. www.leagueofrestonartists.org.

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ArtSpace Herndon Opens Korean Pop Art Exhibit

Herndon Art Gallery prepares for January events.

BY RYAN DUNN
THE CONNECTION

Saturday, Dec. 12 there was a reception at ArtSpace Herndon for the Korean Pop Art in America exhibit. The show displays selected works from 32 artists in the Han-Mee Artists Association of Greater Washington (HMAA) Artists. The artists in the exhibit include special guest artists Kyungjoo Park, Robert Yi, Chris Mona, and Franc Rosario. The exhibit is at ArtSpace Herndon from Dec. 8 until Jan. 10, 2016.

Following a presentation last year at Lorton Workhouse Arts Center, HMAA was able to arrange for a presentation at ArtSpace Herndon. Many of the HMAA artists are residents of Northern Virginia, D.C., and Maryland. During the evening reception on Saturday, guest curator and art historian Dr. Jungsil Lee gave a short talk on Korean Pop Art. K-Pop and Bhangra dances were performed by Thomas Jefferson High School students.

Han-Mee artists actively engage with a wide range of subjects related to the reality of contemporary popular culture in the view of postmodern. They embrace subjects such as consumer goods, cartoon characters, fashion, sci-fi films, pop music, and cyber worlds that make up the present popular culture. This multifaceted nature of Korean contemporary Pop Art has not yet been substantially examined and exhibited, especially on the ground of American popular culture. One of the attending artists included former Herndon resident Woon Yong Yeo who explained that in the early period of their immigration to the United States, spirited Korean artists gathered to create art in the face of their challenging immigrant lives. They developed HMAA as one of the most organized and prolific artists groups in the D.C. area. Yeo has a painting in the exhibit titled "Tales Of A City," which features a coffee mug, emoticons, a gift wrapped box, and a moonlit city scene. The coffee cup is a reference to a booming coffee culture in South Korea, and the gift wrapped box points out a trend in plastic surgery. "I wanted to point out Korea's situation, beauty is a concern by women and men," said Yeo.



Maryland artist Woon Yong Yeo near her painting "Tales Of A City," which features a coffee mug, emoticons, a gift wrapped box, and a moonlit city scene. Many of the HMAA artists are residents of Northern Virginia, D.C., and Maryland.

PHOTOS BY RYAN DUNN/THE CONNECTION



After a brief discussion on Korean Pop art, K-Pop and Bhangra dances were performed by Thomas Jefferson High School students at ArtSpace Herndon. ArtSpace Herndon will host several events including the annual New Year's Eve Gala.

Some of the art fuses cutting-edge technology and popular trends, reflecting the disruptive, self-contradictory clashes. A painting by Richard Yi titled "Buddhalicious" shows a young monk surrounded by icons of popular name brands. Lenticular printings by Kyungjoo Park show a divided psyche of K-pop, ancient Confucian values and materialism.

Upcoming Events

Thursday, Dec. 31, ArtSpace Herndon will host its New Year's Eve Gala with the return of Herbie D and the Dangersmen, back by popular demand. Herbie D and the Dangersmen is an acoustic blues band from the Tidewater region of Virginia. The band plays a blend of traditional and jump blues with an upbeat. Music show is 10 p.m.-12:20 a.m. and is \$25 per ticket.

Tuesday, Jan. 12, ArtSpace Herndon will host a Design and Wine Bohemian Bracelets class with Karen Mullarkey. Each boho-style bracelet is made from materials like Indian sari fiber, assorted yarns and fibers, beads, crystals and wire. Participant can make several bracelets to take home, so it will

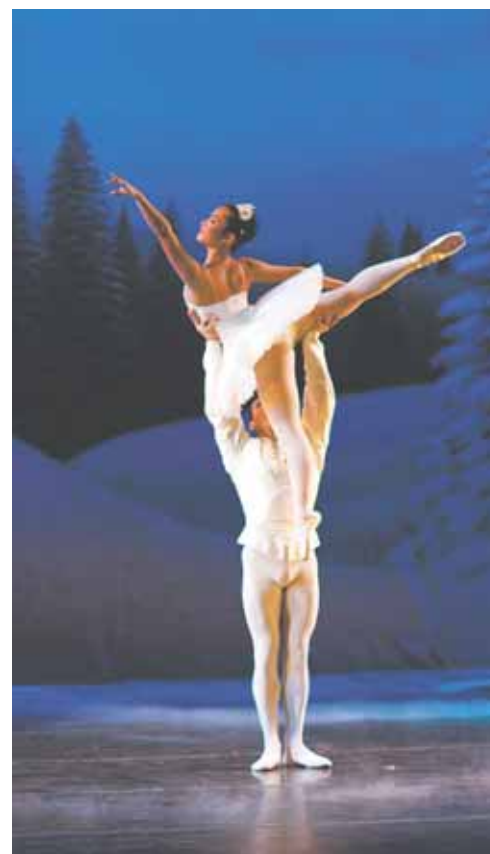
be easy to complement any outfit. Karen Mullarkey is a mixed-media artist and art instructor at Reston Community Center, Lake Anne. Design and Wine events are from 7 to 9 p.m. and each event is \$30 per person. The fee covers all supplies and two glasses of wine. Each event is limited to 25 participants.

Another upcoming Herndon art event is the **Jan. 16** living history musical celebrating the legacy of Rev. Dr. Martin Luther King, Jr. titled "Only Light Can Do That!" Stars actor and singer Hasani Allen (NextStop Theatre's "Kiss Me Kate") as Dr. King, and features music, songs and testimonies from the period.

Do not miss an uplifting evening of powerful reflections inspired by those

who marched alongside Dr. Martin Luther King, Jr. The event has special appearances by Candice Bostwick, Sumayyah Abdullah, Martina Green, Call to Harmony Men's Choir, and Treble Clefs Ensemble. This event has one show only on **Jan. 16, 2016**, 4-5 p.m. at Floris United Methodist Church at 13600 Frying Pan Rd, Herndon (doors open at 3:30). Tickets are priced \$20 adults; \$15 seniors; \$10 students 12+; Children under 12 free.

ArtSpace Herndon is in need of gallery docents, especially on the weekends. If you have thought about volunteering and enjoy being around the arts, please contact ArtSpace Herndon at 703-956-6590 or by email at volunteer@artspaceherndon.com.



A stunning Snow Queen, Claire de la Paz dances with Snow King Ruslan Amrayev, a Classical Ballet Theatre faculty member and a former principal dancer with the National Opera and Ballet in Almaty as well as a former soloist with the Russian Festival Ballet/Moscow Festival Ballet.

PHOTOS BY
KATIE AND TONY
DE LA PAZ

Classical Ballet Theatre Reaches Out During the Holidays

Classical Ballet Theatre kicked off the 2015 holiday season with its annual classic production of "The Nutcracker," held before sold-out houses at the 520-seat Ernst Theater at Northern Virginia Community College. The magical performances are a family favorite in the Washington Metropolitan Area for many reasons. Well-known are the beautiful choreography, stunning costumes, and good-natured humor as well as the guest appearances by renowned professional artists. Not so well known, however, are the extensive behind-the-scenes efforts to make the performances accessible to everyone.

"Classical Ballet Theatre approaches its outreach mission with enthusiasm," said Cynthia Donavin, founder, executive director, and artistic director of the 25 year-old, not-for-profit performing arts organization.

"The arts are key to vibrant communities, and making a classic art like ballet accessible to all is paramount."

Classical Ballet Theatre offers the community its Nutcracker at a fraction of the cost of that asked by professional companies. It gives military families, Boy Scouts and Girl Scouts further discounted tickets, and it routinely sets aside some free tickets for active duty military families. It also provides free educational programming to hundreds of attending Girl Scouts as well as free Children's Series Nutcracker performances for young children in the vicinity of its Herndon studios.

With such high quality and accessibility, Classical Ballet Theatre's Nutcracker is a great way to introduce the performing arts to the young – and the young at heart. For some, it's also one of the best holiday gifts of the season.



Classical Ballet Theatre's Nutcracker is always magical.

South Lakes Gymnastics Places Third

Sophomore Shuey takes fourth in all-around.

BY JON ROETMAN
THE CONNECTION

The South Lakes gymnastics team placed third at a five-team meet on Monday night at Langley High School. The Seahawks produced a score of 120.325, finishing behind Conference 6 foes Yorktown (136.925) and Washington-Lee (129.175). Langley finished fourth (109.4) and Madison finished fifth (100.25).

Sophomore Jenna Shuey is South Lakes' top gymnast. A level 9 club gymnast, Shuey placed fourth in Monday's all-around competition with a score of 33.55.

"She did all right," South Lakes head coach Becky Slight said. "She had a couple mistakes today, but it's early in the season. She's actually adding in some difficulty, which is nice to see."

Shuey placed first on vault with a score of 8.8 and second on bars with an 8.875. She produced a score of 8.1 on floor and 7.9 on beam.

"We'll zone her in toward the end of the season," Slight said, "but right now we're just kind of enjoying what we're doing."

South Lakes' Emily Bohnet placed ninth in the all-around with a score of 27.9.

Yorktown's Julia Hays (35.025), Juliette Mitrovich (34.825) and Olivia Zavrel (33.825) finished first, second and third in the all-around, respectively.



South Lakes sophomore Jenna Shuey placed fourth in the all-around at Monday's meet at Langley High School.



Kiersten Aurentz competes on beam for the South Lakes gymnastics team.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

SPORTS ROUNDUPS

Herndon Boys Beat South Lakes

The Herndon boys' basketball team defeated rival South Lakes 86-80 on Dec. 11 at Herndon High School.

The Hornets improved to 4-1 and bounced back from their first loss of the season, an 85-78 defeat against Briar Woods. South Lakes dropped to 2-3.

Herndon faced Potomac Falls on Tuesday, after The Connection's deadline. The Hornets will travel to face Osbourn at 7:15 p.m. on Thursday, Dec. 17.

South Lakes took on Langley Tuesday, after The Connection's deadline. The Seahawks will host Fairfax at 7:15 p.m. on Friday, Dec. 18.

Herndon Girls Improve to 4-0

The Herndon girls' basketball team remained undefeated with a 71-55 victory over rival South Lakes on Dec. 11 at Herndon High School.

The Hornets entered the contest with

wins over Dominion, Yorktown and Briar Woods.

The loss dropped South Lakes' record to 1-3.

Herndon faced Potomac Falls on Tuesday, after The Connection's deadline. The Hornets will travel to face Osbourn at 5:45 p.m. on Thursday, Dec. 17. South Lakes faced Langley on Tuesday, after The Connection's deadline. The Seahawks will travel to face Wakefield at 7 p.m. on Wednesday, Dec. 16.

Langley Boys Go 3-0 in Bahamas

The Langley boys' basketball team won each of its three games during a recent trip to the Bahamas.

The Saxons defeated The Oakwood School (California) 65-35 on Dec. 10 and 56-46 on Dec. 11. Langley beat The Vanguard School (Florida) 71-49 on Dec. 12.

Langley improved its record to 3-2 during the trip.

The Saxons faced South Lakes on Tuesday, after The Connection's deadline. Langley will host Washington-Lee at 7:15 p.m. on Friday, Dec. 18.

Langley Girls Improve to 5-0

The Langley girls' basketball team defeated Mount Vernon 54-34 at Bell Multicultural High School on Dec. 12, improving its record to 5-0.

The Saxons faced South Lakes on Tuesday, after The Connection's deadline. Langley will travel to face Washington-Lee at 7:15 p.m. on Friday, Dec. 18.

McLean Girls Start 3-1

The McLean girls' basketball team won its first three games of the season before losing to defending region champion Oakton 52-27 on Dec. 8.

The Highlanders opened the season with wins over St. John's Catholic Prep (46-45) on Nov. 30, Woodson (46-41) on Dec. 3 and Robinson (53-43) on Dec. 5.

McLean faced Washington-Lee on Tuesday, after The Connection's deadline. The Highlanders will host Hayfield at 7:15 p.m. on Friday, Dec. 18.

McLean Boys', Girls' Swim Teams Beat Hayfield

The McLean boys' and girls' swim teams defeated Hayfield on Dec. 12.

The girls' team remained undefeated with a 218-87 victory. The Highlanders took first, second and third place in eight of 12 events.

Senior captain Emma Chamberlayne, freshman Julia Green (two), junior Julia LeMuyon, sophomore Serena Wood, junior Elizabeth Ulrich, senior Rachel Montgomery, junior Julia Hunter, and sophomore Mary-Kate Mahoney each produced an individual first-place finish.

The boys' team improved to 2-1 with a 182-121 victory. Senior captain Ben Miller finished first in two events. Juniors Andrew Yang and Ethan Cussatt each finished first in an event. Divers Bobby Trono (junior), Sina Naeemi (sophomore) and Bennett Verderame (freshman) finished 1-2-3. McLean will face Washington-Lee on Friday, Dec. 18.

Lessons in Charitable Giving

Conversations, modeling behavior and hands-on actions can help teach children about benevolence and compassion.

BY MARILYN CAMPBELL
THE CONNECTION

Matthew Mamalian's holiday shopping list included some items that might seem atypical for a 12-year-old middle-school student: shampoo, socks, soap and a few snacks. He, along with several friends from his Sunday school class, packed the items in shoeboxes wrapped with holiday paper and tucked a handwritten note of encouragement inside each box.

"We were all laughing and having fun packing them," he said. "We also learned that there are people who really need these things because they don't have a lot else."

The project was part of Interfaith Works'



PHOTO COURTESY OF CYNDY MAMALIAN

Cyndy Mamalian's three children are collecting gifts for the homeless this holiday season. She hopes the project will help them understand the impact that giving can have on others.

holiday giving program, an effort by the local nonprofit organization to meet the needs of the homeless. The holiday season

can be a time for children to learn the principles of benevolence, say child development experts. Involving children in chari-

Interfaith Works Holiday Shoebox Project

Help neighbors in need by decorating and filling shoeboxes with essentials and gift items to spread holiday cheer.

This can be a fun activity for families and groups, large or small. Here are guidelines and suggestions:

- ❖ Start with an empty shoebox, including box lid
- ❖ Cover both box and lid in holiday wrapping paper
- ❖ Write an encouraging note to tuck inside
- ❖ Fill it with suggested items:
 - \$10 gift card (grocery store, Target)
 - SmarTrip cards
 - Travel-sized toiletries like lip balm, deodorant, shaving cream, new crew socks (men's or women's), pocket calendars, mini-flashlight and batteries (AA or AAA), scarf, gloves, mittens, hat, mini-notepads and mini-pens

Deliver shoe boxes to Community Vision program, 8210 Dixon Avenue, Silver Spring, Md., 301-585-4471. For more information contact Yvonne Esipila at yesipila@iworksmc.org or 301-315-1097.

table activities, modeling altruistic behavior and making a link between compassion and a higher power are all effective ways parents can teach their children the value of giving to the less fortunate.

SEE TEACHING, PAGE 13



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Teaching About Benevolence and Compassion

FROM PAGE 12

“Children need to have empathy modeled for them and they need a script to follow or ideas for carrying out charitable acts,” said Christine Pegoraro Schull, Ph.D., professor of Early Childhood Education at Northern Virginia Community College in Alexandria. “Children aspire to be kind and to be good citizens, but they don’t necessarily know how to do these things,”

Involving Matthew and his siblings in philanthropic efforts through Potomac Presbyterian Church is one of the ways that their mother, Cyndy Mamalian, makes a connection between gratitude, charity and a higher power. “I think it’s important for them to think beyond themselves and live out their faith,” she said. “You need to put your faith into action, and that is about caring for other people.”

Janet Dunlop, Matthew’s Sunday school teacher and a member of the Mission Committee at Potomac Presbyterian Church, melds volunteer projects with class discussions to teach her students about gratitude and charity. This holiday season, as the middle-school aged children clipped wrapping paper and tied ribbons around shoeboxes filled with deodorant, toothpaste, snacks and other essentials for the

homeless, she gave them a description of those who are on the receiving end of their project.

“Many young people growing up in Potomac don’t have much experience with homelessness,” said Dunlop. “When my husband and I arrive at the shelter with these boxes, the people there are so happy to receive them. So, this is also about helping the children see another aspect of life and trying to instill in them a life-long ideal of service.”

Charitable giving for adults often means donating old clothes at the end of the tax year or writing a check to a nonprofit organization. However, children might find it difficult to understand how these abstract actions make a difference. That’s why psychologists and educators recommend giving children first-hand experience in caring for others.

Jenny Trope, Ph.D. and her children raised money to purchase grocery store gift cards that they are distributing to homeless men and women they encounter this winter. “It gives the kids a glimpse of what it’s like to be alone, hungry and stuck outside when it’s cold,” said Trope, who is also a marriage and family therapist based in Arlington.

Such hands-on projects, coupled with a

conversation about why it’s important to take action to aid people in need of a helping hand, could drive home the message. “Children aspire to be kind and to be good citizens, but they don’t necessarily know how to do these things,” said Schull.

A study by the United Nations Foundation and the Women’s Philanthropy Institute at Indiana University-Purdue University Indianapolis found that talking to children about giving is highly effective for encouraging philanthropy, and increases a child’s inclination to give by 20 percent.

“Conversations are critical. Talking about giving in combination with modeling is what actually increases children’s giving,” said Debra J. Mesch, Ph.D., director of the Women’s Philanthropy Institute. “We ... know that these conversations need to be focused on why and how giving ... makes an impact on individuals in need, rather than simply talk that is more general, such

as giving is the right thing to do.”

The dialogue can include concrete examples of how a charitable action will benefit others, say mental health experts. “Around the holidays when you’re struggling to survive, when you’ve lost everything

and every decision you make is about meeting your absolute, basic needs, like how you’re going to take a shower, it’s a nice surprise to get a wrapped box of soaps, toothpaste, socks, snacks and a personal note,” said Nikki Stanaitis, LCSW-C of Interfaith

Works. “It makes a person feel human and gives them the sense of normalcy that we all want.”

Acts of charity displayed year-round can lead to life-long habits of philanthropy. “Don’t reserve donating and volunteering for the holidays. By making it a way of life, you’re sharing your value system about giving and helping others with your children,” said Trope.

“Children need to have empathy modeled for them and they need a script to follow or ideas for carrying out charitable acts.”

— Christine Pegoraro Schull, Ph.D.,
Northern Virginia Community College

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

DECEMBER

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

1/27/2016.....Community Guide

1/27/2016.....Winter Fun, Food, Arts & Entertainment; Valentine’s Preview

FEBRUARY

2/3/2016.....Valentine’s Dining & Gifts I

2/3/2016.....Wellbeing – National Children’s Dental Health Month

2/10/2016.....HomeLifeStyle

2/10/2016.....Valentine’s Dining & Gifts II

2/17/2016.....A+ Camps & Schools

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Naive and Delusional

By KENNETH B. LOURIE



Some days, like today, I don't feel like I have cancer. I feel – delude – myself into thinking that I have/feel what everyone else at my age who doesn't have a "terminal" disease, has/feels. Now whether I'm into something or just rationalizing symptoms like any other cancer patient does – discounting any signs of potential trouble for fear of the consequences – I certainly don't know, and probably wouldn't admit to it anyway; mind over what might actually matter. Nevertheless, it's a good feeling to have, so long as I don't think about it too much and just go with the uninterrupted flow, at least until it's interrupted. I'll spare you the details – in this column, anyway.

But not thinking about having cancer – when you have cancer, seems counterintuitive almost. How do you not think about the most important thing in your life, the "thing" which is very likely shortening that life? I mean, being diagnosed with cancer is not exactly chicken soup for the soul; it's more a harbinger of things to come, most of which are not particularly good. And as much as I would encourage not focusing on a negative and the presumptive self-fulfilling outcome it might portend, denying its existence and pretending that all is right when previously your CT Scans indicated you've been wrong, is reckless and irresponsible, unless you know/feel something that modern medicine has yet to detect.

I don't know anything except what I feel, and most of those feelings are probably being routed through my brain and its desire for self-preservation. The point being: Am I thinking clearly? Thinking wishfully/hopefully? Or thinking normally? That is: pretending, denying, waiting, wondering. Being a cancer patient/survivor is an emotional roller coaster, and feeling good – however fleeting, has many rewards, but feeling bad as I now do (a mere two paragraphs later) is all it's cracked up to be.

Sure, I had chemotherapy the other day, so feeling good, then hours later feeling bad, was not totally unexpected; as you might imagine after nearly seven years of cancer treatment I sort of know the routine/cycle. Still, whenever I feel as good as I did in the opening paragraphs, I get disappointed when the inevitable bad feelings return, which last for a week or so – and what bothers me even more: I should know better (I do know better). But I can't help thinking/hoping that this will be the post-chemotherapy week when I won't feel what I've always felt every week after chemotherapy since the infusions began in early March 2009.

As much as I readily acknowledge how amazingly lucky I am to still be alive, I can't help expecting more. And when I don't get more, but instead get less, I don't usually take it well. Emotionally I get challenged and physically I get compromised. The combination results in a difficult set of circumstances. I don't exactly lose my focus or forget my good fortune, but I am reminded that I have a serious disease, one that is looking for trouble, and occasionally, it does have its way with me. The only saving grace is that it is all very familiar to me now, and as my Auntie Irene used to say: "This too shall pass," which of course, it always does – and then we're back to abnormal.

However, that time when I feel good, it's almost a tease, as I know the forthcoming bad. And yet I want to believe that feeling good, for whatever period, is somehow indicative of a future less complicated than my present. Still, I keep thinking that maybe after this infusion, the week-after will be different. Unfortunately, it's never different. It's always the same. Hope springs eternal though, and as a cancer patient, hope is our most valuable commodity. Thankfully, there's plenty for everyone.

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

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Papa Pizza L.L.C. trading as Papa Pizza located at 470 Elden Street, Herndon, Virginia, 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer on and off premises license to sell or manufacture alcoholic beverages.

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
Get Pie Enterprises, LLC trading as Mellow Mushroom Pizza Bakers, 1030 Elden St. Herndon, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises license to sell or manufacture alcoholic beverages. Amit Mehta member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

The future comes one day at a time.
-Dean Acheson

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THURSDAY/DEC. 17

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.

WMATA Forums. 6-8 p.m. Reston Station Wiehle-Reston East Metrorail Station, 11389 Reston Station Blvd., Plaza Level, Reston. The Northern Virginia Transportation Commission will host a regional forum that will allow the public to share concerns about WMATA and help pinpoint solutions to get Metro back on track. This is an opportunity for the public to identify key concerns, including affordability, service reliability, and safety. Brief presentation by the Virginia members of the WMATA Board of Directors and WMATA General Manager/CEO Paul Wiedefeld. Roundtable discussion. www.NoVaTransit.org. 703-524-3322.

Weekend Food for Kids. 10 a.m. Dominion Virginia power, 3027 Centreville Road, Herndon. Assistance League of Northern Virginia invites community members to help pack food for the Weekend Food for Kids program which benefits 1500 schoolchildren who receive reduced-price meals during the week. karenamster@aol.com

TUESDAY/DEC. 22

Inova Blood Drive. Noon-7 p.m. Beside the Pavilion at Reston Town Center, 11900 Market St., Reston. Schedule appointments at 866-256-6372 or inova.org/donateblood. On-site registration.

TUESDAY/JAN. 5

General Norton Schwartz. 8-9 p.m. Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. One-hour discussion titled, "Jewish Americans and Public Service." 703-863-7639.

ONGOING

The **Herndon Adult Day Health Care Center** needs a bingo caller and an art therapy assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Herndon Senior Center** needs a volunteer trained in taking blood pressure, Social Visitors and a Baked Goods Table Manager. 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 nursing homes and assisted living facilities. Contact Lisa Callahan at

703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

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

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Free Support Group for Parents with Children with Autism. Saturdays at 10-11 a.m. 462 Herndon Parkway, Suite 202, Herndon.

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

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

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

Arabic-speaking Older Adult Social Visits. Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

Long-Term Care Volunteer Ombudsman Program Needs Volunteers. Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.

Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers. Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to home-bound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.

SCHOOL NOTES

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

Two Herndon High School AP Physics 1 students, **Ian Boll** and **Cyril Antoney**, created a team named Herndon Space Voyagers and submitted a research proposal to the Association of Space Explorers (ASE), an organization composed of astronauts from 35 countries and have orbited earth. The team's research proposal was one of the top 15 proposals in the nation that got selected for the 2015 ASE AstroSat Challenge. In the proposal, the team hopes to explore the relationship between pollution, sunlight and global temperatures and create a mathematical relationship between the amounts of visible light received and the measured temperatures and be able to predict where global temperatures are heading. The students are taught by Herndon High School Physics teacher, Shella Condino.

Fairfax County Public Schools (FCPS) is participating in **Speak Up**, a national online survey about the use of technology in schools. The information collected will help policy makers at the local, state, and national levels, as well as the busi-

ness community contribute to the national dialogue about science, technology, and preparing students for the 21st century workforce.

FCPS will be participating in the survey through **Dec. 18**. The online survey is open to students, parents, educators and the community. Survey is voluntary and take 20 minutes to complete.

To take the survey, please visit <http://www.speakup4schools.org/speakup2015/>. Students will be asked for a secret word (password) when they take the survey. The secret word for students is **fcps**. Aggregate survey results for FCPS will be available in February 2015.

Speak Up is an annual research project conducted by Project Tomorrow, a national education nonprofit organization that collects and reports the views of students in K-12, teachers, administrators and parents on 21st century education and technology. For more information about Project Tomorrow, please visit <http://www.tomorrow.org/speakup>.

Darcie Cecilia Badger, of Reston, graduated from Fort Hays State University in Hays, Kan. in the summer of 2015 with a Masters of Science in Education, English for Speakers of Other Languages.

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