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PHOTO BY MERCIA HOBSON/THE CONNECTION

# Honored for Creativity

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## 'Party in Paris' Held in Herndon

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Dr. Liz Noto, Herndon High School principal (top left) joins students Solveig Reda, Jake Dyer, Estelle Kim, Diane Kovalchuk, Breeana Rivera, and Abby Wilson as they display their award-winning and honorable mention entries in the 2018 Scholastic Art Award competition.

# Feeding the Flu

What to eat when fighting the flu.

BY MARILYN CAMPBELL

**F**lu season is in full swing and, according to the latest statistics from the Centers for Disease Control and Prevention, it's packing a powerful punch. According to the most recent CDC report, the flu is widespread in most states, and healthcare providers report an uptick in influenza-related hospitalizations and deaths.



COURTESY OF SARA DUCEY

**Turmeric, powdered ginger, honey and almond or coconut milk can create a soothing and healing drink for those who are battling the flu, says nutritionist Sara Ducey.**



PHOTOS BY MARILYN CAMPBELL

**Fresh ginger can be a soothing ingredient for those who have the flu.**



**Garlic is credited with having antibacterial properties.**

**“One of the best sources for protein when you have the flu is real, bone-based soup.”**

— Sara Ducey, Professor of Nutrition and Food, Montgomery College

While the thought of eating might be unappealing to someone who is battling the flu, nutritionists and health care providers say certain nutrients are essential for keeping up one's strength. Soothing and healing ingredients are key allies when fighting this season's virus.

“The thing you need most is water,” said Sara Ducey, professor of Nutrition and Food at Montgomery College. “You need sufficient water to bring nutrients to your cells and take away the waste. As you hydrate it gives your immune system more of a boost.”

Protein, says Ducey, will help one's body build and maintain strength. “It's important for supporting the immune system and for helping your body breakdown medicines like Tylenol,” she said. “One of the best

sources for protein when you have the flu is real, bone-based soup, not ramen noodles that have chicken flavoring.”

Bone broths, like those made from chicken or beef, offer hydration, protein and amino acids, added Ducey. Broth can be sipped or used as the base for a soup. “It's a natural healing and restorative food,” she said. “At this point, everyone can assume that they're going to get the flu and prepare some bone-based broth ahead of time and keep it on hand in the freezer. You can also buy boxes of it.”

Fresh ginger can work as an anti-inflammatory, soothe an upset stomach and boost one's immune system, says nutritionist

Debbie Hynes of Practical Ayurveda. “Warm water with grated ginger and honey can soothe a sore throat or upset stomach,” she said.

Foods that are high in Vitamin C like orange juice, particularly a variety that contains pulp, can boost your immune system, says Ducey. “It's a powerful antioxidant which is important for keeping your muscles strong especially when you're sick.”

Garlic is another ingredient that Hynes likes to include in flu-fighting recipes. “It has antibacterial properties, especially when it's raw,” she said. “I add it to chicken broth along with chili flakes to sip when someone in my family has a stuffy head. The combination can clear the sinuses. And if you can stand to eat it, raw garlic has the strongest antibacterial properties.”

Turmeric works as an anti-inflammatory and antioxidant, says Hynes. “It's been known for those properties in Chinese medicine for centuries,” she said.

Ducey uses the spice in a creamy drink she creates called Golden Milk. “I take a cup of milk, a teaspoon or two of honey and a little black pepper and put it in the microwave to warm it,” she said. “You can use almond or coconut milk if you can't tolerate dairy. Turmeric is very poorly absorbed by the body, so adding a little black pepper helps absorb it. It sounds bizarre, but it's strangely comforting.”

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# Jimmy's Old Town Tavern Expands **Herndon institution opens Buffalo Wing and Beer Garden.**

BY MERCIA HOBSON  
THE CONNECTION

**A**fter five years of hard work, hopes, and dreams, Jimmy's Old Town Tavern located in Herndon on the corner of Elden and Spring Streets, held grand opening ceremonies for their Buffalo Wing and Beer Garden, a large expansion project of the current restaurant town gathering place.

Asked what the hardest part of the build had been, Jimmy Cirrito confessed, "Worrying about the money ... We are very excited but very nervous at the same time; similar to when we opened in 1997." What kept him going though, Cirrito professed, are the people in his life.

On Sunday, Feb. 4, Herndon Mayor Lisa C. Merkel stood at one official ribbon and Mike O'Meara, podcast personality and the host of The Mike O'Meara Show at the second ribbon. With a crowd of more than 200 patrons and special guests present including his longtime friend and one of co-owners of the building, Richard Curtis, Merkel and O'Meara cut the ribbons, celebrating the opening of Jimmy's "Buffalo Wing and Beer Garden." Jimmy's Tavern is a longtime anchor in the downtown district. Nearly every night of the week, the establishment draws longtime friends and new patrons.

During his remarks before the official ribbon cuttings, Jimmy Cirrito told the standing-room-only crowd about his dream. How in 1996 on Nov. 11, Veterans Day, the initial build began. He told how six months later, on Memorial Day 1997, Jimmy's Old Town Tavern opened. Sixteen years went quickly by and in 2013 on Super Bowl Sunday; he announced plans for the Buffalo Wing and Beer Gar-



**Mayor of Herndon, Lisa C. Merkel cuts the Ceremonial Opening Ribbon for the Grand Opening of the Buffalo Wing and helps celebrate the culmination of hard work and five-year perseverance of Jimmy Cirrito for his expansion project at Jimmy's Old Town Tavern in Herndon.**



**Mike O'Meara, podcast personality and the host of The Mike O'Meara Show cuts the ceremonial ribbon to the entrance of the Beer Garden, a much awaited part of Jimmy's Old Town Tavern's expansion product.**



den. "And now, in 2018, on Super Bowl Sunday once again, here we are...We are opening the 'Buffalo Wing and Beer Garden' during The Super Bowl LII halftime show... And it's because of very important people here tonight. Each of you."

Word of the grand opening had spread quickly through the town. Congratulations poured in even before the ceremonial ribbon cuttings.

"Dream it, Build it, Enjoy it" Vicki Wilhelm had engraved on

**Jimmy Cirrito gives his wife, Maureen, a kiss and a bouquet of roses during the Opening of the Buffalo Wing at JOTT.**

her newly purchased commemorative brick, her gift to Cirrito. It was installed into the long path of commemorative bricks leading to the Beer Garden.

The bricks were and will remain a funding raising project for individuals and businesses to help support the build.

On Facebook, Linda Downer of Herndon wrote: "Congratulations, Jimmy! Richard and I have looked forward to this for years."

Merle Rogers wrote: "Jimmy, I am so proud of you! Perseverance, hard work, and a whole lot of faith finally paying off for you! Love you, brother!"

Merkel shared her words with the gathered crowd before she and O'Meara cut the ribbons. Merkel said, "Jimmy took a chance on Herndon in 1997 and was a catalyst for all the great things to come in the downtown. He's the King of Building Community and the town couldn't be more thrilled for the Buffalo Wing and Beer Garden," she said.

O'Meara said, "I'm thrilled to be back in Northern Virginia to celebrate this wonderful day for my old friend and best restaurateur I know. Jimmy Cirrito is a true original, and I know JOTT will be an institution in Herndon and the D.C. area for many years to come. I'm very proud of him."

Cirrito credited his wife, daughter and all those around him. "I have been very blessed to have the support of my wife Maureen, our daughter, Kelsey, incredible staff, and countless friends and patrons." Cirrito recalled that in 1996, Maureen had said to him, "Do it while you are young or you will never do it."

"And here we are, doing it again, together," Cirrito said. "Only bigger and better. And we're not done yet." A brewery waits.

## Herndon Rotary Club to Honor Reston Resident Susan Ungerer

**Tickets available for the 52nd Annual Recognition Banquet.**

**H**erndon Rotary Club will honor Reston resident, Susan Ungerer, Founder and President of the nonprofit organization, Kids R First as their Citizen of the Year 2018 at the organization's 52nd Annual Recognition Banquet. This year's banquet will be held at the Crowne Plaza Hotel Herndon, 2200 Centreville Road on Wednesday, March 7.

Tickets for the event are available either online at [123formbuilder.com/form-](http://123formbuilder.com/form-1279411/The-Herndon-Rotary-Clubs-52nd-Citizen-Of-The-Year-2018)

1279411/The-Herndon-Rotary-Clubs-52nd-Citizen-Of-The-Year-2018 or by check made out to "Herndon Rotary Club" and mailed to Herndon Rotary Club, PO Box 321, Herndon VA 20172. Ticket price is \$65 per person.

The Rotary Club of Herndon is honoring Ungerer as Citizen of the Year, the organization's highest honor because of outstanding service and contributions to the community. As a retired teacher, Ungerer saw children from lower income families in

the area coming to school without needed supplies. Knowing every child required the tools to learn and succeed, in 1998, she and a small group of friends set out to make a difference. They formed Kids R First, a nonprofit organization dedicated to education and helping children and youth in grades K-12 from families with limited financial means have the same opportunities as their peers by receiving much-needed school supplies at the start of the academic year.

This year KRF seeks to serve 32,000 chil-

dren in need at 100 schools in Fairfax and Loudoun Counties. Since KRF first began, the organization has provided 208,400 needy children with new school supplies appropriate to their grade and supply lists. For more information or if you would like to speak at the dinner, contact Pat Williams at 703-582-9482 or [pat@gracefulcare.com](mailto:pat@gracefulcare.com) or Chris Mogensen at 703-582-8242 or [chrismogensen@gmail.com](mailto:chrismogensen@gmail.com).

— MERCIA HOBSON

## An Opportunity To Improve TJ

To the Editor:

The following open letter was addressed to state Sen. Steve Newman, chair of the Education and Health Committee.

**A**s graduates of Thomas Jefferson High School for Science and Technology (TJHSST), we were deeply troubled to read that the Education and Health Committee of the Virginia State Senate struck down Senate Bill 787, the proposal by state Sen. Scott Surovell to make the admissions policies at Governor's Schools such as TJHSST more equitable. While debates will continue about whether Senator Surovell's legislation is the right instrument, its intent to significantly alter Jefferson's admissions procedure to account for class is sound. No serious action has been taken on this issue at the state or local level since the school was designated as a magnet school and that has to change. Outreach efforts have had modest success in the past, but they are not enough to make Jefferson equitable. For this reason, we strongly support the intent of the senator's bill and ask the committee to work with Senator Surovell to draft legislation to make progress on this urgent issue.

All of us attended Fairfax County Public Schools. There's one among us who still has her yearbooks and class pictures from kindergarten through 12th grade. And in those images from schools like Saratoga Elementary School and Mark Twain Middle School are the smiling faces of friends and classmates of all races, as well as friends and classmates who lived in a nearby HUD housing development. None of the kids from that housing development made it into TJ, not one. And virtually none of the Black and Hispanic students in those other photos were admitted either.

The racial and economic composition of Jefferson has been an annual news story just about every year since it became a magnet school, and it's never good news. Last year, only 17 Black and Hispanic students were admitted — 3.4 percent out of 490 students. And only eight students (1.6 percent) eligible for free or reduced-price lunches (an indicator of students living in low-income or poor families). This despite the fact that Fairfax County Public School students overall are 25.4 percent Hispanic, 10.1 percent Black, and 29 percent are eligible for free or reduced-price lunches.

This disparity between Jefferson's enrollment and the racial and socioeconomic composition of Fairfax County is unacceptable and easily remedied. Countless elite institutions — especially elite colleges — have modified their admissions procedures and requirements in recent years because they have realized that their old criteria have long been leaving talent on the table. They have softened their standardized testing requirements, engaged in admissions outreach, and sought out partners in high schools and middle schools to create a pipeline of under-represented and low-income students to draw from. These students (who would never have been admitted under the old admissions protocols) have thrived at these elite institutions — often overperforming their standardized test scores. Yet Jefferson's admis-

sions policies proceed ignorant of these developments.

We live in a time when headlines and Twitter feeds constantly observe the pernicious effects of systemic inequality and racism in the daily lives of the poor and people of color. And the state of Virginia has a long legacy of racism that the world was reminded of last year during and after the events that took place in Charlottesville. White supremacy is not just Nazis marching in the streets; it also lies in maintaining a high school that excludes the poor, African-Americans, and Latinos, and then calls itself the greatest, most meritocratic high school in the country. You and the other 12 members of the committee who struck down this modest change to Jefferson's admissions policies have voted to maintain a blatantly racist and classist flagship school.

This is a shameful display when it would have been so easy for you to answer the impassioned requests of so many parents and alumni, as well as Senator Surovell. We understand that the committee has framed its objections to this bill in terms of local rights. While in many cases local school boards are best situated to make local educational decisions, when a board ignores a pressing issue affecting its most vulnerable and disempowered constituents over decades, the state has an obligation to step in and remedy the injustice.

The one way that Jefferson, with the help of the Fairfax County School Board and the Virginia legislature, could truly differentiate itself is by showing that it is working deliberately and intentionally to combat the structural and systematic racism and class privilege that feeds students into the school. Thousands of schools and nonprofits around the country have already made meaningful change in this area, it's time for Jefferson and those in charge to take responsibility for this problem and do the same.

**Alexis Clements**, TJHSST '98, BA Emerson College '01, MS London School of Economics '06

**Daniel Morales**, TJHSST '98, BA Williams College '02, JD Yale Law School '05

**Kristina Danahy (Buenafe)**, TJHSST '98, BS/MS University of Virginia '03, Ed.M Harvard '08

**Kristen Olvera Riemenschneider**, TJHSST '98, BSEE University of Virginia '01, JD University of Virginia '06

**Koyuki Smith**, TJHSST '96, BA Columbia University '01, MA Columbia University Teachers College '03

**Megan Radek**, TJHSST '93, BA University of Virginia '97, MA University of Illinois '04

**Veronica Pillar**, TJHSST '06, AB Princeton University '10, MS Cornell University '14

**Christopher Lee Rollins**, TJHSST '04, BA College of William & Mary '08

**Séain Guttridge**, TJHSST '89  
**Diane-Marie Johnson**, TJHSST '98, BA University of Virginia '02

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**Matt King**, TJHSST '98, BA University of Virginia '02, PhD University of Maryland '08

**Anwar Omeish**, TJHSST '14, BA Harvard College '19

**Richard Berman**, TJHSST '89, BA University of Toronto

**Corinne Pender**, TJHSST '05, BS Caltech '09, PhD MIT '18

**Abby France**, TJHSST '99, BS Northwestern

University '03

**Swathi Manchikanti**, TJHSST '06, BS NJIT '10, MSPH Johns Hopkins University '13

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**Sienna Lotenberg**, TJHSST '14, AB Brown University '18, MAHL '21 and **Rabbinic Ordination** '23

Hebrew Union College-Jewish Institute of Religion

**Sheryl Wallin Abrahams**, TJHSST '98, BA Rice University '02, MPH UNC-Chapel Hill '07

**Christine Contreras-Slaughter**, TJHSST '07, BA Duke University '11

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**Alison Slade**, TJHSST '99, BA University of Virginia, '05, MS Johns Hopkins University, '12

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**Kimberly Taylor**, TJHSST '91, BS University of Virginia '94, PhD University of Wisconsin '05

**William Tarpeh**, TJHSST '08, BS Stanford University '12, MS UC Berkeley '13, PhD UC Berkeley '17

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**Rob Heitman**, TJHSST '88

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**Sam Brinton**, TJHSST '10

**Tamara Krmoholz**, TJHSST '01, BA University of Virginia '06, MT University of Virginia '06

**Richard Joyce**, TJHSST '00, BA University of Mary Washington '06, MA American University '10

**Emily (Stanford) Colson**, TJHSST '95, BA University of Virginia '98, MD Eastern Virginia Medical School '03

**Caroline Odom**, TJHSST '10

**J. M. Harper**, TJHSST '95, BS Carnegie Mellon '99, JD George Mason '06

**Wendy Guo**, TJHSST '14, BS College of William and Mary '18

**Jennifer Gilbert Manly**, TJHSST '07, BA University of Georgia '11

**Sharon Gentges**, TJHSST '92, BA University of Chicago, BArch Washington University



# Herndon Students Named Among Most Creative

The Alliance for Young Artists & Writers recognized powerful and innovative works.

BY MERCIA HOBSON  
THE CONNECTION

**H**erndon High School (HHS) has some of the most gifted student artists in the country demonstrating unique talent, technical skills, and originality. Just ask Elizabeth Noto, Ed.D, Herndon High School principal who announced that the Alliance for Young Artists & Writers named six Herndon students recipients of the 2018 Scholastic Art Awards, the nation's longest-running and most prestigious scholarship and recognition initiative for creative teens in grades 7-12.

The website for the Scholastic Awards states the young artists and writers were free to explore any and all topics; there were no pre-defined prompts, and no work would ever be disqualified from the Scholastic Awards because of the nature of its content. As for judging criteria, three areas dominated: originality, technical skill, and the emergence of a personal voice or vision.

According to Scholastic Awards, judges looked for work that "...breaks from convention, blurs the boundaries between genres, and challenges notions of how a particular concept or emotion can be expressed...Work that uses technique to advance an original perspective or a personal vision or voice, and show skills being utilized to create something unique, powerful, and innovative..., (and) Work with an authentic and unique point of view and

style."

Fairfax County Public Schools, an Affiliate of the Alliance for Young Artists & Writers, was a sponsor of the Scholastic Art Awards for the Fairfax County Region. Each year, students from public, private, and home schools in Fairfax County submit artwork to be judged blind, meaning with no name visible, by professional artists and art educators from the area.

Tammy Morin, art teacher at Herndon High School, said, "We are very appreciative that our students are afforded the opportunity to showcase their talents beyond the classroom walls."

The Herndon High School students named honored recipients of the 2018 Scholastic Art Awards and Honorable Mentions are: Abby Wilson, 15, Honorable Mention; Breeana Rivera, 15, Honorable Mention; Solveig Reda, 16, one Gold and two Silver Key Awards; Jake Dyer, 17, one Gold Key Award and two Honorable Mentions; Estelle Kim, 16, one Silver Key Award and one Honorable Mention; and Diane Kovalchuk, 19, one Gold and three Silver Key awards.

Students who received Gold Key and Silver Key awards will be celebrated in a ceremony held Wednesday, Feb. 21, 2018, at the Northern Virginia Community College, Annandale Campus, Ernst Cultural Center, 8333 Little River Turnpike, Annandale. Their artwork will be on exhibition there Feb. 9 - March 15, 2018.

Artists whose works received a Gold Key will automatically be advanced to competition at the national level.



Diane Kovalchuk, 19, with one Gold Key and three Silver Key awards: "This is a good opportunity to help get ready for college."



Abby Wilson, 15, Honorable Mention: "I chose to make a penguin mask. ... I wanted to capture how perfectly unique they are in a piece of art."



Jake Dyer, 17, Gold Key Award and two Honorable Mentions: "This experience gives validation to an artist's skill level and gives students an opportunity to receive judgment from more experienced artists. I will include this award in my pending college applications."



Solveig Reda, 16, one Gold Key and two Silver Key Awards: "I am so thankful for having the opportunity to participate in Scholastic. I can't wait to participate and move forward with my artwork. My pieces were completed digitally, and I plan on pursuing a career in digital and sequential art."



Estelle Kim, 16, Silver Key Award: "When I first received news of my Silver Key Award, I was both honored and surprised as my piece, 'High school,' was my first time experimenting with mixed media. Inspired by the many factors of high school, it was fun to explore a theme that many individuals are familiar with and approach my art with an illustrative dramatic style."



Breeana Rivera, 15, Honorable Mention: "When I was entering my piece, I was nervous and excited about it. I'm glad I entered because I had never done this before and I plan on continuing to show my art."

## Herndon Village Network to Present A Valentine Tea

Proceeds will benefit the operation of the organization.

**J**oin Herndon Village Network (HVN), a nonprofit 501 (c)(3) organization for an afternoon of coffee, tea, and sweets on Sunday, Feb. 11, 2:30-4 p.m. at Artspace Herndon, 750 Center St., Herndon. Proceeds from the ticketed event will benefit the operation of the HVN, "Neighbors Helping Neighbors One Ride at a Time."

HVN is part of NV Rides, a network of service providers aiming to enhance and improve volunteer driving programs throughout Northern Virginia for non-driving older adults so that they can get where they need to go. HVN strives to provide their members with the



PHOTO COURTESY OF HERNDON VILLAGE NETWORK

**From left: Rosemary Kendall, Jenny Phipps, and Charles Marts are board members of Herndon Village Network, a nonprofit organization that provides their members with the transportation they need through the generosity and service of volunteer drivers.**

transportation they need through the generosity and service of their volunteer drivers.

During the Valentine event, there will be a raffle, six tickets for \$5 (cash).

HVN thanks the following local businesses for their support: Elden Street Tea Shop, Weird Brothers Coffee, Candy Drawer

Confectionary, Brama Italian Cuisine, Noshy Cookies, EOTH, and Right On Records.

Tickets are \$20 per person, and must be purchased ahead. If you would like to purchase a ticket to the event or find out more about HVN, visit [herndonvillagenetwork.org](http://herndonvillagenetwork.org).

— MERCIA HOBSON



PHOTO CONTRIBUTED

**Front row, from left: Cameron Hiek, Sahithi Atluri, Irene Zhao and Amal Woolridge; back row, from left: Ben Joel, Aaron Joy, McKenzie Hiek and Sarang Arun.**

## Nysmith School Debate Team Wins Tournament

**T**he Nysmith School Debate team's victory in last weekend's Broad Run High School Invitational Tournament was achieved in competition with 45 schools throughout the state in 12 different speech categories. The individual members/teams that won are:

❖ First Place-JV Public Forum/High School Division:

Sarang Arun, eighth grader from Fairfax and McKenzie Hiek, eighth

grader from Great Falls;  
❖ Second Place-JV Public Forum/High School Division:

Aaron Joy (Herndon/seventh) and Ben Joel (McLean/seventh).

The debate was affirming/negating the resolution for Spain to grant Catalonia its independence. As a result of taking two of the three top places in the competition, the Nysmith team, coached by Maria-Theresa Dragg of Fairfax, was awarded the Sweeps Cup.

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**Announcements**

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The new Boxed Warning, the strongest label the FDA can place on a prescription medication, will now inform patients about the **risk of amputation** from canagliflozin, the active drug in Invokana.

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**Announcements**

**NEWS**

**'Party in Paris' Held in Herndon**

**Herndon Parks and Recreation Department offers an enchanted evening at their "Father Daughter Dance."**

It was time for daughters of all ages to put on their pretty dresses and dancing shoes and head over to the Herndon Community Center escorted by their fathers or other special gentlemen in their lives for the time-honored Father Daughter Dance held Saturday evening, Feb. 3.

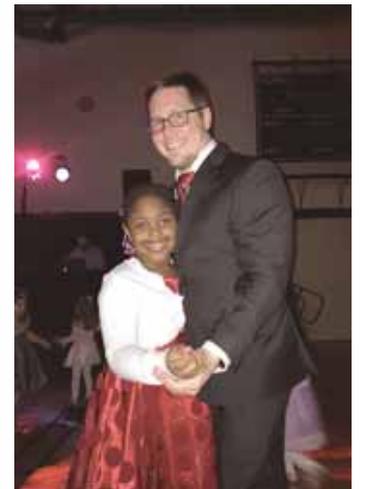
Herndon Parks and Recreation produced the semiformal event, themed this year, "Party in Paris." The evening presented a unique "date night" for dads, grandfathers, uncles, and male guardians to celebrate with their daughters.

With a sparkle in their eyes, attendees tripped the light fantastic from 6:30-9 p.m., with an estimated 160 people dancing to music by Disc Jockey, Aaron Hahn, president and founder of Basement Media Productions. Guests enjoyed heavy hors-d'oeuvres, fancy desserts, and pink punch and when they needed an extra blast of fun tried out the photo booth where silly stick props themed for Paris awaited them.

— MERCIA HOBSON



**Juliana Anselene, 3, of Herndon get a little step up, dancing on daddy's shoes at the Father Daughter Dance produced by Herndon Parks and Recreation and held Saturday evening, Feb. 3, 2018. Dad, Jeff Anselene did not mind a bit, and together they took a spin on the dance floor.**



**Shaela Mahoney, 7, of Herndon and her dad Devin shine as they hit the dance floor at Herndon Parks and Recreation's Father Daughter Dance.**

PHOTOS BY  
MERCIA HOBSON  
THE CONNECTION

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**THE CONNECTION NEWSPAPERS**



# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

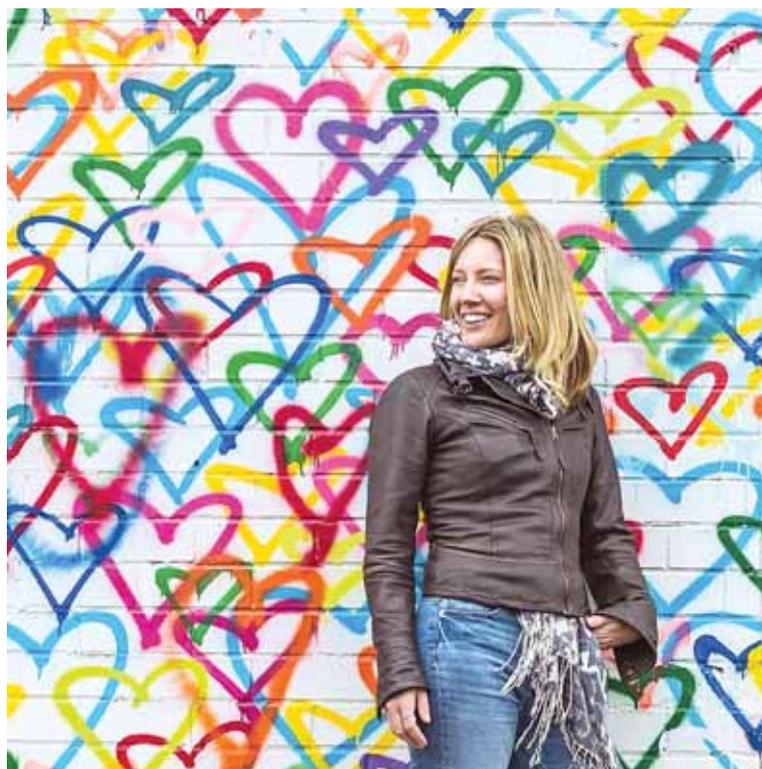
**Art Exhibit.** Through Feb. 17, various times at the Greater Reston Arts Center, 11900 Market St., Reston. Featuring the work of Paulina Peavy, namesake of "Paulina Peavy: A Message to Paulina." Visit [www.restonarts.org](http://www.restonarts.org) for more.

**Homegrown Yoga.** Tuesday, Wednesday and Thursday nights at ArtSpace Herndon, 750 Center St., Herndon. Alison Adams is bringing Homegrown Yoga to ArtSpace Herndon. All levels welcome. Drop in and take a class. \$25 two week unlimited pass or drop-in available. [www.homegrownpoweryoga.com](http://www.homegrownpoweryoga.com) to sign up.

**The Elden Street Tea Shop.** Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit [www.eldenstreettea.com](http://www.eldenstreettea.com).

**All-comers' Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 [potomacriverrunning.com](http://potomacriverrunning.com).

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more.



Alison Adams of Homegrown Yoga.

## Yoga @ ArtSpace

Alison Adams is bringing Homegrown Yoga to ArtSpace Herndon. All levels welcome. Tuesday, Wednesday and Thursday nights at ArtSpace Herndon, 750 Center St., Herndon. Drop in and take a class. \$25 two week unlimited pass or drop-in available. Visit [www.homegrownpoweryoga.com](http://www.homegrownpoweryoga.com) to sign up.

## WEDNESDAY/FEB. 7

**Trøegs Reston Event.** 5-8 p.m. at Craffthouse Reston, 1888 Explorer St. Reston. Local folk artist Marni

Manning will join with Trøegs Independent Brewing to host a public event at Craffthouse. Free signed prints by the artist will be available at the event. Manning, along with 13 other artists, was commissioned by Trøegs to create a poster design for their yearly Nugget Nectar unveiling. Free. Visit [www.troegs.com](http://www.troegs.com).

**Embrace New Beginnings.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Gerry Gorman will lead this meditation practice. Registration opens Jan. 24. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Read and Sip.** 6-8 p.m. Scrawl Books readers will meet at The Tasting Room in Reston Town Center to discuss books over a glass of wine. Visit [www.scrawlbooks.com/event/wine-wednesday-book-chats](http://www.scrawlbooks.com/event/wine-wednesday-book-chats).

## FRIDAY/FEB. 9

**Have A Heart Hop.** 8:30-11:59 p.m. at Dulles Hilton, 13869 Park Center Road, Herndon. The GottaSwing Have A Heart Hop will include a Silent Auction to raise money for Vets & Pets (Honor Flight and Lucky Dog Animal Rescue). Dance lesson at 8:30. followed by three hours of dancing. \$25 per person. Visit [www.haveaheartshop.net](http://www.haveaheartshop.net).

## SATURDAY/FEB. 10

**Handmade Valentine's Workshop.** 9:30 a.m. Create one of a kind valentines for someone special! Sign up the whole family for this workshop led by GRACE staff to make some fun, creative cards. Note: Parents will need to assist children with the creation of cards and children must be accompanied by a participating adult. Adults may come on their own and do not need to be accompanied by a child. All ages. \$5 residents/\$10 non-residents. Sponsored by Reston Community Center. Register at [www.restoncommunitycenter.com/register-for-classes-activities](http://www.restoncommunitycenter.com/register-for-classes-activities).

**Sisters in Crime Write-a-Thon.** 10 a.m. at Reston Regional Library, 11925 Bowman Towne Drive,

Reston. Come write in with Sisters in Crime mystery authors. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Meet the Artists.** 3-4 p.m. at the Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Members of the League of Reston Artists display paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hangings. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org)

**Love Songs.** 6:30-8 p.m. at United Christian Parish, 11508 North Shore Drive, Reston. Come join us for a free community concert featuring Masha Feygelson and friends singing love songs to get us in the mood for Valentine's Day. Free. Call 703-620-3065 or visit [ucpreston.org](http://ucpreston.org).

**"Word Becomes Flesh."** 8 p.m. at Reston Community Center, CenterStage, 2310 Colts Neck Road, Reston. Letters from a father to his unborn son. Note: Recommended for adults ages 18 and older; younger audience members must be accompanied by a parent or guardian. This performance runs 1 hour and will be followed by a Post Show conversation with the artists. Tickets: Reston \$20, Non-Reston \$30. Call 703-476-4500 or visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

## SUNDAY/FEB. 11,

**Author Event.** 4-6 p.m. at Scrawl Books, 11862 Market St., Reston. Author C. V. Wyk will be at the store to discuss her new YA fantasy novel Blood and Sand. Visit [www.scrawlbooks.com/event/blood-and-sand-c-v-wyk](http://www.scrawlbooks.com/event/blood-and-sand-c-v-wyk).

**Mardi Gras Celebration.** 5-7 p.m. at United Christian Parish, 11508 North Shore Drive, Reston. Celebrate Mardi Gras with live entertainment from Reston's top talent, including the Reston Divas for an evening of music, dance, food and more. The event is free and fun for all ages. Call 703-620-3065 or visit [www.ucpreston.org/event/1070505-2018-02-11-mardi-gras/](http://www.ucpreston.org/event/1070505-2018-02-11-mardi-gras/).

## TUESDAY/FEB. 13

**Design and Wine.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Design and Wine: Winter Colors with Lorrie Herman. \$40 per person covers wine, light snacks and supplies. Limited to 25 participants. Registration is required with payment in advance. No prior art experience necessary. Call 703-956-9560.

**James A. Bland Music Scholarship Competition.** 7:30 p.m. Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Solo musicians from local schools with a variety of voice, piano and instrumental talents compete to advance to regional round of competition. Admission is free. Visit [www.restonlions.org](http://www.restonlions.org).

## WEDNESDAY/FEB. 14

**Color Me Happy.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, and color your cares away in our adult coloring session. Coloring pages and pencils provided, or bring your own. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## THURSDAY/FEB. 15

**Reston Historic Trust to Host Program.** 7 p.m. at the Reston Historic Trust & Museum, 1639 Washington Plaza N., Reston. On Diversity — An Exploration of Bob Simon's Goal in Reston 2018. Join the Reston Historic Trust & Museum for an interesting panel discussion. The program will be held in the Jo Ann Rose Gallery at Reston Community Center Lake Anne and is

free to the public. Seating is limited, so reservations are welcome. Contact 703-709-7700 or [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com).

## THURSDAY/FEB. 16

**Great Decisions Series.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Watch the film produced by the Foreign Policy Association and participate in the roundtable discussion on current events and U.S. foreign policy options. The topic for this month is "Russia's Foreign Policy". Discussion materials will be available at the Info Desk two weeks before the event. Light refreshments will be served. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Application Deadline.** Greater Reston Arts Center invites artists to submit a proposal for new artwork in response to the prompt, "If you could do anything, what would that be?" Five artists will be selected by Guest Curator Don Russell and GRACE Associate Curator Erica Harrison to participate in the 2018 Mary B. Howard Invitational: STRETCH. Selected artists will receive a \$250 honorarium and \$1,000 for materials. Call 703-471-9242 or visit [restonarts.org](http://restonarts.org).

## SATURDAY/FEB. 17

**Bluegrass String Quintet.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Bluegrass String Quintet: Two Ton Twig, honoring a time and spirit when music was more raw and honest, the string quintet combines emotion and depth with their raucous and carefree attitude. The result is both captivating and foot-stompin' fun. Visit [www.artspaceherndon.org/new-events/2018/2/17/two-ton-twig](http://www.artspaceherndon.org/new-events/2018/2/17/two-ton-twig)

## SUNDAY/FEB. 18

**Piedmont Bluz.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Piedmont Bluz Acoustic Duo plays traditional African American folk music. They help preserve this music through workshops and presentations. Sponsored by the Friends of the Reston Regional Library. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## MONDAY/FEB. 19

**Children's Performing Arts Series.** 10:30-11:15 a.m. at Herndon Community Center, 814 Ferndale Ave., Herndon. Rocknocos. Coach Cotton, Williebob, and Boogie Woogie Bennie perform wildly popular award-winning music for the whole family. Rocknocos has dominated the DC children's music scene for many years. Ages 1-10. \$4 in advance/\$5 at the door per person, per show. Children under the age of one are free. Call 703-787-7300 or visit [herndon-va.gov](http://herndon-va.gov).

## TUESDAY/FEB. 20

**Sam's Book Club.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join former library director Sam Clay as he leads a lively book discussion. February's title is Little Paris Bookshop by Nina George. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## WEDNESDAY/FEB. 21

**Book Club.** 12:15-1:15 p.m. at Scrawl Books, 11911 Freedom Drive, Reston Town Center. Scrawl Books, lunch-time book club on the 3rd Wednesday of each month. The first book is Girl Waits with Gun by Amy Stewart. Visit [scrawlbooks.com](http://scrawlbooks.com) or call 703-966-2111.

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