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Carl Pardiny as a young K-9 officer with his dog, Doni. After spending 30 years as a City of Fairfax police officer – the last 4-1/2 as chief – Pardiny retired Dec. 1. Whoever replaces him will have big shoes to fill.

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Rabbi Sholom Deitsch lights the Chanukah menorah in Old Town Square.

PHOTOS BY
BONNIE HOBBS
THE CONNECTION



Jewish rapper Ari Lesser performs Chanukah songs during Light Up Fairfax.

Celebrating Chanukah in Fairfax City

About 70 people attended the Light Up Fairfax event, Monday night, Dec. 3, in Old Town Square. The fun included potato latkes with applesauce, jelly doughnuts, chocolate “gelt” and performances by a Jewish rapper and a juggler.

The highlight was the lighting of the giant menorah. First, though, came a few words from City Mayor David Meyer, Rabbi Sholom Deitsch of Chabad Lubavitch and U.S. Rep. Gerry Connolly (D-11).

“The light we light tonight is for hope for peace in the world, equity, and justice for all people,” said Meyer. “We affirm our diversity and our commitment to our spiritual lives.”

Deitsch said that, in light of the recent, tragic shooting at a Pittsburgh synagogue, he appreciated the City holding this event and showing its support for Judaism. Connolly then told the ancient story of the

Maccabees defeating the Greeks and how the small amount of oil the Jews had miraculously burned for eight days, instead of just one.

“Here we are, 2,000-plus years later, and we still have to face prejudice,” said Connolly. “And I want you to know, the hatred of a few won’t divide us – the community stands with you. With effort, love will always triumph over hatred and fear.”

Before lighting the menorah for the second night of Chanukah, the rabbi gave those attending the ceremony candles to light. “Chanukah says, ‘Go out into the darkness, where winds are trying to extinguish the flame, and do your part to keep the candles burning,’” said Deitsch. He then thanked the mayor and City Council members for being there and for “making sure there’s peace and freedom for each person in the community to serve as they wish.”

—BONNIE HOBBS



Children and adults alike enjoyed watching the event’s entertainment.

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PHOTO BY BONNIE HOBBS/THE CONNECTION

Former Police Chief Carl Pardiny with photos taken during his career with the department.

‘It’s All about Helping Others’

Former Police Chief Carl Pardiny reflects on his career.

BY BONNIE HOBBS
THE CONNECTION

After spending 30 years as a City of Fairfax police officer – the last 4-1/2 as chief – Carl Pardiny retired Dec. 1. But whoever replaces him will have big shoes to fill.

Joining the force as a patrol officer in 1988, he started the Police Department’s Bike Patrol and K-9 programs, plus its first evidence-based, community-policing projects. He’s earned the respect of his officers, Fairfax residents, City staff and officials and leaves behind a legacy of leadership.

“Thirty years has been a very fulfilling career,” said Pardiny, 52. “My primary consideration in deciding to retire is my family – being able to spend more time with my wife, children and grandchildren. It’s my turn to give back to them. But I couldn’t think of a more rewarding career than being a police officer, especially one in the City of Fairfax.”

“We’re a small, but progressive, department, so each member has opportunities to wear multiple hats,” he said. “Over the years, I’ve been afforded these opportunities, and things I started as a young officer – like our first bicycle patrol – can make a really big impact in the community. Our officers can also work on, for example, the SWAT Team, Crisis Negotiations Team, K-9 program or get training as evidence technicians or criminal investigators, in addition to their day-to-day responsibilities as patrol officers.”

PARDINY also enjoyed the community-outreach events, such as Cops & Kids, and seeing adults who attended them as children return with their own children. “Our residents are so supportive and interested in ensuring that this City is a great place to work and live,” he said. “And City staff from all the departments goes above and beyond to make sure we help our employees do a great job to give the best services to our community.”

What he’s treasured most about his job are the

networks he’s built and friendships he’s made over the past three decades. “That really makes coming to work fun,” said Pardiny. “Policing is tough; it’s a dangerous job, and I worry about placing our young officers in harm’s way. But we’re hiring the best people and providing them with the best training possible to ensure their success in keeping our community safe and protected.”

Also important, he said, is teaching them to de-escalate high-risk situations to protect the lives of those they potentially have to arrest. “Hiring a diverse, well-educated group of men and women reflects our community and its values,” said Pardiny. “And we provide them with opportunities to earn advanced degrees in college or to specialize in a particular career path that enhances our services.”

He said being a police chief is about seeing that everyone in the department is held accountable, has sound supervision and employs the best practices in policing. So this job’s given him the chance to make “a positive difference in the way we police our community and ourselves, internally.”

“I love working with the new officers,” said Pardiny. “They have so much enthusiasm and show so much promise. They’re the ones who’ll lead this organization in the years to come, so promoting great supervisors and command staff is important because of their abilities to mentor, teach and lead by example.”

Among his achievements as chief were initiating and helping draft the City’s dog-tethering ordinance, starting Kids’ Safety Saturday and Cops & Kids, and expanding the department’s use of social media to keep the public informed.

He also assisted in closing the Jesse Matthew case. Charged and tried for the 2005 attempted capital murder, abduction and sexual assault of a 26-year-old woman in Fairfax, Matthew was ultimately sentenced to three life terms in prison.

Pardiny pushed through the creation of the new, firearms training facility and helped implement the department’s body-worn camera program in Decem-

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PHOTO BY BONNIE HOBBS/THE CONNECTION

Cathy and Carl Pardiny with sleepy granddaughter Sydney, 2-1/2, during the ceremony.

Fond Farewell to Chief Carl Pardiny

Feted during reception for his retirement.

BY BONNIE HOBBS
THE CONNECTION

Friends, family, colleagues and City of Fairfax officials and staff gathered Nov. 16 in Old Town Hall to bid a fond farewell to Police Chief Carl Pardiny on his retirement after three decades of service to the City.

“There is no doubt about the respect and gratitude we have for Chief Pardiny,” said Mayor David Meyer. “There is much to affirm and much to be thankful for.” “The proliferation of weapons and their increased lethal power has made law enforcement an ever more dangerous profession,” he continued. Meyer said officers must balance their own safety with citizens’ civil liberties, plus provide the kinds of services a community requires. “Through all these changes, we’ve been fortunate to have a police force of exceptional competence, professionalism, superior integrity and a deep and genuine commitment to serve our citizens,” said Meyer. “Carl Pardiny has led our Police Department through these times of change with the finest example of a servant leader.” He said Pardiny provided a “clear, strategic vision for all his employees and established high standards of accountability. And he’s cared deeply about each officer under his command, their families and the citizens he’s served.”

MEYER said the City’s low crime rate is just one measure

of the chief’s success, but an important one. “He also leaves this department with a culture of high, ethical standards and where officers work collaboratively to support each other and hold each other accountable. That is a profound legacy.”

He then thanked Pardiny’s family members for the sacrifices they made so he could do his job well. “I’m certain there were many missed dance recitals, school award ceremonies, science-project presentations and other family events,” said Meyer. “But Carl’s family has always been the number-one priority in his life, and you are most fortunate to have him.”

Addressing Pardiny directly, Meyer said, “Carl, on behalf of my colleagues on the City Council – and all the citizens of the City of Fairfax – we thank you for your service. We wish you every blessing in the future.”

He then presented Pardiny with a proclamation detailing his many personal and professional achievements. He said Pardiny’s career was spurred by his father-in-law who – eager to get newlyweds Carl and Cathy out of his Pittsburgh basement – showed Carl an advertisement for a police officer in the City of Fairfax. Pardiny then worked his way through the ranks from officer to colonel, while also being a parent of two daughters and teaching students in GMU’s criminology program.

Next, police Sgt Ronnie Lewis called Pardiny “a great leader and an inspiration to myself and others in the Police Department. Thank you for everything you’ve done, and we hope you have a great retirement.”

“For over 16 years, Carl has been my friend,” said Acting

SEE FAREWELL, PAGE 10

OPINION

Give Locally

For tens of thousands of poor children and families in our area, uncertainty and need are distant from the celebrations and plenty that so many of us associate with this holiday period.

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

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

In Fairfax County Public Schools, more than 54,000 students (29 percent) are poor enough to receive subsidized meals.

Many are children living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Christmas

and the holiday season.

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

Many nonprofits in the region need your help to provide holiday meals around Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season, for humans in need, for animals in need, for an environment in need. Here are a few ideas. Please let us know what we have missed.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Where to Give Locally

❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org. Nonprofit providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Gifts for Kids and annual Coat Drive. For families in need, often there isn't enough money to spend on gifts. To register for the Gifts for Kids drive, visit <https://www.cornerstonesva.org/gifts-for-kids-donation-form/>. Personalized wish lists will be distributed within two business days of your submission. Gifts will be collected at Cornerstones' main office, 11150 Sunset Hills Road, Suite 210, Reston, VA 20190, during the following times: Thursday, Dec. 6 and Friday, Dec. 7: 9 a.m. – 6 p.m. Saturday, Dec. 8: 9 a.m. – 12 p.m. Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.

❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis. Share of McLean will provide holiday assistance to hundreds of needy families this year. In December, Share's families will be welcomed to a festive party, served a light meal, and Santa will travel all the way from the North Pole to take photographs with the children. Help Share help those in need by fulfilling a wish or donating Walmart, Target, Giant, or Safeway gift cards. Contact ShareWishes@gmail.com for more information. Visit www.shareofmclean.org for more info about Share.

❖ **Herndon-Reston FISH** (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 herndonrestonfish.org. Herndon-Reston FISH has assisted local residents in short-term crises by since 1969. 703-437-0600.

❖ **The Community Foundation of Northern Virginia** www.cfnova.org The Community Foundation for Northern Virginia

works to respond to critical need and seed innovation in our region. Your gift helps us make grants in our focus areas of interest while also bringing a spotlight on the benefits of community philanthropists www.cfnova.org/for-donors/donate-now

❖ **LINK**, serving Herndon, Chantilly, Loudoun and more. Every year the goal is to provide each family with a week's worth of non-perishable food in November and again in December. When funds allow, grocery gift cards are also included. In November, clients also receive a voucher for coats and warm clothing. In December, children 16 and under receive gifts. holiday@linkagainsthunger.org. 703-437-1776 www.linkagainsthunger.org.

❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, www.cho-va.com

❖ **Our Neighbor's Child** (ONC) volunteers are preparing for delivery of holiday gifts for children from financially struggling families in western Fairfax County – predominantly in Centreville and Chantilly. www.ourneighborschild.org/

❖ **Northern Virginia Family Service**. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. Every year, it empowers 35,000 individuals to achieve self-sufficiency. www.nvfs.org Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500

❖ **Second Story** — Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. second-story.org.

❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, www.scov.org

❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. www.touchingheart.com, 703-901-7355.

❖ **Western Fairfax Christian Ministries** — 4511 Daly Drive, Suite J, Chantilly, VA 20151 in Chantilly. For more information or to sponsor a family, call Jennie Bush, Community Outreach Manager at 703-988-9656, ext. 107. To mail gift cards or send donations by check, send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. @WFCM_VA

❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or volunteer@facetscares.org. www.facetscares.org. 10640 Page Ave., Suite 300, Fairfax VA 22030

❖ **Britepaths** Britepaths is working to assist 800 Fairfax County area families who might otherwise go without December holiday meals and gifts for their children. Sponsor a family or donate to provide a family with a holiday meal and/or gifts for their children. Britepaths.org

❖ **Centreville Labor Resource Center** (CLRC), a safe, organized center where residents and contractors can negotiate work arrangements with day laborers. Centreville Square Shopping Center, 5944 Centreville Crest Ln, Centreville, VA 20121. Phone: (703) 543-6272 Email: Contact@CentrevilleLRC.org www.centreville-lrc.org/

❖ **Fairfax City Area FISH** (For Immediate Sympathetic Help) FISH provides funds and volunteers to serve the needy and elderly in the

greater Fairfax City area of Fairfax County. FISH responds to requests for life's necessities: food, clothing, financial assistance for delinquent rent, mortgage, utility bills, gasoline, and prescriptions. 703-222-0880 fairfaxfish.org/

❖ **Lamb Center**, www.thelambcenter.org, day center for homeless, Fairfax 703-691-3178.

❖ **Food for Others** Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. 2938 Prosperity Ave. info@foodforothers.org. Most needed items include: Fresh fruits, fresh vegetables, canned chili, canned tomato products, canned meat, rice, 16 oz packages, spaghetti sauce, 14 oz – 1lb (ideally in cans instead of glass), canned fruit (packed in fruit juice instead of syrup) 11oz – 20oz, beans, dried or canned, canned pasta. www.foodforothers.org

❖ **Ecumenical Community Helping Others** (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families. Outerwear drive through Dec. 14. See Greater Springfield Chamber for drop off locations. www.echo-inc.org.

❖ **Lorton Community Action Center** (LCAC) will provide holiday assistance to hundreds of families. Christmas food baskets along with fulfilling gift wishes for children and teens will help low-income families. See website for warm coat and Christmas donations and volunteer needs. lortonaction.org/seasonal-assistance/.

❖ **Assistance League of Northern Virginia** is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship

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OPINION

Give Locally

FROM PAGE 4

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❖ **Shelter House** provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. It is our mission to get families back into stable housing in order to provide them the opportunity to continue their journey to self-sufficiency.
www.shelterhouse.org

❖ **United Community Ministries**, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor, UCM provides housing programs as well as a Workforce Development Center. Last year, for the holidays, donations of nearly 10,000 toys, books, games, clothing, and other gifts ensured a joy-filled holiday for hundreds of children. 7511 Fordson Road, Alexandria VA 22306. www.ucmagency.org Donations of cash/checks and gift cards are also welcome.

❖ **Friends of the Fairfax County Animal Shelter.** For more than a decade, the Friends community has impacted thousands of pets; saving lives, easing pain and suffering, and enriching the lives of pets and their humans. (571) 212-9858
www.facebook.com/pg/FFCAS/about/

❖ **New Hope Housing**, founded in 1977, is a non-profit agency in Northern Virginia committed to finding creative and lasting solutions to end the cycle of homelessness by offering homeless men, women and children the services they need to change their lives and succeed. 8407E Richmond Hwy., Alexandria, VA 22309
www.newhopehousing.org/how-to-help/donate/

❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. www.capitalareafoodbank.org

❖ **Homestretch** is a provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email: jhenderson@homestretchva.org; 703-237-2035 x125; homestretchva.org/volunteer/

❖ **Pathway Homes** providing non-time-limited housing and supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia. Founded in 1980, Pathways currently serves more than 400 adults in community-based homes in Northern Virginia.
www.pathwayhomes.org

❖ **Good Shepherd Housing and Family Services**, 8305-17B Richmond Highway, PO Box 15096, Alexandria, VA, 22039. 703-768-9419, www.goodhousing.org/ The mission of Good Shepherd Housing

(GSH) is to reduce homelessness, increase community support, and promote self-sufficiency. GSH housing manages more than 70 housing units.

❖ **Christian Relief Services**, 8301 Richmond Highway, Suite 900, Alexandria, VA 22309, 703-317-9086, 703-317-9690
christianrelief.org/

❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at www.habitatnova.org.

❖ **Alice's Kids** (@alicewillhelp) aliceskids.org P.O. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When there is no food in the refrigerator, no electricity nor heat, these are hardships that they can keep hidden from their peers. But, when that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. It helps children from all over the Mount Vernon area through small acts of kindness.

❖ **Tahirih Justice Center**, 703-575-0070, www.tahirih.org, Legal services, public policy advocacy, and education for immigrant women and girls.

❖ **OAR** rebuilds lives and breaks the cycle of crime with opportunities, alternatives, and resources for offenders and their families to create a safer community. 10640 Page Ave., Suite 250, Fairfax, VA 22030, 703-246-3033. OAR needs volunteers and financial donations. oarnova.org/christmas

❖ **NAMI Northern Virginia** (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. NAMI Northern Virginia serves Fairfax, Falls Church, Arlington, Alexandria, and Loudoun
www.nami-northernvirginia.org/
HelpLine: (571)458.7310,
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❖ **PRS**, Inc. exists so that individuals living with mental illness, substance use disorders, mild intellectual disabilities, autism spectrum disorders, and anyone who faces life crises can achieve safety, personal wellness, recovery and community integration. PRS also provides crisis counseling and connection to supports CRISISLINK When crisis calls, we answer 24/7 Call: 800-273-TALK [8255] Text: "CONNECT" to 85511

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We hope our patients will have the opportunity to meet and be treated by Dr. Levinson sometime soon. They can be certain their eyes are in excellent hands.

THE RETINA GROUP

OF WASHINGTON

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WELLBEING

Habits that Stick

Key to making
changing old habits
and making new ones.

BY MARILYN CAMPBELL

Standing outside the glass doors of the studio, lit harshly by fluorescent bulbs, Annabelle VanLandingham admits that she is intimidated by a group of women standing in front of her — all model-thin and wearing cropped tank tops that reveal finely toned abs.

"I always feel like I don't fit it and everybody is staring at me, but this time, I'm really going to stick with it," she said, acknowledging her failed attempts to make regular exercise part of her daily life.

Vows to change habits are easy to make, but keeping them can seem nearly impossible. Commitments to cooking healthy weeknight dinners give way to the reality of packed schedules, while a morning meditation practice is overtaken by an inability to resist checking email right after getting out of bed. Local human behaviorists say that when it comes to creating habits, understanding how they develop is a first step.

"Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control."

— Joanne Bagshaw, Ph.D.,
Montgomery College

Develop a list specific actions to take, advises Puglisi. "For example, swapping out potato chips and a soda for hummus and whole wheat pita bread for an afternoon snack or taking a 30-minute walk three days each week can be attainable ways to get started," she said. "Otherwise, you might get overwhelmed and give up."

"Research supports that it can take approximately two months of daily repetition to develop a habit, but keep in mind that some habits aren't as easy to make automatic, and may require more time," added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. "For instance, developing a habit of walking 15 minutes every day may take eight to 10 weeks to become an automatic behavior, but running five miles every day could take much longer."

Find ways to increase accountability. "Write down your goals and keep [the list] in a visible place where you have a constant reminder and can check off your accomplishments each day," said McLaughlin. "Tell someone else what you are doing or, better yet, make the change with someone else, such as practicing mindfulness together or eliminating sugary drinks as a team."

Setting up reminders can help one avoid backsliding, especially when habit formation is

in its early stages," said Puglisi. "If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you'll definitely be free," she said. "Set a realistic amount of time to spend meditating, and select a specific mediation. This will make it easy to do quickly and easily, so you'll have fewer excuses not to do it."

The company one keeps also plays a role in habit formation. "You're likely to boost your willpower if you choose to spend time with someone who has strong willpower," said Bagshaw. "Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control."

Assess your progress regularly. "Self-monitoring adds to success," said psychologist Stacie Isenberg, Psy.D. "Writing down what you've eaten each day can help you stay honest with yourself. That said, be realistic with your time frames and don't cause yourself extra stress. If thinking about how you ate during the week on a Friday is less stressful than writing it every day, do that. But do choose a regular time to consider progress and impediments or you'll be at 2020 without your new habit."

"It helps to set up the environment to remind you to do the behavior and make it easy to follow through," said Jerome Short, Ph.D., associate professor of psychology at George Mason University. "For example, put vegetables and fruits on the first shelf you see when you open the refrigerator. You are more likely to eat what you see than what you do not see."

Don't forget rewards, says McLaughlin. "Change won't happen unless you are motivated to make the change," she said. "This means you have to find what is rewarding for you. You might find that what you are doing is intrinsically rewarding, such as increasing your energy levels or seeing your scale number go down. Other times, you might need to create your own reward, such as getting a manicure when you've gone a week without biting your nails."

"If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you'll definitely be free."

— Lauren Puglisi, LCSW

"Essentially, a habit is turning a new behavior into something that is done automatically," said Lauren Puglisi, LCSW. "For example, grabbing a cigarette after dinner or putting on your seatbelt when you get in the car are automatic. You don't have to talk yourself into doing those things, you do them without even thinking."

For those who want to make activities like exercising or meditating life-long habits, the key is to begin with realistic and attainable steps. "New habits are best formed in small, manageable increments," said Jessica McLaughlin, Ph.D. assistant professor of psychology at Montgomery College. "For instance, if you want to develop the habit of exercising, start by taking 10-minute walks instead of promising to exercise for an hour every day. It is easier to form habits if the changes are similar to what you are already doing, as opposed to something that drastically alters your current day-to-day schedule."



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ENTERTAINMENT



PHOTO COURTESY FAIRFAX BALLET

Jessica Werfel performing the role of Clara in "The Nutcracker," a joint production of the Fairfax Symphony Orchestra and the Fairfax Ballet.



PHOTO BY GOODWIN PHOTOGRAPHY/
COURTESY FAIRFAX BALLET

Veronica Robertson performing in "The Nutcracker," a joint production of the Fairfax Symphony Orchestra and the Fairfax Ballet.

Cherished Holiday Tradition: 'The Nutcracker'

Collaboration of Fairfax Symphony Orchestra and Fairfax Ballet.

BY DAVID SIEGEL
THE CONNECTION

The Fairfax Symphony Orchestra (FSO) and the Fairfax Ballet are combining their artistic forces to present the timeless family classic, Tchaikovsky's "The Nutcracker."

The production will be a musical and dance cornucopia of dancing snowflakes, sugar plum fairies and epic battles between heroic toy soldiers and mischievous mice, but also of a brave young girl who stands up to danger.

"Audiences will delight in The Fairfax Ballet's magical dance performance with original choreography as the Fairfax Symphony, under the direction Christopher Zimmerman, performs Tchaikovsky's captivating score," said Jonathan Kerr, Executive Director, Fairfax Symphony Orchestra.

"We're delighted and grateful that many people from across the region have made this a cherished tradition of their holiday season," added Kerr. "It's certainly rare as one of few 'Nutcracker' productions in the area where Tchaikovsky's beautiful music is performed live by our full orchestra, together with the wonderful dancers onstage. Combining this with high-definition, digital scenery creates a magical experience that is sure to be a highlight for the entire family."

"We're incredibly honored to join the Fairfax Symphony in our fourth annual production of 'The

Nutcracker," said Karla Petry, Executive Director of The Fairfax Ballet. "Our dancers will be performing with our extraordinary guest soloists from American Ballet Theatre."

The guest artists are Elina Miettinen dancing the role of the Sugar Plum Fairy and Sean Stewart dancing as the Cavalier. "This provides Fairfax Ballet dancers with a rare opportunity to perform with a live orchestra on the premier stage at the Center for the Arts," added Petry.

Joining Miettinen and Stewart onstage is Jessica Werfel, age 16, of Chantilly. She will dance the role of the young heroine Clara. Carlos Alejandro Martinez Espinosa, attending George Mason University School of Dance, dances the role of the Nutcracker Prince.

Northern Virginia's Veronica Robertson and Dony'ae Bush (George Mason University) will perform the famous, "Arabian pas de deux." Northern Virginia cast members in "The Nutcracker" include as well; Aleksey Kudrin as Herr Drosselmeier, Laura McElhaney as the Mouse King, and Ana Victoria Smith in multiple roles. More than fifty dancers and students from across Fairfax County will perform in "The Nutcracker," the first, major production with Andrea Cook as the Fairfax Ballet's Artistic Director.

Live Holiday season family entertainment at its best; "The Nutcracker" at the Center for the Arts.

Where and When

Fairfax Symphony Orchestra and Fairfax Ballet present "The Nutcracker" at George Mason University, Center for the Arts 4373 Mason Pond Drive, Fairfax. Performance Sunday, Dec. 16, 2018 at 4 p.m. Tickets: \$49, \$69 and \$89. Purchase tickets at www.fairfaxsymphony.org or 703-993-2787.

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HOLIDAY ENTERTAINMENT

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ONGOING

Red Cross Fundraiser. Through Saturday, Dec. 15 at Craffhouse, 11861 Palace Way, Fairfax. All three Craffhouse locations in Northern Virginia are donating 10 percent of all bottled beer purchases to the American Red Cross – California Wildfires Fund to assist those affected by the wildfires in California. Call 703-825-1811 or visit www.craffhouseusa.com.

Pop-Up Art show. Through Dec. 16 at Gallery 57, 11899 Grand Commons Ave., Fairfax. Emerging Artists Initiative and the Peterson Companies are partnering to bring an artistic and creative facet to the Fairfax community. A new pop-up art gallery at Fairfax Corner Center will be exhibiting paintings and sculptors by four resident artists in the vacant retail space. Free. Email director@eaiinc.org or visit eaiinc.org.

THURSDAY/DEC. 6

Winter Wonderland. 4-7 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Join us Insight Memory Care Center in celebrating the season at their Winter Wonderland Holiday Party with treats, drinks, holiday cheer, and to celebrate the families, supporters, volunteers, board and staff members who support Insight. Visit www.insightmcc.org.

Holiday Open House. 5:30-7:30 p.m. at Mount Vernon Governmental Cetnter, 2511 Parkers Lane. Join Supervisor Storck, his staff and members of the Mount Vernon District Boards, Authorities and Commissions for a holiday open house. Enjoy an evening of refreshments, get to know the staff and tour the office. Consider supporting those in need by donating to the Blanket & Coat Drive for Refugees sponsored by the NOVA Relief Center. New or gently used coat and blanket donations can be dropped off at the Mount Vernon District Office until Friday, Dec. 7. RSVP by Dec. 1, appreciated but not required. Call 703-780-7518.

FRIDAY/DEC. 7

Holiday Benefit Concert. 7:30-9 p.m. at St. Andrew's Episcopal Church, 6509 Sydenstricker Road, Burke. Celebrate the holiday season with candlelight and carols with hammered dulcimerist, Karen Ashbrook and friends Paul Oorts, Eileen Estes and Jamie Sandel. Free admission. All donations will go to Fairfax Area Community Emergency and Transitional Services (FACETS) and Ecumenical Community Helping Others (ECHO) to help people in need. Childcare provided. Reception to follow. Email foma@standrews.net or call 703-455-2500.

FRIDAY-SATURDAY/DEC. 7-8

Norwegian Festival-Bazaar. Friday, 10 a.m.-6 p.m.; Saturday, 9 a.m.-4 p.m. at Christ Lutheran Church, 3810 Meredith Drive, Fairfax. Offering Norway's best tastes and traditions: warm woolens, cookbooks, ornaments, waffles, lefse, krumkake demos, plus baked goods, Norwegian food products, Nordic handcraft artisans, jewelry, sweaters. Café includes smørbrød, soup, and more. Live musicians both days with Nordic Dancers on Saturday. Free admission. Visit www.norwaydc.org/events/bazaar.

The Pajama Game. Friday, 7 p.m.; Saturday, 2 and 7 p.m. at Falls Church High School, 7521 Jaguar Trail, Falls Church. The Pajama Game is a musical based on the 1953 novel "7 1/2 Cents" by Richard Bissell. \$7. Visit www.fchsdrama.org or www.itickets.com/events/408638.html.

FRIDAY-SUNDAY/DEC. 7-9

"An Invitation to Christmas." Friday, 7:30 p.m.; Saturday, noon, 4 and 7:30 pm.; Sunday, noon and 4 p.m. at Richard Ernst Theater, NOVA campus, 8333 Little River Turnpike, Annandale. The dancers of Encore Theatrical Arts Project are getting ready for their holiday extravaganza, "An Invitation to Christmas." The elves at the North Pole are super-busy and need extra help, so they send out invitations for children picked by Santa to attend Elf-Training School. However, one of the new recruits is a



PHOTO BY DENISE BOWDEN

Norwegian artisan knitting by Solbjorg Jansberg.

full-grown man, and his classmates wonder why he's there. He does, too, since he thought he was going on a job interview. \$19-\$26 via www.encoretap.org or 703-222-5511.

SATURDAY/DEC. 8

Winter Open House. 10 a.m.-1 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Celebrate the season with crafts, activities, seasonal music with a recorder ensemble and light refreshments for the whole family. Children can join Kingsley's Winter Reading Club by reading five books between Dec. 8 and Feb. 2 and receive a prize. Free. Call 703-978-5600.

Art & Crafts Marketplace. 10 a.m.-2 p.m. at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. Santa and his elves will be on duty for picture taking; gift wrapping available (all sizes welcome); vendors with something for everyone; babysitting for parents while shopping; food for sale; 50/50 raffle; drawings hourly and an auction. Contact Carrie Holmes, Chairperson at 571-205-9083 or Bob Gaylord, LBSS PTSA Second Vice President at 703-338-3033.

Coding Pizza Party. 2:30-4 p.m. at Thomas Jefferson Library, 7415 Arlington Blvd, Falls Church. Create a "Code Your Own Adventure Story" using Google's CS First Hour of Code. Make up a short adventure game with at least two options for a player to select what happens next in their story. At the end, play the adventure games the other coders created. Pizza and prizes for all. Free. Call 703-573-1060 or visit librarycalendar.fairfaxcounty.gov/event/4797761 to register.

Night in Bethlehem. 6-8 p.m. at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Experience a live recreation of the Christmas Story. Free to the community and includes a living Nativity, manger petting zoo, crafts, and hot cider. Call 703 971 5151 or visit www.franconiaumc.org.

FRIDAY-SUNDAY/DEC. 14-16

"An Invitation to Christmas." Friday, 7:30 p.m.; Saturday, noon, 4 and 7:30 pm.; Sunday, noon and 4 p.m. at Richard Ernst Theater, NOVA campus, 8333 Little River Turnpike, Annandale. The dancers of Encore Theatrical Arts Project are getting ready for their holiday extravaganza, "An Invitation to Christmas." The elves at the North Pole are super-busy and need extra help, so they send out invitations for children picked by Santa to attend Elf-Training School. However, one of the new recruits is a full-grown man, and his classmates wonder why he's there. He does, too, since he thought he was going on a job interview. \$19-\$26 via www.encoretap.org or 703-222-5511.

SATURDAY/DEC. 15

Jazz Brunch and Vendor Expo. Vendor Expo, 9 a.m.-4 p.m.; Jazz Brunch, noon at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. Fairfax County NAACP offers a Jazz Brunch and Business and Vendor Expo, featuring more than 40 vendors. Shop for holiday gifts and stay to enjoy the jazz brunch celebration. Proceeds

Norwegian Festival-Bazaar

Offering Norway's best tastes and traditions: warm woolens, cookbooks, ornaments, waffles, lefse, krumkake demos, plus baked goods, Norwegian food products, Nordic handcraft artisans, jewelry, sweaters. Café includes smørbrød, soup, and more. Live musicians both days with Nordic Dancers on Saturday. Kids craft activities on Saturday and other attractions such as Fjord horses, Norwegian Lundehunds, and Norwegian Forest Cats. Friday, Dec. 7, 10 a.m.-6 p.m.; Saturday, Dec. 8, 9 a.m.-4 p.m. at Christ Lutheran Church, 3810 Meredith Drive, Fairfax. Free admission. Visit www.norwaydc.org/events/bazaar.

benefit scholarships and advocacy efforts. Jazz Brunch, \$65; expo admission is free. Visit www.fairfaxnaacp.org/.

Pet Adoption Event. 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet.

SUNDAY/DEC. 16

Football Viewing Party. 12:30-4 p.m. at Patriot Harley-Davidson, 9739 Fairfax Blvd., Fairfax. Patriot Harley-Davidson will host a Redskins viewing party with former Redskin and Hall of Famer, Darrell Green. Green will be available for pictures throughout the event and will take part in a half-time Q&A session. Photos that can be autographed will be available in exchange for a new, unused, unwrapped toy donation for the Sheehy Toys for Tots toy drive. These photos are the only items Green will autograph. Free and open to the public. Visit www.patriothd.com or call 703-352-5400.

BHS General Meeting. 3:30-5 p.m. at Pohick Regional Library, 6540 Sydenstricker Road, Burke. Cindy Bennett shares anecdotes from her new book Wicked Fairfax County, recounting events like the typhoid epidemic at Camp Alger, a 1918 murder in Burke, and, of course, the Bunnyman. Free. Email slawski_brian@yahoo.com or visit burkehistoricalsociety.org.

Tchaikovsky: The Nutcracker. 4 p.m. at GMU Center for the Arts Concert Hall. Experience this timeless holiday classic with the Fairfax Symphony Orchestra and the Fairfax Ballet. Enjoy a winter wonderland of dancing snowflakes, sugar plum fairies and epic battles between heroic toy soldiers and mischievous mice. There will not be a pre-concert discussion for this matinee performance. \$49-\$89. Visit www.fairfaxsymphony.org/nutcracker-1-1.

SATURDAY/DEC. 18

Santa's Critters and Craft. 10 a.m.-noon at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Come one, come all to meet Santa and his merry band of critters. Bring a camera to take pictures with Jolly Saint Nick, his elves and their animal friends. Ages 2-12. \$10. Call 703-451-9588 or visit www.fairfaxcounty.gov/parks/hidden-pond.

FRIDAY/DEC. 21

Moscow Ballet's Nutcracker. 4 and 8 p.m. at GMU Center for the Arts Concert Hall, 4373 Mason Pond Drive, Fairfax. Experience Moscow Ballet's Great Russian Nutcracker during their Dove of Peace Tour, spreading goodwill in over 100 cities across North America during the holiday season. \$28 and up. Go to www.nutcracker.com for tickets.

Family Movie Night: "The Incredibles." Lights go down at 7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Enjoy a free, family friendly (movies are PG) movie night. Participants may bring their own snacks. An adult must accompany anyone under the age of 14. Britepaths will accept donations of non-perishable food until 9 p.m. Call 703-385-7858.

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News

Police Chief Retires

FROM PAGE 3

ber 2016. He began the exchange zone in the station's parking lot so online buyers and sellers could meet in a safe place, and he drafted the City's bike-helmet ordinance, which City Council approved.

Furthermore, his department and Fairfax County's partnered on a diversion program for nonviolent youth under age 18 to keep them out of the formal, juvenile-justice system, reduce recidivism and help them learn from their mistakes in a positive, meaningful manner.

CITY POLICE also mentor schoolchildren at lunchtime. "It shows them our officers are people, just like everybody else," said Pardiny. "We're there to help and serve as role models."

But he stresses that he didn't accomplish all these things, himself. He said it was possible because he worked with a "dedicated, energetic, enthusiastic team that's passionate about doing a great job."

Currently, the department is aiming toward becoming nationally accredited again and has begun a peer-support group. "Not just the big, tragic events, but many small events adding up over time can take a huge toll on an officer," explained Pardiny.

He also praised the "amazing police chiefs" who mentored him throughout his career – Lloyd Smith, John Skinner, Doug Scott and Rick Rappaport. He said Rappaport taught him to see the big picture and think through issues and problems intellectually, get multiple perspectives and apply all he's learned to solve problems. "They taught me how to think about where we want to be, several years down the road, and how we can get there," said Pardiny. "Being a chief requires being surrounded by talented people and great bosses, like them and former City Manager Bob Sisson."

"Education's been a big part of my career, so I presented a plan to the City – which was approved – to reinstate funding for tuition assistance for our officers and support staff," said Pardiny. "Eventually, I'd like to work on a Ph.D – something in criminology – and/or teach at university level as an adjunct professor. I want to give back to the next generation of law-enforcement officers and leaders."

"There are ups and downs in everyone's career, but you work through the challenges, take your licks,



PHOTO BY BONNIE HOBBS/THE CONNECTION

Chief Pardiny presents graduation certificates to children who participated in a Cops & Kids event.

pull yourself up, learn lessons and become better for it," he said. "And I can say I've worked in a job for 30 years that I've loved, been passionate about and has fulfilled me."

Pardiny won't miss the middle-of-the-night phone calls and text messages about serious incidents in progress. But he will miss "working with the officers and the great people in the community. My greatest satisfaction was being able to help people within the department and the City."

"I'm so impressed with how much our residents, business owners and community leaders care about this City," he continued. "That's what's kept me here, all these years."

"I thank the community for its support, because they help make our City safe. And I thank City staff and leadership, plus members of our Police Department, for always providing great input and advice. Having their trust and respect has been really important. It's been a wonderful career, and I'm so happy to conclude it as the chief. But it's all about helping others."

Farewell to the Chief

FROM PAGE 3

City Manager David Hodgkins. "People always say he's the nicest cop they ever met, and he's one of the most recognizable and well-known people in the City of Fairfax." And Vicki Wood, from Pardiny's neighborhood, said she hoped the City's new police chief will be someone like him.

"Carl's dedication to Fairfax started the very first day," said his wife Cathy. "This has been a really great place to live." Then, presenting him with a T-shirt reading, "Retired; under new management – see spouse for details," she said he can now do her "30-year, honey-do list."

STEPPING TO THE PODIUM, Pardiny said, "It's been a wonderful career; I can't think of a better way to wrap it up than here with my family and friends. I wanted to create a life for my family here; and once I found Fairfax, I never wanted to leave. I know this City like the back of my hand, and it's amazing, the stories I have. I've

spent the last several weeks reminiscing, when the rest of my life has been about looking ahead."

Noting how much he has to be thankful for, he said he learned a great deal from his past chiefs. "For 13 years, Rick Rappaport mentored and taught me," said Pardiny. "And I tried to learn as much as I could from our elected officials. I enjoyed their hard questions and challenges and making sure our department was accountable."

He said it all starts with hiring great people. "And we're constantly looking at trends and making sure we're doing the best we can, plus fostering higher education and giving them the best equipment and training," said Pardiny. "We're more diverse and well-educated than we ever have been in this City, and our department follows suit."

"I've led my life trying to be positive," he continued. "We focus on the glass half-full, but we couldn't do it without the community. Thank you all so very much for all your support and thank you all for being here."

BULLETIN

Submit civic/community announcements at ConnectionNewsletters.com/Calendar. Deadline is Thursday at noon, at least two weeks before event.

HOLIDAY DONATIONS

Blanket and Coat Drive. Through Dec. 8. Organized by NOVA Relief Center, blankets and coats will be sent to refugees in three camps in Jordan this winter. Blankets and coats should be new or gently worn. Monetary donations are also needed and may be made to NOVA Relief Center online and at some drop-off locations. Visit novareliefcenr.org.

Toys for Tots Donations. Through Dec. 8 at PaperMoon, 6315 Amherst Ave., Springfield. PaperMoon, a gentlemen's club in Springfield, will give back to the community by collecting new, unwrapped toys for Toys for Tots. Call 703-866-4160 or visit www.papermoonvip.com.

Toys for Tots Drive. Through Dec. 10. Area Sheehy Auto Stores will collect new and unwrapped toys to benefit the U.S. Marine Corps Reserve Toys for Tots Program, which will distribute those toys as gifts to less fortunate children in the community in which the campaign is conducted.

Christmas Wish Donations and Volunteers. Koinonia is now accepting donations of unwrapped Christmas gifts so that their clients can pick out gifts for their families. This year Christmas wishes will be held at Franconia United Methodist Church from Dec. 10-12. Donations will be accepted through Dec. 10. Visit www.koinoniacaes.org for a list of suggested toys and gift cards. Volunteers needed Dec. 9-12, call 703-971-1991.

Sponsor a Local Family. Through Dec. 14, Fairfax-based non-profit Britepaths (formerly Our Daily Bread) is seeking volunteers to sponsor families in need who live throughout the Fairfax County area. Sponsors are matched with an individual or family with demonstrated need, and may opt to provide a December holiday meal, and/or gifts for children under 18. Cash donations and gift cards are welcome to assist those who are not sponsored. Register and learn more at britepaths.org. Contact 703-273-8829 or jwalton@britepaths.org.

Toy Drive. Through Friday, Dec. 14 at local Weichert, Realtors offices. Members of the community are invited to drop off new, unwrapped toys at the company's sales offices. The toys will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. To find a local office, go to www.weichert.com/offices/.

Holiday Basket Donation. Christmas basket donations by Dec. 17. Preparing a special holiday meal and joining one's family around the table to give thanks are visions that come to mind when we think of Thanksgiving and Christmas dinner. For many a special holiday meal is just not possible. Visit www.koinoniacaes.org/holiday-baskets.html for suggestions and to sign up to donate a basket.

MONDAY/DEC. 10

Public Forum. 7-9 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Mt. Vernon. The Police Civilian Review Panel will conduct a public forum. Learn how to initiate the complaint process, who will investigate complaints, what to expect once a complaint is filed, and receive a 2018 update on Panel activity. The Independent Police Auditor will be present to explain the Auditor's role in oversight. Participants will have the opportunity to engage the Panel with questions about the process. Visit www.fairfaxcounty.gov/policecivilianreviewpanel/police-civilian-review-panel-public-forum for more.

TUESDAY/DEC. 11

NARFE Fairfax 737 Christmas Holiday Party. 11:30 a.m. at American Legion Post 177, 3939 Oak St., Fairfax. NARFE Fairfax 737 Christmas Holiday Party with entertainment from The Legacy Brass. Call 703-280-2356 by Friday Dec. 7 to RSVP for luncheon (\$11); free if not having prepared lunch. Email rrharney2@cox.net or call 703-501-0020.

Interest Meeting/Open House. 7:30-8:30 p.m. at Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. Scouts BSA Girl Troop 1347 invites all girls (ages 11-17) with parent/guardian to an Interest Meeting and Open House. Includes Scouts BSA program overview, Q&A, and Scout youth activity. Free. Contact Jessica Norsky at Troop1347SM@gmail.com or visit www.burke1347.mytroop.us for more.

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