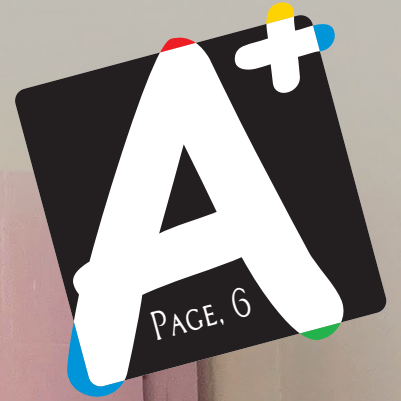


# Reston CONNECTION



NovaLabs, a local educational nonprofit, hosted its second Kids Open Maker monthly event on Saturday, Nov. 16, at its facility in Reston. Children explored and learned about robotics, coding, drones, deconstruction, crafts, and blacksmithing, with the help of volunteers. (From left) Fairfax City's Shane Smith and Annandale's Andrew Albosta with daughters Charlotte, 9, and Eleanor, 6.

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PHOTO BY DENISE LEW/THE CONNECTION

## NovaLabs Hosts Maker Event for Kids

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PHOTOS CONTRIBUTED

Cub Scouts and volunteers sort donated food following their participation in 'Scouting for Food in the Fight Against Hunger.'



Cub Scout Pack #157 Herndon picks up donations collected at Green Lizard Cycling after the business teamed up with the pack to support 'Scouting for Food' in the Fight Against Hunger.

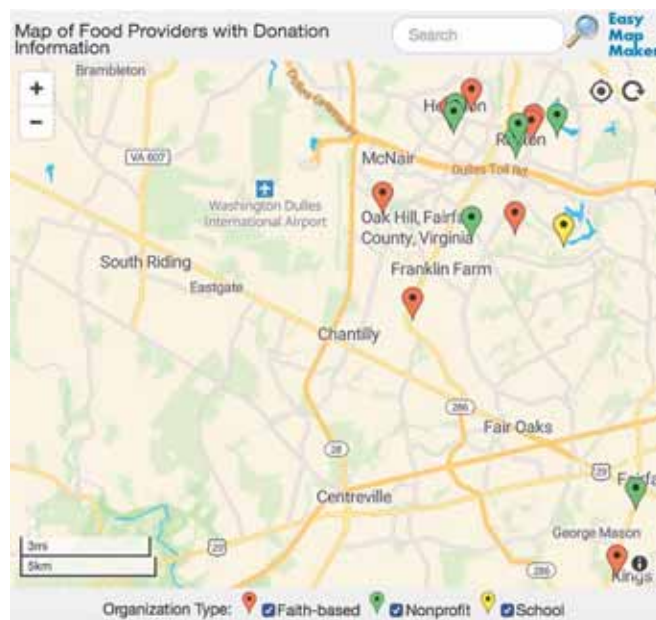
## 'Scouting for Food' in the Fight Against Hunger

Community and local business support efforts of Cub Scout Pack #157, Herndon.

BY MERCIA HOBSON  
THE CONNECTION

**T**he need to help the hungry in the local community continues to grow as neighbors struggle to choose between paying bills and providing food for their families. Over the past few weeks, Cub Scout Pack #157 Herndon placed stickers on doors asking residents and business owners to help local food pantries over the holidays. The pack requested non-perishable canned or boxed foods and household items such as diapers and soap in support of "Scouting for Food," a Boy Scouts of America national initiative to help fight hunger in local communities.

"We couldn't have been more excited when Green Lizard Cycling reached out to team up," said Jon Kantor Tiger Den Leader and



SCREENSHOT VIA CORNERSTONES' WEBSITE

**Map of Food Providers in Herndon-Reston with Donation Information as viewed at [www.cornerstonesva.org/map-to-donate-food/](http://www.cornerstonesva.org/map-to-donate-food/)**

"proud father of Sammy Kantor." According to Beth Meyer, co-owner of the Lizard and member of the Green Lizard Foundation, when fellow board member, Jason Sickels shared information about the initiative, not only did they set out boxes in the shop and contribute but with others decided to fund a bulk shopping trip at a local H Mart.

"A kind woman helped pick out the items that would be most helpful to families in our community," said Meyer. I learned about the different ways Indian and Hispanic/Latino cultures use chickpeas, and Asian cultures use rice noodles, and so much more. I hope that the diversity in our donation can provide some comfort to families in our area regardless of their color, language, status, or religion."

Over the days, the boxes continued to fill. Contents spilled across the floor. When Kantor arrived on

Wednesday, Nov. 13, there was so much he couldn't fit it in the car. "He promised to return the next day with a larger vehicle and the support of pack members. ... Even when Jon and the Cub Scouts returned, it took them more than one vehicle to hold all the items. It was great to see the scouts insisting that they help carry the items, even if it was one bag of rice at a time. What an awesome group of kids, leaders and parents," said Meyer.

### Where to give locally

Many food drives are taking place locally, some like 'Scouting for Food' on a one-time basis and others on an ongoing basis. The nonprofit organization, Cornerstones based in Reston, provides a map of food providers with information for consumers on its website, [www.cornerstonesva.org/map-to-donate-food/](http://www.cornerstonesva.org/map-to-donate-food/). It lists various non-profits and other emergency food assistance providers as well as retailers that accept SNAP and/or WIC.

### Boysko, Plum Speak at Dulles Area Democrats' Breakfast

Dulles Area Democrats hosted a breakfast meeting with recently re-elected State Sen. Jennifer Boysko and Del. Ken Plum as featured speakers. Both legislators, while encouraged by the elections resulting in bicameral Democratic majorities and a younger, more diverse general assembly, tried to tamp down a bit expectations for significant legislation right away.

PHOTOS BY JOHN LOVAAS





# OPINION

# Give Locally

For tens of thousands of 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.

## EDITORIAL

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

❖ **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 opportunities, contact [nfo@alnv.org](mailto:nfo@alnv.org) or visit [www.alnv.org](http://www.alnv.org)

❖ **Britepaths** Britepaths is working to assist 500 Fairfax County area families who might otherwise go

without 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/our-programs/holiday-program](http://britepaths.org/our-programs/holiday-program)

❖ **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](mailto:Contact@CentrevilleLRC.org) [www.centreville-lrc.org/](http://www.centreville-lrc.org/)

❖ **Closet Of The Greater Herndon Area** is a nonprofit thrift shop in the heart of historic downtown Herndon. When you donate, volunteer and shop at The Closet, you help us give to the local community. The Closet recently awarded over \$20,000 in grants to seven local non-profit organizations: Cornerstones, Fellowship Square, Herndon-Reston FISH, Meridians Recovery, Mobile Hope of Loudoun, South Lakes High School PTSA Food Pantry, and Herndon Woman's Club in support of Wreaths Across America. We continue to be a source of low-cost clothing and household necessities for families and individuals on a tight budget. We also give away clothing

at no cost to truly needy individuals. 845 Station Street Herndon, VA 20170 (703) 437-7652. Email [TheClosetInc@verizon.net](mailto:TheClosetInc@verizon.net) Web: [theclosetofgreaterherndon.org/](http://theclosetofgreaterherndon.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](http://www.cho-va.com)

SEE GIVE LOCALLY, PAGE 11

## Virginia Democrats Must Avoid Republican Mistakes

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

"I hold it that a little rebellion now and then is a good thing and as necessary in the political world as storms in the physical," Thomas Jefferson wrote to James Madison in 1787. "It is a medicine necessary for the sound health of government." Mr. Jefferson would have been pleased with the voter rebellion of 2019 that shifted power in both houses of the General Assembly for the first time in two decades.

With all the history-making details of the outcome of the 2019 elections, some of what happened is a repeat of past events from which there is a great deal to be learned. In my first term in the House of Delegates in 1978 there were 78 Democrats; that number dwindled to 47 in 2000 when Republicans assumed control of the House.

Republicans had been treated shabbily under Democratic majorities, and they never passed up an opportunity to point out the arrogance and unfairness of the Democratic majority. For decades Democrats had not put

Republicans on committees that met.

When Republicans took over the majority in the House, they told stories over and over of Democratic abuses of the past to justify minimizing Democratic participation in the legislative process. Republicans were doing the very things about which they had complained for decades. To the victor goes the spoils. It was time for revenge.

Republican campaigning to take the majority never fully transitioned to fairly governing the Commonwealth. Retribution was sought for past grievances. I and many others were removed from major committee assignments. Committee operations were changed to keep Democratic bills bottled up with no recorded votes. In all ways the Republican majority was no better than the Democratic majority had been.

Some examples of abuses: Gerrymander districts to protect Republicans and to reduce chances of Democrats getting elected; Stack committee membership to ensure that their bills were the only ones to get passed; Add subcommittees without adhering to proportional membership or recorded votes to dispose of bills on gun safety, ERA ratification, or

nondiscrimination in a way to leave no fingerprints or blame.

Democratic legislators have many stories they can relate about their suffering over the last couple of decades under Republican dominance. The campaigns that just ended were full of dirty tricks. Democrats may well be in the mood to seek revenge; payback can be so sweet.

I believe, however, Democrats must act as though we have learned from past mistakes. Winning the majority puts Democrats in the position to bring about critically needed reform in the legislative process and to act on legislation for which they were not able to get a hearing over the last couple of decades.

Flipping the General Assembly should be more than a color change from red to blue: it needs to be a change to a more open and transparent government. I believe that voters do not want political wrangling; they expect reform of the way business has been done in the past. The majority must provide leadership for meaningful reform while ignoring temptations for revenge. A history of bad deeds should not be repeated.

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## COMMENTARY

# Helping Families Struggling to Make Ends Meet

Ensure a living wage and meaningful tax relief for working families to address affordable housing crisis.

BY KERRIE WILSON AND  
LISA WHETZEL

**R**ent or childcare? Food or gas for the car? A doctor's visit or the electric bill? Those are impossible – often daily – decisions faced by too many families and individuals struggling to live and work in Northern Virginia.

At Cornerstones and Britepaths, we serve individuals and families throughout Fairfax County who are struggling to make ends meet and live in constant uncertainty about their future. With nearly 85 years collectively of serving the community, our nonprofits work with our most vulnerable neighbors to help them manage their limited income. But while our region rapidly attracts major industry, we're finding a punishing domino effect is forcing our clients to save less and less just to cover basic needs – with affordable housing as the greatest barrier to everyone thriving in our community.<sup>o</sup>

Addressing the affordable housing crisis in Virginia is possible today if we offer meaningful tax relief for working families and ensure a living wage for families in the Commonwealth. This was the strong recommendation of local and national affordable housing experts convened recently in Northern Virginia.

Of course, meaningful, permanent investment in the Virginia Housing Trust Fund (such as the proposed \$35 million increase) is critical. Practically speaking; however, the long runway for housing production means we must look at near-term solutions to help struggling families today.

That's why we support tax policy proposals that offer a promising path forward.

Legislation has been proposed at the federal and state levels that would strengthen the Earned Income Tax Credit (EITC) and the Child Tax Credit (CTC).

At the federal level, lawmakers have proposed to build on the success of the federal version of the EITC and the federal Child Tax Credit. This proposal, known as the Working Families Tax Relief Act, would strengthen both credits, enabling working people to keep more of their hard-earned pay and help millions of more kids in families with low and moderate incomes get a stronger start in life.

At the state level, restrictions around Virginia's state EITC means families are missing out on the full value of the credit. Making the state EITC refundable would allow these families to keep more of the

income they earn.

We work with clients every day like "Denise," who explained to us what the EITC has meant to her and her family...

"I was a 21-year old single mother to a three-year-old. I worked full time, earning about \$12,000 a year. I paid \$75/week in daycare. I had no health care. A constant challenge was not having enough money to pay unexpected bills. A trip to the emergency room cost hundreds of dollars that I didn't have. My old Honda needed a significant repair before passing inspection, which I couldn't afford. Without my car, I couldn't get to work. Thankfully, every year, I received about \$1500 of EITC. The first year I qualified for EITC, I felt like I'd won the lottery. I paid off some bills, bought a new stroller for my son, and a blue futon from IKEA, which meant I no longer slept on the floor next to my son's crib.

The tax credit didn't allow me to work any less hard. It didn't pay the rent, or the tax bill, or fill my tank with gas. But it allowed me to make purchases that I could never have afforded and it improved my quality of life. It also did something less tangible – it gave me hope. I counted on that check and planned and re-planned throughout the year how to best use it."

That hope kept Denise moving forward as she eventually earned a college degree and worked her way into higher-paying jobs. She is now financially comfortable, and her son works as an engineer.

She explained, "My experiences as a young single mother have forever impacted the way I see the economic injustices. We fail as a society if we don't recognize where we can remove obstacles and create opportunities for people to build a good life for themselves and their children. Conversations about social support programs are not hypothetical political statements; they are decisions that impact real people."

It's time to prioritize working Virginians and their families. We urge Virginia's congressional delegation to support improvements to the federal EITC and CTC, and we urge the governor and state lawmakers to strengthen the state EITC by making it refundable. We hope all lawmakers will join them in sponsoring these proposals.

For more information on the proposed tax policy changes, please visit <https://www.thecommonwealthinstitute.org/research/budget-tax/>

KERRIE WILSON IS CHIEF EXECUTIVE OFFICER, CORNERSTONES; AND LISA WHETZEL IS EXECUTIVE DIRECTOR, BRITEPATHS



At 6:30 p.m. on Thursday, December 12, 2019, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2020, include the following:

1. An increase in the Availability Charge from \$4,260 to \$4,320<sup>1</sup>.
2. An increase in the Local Facilities Charge from \$15,285 to \$18,030.
3. An increase in the Service Connection Charge from \$1,300 to \$1,370<sup>1</sup>.
4. An increase in the Account Charge from \$39 to \$40.
5. An increase in the Quarterly Billing Service Charge from \$12.20 to \$14.40<sup>1</sup>.
6. An increase in the base Commodity Charge from \$3.07 to \$3.20 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.80 to \$3.85.
8. An increase in the Turn Off / Turn On Charge from \$48 to \$49.
9. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and the Peak Use Charge.
10. A decrease in the Overhead Charge for Labor from 105% to 104% and the Overhead Charge for Materials from 16% to 13%.
11. An increase in the Installation of Sewer Use Meter Charge from \$38 to \$39.

<sup>1</sup>Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is also proposing a \$192.5 million budget for calendar year 2020<sup>1</sup>. Water sales are expected to provide \$166.2 million and the remaining \$26.3 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-- \$1,000s --	
	2019	2020
Personal Services & Employee Benefits	\$ 56,839	\$ 60,020
Power and Utilities	10,890	11,060
Chemicals	7,241	7,878
Purchased Water	7,510	7,812
Supplies and Materials	5,418	5,713
Insurance	991	1,165
Fuel	685	730
Postage	612	622
Contractual Services	12,635	13,103
Professional Services	829	1,290
Other	2,353	2,562
Sub-Total	106,003	111,955
Transfer to Improvement Fund	(10,380)	(10,313)
Total	\$ 95,623	\$ 101,642

Net revenues are expected to be appropriated as follows:

Debt Payment	\$43,000,000
Improvement Fund	\$11,000,000
General Fund	\$36,099,000

<sup>1</sup> Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes can be viewed on our website at [www.fairfaxwater.org/rates](http://www.fairfaxwater.org/rates). Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Karen Barnette at 703-289-6029. Interested parties may submit written comments to [PublicHearingComments@fairfaxwater.org](mailto:PublicHearingComments@fairfaxwater.org) or mail written comments to:

Fairfax Water  
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All written comments must be received by close of business on **Wednesday, December 11, 2019** to be included in the record of the public hearing.



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# Cooking with Children this Thanksgiving

Holiday meal prep can help create life-long memories.

By MARILYN CAMPBELL  
THE CONNECTION

Mashing sweet potatoes for a soufflé and drizzling spoonfuls of olive oil over carrots for roasting are Sarah Pardo's earliest memories of cooking with her mother and younger sister during the holidays.

"Some of the things I made then became a family tradition," said Pardo, who is now a nutritionist in Falls Church. "I still make sweet potato soufflé every Thanksgiving."

From establishing tradition and making memories to building confidence and expanding one's palate, the holidays are a perfect time to include children in holiday meal preparation, says Pardo and other culinary aficionados. Bringing children into the kitchen using kid-friendly tools and recipes gets little ones excited about the feast, creates a sense of independence and offers an opportunity to learn about nutrition.

"Thanksgiving is all about tradition and family," said culinary instructor Terri Carr of Terri's Table in Potomac. "I started cooking with my son Nick when he was four or five. I bought him a Cookie Monster apron and we would bake and decorate cookies and give them to friends. We created a lot of special memories."

Allowing children to help with meal planning helps them to feel invested, especially if their favorite fare is included. Enticing children into trying new dishes that they claim to dislike might be made easier if they had a hand in the preparation. "You can also encourage them to try something new or introduce the food groups that make up a balanced meal," said Pardo. "Take them shopping with you and let them help you find the ingredients."

Advanced planning might be necessary for parents who tend to find preparing for a holiday meal stressful. "When you're in a frenzy to get the meal cooked before guests arrive, it might seem easier to do it yourself than have your kids



PHOTO COURTESY OF TERRI'S TABLE

**Baking holiday cookies with her son when he was four, became a family tradition that continues today.**

**"I started cooking with my son Nick when he was four or five. I bought him a Cookie Monster apron and we would bake and decorate cookies ... we created a lot of special memories."**

—Terri Carr, Terri's Table

trying to help," said Jessica Bernard, a personal chef in Alexandria. "You can include them in the prep work, even the day before. They can wash vegetables or measure ingredients

"Kids particularly would love making mashed potatoes," added Carr. "When parents do the prep work, kids can put the dish together."

Cooking is not the only task involved in a holiday meal. Creating a centerpiece or the table or choosing decorative items to display will help them to feel included in the festivities. "Kids can set the table so that they realize that it's a special day," said Carr. "Get

them involved in decorating. You can set the table a day or two in advance and kids can make crafts to incorporate in the table setting. Decorating the house ahead of time gets everyone in the mood for the holiday."





PHOTOS BY DENISE LEW/THE CONNECTION

**NovaLabs hosts first Kids Open Maker event for kids and volunteers.**

## NovaLabs Hosts Maker Event for Kids

**N**ovaLabs, a local educational nonprofit, hosted its second Kids Open Maker monthly event on Saturday, Nov. 16, at its facility in Reston. Children explored and learned about robotics, coding, drones, deconstruction, crafts, and blacksmithing, with the help of volunteers.

Founded in 2011 as part of the “maker movement,” NovaLabs is the largest makerspace in the DMV (D.C., Maryland, Virginia) area and runs 24/7. It is supported by memberships and a vast array of volunteers including inventors, artists, engineers and entrepreneurs. The nonprofit offers classes to foster learning, teaching, and collaboration in a 10,500 square-foot space equipped with classrooms, offices, tool shops and manufacturing equipment. It hosts a multitude of popular meetups, “the largest of which is cybersecurity and hacking, one of the hottest careers in STEM right now,” said Jennyfer Peterson, operations services leader.

“Nova Labs’s mission is to create a community that makes things, all kinds of things. We have a lot of tools here, but the thing that makes it different is the community of people who help each other make things using those tools,” said Peterson.

As for the nonprofit’s future, nothing could be more at stake than its own facility. A new high-rise is set to replace the current facility within the next two years. The immediate goal is to find a new home that is affordable and allows the nonprofit to remain independent.

“NovaLabs is one of the true meaningful things for residents to (participate in) besides going to dinner and shopping. We are a family learning space and very successful. It is critical that we get some help to remain in the Reston area so we can continue to serve the community to rediscover the joy of making things,” said Peterson.

NovaLabs will host a Kids Open Maker



**Srikar Pithani, 15 from Herndon, on a 3D printer building an ion-propelled plane.**



**Reston’s Eric Oosting makes a leafhook with a blacksmithing forge.**

on the third Saturday of each month, starting again in January.

For more info on NovaLabs and its events, visit <https://www.nova-labs.org/>

– DENISE LEW

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**The Reston Chorale Presents:**  
Holiday Classics and Musical Treats for the Entire Family

*The Reston Chorale*

**The Wonder of the Season**  
featuring Vivaldi's *Gloria*  
Plus Holiday Favorites  
**Saturday, December 7**  
4:30 and 7:30 pm  
Reston Community Center  
Hunters Woods, Reston

**Special Guests:**  
Meagan Sill, *Soprano*  
And surprise holiday visitors!

**Handel's Messiah**  
Sing-Along  
**Tuesday, December 17**  
7:00 pm  
Saint John Neumann  
Catholic Church, Reston

**Guest Artists:**  
Meagan Sill, *Soprano*  
P. Lucy McVeigh, *Mezzo*  
Allan Palacios Chan, *Tenor*  
Joshua Hong, *Bass*

Warm someone's heart: Donate a new or gently used coat to Cornerstones Coat Closet and receive a special discount.

Photo: Mike Olson

**Tickets and Information: [www.RestonChorale.org](http://www.RestonChorale.org)**  
Military and Youth Admitted Free (Youth with Adult or Senior)

Supported in part by:

Special thanks to:  
**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

**Season Extended at Farmers Market.** On Saturdays, take advantage of the extended season until Dec. 7 at the Reston Market located at the Lake Anne Village Center, 1609-A Washington Plaza. You can preorder fresh produce, meats, cheese, pies, and eggs for the holidays or stop by for fresh produce, bread, and honey. [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

**Centroid Towns: Like a Passing Shadow.** Through Jan. 4, at GRACE, 12001 Market St., Suite 103, Reston. GRACE presents the next chapter of Baltimore-based artist Nate Larson's Centroid Towns project. Since the first US census in 1790, the United States Census Bureau has been recording the mean center of population as it moves steadily west and south. The first Centroid Town recorded was Chestertown, Maryland, and the projected Centroid of the 2020 census is Hartville, Missouri. Larson will dive deeper into the community of Waterford, Virginia, Centroid Town of 1810. Visit [restonarts.org/exhibition/nate-larson/](http://restonarts.org/exhibition/nate-larson/) for more.

## Christmas and Holidays

### FRIDAY/NOV. 29

**Reston Holiday Parade.** 10 a.m. At Reston Town Center, Reston. The 29th annual Reston Holiday Parade – one of USA Today's 10 Best – plus tree lighting, sing-along, horse-drawn carriage rides, and more all day. Rain or shine. Schedule: 12:30 – 4:30 p.m.: Visits and photos with Santa & Mrs. Claus; 11 a.m. – 6 p.m.: Mini-train rides on Market Street; 5 p.m.: Dance Performance at Fountain Square; 6– 6:30 p.m.: Tree Lighting & Sing Along; 6:30– 10 p.m.: Horse-drawn Carriage Rides. Visit [www.restontowncenter.com/holidays](http://www.restontowncenter.com/holidays).

### SUNDAY/DEC. 1

**"Happy Joyous Hanukkah."** 7 p.m. At Reston Community Center, 2310 Colts Neck Road, Reston. The Klezmatics present Woody Guthrie's Happy Joyous Hanukkah at Reston Community Center. Cost is \$20 Reston/\$30 Non-Reston. Woody Guthrie, father of American folk music and creator of "This Land Is Your Land," also wrote Hanukkah songs. These were discovered by his daughter in 1998 and are reinterpreted by the Klezmatics.

### SUNDAY/DEC. 1

**2019 Celebration of Lights.** 3:45-6:30 p.m. At the Village Field in Great Falls (behind the Post Office). Celebrate the beginning of the season with the 29th Annual Christmas Tree Lighting. Enjoy hot cocoa and cookies next to the fire as you listen to local children's choral groups sing seasonal music. The petting zoo and pony rides will keep your kids busy until Mr. and Mrs. Claus arrive by antique fire truck to light the tree. The timeline is as follows:  
3:45 p.m. - Great Falls United Methodist Preschool  
4:00 p.m. - Village Green Day School  
Pony Rides and Petting Zoo begin  
4:15 p.m. - King's Kids Preschool  
4:30 p.m. - Siena Academy  
4:45 p.m. - St Francis Creche Preschool  
5:00 p.m. - Santa and Mrs. Claus arrive to light the tree  
5:15 p.m. - Forestville ES Ensembles  
5:30 p.m. - Great Falls ES  
5:45 p.m. - Colvin Run ES Singalong  
6:00 p.m. - Live Nativity (pony rides and petting zoo close)  
Volunteers are needed between 4-6 p.m. Contact [info@celebrategreatfalls.org](mailto:info@celebrategreatfalls.org) if you are available. After Santa and Mrs. Claus arrive in an antique fire truck to light the Great Falls Tree, they will meet all children who wish to share their holiday wishes.

### SATURDAY/DEC. 7

**The Wonder of the Season.** 4:30 and 7:30 p.m. At Reston Community Center at Hunters Woods, 2310 Colts Neck Road, Reston. Join The Reston Chorale for The Wonder of the Season, featuring Vivaldi's Gloria, family holiday favorites and a very special guest. Children 17 and under admitted free, but tickets are required. Tickets are \$0 to \$25. Visit [www.RestonChorale.org](http://www.RestonChorale.org).



**Do a Small Crawl around businesses at Lake Anne Plaza on Saturday, Nov. 30.**

## Small Crawl at Lake Anne Plaza

### SATURDAY/NOV. 30

**Small Crawl.** At Lake Anne Plaza, 11402 Washington Plaza, West, Reston. Start with a group "Crawl" (walk) around Lake Anne starting at Bronze Bob and then visit participating businesses to sample what they have to offer with a "small" selection. Bring your friends, family, kids and pets. Walk off your Thanksgiving meal and have a fun filled and delightful day. Participating businesses: • Teapot & Cake – Snowflake cupcake \$1 • Reston Historic Trust & Museum – Reston Sticker – free. • Chesapeake Chocolates – Free wine tasting and Virginia treats 12 – 3 p.m. and \$1 Chocolate all day long. Write a letter to Santa at the North Pole Mailing station • Reston Used Books Store– 50% short stories • Lake Anne Brew House – 1/2 price off of your first "Small Pour" (5 oz. size taster) • Lake Anne Coffee House & Wine Bar – Small cookie for sale. Visit <http://lakeanneplaza.com>.



**The Herndon Turkey Trot race will take place on Saturday, Nov. 23 at the Herndon Community Center.**

## Herndon Turkey Trot 5K Race

### SATURDAY/NOV. 23

4 p.m. At Herndon Community Center, 814 Ferndale Ave., Herndon. Runners and walkers take your mark and get ready to conquer a fun 5K trail course, which winds around the Herndon Centennial Golf Course. Long-sleeved Sport Tek T-shirts guaranteed to the first 700 pre-registered runners. Shirts must be picked up the day of the race. Refreshments, entertainment and door prizes will be available after the race to all runners. Pre-registration is \$30/adults; \$20/youth, plus can of food. Online pre-registration ends Nov. 22. Race day registration is \$35/adults; \$20/youth, plus can of food. Contact Tim Lander, Recreation Supervisor, Herndon Parks and Recreation Department, 703-435-6800 x2106 or [Tim.Lander@herndon-va.gov](mailto:Tim.Lander@herndon-va.gov). Registration is available at the Herndon Community Center and online at <http://herndon-va.gov/events> and [www.active.com](http://www.active.com).

**Jingle on the Lake (Anne)** Come early to hear holiday music, decorate cookies. 8am, Reston Farmers Market; 9:45am Jingle Jammie Beer Run; 10am, cookie decorating; 10:30am choir performance; **NOON: SANTA ARRIVES BY BOAT!** with Susann Gerstein as Grand Marshal.

## EVENTS IN ALEXANDRIA

### FRIDAY-SATURDAY/DEC. 6-7

**The Scottish Christmas Walk Weekend.** At various Old Town Alexandria locations. The Campagna Center presents the 49th Annual Scottish Christmas Walk Weekend and Parade. The parade is Dec. 7 at 11 a.m. and begins at St. Asaph and Wolfe Streets and concludes at Market Square with a massed band concert. Admission: Free for parade and Heather and Greens Sales; \$180-\$290 for Taste of Scotland; \$40 for Holiday Home Tours. In 1749, the City of Alexandria was officially established by three Scottish merchants and named after its original founder, John Alexander, also of Scottish descent. Through your support of the events of The Scottish Christmas Walk Weekend, you provide vital support to Campagna Center programs that serve more than 2,000 children, teens, and adults throughout the year. Visit the website: <https://www.campagnacenter.org/scottishwalkweekend>

### SATURDAY/DEC. 7

**Boat Parade of Lights.** Parade begins at 5:30 p.m.; Dockside festivities 2 to 8 p.m. At Waterfront Park, 1 King Street, Alexandria. Parade viewing areas: Founders Park (351 N. Union St.), Alexandria City Marina (0 Cameron St.), Waterfront Park (1 King St. and 1A Prince St.), Point Lumley Park (1 Duke St.), Shipyard/Harborside Park (1 Wilkes St.), Windmill Hill Park (501 S. Union St.) and Ford's Landing Park (99 Franklin St.). Admission: Free; \$ for food/drink and some activities. Visit [AlexandriaVA.com/boatparade](http://AlexandriaVA.com/boatparade) Schedule in Old Town (2 to 8 p.m.)  
❖ Holiday music and giveaways from 97.1 WASH-FM  
❖ Letters to Santa postcard station from Penny Post  
❖ Holiday ornament activity from AR Workshop Alexandria (2 to 4 p.m.)  
❖ Bookmark making station from Old Town Books (4:30 to 8 p.m.)  
❖ Torpedo Factory Art Center Holiday Festival  
❖ Santa arrives by fireboat at the Alexandria City Marina (3:30 p.m.)  
❖ Alexandria Holiday Boat Parade of Lights begins (5:30 p.m.)

### TUESDAY/DEC. 31

**First Night Alexandria.** 6 p.m. to 1 a.m. At venues throughout Old Town Alexandria. This 25th Anniversary Celebration is the largest New Year's Eve party in the D.C. region that is safe and fun for the entire family and culminates with a fantastic fireworks finale over the Potomac River at midnight. Kids Karnivals: 6 to 9 p.m. at four warm indoor venues in Old Town, Del Ray and the West End. Live Entertainment: 7 p.m. to 11 p.m. at warm indoor venues throughout Old Town Alexandria. Rockin' on the River: 10 p.m. to 1 a.m. at Waterfront Park, 1 King St., Alexandria. Midnight fireworks: Potomac River at the foot of King St., Alexandria. All Access Admission: \$25 through November 30, 2019; \$30 December 1-30, 2019; \$35 December 31, 2019; Kids Karnival is \$5 for children ages 2-12 and free for parents and infants. Call 703-963-3755 or visit [firstnightalexandria.org](http://firstnightalexandria.org).

## MORE IN RESTON/HERNDON

### WEDNESDAY/NOV. 20

**Meet Me at the Movies.** 10 a.m. At Bow Tie Cinemas, Reston Town Center. Reston Association presents "The Tomorrow Man." Refreshments and prizes provided prior to movie. Free to 55+. For information: [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or call 703-435-6577 or visit [www.reston.org](http://www.reston.org).  
**Medicare 101.** 6-7:30 p.m. At Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Learn about Medicare Part A, B, C and D, as well as how to cover the gaps in Medicare benefits through Medicare Supplement Plans. Free. Registration required. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

SEE CALENDAR, PAGE 10



## HOLIDAYS

# 2019 Reston Holiday Parade - Big Nationally & Locally

One of USA Today's "10Best" since 2016.

BY MERCIA HOBSON  
THE CONNECTION

**R**eston Town Center (RTC) may be one of the best places nationally to celebrate the holidays by watching a parade. Voted one of USA Today's "10 Best" each year since 2016, Reston Holiday Parade is nominated again for the fourth consecutive year. The parade takes place the day after Thanksgiving, Friday, Nov. 29, at 11 a.m. at Reston Town Center, 11900 Market Street.

Holiday parades bring holiday cheer, but only the Reston Holiday Parade features "festive floats, dancing elves, Santa and his sleigh and millions of twinkling lights," said USA Today 10 Best 2019. In addition, before the parade begins, volunteers distribute 10,000 commemorative jingle bells to children along the route. This year the annual procession swells to 60 units and more than 1,400 participants marching, singing, dancing and performing along Market Street in the hour-long mega-extravaganza.

With Reston Holiday Parade listed in the category "Best Holiday Parade Nominees," and voting active now, during and after the event, people can cast a ballot once per day until voting ends on Monday, Dec. 2, at noon by visiting [www.10best.com/awards/travel/best-holiday-parade-2019/reston-holiday-parade-reston-va/](http://www.10best.com/awards/travel/best-holiday-parade-2019/reston-holiday-parade-reston-va/). As of mid-day, Nov. 18, Reston Holiday Parade placed 7th out of the 20 nominees. America's Thanksgiving Parade in Detroit placed first, followed by Tournament of Roses Parade in Pasadena in second place and Chicago's Magnificent Mile Lights Festival in third place.

Reston Town Center announced this year's parade Grand Marshals are "Voices of Service", an inspiring vocal group act of veteran and active-duty military members who rose up through Season 14 of "America's Got Talent" from audition, through Judge Cuts, Quarterfinals, Semifinals, Finals and Finale. They finished the competition in 5th place, as they sang "Some Gave All" with Billy Ray Cyrus. Sgt. Maj. Christal Rheams and Master Sgt. (Ret.) Caleb Green will represent "Voices of Service" and lead the Reston Holiday Parade in chauffeured convertible sports cars.

According to Robert Goudie, Executive Director, Reston Town Center Association (RTCA), it is a Presenting Sponsor of the event, along with Reston Community Center and Boston Properties,

"The holiday parade – which is regularly ranked in the top 5 such parades nationally in the annual USA Today poll – and related day's events are among the most heavily attended and beloved of our Town Center community-building efforts, so the association is proud to be a part of it," said Goudie.

Leila Gordon, Executive Director of Reston Community Center (RCC), shared that the RCC is the Reston Holiday Parade Community Sponsor. "We've

PHOTOS BY MERCIA HOBSON/THE CONNECTION



The sight and sounds of the 2018 Reston Holiday Parade kicked off with the official banner and characters.



Guests of honor Santa and Mrs. Claus wave to spectators at the last year's 28th annual Reston Holiday Parade.

### Parade Day Events

Parade Day Events at Reston Town Center, 11900 Market Street, Reston, Friday, Nov. 29, 2019

8 a.m.- Shops, restaurants, ice skating open early - Gingerbread Man Mile Races for Kids [praces.com/gingerbread](http://praces.com/gingerbread)

11 a.m.- Reston Holiday Parade – one of USA Today's 10Best

12:30 - 4:30 p.m.- Visits & Photos with Santa & Mrs. Claus

In the lobby next to the Skate Shop, professional photos available with a donation to benefit South Lakes HS Chorus. Mini-Train Rides on Market Street. All donations benefit Cornerstones.

5 p.m.- Conservatory Ballet Dance Performance in Fountain Square

6 p.m.- Tree Lighting & Sing-Along in Fountain Square Santa & Mrs. Claus arriving in a horse-drawn carriage to light the huge Christmas tree, followed by a half-hour of traditional songs led by The Reston Chorale and a brass quintet.

6:30 - 10 p.m.- Horse-Drawn Carriage Rides \$5 per person; children 5 and under ride free with an adult. All proceeds benefit Volunteer Fairfax.

#### Parking:

#### Free and Ample in Six Garages

Fri., Nov. 29  
Nov. 23 - Dec., 1 & Dec. 21-Jan. 1- free 24 hours daily  
Weekends & Federal Holidays  
Weekdays after 5 p.m.

#### HOLIDAYS AT RESTON TOWN CENTER

Holidays are Here! Festivities continue at Reston Town Center throughout the holiday season:

Holiday Performances at Fountain Square and The Promenade

Horse-Drawn Carriage Rides on Saturday evenings, Nov. 30, Dec. 7, 14, 21 from 4:30 p.m. until 9:30 p.m.

Mini-Train Rides on Sunday afternoons, Dec. 8, 15, 22, from noon until 4 p.m. Proceeds from carriage and train rides are received directly by local charities on designated dates.

Gingerbread Village at the Hyatt Regency Reston on display from Nov. 29 through Jan. 2 [restontowncenter.com](http://restontowncenter.com).



The Caporales San Simon Virginia USA brings its energy and enthusiasm to the 2018 Reston Holiday Parade.

Much to the utter delight of the little children at the 2018 Reston Holiday Parade, the day's special guests of honor, Santa and Mrs. Claus arrive in a horse-drawn carriage concluding the holiday tradition brought to Reston Town Center by Boston Properties.





## Employment

**RSA Security LLC** (a Dell Technologies company) is seeking a **Software Principal Engineer** at our Reston, VA facility to develop improvements for RSA NetWitness analytics packet and log solutions. Work on continuous engineering development for RSA NetWitness network and log including troubleshooting customer escalation requests. Req. 001451. To be considered for the opening, please send resume with requisition number to: jobs\_dell@dell.com. No phone calls please. Workforce diversity is an essential part of Dell's commitment to quality and to the future. We encourage you to apply, whatever your race, gender, color, religion, national origin, age, disability, marital status, sexual orientation or veteran status.

## Employment

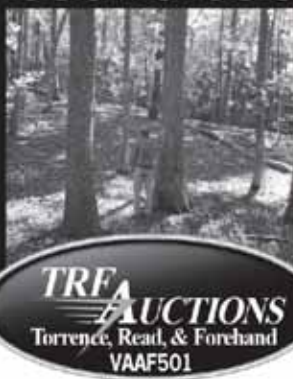
**ETL Quality Analyst (Reston, VA):** Perform Quality Assurance and testing, as ETL Tester, SQL Tester, BI Tester, UI Tester, Data Tester and ETL QA Analyst; work with business users and developers to create complete test plan; analyze business requirements; test BI Reports with exposure to ETL and Write complex SQL Queries and Joins. Travel to unanticipated projects/client sites. Req's Master's deg. (or foreign equi. deg.) in Comp. Sci., Technology, Power & Energy Systems or rel. with knowledge of at least 7 of the following tech's: ETL, Oracle, Web Services, Hadoop, XML, Hive, TOAD, MS SQL Server, SAP, AS400, Putty, Java & UNIX. Apply HR, ARK Solutions, Inc. 1939 Roland Clarke Place, Suite 300, Reston, VA-20191.

## Announcements

## Announcements

## MAJOR LAND

# AUCTION



**586 Acres on Turkeycock Mtn**  
Thurs, Dec.5 at 12:30PM at the  
**Olde Dominion Ag Complex**  
19783 US Hwy 29, Chatham, VA  
586 beautifully wooded acres adjoining  
Wildlife Mgmt Area w/ 2,679 additional  
acres to hunt, hike, and enjoy! Offered in  
6 tracts. Min. bid is \$975/acre. Tours avail.  
GPS 6267 Circle Creek Rd, Penhook, VA  
**Details at TRFAuctions.com**  
**434.847.7741 | info@trfauctions.com**

## Announcements

## Announcements

# ESTATE SALE - LOG HOMES PAY THE BALANCE OWED ONLY!!!

**AMERICAN LOG HOMES IS ASSISTING JUST RELEASED  
ESTATE & ACCOUNT SETTLEMENT ON HOUSES.**

## 4 Log Home kits selling for BALANCE OWED, FREE DELIVERY

- 1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000
- 2) Model # 203 Georgia \$49,500...BALANCE OWED \$19,950
- 3) Model # 305 Biloxi \$36,825...BALANCE OWED \$14,500
- 4) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

**BEFORE CALLING: VIEW at www.loghomedream.com**  
Click on House Plans

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

BBB  
A+ Rating

\*OFFER NOT AVAILABLE TO AMERICAN LOG HOME DEALERS\*

**SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.**

# CALENDAR

FROM PAGE 8

## THURSDAY, NOV. 21

**Caregiver Lunch Break.** 11:30 a.m. to 1 p.m. At Hunters Woods at Trails Edge, 2222 Colts Neck Road, Reston. Caregivers will enjoy Lon Kieffer's one-man dramatic comedy "Defending the Caregiver" which puts the spotlight on caregiver personality will address challenges faced by all caregivers, whether they are family, professional or personal caregivers. Visit the website: [www.HuntersWoodsAtTrailsEdge.com](http://www.HuntersWoodsAtTrailsEdge.com).

**Creative Response: Michael Ratcliffe.** 7 p.m. At GRACE - Greater Reston Arts Center, 12001 Market Street, Suite 103, Reston. Join GRACE to hear Michael Ratcliffe respond to the exhibition Centroid Towns: Like a Passing Shadow, featuring new work by Baltimore-based artist Nate Larson. The short presentation will be followed by open conversation. All ages. Sponsored by Reston Community Center. Free and open to the public. Visit the website: [restonarts.org](http://restonarts.org).

**Estate Planning Essentials.** 7 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Do you have your will or trust plan in place? Attorney Bettina Lawton will cover what you need to know to make sure that what you have spent your life accumulating goes to the people or charities that you value. Bettina Lawton, of Lawton Legacy Planning, PLLC, has been practicing in Northern Virginia since 2003. She concentrates on wills, trusts, powers of attorney, and estate planning and administration.

## SATURDAY/NOV. 23

**Herndon Turkey Trot 5K Race.** 4 p.m. At Herndon Community Center, 814 Ferndale Ave., Herndon. Runners and walkers take your mark and get ready to conquer a fun 5K trail course, which winds around the Herndon Centennial Golf Course. Long-sleeved Sport Tek T-shirts guaranteed to the first 700 pre-registered runners. Shirts must be picked up the day of the race. Refreshments, entertainment and door prizes will be available after the race to all runners. Pre-registration is \$30/adults; \$20/youth, plus can of food. Online pre-registration ends Nov. 22. Race day registration is \$35/adults; \$20/youth, plus can of food. Contact Tim.Lander@herndon-va.gov. Registration is available at the Herndon Community Center and online at <http://herndon-va.gov/events> and [www.active.com](http://www.active.com).

**Arts Herndon Gala.** 7-11 p.m. At The Crowne Plaza, 2200 Centerville Road, Herndon. This will be an enchanting evening out with fabulous '40s music, dancing, and a variety of entertainers. Additionally, there will

be silent auctions for a number of gift packages, and a wine pull (at additional contribution). Cost is \$60 per person; cash bar, live music, and silent auction. Event and donations are tax deductible. For tickets, visit the website: <https://www.eventbrite.com/e/fabulous-forties-fundraiser-for-arts-herndon-tickets-78304132769>

## SUNDAY/NOV. 24

**West Coast Swing Lesson plus Social Dance.** 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended. Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email [herndonsocialdancers@gmail.com](mailto:herndonsocialdancers@gmail.com) or visit [www.facebook.com/herndonsocialdancers](http://www.facebook.com/herndonsocialdancers).

**Danny Paisley and The Southern Grass.** 7 p.m. At the Bluegrass Barn at Frying Pan Park, 2739 West Ox Road, Herndon. Tickets for all shows are \$18 in advance, \$20 at the door. Purchase tickets online at [www.fairfaxcounty.gov/parks/fryingpanpark](http://www.fairfaxcounty.gov/parks/fryingpanpark) or by phone at 703-222-4664 or 703-437-9101.

## MONDAY/NOV. 25

**NARFE Luncheon.** 11:30 a.m. At Amphora Diner, 1151 Elden Street, Herndon. Mr. James Marshall, Director, Federal Benefits Institute, NARFE Headquarters, will speak on Federal Employee Benefits. The cost of the luncheon is \$18.15, which includes tax and a small gratuity. Call your reservation and choice of entree to Shirley at 571-442-8910 no later than Thursday, Nov. 21, 2019. or email [Shirley.Boning@comcast.net](mailto:Shirley.Boning@comcast.net).

## WEDNESDAY/NOV. 27

**Dollars and Sense.** 7 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Monthly group discussion focuses on business leaders and markets. We will be discussing "Naked Economics" by Charles Wheelan. Call 703-689-2700.

## SATURDAY/NOV. 30

**Artisan Pop-Up.** 10 a.m. to 3 p.m. At a Private Home Show, 1650 Parkcrest Circle, Reston. Shop from seven-plus local artists showing original paintings, prints, children's books, artisanal chocolates, ceramics, jewelry and (it's actually true) more. Contact Hannah Huthwaite at email: [hannahhuthwaite@gmail.com](mailto:hannahhuthwaite@gmail.com).

**Small Crawl.** At Lake Anne Plaza, 11402 Washington Plaza, West, Reston. Start with a group "Crawl" (walk) around Lake Anne starting at Bronze Bob and then visit participating businesses to sample

what they have to offer with a "small" selection. Bring your friends, family, kids and pets. Walk off your Thanksgiving meal and have a fun filled and delightful day. Participating businesses: • Teapot & Cake - Snowflake cupcake \$1 • Reston Historic Trust & Museum - Reston Sticker - free. • Chesapeake Chocolates - Free wine tasting and Virginia treats 12 - 3 p.m. and \$1 Chocolate all day long. Write a letter to Santa at the North Pole Mailing station • Reston Used Books Store- 50% short stories • Lake Anne Brew House - 1/2 price off of your first "Small Pour" (5 oz. size taster) • Lake Anne Coffee House & Wine Bar - Small cookie for sale. Visit <http://lakeanneplaza.com>.

**Mark Twain Birthday Celebration.** 2 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join in this literary celebration of Mark Twain's birthday. Call 703-689-2700.

## WEDNESDAY, DEC. 4

**Holiday Open House.** 4:30-6:30 p.m. At Reston Community Center at Hunters Woods, 2310 Colts Neck Road, Reston. Come say farewell and share your best wishes as Cathy Hudgins concludes 20 years of service as Hunter Mill District Supervisor. Light refreshments and desserts. RSVP to 703-478-0283.

## SATURDAY/DEC. 7

**Family Fun Winter Festival.** 10 a.m. to 12 p.m. At The Goddard School, 2400 Dulles Town Blvd., Herndon. Featuring Kids Breakfast and pictures with Santa; dancing with a princess; cookie decorating; crafts from around the world; and winter games. Cost is \$7/child over 1 year old. Parents and children under 1 year old are free. Call 703-653-0337.

**Mystery Authors Extravaganza.** 1 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Hear 21 authors from the Sisters in Crime Chesapeake Chapter as they talk about their latest books. From Libby Klein to Maya Corrigan and Sherry Harris, you will find your favorite mystery writers at the Reston Regional Library.

**Dr. Charles Thomas Jr. Talk.** 2 p.m. At Scrawl Books, 11911 Freedom Drive, Reston. The topic is his book, Best Kept Secrets: From Invisible Walk-Ons to Life Champions. Written by an athlete for athletes and those with a personal development mindset, it's a book about the power that we possess to move from feelings of invisibility to life champions. Meet the man who went from a walk-on at Notre Dame to CEO, to best-selling author and radio host.

## Announcements

## Announcements

**Buy! Sell! VPN**

1,300 Tables! Trade! - Appraisals!  
Largest Gun Show in Metro DC!  
Over 2 Miles of Guns, Knives & Accessories!

# THE NATION'S GUN SHOW

NOVEMBER 22, 23 & 24 • DULLES EXPO

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FRI: 3 - 8 | SAT: 9 - 5 | SUN: 10 - 5

NRA National Firearm's Museum .45 Sharps rifle Tom Selleck "Quigley Down Under"

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## Where to Give Locally

FROM PAGE 4

❖ **Community Foundation of Northern Virginia** [www.cfnova.org](http://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](http://www.cfnova.org/for-donors/donate-now)

❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, [www.cornerstonesva.org](http://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/donations/drives/gifts-for-kids/>.

We will be accepting personalized wish list donations for the 2019 Gifts for Kids Drive at our main office, 11150 Sunset Hills Road, Suite 210, Reston, VA 20190, on the following schedule:

Thursday and Friday, Dec. 5-6: 9 AM to 6 PM

Saturday, Dec. 7: 9 AM to 12 noon

Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.

❖ **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.

Please donate a basket of non-perishable food and a \$25 grocery store gift card (so the recipient may purchase the perishable items needed to complete their meal). Please drop off your donations of Thanksgiving food baskets and gift cards by Friday, Nov. 22. Donations will be accepted at FACETS' main office (10700 Page Avenue, Building B, Fairfax VA 22030) between 9am - 5pm.

Contact Haylee Davis at [hdavis@facetscares.org](mailto:hdavis@facetscares.org). 703-865-4251 or volunteer@facetscares.org. [www.facetscares.org](http://www.facetscares.org). 10640 Page Ave., Suite 300, Fairfax VA 22030

❖ **Food for Others** Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. 2938 Prosperity Ave. [info@foodforothers.org](mailto:info@foodforothers.org). Food for Others distributes food to more than 1,800 local families in need each week. Drop off food at our Merrifield Warehouse, 2938 Prosperity Ave, Fairfax, VA 22031. Monday through Friday from 9:30am to 5pm. The best time is between 2pm and 5pm. Park in a space, walk up to loading dock #2 and let one of the warehouse staff members know you have a donation. Holiday wish list: stuffing, gravy packets, instant potatoes, canned sweet potatoes, pie, canned cranberries, canned meat (tuna, chicken, beef, turkey) peanut butter, canned tomato products (chopped, diced, peeled), canned pumpkin, soup, spaghetti and spaghetti sauce; cereal, cans of beans, mac & cheese. [www.foodforothers.org](http://www.foodforothers.org)

❖ **Friends of the Fairfax County Animal Shelter**. Each year, nearly 5,000 pets, including cats, dogs, small mammals, reptiles and livestock, come to the Fairfax County Animal Shelter. Friends of the Fairfax County Animal Shelter funds important needs throughout the Shelter such as behavioral training and dental or medical care beyond what the shelter's budget can provide. [generalinfo@ffcas.org](mailto:generalinfo@ffcas.org) 571-212-9858 [www.ffcas.org/](http://www.ffcas.org/)

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

❖ **Homestretch**, to empower homeless parents with children to attain permanent housing and self-sufficiency by giving them the skills, knowledge and hope they need to become productive participants in the community. Since 1990 Homestretch has helped over 2,000 families achieve permanent housing and self-sufficiency. 303 South Maple Ave, Suite 400, Falls Church, VA 22046 Phone: 703-237-2035 [homestretchva.org](http://homestretchva.org)

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## An Idiot Servant No More



By KENNETH B. LOURIE

Given the extremely sad experience I shared with you all in last week's column: "Chino Lourie, Rest in Peace," this column will be an attempt to bounce back to my usual and customary reality, one oddly enough that has nothing to do with cancer (well, much, anyway). Instead it has to do with unexpected joy.

The joy to which I refer has to do with a subject which typically provides me little joy: I refer to our two automobiles, a 2000 Honda Accord and a 2018 Audi A4. The former inherited from my parents, payment-free but rarely hassle-free, the latter not free of payments, unfortunately, but free of hassle since its maintenance is covered by the warranty.

Nevertheless, for the past few years, off and mostly on, both cars have had an indication that all was not right. Each had illuminated dashboard warning lights (aka "idiot lights") constantly reminding the driver that attention to some detail was required. For the Honda, it was twofold, a "Main't Req" light and a "Brake" light "were dashing." For the Audi, it was "onefold," an icon which looks like an upside down horseshoe, sort of, which I learned, after thumbing through the owner's manual, meant low tire pressure, appeared directly under the speedometer. Since I felt no give or take with the Honda and saw no evidence of low tire anything with the Audi, I learned to take their reminders in stride and figured I'd wait until their respective next service calls to respond to them.

Those service calls have now occurred. And I am extremely glad - and relieved to say, that their necessary/underlying repairs have been made. Glad/relieved not so much because the repairs/obvious safety issues have been addressed. Rather, glad/relieved that in making those repairs, the dashboard warning lights are no longer illuminating their disdain with the idiot behind the wheel: me, neglecting them.

No more, after starting either car, will my initial focus be on the dashboard to see if miraculously the warning lights have disappeared and finally stopped their incessant, non-verbal badgering. No more will I be forced to ignore their illumination and attempt to compartmentalize their visual reminders that all is not well under the hood (so to speak). And finally, no more will I have to worry that one day - or night, the other mechanical shoe will drop and I or my wife, will be left stranded on the road somewhere waiting for a tow truck to drag us to our car-repair maker.

And though this dashboard-warning-light-turn-off is really a turn-on, I am still able to keep its effect in perspective. It's not a cure for cancer and neither it is a cure for my "stable" issue as written about multiple times recently ("Please Relief Me" and "Apparently, Not a Stable Genius"). However, as we say in sales: "I'll take a yes," as they say on the high seas: "Any port in a storm;" and has been said for the last century: "Don't look a gift horse in the mouth." For the official record, I am not horsing around in the least when I say how thrilled I am now that everytime I start our cars, I see no lights reminding me what an idiot I've been. As a cancer patient I don't need that kind (or any other kind, quite frankly) of negativity in my life, or in my car either. Eliminating it from my activities of daily living adds a bounce to my step and a joie to my vivre.

I realize I may be over stating the significance of this momentous occasion, but when cancer takes over your life, it does so emotionally before it does so physically. As such, finding relief is HUGE. Moreover, solving a problem however insignificant in the scheme of things it appears to be, provides the building blocks of success that, as a cancer patient, help strengthen your foundation as you navigate your daily routine. A routine which is already filled with enough challenges. So yes, I am going to make a mountain out of a molehill. And I am going to fill myself up with as much positivity, nonsensical or otherwise, as possible.

I need to be pulled forward, not dragged backward.

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



## HOLIDAYS

# Meet Grand Marshals of 2019 Reston Holiday Parade

**Interview: Sergeant Major Christal Rheams AD and Master Sergeant Caleb Green, United States Army Retired speak out.**

BY MERCIA HOBSON  
THE CONNECTION

**T**he Grand Marshal of a parade is the ceremonial leader, an honorary role usually designated to politicians, athletes, civic leaders and such. Organizers of the 2019 Reston Holiday Parade looked beyond conventional. They chose two individuals who not only showed exceptional skills in the arts as vocalists but also would lay down their lives for our country.

The Grand Marshals of the 2019 Reston Holiday Parade are a United States Armed Forces active duty service member and a veteran who coincidentally ranked 5th place as artists in Season 14 of America's Got Talent. They are the Center for Military Music Opportunities (CAMMO's) "Voices of Service," vocalists, Sergeant Major Christal Rheams AD of Woodbridge, and Master Sergeant Caleb Green, United States Army Retired of Woodbridge. They represent CAMMO's other two Voices of Service artists, Sergeant First Class Jason L. Hanna US Army AD of Woodbridge and Staff Sergeant Ron D. Henry US Army Retired of Williamsburg. AD represents active duty.

## Q & A

**Q: "Voices of Service"- three small words with much meaning. Please tell me more.**

A: Rheams -We are four dynamic voices on a mission to serve those who remain silent. To serve those whose voices were silenced on this side.

A: Green - Voices of Service members personify a commitment to excellence and the power of connection musically to those who need a coping tool on their recovery journey. It's even more complex, yet simply put; we seek to empower others through the healing power of music.

**Q: How did you become involved with CAMMO; what specific moment tipped the pendulum, and you said, "Yes."**

A: Rheams - It was a conversation with Cathie Lechareas; her commitment to veterans sold me day one.

A: Green - I became involved with CAMMO through Christal. She challenged and encouraged me to use my talents to help others heal. I found that interesting because I'm very guarded with my time. I have a huge family, and they require my best energy, not my leftovers. So, my younger children helped me tremendously as I started out, and it allowed me to share the gift of service with them in ways I'd not been able to previously.



PHOTO CONTRIBUTED BY CAMMO

**CAMMO'S Voices of Service performing during AGT Judge Cut - Sergeant Major Christal Rheams AD of Woodbridge, Master Sergeant Caleb Green, United States Army Retired of Woodbridge, Sergeant First Class Jason L. Hanna US Army AD of Woodbridge and Staff Sergeant Ron D. Henry US Army Retired of Williamsburg**

**"Music speaks what cannot be expressed, soothes the mind and gives it rest, heals the heart and makes it whole, flows from heaven to the soul."**

**Q: Tap into the importance of music therapy as healing. Do you have a professional/personal reference? Feedback from others? Consideration of music therapy in tandem with other treatments?**

A: Rheams - During the show, we received so many calls and emails from Service members, families and first responders. Each one unique and memorable in their own right. I specifically remember a note from a Soldier who said our performance pulled him from the edge. He thought of his family and decided that suicide was not an option.

A: Green - We've done extensive work through performances, songwriting, counseling, mentoring, coaching, contributing to others and their platforms, with individuals, groups and audiences. It's a way to give back and pay it forward from what we've been given.

We have so many stories, but the telecast of AGT gave some poignant revelations. A person did not go through with the unthinkable because they heard us and knew we were genuine in our mission. It helped them to realize there is more than one way to cope, and it's ok not to be ok. Let's get some help. Another

was finally able to share with their spouse that they had unresolved emotional challenges and needed some help.

**Q: Is there a need and response to music therapy locally, in the Northern Virginia region, for active military and veterans?**

A: Rheams - There is a need everywhere, NOVA and worldwide. Wherever people suffer from trauma, music can help.

A: Green - I am challenged to say unique to Northern Virginia. I'd propose it's a challenge unique to any person who is on a recovery journey. We attempt to help them become resilient.

**Q: Where might, or would you be if not doing this?**

A: Rheams - Probably still be where I am. Destiny is hard to run from. Somehow I felt I was always meant to be right where I am.

A: Green - I'd continue my work with CAMMO, the PW Chamber of Commerce on the Veterans and non-profit committees, private music performances, and also my career as a Business Solutions Specialist with LegalShield. I actually still



PHOTO CONTRIBUTED

**Master Sergeant Caleb Green, United States Army Retired of Woodbridge.**

do all of these things.

**Q: Other thoughts, concerns or challenges? In other words, many times, there is something one wants to say deep from the heart, but holds back - do you?**

A: Green - I'm not concerned about holding back; I'm concerned about being sensitive to the needs of those I can help. It's a matter of being aware and listening. If the person or group isn't speaking, we facilitate communication to break the ice.

**Q: Where can people reach out?**

A: Rheams - CAMMOmusic.org

A: Green - CAMMOmusic.org

Attached to Green's photo was a framed image of words attributed to CAMMO: "Music speaks what cannot be expressed, soothes the mind and gives it rest, heals the heart and makes it whole, flows from heaven to the soul."

According to CAMMO, there are two prongs to its mission: "To create music-based therapeutic programming and outlets for service members, veterans and family members; To train and educate them in music career opportunities as well as help with artist development. This organization is on target with its mission because it believes in the power of music to restore, inspire, and open doors to our veterans and service members. With that said, the financial contributions of our donors have been a tremendous help, and we ask for your continued support as the services rendered by CAMMO expand. If you've never given, we ask that you consider the life-changing effects your gift will have on a U.S. veteran or service member suffering from PTSD or TBI." To donate, visit CAMMOmusic.org/donate. Tax ID 38-3801781.