

# Oak Hill Herndon CONNECTION



From left: Author/illustrator and Westfield High School student Ayonnah Tinsley celebrates with Fairfax County Public School principals Melissa Goddin, McNair Farm E.S and Dr. Anthony E. Copeland, Westfield, following the reading and discussion for her children's book, 'This is What an Engineer Looks Like' (2019) to students at McNair Farm Elementary School in Herndon.

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PHOTO BY MERCIA HOBSON/THE CONNECTION



## 'No Dress Code' For STEAM Jobs

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

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## Give Locally

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PHOTO BY MOTOKO DAITEN

Students pose for a picture with their rice balls in Daiten sensei's classroom.

## Making Japanese Rice Balls at Fox Mill Elementary

Fox Mill Elementary School students participated in "Onigiri Action" on Nov. 14 and 15. During this community service event, the students at Fox Mill learned about Onigiri, or Japanese rice balls, and took pictures with Onigiri they made. When these photos are posted on social media, 5 meals per post will be donated to children in need around the world via Table for Two and sponsoring organizations. Students in kindergarten learned about Onigiri for the first time, and all students at Fox Mill enjoyed making and eating Onigiri while supporting underprivileged children. This is the third year that Fox Mill has participated in Onigiri Action.

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PHOTO BY ERIN GIBBENS

Sixth graders enjoyed the event. Nishiki donated the ingredients for Onigiri Action.



PHOTO BY ALANA HUGHES

Second graders decorated Onigiri template and made a banner to promote the event.

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## Fairfax County Board of Supervisors Meetings in 2019

12000 Government Center Parkway  
Fairfax, VA 22035

Nov. 26 Committee Meetings

❖ 9:30 a.m. - Economic Advisory Commission

❖ 11 a.m. - Personnel Committee

❖ 1:30 p.m. - Legislative Committee

❖ 3 p.m. - Budget Committee

❖ 5 p.m. - Audit Committee

**Dec. 3, 2019 9:30 a.m. - Full Board of Supervisors Meeting**

Dec. 10 Committee Meetings

❖ 9:30 a.m. - Health, Housing and Human Services Committee

❖ 11 a.m. - Development Process Committee

❖ 1:30 p.m. - Transportation Committee

❖ 3 p.m. - General Assembly Annual Reception and Work Session

### MONDAY/NOV 25

**27th Annual Ethics Day.** 8 a.m. to 3 p.m. At Sheraton Reston, 11810 Sunrise Valley Drive, Reston. In 1992, the Greater Reston Chamber of Commerce

SEE BULLETIN, PAGE 11

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## No Dress Code for STEAM Jobs Teen author pricks young students' interest in Sciences and Arts.

BY MERCIA HOBSON  
THE CONNECTION

**L**ocal high school student Ayonnah Tinsley, 16, discovered as a young girl that gender, racial and cultural bias remained prevalent in the upper echelons of STEM- science, technology engineering and math. No one looked like her. Growing in years and wisdom, Tinsley later recognized the lack of equal representation for women and minorities was due in part because society did not expose the full range of math and science careers to all boys and girls. In addition, she discerned misunderstandings of STEM careers remained. Word was not reaching elementary school-aged children that STEM careers were helping, people-centric professions; scientists and engineers worked with people to solve problems for people. On Tuesday, McNair Farm Elementary School in Herndon welcomed Tinsley and her school administrator, Anthony E. Copeland, Ph.D., Principal Westfield High School, for a reading and discussion of her newly released children's book 'This is What an Engineer Looks Like' (2019).

In an interview before the event, Tinsley spoke about what she saw as a genuine lack of cultural, racial and gender diversity in fields dealing with science and technology.

**TO OVERCOME THE BIAS**, Tinsley said a year ago, at age 15, she resolved to reach out to future leaders, today's elementary school-aged youth, and encourage them by writing and illustrating a book in the hope of changing their perception of who worked in STEM and STEAM involved careers and what the professions afforded them. STEAM includes the arts.

"I hope that most kids will be able to see themselves in my book and know that STEAM jobs do not have a dress code," Tinsley said. Tinsley said her journey to become an author and STEAM advocate for all started when she visited the local Air and Space Museum for the first time in third grade. The experience changed her life. "That day, I decided I wanted to become an aerospace engineer. But an obstacle I faced was the lack of diversity in books and television shows regarding science."

With a crowd of approximately 15 older elementary school-aged children listening and video cameras rolling, Tinsley gained instant rapport with the children, some only five years younger than she. While Tinsley described herself as a typical high school student and track athlete, teen acknowledged she was also an entrepreneur, author and an aspiring engineer. Tinsley's enthusiasm for STEAM was contagious.

"What an engineer does is take any aspect of life and try to make it easier for people. For example, in my book, we will learn what a civil engineer is. These are people who let us connect easier to other people. They make the roads, bridges and things like that...We will learn about com-



**Author/illustrator and Westfield High School student Ayonnah Tinsley reads her book 'This is What an Engineer Looks Like' (2019) to students at McNair Farm Elementary in Herndon.**



**Ayonnah Tinsley autographs her book 'This is What an Engineer Looks Like' (2019). From left: Emely Cruz-Delcid, Haset Meaza, Nathan and Liat Eshetu, all 11 years old.**



**Children at McNair Farm Elementary School in Herndon ask author Ayonnah Tinsley questions about her newly released book.**

puter engineers...What they focus on is programming, codes...these are the same people who bring graphics to life (in computer games).

As Tinsley read, she presented some of the many job opportunities STEAM careers offered, such as computer programmer, aeronautical engineer, cartographer and more. She told "Fun Facts" for each job. "The first computer programmer was Ada Lovelace, a girl." Tinsley paused between pages and pulled the boys and girls into the discussion. "Can you tell me some of your favorite video games," she asked.

During the question and answer period, hands shot up in the air. Students inquired if the book would be part of a series - yes; what did she want to be - an aeronautical engineer; and to describe some cool STEAM jobs - engineers who designed a shoe that can tie itself. Asked if she'd be writing more books, Tinsley, replied, "I definitely want to make more books about STEAM jobs people don't even think about, and of course, add more diversity about them."

**ATER AUTOGRAPHING BOOKS** for the school library, the students began to leave,

but one young boy and his friends held back. "May I have your autograph, please, on my hand," he asked. Tinsley, who still held the permanent marker from autographing the books, looked at one of the teachers. She nodded, yes. "I'm never going to wash my hand," said the boy with a spark in his eyes looking at what Tinsley wrote. Suddenly other children lined up too, each wanting an autograph. With the stroke of a marker, teen author and STEAM advocate, Ayonnah Tinsley turned STEAM pop star to students at McNair Farm E.S.

To view the video, 'Ayonnah Tinsley McNair Elementary' on Facebook search title. To purchase 'This Is What an Engineer Looks Like' written by Ayonnah Tinsley, visit [amazon.com/This-What-Engineer-Looks-Like/dp/0359494501/](https://amazon.com/This-What-Engineer-Looks-Like/dp/0359494501/).

Anthony E. Copeland, Ph.D.- "STEAM/STEM provides a way to prick students' interest in Sciences and Arts in a way that simply solving problems on paper or creating things in an art class cannot. As a high school principal, I believe the earlier we can expose learners to STEAM/STEM, the more likely we are to build perseverance in them to continue in higher-level math and science classes. In fact, Ayonnah's story of her first exposure to airplanes creating an interest in engineering and guiding her to the early identification of this as a career interest is what I believe can happen with more students through our work in schools; therefore, I am a huge believer and support of the work done at McNair ES in STEAM/STEM and other elementary schools throughout FCPS."



## 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>9</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, BRITPATHS



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## Hot Chocolate & Pictures with Santa



'Tis the Season to be Jolly! Come join Great Falls Assisted Living for some hot cocoa and pictures with Santa.

Please RSVP by Sunday, December 1<sup>st</sup>

Thursday, December 5<sup>th</sup>

3:00 - 5:00 p.m.

## Let's Make Gingerbread Houses

Great Falls Assisted Living invites you and your family to come join us in making gingerbread houses this winter. We welcome children of all ages to participate at this fun event!

Please RSVP by Sunday, December 15<sup>th</sup>

Thursday, December 19<sup>th</sup>

3:00 - 5:00 p.m.

To RSVP, or for more information,  
please call 877-351-8067 or visit  
[www.TheArtisWay.com/HerndonConnection](http://www.TheArtisWay.com/HerndonConnection)

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# Cooking with Children this Thanksgiving

Holiday meal prep can help create life-long memories.

BY MARILYN CAMPBELL  
 THE CONNECTION

**M**ashing 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.**

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."

**"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

**TELL US WHAT YOU THINK**

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[www.ConnectionNewspapers.com/contact/letter](http://www.ConnectionNewspapers.com/contact/letter)

## THE CONNECTION Newspapers & Online Prepare for Holiday Happenings 2019

**Holiday Entertainment and Gift Guides**

**Gift Guide I**  
 Publishes.....Nov. 20  
 Advertising Due.....Nov. 15

**Holiday Gift Ideas**  
 Publishes.....Nov. 27  
 Advertising Due.....Nov. 22

**Gift Guide II**  
 Publishes.....Dec. 4  
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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection



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

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
<b>Sub-Total</b>	<b>106,003</b>	<b>111,955</b>
Transfer to Improvement Fund	(10,380)	(10,313)
<b>Total</b>	<b>\$ 95,623</b>	<b>\$ 101,642</b>

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  
Public Hearing Comments  
8570 Executive Park Avenue  
Fairfax, VA 22031

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.

# 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 Carnival 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



PHOTOS CONTRIBUTED



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

The 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 "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."



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

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.

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# BULLETIN

FROM PAGE 2

and South Lakes High School established a unique partnership to take the entire South Lakes senior class to the Sheraton Reston where they spend the day learning about ethical decision making and how it will affect their adult lives. Using a series of four complex, but real-life scenarios, students are asked to review, discuss and reach ethical decisions for each scenario. About 70 volunteers from the business community lead a small group of 8-10 students through these scenarios and facilitate vibrant discussions. They are running short on volunteers and still have 30 spots to fill. To learn more, contact Alicia Field, Events and Development Director, at 703-707-9045 or [aliciaf@restonchamber.org](mailto:aliciaf@restonchamber.org).

## COMMEMORATIVE BRICK PROGRAM.

The Reston Historic Trust & Museum will be celebrating its commemorative brick program. Members of the community are encouraged to support not only the Reston Historic Trust & Museum on Giving Tuesday – but to do so by ordering a commemorative brick which is a great way to leave your mark on Reston or give as a gift to friends, family, teachers, neighbors, organizations, or even a pet. Commemorative bricks can be ordered at <https://www.restonmuseum.org/bricks>. The bricks are ordered only once a year. Bricks to be installed in 2020 must be ordered by Jan. 8, 2020. Bricks are then reviewed by the Lake Anne Condominium Association and Reston Historic Trust & Museum. They are displayed and dedicated on Founder's Day, which will be April 18, 2020 and installed shortly thereafter dependent on weather.

## SUPPORT GROUPS

**Parent Support Partners**, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html).

## ONGOING

**STEM Professionals Needed.** Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or [donaldrea@aol.com](mailto:donaldrea@aol.com).

**Herndon High School Library** needs volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email [hhs\\_library@fcps.edu](mailto:hhs_library@fcps.edu).

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at [gronbiz@aol.com](mailto:gronbiz@aol.com) or Program Coordinator Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@verizon.net).

## Oak Hill Herndon CONNECTION

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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 is it 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.