It takes all hands on deck – and all hearts open – to pull off the annual Thanksgiving meal collection and distribution, as you can tell, as volunteers get ready for a previous event sponsored by Reston nonprofit Cornerstones, in partnership with several other organizations and agencies, and of course, all those volunteers, close to 1000 struggling families enjoy Thanksgiving – all courtesy of the generosity of hundreds who feel the spirit of the season of giving.
Do remember a time when you felt your absolute best? You felt great, you looked great. You had energy to do whatever you wanted to do. You are too young to feel so old. It’s time to turn back the clock and be in the best shape of your life.

Koko FitClub is here to help. Come try 30 days of complete fitness and coaching for just $30. That’s a full 30 days of customized, total-body strength and cardio training with support from a professional fitness coach to help you succeed.

You can turn back the clock and return to that fit, healthy, strong and lean person you always knew you could be. Come get started and change your life today.

I’ve never been a regular exercise enthusiast. This is the first gym where I feel like I belong. I find the extra strength and encouragement I need in all the trainers. I really feel strong now for the first time in my life! Thank you Koko for changing my life - I feel amazing.

- ELLIOT HEAPES, HERNDON, VA

To get started with your trial membership, simply call or stop by a location below. Live healthy, live the Koko lifestyle.

Koko FitClub of Great Falls | 561-612-2333 | greatfalls.kokofitclub.com/30for30
Koko FitClub of Herndon | 571-612-2331 | herndon.kokofitclub.com/30for30
Koko FitClub of Reston | 571-612-2333 | reston.kokofitclub.com/30for30
Members from The Nysmith School’s three CyberPatriot Competition teams visited FireEye cyber security company in Reston. The tech savvy students posed with FireEye staffer David Lindquist in front of the “threat map” in the company’s local operations command center.

Monica Saraf was a member of Nysmith’s 2015 National CyberPatriot Championship. With all that experience, she was a natural choice to captain one of the school’s three 2016 teams. Monica liked how the FireEye folks made their presentations “really fun with lots of interesting real-life stories.” She also liked the small group activity to consider potential security vulnerabilities at their own school. “I really enjoy being able to use what I learn.”

Sixth grader Ethan Yu, a first time CyberPatriot competitor, said he learned a lot and enjoyed the field trip to FireEye. “I especially liked learning how to protect the information on your own personal devices.”

Nysmith School CyberPatriots Visit Real-World Counterparts

By Andrea Worker
The Connection

Most school field trips take in a museum, maybe a visit to a historic house or possibly a kid-centric performance of some kind. All of these outside-the-school-walls outings are great experiences and terrific educational opportunities, but a group of students from The Nysmith School in Herndon got a real treat when they visited the Reston offices of FireEye, a leading developer and provider of cyber security products and services.

AN HOURS-LONG VISIT to an office building might not sound like a lot of fun to your average sixth, seventh and eighth graders, but these youngsters were beside themselves because all of them are members of a Nysmith CyberPatriot Team and this was a chance to see the hypotheticals that they work with come to life before their very eyes.

The CyberPatriot National Youth Cyber Defense Competition is part of the Air Force Association’s (AFA) STEM (Science, Technology, Engineering and Mathematics) Program, aimed at encouraging interest in these areas of study and developing the skills to pursue related careers. As a school that is known for its excellence in STEM education, Nysmith has embraced the STEM curriculum, and its students have equally embraced the challenge of the competition. One of the two Nysmith teams entered into last year’s competition took the Middle School National Championship – no small feat when you take into account that more than 2,150 teams were registered from middle schools and high schools from all fifty states, Canada, and DoD Dependent Schools in Europe and the Pacific.

In the competition, the team members act the part of newly-hired IT professionals tasked with finding and fixing vulnerabilities in a number of operating systems with two major ground rules: cause no further damage to the virtual systems and do not cause additional problems for the imaginary users. “And that’s pretty much the same mission for FireEye in the real world,” said David Lindquist, an Event Analyst at FireEye and one of several presenters on the Nysmith visit agenda.

“That is so cool,” declared sixth grader Ilse Dubert, a first year CyberPatriot competitor. “It shows that the examples and problems we are given are real.” Ilse’s twin sister Annica is also a Nysmith CyberPatriot and was an attendee at the FireEye field trip.

Ilse was also pleased that their hosts “talked to us, you know, straight.” She and several of her schoolmates appreciated that the FireEye gang “didn’t treat us just like a bunch of kids.”

“Actually,” admitted Devon Kerr, a Principal Security Advisor with FireEye, “you guys make me a little nervous, like when I am standing in front of a group of GDQs. You really know your stuff. I can tell just from the questions you ask and the answers you’ve given.” Kerr’s presentation included examples of investigations he has conducted for clients around the globe and had his audience head-nodding and adding corroborating stories when he described some of the vulnerabilities he has encountered. When Kerr offered a number of tips on daily computer cyber safety, pens were out and notes were being taken by the students, and their adult companions, as well. (OK, I took a few myself.)

Part of the FireEye discussion addressed the skills needed to work in cyber security. “We have a shortage of skilled people in these critical fields today,” said Sridhar Janyanti, VP of Engineering at FireEye and one of the hosts of the school tour. “Cyber attacks are a daily event at all levels, the threat is real and growing.” This group might be a bit young to be considering their career options at FireEye anytime soon, but there was a definite gleam in the eyes of the two George Mason University students in attendance. Juniors Jessica Miers and Alex Handley are the mentors of the Nysmith competitors.

In a day filled with high points, the visit to the Reston Security Operations Center (SOC) was still a real standout for the young “cybernauts.” Escorted into the “heart of threat monitoring,” the visitors were corralled into one area of the room. “Sorry. This is a No-Wander Zone,” Lindquist informed them. No one seemed to mind as they watched the enormous multi-screened wall map showing samples of cyber threat incidents that looked like the scene from the movie “War Games” when the sentient computer is trying out nuclear attack scenarios for potential outcomes.

IT TOOK SOME DOING to tear the group away from the SOC, but eventually they gathered once again for the last presentation of the day, and this was one no let down, even after the SOC experience. Alison Cramer, Facility Security Officer and the day’s chief liaison, spoke to the Nysmith contingent about the non-cyber aspects of security. Just like the “techie” talkers before her, she brought her topic home for her audience and kept their competitive edges sharpened, breaking them into groups to work on a “daily defense” project.

“Take today’s lessons. Think about your school and look for ways to improve on the different areas of security,” directed Cramer. Less than five minutes later, each group was ready to make their recommendations. No doubt they will be presenting them soon to school principal Ken Nysmith.

The Nysmith School has upped their stake in this year’s CyberPatriot competition, adding a third team, and six more students ready to defend their school’s title against 460 other school teams registered to compete. Eighth-grader Monica Saraf, a member of last year’s championship team and Team Captain of the 2016 “CyberArmour” admitted that that the challenge was a fierce one, but thought that mentors like Miers and Handley, coaches like parent Bonnie McCrystal and extras like the FireEye visit “will really help us to make Nysmith proud of our efforts.”

The 2016 CyberPatriot Competition Nationals will take place on April 10–14 in Baltimore.
The Board of Supervisors is at peace with the county’s new Noise Ordinance. “Believe it or not, that passes,” said Board of Supervisors Chairman Sharon Bulova.

On the Nov. 17 meeting of the Board of Supervisors, the Board adopted a new Noise Ordinance. The new ordinance becomes effective on Feb. 17, 2016.

“There were times during this process that I thought we would never get to this point. Let me tell you, there are competing needs, issues all over the place as to what is too noisy, what is not noisy, about what is needed and what is not,” she said.

In June, the Board had deferred action on the proposed changes to the county’s noise ordinance in June until Nov. 17.

“It was a very productive evolution through five cycles of revisions,” said Supervisor John Foust (D-Dranesville). “We negotiated this thing for so long.”

“We’re not totally where I want to be, but this is a significantly improved product and something I can vote for,” he said.

Supervisor Michael Frey (R-Sully) spearheaded the Board’s efforts and thanked Board of Supervisors Chairman Bulova.

Frey said the outcome makes the ordinance much easier to enforce.

“This turned into something entirely different from where it started. I also agree that this wasn’t intended to address every noise issue,” said McKay, “but at the end of the day it makes for better enforcement and makes it a lot more clear which made the noise ordinance difficult to enforce.”

OVERALL GOALS of the proposed Noise Ordinance is to recognize that there will always be certain levels of noise that occur in the normal course of daily living; to allow certain levels of daytime noise so that people can live, work and play during the day; and to minimize noise at night so residents have an appropriate quiet environment in their homes at night.

More than 30 speakers testified at a public hearing last May on the noise ordinance.

“When babies cannot sleep, when the elderly cannot rest, when a voice teacher cannot instruct, when a family cannot share a meal together on their patio, when a homeowner has to close her windows and move to another part of the house just to make a telephone call, when a cancer patient cannot recuperate and rest in her yard because music is amplified in the neighborhood at intrusive levels, then we know something is not right with life in Fairfax County,” said Joyce Harris of McLean.

Sheila Casey, of Reston, said she can hear the noise, “but at the end of the day it makes for better enforcement and makes it a lot more clear which made the noise ordinance difficult to enforce.”

Other speakers included: Greg Budnik who discussed helicopter noise from training runs at Fort Belvoir; Mark Grove of Fairfax whose wife was recuperating from cancer treatment and had to contend with music from a supermarket across the street that had permits to play music until 11 p.m.; Keith Elgin, worship director of Vine Church in Dunn Loring, who wants to create events such as outdoor movies and concerts during the summer months; to neighbors in Reston who say they can not get relief from noise of nearby dog parks; to those who take their dogs to dog parks to spare neighbors from noise.

AMPLIFIED MUSIC from loudspeakers at schools during athletic practices and pre-game festivities took center stage.

Fairfax County Public Schools will replace loudspeakers at McLean High School with regulators to ensure that they are properly calibrated.

The school system is finalizing regulatory guidelines so athletic directors know exactly what needs to be done to keep harmony with neighborhoods in proximity with the schools.

“Tha’s a big deal, and let’s make sure that that agreement is formally adopted that we keep it with our noise ordinance,” said Bulova.

Other topics of major concern addressed dog parks, trash pickups from commercial shopping centers next to neighborhoods, and lawn maintenance.

Fairfax and other Virginia governments had to rewrite their noise ordinance as a result of a Virginia Supreme Court decision overturning the ordinance in Virginia Beach, according to county documents.

For more, see http://www.fairfaxcounty.gov/dpz/zoning/ noiseordinance/
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Inova Fairfax Hospital / Inova Children’s Hospital
3300 Gallows Road, Falls Church
Every day can be “small business day.”

T

here is a joy to participating in community traditions and celebrations during the holidays, from walking along a sidewalk with the streets decked out for the holidays, to shopping in local stores, to being greeted by someone likely to be the owner of the store, to finding gifts that are not mass-produced.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area’s locally owned stores. There is special holiday ambience available by shopping in the heart of a town that is decked out for the season. Small retail shops are part of defining any community. Their liveliness depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that is otherwise unmatched.

We all benefit when local stores thrive, when local business districts beckon. An effort to support locally owned businesses has resulted in the recognition of Small Business Saturday, the Saturday after Thanksgiving, also called “small business day.”

Children’s Connection

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. It is a keepsake edition for many families. The annual Children’s Connection is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts. We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have first and last name of the student. Please include the student’s age and/or grade, school attended and town of residence.

Identify each piece of writing or art, including the student’s full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide submissions by Friday, Dec. 4.

Email submissions for the Children’s Connection to ChildrensNorth@connectionnewspapers.com. Subject line should be school name, town and teacher’s last name (e.g. Westgate ES, McLean, Card.).

Priscilla M. Griffith
McLean

Prevention and Response Program. Through a partnership with over 40 faith communities, this program enables FACETS to offer refuge from the bitter cold to over 200 individuals in our community who are homeless each year. The success of the Fairfax Housing Challenge has inspired us to remain motivated in helping even more people come in from the cold this winter and ideally keep more from ever experiencing the cold at all. We are up for the challenge … and I know our community partners are too. That’s a win for the whole community. To learn more, visit us at www.FacetsCares.org.

LETTERS TO THE EDITOR

Entering Into the Arena

To the Editor:

Theodore Roosevelt once said that the credit belongs to those who are in the arena. Craig Parisot should be commended for stepping into the arena in what he knew would be a tough fight. Northern Virginia is becoming increasingly polarized and competitive and, as a result, the cost, both financially and personally, of running for office here is exorbitant. Respected incumbents declined to run for reelection this year, no doubt in part because of this strain. Craig knew what he was walking into, but he did it anyway out of a desire to serve his community. Thank you Craig Parisot for entering into the arena. I hope you are not done fighting.

Pricilla M. Griffith
McLean
the General Assembly will convene for its regular session on Jan. 13. Major work in the even-numbered years is passage of a biennial budget. With some recovery in the Virginia economy it should be possible to pass a required balanced budget without program or staff cuts, but it will not be possible to fund all the budget requests or pent-up demand from the dire budgets of the past decade. Budget deliberation will be controversial, however, because of the refusal to accept federal funds for Medicaid expansion that would free up about $350 million of state monies that could be used for other purposes.

Many of the issues that concern me will face an uphill battle. We should fully fund the state share of public education, but there are those who will resist those efforts. I support expanding Medicaid to provide health insurance for the working poor. I am also concerned that Virginia’s lax gun laws can lead to more gun violence. We need to expand background checks for all gun sales. We should take action to keep guns out of the hands of persons against whom protective orders have been issued by a court. Likewise, commonsense laws should be passed to keep guns out of the hands of children. Looking to the next round of legislative redistricting we need to pass a constitutional amendment to require independent, nonpartisan drawing of legislative boundaries. A constitutional amendment would permit the people to vote on it.

Last week the Republican majority was reported to have announced its priorities for the upcoming session. I understand that in public education their priority is passage of a constitutional amendment to allow for the establishment of charter schools. Such an amendment passed the General Assembly last year and with passage this year would go to the voters for approval. With public schools already having the power to establish alternative schools; magnet schools; and vocational, gifted, and special education centers it is difficult for me to see the value or need for charter schools that would drain resources from public schools.

Although the misleading campaign against tolls on I-66 had little impact on the outcome of recent elections, the majority intends to propose legislation to prohibit tolls on I-66. Their bill can lead to a full discussion of the tolling proposal. They can explain to single-occupant car drivers why they oppose access to I-66 during the rush hour if a driver is willing to pay a toll. Or, how they will raise the money to widen I-66 without toll revenue. Or why other roads will continue to have tolls.

A perennial favorite with the majority party is to pass bills and resolutions to say that Virginia does not have to comply with federal law. This year the aim is the clean air regulations issued by the federal Environmental Protection Agency. There also apparently will be a further attempt to tighten voter registration that will also make it more complicated and may discourage registration.

Republicans called their priorities “a broad, bold agenda.” Others may find their session agenda to be too confrontational and controversial.

DHL Opens New Service Center in Herndon

DHL, an express services provider, opened a new service center in Herndon that will serve the area of northern Virginia known as the Dulles Corridor. The $1.5 million investment was driven by the company’s current and forecasted shipment growth from the region’s technology, public sector and small- to medium-sized businesses.

The new 18,000-square foot facility can process more than 2,500 shipments per hour. It is located at 13978 Park Center Road, Herndon. The facility complements the operations of existing DHL service center facilities in downtown Washington, D.C., and at the Baltimore-Washington International Airport.

“The Dulles Corridor is a booming market for international commerce and has strong growth potential for years to come,” said Greg Hewitt, DHL area general manager, Northeast U.S. “This new facility will not only support customer shipment growth, but will allow for earlier delivery times and later drop-off cut-off times for international importers and exporters.”

The facility will initially employ more than 40 local staffers.
Herndon All Heart for Season of Giving

By Andrea Woman
The Connection

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ast year in this special “season of giving” holiday issue, Arleta, a mother of two 8-year-old twins who had her husband pass away in the year, Arleta had given her eldest daughter job for her husband before his death and could only find part-time work after his passing. That job was enough to keep the family in a new, smaller apartment, “But we sold food, I was paying the bills,” said Arleta. Still, she admitted that she was a “little sad” that she couldn’t afford Christmas gifts for her younger sons. She had even put a Hot Wheels remote-controlled car on her sons’ wish list, but his brother had hopes that a special Lego set would be waiting under the tree on Christmas morning. Arleta had prepared her family’s Christmas list, but her family never received any gifts and only the boys picked out items for other children to receive through the Gifts for Kids program. Last Christmas was the first time, this “season of giving,” when Arleta could give a little back to her community and it truly gave her a feeling of hundreds who feel the spirit of giving. Arleta is one such group that services needful families. To add FAITH to your “season of giving” list, call them at 571-323-2198 or visit www.faithtogo.org to see what else they may want.

It takes all hands on deck – and all hearts open – to pull off the annual Thanksgiving meal collection and distribution, as you can tell, there are thousands for everyone, who are prepared not to receive found their way to their Christmas tree courtesy of the Bargain Loft. This year, a local non-profit Bargain Loft at 336 Victory Rd, Herndon will visit RTC for a kick-off event on Dec. 1. As always, the Bargain Loft is one of the services that so many generous people provide friendly, instant, and organizations in our community offer to our neighbors in need. We are great enough to keep them and all of those looking for your support. Now is the time, this “season of giving,” when your help is truly needed.

FAITH – the Foundation for Appropriate and Immediate Temporary Housing – helps all year long, as well, and could always use the helping hands of the open-hearted residents of Herndon. In addition to food programs and a thrift shop located at 7900 Centreville Rd, Herndon, the folks at FAITH offer programs to help with mentor and support, young relatives, and other children in need and offer workshops, field trips and opportunities to learn and grow despite disadvantages. To add FAITH to your “season of giving” list, call them at 770-323-2198 or visit www.faithtogo.org.

Herndon All Heart for Season of Giving

Where to help in Herndon area

The Bargain Loft Thrift Store at 336 Victory Drive in Herndon is run under the auspices of many community organizations, family, friends, and sponsors in partnership with many other nonprofits and in partnership with many other nonprofits. The Thanksgiving meal distribution to a turkey feast with all the trimmings. For more information, visit www.cornerstonesva.org to see what else you may want.

The Bargain Loft Thrift Store at 336 Victory Drive in Herndon is run under the auspices of many community organizations, family, friends, and sponsors in partnership with many other nonprofits. The Thanksgiving meal distribution to a turkey feast with all the trimmings. For more information, visit www.cornerstonesva.org to see what else you may want.

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**ST. ANNE’S EPISCOPAL CHURCH • Reston**

7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday School: preschool - grade 2
Music: grades 1 - 7
10:25 a.m. Sunday School Grades 3 to 6
Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come As You Are Contemporary Service

**COMPLIMENTS OF WORSHIP**

**To Highlight your Faith Community, Call Karen at 703-917-6468**

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**Special Connections Calendar**

Advertising Deadlines are the previous Thursday unless noted.

**DECEMBER**

12/2/2015 ................................................................. Wellbeing
12/9/2015 ................................ Holiday Entertainment & Gift Guide II
12/9/2015 ................................................................. Home for the Holidays
12/2/2015 ................................................................. Wellbeing
12/16/2015 ................................................................. A+ Camps & Schools; Holiday Entertainment
12/9/2015 ................................................................. Holiday Entertainment & Gift Guide II
12/2/2015 ................................................................. Wellbeing

**Calendar**

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

**ONGOING**

**Art/Craft Programs** 10 a.m. - noon.


**Ethereal and Natural Reactions**


**Seussical the Musical**


**Horse-Drawn Carriage Rides**

Saturday, Dec. 5, 12 and 19. 4-9 p.m. Departures on Market Street in front of Talbots at Reston Town Center. $5 per person, children 5 and under ride free. All proceeds benefit local charities. www.restontowncenter.com/holidays.

**Mini-Train Rides**

Sundays, Dec. 6, 13, 20. Noon-4 p.m. Pick up on Market Street in front of Talbots at Reston Town Center. Donated proceeds benefit local charities.

**Gingerbread Village at Hyatt Regency Reston**

Saturday, Dec. 5 through Thursday, Dec. 31. The Hyatt Gingerbread Village is a holiday tradition presented annually since the hotel’s opening in 1990. The sweet, whimsical, classic holiday village scene is on display in the main lobby. reston.hyatt.com.

**Potomac River Running**

For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit http://potomacriverrunning.com.

**Seucool**

How can you help?

Adopt one of our lovable cats or dogs.

Volunteer your time or services.

Donate money or supplies for the Shelter.

**Friends of Homeless Animals**

www.foha.org

**Turn your House into a Home**

**Forget the Fruitcake. Give a gift that really matters this holiday season.**

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**Seussical the Musical**

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

www.restontowncenter.com/holidays.

All-comers’ Group Fun Run at Potomac River Running

Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit http://potomacriverrunning.com.

**Seucool**

**See Calendar, Page 11**
THURSDAY/NOV. 26
Annual Reston Thanksgiving Day Family Bike Ride. 9 a.m. South Lakes Shopping Center 11120 South Lakes Drive, Reston. Join the South Lakes Village Center ride to Reston Town Center or organize your own neighborhood ride. All riders meet at Starbucks at Reston Town Center. Free. Contact cyclingatreston@gmail.com or call 703-966-6182 for information.

FRIDAY/NOV. 27

SATURDAY/NOV. 28
Jimmy Gaudreau and Orrin Star 7:30 p.m. Frying Pan Park, Vienna Hardwoods and Bluegrass Series Season Pass Frying Pan Farm Park, 2709 Old Ox Road, Herndon. Bluegrass musicians who have been with some of the top bands in the genre over their plus years in music business. Jimmy is a master mandolin player and Orrin is a champion. Are you ready to Run with Santa? on the street is he’s been training like a champion. Are you ready to Run with Santa? on the street is he’s been training like a champion. Are you ready to Run with Santa? on the street is he’s been training like a champion. Are you ready to Run with Santa? on the street is he’s been training like a champion.

SUNDAY/NOV. 29
Bluegrass Series Season Pass 7 p.m. Frying Pan Farm Park, 2709 Old Ox Road, Herndon. Support the Bluegrass Burn by becoming a season pass holder. The series at the park’s Visitor Center is sponsored by the Friends of Frying Pan Park, Vienna Hardwoods and Eastman Guitars and Mandolins in cooperation with Fairfax County Park Authority. Season passes on sale at 6 p.m. Artists include Valerie Smith and Liberty Pena, Como Minding and Pasture Partners and more. Season pass: $128. 703-437-9100.

THURSDAY/DEC. 3
Community Holiday Performances. 6:30 p.m. Fountain Square, 11900 Market St., Reston. Musical performances by community group from Sunrise Valley Elementary.

THURSDAY-SUNDAY/DEC. 3-6
2015 Annual Holiday Mini Sale. Thursday, 10 a.m.-8 p.m. Friday, 10 a.m.-5 p.m. Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Gilt-quality books, gifts, and surprises to delight readers of all ages. Cash or checks only.


FRIDAY/DEC. 4
Community Holiday Performances. 6 p.m. Fountain Square, 11900 Market St., Reston. Musical performances by community group from River Bend Middle School, Raven Jazz, River Bend Jazz and River Bend Chamber Music.

SATURDAY/DEC. 5
Community Holiday Performances. 2 p.m. Fountain Square, 11900 Market St., Reston. Musical performances by Rhythm Street Dance.

Monday/Nov. 30
Board Operations Committee Meeting. 6-10 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. The primary task of the Board Operations Committee is to set the agenda for the Regular Meetings of the Association’s Board of Directors. Join us and contribute your ideas and suggestions during the member comment period. 703-435-6530.

TUESDAYS/DEC. 1, 8, AND 15
Design Review Board Meeting. 7-9 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. The Design Review Board (DRB) is responsible for reviewing all additions and alterations to many different types of Reston properties. To assist in the review process, the DRB develops Design Guidelines and review procedures, and establishes design standards for clusters. 703-435-6530.

TUESDAY/DEC. 1
Environmental Advisory Committee Meeting. 7-9:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. The Environmental Advisory Committee advises the Board on the ecologically sound management of the association’s environmental resources, including its water, natural areas and wildlife. Come join us to share your thoughts and ideas. 703-435-6530.

WEDNESDAY/DEC. 2
Legal Committee Meeting. 6-8 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. Reston Association’s Legal Committee is responsible for recommending to the Board of Directors proposed enforcement actions, the imposition of sanctions and the filing of legal proceedings. 703-435-6530.

New and Prospective Member Orientation. 8-10 a.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. Reston Association’s New and Prospective Member Orientation is designed to welcome new and prospective members to our thriving community and the center for small business owners. Register for this event at www.restonchamber.org/events.

OAK HILL/HERNDON CONNECTION ♦ November 25 - December 1, 2015 ♦ 11

WEDDINGS
Meredith Klein and Drew Dudzik Married
Meredith Klein and Drew Dudzik were married on June 20, 2015 at St. John Neumann in Reston. The bride is a 2007 graduate of Chantilly High School and a 2013 graduate of James Madison University. She continued her Master in Education at James Madison University in 2012 and taught for the past three years at Oak Hill Elementary. The groom graduated 2006 graduate of Centreville High School and a 2010 graduate of James Madison University. He completed a Master in Sports Leadership in 2011. The bride is the daughter of Bruce and Doreen Klein of Oak Hill. The groom is the son of Michael and Sally Dudzik. Cousin of the bride, Kerrin O’Connor, served as Maid of Honor. Bridesmaids were Kristen Klein (sister-in-law of the bride), Anna Brunswick, Kimberly Resua, Jessica Fuller, Stephanie Passino, Katie Dudek, and Cameron Dohse, and groomsmen were Jason Klein (brother of the bride), Steven Klein (brother of the bride), Bill Nay (cousin of the groom), Josh Hill, Jason Dosh, DJ Mungus, Cameron Dohse, Aaron Butler and Charlie Newman.

Following the wedding ceremony, a reception with dinner and dancing was held at The Ritz Carlton in Tysons Corner. The couple honeymooned in St. Lucia and are now residing in Raleigh, N.C. The bride is employed as a marketing specialist with Lionel Brooks Technologies and the groom is employed with the Duke University Football Program as an assistant offensive coordinator.

To have community events listed in the Connection, send to north@connectionnewspapers.com by the Friday prior to the following week’s paper.


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November is National Adoption Awareness Month. With that in mind, meet two families expanded through adoption; two families whose kids describe their family as “awesome.”

The Hagens of Vienna are a family of two parents, Kelly and Scott; three boys, two adopted and one biological; and two family dogs. Appreciative is the word that comes to mind listening to the Hagens talk about their family.

Lewis, 17, describes family priorities. “Somehow we find time to do stuff together. Like eating dinner. I’ve heard some families don’t do that. That’s very sad to me.” Spencer, 16, talks of how his brother, James, influences his life. “I know there are a lot of experiences that I get to have because James is so outgoing.” James, 11, appreciates time spent with his dad. “I like working outside with my dad. And, I like that he pays me for it.”

Lewis loves having brothers. “You have people who are always there. I play XBox with them. We talk. We listen to music. It’s like having friends that are always there. AND they are family.” Would be different like having friends that are always there. We talk. We listen to music. It’s very loud, which means I’m never bored.

It’s interesting living with a lot of people. It takes a few weeks, but then they settle right in.”

Megan adds: “One of the things that helps makes our household work is that the kids are flexible and giving. Each time we have added someone new into the mix, they follow the example set and pretty quickly, it’s like they were always there.”

The Connellys have an immediate family of four; and two foster families. Megan says that “They are grateful. They are generous. They have a good sense of humor. They love to keep busy. His favorite thing to do is go fishing. He would like a family that has a real family. We are everything you will find everywhere. We are everything you would expect; the good and the bad. We are a real family.”

Scott and Megan Connelly have been foster parents to many kids over the years. According to Scott, the “spectacular” success of the foster children they have had over the years, many now grown, as well as the success of their biological and adopted boys is simple. “We make sure they know that we love them, unconditionally, and that we are going to hold them accountable. It takes a few weeks, but then they settle right in.”

Megan says that with their current four, they are only just getting started.

Consider adopting a child from foster care. In Virginia, there are more than 860 children waiting and hoping to be adopted. Many of those children are listed on the Adopt US Kids website which you can find at: adoptuskids.org/states/va/index.aspx

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THANKFUL Adoption

FROM PAGE 12

choose them for adoption. In 2014, McAuliffe elevated the priority of foster care adoption by appointing Debbie Johnson as Virginia’s Adoption Champion. An adoptee herself, one of her achievements to-date has been to create Connection Hearts. www.connectingheartsva.org. With Erica Facetti at the helm, Connecting Hearts works with the Virginia Department of Social Services, local departments of social services as well as local businesses to engage and educate the public about children in foster care who are waiting for adoptive families.

One of Erica’s immediate goals is to get as many of those children as appropriate included in the Adoptuskids/Virginia listings. Currently, of the 860, just 180 are listed. www.adoptuskids.org/states/va/index.aspx

According to the Metropolitan Council of Governments (COG), there are 259 children in the DC metro area waiting for adoptive homes. Child Welfare Program Manager, Kamilah Bunn, works tirelessly to bring visibility to foster care adoption in our region. COG’s adoption efforts include Wednesday’s Child, The PicMe Project, Regional Adoption Events and the Regional Adoption Exchange.

Many children have no problem advocating for themselves. Perhaps one of the more memorable self-advocates was a 10-year old twin, who grabbed his brother, hopped on a stage in downtown DC, grabbed a mic and belted out to the cheering crowd, “WE NEED A FAMILY.” Other children are not so forthcoming; They are embarrassed by circumstances that are no fault of their own. They have been disappointed by adults who have said they loved them, but who then turned away. They fear further rejection.

Social workers and other professionals like Kamilah Bunn and Erica Facetti all work together to protect each child, as they work tirelessly to match children successfully with a small pool of potential adoptive families.

Adoption Expo

What: 2015 Adoption Expo will educate, inspire and celebrate families formed through adoption. Prospective adoptive parents can meet adoption professionals as well as current adoptive and foster parents to learn about foster care adoption and foster parenting.

Cost: Free

When: Dec. 5, 11 a.m. - 3 p.m.

Where: 905 K Street NW. Washington, DC 20001

More: adoptionforserviceexpo.org

www.ConnectionNewspapers.com

Sports

South Lakes Football Falls to Westfield in Quarterfinals

Seahawks finish season with 9-3 record.

BY WILL PALENSCAR

The No. 3-seed Westfield football team overcame a fourth-quarter deficit to defeat No. 6 South Lakes 24-13 on Nov. 20 in the 6A North region quarterfinals at Westfield High School. The Bulldogs led 10-6 entering the fourth quarter. The Seahawks answered with a 3-yard touchdown pass from quarterback Devin Miles to Marvin Grunshie. Khalil Dover’s extra point gave South Lakes the advantage at 13-10. However, Westfield’s Tavon Greene returned a punt 70 yards for a touchdown and quarterback Tyler Scanlon rushed for his second score of the game with 6:19 remaining to close out scoring.

Westfield will travel to face No. 2 Lake Braddock in the region semifinals at 1:30 p.m. on Saturday, Nov. 28. Westfield opened up scoring in the second quarter when quarterback Tyler Scanlon ran for his first of two scores. The first touchdown was a 22-yard burst which came with 29 seconds left in the second quarter. After Brian Delaney’s extra point, Westfield was up 7-0. In the third quarter, a Westfield punt was downed at the South Lakes 1-yard line. On the next play, South Lakes sophomore quarterback Miles took the snap and fired the ball to receiver Eric Kirlew, who took the ball 99 yards for the score. After a missed South Lakes extra point, Westfield held a 7-6 edge. Kirlew finished with four catches for 114 yards. With 5:15 left in the third quarter Westfield’s Delaney kicked a 32-yard field goal to give the Bulldogs a 10-6 lead heading onto the 4th quarter. South Lakes ends its season with a 9-3 record. Westfield improved to 11-1.

Langley Senior Duenkel Signs with JMU

Langley High School’s Halle Duenkel on Nov. 13 signed a National Letter of Intent to play lacrosse at James Madison University.

A four-year starter, she is closing in on the all-time leading scoring records at Langley High School with 112 goals and 53 assists. Duenkel was an offensive weapon on the 2013 Saxon team that went to the state finals. She was named to the Brine All-American team in 2014, and was a Washington Post All-Met honorable mention in 2015. A 6A/5A North All-Region selection in Virginia for lacrosse, she was also first-team all-conference for the past two years.

Duenkel looks to complete her high school career with 13 varsity letters. She is a regional finalist long jumper and all-region field hockey player for the Saxons. She is the president of the Spanish National Honor Society, has a 4.1 GPA, and was a U.S. Lacrosse Academic All-American in 2015.

Outside of school, Duenkel is the founder of the faith-based nonprofit, Compassion in Actions, where she has helped to donate over 540 cubic feet of gently used sporting equipment to poverty-stricken nations. She plans to major in business for James Madison University and contribute to a perennial top 20 Division I lacrosse program.

Langley senior Halle Duenkel on Nov. 13 signed a National Letter of Intent to play lacrosse at James Madison University. Pictured from left: Langley lacrosse coach Maggie Kovacs, Duenkel, Principal Fred Amico and DSA Geoff Noto.
In fact, it was my idea (and I do think much of it), as it has been previously, but this time, my oncologist felt—quote my late father—"the idea had merit." And so, intuiting forward, I will be visiting (I use that word loosely), the Infusion Center every four weeks instead of three. A change nearly seven years in the making. Now whether it hastens my demise or simply improves the quality of my life, I certainly don’t know. All I know is what little I know. Nevertheless, given my amazing good fortune to still be alive so many years after my original prognosis “prognosed” otherwise: “1.3 months to two years,” (as stated by my oncologist on 2/27/09), I suppose I’m living proof that cancer works in mysterious ways and not always according to medical expectations. Thank God.

Perhaps the future—and maybe even the present—is what I make of it. And though it’s difficult—but not impossible—to do so, among the rather grim tales that one hears in the lung cancer/cancer-in-general world, there are success stories, many of which I’ve actually heard. And the more of these stories I hear, the more I feel empowered and realize that even though we have not won the war on cancer, we are winning battles, not just skirmishes. Lung cancer patients are living longer, as I have been fortunate to do, not merely a 33 percent increase in that interval, it’s an exponential increase in my head, meaning it feels way more significant than climbing stairs, lifting heavy objects or cancer-related difficulty breathing other than climbing stairs, lifting heavy objects or otherwise over-exerting myself; the sensation now, then and even now, is that I have control of my life for an extra week EVERY SINGLE MONTH that I’ve not had for almost seven years. I don’t want to go commercial here, but can you spell relief? For me, it’s not a product, it’s a lifestyle.

However, I feel relieved as I am, this decision/possibly even accommodation from my oncologist, is not because I’m cured, in remission of cancer-free. No. It’s because I asked and my most recent PET Scan answered by indicating that I was “stable,” according to my oncologist, News, I like to joke, with which I can live. But news which hardly extricates me from “Cancerville.”

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Five years of experience Free estimates
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204-727-2858
300 SW Industrial Blvd
Middleburg, VA 20117
www.ontapconnections.com

If, for the time, I’m still being: “Oh, what a relief it shall be!”

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

The biggest things are always the easiest to do because there is no competition.—William Van Horne
By Rabbi Leibel Fajnland
Director Chabad of Reston - Herndon

In a world darkened by violence and despair, candles will soon light up the night. From Alaska to Zaire, the gloom and chaos of our planet, will be replaced by the bright luminescence of millions of Menorahs. Society, desperate for some light, will welcome the festival of Chanukah.

Across our community, and the world at large, countless millions will join hands and make a statement; that if a small candle can banish the dark of night, then surely the light and inspiration generated by our acts of goodness and kindness, can, too, illuminate our world.

Regarding the flames of the Menorah, tradition tells us, its purpose is to tell the miraculous story of the cruse of oil - the last bit of oil, undefiled by the ancient Syrian Greek army, that miraculously burned in the Temple's great Menorah for eight days. Because of the miracle it evokes its flames are sacred, and one may not make use of them for personal benefit - save for gazing at them, thus affirming the supremacy of Divine power over physical limitations.

What is the lesson to be learned?

Man’s mission is to harness the “light of day,” goodness and decency, in order to “illuminate the night:” we strive to cultivate all that is good and G-dly in our world, and direct these positive resources and overcome the negative “dark side” of the world in which we live. This process was exemplified by the lighting of the Temple Menorah: kindled before day’s end in the Temple’s inner sanctum, the Menorah radiated its Divine glow beyond the Temple to the dark world outside.

But there are times when the darkness invades the Divine lighthouse, dimming the Menorah and defiling its oil. Times when we no longer feel empowered enough, or capable of, or perhaps even interested in illuminating the madness and menace of our world’s ills.

In such times, we must search for the hidden “single cruse of pure oil,” the undefinable essence of good that is in every single one of us. We must dig below the surface realities of “day” and “night” to unearth the enormous power that we all are, and transform the negative “dark side” of the world into all that is good and G-dly in our world, and share that light to all our surroundings.

Chanukah Events:

Reservations can be made at www.chabadh.org.

MENORAH WORKSHOP
Bring your family and friends for a fun pre-Chanukah experience at the Home Depot. Craft your own Menorah with tons of different materials. Release that little Van Gogh hiding inside of you. Enjoy Latkes, donuts, Dreidels, chocolate Gelt, chanukah music, and much more.
When: Sunday, Dec. 6, 2:30-4:30 p.m.
Where: The Home Depot, 16511 Reston Parkway, Reston
Fee: Gratis.
$50 Menorah Sponsorship
$100 Event Sponsor

CHANUKAH AT LAKE ANNE
Bring family and friends for an evening of Chanukah fun at Lake Anne.
Change the World with your Good Deed! Bring kosher canned food of all sizes, and add it to the Menorah of Kindness later to be donated to the needy.
An exciting holiday celebration, jam-packed with activities for the whole family - lots of fun and surprises for all ages. Giant Outdoor Food Can Menorah - to later be donated to feed the homeless, face painting, salad bar, zizzling lollies, delicious donuts and chocolate gelt, free dreidels, and lots of holiday cheer for the whole family.
When: Tuesday, Dec. 8, 5:30-7 p.m.
Where: Lake Anne Waterfront and the Reston Community Center, 1609 Washington Plaza N # A, Reston
Fee: Gratis.
Event Sponsorship:
Dreidle Sponsor, $50
Menorah Sponsor, $100
Macabee, $150

Chanukah on Ice
Join us and enjoy... Ice-skate to lively Chanukah music with family and friends. Grand Menorah lighting. Hot lattes and donuts. Dreidels and Chocolate Gelt for all. Grand Raffle and more. Pre-ordered boxed dinner (hot dog, snack, juice box) available for purchase $3.50
When: Sunday, Dec. 13, 4:30-6:30 p.m.
Where: Reston Town Center Ice Skating Rink, 11900 Market Street, Reston
Fee: Gratis.
Event Sponsorship:
Dreidle Sponsor, $50
Menorah Sponsor, $100
Macabee, $150

Lifat nightfall, it reminds us that even in our darkest moments, our deepest light can be brought to the fore and shine brightly enough for all “still outside” to see and be inspired. Redemption can come to the world with just one more flame.

For more information on the above, email Rabbi Leibl Fajnland at rabbis@chabadh.org.

Meet the Rabbi
Rebbe Leibl Fajnland is chairman of Chabad of Reston – Herndon. Rebbetzin Shuli Fajnland runs the education, community outreach, and lifestyle programs. Rebbetzin Shuli Fajnland was born in Baltimore. She received her B.A. in English Literature from East Carolina University and a Master’s degree in Jewish Education from Yeshivat Maharat in New York.

Rebbetzin Shuli Fajnland currently serves as Chairman of the Chabad of Reston-Herndon Women’s Initiative. Rebbetzin Shuli Fajnland is a leader in the online community and serves as the Chairman of the Chabad of Reston-Herndon Women’s Initiative. She is a teacher and spiritual leader, and has created numerous online groups and educational programs.

Contact Information
For more information on Chabad of Reston – Herndon, please visit www.chabadh.com.

11900 Market Street, Suite 300
Reston, VA 20190
703-795-1257

For Menorah workshops, Chanukah on Ice, Chanukah at Lake Anne, Chanukah events, please visit www.chabadh.com.
Floris students complete 8-week young philanthropists workshop.

By Andrea Worker
The Connection

At 8:15 a.m. on a drizzly Thursday morning, fifteen youngsters from the fourth, fifth and sixth grades at Floris Elementary School in Herndon gathered in the school’s “Little Theater” to receive certificates for the successful completion of their 8-week Touching Heart (TH) young philanthropists workshop. Before that ceremony, however, they made a presentation to a proud audience of parents, siblings, school officials and even the co-founder of their program and staff and board members of Touching Heart.

The program is the educational arm of Kids on a Mission and was started by Helen Yi and her daughter Taylor. The news may be filled with stories of bullying and in-school violence, but Yi believes that children are basically “good at heart when they are taught just how impactful their thoughts and actions are. They are especially generous when they get a glimpse of other children less fortunate and are given opportunities to help and see the end result of their kind actions.”

During the before-school class the children are gently guided to experience a view of the world around them beyond their own daily lives. “I didn’t know that so many kids lived without the good things that I have,” was the comment of one young TH participant. With their dedicated coaches, the young leaders are introduced to the situations of other, less fortunate children, both locally and around the world. Working as a group, they choose their projects and learn to fundraise, create a budget, plan and do the work hands-on, and then “experience the joy of giving,” said Yi.

At the event, the Floris gang showcased their projects by each sharing a poster collage that he or she had made to illustrate what they had done and learned, taking a few minutes to describe their projects. Each child also shared what their favorite project was, the word that most describes Touching Heart for them, and what charitable activity they would choose to do next if they could. There was a pretty even split vote among the projects. Making 195 sandwiches for the Embry Rucker Homeless Shelter in Reston was the favorite of some. Making scarves for Fairfax County children in foster care was named “best project” by quite a few others, while some said their favorite activity was supporting an orphanage in Nairobi, Kenya and actually having a Skype call with some of those children.

Some of the words that the graduates chose to describe their Touching Heart experience included “empathy,” “kindness,” “transition” and “amazing.” Some of the projects they would like to organize in the future ranged from a carnival to benefit the homeless to a fun run for the orphanage with which they had connected. One young gentleman kept his next plans simple: “We helped a lot of people in this class. Tomorrow I would like to fundraise to help thousands of people.”

Before the certificates were handed out, Helen Yi and a few other adult guests addressed the gathering, agreeing that “empathy” was a very important word and pleased that it made the list of words to describe Touching Heart. “All the information in the world is almost overwhelmingly available to us. What we need now is perspective and to view the people in that world with empathy.”

Floris ES PTA president David Whiting also spoke about empathy and the need to help children become more well-rounded. Whiting noted that sometimes parents become “singly focused on the aspects of education that lead to a financially rewarding future. It can become all about STEM classes, electronic devices, etc.” Whiting and others referred to studies and examples of employers lamenting the lack of empathy and more global perspectives in many of today’s young workforce. Touching Heart, in the eyes of Whiting, is just as important a part of their children’s upbringing “as any traditional subject matter.”

FLORIS ES served as the pilot program for Touching Heart, being the first school to offer a supported program. Retired Floris teacher Meg Chow (who actually taught Touching Heart co-founder Taylor) re-entered the world of education to become the curriculum advisor to bring consistency and transferability to the effort. She coached this second round of Touching Heart at Floris. Flint Hill Elementary and Dranesville Elementary are gearing up to offer the philanthropic workshops. “It’s great to see this grow and spread,” said Touching Heart board member Marina Amat, who was present at the ceremony.

Visit the website www.touchingheart.com to learn more about this effort to grow compassion and empathy, where Chow says “the required community service in later school years is given a wonderful foundation based on real meaning.” On the website, children can find out how they can get involved through the companion program Kids on a Mission, in groups or as individuals. We are looking forward to following these Floris kids as they continue their mission of compassion.