

# Oak Hill Herndon CONNECTION

WELLBEING  
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Pat Stark, a docent volunteer from Herndon Woman's Club, welcomes tour-goers into the light-filled home of Kathryn and Chris Adams, 777 Third Street, during the 2018 Holiday Homes Tour, held Sat. Dec. 1. Built in 2006, the home showcased the family's special love of the Christmas season.

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PHOTO BY MERCIA HOBSON/THE CONNECTION

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PHOTOS BY MERCIA HOBSON/THE CONNECTION

Hand-thrown vases to woodcrafts lured shoppers to the must-attend annual Herndon Holiday Arts & Craft Show 2018, held Sunday, Dec. 2.

# Herndon Arts and Crafts Show a Hit

**Santa, Stars & S'mores is this weekend.**

BY MERCIA HOBSON  
THE CONNECTION

Showcasing an astounding 86 artists, artisans and specialized vendors from the broader community, Herndon Parks and Recreation produced the 2018 Herndon Holiday Arts & Craft Show on Sunday, Dec. 2. One-of-a-kind items, from hand-thrown vases to wood crafts lured shoppers to the must-attend annual event.

The vendors made accessible to shoppers works in a variety of mediums and at a range of prices, making the selection of gifts with personality an easy process for the serious buying audience. Many repeat attendees visited the no-admission-charge event

“I saw Lori here last year and had to come back,” explained Celia Benz of Manassas as she stood with vendor Lori Hentschel of Ashburn trying to decide which crystals to add to the personalized charm bracelets. Held at the Herndon Community Center, the daylong show provided an opportunity for the artisans and artists to talk about their work and garner interest from attendees from the Town of Herndon and surrounding communities. Santa comes to Runnymede Park this Friday, Dec. 7 from 6-7:30 p.m., 195 Herndon Parkway for the free event, “Santa, Stars, & S'Mores.” Follow the luminaries to the campfire and enjoy hot cocoa, storytelling, music and Santa Claus. S'mores kits available for sale.

**Celia Benz designs her own one-of-a-kind crystal charm bracelets with a little help from Lori Hentschel, co-owner with Sandy LaBoon of Sandori Jewelry, a local business, during the Herndon Holiday Arts & Craft Show held Sunday, Dec. 2.**



Joanne Bernhard of Herndon anxiously awaits Chelsea Kartchner owner of CRK Bakes in northern Virginia to hand her an artisan baked goodie during the Herndon Holiday Arts & Craft Show held Sunday, Dec. 2.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Lydia Goff, violin, Melissa Kramer, violin, Joshua Nielson, viola, and Vivian Olsen, cello perform during the Herndon Fortnightly Library Christmas Winter Holiday Open House.

## Fortnightly Library Holds Holiday Open House

The staff at Herndon Fortnightly Library produced Winter Holiday Open House on Saturday, Dec. 1, 2018. Supported in part by Arts Herndon, children enjoyed crafts, light refreshments, music by Lydia Goff, violin, Melissa Kramer, Violin, Joshua Nielson, viola, and Vivian Olsen, cello, and a visit with Santa during the free event.

According to the library website, “The Herndon Fortnightly Library is located in the heart of the Town of Herndon — on the Town Green adjacent to the Municipal Center and the W&OD bicycle trail. The library offers a blend of small-town hospitality and large, cosmopolitan County resources.”

— MERCIA HOBSON



Marc Tijo, 5, Genevieve Eggers, 6, and Avantika Nambiar, 4, craft holiday decorations assisted by volunteers McKay Beasley, 15 and Taylor Brokesh 16.

# Community Pride Lights Up Herndon Holiday Homes Tour.

By MERCIA HOBSON  
THE CONNECTION

**A** reported 500 people turned out for the 2018 Herndon Holiday Homes Tour, a festive tradition that began in 1979. Planned and facilitated yearly by the Town of Herndon Cultivating Community Initiative, all six of the homes on this year's tour, held Saturday, Dec. 1, showcased the small town's neighborly spirit and community pride according to Kelly Berg and Keven LeBlanc in their "Message from the Co-Chairs."

This year's tour featured homes of historical or local interest. Two houses were built circa 1890-1910, two midcentury, and two recently.

Nancy Royer of Gaithersburg, docent, stood on the porch of Tour Stop C, 1005 Grant Street, the home of Betsy and Dale Frock, sponsored by the Herndon Historical Society. "My sister owns the home, and I'm thrilled to introduce the community to the historical significance of homes like this one built in 1910," Royer said.

Alexa Browe of South Riding, tour-goer stood on the porch of Tour Stop D, 724 Grace Street, the home of Sarah and Perry Fri, sponsored by the Rotary Club of Herndon. "I always love the tour. This is my sixth time participating... I work at Herndon Florist which sold tickets."

In 2012, the Fris purchased an empty lot in the historic district. Four years later they moved into their newly constructed home that would serve "as a headquarters for their daughters and their friends, and suit their

**"Always love the tour!"**

— Alexa Browe

needs well into the 'empty nest years.'"

The Herndon Woman's Club sponsored the home of Kathryn and Chris Adams at 777 Third Street, one of the two newer homes on tour having been built in 2006. The home showcased the family's special love of the Christmas season and passion for hospitality.

The brick rambler of Sue and Paul Daniel, 641 Oak Street was built in 1967 and is within walking distance to the downtown. Order of the Eastern Star sponsored the home.

According to the Daniels, the house and its historic neighborhood make for the perfect place to begin and end every day... enjoying the warmth of the fireplace in winter.

Proceeds from the Holiday Homes Tour go to the many participating Herndon civic organizations whose docent volunteerism allows the Town of Herndon Cultivating Community Initiative to produce the event. from the Co-Chairs' to attendees.

Next year's Holiday Homes Tour of Herndon is Saturday, Dec. 7. Tickets and information will be available at Herndonva.gov/homestour.

WWW.CONNECTIONNEWSPAPERS.COM



PHOTOS BY MERCIA HOBSON/THE CONNECTION

**Connie Yost, Reston and Alexa Browe, South Riding along with Meghan Gallardo of the Town of Herndon and her daughter, Avalon, pause for a moment before entering their first home on the 2018 Herndon Holiday Homes Tour held Saturday, Dec. 1 sponsored by the Town of Herndon Cultivating Community Initiative.**



PHOTO BY KELLY BERG

**The Beebe Family receives an original pen and ink sketch of their home created by acclaimed artist Pat Macintyre (right front) who also serves as Vice President of the Board for Arts Herndon. Homes Tour Committee Co-chair, Keven LeBlanc (right back) joins in.**



**Tour-goers gather on the porch of Betsy and Dale Frock at 1005 Grant Street sponsored by the Herndon Historical Society during the 2018 Holiday Homes Tour. When the Frocks moved into the home nearly 20 years ago, they removed the aluminum siding to reveal near-perfect heart pine clapboards.**



**During the 2018 Herndon Holiday Homes Tour, docents of the Bonus Home, 751 Quincy Street sponsored by Doll Homes, Stephen McWilliams and Jabar Baig shake the gift boxes with tour-goer Debbie Trotman of Herndon. Doll Homes restored the 100+ year farm-style home listed on the National Register of Historic Places, and part of the new enclave of nine custom homes, balancing its original integrity with updated features and conveniences.**

# OPINION

## Give Locally

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

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

of the needy families among us.

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

Many are children living in families who may be on the brink of homelessness. Some of these are children who may not be sure that they will have a meal between the meals they get at school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts

and plenty that we associate with Christmas and the holiday season.

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

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

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

### EDITORIAL

## Where to Give Locally

- ❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, [www.cornerstonesva.org](http://www.cornerstonesva.org). Providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Gifts for Kids and annual Coat Drive.  
Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.
- ❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis. Share of McLean will provide holiday assistance to hundreds of needy families this year. In December, Share's families will be welcomed to a festive party, served a light meal, and visit with Santa. Help Share help those in need by fulfilling a wish or donating gift cards. Contact [ShareWishes@gmail.com](mailto:ShareWishes@gmail.com) for more information. Visit [www.shareofmclean.org](http://www.shareofmclean.org) for more info about Share.
- ❖ **Herndon-Reston FISH** (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 [herndonrestonfish.org](http://herndonrestonfish.org). Herndon-Reston FISH has assisted local residents in short-term crises by since 1969. 703-437-0600.
- ❖ **The Community Foundation of Northern Virginia** [www.cfnova.org](http://www.cfnova.org). The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in our region. [www.cfnova.org/for-donors/donate-now](http://www.cfnova.org/for-donors/donate-now)
- ❖ **LINK**, serving Herndon, Chantilly, Loudoun and more. Every year the goal is to provide each family with a week's worth of non-perishable food in December. Children 16 and under receive gifts. [holiday@linkagainsthunger.org](mailto:holiday@linkagainsthunger.org). 703-437-1776 [www.linkagainsthunger.org](http://www.linkagainsthunger.org).
- ❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, [www.cho-va.com](http://www.cho-va.com)
- ❖ **Northern Virginia Family Service**. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. [www.nvfs.org](http://www.nvfs.org). Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500
- ❖ **Second Story** — Second Story (formerly Alternative House) provides shelter and services for

- homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. [second-story.org](http://second-story.org).
- ❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, [www.scov.org](http://www.scov.org)
- ❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. [www.touchingheart.com](http://www.touchingheart.com), 703-901-7355.
- ❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers 703-865-4251 or [volunteer@facetscares.org](mailto:volunteer@facetscares.org). [www.facetscares.org](http://www.facetscares.org). 10640 Page Ave., Suite 300, Fairfax VA 22030
- ❖ **Britepaths** Britepaths is working to assist 800 Fairfax County area families who might otherwise go without December holiday meals and gifts for their children. Sponsor a family or donate to provide a family with a holiday meal and/or gifts for their children. [britepaths.org](http://britepaths.org)
- ❖ **Centreville Labor Resource Center** (CLRC), a safe, organized center where residents and contractors can negotiate work arrangements with day laborers. Centreville Square Shopping Center, 5944 Centreville Crest Ln, Centreville, VA 20121. Phone: (703) 543-6272 Email: [Contact@CentrevilleLRC.org](mailto:Contact@CentrevilleLRC.org) [www.centreville-lrc.org/](http://www.centreville-lrc.org/)
- ❖ **Lorton Community Action Center** (LCAC) will provide holiday assistance to hundreds of families. Christmas food baskets along with fulfilling gift wishes for children and teens will help low-income families. See website for warm coat and Christmas donations and volunteer needs. [lortonaction.org/seasonal-assistance/](http://lortonaction.org/seasonal-assistance/).
- ❖ **Assistance League of Northern Virginia** is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, contact [alnorthernva@gmail.com](mailto:alnorthernva@gmail.com) or visit [www.northernvirginia.assistanceleague.org](http://www.northernvirginia.assistanceleague.org)
- ❖ **Comfort for America's Uniformed Services** (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation

- for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, [cause-usa.org](http://cause-usa.org)
- ❖ **Shelter House** provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. It is our mission to get families back into stable housing in order to provide them the opportunity to continue their journey to self-sufficiency. [www.shelterhouse.org](http://www.shelterhouse.org)
- ❖ **Friends of the Fairfax County Animal Shelter**. For more than a decade, the Friends community has impacted thousands of pets; saving lives, easing pain and suffering, and enriching the lives of pets and their humans. (571) 212-9858 [www.facebook.com/pg/FFCAS/about/](http://www.facebook.com/pg/FFCAS/about/)
- ❖ **New Hope Housing**, founded in 1977, is a non-profit agency in Northern Virginia committed to finding creative and lasting solutions to end the cycle of homelessness by offering homeless men, women and children the services they need to change their lives and succeed. 8407E Richmond Hwy., Alexandria, VA 22309 [www.newhopehousing.org/how-to-help/donate/](http://www.newhopehousing.org/how-to-help/donate/)
- ❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. [www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)
- ❖ **Homestretch** is a provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email: [jhenderson@homestretchva.org](mailto:jhenderson@homestretchva.org); 703-237-2035 x125; [homestretchva.org/volunteer/](http://homestretchva.org/volunteer/)
- ❖ **Pathway Homes** providing non-time-limited housing and supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia. Founded in 1980, Pathways currently serves more than 400 adults in community-based homes in Northern Virginia. [www.pathwayhomes.org](http://www.pathwayhomes.org)
- ❖ **Boys and Girls Clubs of Greater Washington Fairfax Area** operates three clubs in the county, Culmore, Chantilly and Mount Vernon, focusing on character and academic success. [www.bgcgw.org/fairfax](http://www.bgcgw.org/fairfax)
- ❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, [info@friendsofguesthouse.org](mailto:info@friendsofguesthouse.org), [friendsofguesthouse.org/](http://friendsofguesthouse.org/)

- ❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at [www.habitatnova.org](http://www.habitatnova.org).
- ❖ **TAPS, Tragedy Assistance Program for Survivors**, 3033 Wilson Blvd., Third Floor, Arlington, VA 22201, Call 24/7 800-959-TAPS (8277) The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. Make a donation to support surviving military families and loved ones. You can also make a gift in honor or memory of a loved one. [www.taps.org/donate](http://www.taps.org/donate)
- ❖ **Neighborhood Health**, 6677 Richmond Highway, Alexandria, VA 22306. The organization partners with its patients to treat the whole person through medical, behavioral health and dental programs. It has 10 clinics throughout Arlington and Fairfax counties. Participating with all insurance including commercial, Medicare, Medicaid, 703-535-5568, [www.neighborhoodhealthva.org](http://www.neighborhoodhealthva.org)
- ❖ **OAR** rebuilds lives and breaks the cycle of crime with opportunities, alternatives, and resources for offenders and their families to create a safer community. 10640 Page Ave., Suite 250, Fairfax, VA 22030, 703-246-3033. OAR needs volunteers and financial donations. [oarnova.org/christmas](http://oarnova.org/christmas)
- ❖ **NAMI Northern Virginia** (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. [www.nami-northernvirginia.org/](http://www.nami-northernvirginia.org/) HelpLine: (571)458.7310, Email: [info@nami-nova.org](mailto:info@nami-nova.org)
- ❖ **PRS**, Inc. exists so that individuals living with mental illness, substance use disorders, and anyone who faces life crises can achieve safety, personal wellness, recovery and community integration. Crisis counseling and connection to supports CRISISLINK When crisis calls, we answer 24/7 Call: 800-273-TALK [8255] Text: "CONNECT" to 85511
- ❖ **Potomac Riverkeeper Network** works to protect the public's right to clean water in our rivers and streams; to stop pollution; to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment. (202) 888-2037 [www.potomacriverkeepernetwork.org](http://www.potomacriverkeepernetwork.org)
- ❖ **Potomac River Conservancy**, 301.608.1188 [potomac.org](http://potomac.org), seeks to improve the Potomac River's water quality by building an impassioned base of river advocates to impart change at the local level.

## Oak Hill & Herndon CONNECTION

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# NEWS



PHOTO CONTRIBUTED

**Photographed: Jeff Bentley, Northwest Federal President & CEO and members of the credit union staff presented the donation to Cornerstones CEO Kerrie Wilson and members of the Cornerstones staff on Friday November 16<sup>th</sup>.**

## Northwest Federal Donates \$2,500 to Cornerstones for 50 Thanksgiving Meals

Northwest Federal Credit Union recently donated \$2,500 in food and grocery store gift cards to Cornerstones to support their Thanksgiving Basket Food Drive. The donation will feed fifty local families. Northwest Federal employees helped collect food during the drive as part of their ongoing partnership with Cornerstones. "We are honored to continue our support for Cornerstones and

those with food insecurity in our local community by participating in the Thanksgiving food drive," said President and CEO of Northwest Federal, Jeff Bentley. "By providing families with ingredients for side dishes and dessert and empowering them to use gift cards to choose their main dish, Cornerstones strikes the right balance in making Thanksgiving dinner a reality for families in need."

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## WELLBEING

# Habits that Stick

**Key to making changing old habits and making new ones.**

BY MARILYN CAMPBELL

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

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

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

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

— Lauren Puglisi, LCSW

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

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

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

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

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

— Joanne Bagshaw, Ph.D.,  
 Montgomery College

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

Setting up reminders can help one avoid backsliding, especially when habit formation is in its early stages,” said Puglisi. “If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you’ll definitely be free,” she said. “Set a realistic amount of time to spend meditating, and select a specific mediation. This will make it easy to do quickly and easily, so you’ll have fewer excuses not to do it.”

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

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

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

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



PHOTO BY CHARLOTTE GEARY/ [HTTPS://CHARLOTTEGEARY.COM](https://charlottegeary.com)

**Santa arrives in the rain accompanied by his many helpers to “Jingle on the Lake” presented by Lake Anne Merchants, Reston, on Dec. 1, 2018. The event is a time-honored Reston classic that families treasure and wait for year after year.**



PHOTOS BY MERCIA HOBSON/THE CONNECTION

**The Lake Anne Elementary School Chorus performs during the classic plaza event, “Jingle on the Lake,” held Saturday, Dec. 1, 2018, at Lake Anne, Reston, VA.**

# Jingle on the Lake 2018 Santa comes through for the children.

BY MERCIA HOBSON  
THE CONNECTION

**L**ake Anne Merchants hosted “Jingle on the Lake” at Lake Anne in Reston on Saturday, Dec. 1, 2018. The very heavy drizzle and rain did not deter parents and little ones. Instead, they came armed with umbrellas to enjoy the classic family-friendly attraction featuring a holiday shopping event, children crafts, choral and orchestra performances, Santa arriving by pontoon boat and more.

Out on Lake Anne Plaza, renowned artist, Pat Macintyre, dressed in a red cape and donning a long velvet stocking cap bent over a table crowded with colorful pom-poms, pipe cleaners, markers, bows and more. Little children squeezed close to the Pied Piper of Art who urged them to create whatever whimsy they wanted and then praised the children profusely. Alexis Craig assisted Macintyre. “Technically, I’m a volunteer,” Craig said. “We are

crafting ornaments.” Melanie Wall, 5, of Reston set about twisting red, white and green pipe cleaners to make a candy cane like one she had recently seen.

Standing on a higher area facing the plaza, the Lake Anne Elementary School Chorus & Orchestra performed a selection of holiday favorites. Chorus Director, Mallory Cave commented after the performance, “These kids, in particular, are a very positive and excited group. They love to sing.”

At the Reston Historic Trust & Museum located at 1639 Washington Plaza, Reston, longtime Reston residents, author/photographer Watt Hamlett and illustrator Jill Olinger Vinson stood ready to sign purchased copies of their children’s book, “Reston A-Z.” Proceeds benefited Reston Historic Trust & Museum.

In the Jo Ann Rose Gallery at the Lake Anne Community Center, 1609- A Washington Plaza, Reston, the buying audience found original fine art and artisan works in a variety of media and a wide range of sizes and price points by accom-



**Hazel Verardi-Cole, 4 of Reston, sits starry eye-ed on Santa’s lap during Jingle on the Lake produced by the lake Anne Merchants. Cole, her family, and Santa are snug and dry inside Reston’s Used Book Shop at Lake Anne Plaza. “This is the first time she sat and spoke to Santa,” said her dad Jon Cole.**

plished creators in the benefit art sale, Gifts from the HeART. Watercolor painter Lassie Corbett ex-

plained that during Gifts from the HeART, the artists themselves sell their works with a portion of the

proceeds going to benefit Cornerstones, the non-profit, Reston-based organization that offers “Hope for Tomorrow Today.”

At noon, Santa arrived in high style, aboard a pontoon boat coursing across Lake Anne accompanied by his paddleboard elves and friends. Santa docked near the bronze statue of Robert E. Simon and eventually made his way to Reston’s Used Book Shop.

Parents and children waited patiently in a long line for their opportunity to have a moment with the man from the North Pole. Santa settled himself in the literary living room of the cozy Reston Used Book Shop at 1623 Washington Plaza on historic Lake Anne. One of the first children to greet Santa was a small girl, Hazel Verardi-Cole 4, of Reston. She sat starry eye-ed on Santa’s lap and quietly talked with him.

“We appreciate Santa making it through the rain by paddle boat,” said Hazel’s dad, Jon Cole of Reston as he watched his daughter. “This is the first time she sat and spoke to Santa.”



**Artist Pat Macintyre, the owner of Reston Art Gallery & Studios, helps Melanie Wall, 5, of Reston learn hands-on how to craft her candy cane ornament made out of pipe cleaners while volunteer, Alexis Craig, 10, of Reston assists with the red bows.**



**Scott Cissel of Reston looks over the watercolors by acclaimed watercolorist and teacher, Lassie Corbett, a member of the Reston Art Gallery & Studios. “I’m looking for Christmas gifts,” said Cissel who added he was at Lake Anne for the Santa meet and greet.**

# HOLIDAY ENTERTAINMENT



**Michelle Arnhold as Sugar Plum Fairy in Conservatory Ballet's presentation of The Nutcracker.**



**Emma Sapp as Marie in Conservatory Ballet's presentation of The Nutcracker.**

## Conservatory Ballet's The Nutcracker

Based on the beloved performances by Marius Petipa and Lev Ivanov, Conservatory Ballet's all-children's cast performs The Nutcracker, including three Young Children's Matinee performances for aspiring dancers. Wednesday-Sunday, Dec. 5-9, full-length and abbreviated versions, various times at CenterStage, 2310 Colts Neck Road, Reston. \$17-25. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

### CALENDAR

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

[www.artspaceherndon.org](http://www.artspaceherndon.org) or call 703-956-6590.

#### ONGOING

**Crazy 8s Club.** Through December at Reston Regional Library 11925 Bowman Towne Drive, Reston. Join Bedtime Math's Crazy 8s, where you build stuff, run and jump, make music and make a mess. Co-sponsored by the Friends of Reston Regional Library. Grades K-2. This STEM program will run on Mondays at 5 p.m. beginning Monday, Oct. 19. Register for each session separately, two weeks in advance, beginning Oct. 1. Visit [www.fairfaxcounty.gov/library/](http://www.fairfaxcounty.gov/library/) or call 703-689-2700.

**Red Cross Fundraiser.** Through Saturday, Dec. 15 at Craffhouse, 1888 Explorer St., Reston. All three Craffhouse locations in Northern Virginia are donating 10 percent of all bottled beer purchases to the American Red Cross - California Wildfires Fund to assist those affected by the wildfires in California. Call 571-926-9931 or visit [www.craffhouseusa.com](http://www.craffhouseusa.com).

**Winter Wonderland Ice Skating.** Public skating every day and extended hours for all Holidays, through March 10, hours vary at Reston Town Center Ice Skating Pavilion. Special events throughout the weekend, join in: Thursdays for College Night, \$2 off admission with a valid ID; Fridays for Rock the Rink with a live DJ; and Saturdays for Cartoon Skate, glide around the ice with The Grinch and Scooby Doo. The skate shop is stocked with over 500 pairs of skates ranging from size 8 toddler through men's size 13, in both figure and hockey styles. Visit [restontowncenter.com/amenities/ice-skating](http://restontowncenter.com/amenities/ice-skating).

#### DEC. 4-JAN. 5

**Photography Exhibit: "National Parks and National Treasures."** Gallery hours at ArtSpace Herndon, 750 Center St., Herndon. Photographer Jim Schlett, selected as the Artist-In-Resident (AIR) at four locations of the National Park Service in 2018, will be having a solo exhibition called "National Parks and National Treasures." Visit

#### WEDNESDAY/DEC. 5

**Holiday Open House.** 4-6 p.m. at the North County Governmental Center, 1801 Cameron Glen Drive, Reston. Join Supervisor Cathy Hudgins, staff, neighbors and friends for a cup of holiday cheer and a nibble of seasonal treats at the Hunter Mill Holiday Open House. Bring a non-perishable food item that will go to local food pantries. RSVP to [huntermill@fairfaxcounty.gov](mailto:huntermill@fairfaxcounty.gov), or call 703-478-0283.

#### WEDNESDAY-SUNDAY/DEC. 5-9

**Conservatory Ballet's The Nutcracker.** Full-length and abbreviated versions, various times at CenterStage, 2310 Colts Neck Road, Reston. Based on the beloved performances by Marius Petipa and Lev Ivanov, Conservatory Ballet's all-children's cast performs The Nutcracker, including three Young Children's Matinee performances for aspiring dancers. \$17-25. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

#### THURSDAY/DEC. 6

**Baby Lapsit.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy nursery rhymes and songs while building early literacy skills for your child. Age Birth to 11 months with adult. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Millennials Book Club.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Title is To Be Announced. Check out a library copy or buy a copy to own. Adults from early 20s to early 30s. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Selling Your Home.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Peggy Yee with Frankly Realty will present a seminar with tips on selling a home. Adults. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

#### THURSDAY-SUNDAY/DEC. 6-9

**Holiday Book Sale.** Thursday, 10

a.m.-8 p.m.; Friday, 10 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; Sunday, 1-3:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Start shopping early with the Reston Friends Holiday Book Sale; browse and buy lots of gift-quality books. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

#### FRIDAY/DEC. 7

**Gymboree Music I.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover melody pitch and rhythm while building a repertoire of joyful songs. Cosponsored by Friends of the Reston Regional Library (FRRL). Age 6-18 months with adult. Free. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Gymboree Music II.** 11:15 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dance and sing to a new musical style each month, including Latin, Rock 'n' Roll and Classical. Cosponsored by FRRL. Age 18-24 months with adult. Free. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Holiday Performance.** 6:30-7:30 p.m., Fountain Square, Reston Town Center. Enjoy live music on the plaza presented by River Bend Jazz and Raven Choir. Visit [restontowncenter.com/events](http://restontowncenter.com/events).

**Santa, Stars, & S'mores.** 6-7:30 p.m. at Runnymede Park. Follow the luminaries to the campfire and Santa. He'll be here to chat with each child, plus storytelling and holiday music. Dress for the outdoors. S'more kits available for sale. In case of inclement weather, event will be held Sunday, Dec. 9 at same time (call 703-435-6866). Free. Call 703-787-7300 or visit [www.herndon-va.gov/events](http://www.herndon-va.gov/events) to register.

#### FRIDAY-SUNDAY/DEC. 7-9

**"She Kills Monsters: Young Adventurers Edition."** Friday-Saturday, 7-9 p.m.; Sunday, 2-4 p.m. in the Herndon High School Auditorium, 700 Bennett St., Herndon. Herndon High presents "She Kills Monsters: Young Adventurers Edition," a contemporary dramatic comedy centered around Agnes Evans, a high

schooler who is longing to learn more about her recently-deceased sister, Tilly. Soon after discovering Tilly's Dungeons and Dragons notebook, Agnes finds herself propelled into a fantastical adventure complete with ominous ogres and bloodthirsty fairies, and she learns more about Tilly than she ever could have imagined. Parental guidance recommended—Contains adult humor and language, violence, and mature themes. \$9, student and \$12, adult in advance at [www.HerndonDrama.org](http://www.HerndonDrama.org) or \$10, student and \$15, adult at the box office.

#### SATURDAY/DEC. 8

**Sing! Books With Miss Emily.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Miss Emily for singing storytime with illustrated songs. Cosponsored by the FRRL Age 2-5 with adult. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Irish Dance.** Noon at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dancers with the Foley Academy of Irish Dance will give a dance performance and lesson. All ages. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Kendra Gives Back.** 1-4 p.m. at Kendra Scott, Reston Town Center, 11924 Market St., Reston. Paradigm Foundation is a faith-based nonprofit launched in 2014 that strives to address the physical needs of the very poor - those who lack the basic necessity of a shelter. 20 percent of sales will be donated to the Foundation. Call 571-599-7792 or visit [paradigmfoundation.org](http://paradigmfoundation.org) or [kendrascott.com/kendra-gives-back.html](http://kendrascott.com/kendra-gives-back.html).

**Introduction to Raspberry Pi.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore the world of microprocessors in this introduction to Raspberry Pi. Learn set-up basics and try out a few favorite retro games. Adults, teens. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Holiday Music Concert.** 4 p.m. at Washington Plaza Baptist Church, 1615 Washington Plaza, Lake Anne Center, Reston. Annual free

community holiday music. Presented by the church choir and professional artists and directed and produced by Ken Williamson. Refreshments following. Visit [washingtonplazachurch.com](http://washingtonplazachurch.com).

**Horse-Drawn Carriage Rides.** 4-9 p.m. departures on Market Street near Clyde's at Reston Town Center. Presented by Reston Town Center to benefit local charities. \$5 per person. Children under 5 ride free. Visit [restontowncenter.com/holidays](http://restontowncenter.com/holidays).

**Opening Reception: "National Parks and National Treasures."** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Photographer Jim Schlett, selected as the Artist-In-Resident (AIR) at four locations of the National Park Service in 2018, will be having a solo exhibition called "National Parks and National Treasures." Light refreshments served. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) or call 703-956-6590.

**"A Kosher Christmas Cabaret."** 8 p.m. at NextStop Theatre, 269 Sunset Park Drive, Herndon. Funny and heartfelt songs and stories celebrating Jewish life and culture. Tickets: \$25; group (8+) discounts available. Call 866-811-4111 or visit [nextstoptheatre.org](http://nextstoptheatre.org).

#### SATURDAY-SUNDAY/DEC. 8-9

**Holiday Model Train Show.** 10 a.m.-4 p.m. at Herndon Municipal Center, 777 Lynn St., Herndon. Holiday Model train show and the W&OD caboose and Depot Museum will also be open for tours. Free. Call 703-437-5556.

#### SUNDAY/DEC. 9

**Mini-Train Rides.** Noon-4 p.m. departures on Market Street near Clyde's at Reston Town Center. Donated proceeds are all received by Friends of Reston. Presented by Reston Town Center to benefit local charities. Visit [restontowncenter.com/holidays](http://restontowncenter.com/holidays).

#### MONDAY/DEC. 10

**Crazy 8s Club.** 5 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Bedtime Math's Crazy 8s and build stuff, run

# HOLIDAY ENTERTAINMENT

and jump, make music and make a mess. Grades K-2. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## TUESDAY/DEC. 11

**Baby Play and Explore.** 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An hour of unstructured play and social time for babies. Age birth-18 months with adult. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Read to the Dog.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring a book or choose one from the Library. Call or sign up online for a 15 minute session. Age 5-11. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Spanchats.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join an ongoing monthly Spanish conversation group. All levels from beginner to fluent are welcome. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Live Music: The Honey Dewdrops.** 7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Laura Wortman and Kagey Parrish are celebrating their 9th year of touring full time as The Honey Dewdrops. \$10 Members, \$11 non-members at the door or email [DAHurdSr@cs.com](mailto:DAHurdSr@cs.com). Call 703-435-2402 or visit [www.restonherndonfolkclub.com](http://www.restonherndonfolkclub.com).

## WEDNESDAY/DEC. 12

**Wednesday Morning Book Club.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. This month's title is "Fahrenheit 451" by Ray Bradbury. Adults. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Jewelry Making.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Tania Ebrahimi will teach the basics of jewelry making and participants will create an original piece in this hands-on workshop. The library will provide the materials. Adults. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) beginning Nov. 28.

## THURSDAY/DEC. 13

**Baby Steps Story Time.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An interactive storytime for parent/guardian and child. Age 12-23 months with adult. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Holiday Performance.** 6-7:30 p.m., Fountain Square, Reston Town Center. Enjoy songs by the Sunrise Valley Elementary School Chorus, and their FUNdraiser at the Ice Skating Pavilion. Visit [restontowncenter.com](http://restontowncenter.com).

**Tinsel 'n Tinis Annual Holiday Celebration.** 6-9 p.m. at Signature at Reston Town Center, 11850 Freedom Drive, Reston. Join the Reston Chamber for food, martinis, casino entertainment, and un with Chamber friends and colleagues. A portion of the casino proceeds will benefit the chamber's INCspre 501(c)3 educational foundation. Cocktail or business attire. Members, \$75; future member/guests, \$90; \$15 more starting Dec. 8. Visit [www.restonchamber.org](http://www.restonchamber.org).

**Teen Advisory Board.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join TAB to gain leadership and volunteer experience and share ideas about how to make the library a wonderful place for teens. Volunteer hours granted. Age 13-18. Call 703-689-



**Ashleigh Watkinson, of Great Falls, will perform the role of Clara.**

2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## FRIDAY/DEC. 14

**Holiday Performance - Oak Hill ES Chorus.** 7 p.m. at Fountain Square, Reston Town Center. Enjoy live music on the plaza presented by the Oak Hill Elementary School Chorus. Visit [restontowncenter.com/events](http://restontowncenter.com/events).

## FRIDAY-SUNDAY/DEC. 14-16

**"She Kills Monsters: Young Adventurers Edition."** Friday-Saturday, 7-9 p.m.; Sunday, 2-4 p.m. in the Herndon High School Auditorium, 700 Bennett St., Herndon. Herndon High presents "She Kills Monsters: Young Adventurers Edition," a contemporary dramatic comedy centered around Agnes Evans, a high schooler who is longing to learn more about her recently-deceased sister, Tilly. Soon after discovering Tilly's Dungeons and Dragons notebook, Agnes finds herself propelled into a fantastical adventure complete with ominous ogres and bloodthirsty fairies. Contains adult humor and language, violence, and mature themes. \$9, student and \$12, adult in advance at [HerndonDrama.org](http://HerndonDrama.org) or \$10, student and \$15, adult at the box office.

## SATURDAY/DEC. 15

**Handmade Holiday Ornaments Workshop.** 9:30-11 a.m. at Greater Reston Arts Center, 12001 Market St., #103, Reston. Sign up the whole family for this fun workshop led by GRACE staff. Children must be accompanied and assisted by a participating adult. Adults may come on their own and do not need to be accompanied by a child. Registration and fee required at [restoncommunitycenter.com/register-for-classes-activities](http://restoncommunitycenter.com/register-for-classes-activities). Call 703-471-9242 or visit [restonarts.org](http://restonarts.org).

**Holiday Open House.** 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join library staff to celebrate the holiday season with light refreshment, music, entertainment and fun. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Illuminated Cards and Glowing Gifts.** 3:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Create a parallel circuit that illuminates LEDs on a seasonal card or a glowing gift of your own creation. All projects go

## Studio Bleu's The Nutcracker

This performance of The Nutcracker Ballet was choreographed by Troy D. Brown, who has been dancing professionally for over 20 years, and who attended the School of American Ballet in New York, under full scholarship, and is a graduate of the Duke Ellington School. Studio Bleu, located in Ashburn, is a nationally acclaimed dance center, owned by Kimberly Rishi, a resident of Reston. Studio Bleu has been partnering for almost 10 years with Brown's Art of Technique ballet conservatory program. Ashleigh Watkinson, of Great Falls, dances the role of Clara in Studio Bleu Dance Center's in the 2 p.m. performance. A portion of the proceeds will be donated to the Brad Kaminsky Foundation in support of their efforts to fight childhood cancer. Saturday, Dec. 15, 2 and 7 p.m. at Stone Bridge High School in Ashburn. Visit [www.tututix.com/client/studiobleu2018/](http://www.tututix.com/client/studiobleu2018/) for tickets.

home. Cosponsored by the FRRL. Age 12-18. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) beginning Dec. 1.

**Holiday Play/Sing Along.** 4-5:30 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Join the Reston Community Orchestra for a family-friendly sing-along/play-along of holiday favorites. The audience is invited to bring bells, kazoos or other favorite instruments, as well as their voices. There will be a raffle for gourmet food baskets. Tickets are \$5 or 5 for \$20. Must be present to win. Cookie reception following the concert. Free, donations are appreciated. Call 571-271-9189 or visit [restoncommunityorchestra.org](http://restoncommunityorchestra.org).

**Horse-Drawn Carriage Rides.** 4-9 p.m. departures on Market Street near Clyde's at Reston Town Center. Presented by Reston Town Center to benefit local charities. \$5 per person. Children under 5 ride free. Visit [restontowncenter.com/holidays](http://restontowncenter.com/holidays).

**Opening Reception at GRACE - Mary B. Howard Invitational: STRETCH.** 5-7 p.m. at Greater Reston Arts Center, 12001 Market St., #103, Reston. Five local artists were selected to create a new work responding to the prompt, "If you could do anything, what would that be?" Free, on exhibit through Feb. 9, 2019. Call 703-471-9242 or visit [restonarts.org](http://restonarts.org).

**A Christmas Carol: A Staged Reading Benefit.** 8 p.m. at NextStop Theatre, 269 Sunset Park Drive, Herndon. Fairfax County Public School teachers perform a one-night-only, special staged reading of Charles Dickens' beloved holiday tale. All proceeds benefit the NextStop Education programs and FCPS Theatre Teachers Association. Tickets: \$25; group (8+) discounts available. Call 866-811-4111 or visit [nextstoptheatre.org](http://nextstoptheatre.org).

## SUNDAY/DEC. 16

**Mini-Train Rides.** Noon-4 p.m. departures on Market Street near Clyde's at Reston Town Center. Donated proceeds are all received by Volunteer Fairfax. Presented by Reston Town Center to benefit local charities. Visit [restontowncenter.com/holidays](http://restontowncenter.com/holidays).

**Treble Clefs Holiday Sing-along.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. A night of holiday classics. Recommended donation of \$20. Call 703-956-6590 or visit [www.artspaceherndon.org](http://www.artspaceherndon.org).

# HANDMADE HOLIDAYS

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**Legals**

**ABC LICENSE**

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
**-Werner Heisenberg**

**LETTERS**

**Former Candidate Offers 'SWOT Analysis'**

To the Editor:

As someone who just finished his first, and likely last, political campaign in the Town of Herndon, I want to share with the councilmembers-elect a few thoughts through a SWOT analysis - identifying Strengths, Weaknesses, Opportunities and Threats. My hope is that my SWOT analysis will help the incoming Herndon Town Council achieve results for the Town of Herndon.

**Strengths:**

1) The current Town Council's greatest strength is now diversity. The Town Council, once made up of mostly white men, is now made up of mostly women. In addition, the Town of Herndon has elected, for the first time, a Latino and a Nepalese-American. Many studies have shown that diversity breeds creativity. I hope that Herndon's most diverse council ever will also be its most creative council ever.

2) The Town Manager and Town Attorney are rocks. Not rock stars. Rocks. No matter what the newly

elected politicians do or say, citizens should be comforted by the fact that our Town Manager and Town Attorney are smart, steady and serious. They are not interested in political theater. They are solid.

**Weaknesses:**

1) The 2018 Town Council campaign was divisive, ugly and partisan. Councilmembers now have to spend significant time rebuilding burnt bridges. This will inherently delay progress. I hope councilmembers steer away from political theater and towards meaningful conversations.

2) The new Town Council is made up mostly of salespeople. I would personally prefer more educators, engineers, designers, scientists, and artists on the council, because those professions tend to be more visionary. Sales people are more likely to hype up the town, but they are less likely to do or even conceive anything truly creative that would differentiate the town.

**Opportunities:**

1) The Downtown Redevelop-

ment Project remains the single most significant opportunity for the town. It is the Town Council's to win or lose. 2) The arrival of the Herndon Metro Station is imminent. The reimagining, re-planning, re-engineering, re-designing and redeveloping associated with the new metro station will be a set of prolonged opportunities. I hope the Town Council considers sustainability, smart urban growth and affordable housing as it leads or follows this development.

**Threats:** I believe climate change is an existential threat. The Town of Herndon has a responsibility to act on climate change. With only one millennial on the newly elected council, I highly doubt there will be significant action taken by the new council to address climate change. I hope I'm wrong.

Think Globally. Act Locally.

**Joseph Plummer**

Former candidate for Herndon Town Council

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**Sun Dance to Present a Holiday Benefit**

Sun Dance Performance Company is raising awareness of Lyme disease and funds for the Global Lyme Alliance through its song and dance benefit performance, "HollyDays & Mistletoes." The performance will be Saturday, Dec. 8, 7 p.m. at the Herndon Senior Center Performance Venue, 873 Grace Street, Herndon

The performance is free and open to the public, but a suggested \$15 donation for Global Lyme Alliance would be appreciated. Free parking, refreshments and raffle prizes from local businesses.

At 11 a.m., Friday, Dec. 7, Sun Dance is performing "HollyDays & Mistletoes" at the Herndon Senior Center exclusively for Fairfax County senior citizen group members. The concert is free to attend for members who have reserved their seating in advance through their respective town's senior center, or by calling Herndon Senior Center directly at 703-464-6200. There will be door

prizes and refreshments.

Lyme disease is one of the most controversial illnesses in the medical community which makes navigating the entire process much more difficult for those affected with it. Most insurance companies only cover the cost of antibiotics for 14-30 days as Lyme has been officially deemed a "short-term illness."

However, there are many long-term patients with disabling complications involving the functionality of the brain, heart and joints. Elena Dolores, a vocalist with Sun Dance Performance Company, was diagnosed with Lyme disease at the age of 11. She is now 23 and has been living with the debilitating conditions of chronic Lyme disease for more than half of her life.

Global Lyme Alliance (GLA) - funded projects have led to unprecedented advances in such areas as prevention, diagnosis and treatment of tick-borne illnesses. <https://globallymealliance.org/>

**Girls on the Run Named FCPS Community Partner of the Year**

Girls on the Run of NOVA (GOTR NOVA), a program aimed to inspire girls to be joyful, healthy, and confident, was awarded the 2018 FCPS Community Partner of the Year award. This award was presented to GOTR NOVA at the last week's The Foundation for Fairfax County Public Schools 2nd Annual The State of Education Luncheon. The Foundation's Community Partner of the Year award honors a non-profit community organization that has demonstrated outstanding leadership and service to Fairfax County Public Schools.

Last year, Girls on the Run of NOVA offered its program at more than 60 Fairfax County Public Schools, where 2,200 girls participated and 330 of them received financial aid directly from Girls on the Run of NOVA. GOTR NOVA envisions a world where every girl knows she has the ultimate power to be her best.

"This award is such an honor. We value our long-standing partnership with FCPS because they understand that Girls on the Run is so much more than just a running program. Together with FCPS

we've been able to provide a space for girls to gain a better understanding of how powerful they are and what's important to them, the value of teamwork and healthy relationships and how they can have a positive impact on the world," says Katey Comerford, GOTR NOVA Executive Director.

GOTR NOVA is now preparing for their Spring 2019 season with teams forming throughout the region. Visit their website, [www.gotrnova.org](http://www.gotrnova.org), for more information on starting a team. GOTR NOVA works to engage the entire community to positively impact the health and well being of the girls of Northern Virginia, their families and communities.

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## 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.

### HOLIDAY DONATIONS

**Toys for Tots Drive.** Through Friday, Dec. 7, U.S. Marine Corps Reserve's annual campaign, donations of unwrapped toys are being collected in Reston Town Center building lobby boxes until their Donation Day event on Friday, Dec. 7. Visit [restontowncenter.com](http://restontowncenter.com) for more.

**Blanket and Coat Drive.** Through Dec. 8. Organized by NOVA Relief Center, blankets and coats will be sent to refugees in three camps in Jordan this winter. Blankets and coats should be new or gently worn. Monetary donations are also needed and may be made to NOVA Relief Center online and at some drop-off locations. For drop-off sites or to make a tax-deductible donation, visit [novareliefcenter.org](http://novareliefcenter.org).

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

♦ Sheehy INFINITI of Chantilly, 4145 Auto Park Circle, Chantilly

**Toys for Tots Drop Off.** Through Dec. 12 at National Realty, 11890 Sunrise Valley Drive, Reston. Stop by any weekday from 9-4 and drop a new, unwrapped toy in the donation box in the lobby. All toys will be distributed to needy children within Loudoun County and to Herndon & Reston children via the non-profit Herndon-Reston FISH, Inc. Toys should be for the ages of newborn to 16. Call 571-205-8874 for more.

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

### THROUGH DECEMBER

**White House Ornaments.** Assistance League of Northern Virginia has begun its annual fundraising sale of White House Ornaments. The 2018 ornament honors Harry S. Truman, highlighting changes made to the White House during his administration. One side features the Truman Balcony and the reverse features the Blue Room. Assistance League is an all volunteer, non-profit organization. Proceeds benefit our community-based programs that support local low income children. \$22 (+ shipping if mail delivery required). Email [burgessgl@verizon.net](mailto:burgessgl@verizon.net) or visit [www.alnv.org](http://www.alnv.org).

### DONATION REQUEST

**Support Reston Historic Trust & Museum.** The Reston Historic Trust & Museum has launched a GoFundMe campaign with the goal to raise \$15,000 to go towards the repair, cleaning, and reinstallation of icons on the façade of the former Lakeside Pharmacy, an original Lake Anne Plaza store, in a new permanent exhibit. The new exhibit will be unveiled during Reston's annual Founder's Day event, April 6th, 2019. Read more about their history and donate at [www.gofundme.com/preserve-lakeside-pharmacy-icons](http://www.gofundme.com/preserve-lakeside-pharmacy-icons) to assist in their preservation. Thank you for your help!

### WEBINAR

**Online Salary Negotiation Workshop.** AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](http://salary.aauw.org).

### WEDNESDAY/DEC. 5

**Adoption Information Meeting.** 7-8:30 p.m. at Reston Regional Library Meeting Room, 11925 Bowman Towne Drive, Reston. ABC Adoption Services and Carolina Adoption Services will provide information about domestic adoption in Virginia and international adoption from South Korea, China, Uganda, Ghana, Moldova, Bulgaria, Armenia and Haiti. Free. Call 703-608-4494 or visit [www.carolinaadoption.org](http://www.carolinaadoption.org) for more.

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## Scared to ...



By KENNETH B. LOURIE

And that's what worries me. There's a part of me (too big a part, I'll admit), that rationalizes not going to the doctor as a means of preventing an untimely death.

Oh, don't get me wrong. I go to the doctor as often as needed. In fact, I've been commended as being a very "compliant" patient, meaning I show up for my appointments (apparently some patients don't). And I will continue to do so.

However, this column is not about the appointments I do make, it's about the ones I don't make.

Huh?

Let me clarify. I am referring to the voluntary-type appointments that I schedule myself – at my discretion, when some symptom or other, relating to cancer or not, manifests itself. The symptom which forces me to consider my own mortality because it's "presenting" at a time and place at which my oncologist is unaware.

The kind of symptom which, were I not a cancer patient, I wouldn't give a second thought (let alone a first thought). But since I am a cancer patient, whatever the symptom is – and I mean any and all symptoms: small, medium or large, it must be "the cancer" as "Forrest, Forrest Gump" characterized his mother's cause of death, and therefore, can't be minimized. In point of alternative fact, it must be maximized, and in that maximization comes anxiety and fear and every other stress-related emotion you can imagine.

Nevertheless, just as George advised Jerry in a long-ago "Seinfeld" episode on how to beat a lie detector test: "It's not a lie if you believe it," so too do I employ a similar strategy: if I don't go to the doctor and get evaluated then the symptoms I'm experiencing can't be confirmed as cancer. And if my symptoms can't be confirmed as cancer then I have much to less to worry about than if they were. The symptoms are simply the same kind and frequency as non-cancer patients experience and do not represent a slippery slope for yours truly.

I suppose there's a part of me (the irrational, unreasonable and illogical part) that believes if I don't make any extra-curricular-type visits to any of my doctors then my cancer can't get worse and I can continue to go on living as if I've not been diagnosed with a terminal disease: non-small cell lung cancer, stage IV.

It reminds me of my late father's philosophy concerning automobile maintenance. If he never takes the car in for service, the mechanics will never find anything wrong with it. It's a version of what you don't know can't hurt you.

Well, in the cancer world in which I live 24/7, it all can hurt you and it can do so on its own timetable; when you least expect it and when you most fear it.

As yet another attempt to explain why this column has been written. For the past three weeks I've had persistent cold symptoms.

Since the symptoms never got any worse (though my fear did), I went along, tissue in hand, until my voice got so hoarse and weak that my wife, Dina – to her credit – insisted that I visit my internal medicine doctor and email my status as well to my oncologist. All of which I've done.

So far, nothing conclusive to report.

I've been prescribed some pre-pneumonia pills, have had a CT scan of the neck (per my oncologist's direction), results for which have not YET been received, am seeing an ENT doctor next week and am puffing Flonase into each nostril twice a day. My symptoms have not totally subsided but neither have they gotten worse – unlike my anxiety.

I really don't think there's anything wrong with me medically; mentally however, is another matter.

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



PHOTO CONTRIBUTED

**In Herndon, a remembrance ceremony will be held at Chestnut Grove Cemetery on Saturday, Dec. 15 at noon.**

## Wreaths Across America to Honor Local Heroes

**N**ational nonprofit Wreaths Across America is working hard to ensure no veteran laid to rest in Herndon is forgotten this holiday season and fundraising has begun for this year. On Saturday, Dec. 15, 2018, National Wreaths Across America Day, live balsam remembrance wreaths will be placed at the graves of fallen veterans at nearly 1,000 locations across the country and overseas. In Herndon, a remembrance ceremony will be held at Chestnut Grove Cemetery on Saturday, Dec. 15 at noon.

“For the fifth year, the Town of Herndon, in partnership with the Herndon Woman’s Club, will join Wreaths Across America to honor more than 800 veterans who were laid to rest at Chestnut Grove Cemetery.

In a short ceremony, the club will remember the fallen, the prisoners of war and the missing in action

and honor those who have served and are serving this great nation,” a press announcement reads. The goal is to place a commemorative wreath on every veteran’s grave. Volunteers, including members of our military, Herndon fire and police departments, Herndon Boy Scout Troop 1577, Herndon Fortnightly Club and Adams-Green Funeral Home will assist with the ceremony and wreath placement.

Officially established in 1872, Herndon’s Chestnut Grove Cemetery is the final resting place of veterans, dating back to the War of 1812. Your support is needed now to ensure enough wreaths will be provided. The cost to sponsor a wreath is \$15. To show your support and to sponsor a wreath(s), send a check made payable to Herndon Woman’s Club, P.O. Box 231, Herndon, VA, 20172. Donations are also accepted online at [www.wreathscrossamerica.org/VA0143P](http://www.wreathscrossamerica.org/VA0143P).

### OBITUARY

## Manuel “Mani” Baca Fierro

**M**anuel (Mani) Baca Fierro of Herndon, born May 31, 1971, died on Monday, Nov. 19, 2018. He was the treasured son of Bettie Baca of Herndon and the late Manuel (Manny) D. Fierro (El Paso, Texas). Immediate survivors include his loving mother Bettie and stepfather Alex Rodriguez of Herndon; his adored children Mason and Sierra Fierro, along with his former wife and dearest friend, Rachel Marie Fierro of Herndon; brothers Tino Fierro (Linden, Va.), Jonathan Fierro (St. Petersburg, Fla.) and Jon Rican (Seattle, Wash.), along with their families; and stepsiblings Tobin, Justin and Leah Rodriguez of Boston, Mass., along with their families. Mani was born in 1971 after his parents

moved to Western Kansas for the purpose of organizing farmworkers and low-income families to achieve better working and living conditions. Later, the family moved to Northern Virginia where Mani grew up. He attended Jeb Stuart (now Justice) High School in Falls Church and roamed (some say “owned”) the streets of Bailey’s Crossroads. He loved Virginia, considered himself a native and vowed never to leave. He left briefly to attend Northeastern University in Boston, graduating with a degree in Criminal Justice. He also served as an LBJ Fellow in the office of Congressman Esteban Torres in Washington, D.C. Mani worked for a time at the Washington, D.C. law firm Arnold and Porter before returning to Boston to

earn a law degree from the New England School of law.

In law school he met his wife, Rachel Marie Bolduc. They married and together started the Herndon Law Firm in Virginia. Mani loved Herndon, and Herndon embraced him. He was a mentor to many, active as a little league coach, President of the Jeanie Schmidt Free Clinic, active in Rotary and Moose as well as innumerable civic activities.

Mani had a big welcoming personality, one that could turn a room of strangers into lifelong friends and admirers. A colleague remarked, “he was a helper of people, even if he knew they couldn’t pay, he helped them.” A community member said simply, “he gets us.”

# The Source of Light

BY RABBI LEIBEL FAJNLAND,  
DIRECTOR OF CHABAD OF RESTON-HERNDON



PHOTO CONTRIBUTED

**I**n the span of life there are times when we experience great joy and optimism. We are surrounded by friends and a healthy support network, successful in our relationships, and satisfied with our personal and professional progress. During these times, we find ourselves coasting along with nary a worry or concern.

But what of those times when we are beset by doubt and insecurity? When friendships dry out, and professionally we are stagnating. How do we pull ourselves together when we fall into a funk at home and at work, encountering failure and unhappiness, perhaps even rejection and abandonment? Where do we find light, when we feel as though our own light has been snuffed out, and we are left groping in the darkness?

This isn’t a new question. It has been asked since the dawn of time. Some say that in these moments of weakness we must seek our strength in G-d, others suggest we create it within ourselves, and yet others say the answers are to be found in the universe or nature.

Judaism has a unique and novel approach. The Torah teaches that our light need not be kindled from an outside source, it is already burning within. And so long as man lives it is never extinguished. We call this eternal and inimitable spark the soul.

### Rabbi Leibel Fajnlend

King Solomon wrote “The light of G-d is the soul of man.” When you seek strength in times of weakness, do not look for G-d outside of yourself. Look for G-d within, because that is where He is, and will always be found. Your soul always shines, it always burns. It continues to radiate even when it isn’t visible.

This is the message of Chanukah. When the writing on the wall seems to tell you that you have failed, and that you may as well resign yourself to the ensuing despondency, reject the script.

Your adversary may be “mightier than you, more numerous, and better trained”, but that is not a guaranty of their victory. Know that the wellspring of resilience and the bottomless reserve of spirit that is at the core of your being, can push you passed the finish line. You have G-d’s light within. That is what brought victory to the Maccabees of old. And it will do the same for us in our days.

## Community Chanukah Events

### LATKE & MOVIE NIGHT

Join us for a great night of Chanukah enjoyment. In the warm glow of the Menorah, enjoy a full Latke bar adorned with tasty toppings, and watch the screening of a great film “Above & Beyond” produced by Nancy Spielberg. A tale of heart, heroism, and high flying Chutzpa.

Date: Thursday Dec. 6, 7 p.m.  
Fee: Gratis

### CHANUKAH ON ICE & OUTDOOR MENORAH LIGHTING.

Join us and enjoy, ice-skating to lively Chanukah music with family and friends. Grand Menorah lighting with special guest Menorah lighters.. Hot latkes and donuts.

Dreidels and Chocolate Gelt for all. Grand Raffle and more.

At the Reston Town Center Ice Skating Rink.

11900 Market Street, Reston , VA 20190

Sunday Dec. 9th 4:30-6 p.m.

Admission: FREE. \$12 skating fee.

Visit [www.chabadrh.org](http://www.chabadrh.org) for information on all our events or to reserve.

For more information on the above events, call Rabbi Leibel Fajnlend at 703-476-1829, visit [www.chabadrh.org](http://www.chabadrh.org), or write to [Rabbi@chabadrh.org](mailto:Rabbi@chabadrh.org).