Town of Herndon Deems House Concert a Zoning Violation

Mount Pleasant Baptist Church On Mission in Kenya

'We Are All Kids at Heart'

Bryan Gouldsey, 2 1/2 of Herndon, decked out in his Thomas the Train Engine T-shirt and boots, watches N Scale Modular Railroading during the Herndon Holiday Model Train Show, held in December. Mom, Kirstyn gives her son a leg up for a better view.
Opinion

Wish List

Before this session, every year for the better part of a decade, the most profound wish for the Virginia General Assembly session was the expansion of Medicaid under the Affordable Care Act, which could provide healthcare to as many as 400,000 poor Virginians who otherwise were living without coverage. Partisan obstruction prevented those people from gaining coverage for many years.

But coverage began this month for 200,000 new enrollees after Medicaid expansion came to Virginia in the last session. It arrived with new enrollees after Medicaid expansion came 10 years.

Obstruction prevented those people living without coverage. Partisan wishes stopped that some may wait another year for serious consideration.

❖ Establish a nonpartisan redistricting commission. This is urgent, as the General Assembly would have to act in this session to get a constitutional amendment on the ballot in time for a commission to be ready to redistrict after the 2020 census.
❖ Greater transparency everywhere. Move to fewer, not more, FOIA exemptions. Require that a reason be given for any FOIA denial.
❖ End suspension of driver's licenses for non-payment of court costs and fines.
❖ Pass the Equal Rights Amendment.
❖ Fund Community Services Board grants. Expand Medicaid waivers; clear the waiting list.
❖ Fund education fairly; Northern Virginia needs more help.
❖ Restrict predatory lending.
❖ Think about reform and civil rights when considering votes on law enforcement.
❖ Involve local officials in fixing profiteer regulation.
❖ Protect LGBT rights.
❖ Implement no-excuse absentee voting.
❖ Limit large campaign contributions.
❖ Prohibit personal use of campaign funds.
❖ Require reporting on solitary confinement.
❖ Push jails and prisons to adopt best practices for prisoners with mental health issues.
❖ Provide a tax credit for family caregivers, with income limits if needed.
❖ Comments? Additions? Email editors@connectionnewspapers.com
❖ There is an infinite amount of information at Virginia generalassembly.gov Click on “members and session” for quick links.

— MARY KIMM

Commentary

Things this session of the General Assembly, beginning Jan. 9., could/should accomplish.

Mount Pleasant Baptist Church Holds Leadership Conference, Medical Clinic in Kenya

By Rev. Shirley A. Spann

Mount Pleasant Baptist Church (MPBC), Herndon, and Diversified Ministry 4 Cultural Exchange, Chesapeake, Va.

Mount Pleasant Baptist Church, Herndon, and Diversified Ministry 4 Cultural Exchange, Chesapeake, Va. continue to make missions one of its core ministry fociuses to impact lives. On Nov. 28, 2018, the church sent a nine-member missionary team to West Pokot County, Kenya. Mission goals included training church leaders; teaching youths; conducting medical and veterinary clinics; and providing food and clothes to needy residents.

To begin its mission, the East African Mission Team held both Church Leadership and Children’s Conferences in rural Mutua, Kenya. The purpose of the three-day Church Leadership Conference, held at the Agape Fellowship Church in Mutua, was to equip pastors and church leaders to impact the Kingdom of God. Children were inspired with biblical teachings, songs, and games at the Mutua Secondary

Clinician David Kiptanui, of Kacheba Sub County Hospital, Kapenguria, West Pokot County, Kenya, with Medical Clinic patients in Orlowo, Kenya.


School. Rev. Alfred Wanyama, who has planted several churches in West Pokot, hosted the event. “We come from a part of the country, where we have different challenges (tribal clashes and cattle rustling), so we are raising leaders in the Word of God. We believe that when we serve God righteously, many things are going to change,” stated Wanyama.

“We are in partnership with Pastor Alfred Wanyama, training leaders of those new churches. We teach leaders how to develop intimacy with the Lord; how to live according to the truths of the Word of God. We believe that when we spread the Gospel to other regions beyond where they live,” stated Rev. Denise Snyder, who leads the East African Mission Team with her husband, Ret. Police Capt. Samuel Snyder.

“We are keeping with our church’s mission to be ready for redistricting after the 2020 census. We are in partnership with Pastor Alfred Wanyama, training leaders of those new churches. We teach leaders how to develop intimacy with the Lord; how to live according to the truths of the Word of God. We believe that when we spread the Gospel to other regions beyond where they live,” stated Rev. Denise Snyder, who leads the East African Mission Team with her husband, Ret. Police Capt. Samuel Snyder.

“We are keeping with our church’s mission to be ready for redistricting after the 2020 census. We are in partnership with Pastor Alfred Wanyama, training leaders of those new churches. We teach leaders how to develop intimacy with the Lord; how to live according to the truths of the Word of God. We believe that when we spread the Gospel to other regions beyond where they live,” stated Rev. Denise Snyder, who leads the East African Mission Team with her husband, Ret. Police Capt. Samuel Snyder.

“Our hashtag, #WEBUILDHERE, speaks for itself. We are as we have different challenges (tribal clashes and cattle rustling), so we are raising leaders in the Word of God. We believe that when we serve God righteously, many things are going to change,” stated Wanyama.

“We are in partnership with Pastor Alfred Wanyama, training leaders of those new churches. We teach leaders how to develop intimacy with the Lord; how to live according to the truths of the Word of God. We believe that when we spread the Gospel to other regions beyond where they live,” stated Rev. Denise Snyder, who leads the East African Mission Team with her husband, Ret. Police Capt. Samuel Snyder.

“We are keeping with our church’s mission to be ready for redistricting after the 2020 census. We are in partnership with Pastor Alfred Wanyama, training leaders of those new churches. We teach leaders how to develop intimacy with the Lord; how to live according to the truths of the Word of God. We believe that when we spread the Gospel to other regions beyond where they live,” stated Rev. Denise Snyder, who leads the East African Mission Team with her husband, Ret. Police Capt. Samuel Snyder.

Mount Pleasant Baptist Church, Herndon, and Diversified Ministry 4 Cultural Exchange, Chesapeake, Va. continue to make missions one of its core ministry fociuses to impact lives. On Nov. 28, 2018, the church sent a nine-member missionary team to West Pokot County, Kenya. Mission goals included training church leaders; teaching youths; conducting medical and veterinary clinics; and providing food and clothes to needy residents.

To begin its mission, the East African Mission Team held both Church Leadership and Children’s Conferences in rural Mutua, Kenya. The purpose of the three-day Church Leadership Conference, held at the Agape Fellowship Church in Mutua, was to equip pastors and church leaders to impact the Kingdom of God. Children were inspired with biblical teachings, songs, and games at the Mutua Secondary

Clinician David Kiptanui, of Kacheba Sub County Hospital, Kapenguria, West Pokot County, Kenya, with Medical Clinic patients in Orlowo, Kenya.


School. Rev. Alfred Wanyama, who has planted several churches in West Pokot, hosted the event. “We come from a part of the country, where we have different challenges (tribal clashes and cattle rustling), so we are raising leaders in the Word of God. We believe that when we serve God righteously, many things are going to change,” stated Wanyama.

“We are in partnership with Pastor Alfred Wanyama, training leaders of those new churches. We teach leaders how to develop intimacy with the Lord; how to live according to the truths of the Word of God. We believe that when we spread the Gospel to other regions beyond where they live,” stated Rev. Denise Snyder, who leads the East African Mission Team with her husband, Ret. Police Capt. Samuel Snyder.

“We are keeping with our church’s mission to be ready for redistricting after the 2020 census. We are in partnership with Pastor Alfred Wanyama, training leaders of those new churches. We teach leaders how to develop intimacy with the Lord; how to live according to the truths of the Word of God. We believe that when we spread the Gospel to other regions beyond where they live,” stated Rev. Denise Snyder, who leads the East African Mission Team with her husband, Ret. Police Capt. Samuel Snyder.

“Our hashtag, #WEBUILDHERE, speaks for itself. We are as we have different challenges (tribal clashes and cattle rustling), so we are raising leaders in the Word of God. We believe that when we serve God righteously, many things are going to change,” stated Wanyama.

“We are in partnership with Pastor Alfred Wanyama, training leaders of those new churches. We teach leaders how to develop intimacy with the Lord; how to live according to the truths of the Word of God. We believe that when we spread the Gospel to other regions beyond where they live,” stated Rev. Denise Snyder, who leads the East African Mission Team with her husband, Ret. Police Capt. Samuel Snyder.

“We are keeping with our church’s mission to be ready for redistricting after the 2020 census. We are in partnership with Pastor Alfred Wanyama, training leaders of those new churches. We teach leaders how to develop intimacy with the Lord; how to live according to the truths of the Word of God. We believe that when we spread the Gospel to other regions beyond where they live,” stated Rev. Denise Snyder, who leads the East African Mission Team with her husband, Ret. Police Capt. Samuel Snyder.
Town of Herndon Deems House Concert a Violation

Business or pleasure, where’s the line?

Chris Devine, Town of Herndon resident and host of The Crib house concerts, received a Notice of Violation taped to his front door from the town citing the Nov. 17 concert in his home an activity constituting “Indoor Entertainment use” not permitted on the subject property.

Devine shared the Notice of Violation, and described the concert venue launched in his home 2015 with words found on The Crib website: “intimate setting where all focus is on the artist’s performance — the sound, lighting and artist-audience connection all come together for a special experience.”

The Notice of Violation, signed by Fermina Rochac, CZA Community Inspector/Deputy Zoning Administrator and copied to David Stromberg, Town Zoning Administrator and Lesa J. Yeatts, Town Attorney, stated that while performing her duties as community inspector, on Nov. 17, 2018, Rochac, “observed 44 individuals enter the dwelling at (home address) between 6:30 p.m and 8:30 p.m. for a concert featuring Gina Venier and Lexie Hayden as advertised on the website www.cribconcerts.com.”

The notice informed Devine this activity constituted, “an Indoor Entertainment use,” not permitted on the property pursuant to Town Zoning Ordinance Section 78-50.6 PD-D and proffered conditions of Zoning Map Amendments ZMA #01-103 and ZMA #10-101. The Notice ordered Devine to “abate the violation within fifteen (15) days. Compliance may be achieved by ceasing all unpermitted uses on the property. Through compliance, you will avoid further legal action, which may include fines and other penalties.” The Notice also informed Devine he had the right to appeal the decision to the Board of Zoning and described the process and specified time limit.

“I was unaware anyone was outside watching that evening,” Devine said. “No one came to the door, identified themselves as town staff nor asked what was going on.” It was only when Devine saw the Notice of Violation slapped to his door nearly a month after the house concert, did he learn of the violation he said. A Jan. 7, 2019 web search of www.cribconcerts.com yielded the following page title and snippet: “Nov 17, 2018 - Artist: Gina Venier and Lexie Hayden. Ticket Price: General Admission $20. We are excited to welcome Gina Venier back to The Crib with Lexie Hayden, as advertised on the website www.cribconcerts.com.”

What Do the Artists Say?

“I moved to the USA because Americans love music. They are open to listening: they are welcoming. It’s the land of opportunity and the land of the free. Chris has given the gift of sharing incredible musicians with his like-minded friends in Herndon. His work will eventually seep into the community by bringing local bands to larger venues.” - Katrina Burgoyne, singer/songwriter, performer at The Crib

“House shows have done so much for artists. There are music lovers who want to be part of the musicians’ stories. It is as honest as it gets.” - Christian Lopez, songwriter/guitarist, performer at The Crib

“The Crib and other house concerts models like it are essential to the independent touring artist. It is the only format that connects directly to the artist and doesn’t try to make a profit from off it.” - Dan Rodriguez, singer/songwriter, performer at The Crib

House concerts provide a great way for members of any neighborhood to get out of their house and engage and connect with their local community over a common interest. It is also invaluable for touring musicians to have the opportunity to connect on a face-to-face level with these supportive communities around the world.” - Julie Parker, guitarist, performer at The Crib

“How cool is it to have Nashville musicians coming to Herndon, to my neighborhood.” - Howard Holler, Devine’s neighbor

See House Concert. Page 7

By Mercia Hobson

The Crib's upcoming events listed on his website: “intimate setting where all focus is on the artist’s performance — the sound, lighting and artist-audience connection all come together for a special experience.”

Devine was excited to welcome Gina Venier back to The Crib with Lexie Hayden, as advertised on the website www.cribconcerts.com.

What Do the Artists Say?

“I moved to the USA because Americans love music. They are open to listening: they are welcoming. It’s the land of opportunity and the land of the free. Chris has given the gift of sharing incredible musicians with his like-minded friends in Herndon. His work will eventually seep into the community by bringing local bands to larger venues.” - Katrina Burgoyne, singer/songwriter, performer at The Crib

“House shows have done so much for artists. There are music lovers who want to be part of the musicians’ stories. It is as honest as it gets.” - Christian Lopez, songwriter/guitarist, performer at The Crib

“The Crib and other house concerts models like it are essential to the independent touring artist. It is the only format that connects directly to the artist and doesn’t try to make a profit from off it.” - Dan Rodriguez, singer/songwriter, performer at The Crib

House concerts provide a great way for members of any neighborhood to get out of their house and engage and connect with their local community over a common interest. It is also invaluable for touring musicians to have the opportunity to connect on a face-to-face level with these supportive communities around the world.” - Julie Parker, guitarist, performer at The Crib

“How cool is it to have Nashville musicians coming to Herndon, to my neighborhood.” - Howard Holler, Devine’s neighbor

See House Concert. Page 7
Beyond The Resolution
Keeping a home in order all year long.

BY MARILYN CAMPBELL

For those who resolved to keep a neater, cleaner home in the new year, the issue of how to keep it that way through December can be challenging. After the excitement of the fresh start that January offers, the reality of one’s day-to-day life emerges. How to keep that newly purged closet neat when rushing to get to a meeting on time? By February, that cleaned-out sports bin might look a bomb went off at Modell’s. From shedding or recycling unwanted mail each day to loading the dishwasher after each meal, adopting a few daily cleaning tips can help maintain that tidy home all year long.

“In general, I recommend keeping up with household duties on a daily basis so none of them become a bigger project,” said professional organizer Susan Unger of Clutter SOS.

One of the most basic tasks is making one’s bed first thing in the morning. “I think that kick starts you into cleaning and organizing mode and sets the tone for the day,” said Preston Taylor of From Chaos to Order. “I also recommend keeping a dust cloth nearby so that you can give your dresser and nightstand a quick dust off so dust accumulation would be one less thing you have to worry about.”

Piles of clothing, whether clean or dirty can accumulate quickly and send a home into disarray. Dedicating five to 10 minutes every evening to rehanging clothes and separating items that need to be dry cleaned can help prevent a backlog. “Be sure to put all clothes away on a daily basis rather than leaving in a chair or floor,” said Unger. “Clean clothes should be hung up or put in drawers and dirty clothes in the laundry basket.”

Taylor recommends tackling laundry every evening if necessary. “If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you’re not faced with a mountain of dirty clothes at the end of the week,” said Taylor.

When it comes to the bathroom, brief, daily attention to detail can keep dirt from spiraling out of control. Rehanging towels, and then wiping it down one’s shower each time you take a shower are suggestions from Carmen Garcia of CG Green Clean. “Keep a container of disinfecting wipes in your bathroom and wipe down your counters and sink before going to bed each evening,” she said. “Also each night, add a squirt of toilet cleaner to your toilet bowl, wipe down the seat and then flush the toilet. It takes less than five minutes to do all of this but you’d be amazed at the difference it makes at the end of the week.”

“After the excitement of the fresh start that January offers, the reality of one’s day-to-day life emerges. How to keep that newly purged closet neat when rushing to get to a meeting on time? By February, that cleaned-out sports bin might look a bomb went off at Modell’s. From shedding or recycling unwanted mail each day to loading the dishwasher after each meal, adopting a few daily cleaning tips can help maintain that tidy home all year long."

If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you’re not faced with a mountain of dirty clothes at the end of the week.”

— Preston Taylor of From Chaos to Order

After Holiday Visits, Some Questions
Recognizing signs, early detection empowers families to plan for the future.

Holiday visits with family members or friends not seen as frequently during the year may raise questions about their cognitive health. Although some change in cognitive ability can occur with age, serious memory problems are not a part of normal aging. The Alzheimer’s Association encourages anyone who has a question or concern about the state of an aging family member or friend to call its free 24-hour Helpline, 800-272-3900. Recognizing the difference can help identify when it may be time for a loved one to see a doctor. The Alzheimer’s Association has a check list of warning signs, along with examples of normal aging. Every individual may experience one or more of the warning signs in different degrees.

❖ Difficulty completing familiar tasks at home, at work or at leisure.
❖ Confusion with time or place.
❖ Trouble understanding visual images and spatial relationships.
❖ New problems with words in speaking or writing.
❖ Misplacing things and losing the ability to retrace steps.
❖ Decreased or poor judgment.
❖ Withdrawal from work or social activities.
❖ Changes in mood and personality.

Although the onset of Alzheimer’s disease cannot yet be stopped or reversed, an early diagnosis is an important step in getting appropriate treatment, care and support services allows people with dementia and their families. For more information, visit the Alzheimer’s Association web site at alz.org or call their toll-free 24/7 Helpline at 800-272-3900.
**ENTERTAINMENT**

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

**ONGOING**

**Exhibit: Three Moves to Divine.** Through Feb. 2, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. Three Moves to Divine - a photographic memory of Ghana by Randy Preston, including the written and read work of guest poets. The pictures, and the accompanying poems (by Kwame Alexander, Marjory Wentworth, Tracy Chiles McGregor, Ann Marie Stephens, Van Garrett, Mary Rand Hess, et al) tell a story of returning to family and then staying a while, reveling in the embrace, the security, the familial rhythm that home offers. Call 703-956-6590 or visit www.artspaceherndon.org.

**SATURDAY/JAN. 12**

**The Storytime Social Hour.** 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl’s all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults, stories and fun for the little people. Make new friends or meet up with neighbors. Visit www.scrawlbooks.com or call 703-925-0900 or visit www.restoncommunityorchestra.org.

**SATURDAY/JAN. 14**

**Design & Wine: Wooden Sign Stencilling.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon.启动 and demonstrated, to include the principal application of contour line, gesture and shade while performing exercises in drawing from life. With John Koebert. $175 for eight-week session. Call 703-956-6590 or visit artspaceherndon.org.

**TUESDAY/JAN. 15**

**Basic Fundamentals of Drawing.** 9 a.m. at Reston Community Center Hunters Gym, 11400 South Lakes Drive, Reston. Celebrate the life and work of Dr. Martin Luther King Jr. with a free ocean-themed engineering challenge, then compete head-to-head against others in a high-tech exciting event. Email slhssteam@gmail.com or visit southlakespta.org/event/first-tech-challenge-south-lakes-reston-qualifier/. This tournament is staffed by volunteers from NHS and FIRST. Chesapeake, a non-profit. A child who is interested in volunteering should visit www.firstcheseapeake.org/volunteer.

**TUESDAY/JAN. 15-MARCH 5**

**Basic Fundamentals of Figure Drawing.** 2:30-4:30 at ArtSpace Herndon, 750 Center St., Herndon. Learn how to carve and use your own printed material to be taught and demonstrated, to include the principal application of contour line, gesture and shade while performing exercises in drawing from life. With John Koebert. $175 for eight-week session. Call 703-956-6590 or visit artspaceherndon.org.

**ONGOING**

**The Reading Nook by Valeriane reading activities and crafts are appropriate for children up to 5 years old.** $10 per family. Call 703-956-6590 or visit www.artspaceherndon.org.

**Creative Printmaking.** 6-8 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Learn how to carve and create your own prints from handmade paper, carved blocks and more with Meghan Bush. Four classes, Wednesdays in January. $116. 8 students max. Email to register and questions to Meag.Busch@gmail.com.

**THURSDAY/JAN. 10**

**Opening Reception: Three Moves to Divine Exhibit.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Three Moves to Divine - a photographic memory of Ghana by Randy Preston, including the written and read work of guest poets. The pictures, and the accompanying poems (by Kwame Alexander, Marjory Wentworth, Tracy Chiles McGregor, Ann Marie Stephens, Van Garrett, Mary Rand Hess, et al) tell a story of returning to family and then staying a while, reveling in the embrace, the security, the familial rhythm that home offers. Call 703-956-6590 or visit www.artspaceherndon.org.

**FRIDAY/JAN. 11**

**Basic Knitting.** 7 p.m. at Reston Regional Library, 11925 Towne Drive, Reston. Learn how to knit and how to read knitting patterns as well as how to care for your new projects. Call 703-956-6590 or visit www.restoncommunityorchestra.org.

**SATURDAY/JAN. 12**

**The Bookworms Club.** 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl’s all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Visit www.scrawlbooks.com or call 703-966-2111.

**FRIDAY/JAN. 18**

**FuzzieTales with Amanda Jasper.** 4-5:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. FuzzieTales is a read-aloud book club for 5-7 year olds exploring high quality, age-appropriate stories through hands-on activities. $150 for the eight-week session. Call 703-956-6590 or visit www.artspaceherndon.org.

**TUESDAY/JAN. 15**

**Live Music.** 7 p.m. at Amphora’s Diner Delux, 1151 Elden St., Herndon. Shavna Capi, a singer-songwriter and fingerstyle guitarist based in Toronto, Canada, will appear with Hunter McGee, a recording artist with the World Folk Music Association Showcase. Also featuring Zak Troiano and Eryn Michel. $10 members, $11 general. Call 703-925-0900 or visit www.creatuherndoninfo/folkclub.com for more.

**TUESDAY/JAN. 17**

**Basic Fundamentals of Drawing.** 2:30-4:30 at ArtSpace Herndon, 750 Center St., Herndon. Basic Fundamentals of drawing will be taught and demonstrated, to include the principal application of contour line, gesture and shade while performing exercises in drawing from life. With John Koebert. $175 for eight-week session. Call 703-956-6590 or visit artspaceherndon.org.

**FRIDAY/JAN. 18**

**The Storytime Social Hour.** 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join Scrawl’s all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Visit www.scrawlbooks.com or call 703-966-2111.

**SATURDAY/JAN. 19**

**The Bookworms Club.** 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl’s all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Visit www.scrawlbooks.com or visit artspaceherndon.org.

**Arts Herndon Reading Nook.** 11 a.m. noon at ArtSpace Herndon, 750 Center St., Herndon. Read Sun's Up by Kwame Alexander and complete a Paper Frog Project. The Reading Nook by Valeriane reading activities and crafts are appropriate for children up to 5 years old. $10 per family. Call 703-956-6590 or visit www.artspaceherndon.org.

**Martin Luther King Jr.,** 4:30 p.m. at Reston Regional Library, 11925 Towne Woods, 2310 Collins Neck Road, Reston. Celebrate the life and work of Martin Luther King Jr. Featured performers students from Al Faith Academy, Beverly Goshem and Bryan Jackson, presenting music honoring Dr. King’s legacy. Admission is free. Donations are appreciated. Call 571-271-9189 or visit www.restoncommunityorchestra.org.
Mission

From Page 2

isting Pastor Wanyama in building a group of people to spread the Gospel and to take it deeper into their interiors,” stated Rev. Police Capt. Snyder.

THE TEAM Later conducted a Medical Clinic in Orlowo, Kenya. Clinician David Kiptanui, of Kacheba Sub County Hospital, Kapenguria, West Pokot County, and his staff teamed up with the mission team to provide healthcare to residents, many of whom have never seen a doctor or visited a healthcare facility.

“We’ve been tackling common ailments present in this region. Malaria is one of them, which is found rampant here. Other conditions we have found included upper-respiratory tract infections, tuberculosis, soft tissue injuries and skin infections. These are all most common in this region,” stated Kiptanui.

Tiffany Owens, a Registered Nurse at Sentara Norfolk General Hospital, Norfolk, Va., of Diversified Ministry 4 Cultural Exchange (DM4CE), was also a part of the mission team.

“We also checked patients’ blood pressures and diagnosed several cases of hypertension,” stated Owens. For patients diagnosed with hypertension and other serious ailments, Kiptanui advised them to seek immediate follow-up treatment. Because he feels dispensaries are located too far from the people, Kiptanui stated that he would like to see more clinics come to the region and extended over several days for people who live in the region’s interior. However, he acknowledged a challenge.

“The only thing that is making this project difficult is funding. If we had the funds, our prayer would be to do this medical camp every three months with more doctors and clinicians on the ground,” remarked Kiptanui.

Rev. Dr. Kevin Donalson Sr., Senior Pastor of Mount Pleasant Baptist Church, was also a part of the mission team, assisted in the Medical Clinic, and thanked Kiptanui for the work he and his staff rendered.

Nurse Evens Kipchumba and Pharmaceutical Technologist Hillary Rutto were also part of the medical staff, which treated more than two hundred residents, including some Ugandan border residents.

“The Medical Clinic was definitely a success. We were able to help many people with illnesses that for too long have been death sentences in that part of the world but are treatable in other parts. A lack of resources should not be a death sentence. Our prayer is that more will understand the need to help people with the things that we take for granted. We are having an argument about health care here in America while they are just seeking for someone to care in West Pokot. It makes you realize the importance of missions,” stated Donalson.

Also a part of a Haiti mission team in October 2017, Donalson continued, “We, at Mt. Pleasant Baptist Church, are just trying to do our part to help serve the Lord and the people of Kenya. We look forward to going back, and hopefully next time, we could do it even bigger and better.”

THE MISSION team was also involved in several other mission activities, including providing food and clothing to some who were in need and overseeing the treatment of livestock at the Veterinary Clinic. Livestock are residents’ primary sources of food and income. Whether it is supplying funds to treat livestock or meeting other needs, the church continues to impact lives through numerous outreach programs, including a Christian Academy for students 3 years old to the Second Grade. The church has also installed thirty-five water wells in countries such as Kenya, Nigeria, Liberia, Tanzania, Haiti, and Guatemala.

Reflecting on 2019 and beyond as Mount Pleasant Baptist Church is about to celebrate 153 years in September, Donalson stated that he hopes the church could do “an even larger and wider impact in ‘building’ the Kingdom around the world. Whether that means providing for more water wells or reaching people in new places like Uganda, I am expecting God to ‘enlarge’ our territory internationally.”

Other missionaries who were a part of the team from Mount Pleasant Baptist Church included Sis. Flora Imbuye, Reston, and Rev. Shirley Spann, Ashburn. Missionaries of DM4CE were Rev. Lydia Harper, Rev. Lawrence Nichols, and Jackie Barrett, all of the Tidewater area of Virginia.

SHIRLEY A. SPANN is a writer, Associate Minister at MPBC.

NEWS
Why the Appeal

Devine said he spoke in person with Town of Herndon Zoning Administrator David Stromberg a few days after receiving the Notice, but the meeting did not fully answer all his questions. Afterward, the Connection requested clarification and comment on the zoning ordinance to the Town of Herndon and received sections of the zoning ordinance relative to its inquiry.

Devine said he appealed the violation decision. In his Statement of Grounds for his appeal, he cited the Notice as invalid based on his belief that the external characteristics alone were not sufficient to "characterize the activity as a violation."

Additionally, he said The Crib's house concerts do not constitute "a Commercial Indoor Entertainment use," as defined by the Herndon Zoning Ordinance. "The owner acts as host, ... guests make a minimum suggested donation to the artist, [and] 100 percent of the donated amount goes to the artist."

Devine discussed what might have caused his house concert to appear a public business operation versus private gathering. He provided three considerations. Devine said perhaps it was the poster he put up at a local restaurant announcing the lineup of performers at The Crib and the website.

Devine said that the Town might have confused "The Crib house concert," a hobby of his started in 2015 with his new venture "Crib Music Enterprises LLC (CME) 2017 which exists to launch his future business. Devine said that confusion between his two ventures might be because he added the wording "Crib Music Enterprises, LLC" to The Crib website for "copyright protection."

Devine added he has since removed CME from The Crib's website. He pointed out the Town addressed the Notice to his name at his home address, and beneath it "Crib Music Enterprise LLC;" his name again and home address.

Richard Castro, Certified Public Accountant and Devine's tax preparer for tax year 2017 stated in a letter to the Connection at Devine's request: "I have a thorough understanding of both his business ventures — Crib Music Enterprise LLC (CME) launched in November of 2017 — and his hosting house concerts (The Crib) dating back to November of 2017 — and his hosting house concerts (The Crib) dating back to June of 2015 ... the house concert activity is operationally unrelated to CME as a business."

Finally, Devine said perhaps it was the money, which might have made the concert appear to be a commercial activity. Devine said he was not going to cease all unpermitted uses and that he would keep his commitments to the artists and audiences. Devine added he started a Gofundme campaign to help cover fines and possible legal fees since he is appealing the decision. Devine said that he would like the town to tell him what he can and cannot do to have house concerts in his home as private events. "Where's the line?" he asked.

The Road Very Much Traveled

By KENNETH I. LOURIE

Not that I haven't been down this road before, random though its occurrence may have been, but when schedules collide: 24-hour urine collection; pre-chemotherapy lab work; very-three-week infusion, quarterly CT scan and semi annual brain MRI; and of course the follow-up appointment with my oncologist a week or so later to finish the fortnight-long festivities.

The daze leading up to that final Friday are hardly the stuff of which dreams are made. More like nightmares, actually; certainly sleepless nights.

As you regular readers know from previous columns, there's no real point fretting about it. I mean, what's done is done (what's scanned is scanned) and though I may not want the chips to fall, for the moment, they've already fallen.

Not to be fatalistic, but sometimes, as a cancer patient, I'm forgetting that one cancer you don't (I didn't say "incurable realities") is part of the process, "going with the flow," as my wife, Tina would say.

At this point, all I can do is wait and hope. I can't do one thing about any of it. I'll know soon enough and if the news is discouraging, I'll deal with it then. I see no advantage in being miserable a week earlier than necessary.

Still, all of these diagnostic strands occurring simultaneously is a bit much. Unfortunately, there's nothing to be done other than grin (a very smile, really) and bear it. The calendar schedule with which my life has become all too familiar I'm also not saying "consumed," can hardly be adjusted simply because I don't feel like it.

My life is at stake here. I can't treat it like a household chore. It needs to be adhered to. Wanting circumstances to be different serves no purpose. Accepting reality and integrating the cancer patient's responsibilities into your routine seems a more reasonable course of action.

A few years into my cancer treatment, I remember meeting some of the staff at an off-site cancer-centric function. After exchanging pleasantries, one staff member commended me as being "a very compliant patient." Not being completely sure what she meant, I asked her to clarify. She said I made all my appointments inferring that some cancer patients don't. Incredulous, I asked further. She sort of half-snickered and said I'd be surprised, which of course I was.

She offered no statistics or anything empirical, but from her reaction, it was not an unusual occurrence. I remember thinking, how do you not be compliant when doctors are working to save your life? Seemed counter intuitive, almost.

Yes, I've been compliant. Extremely so, I'm proud to say.

After my initial diagnosis, I felt I had been given an assignment, so to speak; to save at least extend my own life, and I was going to follow doctor's orders accordingly. And even though over the years, I've integrated many non-Western alternatives into my routine, so far as my primary care team (internal medicine doctor and oncologist) was concerned, I've supplemented rather than replaced.

All of which leads me to where I am today: waiting to hear from my oncologist about last week's scans, while swallowing 60-odd pills a day, drinking alkaline water, standing in front of an infrared bulb, and trying to detoxify whenever possible in the hope that together, conventional and non-conventional pursuits will make my immune system stronger and create an environment less hospitable to the growth and movement of the cancer cells that have already been triggered somehow.

The only persistent problem I have is compartmentalizing the presumptive fact that since I've been given a "terminal" diagnosis in late February 2009, how is it that I just keep on keepin' on? My life goes on, generally, I realize, and that's not what I was told would happen. After nearly 10 years, I suppose I'm just a little road weary.

Kenny Coxe is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.
We Are All Kids at Heart

Scaled down train replicas lure viewers to the Herndon Holiday Model Train Show and Caboose/Depot Open House.

By Mercia Hobson
The Connection

The Herndon Historical Society presented the 13th Annual Herndon Holiday Model Train Show and Caboose/Depot Open House on Dec. 8-9. The Herndon Chamber Committee of the Dulles Regional Chamber sponsored the free event in the Herndon Municipal Center. It featured scaled-down replicas of the real thing in HO scale, the largest and the most common, and the smaller N scale. In the Old Freight Room of the Herndon Depot Museum, located a half block away, the smallest of three scales, the T-TRAK N-Scale Modular Railroading setup fit perfectly in the minimal space due to its compact size and portability.

Late afternoon, J.B. Weilepp spent the day setting up an N scale layout in the lobby of the Herndon Municipal Center. Weilepp explained the difference between the two model train scales in the HMC. “N scale is one half the size of (the larger) HO scale, and it is 1:160 ratio real-life size.” Weilepp showed the distance or gauge between the rails for N scale is only 9 mm, compared to 16.5 mm for HO modeling scale. Due to its reduced size and smaller turning radius, N scale allowed for more complex layouts than the larger O scale in limited space Weilepp said.

ON SATURDAY, Lillie Amirshahi, 7, of Reston and her mother, Raya, stopped in the HMC. Lillie stood transfixed at the far end of the O scale layout. “Extremely cool train show,” she uttered watching the trains too. She even couldn’t stop watching. The boy appeared enthralled by the model trains and couldn’t stop watching.

Bryan Gouldley, 2.5, also couldn’t stop watching. The boy appeared enthralled by the model trains and came dressed for the event. “Bryan loves all things train,” said his mother Kirstyn Gouldley who held him on her knee so he could get a better view. “He has Thomas everything.”

Steve Jackson, a member of Northern Virginia NTRAK, operates the controls of the T-TRAK model train. Asked how long it took him to set up the track layout, Jackson said he set it up quickly, “less than an hour” adding its modular system allows it to be easily transported and set up in limited spaces for displays.

“This is extremely cool,” said Lillie Amirshahi, 7, of Reston. She and her mom, Raya, saw the Model Train Show sign outside the Herndon Municipal Center, so they decided to drop in. “The trains are actually moving,” exclaimed Lillie. “And there are people inside.”

HERNDON’S RED CABOOSE sits between the HMC and the Depot Museum. It is a symbol of the railroad that for so many years was the heart of the Herndon farming community and a means of travel to the “resort” town of Herndon according to “More Than a Local Landmark,” by Carol Bruce, member of the Historical Society. Todd and Heather Parks of Herndon brought family members, Gregg and Cindy Parks of Gilbertsville, Pa. to the event and specifically to the Red Caboose. They readily climbed aboard only to be surprised by the live conductor, Gary Rinker who gave them a brief history.

Asked what they thought of the Herndon Model Train Show and Caboose/Open House, Todd Parks said, “We are all kids at heart. And big kids like model trains too.”

Steve Jackson, member of Northern Virginia NTRAK, operates the radio train control throttles of a T-TRAK N-Scale during the 13th Annual Herndon Holiday Model Train Show. Jackson set up the layout inside the historic Depot Museum in Herndon.

Artist-In-Residence Captures Essence of National Parks

Fine art photography at ArtSpace Herndon.

By Mercia Hobson
The Connection

“This show is stunning and shows the depth and breadth of Parks and our National heritage. It’s glorious,” wrote Joanna M. Ormesher, President and CEO ArtsHerndon in an online interview.

The current exhibit ended Saturday, Jan. 5, 2019. ArtSpace Herndon offered for viewing and purchase fine art images of National Parks by acclaimed photographer Jim Schlett of Reston.

“Last year, we celebrated 100 years of the National Parks. This December (and first week in January), we celebrate an amazing gallery exhibition of photos from some of those parks,” shared Ormesher. Schlett and his wife, Gail visited approximately 125 park sites, “and have many more to go,” added Ormesher.

In 2016, the U.S. National Park Service selected Schlett as Artist-In-Residence for its Whiskeytown National Recreation Area, a park in California noted for its crystal-clear lake surrounded by mountain peaks. Following that first Artist-In-Residency, Schlett successfully completed four other Artist-In-Residencies in 2018-Catoctin Mountain Park, Md., Manassas National Battlefield Park, Va., Gettysburg National Military Park, Penna., and the Home-stand National Monument of America, Nebraska.

Within Schlett’s large body of work showcased at ArtSpace Herndon are select images holding intense, saturated colors. The artist’s trademark photos capture the timeless essence and beauty of the National Parks. The images, such as one taken at Manassas Battlefield Park, are produced by the magic hours of dawn and dusk when indirect sunlight fosters softer, redder scenes.

A numerous publications have published Schlett’s work. In addition, his photographs have been exhibited in galleries and art shows and received numerous competitive awards. Schlett is a long-standing member of the Reston Photographic Society and served as the President of the League of Reston Artists from 2012-2017.

The current exhibit, “National Park Photography,” runs through Saturday, Jan. 5, 2019. The upcoming exhibit, “Three Moves to Divine” showcases photos of Ghana, her people, her children. It runs from Jan. 8 - Feb. 2, 2019. ArtSpace Herndon is located at 750 Center Street in Herndon, one block off Elden Street. For questions call 703-956-6590 or visit info@artspaceherndon.com.