

Oak Hill ♦ Herndon
CONNECTION

Performing in The Nutcracker

ENTERTAINMENT, PAGE 13

Georgina Greenleaf, with her cavalier Adrian Lamoureux, brings elegance and beauty to the Sugar Plum pas de deux in the Conservatory Ballet's 40th anniversary production of the holiday classic, "The Nutcracker."

Holidays On the Farm

NEWS, PAGE 3

Living Life in 'The Dream Land'

FOCUS ON IMMIGRATION, PAGE 10

OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 13 ♦ CLASSIFIEDS, PAGE 15 ♦ SPORTS, PAGE 18

PHOTO COURTESY OF CONSERVATORY BALLET

DECEMBER 5-11, 2012

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Home for the Holidays

Storewide Remodeling Sale!



WWW.ABBEYDESIGNCENTERVA.COM



KITCHEN REMODELING



BATHROOM REMODELING



BASEMENT FINISHING & REMODELING

Abbey is your one stop shop for all your home remodeling and flooring needs.



GREAT SELECTION OF CARPET • HARDWOOD • LAMINATE • TILE & STONE • AREA RUGS

TRUST BUILT, CUSTOMER DRIVEN!



Abbey Design Center

FLOOR, KITCHEN & BATH

STERLING
21465 PRICE CASCADES PLAZA
(IN FRONT OF COSTCO)
703-450-8181
WWW.ABBEYDESIGNCENTERVA.COM



LEESBURG
161 FORT EVANS ROAD NE
(NEXT TO TLC VET. ACROSS FROM OUTLET MALL)
703-779-8181
WWW.ABBEYDESIGNCENTERVA.COM

2 YEAR INTEREST FREE FINANCING.

EASY APPLICATION. 90% CREDIT APPROVAL RATE.*

*WITH APPROVED CREDIT.
SEE STORE FOR DETAILS.



PHOTOS BY DEB COBB/THE CONNECTION

Bluegrass Singer Doug Everton delights the crowd with his performance at the Old-Fashioned Holiday Celebration held at Frying Pan Farm Park on Saturday, Dec. 1.

Holidays on the Farm

Frying Pan Farm Park hosts old-fashioned holiday celebration.

Four thousand people came to celebrate the season at Frying Pan Farm Park, for the park's annual Old-Fashioned Holiday Celebration on Saturday, Dec. 1. Visitors were treated to a variety of activities and performances including "meet-and-greet" with the farm animals, blacksmithing demonstrations, pony and hay-rides, musical performances, holiday shopping and a visit with Santa.



The Dominion Valley Pony Club, a local youth equestrian organization, provided pony rides at the Frying Pan Farm Park Old-Fashioned Holiday Celebration.



The blacksmithing demos were popular with the crowd at the Frying Pan Farm Park Old-Fashioned Holiday Celebration held at the park on Saturday, Dec. 1.



Kelly Levinson, president of the 4H Hoofers and Heifers Club that meets at Frying Pan Farm Park, holds Sasha, a 3-month-old calf (Anastasia's daughter), for revelers at the park's Old-Fashioned Holiday Celebration to meet and pet.



Gabriela Marchesini of Reston gets a ride on Maia, a pony of the Americas, at the Frying Pan Farm Park Old-Fashioned Holiday Celebration on Saturday, Dec. 1. Ariel Ampeh (left) and mom Karen Ampeh are members of the Dominion Valley Pony Club, a local youth equestrian group.

Sweet deal... for a short time.

greatclips.com



Great Clips®

IT'S GONNA BE GREAT®

Learn About Our
NEW Online Check-In
On Our
Facebook Page!



You can walk right into our salon and relax,
because you will get the high quality, affordable haircut
you want. For over twenty five years, our friendly, highly
trained stylists have been serving customers just like you!



Open Mon - Fri 9-9, Sat 9-7, Sun 9-6

571-306-7870

905 Herndon Parkway- Suite G • Herndon, VA 20170

\$799 haircut

Hurry, expires: 1/9/13

Not valid with any other offers. Limit one coupon per customer.
No photocopies. Valid only at Herndon location.

Great Clips®
IT'S GONNA BE GREAT® SF-P



FVP05AU

\$899 haircut

Hurry, expires: 1/16/13

Not valid with any other offers. Limit one coupon per customer.
No photocopies. Valid only at Herndon location.

Great Clips®
IT'S GONNA BE GREAT® SF-P



FVP06F7



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Members of the Dranesville UMC choir sing Christmas carols outside of The Closet in downtown Herndon. This year's event will be Sunday, Dec. 9, starting at 4 p.m.

Closet to Host Holiday Shopping Event

Annual celebration will feature Christmas Carols, photos with Santa.

BY ALEX MCVEIGH
THE CONNECTION

The Closet thrift store in Herndon will host their third annual Christmas celebration Sunday, Dec. 9, from 4 to 6 p.m., offering shoppers a chance to browse an eclectic selection of gifts while supporting local nonprofits. Open since 1974, the store sells donated items, using proceeds to support charities.

Since its founding they have donated more than \$2 million in clothing and other support, and have seen their numbers rise in recent years. In 2006, they donated more than \$31,000, while their total rose to \$80,000 last year.

"The Closet seems to be a magnet of sorts for really cool knickknacks, stuff that looks really good on a mantle," said Barbara Igiebor of Herndon. "I have relatives and friends that are into a variety of different styles, whether it's nautical, historical or something like that, and I've always managed to find stuff there. Sometime it takes me a few more trips than others, but the fun is in the hunt."

The store contains several rows of clothing for all

age groups and styles, as well as books, movies, home electronics, tableware and more.

"I go there to check out the vinyl record collection, since people don't seem to donate stuff from bands like the Rolling Stones or The Doors, you find some more obscure stuff," said Dan Kerrie of Reston. "I like to DJ and make samples out of old records, and a lot of their selection is cool genres like jazz and R and B where you can usually find a good riff. And I don't have to special order them online, which can get as high as \$20."

Herndon councilmember Dave Kirby, who spoke at the store's fall picnic, says he likes to shop for old-fashioned round picture frames for pictures of his relatives from generations ago.

The Dec. 9 event will feature an appearance from Santa Claus (who will be available for photos), Christmas Carols from the Dranesville United Methodist Church caroling ministry, cookies and cider.

"I was riding my bike through town last year, and it was getting dark when I heard the carols, so I stopped by," said Ryan Conley of Sterling. "I had some time to kill, so I wandered over, and that was the first time I had been there. I've been about a dozen times since, and we're going to go this year as a family, get pictures with Santa, the works. It's a fun event."

The celebration will also allow new customers a chance to stop by; the store is normally only open on Tuesdays, Thursdays and Saturdays.



From right, Victor Navarro dances and Orellana Cornejo plays the trumpet, but they are unable to distract Allison Herrera, 3, from enjoying a pretzel at the last holiday celebration at The Closet thrift store. This year's event will be Sunday, Dec. 9.



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

From left, Herndon Mayor Lisa Merkel and former town Public Information Officer Robin Runser dedicate a memorial for former councilmember and town volunteer Lee Powell Tuesday, Nov. 27, at the town municipal center.

Memorial Dedicated To Lee Powell

Former councilmember helped found many town traditions.

BY ALEX MCVEIGH
THE CONNECTION

The Town of Herndon dedicated a memorial Tuesday, Nov. 27 for Anna "Lee"

Powell, a longtime Herndon resident and volunteer who served on the town council and spearheaded many initiatives within the town.

"She left her mark on a lot of this town," said Robin Runser, who served for 10 years in the town's public information department. "She would just come up with things and get them done, like the Herndon flag. One day she just asked 'why doesn't the town have a flag?' And then we got one. She also did a lot with the town's Cultivating Communities initiative. She helped develop the annual Dress up Herndon for the Holidays contest, and used to dress as a reindeer every year during the judging."

Powell passed away in September 2011 after a heart attack. The plaque will be placed in the town's memorial garden, and it features the town's logo, as well as the logo

of the Herndon Senior Center, where she was very active.

Del. Tom Rust (R-86) credited Powell with helping kick off his political career, helping him get enough petitions filled out to file as a candidate for town office.

Rust was unable to attend Tuesday's event due to a meeting in Richmond, but he submitted a letter, calling her "not only a dear personal friend, but a close political friend. She always spoke her mind to me, and wasn't afraid to tell it how it was."

His wife Ann spoke at the dedication, recalling how Powell loved to create floral arrangements and bake, and she noted Powell's particular skill for baking diabetic-friendly snacks, since the Rusts and Powell both had sons that were Type One diabetics.

Herndon Mayor Lisa Merkel praised the example Powell set as a member of the town council.

"Her dedication to the town was unparalleled," Merkel said. "I can only imagine how pleased she would be to see five women on the council."



Herndon Mayor Lisa Merkel unveils a memorial plaque dedicated to former councilmember Lee Powell, who passed away in September 2011.

Avoiding Holiday Debt

Plan now to prevent post-holiday bills.

BY MARILYN CAMPBELL
THE CONNECTION

Festive store displays mean the holiday shopping season is in full swing. While a recent survey by the National Retail Federation is estimating that consumer spending will be conservative this year, the group predicts that the average shopper is planning to dole out \$421.82 on family members, \$75.13 on friends and \$23.48 on co-workers.

"The holidays bring on a feeling of consumption on the part of individuals to provide gifts to families and friends," said Charles W. Miller, associate professor of finance at Marymount University in Arlington. "Often, when monies are not available, people turn to the path of least resistance which is the credit card."

While the holidays mean increased spending for many, financial setbacks can be avoided. Local money experts offer strategies for those determined to emerge from the season with minimal or no debt.

McLean-based financial advisor Kristan Anderson said, "Avoiding holiday debt is all about setting a budget and being creative about gifting options," she said. "The budget should be an amount that does not require the additional use of credit cards for short-term financing."

Potomac, Md. resident Linda Berg-Cross, a researcher and professor of psychology at Howard University suggests, "Avoid developing a consuming style based on what the media is selling. Media literacy is critical for financial savvy in today's world."



To avoid accumulating credit card debt during the holidays, financial experts say plan ahead, develop a strict budget and stick to it.

PHOTO BY MARILYN CAMPBELL

Berg-Cross recommends that consumers use money-saving tactics like "holiday shopping at resale stores, waiting for sales, cutting coupons, and [internet] surfing to comparison shop."

Theresa Wansi, Ph.D., professor of finance at Marymount University adds, "You can go to a store like Bloomingdale's and look around and then go to a discount store and find the same items at a much lower price."

Anderson says avoid waiting until the last minute to purchase gifts. "Starting early...allows you to spread the costs out over a few months or more," she said. "Some stores are offering layaway, which is another option that avoids increasing credit card debt."

Steve Pilloff, Ph.D., assistant professor of finance at George Mason University advises consumers against going shopping without a methodical plan. "Stores have colorful displays and holiday lights that lure shoppers," he said. "Before going shopping you have to sit down and decide how much money you are going to spend on each person. Make a list and take it with you to help resist overspending. Don't charge more on credit cards than you can afford to pay off easily in three months."

For those having financial difficulties Anderson says, "It is worth having a discussion with family members and opting to not exchange gifts outside the immediate family. Or just have a simple gift exchange where each person has only one person to buy a gift for. Don't underestimate the value of a homemade gift, either."

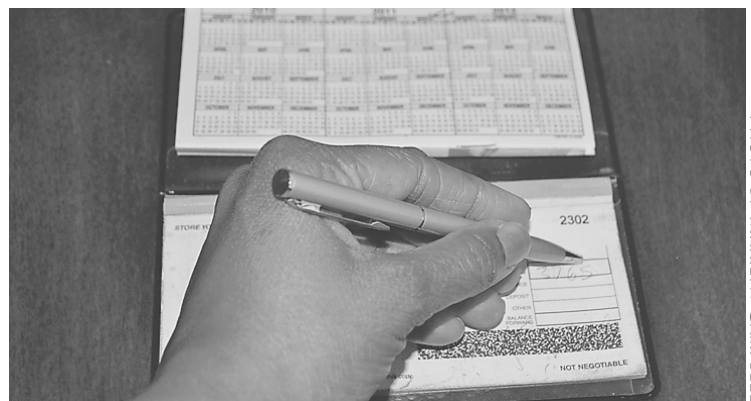


PHOTO BY MARILYN CAMPBELL

Before writing a check to a charity, experts say make sure that the organization is ethically and financially sound.

Tips for Year-End Charitable Giving

Financial experts offer suggestions for ensuring one's donations are well spent.

BY MARILYN CAMPBELL
THE CONNECTION

'Tis the season for giving, and that includes donations to charities. According to a recent survey, charities report that year-end contributions make up nearly 40-percent of annual donations.

"With regard to your tax planning, if you're in a favorable position and can afford to do so, this is a good time to give to charity," said Charles W. Miller, associate professor of finance at Marymount University.

Money experts say there are a few things that one should consider before donating to a charity. Potomac resident Glen J. Buco, president, West Financial Services in McLean, says, "Your first thought with regard to charitable gifts is that you need to support charities and groups that you would like to support and the tax deduction should be a secondary factor."

Steve Pilloff, Ph.D., a professor of finance at George Mason University in Fairfax, encourages potential donors to make sure the charity's priorities are consistent with one's philanthropic goals. "Look at the mission of the charity," he said. "Does it feed hungry people? Does it provide funds for medical research? I am always more comfortable with a charity that I'm familiar with."

RESEARCH A POTENTIAL CHARITY to learn how one's donation will be spent. "There are websites where you can go to see how much of every dollar given goes to charity and how much goes



PHOTO COURTESY OF GEORGE MASON UNIVERSITY

Steve Pilloff, Ph.D., a professor of finance at George Mason University in Fairfax, encourages potential donors to make sure the mission of the charity is consistent with one's philanthropic goals.

to administration," said Buco. "One more point to note, you need written acknowledgment from the charity for gifts over \$250 in order to deduct the donation."

Make sure the charity of one's choice has high ethical standards. "Unfortunately, you always read about scams," he said. "There are charities that are not fully legitimate, but have names that sound similar to established charities to try to confuse people. When someone is going to make a donation they should try to make sure that their money is going to where they think it is going."

Buco adds, "In the wake of [Hurricane] Sandy, you have to be especially careful of scams. The IRS (Internal Revenue Service) has a website called "[Exempt Organizations] Select Check" where you can look up a charity to see if they are registered with the IRS."

Consider local charities. "There are a lot of local organizations and groups that really don't get the funding that they need, so it is nice if you can support local charities," he said.

BULLETIN BOARD

FRIDAY/DEC. 7

The Herndon Choirs Fundraiser. 7 p.m., at Barnes and Noble, 1851 Fountain Drive, Reston. Proceeds from each sale will go to the choir and a coupon must be presented at the time of purchase. For a copy of the coupon go to www.herndonchoir.com. sixfreds@verizon.net

SATURDAY/DEC. 8

CASA Volunteering Info Session. 11 a.m.-noon, at the Reston Community Center Lake Anne, 1609-A Washington Plaza, Reston. Come to learn more about advocating for abused and/or neglected children, and to learn about how to become a Fairfax Court Appointed Special Advocate (CASA). 703-273-3526 ext. 22 or ekosarin@casafairfax.org or www.fairfaxcasa.org.

MONDAY/DEC. 10

Toy Donations. Accepted at the Reston District Police Station, 12000 Bowman Towne Drive, Reston. Bring a new, unwrapped toy, game or book for children who are critically ill and unable to return home; Dec. 10 is the last

To have community events listed in the Connection, send to herndon@connectionnewspapers.com. Deadline is Friday.

day to donate. 703-246-2253.

THURSDAY/DEC. 13

Health Justice in Virginia Community Workshop. TBD, at the United Christian Parish of Reston, 11508 North Lake Shore Drive, Reston. The UCP Justice Mobilization Taskforce holds a workshop to train and encourage advocacy for the expansion of Medicaid in Virginia; learn how members of all faiths and persuasions can write effective letters to state and federal representatives, and practice role-playing phone calls, office visits and learn about creating personal circles of influence. 703-860-1203.

SATURDAY/DEC. 15

Letting Go of the Past. 10-11:30 a.m., at the Unitarian Universalist Church of Reston in the library, 1625 Wiehle Ave., Reston. An American Buddhist nun and Vajrayogini Buddhist Center teacher gives a class on the significance of pure thought and methods to let go of bad mental habits. www.meditation-dc.org.

SUNDAY/DEC. 16

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston.

Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

FRIDAY/DEC. 21

The Giving Tree. 10 a.m.-2 p.m., at Washington Plaza Baptist Church, 1615 Washington Plaza West, Reston. Help the church and Embury Rucker Shelter collect toys and items for homeless children living temporary at the Reston Embury Rucker Shelter by dropping off items or arrange to have them picked up; pajamas, formula, blankets and diapers to snow boots, bedroom slippers, training pants, costume jewelry, nail polish and Target gift cards are among suggested items. 571-529-2216 (call to arrange pickup) or 703-471-5225.

ONGOING

Long-Term Care Volunteer Ombudsman Program Needs Volunteers. Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.

OPINION

Sweetening Soldiers' Holidays

Area children share their trick or treat haul with service members.

By MARIA PAPAGEORGIOU

Sometimes a sweet act of kindness unfolds so spontaneously and quickly that it seems to happen by magic. One of these wonderful "shazam" moments recently occurred when quite a few Sterling schoolchildren donated their excess Halloween candy to the United Service Organizations. The kids just wanted to do something nice for the soldiers.

The day after Halloween, Federal Aviation Administration (FAA) Aviation Safety Inspector Jack Strange, an employee at the Herndon office, stopped by his brother's home. During the visit, brother Michael Strange pointed out two hefty bags of candy containing the leftover Trick or Treat haul of his two children—Anderson, 7, and Michael, Jr., 5. Every parent is familiar with the pressing post-Halloween question: What should we do with the rest of this candy? Allowing the kids to indulge with abandon is unthinkable (they'd be wired for weeks), and doling out the tasty morsels in their lunch boxes over the next five years isn't an option, either. So, every year parents are left stuck on this problem like teeth on Mary Jane taffy candies.

After hearing his brother grumble about his di-

lemma, Jack had an instant resolution. He told Michael about a fellow inspector at the FAA's Washington Flight Standards District Office (FSDO) in Herndon, Pete Popsuy, who routinely orchestrates donations to be dropped off at the United Services Organization at Dulles. This year, Dulles had too much candy, but the United Services Organization in Baltimore still had room. What about giving the Reese's Pieces, M&M's and Nerds to our service people? Jack suggested. Finding candies that remind our heroes of their childhood and simpler times would certainly be a day-brightener.

Michael loved the idea, but he wondered how he could convince Anderson and Michael, Jr. He approached the children in a straightforward manner, and said, "We have way too much candy here. Would you like to give it to the soldiers?" The kids whooped with delight when they heard the idea, and repeatedly chirped, "We're going to give our candy to the soldiers!"

When they went to school the next day, the children bubbled over with enthusiasm for their donation and told many other children of their project.

Well, an incredible number of children went home that night and excitedly told their parents that they, too, wanted to give their Halloween candy to the soldiers. Since the parents were in the same what-do-we-do-with-all-this-candy predicament, they gladly sent in their excess, too. There were no handouts, but word-of-mouth brought in so many goodies to both schools that Potowmack Elementary

SEE SOLDIERS, PAGE 17

25% OFF Trees, Shrubs & Perennials

50-65% Off Pottery
Washington Area's Biggest Selection

30% OFF Japanese Maples
or Buy 1 Get 1 Free*
*Off regular price

FREE Fill Bulk Mulch, Playground Chips & Organic Compost
\$24.99/cu. yd.

Get Ready for the Holidays!

- Cut Christmas Trees
- Live Christmas Trees
- Christmas Greens
- Poinsettias

Military Discounts

FREE Landscape & Hardscape Estimates
• Patios • Walls • Walkways
• Paver Driveways
• RR Timber Retaining Walls

OFF-SEASON PRICING

Cravens Nursery & Pottery

9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)

703-573-5025
Open 7 days a week

Visit our new Web site: www.cravensnursery.com

Thanks to this light fixture, a foundation was dug to a new home.



This used light fixture was **donated** to the **ReStore**.

It was **purchased at the ReStore** for \$35 to help refurnish a kitchen.

This \$35 will go toward digging a **foundation for a home** for a family in need in Northern Virginia.

Habitat for Humanity
of Northern Virginia

ReStore

OPEN to the PUBLIC

ALEXANDRIA
703-360-6700
7770 Richmond Hwy

CHANTILLY
703-953-3747
4262 Entre Court

Great Stuff at a Great Price for a Great Cause

restorenova.org



coolsculpting

show more of less



Settle the score with stubborn lumps and bumps like muffin tops. Show off the body you've always dreamed of.

We are proud to announce that we now offer CoolSculpting®, the revolutionary new body contouring treatment that freezes fat. Patients are seeing undeniable and lasting results in as little as one treatment. There are no needles, no special diet, no supplements and no surgery. It's FDA-cleared, safe and proven effective.

Only your body should get more buzz. The results are undeniable.





Reston Facial Plastics
Suzanne Kim Doud Galli, MD PhD FACS
Call us today at 703-787-0199 to schedule your consultation.

BEFORE **30 DAYS AFTER ONE TREATMENT**

CoolSculpting® and the CoolSculpting® logo are registered trademarks of ZELTIQ Aesthetics, Inc. The "snowflake" mark is a trademark of ZELTIQ Aesthetics, Inc. Copyright © 2012, ZELTIQ Aesthetics, Inc. Results vary. Consult your physician. IC0554-B

Holiday Revels With a Safety Net

A serious backup, but seriously, make a plan ahead of time.

There is a little life in the economy this year, and that is quite likely to allow some to be the life of the party.

You know the drill, the five-to-seven or six-to-eight drop-in happy hour, you've been invited to five of them, and you could attend an infinite number of these between now and the second day of 2013. And there are many other varieties of holiday festivities, many involving more than a drink or two.

So make a plan. Plan for a designated driver. Plan to celebrate at home. Plan to spend the night. Plan to take public transportation. Plan to call a friend for a ride home. But if the best laid plans go awry, Washington Regional Alcohol program has a safety net for you.

LETTERS TO THE EDITOR

Tax Cuts for Wealthiest: Not Right and Not Smart

Right now in D.C., our representatives are trying to find a solution to keep us from going over the "fiscal cliff." But too many congressmen are attempting to hold the negotiations hostage, insisting everyone's taxes go up unless President Obama and the Senate agree to extend tax breaks to the wealthiest 2 percent.

I'm among that wealthiest 2 percent of Americans, so I have skin in the game, so to speak. Yet I strongly oppose prolonging the special tax breaks for the wealthiest. We need such breaks the least, as we have been the largest beneficiaries of the tax cuts over the past 10 years. Moreover, our income has grown while the average American's has not, so we need to start paying our fair share. Not since the early 20th century has our country experienced a wage gap between the best-paid Americans and average wage earners as large as the one that exists today.

I am willing to pay my fair share to support the country that has given me so much and provided opportunities for me to succeed. It's only fair to expect that I will chip in to make sure that others have the same opportunities I have had. The Bush tax cuts that only go to the richest 2 percent give an

average tax break of nearly \$150,000 to each household that makes more than \$1 million a year. We've been getting this extra break for a decade.

Ending the Bush tax cuts for the wealthy would save nearly \$750 billion over the next 10 years—money desperately needed to put fiscal house in order. Bankrupting the government by providing endless tax cuts for the wealthiest is not right and is not smart. It will lead to the regression in economic growth we are seeing in Europe, and will only fuel conservative cries to cut social safety net programs while the rich enjoy continued expansion of their income and wealth as has been true over the last ten years. Business owners like me know that restoring taxes to Clinton-era rates on the portion of our profits above \$250,000 in household income would have no effect on our decisions about whether to hire additional workers.

Our country faces a choice. It can ask the wealthiest 2 percent to accept tax rates closer to what other Americans pay so we can shrink the deficit while protecting middle-class priorities such as education and Medicare from deep cutbacks. Or we can slash investments vital to our nation's future in order to be even more generous to those of us who need tax breaks the least. That shouldn't be a hard choice.

Joel Kanter
McLean

The annual Holiday SoberRide program will operate 10 p.m. to 6 a.m. Friday, Dec. 14, 2012 until Tuesday, Jan. 1, 2013 as a way to keep impaired drivers off the road during this traditionally high-risk holiday period.

Residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI for a no-cost (up to \$30 fare) safe ride home. Last holiday season, more than 2,000 people used the service.

Local taxicab companies will be providing this no-cost service to local residents age 21 and older who otherwise may have attempted to drive home after drinking.

More information at www.soberride.com.

Parents can encourage their young adult children who are over 21 to carry the number with them if they are celebrating. It's probably more important to talk to their underage revelers about moderation and contingency plans to avoid drinking and driving, or risking getting into a car with an underage driver who might have been drinking.

Correction

Last week's editorial included information about upcoming community meetings on the search for a new superintendent of Fairfax County Public Schools. Thank you to School Board member Cathy Smith for noticing that we omitted one meeting, Dec. 5 at Chantilly High School. Here are the meeting dates and places repeated, including Chantilly:

Dec. 4—7 p.m., cafeteria, Langley High School, 6520 Georgetown Pike, McLean, VA 22101.

Dec. 5—7 p.m., cafeteria, Robinson Secondary School, 5035 Sideburn Road, Fairfax, VA 22032.

Dec. 5—7 p.m., cafeteria, Chantilly High School, 4201 Stringfellow Road, Chantilly, VA 20151.

Dec. 6—10 a.m. Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church, VA 22042 Room 1600.

Dec. 6—7 p.m., cafeteria, Annandale High School, 4700 Medford Drive, Annandale, VA 22003.

Dec. 6—7 p.m., cafeteria, Groveton Elementary School, 6900 Harrison Lane, Alexandria, VA 22306.

Dec. 7—1 p.m., Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church, VA 22042 Room 1600.

Opposing Tysons' Service District Tax

To the Editor:

As a member of the Tysons Land Use Task Force involved in writing the Comprehensive Plan, and speaking on behalf of existing residential neighborhoods in the area, I am compelled to express total opposition to the Planning Commission's recommendation to fund 50 percent of Tysons Transportation costs from a "service district tax" on existing residential property owners.

This notion was never even suggested by county officials nor introduced for discussion during more than four years of public hearings and Task Force sessions related to drafting of the Comp Plan.

I am amazed that only two members of the Board of Supervisors have opposed this proposal on behalf of the residents they represent. The rest should be aware that while it is Tysons today, it could be their districts in the future that

will bleed tax dollars for the future profits of developers.

Existing residences have been and will continue to be the victims of continued disruption, construction pollution, and deterioration or destruction of our residential atmosphere in and around Tysons for many years to come. To add insult to injury, the board is looking to tax us to pay for developer benefits.

We have already contributed, and continue to contribute, to necessary improvements for infrastructure and services in the county. Costs, instead, should properly be allocated to those entities that will benefit most from newly created neighborhoods and business locations.

The Board of Supervisors needs to be more creative and assertive in working with the General Assembly to get legislative authority to exempt residences from a special district tax as recommended by the Planning Commission.

Amy L. Tozzi
McLean

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St., Alexandria VA 22314
Call: 703-917-6444.

By e-mail: herndon@connectionnewspapers.com

OPINION

American Conversations From Nepal

BY KRISHNA SHARMA

Although it is a little over six years since I first landed in the USA from Nepal, it is not too early to say that I am living the dream. For me, the American dream is not about amassing money and living in luxury, but about living freely and fully in mutual harmony in a community. It is about happily raising a family in a peaceful and safe environment, giving kids the best education possible, and adapting to the American culture of "giving."

The American dream does not come easily, as some people think, since it is about relentlessly engaging in fields of endeavor with utmost honesty and diligence. I remember my wife and I being carless, near penniless, and spending half the days transferring buses and trains to get to assignments or training school. Had we been a little languid during those hard times, we would not be who and where we are today. We were equally happy to celebrate our daughter's fourth birthday in our new homeland although we did not have a camera to capture the birthday moments.



PHOTO CONTRIBUTED

Krishna Sharma (right) with Marybeth Markey, president of International Campaign for Tibet in Washington D.C.

There are nations where hard work is not always rewarded, due to deeply disturbing socio-political environments. There are cultures with dutifully resilient people whose dreams are forever out of reach. I discovered America as a place where people can actually achieve their dreams by discovering and rediscovering their respective places in the society, utilize America's freedom, liberty

and vast support resources, and constantly improving themselves.

Working at The Washington Post was rewarding in many ways. The best lesson I learned while at the Post was that I needed to unlearn first and then seek a niche acceptable to tomorrow's market.

Hosting the TV talk-show, "American Conversations: Connecting Frontiers", and interviewing experts and expat community leaders on issues that matter the most to the Nepali Diaspora community is a pleasant experience. And this was made possible because of the resourceful public and private American dynamics. Specifically, Fairfax County, where I live, provided me almost everything – opportunity, basic training, a platform to grow and a pat on the back from friends like Hans Sawyer who is a life-long friend of Nepal and Tibet.

My other profession takes me to almost all the wonderful states on the East Coast and some in the Midwest. I was offered a move to Atlanta for a job with more money. But we loved Fairfax so much that we decided to make it our hometown.

Krishna Sharma is president of the Vision for Nepal Foundation.

FOCUS ON IMMIGRATION

Schools Attract Immigrants to Fairfax

BY KIRK RANDALL

Our community of 200 single family homes in central Fairfax is far more culturally diverse than when Hickory Farms was built while the first wave of refugees from the Vietnam War resettled in the Washington area in the late 1970s. While the Vietnamese led the way, the biggest impact on our community has been the second wave of Indian, Pakistani and Korean immigrants who have sought out new lives in Fairfax County.

What attracts immigrants to our community? While we may boast of our nicely maintained, affordable homes, what really brings them in is our public schools. The immigrant community's emphasis on education can be seen in the proliferation of college prep tutoring businesses in nearby shopping centers. We have even had homeowners purchase houses in our community sight-unseen, before they even arrived in America. Now, that speaks worlds about the desirability of Fairfax County as a place in which to raise a family.

America has always been a na-



Kirk F. Randall resides in Fairfax.

tion of immigrants, and it continues to attract the best and brightest and most ambitious from these countries. We need them to fuel our growing local economy and keep Virginia and America competitive in the world market.

Is there a downside to so many foreign speaking neighbors? Only in the short term. As a member of my community's board of directors, I get occasional complaints from old timers that the newcomers don't volunteer for the board

of directors or committees, neighborhood watch, don't read the community newsletter which reminds residents of community rules, etc. There may be many reasons for this; English language difficulties, long work hours, or cultural backgrounds that don't value community or school participation by elders. That problem will pass, as we see decades later that the children of the first wave have fully assimilated in our communities. America's history has shown that our immigrants eventually assimilate, and our country is for the better. When my great grandfather and his family immigrated from Italy in the 1890s, it took them a few decades to fit in. It's no different today.

Meanwhile, we get to enjoy the benefits immigrant diversity brings to the community, be it being exposed to new foods or hearing first hand stories of life in other lands.

So, the next time your community plans its Independence Day potluck picnic, please ask your new neighbors to bring along a special dish from their homeland to share.

*Happy Holidays
&
Best Wishes
for a
Prosperous New Year*

Thank you for your support
during this year

VIENNA FLOORS

208 Dominion Road
Vienna, VA 22180
703-938-3160

www.ViennaFloors.com

The Magic of the Holidays at
Merrifield
GARDEN CENTER

GORGEOUS DECORATIONS

- Collectible Ornaments
- Beautiful Ribbon and Bows
- Custom Wreaths & Centerpieces
- Poinsettias & Holiday Plants
- Fresh Cut and Everlasting Trees and Greens

Plus Live Christmas Trees to use inside for the holiday, then plant outside for years of enjoyment!

GREAT GIFTS

- Candles • Home Décor
- Houseplants • Garden Accents
- Gardening Tools
- Bird Feeding Supplies
- Plus Merrifield Gift Cards

Visit the "Real" Santa Claus at our Merrifield location!

Also visit our Fair Oaks and Gainesville Santas

See our website for the full schedule

And get great decorating ideas on
"MERRIFIELD'S GARDENING ADVISOR"
every Saturday at 8 am on NewsChannel 8!

Holiday hours: Mon. - Sat. 8 am - 9 pm, Sun. 9 am - 7 pm

merrifieldgardencenter.com

Merrifield • 703-560-6222
8132 Lee Hwy., Merrifield, VA

Fair Oaks • 703-968-9600
12101 Lee Hwy., Fairfax, VA

Gainesville • 703-368-1919
6895 Wellington Rd., Gainesville, VA

A Life Lesson in Giving Back

An immigrant's son becomes state delegate and introduces the Virginia DREAM Act.

BY ALFONSO H. LOPEZ
STATE DELEGATE (D-49)



My father was born in a small town in the Andes mountains

region of Venezuela. He was one of 22 brothers and sisters from the same parents. At the age of 19 he came to this country with \$280 in his pocket and the dream of a better life. He worked as a bus boy and waiter, learned English, and went to school. He graduated from Northern Virginia Community College when I was 5 years old. He then took one class a semester at George Mason University every year, until he graduated from college one month before I graduated from Robinson High School in Fairfax. As a result of his achieving the American Dream, my father was able to change the lives of my entire family in Latin America.

My mother was a teacher and guidance counselor in Arlington Public Schools for over 20 years. For most of her career she worked with ESL and immigrant children at Washington & Lee High School. As a direct result of her efforts, over 1,000 children, who might have otherwise fallen through the cracks, were able to continue their education after high school and graduate from college.

Throughout my life, my parents reminded me of the value of public service and taught me that if you have the opportunity, you should always give back to your community. My father also never hesitated to remind me that in the U.S. it is possible for the son of an immigrant to have the opportunities I have had—to work for the governor of Virginia, as a presidential political appointee, and to be elected to the General Assembly.

My mother and father touched the lives of countless people in our community. Every day I hope to honor them and live by their example.

With that in mind, I have fought efforts to pass anti-immigrant legislation in Virginia. Today, everyone agrees that we

need comprehensive immigration reform that is tough, fair and practical. However, that reform must come at the federal level. We do not want or need a patchwork of immigration laws from state to state—nor do we want an unworkable patchwork of rules from locality to locality. These attempts in Virginia to pass constitutionally questionable Arizona or Alabama-style legislation only serve to unnecessarily make us appear less tolerant and put us on a slippery slope towards hurting business and lowering state revenues.

I am proud to have introduced the Virginia DREAM Act. This legislation would allow undocumented children—who in many cases know no other home than Virginia—to receive in-state tuition if they meet certain strict criteria. Similar language was included in executive orders by Governors Warner and Kaine and similar legislation recently passed the State Senate. I will continue to fight for the DREAM Act until it becomes the law in Virginia.

Working with House Republicans I am also happy to have helped pass legislation allowing legal immigrants who have lived in Virginia for less than five years to receive prenatal health care coverage under the state Medicaid and FAMIS (Family Access to Medical Insurance Security Plan) programs. Prenatal care improves the health outcome of the child and reduces the neonatal and long-term health costs for the commonwealth.

Over 100 languages are spoken in the 49th District. There are 58 languages spoken at my local high school. This amazing, vibrant tapestry of cultures enriches our community and the commonwealth immeasurably. We should do everything we can to embrace these new immigrants who bring so much to Virginia.

Alfonso Lopez is the first Latino Democrat ever elected to the Virginia House of Delegates.

FOCUS ON IMMIGRATION Living Life in ‘The Dream Land’

Jorge Adeler shares his story of the American Dream coming true.

BY JENNIFER BENITZ
THE CONNECTION

Part three of an ongoing series.

The American Dream has been shared for generations—some call it an idea; others call it a reality. Many people come leaving behind former lives in search for better ones, not only for themselves but also for their children.

Jorge Adeler is one of those people. Businessman, optimist, entrepreneur and enthusiast are just a few ways to describe the Argentine immigrant.

“I learned to look for ways to make a living by using my imagination,” said Adeler. “That helped me envision opportunities as they crossed in front of me.”

At 27 years old, in 1975, Adeler moved to the United States with his wife and two young daughters after visualizing the direction Ar-

gentina was heading in as a nation and not liking what he saw. With only \$450 in his pocket and unable to speak English, he faced a rough transition but took on the challenge with fierce and hopeful drive. Now a successful, internationally recognized jeweler, he has a story unlike any other.

“The price was high, but it was the best decision I’ve ever made,” he said. “I’m delighted here.”

THE ROAD TO SUCCESS was a difficult one for the self-taught master designer, but neither the challenge nor the fear of failure stopped him. Growing up in Mar del Plata, Argentina, Adeler helped his parents run their hotel and restaurant business. Consequently, he came to the U.S. with

the intentions of continuing in the same business, but soon found it wasn’t for him.

Instead, Adeler decided to pursue his own business in the form of trade. He took out a credit line worth \$1,000 with Woolworth to

buy basic necessities, such as pocket knives, fishing hooks and light coats, before traveling to Argentina and setting up camp in a small village in the mountains of Córdoba to trade for stones. Upon return from his trades, he carved

it, he slowly made the transition from stones to jewelry.

It wasn’t long before Adeler opened his first jewelry store, selling mostly pendants and other small items in Ocean City, Md. As his business expanded, so did the

number of stores. Within a few years, he had five jewelry stores in Ocean City under his operation. His success came with his drive to go against the mainstream of popular demands. While most jewelry stores were selling turquoise stones, something Adeler couldn’t yet afford, he sold other gems that often caught the attention of those looking for something different. One of those out-of-the-ordinary stones was rhodochrosite, the pink national Argentine gemstone.

“When you have something you’re selling that would be much more different because it is something people aren’t looking for, I realized it has its virtues,” Adeler said. “You’ll always have customers searching for something original or different. I began my career doing something different than the rest of the industry.”

Word spread quickly back in Argentina and after five years and 19 trips, Adeler had a loyal group of traders and craftsmen to do business with which allowed him to eventually afford his first gem. As he went following the “line of less resistance,” as he called

FROM THEN ON, Adeler focused on what no one else was selling, forcing him to be more creative and look into new ideas. With an overall goal to do what no one else was doing and present it in a way that would attract the minority of customers looking for something dif-

SEE DREAM LAND. PAGE 12



Jorge Adeler stands between his daughters, Valentina Adeler Armour (left) and Wendy Adeler Hall (right), both of whom work in the family business. Valentina is the appraiser and apprentice designer while Wendy is the vice president of marketing and philanthropy for Adeler Jewelers.

PHOTO BY JENNIFER BENITZ

Day Shifts, Night Shifts On the Road to Success

BY ANAGHA SRIKANTH
THE CONNECTION

When the chain pharmacy he worked for opened a drive-through pharmacy, it was the final straw for Amit Shah of Fairfax.

“I thought, ‘we are becoming Taco Bell,’” Amit said. “So I said ‘I’m going to open my own store.’” The chain had moved away from taking care of customers. They were more like a machine playing a number game. You went there, they filled your prescription but they counted numbers more than people and it wasn’t something I liked.”

Having arrived in America from India in 1987 with only \$20 and a green card in his pocket, it wasn’t going to be easy. For over a decade he had worked day shifts at pharmacies and the night shift as a technician at George Washington Uni-

versity hospital, all the while studying to earn a bachelors degree in pharmacy from Howard University and a license to practice pharmacy in New York, Maryland and Virginia.

IN THOSE YEARS, before Google or smart phones, information was scarce, and it took him over a year just to figure out how to obtain a pharmacist’s license. His wife Kamini Shah gave up her hopes of pursuing further education in psychology to take computer courses at a local university and become a technician.

During all that time, however, they were learning lessons that would prove invaluable in the future. Amit said communication was one of the biggest challenges he faced as an immigrant and it took years of interacting with customers to earn their trust and acceptance. He had to overcome his ac-

cent and learn to talk slower, use less medical jargon and listen.

Kamini, who had earned a masters degree in psychology and sociology from India, found she could use her education to reach out to customers.

“Our customers are all sick people and in their difficult times it helps to have someone to listen to their problems,” she said. “I might not be able to do anything but just listening to them makes them feel a little better. Especially when they are all alone by themselves, seniors and single parents taking care of little kids, [they] have a lot to handle. It makes you feel like you can give back to society by helping them.”

Providing the best services they could to the community has been one of their main priorities since they opened their first store in 2001. Even when it was just the two of them working seven days a week, they would make deliveries

after store hours with their two children, still in elementary school at the time, doing their homework in the back seat of their Honda minivan.

NEVER COMPLAINING about the sacrifices, Amit says he’s most proud of contributing to the economy by giving people jobs and volunteering to train students who want to become future pharmacists. Three students who had come to him for advice now own successful businesses in the area, and he finds satisfaction in having been a part of their journeys.

“You don’t leave your country if you don’t see a better opportunity somewhere else, so when you come here you want to do something different,” he said. “I’m proud of my accomplishments. I can say that I did something without looking back and regretting anything. There’s no ifs ands or buts about it. I wanted it and I did it.”



Amit Shah checks an order for a customer during a busy Friday morning at his Woodbridge Pharmacy.

PHOTOS BY ANAGHA SRIKANTH/
THE CONNECTION



Kamini Shah greets customers at the pick-up desk and said she enjoys interacting and developing relationships with them.



From left—Sarah (William & Mary), Sophia (junior, Westfield High School), Kamran (fifth grader, Cub Run), Robin and Bob Zahory.

Building a Better Life

An Afghan immigrant’s story: From Soviet war to American Dream.

BY HANNAH BUNTING
THE CONNECTION

“Personally, I never think anyone is better than me, and I never think I’m better than anyone,” Bob Zahory of Centreville says with a chuckle as he offers up another pomegranate lemonade.

Mahboob “Bob” Zahory moved to America 31 years ago from Afghanistan, ready to work and begin a new life. At just 21 years old, Zahory and his three brothers left their homeland and behind to escape the Soviet War. The brothers soon settled in Northern Virginia, with their first priority being to learn English.

“I knew the better you can communicate, the easier it will be to succeed,” Zahory said.

So Zahory enrolled in one year of English at Northern Virginia Community College, where he also studied hotel management for two years. Right from the start, the Zahory family worked full-time for a better future.

According to Zahory, the family also refused to accept anything from the U.S. Government to assist them. They each had a job after a month, and worked in addition to their schooling. As for Bob, he worked for two years at the Marriott, focusing on food and beverage management. Zahory said he valued his time there and learned a lot, but still aspired to someday work for himself and make his own decisions for a business.

Eventually Zahory achieved the dream of owning his own restaurant, and opened what is now Mazadar Restaurant at 11725 Lee Highway in Fairfax, an establishment specializing in Middle Eastern cuisine. Mazadar means delicious.

Through his hard work, Zahory was able to combine his past with his future.

However, this success did not come about easily. Family proved to be a bit of a sacrifice Zahory had to make when building his business. He described the process as constant work, planning and management through long hours and late nights.

Zahory’s daughter Sarah, who now studies at The College of William & Mary, shares her father’s hardworking personality. “I’m really proud of her and how hard she works. That is your goal as a parent, to give your child a better life than you had,” Zahory said.

Another obstacle Zahory had to overcome was xenophobia.

“There is some discrimination in the beginning, especially when they hear your accent. Those are some of the challenges you have,” Zahory said.

Zahory elaborated on the fact that sometimes people will talk with their hands when explaining things to him; patronizing him while assuming he would not understand.

“At least four or five times, I’ve actually taken their hands and put them down. I asked them, do you honestly talk to everybody like that?” Zahory said.

Zahory said he has never felt like a minority; however there have certainly been issues of discrimination over the years. These have been demonstrated in subtle ways such as being seated in the back of the restaurant near the bussing station, or assuming him to be an unskilled worker.

Zahory said, “Because I’ve been through it, I never want anyone to be treated less. In my business that’s very important to me. I make sure my employees feel equal and I try to help them wherever I can.”

PHOTOS BY HANNAH BUNTING/THE CONNECTION

FOCUS ON IMMIGRATION

Social Programs Adapt to Fulfill Immigrant Needs

Fellowship House, Interfaith help immigrants on their way to self-sufficiency.

BY AMIEE FREEMAN
THE CONNECTION

A visitor to Hunter's Woods Fellowship House in Hunter's Woods Square in Reston could hear 21 different languages. Residents speak every Middle Eastern language, Russian, German, Polish, Filipino and several Asian languages, said Fellowship Square Housing and Services Executive Director Jana Broughton.

Fellowship Square Housing and Services, a charitable, not-for-profit organization, offers affordable housing for elderly people and for people with disabilities in the D.C. Metropolitan area. Fellowship Square runs four Fellowship Houses: Hunter's Woods and Lake Anne in Reston, Lake Ridge in Woodbridge and Largo Landing in Largo, Md. In recent years, said Broughton, there has been an uptick in the number of immigrants on the waiting list for affordable housing in Fairfax County and specifically for apartments at the Lake Anne and Hunter's Woods Fellowship Houses.

"The resident population in the Lake Anne and Hunter's Woods Fellowship Houses really matches the demographics of Fairfax County," said Broughton.

According to a 2011 American Community Survey for Fairfax County compiled by the Fairfax County Department of Neighborhood and Community Services and based on statistical data from the 2010 U.S. Census, 29 percent of the people living in Fairfax County were foreign born. Of that percentage, 51.5 percent hailed from Asia, 31.5 percent from Latin America, 8.8 percent from Africa, and the remaining 8.2 percent from Europe, Canada or Oceania.

COMPLICATING ISSUES FOR IMMIGRANTS, Fairfax County is one of the most affluent counties in the country, according to census data. In recent years the cost of housing has increased despite the housing crisis and economic turmoil. In 2009, the last year for which this data was available, the average monthly rent in Fairfax County was \$1,375.

"There is a huge need for affordable housing in Fairfax County," said Broughton.

Fellowship House does not give preference based on immigrant or non-immigrant status, said Broughton. They provide housing based on a first come, first served policy. The waiting list for an apartment at one of the Fellowship Houses is six to eight years.

Most of the immigrant residents at the two fellowship houses in Reston have family who immigrated to the U.S. for better schooling or for better economic opportunities, said Broughton.

"With housing so expensive here, if you are a young immigrant family you cannot afford to house grandma or aunt and uncle. It is important that we offer affordable housing to immigrants. Many of these immigrants bring very important family values with them and we as a society need to respect those values."

Broughton remembered one example of an Iranian family who escaped political retaliation with "only the clothes on their back." This family was well-to-do in their home country, but here they became part of the immigrant poor. Many families, regardless of their reason for immigrating to the U.S. become the immigrant poor as the cost of living is so high, said Broughton.

"By providing affordable housing to immigrants, we are fulfilling part of [the] American dream that we are a home for all," said Broughton.

Reston Interfaith, a Reston-based nonprofit that promotes self-sufficiency through direct support and advocacy, does not specifically direct services to immigrants, but feels that their mission statement requires them to provide services to everyone.

"Our services are open to everyone. We try to provide a diversity of programs that help facilitate access to the community," said Bill Threlkeld, division director of



Every other month at Hunter's Woods Fellowship House in Reston, residents attend an International Tea and share dishes from their country of origin, with one such function pictured here. At Hunter's Woods Fellowship House, 50 percent of the residents are Asian, 21 percent are from Middle Eastern countries and the remainder are Russian, Caucasian and Hispanic.

PHOTOS CONTRIBUTED



Residents at the Lake Anne Fellowship House also gather for similar events and celebrate holidays. At Lake Anne, 53 percent of the residents are Caucasian, 35 percent are Asian and the remainder are African American, Indian and Hispanic.

Neighborhood Resources at Reston Interfaith.

RESTON INTERFAITH offers job and housing assistance. They offer programs on foreclosure prevention. Through their community centers they offer legal clinics and try to provide a lawyer who is familiar with immigration issues as there is a high demand for that service. They also offer English as a Second Language classes. This is the only program that is geared specifically for immigrants, said Threlkeld.

Reston Interfaith also offers programs on new life skills. "The person attending this program might be new to the community or new to the country," said Threlkeld.

Threlkeld said that Reston

Interfaith's programs need to be responsive, so they can work toward meeting the needs of anyone who comes into their offices. "These are folks that are part of our community. We want to help them integrate. They want to be able to do what everyone else is doing. We try to help them do that," said Threlkeld.

The goal of many of Reston Interfaith's programs is to promote self-sufficiency. "We don't want people to fall from a position of self-sufficiency to dependency. We want to keep them going on [a] self-sufficient path. If we can keep someone in their home through our intervention, then we do that. The work we do here at Reston Interfaith helps provide stability in our community," said Threlkeld.

Dream Land

FROM PAGE II

ferent, he stopped carrying designer pieces in his stores and began making all of his own.

"I placed goals for myself, from challenge to challenge," Adeler said. "I make mistakes and I learn from them. I don't have much fear of failure."

By 1980, Adeler decided to combine his family-run businesses under one roof. Great Falls was the place he chose to call home for his business and family. "Great Falls ended up being one of the most fantastic communities I've ever lived in," Adeler said.

Adeler Jewelry has provided services to 3,500 of the 7,000 households in Great Falls since it opened its doors over 30 years ago and continues to grow each year. Recently, Adeler won the 2012-2013 International Pearl Design Competition Designers Award as well as placing in the top competitors at the JCK "Jewelers Choice Awards."

In recent months, the internationally recognized jeweler has received requests from various magazines to showcase his designs to Hollywood stylists and celebrities asking to wear his designs, including Sally Fields in the movie Lincoln this year.

Adeler is so appreciative of the opportunities he has been given to succeed in the country he calls "the dream land," that he makes it a point to give back to the community as much as he can through various donations and volunteer work.

"We believe that if you don't give back to the community, you break the rules in how society should be."

His long list of community partnerships include everything from the Red Cross to various organizations benefiting diabetes, veterans and Inova Hospital, and he continues to reach out.

"I have so much to be grateful for," Adeler said. "Every single day I have everything to be grateful for. Life has been extraordinary to us."

HOLIDAY ENTERTAINMENT & GIFT GUIDE

CALENDAR

Herndon, Oak Hill Students Perform in The Nutcracker

Conservatory Ballet celebrates 40 years of holiday magic.

More than 30 elementary, middle and high school students from Herndon and Oak Hill will dance in the Conservatory Ballet's 40th anniversary production of the holiday classic, "The Nutcracker." Performances take place at the Reston Community Center's CenterStage Dec. 5-9.

This year's performances showcase the talent of two of Herndon/Oak Hill's graduating seniors, Georgina Greenleaf and Zahra Mahbub. A student at the conservatory since she was 2 years old, Greenleaf has appeared at the Kennedy Center with American Ballet Theater's Sleeping Beauty and New York City Ballet's Midsummer Night's Dream and attended the Bolshoi Ballet's 2011 & 2012 summer intensive programs. Mahbub, in her ninth year



PHOTO COURTESY OF CONSERVATORY BALLET

Senior Zahra Mahbub sashays, turns, leaps and flutters her fan with a passion that wins admirers throughout the theater in the Conservatory Ballet's 40th anniversary production of the holiday classic, "The Nutcracker."

with the conservatory, has performed with the school at the International Children's Festival at Wolf Trap.

WELL-KNOWN for its elaborate costumes, vivid scenery and riveting choreography, the conservatory's full length Nutcracker production takes audiences to a magical world where enchanted dolls, graceful angels, sparkling snowflakes and lively

fairies come alive, and a courageous wooden toy soldier battles the evil mouse king.

Producing the Nutcracker is no small feat. With an average of 69 parts appearing 223 times per performance, Artistic Director Julia Redick assembles four casts to produce eight shows in five days. The planning and preparations for the Nutcracker start in the summer with daily rehearsals in full swing by October. "The Conservatory is

a performing arts school," said Redick, "and the Nutcracker provides our students performance opportunities so critical to their artistic growth. Its appeal to young and old alike makes it a perfect opportunity to introduce children to the power and beauty of ballet."

"For the past 40 years, our students have performed throughout the community, demonstrating excellence, and above all, earnestness—a dedication and determination driven by the sincere passion to be their best selves," said Redick.

The conservatory's curriculum program produces more professional ballerinas than any other pre-professional dance academy in the greater Washington area. Conservatory students have appeared with visiting companies at the Kennedy Center, including the Mariinkys (Kirov), Bolshoi, Royal, New York City, Pacific Northwest and Royal Danish. A number have gone on to dance professionally with ballet companies such as The Mariinsky, English National, San Francisco, Boston and Miami City and The American Ballet Theatre.

Send announcements to herndon@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

WEDNESDAY/DEC. 5

Nutcracker Ballet. 7 p.m. at Reston Center Stage, 2310 Colts Neck Road, Reston. Presented by Conservatory Ballet. \$22 for adults; \$17 for children 12-and-under. 703-476-4500 ext 3 or www.ConservatoryBallet.com.

THURSDAY/DEC. 6

Holiday Book Sale. 10 a.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Quality books for people of all ages for sale; goes through Sunday, Dec. 9. www.fairfaxcounty.gov/library/branches/rr.

Storytelling Celebration. 7 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Reston's celebration of storytelling, the celebration, is a holiday gift from the library to the community. www.fairfaxcounty.gov/library/branches/rr.

Nutcracker Ballet. 7 p.m. at Reston Center Stage, 2310 Colts Neck Road, Reston. Presented by Conservatory Ballet. \$22 for adults; \$17 for children 12-and-under. 703-476-4500 ext 3 or www.ConservatoryBallet.com.

FRIDAY/DEC. 7

Holiday Book Sale. 10 a.m., at Reston Regional Library, 11925

SEE ENTERTAINMENT, PAGE 14

Fabulous Sunday Brunch Buffet

Featuring all your favorites, including:
Steamed Spiced Shrimp, Roast Beef Au Jus & Seafood Dishes, Extensive Breakfast Items with All the Trimmings, Baked Breads & the Finest Desserts...Plus Much More!

Only \$14.⁹⁵ Kids under 10 **\$8.95**

Reservations requested...
Call 703-802-6400

BACKYARD GRILL & BAR
Smoke-Free Dining

13999 Metrotech Dr. Chantilly • 703-802-6400
www.backyardgrillrestaurant.com

Be a Part of CHILDREN'S (& TEENS') CONNECTION

Every year between Christmas and New Year's, The Oak Hill/Herndon Connection turns its pages over to the contributions of local students. We are seeking artwork, photography, poetry, opinions, short stories and reflections. We welcome contributions from public schools, private schools and students who are home schooled. E-mail to: ChildrensNorth@connectionnewspapers.com, or mail (.jpg and text files on disc only) to 1606 King St., Alexandria, VA 22314. Please be sure to include the student's name, age, grade, school and town of residence along with each submission. For information, call 703-778-9410.

THE CONNECTION
NEWSPAPERS

Presented by the Northern Virginia Regional Park Authority

BULL RUN Festival of Lights

A Festival of Lights from the comfort of your car!

November 21 to January 6

Bull Run Regional Park
7700 Bull Run Drive, Centreville, VA

Admission per car:
Monday to Thursday: \$15
Friday, Saturday, Sunday & Holidays: \$20

\$3 off

\$3.00 discount valid Monday through Friday, not valid on holidays. Holidays include Nov. 22nd, Dec. 24, 25, 31 & Jan. 1. Offer valid for 2012 season only. Coupon good for one car only, cannot be combined with other offers.

www.bullrunfestivaloflights.com

Don't forget to visit our newest holiday tradition, **Meadowlark's Winter Walk of Lights** at Meadowlark Botanical Gardens in Vienna. Tickets can be purchased at www.winterwalkoflights.com

HOT GIFTS

MEET 300 JURIED ARTISANS IN PERSON!



Sugarloaf Crafts Festival

DEC. 7, 8, 9, 2012
Dulles Expo Center
Chantilly, VA • RT 28 AT WILLARD RD

Admission \$8 online, \$10 at the door - good all 3 days
 Children under 12 and parking are FREE
 Fri. & Sat. 10-6, Sun. 10-5

Enjoy Yourself! ■ Affordable Art
 ■ Specialty Foods ■ Specialty Foods
 ■ Family Fun ■ Family Fun

DISCOUNT TICKETS, show info, exhibitor lists, directions and more at: **SugarloafCrafts.com**



Church of the Holy Comforter

The Rev. Richard A. Lord, Rector

CHRISTMAS EVE

MONDAY, DECEMBER 24:

11:00 a.m. Eucharist with Children's Living Crèche
 4:00 p.m. Eucharist with Children's Living Crèche
 7:00 p.m. Festival Choral Eucharist
 10:00 p.m. Festival Choral Eucharist

CHRISTMAS MORNING

TUESDAY, DECEMBER 25:

10:30 a.m. Holy Eucharist (Episcopal)

543 Beulah Road, Vienna, VA 22180, www.holycomforter.com, 703-938-6521

Your Local Upscale Resale Store



Shop at The Treasure Hound resale store this holiday season, where you'll find a variety of beautiful treasures at great prices.



Tax-deductible donations are accepted during store hours.



Adopt, Donate, Volunteer... and Shop!



All proceeds benefit Friends of Homeless Animals, a no-kill shelter for cats and dogs.

The Treasure Hound

14508-D Lee Rd,
 Chantilly, VA
 (Corner of Rt. 50 and Lee Rd.
 One light West of Rt. 28)



www.foha.org

ENTERTAINMENT

FROM PAGE 13

Bowman Towne Drive, Reston. Quality books for people of all ages for sale; goes through Sunday, Dec. 9. www.fairfaxcounty.gov/library/branches/rr.

Nutcracker Ballet. 7:30 p.m. at Reston Center Stage, 2310 Colts Neck Road, Reston. Presented by Conservatory Ballet. \$22 for adults; \$17 for children 12-and-under. 703-476-4500 ext 3 or www.ConservatoryBallet.com.

A Christmas Chaos. 7:30 p.m., at the Industrial Strength Theater, 269 Sunset Park Drive, Herndon. When the Royal Shakespeare Company fails to show up for their performance of A Christmas Carol, a fearless band of hapless actors and technicians try to pull together their own production in a matter of hours. \$15, general admission; \$10, children 10-and-under. www.eldentstreetplayers.org.

SATURDAY/DEC. 8

Holiday Book Sale. 10 a.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Quality books for people of all ages for sale; goes through Sunday, Dec. 9. www.fairfaxcounty.gov/library/branches/rr.

Holiday Model Train Show. 10 a.m.-5 p.m., at Herndon Municipal Center, 777 Lynn St., Herndon. The W&OD caboose opens for tours and the Herndon Depot Museum ferries visitors around the museum on tours. 571-323-5304.

Nutcracker Ballet. 11 a.m., 2:30 p.m. and 7:30 p.m., at Reston Center Stage, 2310 Colts Neck Road, Reston. Presented by Conservatory Ballet with a special shortened performance at 11 a.m. to captivate young audiences. \$20 for adults and \$15 for children 12-and-under at morning performance; \$22 for adults; \$17 for children 12-and-under at later performances. **703-476-4500 ext. 3** or www.ConservatoryBallet.com.

Jingle on Lake Anne. 11 a.m.-2 p.m., at the Lake Anne Plaza, 1609 Washington Plaza, Reston. Rain or shine, the holiday arts and crafts makret, petting zoo, cookie decorating station, caroling, children's crafts and other activities will go on in the name of Christmas joy—Santa also plans to visit at noon. www.lakeannaplaza.com.

A Christmas Chaos. 2:30 p.m., 7:30 p.m., at the Industrial Strength Theater, 269 Sunset Park Drive, Herndon. When the Royal Shakespeare Company fails to show up for their performance of A Christmas Carol, a fearless band of hapless actors and technicians try to pull together their own production in a matter of hours. \$15, general admission; \$10, children 10-and-under. www.eldentstreetplayers.org.



PHOTO CONTRIBUTED

Mercury Rizing

On Saturday, Dec. 15, 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon, the new bluegrass band in town brings seasoned veterans onto the scene with both traditional and contemporary bluegrass featuring wood and strings and harmonies. \$12; children 12-and-under, free. 703-435-8377 or www.mercuryrizing.com.

Horse-Drawn Carriage Rides. 4-9 p.m., at Reston Town Center, 11888 Market Street, Reston. Enjoy a ride through town center; proceeds benefit local nonprofit. \$5 per person; children under 5, free. www.restontowncenter.com.

Santa's Frosty Follies and his International Dolls. 7 p.m., at Fountain Square, 11921 Freedom Drive, Reston. The Metropolitan Fine Arts Center brings 28 straight minutes of dancing with Frosty the Snowman, Jingle Bell Rock, Rudolph the Red Nose Reindeer, Suzie Snowflake and her International Dolls, Santa's elves, jolly old Saint Nick, the Andrew sisters and a finale surprise. www.restontowncenter.com.

Fairfax Symphony Orchestra: Masterworks III. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman and pianist James Dick perform Rossini's Overture to La Gazza Ladra plus Tchaikovsky's Piano Concerto No. 1 and Symphony No. 6, "Pathétique." \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

SUNDAY/DEC. 9

Run with Santa 5K. 8:30 a.m., at Reston Town Center, 11900 Market Street, Reston. A run presented by Potomac River Running to benefit the Make-A-Wish Foundation, which includes a free kids fun run. Register. www.prraces.com.

Holiday Model Train Show. 11 a.m.-4 p.m., at Herndon Municipal Center, 777 Lynn St., Herndon. The Herndon Depot Museum ferries visitors around the museum on tours. 571-323-5304.

Nutcracker Ballet. Noon, 3 p.m., at Reston Center Stage, 2310 Colts Neck Road, Reston. Presented by Conservatory Ballet with a special shortened performance at noon to

captivate young audiences. \$20 for adults and \$15 for children 12-and-under at first performance; \$22 for adults; \$17 for children 12-and-under at 3 p.m. performance. **703-476-4500 ext 3** or www.ConservatoryBallet.com.

Holiday Book Sale. 1 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Quality books for people of all ages for sale. www.fairfaxcounty.gov/library/branches/rr.

A Christmas Chaos. 2:30 p.m., at the Industrial Strength Theater, 269 Sunset Park Drive, Herndon. When the Royal Shakespeare Company fails to show up for their performance of A Christmas Carol, a fearless band of hapless actors and technicians try to pull together their own production in a matter of hours. \$15, general admission; \$10, children 10-and-under. www.eldentstreetplayers.org.

MONDAY/DEC. 10

Fife & Drum Holiday Performance. 12:30 p.m.-1:30 p.m., at Reston Town Center, 11921 Freedom Drive, Reston. The Fairfax Christian School program plays a holiday set on a stroll through the town center. www.fairfaxchristianschool.com.

NARFE Holiday Party. 1 p.m., at the Amphora Diner, 1151 Elden Street, Herndon. The NARFE Dulles Chapter 1241 holds a holiday celebration with prime rib, salmon, turkey and dressing and musical entertainment; new officer installation occurs concurrently along with poinsettia and door prize drawings. \$25. 703-435-3523 or amciv1861@aol.com.

Frying Pan Farm. 3 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Meet a duck, enjoy a seasonal puppet show and create a holiday craft; ages 6-11. www.fairfaxcounty.gov/library/branches/rr.



The Bargain Loft

Our Christmas Shop is Open

**Hours: 10-3 Tuesday - Friday
 10-4 Saturday**

336 Victory Drive, Herndon (off Spring Street)
 703-437-0600 www.herndonrestonfish.org



Proceeds benefit Herndon-Reston FISH, a volunteer run, nonsectarian, non-profit providing assistance to local residents in need.

10% OFF ENTIRE PURCHASE WITH THIS COUPON!
 Expiration: 12/23/2012

**Trees
 Gifts
 Cards
 Ornaments
 Lights
 Decorations**

ZONE I: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE I AD DEADLINE:
MONDAY NOON

CLEANING

A CLEANING SERVICE

Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed-
Angies List 2011-Super Service Award!
Comm/Res. MD VA DC
acleanserviceinc.com
703-892-8648

ELECTRICAL

ELECTRICAL

K&D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc...
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

HANDYMAN

HANDYMAN



Hand and Hand Handyman

General Remodeling
Residential & Commercial
Specializing in:

Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia

703-296-6409

IMPROVEMENTS

IMPROVEMENTS



R&N Carpentry

♦BASEMENTS ♦BATHS ♦KITCHENS
Foreclosure specialist/Power washing
♦Exterior Wood Rot More!

Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!

Proudly serving Northern VA - 46 yrs. exp.
We Accept VISA/MC
Licensed Insured 703-441-8811

IMPROVEMENTS

IMPROVEMENTS

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465

LICENSED

Serving All of N. Virginia

LANDSCAPING

LANDSCAPING



J. REYNOLDS
Landscaping LLC

703.919.4456
Free Estimates

www.ReynoldsLandscapingOnline.com

Licensed / Insured

INSTALLATION SPECIALIST

Paver & Flagstone
Patios / Walkways
Retaining Walls
Stacked Field Stone
Plants / Trees / Shrubs

WET BASEMENT / WET YARD

Water Proofing Foundations
Standing Yard Water
French Drains / Swales
Downspout Extensions
Dry River Beds

•No sub-contractors, or day laborers. •15 Years Designing and Installing
•The Owner is physically on your job site. •On time and Professional.

PINNACLE SERVICES, INC. LAWN SERVICE

MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

J.E.S Services LANDSCAPE & CONSTRUCTION

Drainage Problems

- Patios • Walkways
- Retaining Walls
- Landscape Makeovers

Call: 703-912-6886
Free Estimates

MASONRY

MASONRY

3dr Generation Masonry Company
Family Owned & Operated Since the 1950s

MASONRY SPECIALIST, LLC

For All of Your Masonry Needs
Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE
FLAGSTONE - CONCRETE

EP Henry & Belgard Pavers
Patios, Walkways, Driveways, Retaining & Decorative Walls

703-443-2308

Go to www.masonryspecialist.com for ideas, pictures & coupons!
All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

HAULING

AL'S HAULING

Junk & Rubbish
Concrete, furn, office,
yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

ANGEL'S HAULING

Junk Trash Removal,
Yard/Construction
Debris, Garage/Basement Clean Out,
Furniture & Appl.

703-863-1086
703-582-3709
240-603-6182

LANDSCAPING

A&S LANDSCAPING

Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions
703-863-7465

ANGEL'S LAWN MOWING

Leaf &
Tree Removal

703-863-1086
703-582-3709
240-603-6182

ROOFING

ROOFING

Falcon Roofing

Roofing & Siding (All Types)
Soffit & Fascia Wrapping
New Gutters • Chimney Crowns
Leaks Repaired
No job too small
703-975-2375
falconroofinginc.com

TREE SERVICE

TREE SERVICE

Charles Jenkins TREE SERVICE

Seasoned Firewood
Topping, trimming, Stump Grinding

Lic. & Ins!
540-829-9917 or 540-422-9721

THE CONNECTION NEWSPAPERS CLASSIFIED

Classified or Home • Lawn • Garden:

703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

Present Needing to be Accounted For



By KENNETH B. LOURIE

As a stage IV non-small cell lung cancer diagnosee/patient/survivor/anomaly, living long – whether prospering or not, is not the simple and presumptive proposition I had anticipated. No more do I anticipate living the same number of years and in the same relative good health that my parents (both deceased), experienced well into their 80s. Now, my life revolves around my oncologist and the CT Scans and lab work that precede our recurring appointments. Whether I think I feel, or hope I don't feel, or worry about what I do feel, or wonder if what I felt meant that my greatest fear has been realized: tumors growing, moving, medication not working and/or causing collateral damage to internal organs, visits (and I use that term loosely) with my oncologist will certainly cut through any emotional clutter.

Presuming that this cancer thing (routine I now live) is unlikely to change, I probably need to enjoy the good reports/appointments as much as possible, because let's face it: this is an extremely serious situation I find myself in. However, just as it is said that fame is fleeting and money can't buy happiness, one "stable" CT Scan followed up by a widely grinning oncologist saying how "pleased" he is with my results does not a future guarantee or remission make. It is what it is: good, make that excellent news, but it's hardly a corner that's being turned, it's simply a road less traveled: that being a lung cancer patient outliving his original prognosis and beyond any protocols/clinical studies available to determine a prescribed/acceptable course of treatment. The short version: I'm still alive. Now what?

"Now what," for me, since I don't worry or second guess what my oncologist is advising/how I am being treated, is to embrace the highs more (and no, I've never been prescribed medical marijuana) and stop being so damn neutral anticipating the next low (tumors growing/moving) trying to maintain my even disposition. Intellectually, logically, it makes sense. Still, I can't get a particular Henny Youngman joke out of my head, that in my head, seems/feels relevant, especially given the various intervals of scans and appointments and all the associated medical expenses that I incur: "A doctor gave a man six months to live. The man couldn't pay his bill; the doctor gave him another six months."

Every day, every symptom, every lab result, every diagnostic scan might cause my doctor to tell me – as he did originally back in late February, 2009 ("13 months to two years") that I only have so many more months to live. And presumably, he won't be joking. For me however, finding humor somewhere, anywhere, during this whole cancer business has been how I've rolled. Perhaps it's time, 45 months post diagnosis, to consider the seriousness of my situation and when I receive some less-than-distressing-better-than-I have-a-right-to-expect scan results: love it, live it, appreciate it; don't joke about it. My oncologist was smiling when he saw me. That's not funny. That's amazing. I can worry – and be negative about, later – later. Right now is what counts. Tomorrow is promised to no one, especially terminal cancer patients. The future will get here soon enough. I need to savor the present. It probably won't kill me to do so.

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

FAITH

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to herndon@connectionnewspapers.com. Deadline is Thursday.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds monthly classes for the general public. Gen Kelsang Varahi, an American Buddhist nun, will teach 'Living Meditation: Meditation for Relaxation,' teachings and guided meditations that teach students how to relax their body and mind. \$12. www.meditation-dc.org or 202-986-2257.

Trinity Presbyterian Church, 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and Adult

Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Floris United Methodist Church, 13600 Frying Pan Road in Herndon, has worship services at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays, with a Latino service on Saturdays at 7 p.m. 703-793-0026 or www.florisumc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday School and Adult Education available. Morning Prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington

Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Candy for Soldiers

FROM PAGE 7

School began stowing the sugary treats in the gym, while Michael, Jr.'s, Chesterbrook Academy school-room had so many candies that it looked like Willy Wonka's Chocolate Factory.

When Michael went to the schools to pick up the payload, he stuffed his car with as many of the bags as his vehicle could accommodate, but inevitably there were leftovers (which went to the Salvation Army). He and Anderson then arranged to meet up with Pete at the Washington FSDO in Herndon to transfer the mother lode of sweets. The total number of pieces of candy—counted and sorted by the children in "teachable moments"—came to an as-

tounding 14,000. An army of staff members at the FSDO helped unload the car.

To make the eventual transfer of the candies to the USO significantly easier, large plastic tubs were purchased, and several of the mammoth bags of sweets were dumped into the gigantic containers. Still, it was a Herculean effort to finally transport all the goods to the Baltimore USO. Pamela Horton, Airport Services & Ft. Meade operations manager for Metropolitan Washington's USO, was on hand to greet Pete and the other FSDO employees who went along to do the heavy lifting for the final delivery.

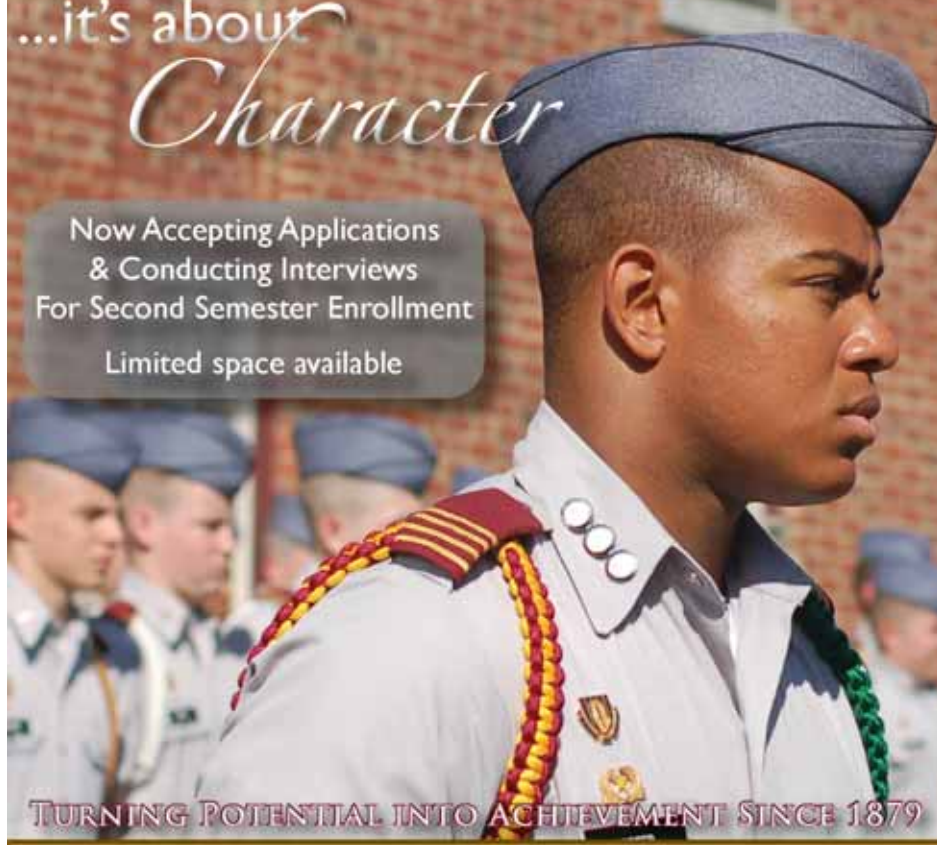
As for the kids, they want to do it all over again next Halloween. Jack marvels about it all, commenting, "It was a spontaneous thing. Everyone just jumped on the bandwagon."

The FISHBURNE EXPERIENCE

...it's about Character

Now Accepting Applications & Conducting Interviews For Second Semester Enrollment

Limited space available



TURNING POTENTIAL INTO ACHIEVEMENT SINCE 1879

FISHBURNE

MILITARY SCHOOL

LEADERSHIP for LIFE

800.946.7773

fishburne.org

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com



THE CONNECTION NEWSPAPERS

WWW.CONNECTIONNEWSPAPERS.COM

Did you know?

60% of adults in families that were homeless were employed



Put the ZIP on Homelessness by wearing jeans December 14 in exchange for a \$5 contribution to the Fairfax-Falls Church Partnership to Prevent & End Homelessness.

Learn More & Sign Up

<http://jeansday2012.eventbrite.com>

In 2011, more than 100 employers representing 3,000 employees participated in this community-wide give-back initiative. Help us boost those numbers in 2012!



OPEN HOUSES

SATURDAY/SUNDAY, DECEMBER 8 & 9

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

Burke	
5491 Lighthouse Ln.....\$408,888..Sun 1-4.....Dan Mleziva.....RE/MAX.....703-380-9915	
Centreville	
6123 Stonepath Cir.....\$315,000..Sun 2-4...Donny Samson.....Samson Props.....703-864-4894	
Clifton	
6601 Newman Rd.....\$850,000..Sun 2-4.....Pat Fales.....RE/MAX.....703-503-4365	
Fairfax	
4102 Maureen Ln.....\$474,900..Sun 1-4....John Purvis...Jennifer Young Homes..703-927-6802	
Fairfax Station	
8030 Woodland Hills Ln..\$1,100,000..Sun 2-4.....Pat Fales.....RE/MAX.....703-503-4365	
11215 September Ln.....\$642,500..Sun 2-4.....Pat Fales.....RE/MAX.....703-503-4365	
McLean	
1825 Westmoreland St.....\$619,900..Sun 1-4.....Kevin Canto.....Keller Williams.....703-338-9416	
Vienna	
502 Valley Dr SE.....\$1,299,000..Sun 1-4..Patrick Ohlhorst.....Solutions.....703-853-9300	
1851 Abbotsford Dr.....Contact Agent..Sun 1-4....Casey Samson.....Samson Props.....703-508-2535	

To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com All listings due by Monday at 3 P.M.

L.C. Bird RB Robertson Torches Oakton

Senior rushes for 426 yards, five touchdowns in playoff win.

BY JON ROETMAN
THE CONNECTION

A gritty toughness drove the underdog Oakton football team to a berth in the state playoffs. Once there, an elusive running back wearing pink socks with bunnies on them ended the Cougars' season.

L.C. Bird senior Paul Robertson rushed for 426 yards and five touchdowns and the Skyhawks defeated Oakton, 41-17, in the Division 6 AAA state semifinals on Saturday, Dec. 1 at Oakton High School. L.C. Bird will face Ocean Lakes in the state championship game on Saturday, Dec. 8, while the Cougars' postseason run, which included knocking off the top three seeds en route to a Northern Region title, came to an end.

After struggling at the end of the regular season, the Oakton defense limited opponents to 14 points per game during three regional playoff contests, holding Lake Braddock (13), Centreville (13) and previously undefeated Westfield (16) to season-low point totals. Against L.C. Bird, however, Oakton allowed Robertson to produce the 11th greatest single-game rushing total in state history, according to the football records section at vhs1.org.

Robertson referred to his pink socks as his "good-luck" socks, saying he has totaled more than 250 yards each time he's worn them.

"We all saw [the Cougars] put their heads down," said Robertson, describing how the Skyhawks' ground game affected Oakton, "so we knew we had to keep going and just get this game over with."

A 78-YARD TOUCHDOWN run by Robertson gave L.C. Bird a 27-3 lead with 3:48 remaining in the second quarter. Oakton responded with an 11-play, 65-yard drive, capped by a 1-yard touchdown run by quarterback Kyle Downer. The score cut L.C. Bird's lead to 27-10 with 29 seconds remaining in the first half and gave the Cougars a glimmer of hope as they would receive the second-half kickoff. But the Skyhawks quickly squashed that hope on the next play from scrimmage as quarterback Terrance Ervin threw deep to Darius Hawkins for a 49-yard gain down to the Oakton six-yard line. Robertson scored on the next play, extending the Skyhawk lead to 34, 10 seconds before halftime.

"Coming out of this game, I really have no regrets," Oakton senior defensive lineman Joe Allely, a team captain, said. "I played my heart out. I believe that our defense, even though we made mistakes, we all



Oakton defensive lineman Joe Allely reaches for L.C. Bird running back Paul Robertson during the Division 6 AAA state football semifinals on Saturday, Dec. 1 at Oakton High School.

played our hearts out. . . . [Robertson is] a fast kid. He definitely delivers a blow. He's good with his cuts and he can make a play when his blocks aren't there. But you can't let that get to you as a defensive player and you've got to compete with him."

On offense, Downer carried 19 times for 72 yards and two touchdowns. He completed 13 of 22 passes for 135 yards and was intercepted once. Bobby Lam carried four times for 36 yards. Mike Wandey rushed for 23 yards on 10 carries and caught five passes for 51 yards.

"I felt like, offensively, we had some things working," Oakton Head Coach Jason Rowley said. "We had a hard time getting off the field on defense."

Oakton starting left tackle Chris Durant missed the game due to a knee injury, Rowley said.

OAKTON FINISHED THE SEASON with a nine to five record. The Cougars started six to zero before closing the regular season with a four-game losing streak. Oakton finished fifth in the six-team Concorde District and entered the playoffs as the No. 7 seed in the Northern Region. The Cougars beat No. 2 Lake Braddock, No. 3 Centreville and No. 1 Westfield to win the region title.

"It was unbelievable," Wandey said about the Cougars' run to a region championship and trip to states. "It was an amazing feeling, a great ride. We never gave up. We kept believing and we knew that we were a great team."

Oakton captured its first region championship since 2008 and reached the state playoffs for the fourth time since 2002.

"I've been a part of four state playoff teams [with Oakton]," said Rowley, who was the team's defensive coordinator before taking over as head coach in 2011, "and these guys . . . battled and clawed and scraped their way to that more so than any of those others that we've been a part of in the past."



Oakton guard Thomas Tribble drives against South Lakes guard Brandon Kamga in front of South Lakes Head Coach Andrew Duggan and the Seahawks' bench on Nov. 29.

Tribble Hits a Game-winner

Oakton senior guard hits game-winner from perimeter in closing seconds at South Lakes.

BY JON ROETMAN
THE CONNECTION

After missing from the perimeter moments earlier, Oakton guard Thomas Tribble had the ball back in his hands with the score tied in the closing seconds of the Cougars' Nov. 29 match-up with South Lakes.

He made the most of his second chance.

Tribble knocked down the game-winner from the left side of the floor with 3.7 seconds remaining and the Oakton boys' basketball team defeated the Seahawks, 51-49, during the first night of the Readers are Leaders Tip-Off at South Lakes High School.

"I put [the miss] out of my mind," Tribble said. "I knew there [wasn't much time remaining]. I took one dribble, pulled up and it went in."

Oakton trailed South Lakes, 43-39, midway through the fourth quarter when Tribble knocked down a pair of three-pointers to give the Cougars the lead. South Lakes held a 49-47 advantage late in the game, but Oakton senior Michael Fradette tied the score with a putback before Tribble buried the game-winner.

South Lakes led by as many as five points in the fourth quarter.

The victory was part of a 2-1 start for the Cougars, who defeated Lee, 70-48, on Nov. 27 and lost to Langley, 54-49, on Nov. 30.

"We were able to hold our composure when [South Lakes] took a five-point lead, and instead of forcing the issue, we

got some pretty good looks from the field," Oakton Head Coach Dave Brooks said. "If we get good looks from the field, we have guys that can knock down shots."

Tribble, a 5-foot-9 senior, finished with 13 points and made a trio of three-pointers.

"He gives us a lot of energy," Brooks said. "He can shoot the ball from the perimeter and what he's doing a nice job of this year [is] he's not solely relying on the three-point shot. There are shooters on a basketball team and there are scorers on a basketball team. Last year, he was only a shooter for us. As a senior, he needs to be a complete basketball player and be a scorer."

Fradette, a 6-foot-5 senior, scored 10 points and grabbed nine rebounds.

"I love his aggression on the backboards," Brooks said, "and we feed off of his energy."

Junior point guard Robert Bacon (5-11) led Oakton with 16 points.

"Even though he plays the point guard spot, he's probably going to get anywhere from 12 to 16 looks a night," Brooks said. "We just need to make sure that he finds the right spots on the floor and that hopefully he's shooting the ball well that day."

Junior forward Dale Good (6-1) scored eight points for Oakton and junior center Pasha Mohsenin (6-3) scored four.

Oakton traveled to face Mount Vernon on Tuesday, which was after The Connection's deadline. The Cougars will host Yorktown at 7:45 p.m. on Friday, Dec. 7.

WELLBEING

Keys to Staying Healthy During the Holiday Season

Finding balance can preserve one's well-being.

BY MARILYN CAMPBELL
THE CONNECTION

Food, festivities and friends are synonymous with the holidays. However, celebrations can take a toll on your health.

"The holidays are times of rush and chaos and of thinking of everyone but yourself," said Michelle Walters-Edwards, department chair and associate professor of health and human performance at Marymount University in Arlington.

Health and fitness experts say that even during the hustle and bustle of the season, it is possible to stay healthy and energized. It just takes a little focus.

"I may be stating the obvious, but exercise is the key to staying healthy during the holidays," said Rosa Ganey, a nurse health educator for Fairfax County Health Network and a Burke resident.

Between shopping, parties and decorating, many people feel pressed for time and exercise can fall by the wayside. Here are a few creative ways to sneak in some fitness:

Incorporate exercise into holiday shopping. "You can walk at the mall and do some window shopping

or use your home as an exercise base: the stairs can be used as a perfect location to get your blood pumping," said Walters Edwards.

Make it a family affair. "If you have kids at home, maybe you can play exercise or dance videos or CDs and try the moves together," said Ganey.

Celebratory gatherings can offer opportunities for exercise as well. "Dance at your holiday party," said Michelle Walters-Edwards. "Thirty minutes of moderate dancing can burn around 200 calories in a person [who weighs] 150 lbs."

If there's no time for the gym, improvise, say experts. "Sometimes it can be challenging to find time to make it to the gym, but there are quite a few bodyweight exercises you can do at home," said Joel Martin, an assistant professor of kinesiology at George Mason University in Fairfax.

Accommodate for less workout time during the holidays. "Probably the most important piece of advice I would give, since your workout will most likely be shorter than usual, is try to maintain a high intensity for the duration of the workout and minimize the time you spend resting," said Martin.

Above all, say experts, balance is vital to preserving one's health and well-being during the holidays. "Maintain a focus on balancing your stress, eating and exercise year-round. Extremes of each of these factors are not healthy. Remember, moderation is key," said Walters-Edwards.

COMMUNITIES OF WORSHIP

Progressive & Welcoming

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



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday school: preschool - grade 2
Music: grades 3 - 7
10:25 a.m. Sunday School Grades 3 to 12
Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

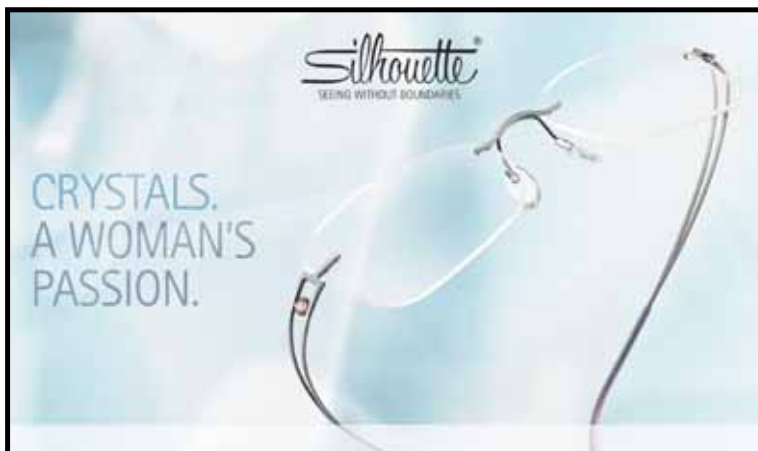
Nursery care provided at 9:00 a.m. service

The Rev. James Papile, Rector
The Rev. Jacqueline Thomson
The Rev. Laura Cochran

703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston



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



You'll See... The Difference

*"Whenever you buy quality from professionals
you get a better value."*

Fashionable Eyeglasses • Designer Frames • Sunglasses
Children Frames • Contact Lenses • Eye Exams
... and much more!

Chantilly
Professional Building
3910 Centreville Road
Suite 100, Chantilly VA

**Use Your
Flex Funds!**
703-830-6377
EyeStreetOptical.com

EYE STREET OPTICAL

Fine Eye Wear Since 1986

\$75⁰⁰ OFF

**Prescription Eye Wear
w/Complete Purchase
of New Frames & Lenses**

With this coupon. Minimum purchase \$200.00. Cannot be combined with other offers or insurance. Not valid on Oakley, Maui Jim, Sport or Swim Goggles. Expires 12/31/12.

NEWS INTERNS

Educational opportunity to work with award-winning editors on local news coverage, including politics, elections, community events, local insiders' guides, news feature writing, website and online news management and more. Internships require a commitment of at least six weeks, 16-40 hours a week. Please e-mail a statement of interest and a resume to cbryan@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

PROVIDING YOU

2

FITNESS SOLUTIONS

Small Group Personal Training

1:1 Personal Training

**I'M MORE THAN A PERSONAL TRAINER
I'M YOUR ALARM CLOCK
YOUR ACCOUNTABILITY
THE LITTLE VOICE IN YOUR HEAD
SAYING YOU CAN DO THIS
I'LL COUNT EVERY GRUNT AND BEAD OF SWEAT
AND PROVE YOU CAN ACHIEVE SOMETHING WITH US
THAT YOU NEVER COULD ALONE**

CALL 571.323.2223 FOR A FREE FITNESS ASSESSMENT
TERMS AND CONDITIONS APPLY. LIMITED TIME OFFER. NEW CLIENTS ONLY.

GET FIT. TOGETHER.

3914 CENTREVILLE ROAD, #125 CHANTILLY, VA 20151

FITNESSTOGETHER.COM/CHANTILLY

Family and Cosmetic Dentistry

Maryam Avin, D.D.S. • Hamid A. Avin, D.D.S., P.C.

www.yoursterlingdentist.com

VOTED
"TOP DENTISTS"
– Virginia Living

*Gentle Caring Personable
Dental Care*



**Everyone
Smiles
in the Same
Language**



- Preventative Dentistry
- Cosmetic Bonding/Veneers
- Crowns and Bridges
- Dentures • Extractions
- Root Canal Therapy

Schedule
Appointment Now to
Use Insurance Benefits &
Flex-Spending Account
Before Year-End

- Periodontal Therapy
- Children's Dental Care
- Emergency Care
- Nitrous Oxide Sedation

FREE
**Teeth
Whitening***

**Home Whitening Kit
& Custom Trays
(a \$500 value!)**

*With comprehensive exam, x-ray and cleaning.
Not valid with any other offer. For a limited time.

**New Patient
Cleaning Special**

\$65⁰⁰ Reg. \$235–280

**Includes: Exam, Bitewing
X-Rays & Routine Cleaning**

Good for every member of the family.
Not valid on third party payments.
Not valid with any other offers.
For a limited time.

47100 Community Plaza, Suite 165, Sugarland Crossing, Sterling, VA
Between Shoppers Food Warehouse and Party City

703-444-5222