

Reston Students Perform in The Nutcracker

ENTERTAINMENT, PAGE 13

South Lakes junior Rebecca Mattern's light-footed and flirtatious Cupid delights audiences in the Conservatory Ballet's 40th anniversary production of the holiday classic, "The Nutcracker."

Living Life in 'The Dream Land'

FOCUS ON IMMIGRATION, PAGE 10

Reston Chamber Celebrates 30 Years of Success

NEWS, PAGE 3

Reston Community Center



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PHOTOS BY AMIEE FREEMAN/THE CONNECTION

Past chairs of the Greater Reston Chamber of Commerce were recognized at the 30th Anniversary Gala.

Reston Chamber Celebrates 30 Years of Success

Anniversary gala brings community together.

BY AMIEE FREEMAN
THE CONNECTION

It was a veritable who's who of Reston Saturday night, Dec. 1, as the Reston Chamber of Commerce celebrated its 30th anniversary at the Sheraton. Former and current chairs of the Chamber of Commerce, political and community leaders, and chamber members were on hand to commemorate 30 years of business development, to reflect on past achievements and to look to the future.

"Tonight we recognize those who went before us and built the chamber," said Mark Ingrao, president and CEO of the Greater Reston Chamber of Commerce.

When the Reston Chamber of Commerce started in 1982, the Reston of today did not exist. Reston Town Center had not been built. The Internet and the boom that would come with it and help grow Reston and the Dulles corridor was unheard of. Businesses needed some persuading that Reston was worth the risk.

"In the early years, the Reston Chamber of Commerce was almost a bit of an economic development organization as Reston was a bit of a far-flung business center," said Michael Clarke, chairman on the Reston Chamber of Commerce from 1999-2000. "A lot of effort was devoted to raising the awareness of the business community that there was a business center in Reston and it was a great opportunity to locate a business in Reston. Today when people talk about technology and businesses and the first area that comes to mind now is Reston."

DEL. KEN PLUM was credited by Ingrao with the "foresight to call business leaders together" in the late 1970s and early 1980s. These first informal meetings at Hidden Creek Country Club grew into what became the Reston Board of Commerce. The "pent-up demand" for representation of the business community and for a desire to be a viable part of Robert Simon's vision for Reston is what led to the

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Supervisor Cathy Hudgins, Dick Weinhold, state Sen. Barbara Favola, and Jacqueline Bolware enjoy the evening at the Chamber of Commerce's 30th Anniversary Gala, Saturday, Dec. 1.

tremendous success of the Reston Chamber of Commerce, said Plum.

Incoming chamber Chair Jane Raymond feels that one of the biggest recent successes the chamber has had is helping bring Metro to Reston. "We've had such a great success in terms of being an advocate for rail to Dulles, so certainly that whole position with the realization of the opening Metro station and the coming Silver Line is very exciting," said Raymond.

Marion Myers, 2006-2007 chair of the chamber, agrees that one of the greatest successes of the chamber has been in facilitating the process that is bringing rail to Reston. "We did a lot of lobby work and organization and community work with the rail project, breaking up rail to Reston into two projects," said Myers, referring to the phases in which the rail line is being built with Phase I and the Weihle Ave. Metro station scheduled to open in 2013.

MANY FOUND IT HARD TO BELIEVE that 30 years had flown by so quickly. "We started this 30 years ago here at Sheraton, with Pat Kane and Karl Ingebritsen. We joined to meet fellow members and here we are 30 years later; it's a blink of the eye," said Larry Swartz, a founding member of the Reston Chamber of Commerce.



Pat Kane, founding member of the Greater Reston Chamber of Commerce, then the Reston Board of Commerce, and chair of the chamber from 1982-'85, poses with Ellen Graves, a former Best of Reston winner on the Saturday, Dec. 1, 30th anniversary party.



Larry Swartz, a founding member of the Chamber of Commerce, shows the sash he made featuring the various positions he's held in the chamber over the last 30 years.

NEWS

Potomac River Running Keeps Going

Reston Town Center store hosts weekly fun runs, features holiday gift ideas.

By ALEX McVEIGH
THE CONNECTION

As temperatures are dropping, most people are retreating to the warmth of a heated home. But for those who can't be forced inside, Potomac River Running in Reston Town Center has plenty of holiday gift ideas.

"I love getting outside, almost more than in the warmer weather, because summer is almost too hot to run, and humidity is oppressive," said Sean Folkes of Reston. "The key is getting the right gear, and Potomac River Running has always given me good advice in the department. Well, good for me, not my wife, who would rather stay indoors."

Staff at the store say some of their most popular gear are pants and jackets that are lightweight, yet help retain body heat while wicking away moisture. They even carry attachments for running shoes that aim to prevent them from slipping.

Potomac River Running offers more than the means to run this winter, they offer the opportunity as well. They host weekly Fun Runs at Reston Town Center on Tuesday and Thursday evenings, as well as a Run With Santa 5K on Sunday, Dec. 9 and the New Year's Day 5K Jan. 1.

"I started going to PRR to get some shoes, shirts and shorts, but I keep coming back because it's a good way to connect with the running community," said Jenni Gray of Reston. "I had just moved here and was looking for people with common interests, and now I try to do a Fun Run whenever I can, and some of my closest friends are runners."

The store also offers video gait analysis, where they



Running shoes of all types are just one of the products featured by Potomac River Running in Reston Town Center.

PHOTOS BY ALEX McVEIGH/THE CONNECTION



Popular with runners who want to condition their feet to running barefoot, yet want to protect their feet, is Vibram footwear, on display at the Reston Town Center Potomac River Running.

can analyze a runner's technique to recommend the proper shoe type. More information can be found at www.potomacriverrunning.com.

Bringing Some Joy to Tall Oaks

On Sunday, Nov. 18, some children from the community gave a concert to the grandparents at Tall Oaks Assisted Living. Mona Chandra, Dominique Kalunga, Wiley Skaret and Lizzy Gregory played piano to give some joy to the grandparents. The children are 10-years-olds who go to Forest Edge, Buzz Aldrin and one is homeschooling.



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NEWS

PHOTO CONTRIBUTED



Nineteen people were honored at USTA's Annual Meeting and Awards Luncheon.

Reston Tennis Association Wins Organization of the Year

The United States Tennis Association Mid-Atlantic Section (USTA/MAS) celebrated the efforts of 19 individual members and member organizations at the Sheraton Reston Hotel in Reston on Saturday, Nov. 17.

The awards are given out annually to USTA members from Virginia, Maryland, West Virginia, and Washington, D.C., for their dedication to the sport of tennis and their contributions in helping grow tennis at the local level.

The Reston Tennis Association (RTA) was honored

with the Organization of the Year award. The RTA manages 52 tennis courts, including 26 lit courts, eight clay courts, three practice walls, and six new courts sized appropriately for kids age ten and under. It provides quality programming including Jr. Team Tennis, lessons for adults and juniors, USTA League play, World Team Tennis, and tournaments. All of these programs are available to members and non-members alike. This year it was voted by Virginia Living Magazine readers as one of the best tennis clubs in Northern Virginia.

Reston Station Wins Top Planning Award

Davis Carter Scott was awarded the first NAIOP Northern Virginia Master Planning Award of Excellence for Reston Station. The project was developed by Comstock Partners through a Public/Private Partnership with Fairfax County. Reston Station is a first-class transit-oriented development, honoring the amenity-rich, pedestrian-friendly environment that Reston Town Center was founded upon. The project features a seven-level transit center which serves as a pedestal for the mixed-use program above, allowing buses and cars easy access to bring commuters to Reston Station's Metro Station while creating a walkable, amenity-rich environment in the civic plaza above.

Reston Station has set a new paradigm for transit-oriented development in the Metropolitan

Washington Region and beyond. Much like the transformative nature Reston Town Center had on the idea of what a planned community could be, Reston Station changes the perception of how Public/Private entities can work together to achieve a balanced mix of uses in a dense urban environment. Sustainability serves as the foundation for the planning effort and the prominent location calls for the best in architectural design and construction materials given its high visibility from major roadways including the Dulles Toll Road, Wiehle Avenue and Sunset Hills Road.

Reston Station is being delivered on a fast track schedule and is slated for completion on the Metro station's grand opening late 2013.

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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.

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."

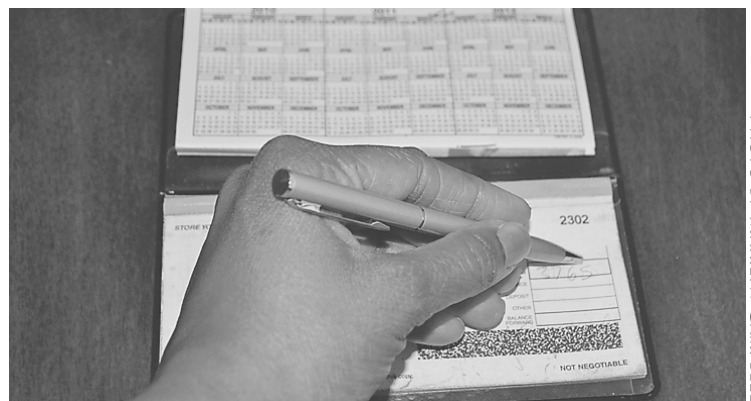


PHOTO BY MARILYN CAMPBELL

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.

COMMENTARY

Never Say Never

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

"Never say never" is an old admonition that suggests we do not know what the future holds that might predict our future actions. In the political arena especially, there are so many changing currents that it is most difficult to predict one's future action. Certainly the politician who changes his or her position on an issue is bound to hear about it in the next election. At the same time there are advocacy groups, lobbyists, petitioners, and letter-writing campaigns aimed at changing the mind of a political office holder. When our elected representatives take positions that are contrary to our interests or those interests we value for the community, we work hard to get them to change their minds. If they do not change their position or minds, we can respond by not voting for them. Others will support them because they did not change their positions.

A contrary movement has been underway that seeks to have elected officials take a pledge or oath on an issue for which they commit to never changing their position. Most notable has been the "no tax pledge" promoted by Grover Norquist and the Americans for Tax Reform (www.atr.org). Most political commentators would agree that the number of persons now serving in the U.S. Congress who have signed the no tax pledge has made it difficult if not impossible to get agreement on a financial plan that would reduce the deficit and help with economic recovery. A lot of media attention is being given to members of Congress who have indicated they would no longer be bound by their pledge.

Solving any problem is made doubly difficult when major solutions are taken off the table and never allowed to be considered. Contrary to beliefs held by some,



elected officials do not like to raise taxes. It is the one issue about which they will hear in the next election, and it would not be responsible to raise taxes except as a last resort. We have not been able to resolve our traffic congestion or balance our budgets without painful cuts because taxes are taken off the table. State legislators are asked to sign the no tax pledge as well. In Virginia, nine of 40 senators signed it as did 21 of 100 House members. The House members are not from just downstate; Fairfax delegates David Albo, Barbara Comstock, and Tim Hugo signed it as did Loudoun delegates Randy Minchew and David Ramadan.

As we face a crisis in having adequate funding for meeting our transportation, education, and social safety net needs, we will face some difficult choices. However those choices are made, we should never say never to possible solutions when meeting the needs of our community.

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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 Richest Don't Help Small Business

To the Editor:

I'm a small business owner/operator and an engineer by trade, so I make my business and economic decisions based largely on facts and numbers.

Thirty-one years ago, I graduated from the Virginia Tech College of Engineering, and embraced the Republican Party because I shared its values of personal responsibility, hard work and economic progress. The Republican policies of that time included some measures that would benefit the very rich, including a dramatic reduction in the marginal tax rates on the highest income earners, which had varied from 70 percent to above 90 percent in the prior decades.

I agreed with the Republicans that rates that high were a significant disincentive for some of the more productive individuals in our society. Republican policies also included welfare reform, which would place demands on low-income people to work at available jobs, instead of receiving public assistance. However, perhaps through some mixture of idealism and naiveté, I believed at the time that the Republican party's policy mixture that benefitted the rich and was more demanding on the less well off was the result only of well thought-out analysis and con-

cern for the greater good.

As the years went by and the Reagan-era tax cuts and eventually the Clinton era welfare reform passed, I expected the Republicans to see less need for this policy mixture. But instead, the Republican party has grown even more audacious in pursuing it—even if it had to ignore the economic history, and adopt some rather crank economic doctrine in doing so.

The core of current GOP economic policy is its unyielding support of a bill that the U.S. House of Representatives recently passed, but the U.S. Senate rejected, to extend the Bush tax cuts for the richest 2 percent, which lowered the top income tax rate from 39.6 to 35 percent. Conversely, both the House and Senate GOP bill would raise taxes on 25 million Americans by an average of \$1,000, by eliminating or reducing refundable tax credits for children, college tuition and earned income.

In addition, nearly every Republican in Congress voted against a bill that would give every American a tax cut on the first \$250,000 of household income because the legislation didn't include extra tax cuts for income above that level. The Republicans, in their defense of these tax cuts that would give millionaires a windfall average tax break of \$160,000, have ignored the last 65-plus years of economic history.

In fact, a new report by the non-partisan Congressional Research Service concludes: "There is not conclusive evidence . . . to substantiate a clear relationship between the 65-year steady reduction in the

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.

top tax rates and economic growth. Analysis of such data suggests the reduction in the top tax rates have had little association with saving, investment, or productivity growth" (<http://graphics8.nytimes.com/news/b u s i n e s s / 0915taxesandconomy.pdf>).

Most people making over \$250,000 do not create jobs because they make most of their money in the stock market. In contrast, 97 percent of small business owners who, like me, make under \$250,000 are job creators.

It's time to restore some balance to our tax system and insist that the wealthiest Americans start to pay their fair share. It's not right to ask the middle class to pick up the tab for extending tax cuts for the richest 2 percent that would cost nearly \$1 trillion in lost revenue over the next decade.

Unless Congress acts before the end of the year, all of the Bush tax cuts will expire. I urge Virginia's congressional delegation to vote to end the Bush tax cuts for the richest 2 percent who don't need them and extend them for the 98 percent of Americans and 97 percent of small business owners like me who can play a key role in restoring our economy.

Thomas Critchfield
Reston

Re: 'Long Voting Lines, So What?'

To the Editor:

Regarding the letter in last

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.

week's issue from Harry Locock ("Long Voting Lines: So What?"), I take issue with his cynical and condescending attitude towards Congress looking into reforming the outdated voting processes in the U.S.

Mr. Locock sloughs this off as "just another Democrat (sic) stunt," when in fact the issue at hand is to ensure that every qualified registered voter has the opportunity to cast a vote, and is not disenfranchised by politicians who seek to lower turnout to boost their preferred candidate.

To wit: Mr. Locock lampoons the recommendation for early voting, sarcastically remarking "why not 90 days, and we'll bring the voting machine to your house." The truth is, long voting lines on Election Day force people who work during the day to make a decision: stand in line for hours to vote, and face the wrath of their employer, or to just not vote. Every eligible voter should have the chance to cast a vote, and allowing voters to cast a ballot early, without reason, should be encouraged. In fact, weekend voting could very well increase voter turnout. He also suggested spending the money on this initiative to instead investigate "the manifold instances of alleged voter fraud." This is another tired meme from the radical right-wing crowd. The fact is, between the years 2000 and 2010, there were 613 million votes cast in Federal elections. Out of those votes, there were 10, ten, credible cases of voter fraud dis-

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Chelsea Bryan
Editorial Assistant
703-778-9410 ext.427
cbryan@connectionnewspapers.com

Alex McVeigh
Community Reporter ♦ 703-778-9441
amcveigh@connectionnewspapers.com
[@AMcVeighConnect](https://twitter.com/AMcVeighConnect)

Victoria Ross
County Reporter ♦ 301-502-6027
rosspinning@yahoo.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@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.

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Pictured: Dale Peak Photo by: Eikon Photo

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— Dale Peak, Administrator, Reston Bible Church

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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.”

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-

ferent.

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 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."

Reston Students Perform in The Nutcracker

Conservatory Ballet celebrates 40 years of holiday magic.

More than 30 elementary, middle and high school students from Reston 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 Reston's graduating seniors, Brianne Markey and Adrienne Lamoureux. Markey and Lamoureux are partnered in the fabled Sugar Plum pas de deux. Lamoureux has been a conservatory student since he was 5 years old and has appeared in several ballets at the Kennedy Center with a number of prestigious visiting companies, including Sleeping Beauty with the Royal Ballet, Union Jack with the NYC Ballet and Giselle with the Paris Opera. Markey, in her fifth year with the conservatory, has performed with the school at the International Children's Festival at Wolf Trap and attended the Bolshoi ballet's 2012 summer intensive program.

WELL-KNOWN for its elaborate costumes, vivid scenery and riveting choreography, the



PHOTO COURTESY OF CONSERVATORY BALLET

South Lakes freshman Sara Petrosian and partner Ryan Davis as the Snow Queen and Prince in the Conservatory Ballet's 40th anniversary production of the holiday classic, "The Nutcracker."

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 make it a perfect opportunity to introduce children to the power and beauty of ballet."

THE NUTCRACKER is based on a German tale written by E.T.A. Hoffman and set to music by Pyotr Illyich Tchaikovsky. It was first performed in 1892 by Russia's Kirov Ballet. The Nutcracker tells the story of a young girl, Marie, who is given an enchanted wooden nutcracker soldier on Christmas Eve by her mysterious uncle, a toymaker. That night she awakens to a fairytale world. As the Christmas tree grows taller, toy soldiers and mice turn life size. Her brave Nutcracker comes to her rescue and battles the evil Mouse King and his army. Upon defeating his enemy, the Nutcracker is transformed into a prince who takes Marie on a magical journey through the Land of Snow to the Kingdom of Sweets. The Sugar Plum Fairy greets them and calls for a celebration where charmed flowers, whirling Russians, exotic Arabian girls, fiery Spanish dancers and other joyful characters entertain Marie.

Send announcements to reston@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

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

Every year between Christmas and New Year's, The Reston 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.

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HOLIDAY ENTERTAINMENT & GIFT GUIDE

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. \$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. \$15, general admission; \$10, children 10-and-under. www.eldentstreetplayers.org.

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. \$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. www.fairfaxchristianschool.com.



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2013 Assessment



RA Board to Consider 2013 Assessment Rate

The Reston Association Board of Directors will be considering the 2013 Annual Assessment rate during its next meeting on **Nov. 29 at 7 p.m.** at RA headquarters, 12001 Sunrise Valley Drive. The current 2012 annual rate for members is \$565.



Reston ASSOCIATION



Pear and Pomegranate, 30x40, by Loretta Scott.

New Exhibit: Saturday Morning Artists

Loretta Scott, Trish Everhart, Marann Bonorchis and Vivian Leinio set aside Saturday mornings to paint in Scott's studio. This exhibit, open Dec. 2-31 at RCC Hunters Woods, 2310 Colts Neck Road, showcases the work of the four artists' many Saturdays working together. A free artists' reception is on Dec. 16 from 2-4 p.m. 703-476-4500 or www.restoncommunitycenter.com.

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29 Misc. for Sale

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21 Announcements

21 Announcements

21 Announcements

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21 Announcements

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21 Announcements

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- Zone 4:** Centre View North
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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 reston@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 Jew-

ish 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.

The Baha'i community of McLean holds a weekly fireside, a meeting of discussion, devotion and fellowship, at 7500 Box Elder Court in McLean, at 8 p.m. every Friday. An opportunity to learn about the Baha'i faith. 703-556-3400.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3-4-year-old students for the 2010/2011 school year. Contact 703-938-2391 or www.epiphanypreschool.com.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday Worship Services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

LETTERS

FROM PAGE 8

covered. During that period, there were more reports of UFO sightings then there were fraudulent votes cast. The point being, voter fraud is virtually non-existent.

Rep. Connolly is doing the right thing to expand opportunities for eligible registered voters to cast a ballot. I served four years in the United States Navy and defended the Constitution so that all of my fellow citizens have the right to

vote. It is insulting and disingenuous for people to back policies that would encourage disenfranchisement.

Dave Nemetz
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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."



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

South Lakes sophomore Brandon Kamga scored 20 points against Oakton on Nov. 29.

Kamga Shows Potential in Defeat

South Lakes sophomore point guard scores 20 points in two-point loss to Oakton.

BY JON ROETMAN
THE CONNECTION

During the third quarter of a tightly contested boys' basketball matchup on Nov. 29, Oakton fans started heckling South Lakes sophomore Brandon Kamga for failing to draw iron on a shot attempt, chanting "air ball" when the Seahawks point guard had the ball in his hands.

It would have been easy for the South Lakes 10th-grader to buckle under the embarrassment of being singled out by opposing fans. Instead, Kamga used the taunting as motivation and started to carry the Seahawks offense.

Kamga scored 11 of his game-high 20 points after being heckled by Oakton fans, but it wasn't enough as the Cougars defeated the Seahawks, 51-49, during the first night of the Readers are Leaders Tip-Off at South Lakes High School.

"Last year, I was really mentally weak," Kamga said after the game. "That was one of my goals, to improve on that. Once they were chanting, it just motivated me to play better."

Kamga is in his second season on the varsity but is playing point guard for the first time. Head Coach Andrew Duggan said he saw some good things from Kamga and believes the 6-foot-3 sophomore has Division I potential.

"He looked like a sophomore

playing point for the first time," Duggan said, "but I thought he responded well at times and I think it's only going to get better for him as he continues to put good work in and make good decisions. As a new point guard, he's learning on the job, so I think he's going to make good progress."

Kamga scored six points in the fourth quarter, including a lay-up that gave the Seahawks a 43-39 lead midway through the period.

"I feel like I have to step up this year," he said. "I feel like I'm a big part of this team and, as a captain, I need to . . . get us to play at a higher level."

Senior forward Junior Ebott (6-4) is South Lakes' only returning starter. He scored six points and grabbed five rebounds against Oakton, including a putback late in the fourth quarter to give the Seahawks a 49-47 lead.

Senior guard Evan Keys (6-3) scored 10 points for South Lakes and 6-foot-5 junior center Ethan Clark added six. Duggan said he expects big things out of 6-foot-4 junior guard Clayton O'Neill.

South Lakes bounced back to beat Centreville the following night, 65-46, to improve to 1-1. The Seahawks traveled to face Osbourn Park on Tuesday, which was after The Connection's deadline. South Lakes will travel to face Stone Bridge at 7:30 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 association 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 ex-



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Exercise is the key to holiday health preservation, say experts.

perts. "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. "Most people think of pushups and sit-ups when they hear the words 'bodyweight exercise.' However, there are quite a few other exercises like air squats, burpees, planks, mountain climbers."

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.

Break up a workout routine. "Doing several 10-15 minute workouts throughout the day using only body weight movements at home may be another solution for someone crunched for time," said Martin. "I recommend picking three or four movements or exercises and doing several sets of each with less than a minute of rest between sets."

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.

Intelsat to Relocate to Tysons

The company will bring more than 430 employees to local economy.

Governor Bob McDonnell announced that Intelsat, the world's leading provider of satellite services, will relocate its U.S. headquarters to the Tysons Corner area of Fairfax County from its current location in Washington, D.C.

Intelsat plans to bring more than 430 employees to the Fairfax County economy when it relocates in mid-2014. Intelsat will lease

approximately 188,000 square feet of space in Tysons Tower, a 20-story office building that is being built by Macerich (NYSE: MAC) at Tysons Corner Center, adjacent to the Tysons Corner Metro station. The Metro station is scheduled to open in December 2013. The decision by Intelsat marks the first major announcement of a company that is locating in a building near one of four Metro stations

due to open in Tysons on Metro's Silver Line.

"It gives us great pride to have Fairfax County chosen as the new home for Intelsat's U.S. headquarters," said Gerald L. Gordon, Ph.D., president and CEO of the Fairfax County Economic Development Authority (FCEDA). "As Fairfax County emerges as the Washington region's economic downtown, world-class companies such as Intelsat increasingly are finding this to be an environment conducive to business growth and success."

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