

Reston
CONNECTION

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PHOTO BY ALEX McVEIGH/THE CONNECTION

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NOVEMBER 20-26, 2013

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Reston Exhibit Shows Wildlife of Africa

Photo exhibit on display until Nov. 30.

BY RYAN DUNN
THE CONNECTION

On Nov. 14, there was an evening reception at the Reston Center for photographer Patricia Deege's exhibit "Africa The Living Wild." This exhibit shows photographs taken by Deege during a trip to Southern Africa in May 2013. "My serious photographic journey began in 1995 with a seminar in which the pure 'poetry' of the work exhibited inspired me to learn more about the mysteries of the camera and the fascinating art of creating images that 'speak' to the heart," Deege said.

The exhibit is sponsored by the League of Reston Artists. A resident of Vienna, Deege has been active with several photo clubs, including the League of Reston Artists, Northern Virginia Photographic Society, and the Vienna Arts Society. Deege's photo "Pushing Contest," which depicts some baby elephants, won two awards at the 2013 Nature Visions Photography expo, including the "Best in Show" award, and "Best of Category Wildlife Other than Birds."

"My serious photographic journey began in 1995 with a seminar in which the pure 'poetry' of the work exhibited inspired me to learn more about the mysteries of the camera and the fascinating art of creating images that 'speak' to the heart."

— Patricia Deege

"Patricia is a phenomenal photographer," said Mary Jane Fish, a resident of Vienna and member of the Vienna Photographic Society. "This exhibit shows if you go to the right places you get amazing photos...Patricia is a great mentor for the club and takes great photos."

The images in the exhibit were shot with a Nikon DSLR camera in different countries of Southern Africa. This included national parks and wildlife reserves in Botswana, Zambia and Zimbabwe. Travel-

ing in open vehicles, animals were often encountered in close-up situations and provided opportunities to capture their grace and grandeur. "The images represent just a small example of the wonders that these countries have to offer," Deege said. Her photos at the exhibit are available for purchase.

"I think it is a wonderful exhibit, many of the pictures bring the subjects to life," said Lou Coglianese, resident of Fairfax and member of the Vienna Photographic Society. "They are beautiful pictures, I always enjoy going

out to see her exhibit," said Deege's son, Bryan Deege, resident of Oakton. The exhibit will be on display at the lobby of 12001 Sunrise Valley Drive until Nov. 30 and is open to the public.

To learn more about the League of Reston Artists, visit their webpage at <http://www.leagueofrestonartists.org>



PHOTO BY RYAN DUNN/THE CONNECTION

Patricia Deege stands by some of her photos in her exhibit "Africa The Living Wild" which is on display at the lobby of 12001 Sunrise Valley Drive, Reston until Nov. 30.

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PHOTOS CONTRIBUTED

The design of a proposed walkway along Sunset Hills Road, which was supported by several Restonians at a recent public meeting.

Transportation Discussed

BY ALEX MCVEIGH
THE CONNECTION

The Fairfax County Department of Transportation hosted their latest Countywide Conversation on Transportation Meeting in Reston Wednesday, Nov. 13, to solicit opinions on unfunded transportation projects.

With the passage of HB 2313 in April, as well as other funding sources, such as commercial investor property tax and upcoming transportation general obligation bond issues, county staff estimate there is about \$1.2 billion that can be used for transportation improvements.

"That sounds like a lot of money, but the list of unfunded projects we've put together total about \$4 billion," said Tom Biesiadny, the county's director of transportation. "So we do have to narrow the list into what will be the top priorities for the community."

Over the past few years, county staff have developed a list of unfunded projects, using a specific criteria to select them, and soliciting feedback from around the county, both online and at nine public meetings.

"We're not looking at what needs to be funded over the next 30 years," Biesiadny said. "There are projects we can get moving and make a difference in the community in a relatively short period of time ... We are not looking at maintenance projects. This is not for repaving roadways, fixing potholes or cutting the grass, those have been specifically excluded."

The areas of emphasis are Tysons Corner redevelopment, Base Realignment and Closure recommendations in the southern part of the county, transit corridors, such as the Dulles Corridor,



A proposed project that would extend South Lakes Drive as an overpass over the Dulles Toll Road.

I-66 Corridor and Route 1 Corridor, as well as improvements listed in the comprehensive plan, which includes interchanges, widening and extensions.

The projects are multi-modal, including automobile, pedestrian and bicycle focused improvements. Projects that are part of the four-year transportation plan passed by the Fairfax County Board of Supervisors last July are not on the list.

Other criteria looked at by the county include: congestion reduction, service to economically disadvantaged populations, travel time savings, school and park access and economic development areas.

A number of people at the meeting, many who live in Carlton House at the corner of Reston Parkway and Sunset Hills Road, spoke in favor of project number 177, which would build a walkway on the north side of Sunset Hills Road from Old Reston Avenue to Reston Parkway. The project is estimated to cost around \$350,000.

"As a pedestrian-friendly community, we think that this small portion of sidewalk will greatly enhance Reston," said Rick

Makely, who lives nearby.

There are several Reston projects that address crossing over, or under, the Dulles Toll Road. They would connect Sunrise Valley Drive and Sunset Hills Road, with one project extending South Lakes Drive (at an estimated cost of \$82.25 million) and one would extend Soapstone Drive (at an estimated cost of \$91.75 million).

Another project would construct an underpass connecting the two roads via an extension of Town Center Parkway.

"I'm all in favor of at least one or two more crossings over the Dulles Toll Road," said Jon Mills of Reston. "At rush hour, Reston Parkway becomes a parking lot near the toll road."

Wiehle Avenue isn't too bad, but otherwise you have to go almost to Herndon to Fairfax County Parkway, another nightmare, or all the way to Hunter Mill Road. An extension at Soapstone Drive or South Lakes Drive could do a lot of good."

The county is conducting an online survey through Friday, Nov. 22, which is available at www.fairfaxcounty.gov/fcdot/cdot.

Invest in the Young

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



There is no program or service for which public dollars can be invested that will have a greater return than those invested in the care and education of young children. People who work in early childhood and day care programs have known intuitively and anecdotally for a long time that children in their programs were much more likely to be successful by a number of different measures than were children who did not have access to their programs. Now, however, there are many longitudinal studies that provide empirical evidence that there is an exponential payback from programs aimed at young children. Children who have early learning experiences in quality preschool programs are much more likely to be successful in school and much less likely to be in trouble with the law or to be on public assistance programs.

The return on public investment in preschool education is not immediate; it accrues over time as the young person becomes a teenager then an adult. Just as one of the secrets to financial investments is to leave your money in place for long-term returns, policy makers must recognize that the returns for funding quality day care and preschool education programs are not realized for decades or more. As Arthur Rolnick and Robert Gruenewald of the Minnesota Federal Reserve Board have said, "Early childhood development programs are rarely portrayed as economic development initiatives. They should be at the top of economic development investment lists for state and local government." (<http://www.fairfaxcounty.gov/ofc/>)

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workforce_study_2006.pdf)

Unfortunately the budgeting process in the public sector does not work favorably for programs with long-term payback. In a time of recession or sluggish recovery, there is an understandable reluctance to spend money without an obvious and clear benefit. Saving dollars in future projections is not helpful to public officials who must make ends meet when there is not enough money to go around.

Recent innovations in early childhood education are often the first to be cut because there is no immediate feedback about their successes and there are no alumni associations to lobby on their behalf. Those most in need may be the least likely to speak up in the community and before legislative bodies. Obviously the children cannot do it, but too many times their parents lack the knowledge and skills to do so as well.

Fortunately many faith communities have taken up the challenge and operate day care and preschool programs as part of their missions or social justice activities. These same institutions are important voices on behalf of the needs of children as are nonprofits like Voices for Virginia Children (<http://vakids.org/>) and Every Child Matters (<http://www.everychildmatters.org/index.php>) that advocate on behalf of children for anti-poverty, feeding and educational programs. Devotion to Children (<http://www.devotiontochildren.org/>) provides scholarships to needy families for day care services.

At a time when food stamp programs are being reduced and educational dollars are becoming scarce, it is important that legislators see and understand the long-term benefits of investing in our children.

MILITARY NOTES

Coast Guard Seaman Matthew Lopez graduated from the U.S. Coast Guard Recruit Training Center in Cape May, N. J. Lopez is a 1999 graduate of Lake Braddock Secondary High School, and is the son of Judith T. Lopez of Springfield and Manuel A. Lopez of Reston.

Army Pfc. **Alan R. Fickling** has graduated from the Infantryman One Station Unit Training at Fort Benning,

Columbus, Ga. Fickling is the son of Mythili Fickling of Bennington Hollow Lane, Reston, and a 2007 graduate of Thomas Jefferson High School.

Army Pvt. Edward J. Vollman has graduated from the Infantryman One Station Unit Training at Fort Benning, Columbus, Ga. Vollman is the son of James Vollman and Lee Hobrila of Basset Lane, Reston, and a 2009 graduate of Herndon High School.

‘College Awareness’ at Lake Anne Elementary

Teachers at Lake Anne Elementary School came together last Friday and dressed in some of their college gear, as a means to show the students the importance of going to college, or also titled “College Awareness.” From left: Ms. Norris; Ms. Detwiler; Mr. Crotty; Mrs. Lotter; Mrs. O’Donovan; and Mrs. Bolus.



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PHOTO COURTESY OF COOKOLOGY

Holiday cooking with children promotes learning and self-confidence and creates fond memories.

Holiday Cooking with Children

Local culinary instructors offer suggestions for bonding in the kitchen.

BY MARILYN CAMPBELL
THE CONNECTION

Maria Kopsidas recalls childhood holidays filled with turkey, sweets and merriment. Because she grew up in a family of professional chefs, cookbook authors and culinary enthusiasts, the stretch from Thanksgiving to Christmas always brings fond food recollections.

“My grandmother was always tasked with seven to eight pies, my aunt made her famous stuffing and brownies [and] my uncle cooked the turkey. My mother was in charge of everything else, [including] and more importantly, playing referee between my two grandmothers, who competed over the invisible gravy of the year award,” said Kopsidas, who owns Cookology Recreational Culinary School, in Dulles Town Center.

Kopsidas and other culinary instructors say the holidays are an ideal time to spend time in the kitchen with children. When tasks match a child’s age and ability, the kitchen becomes fertile ground for making memories, learning and creating lasting bonds.

Stephen P. Sands, of Culinary Cooking School in Vienna, agrees. “Besides being educational — teaching them math through measuring ingredients, and the chemistry of food, such as why egg whites cause soufflés to rise, or why or how baking soda works — it bonds families together,” he said. “It provides all with a purpose, a

fun way to work together, and the results are enjoyed by everyone. Some of life’s great lessons can be learned in the kitchen.”

Kopsidas believes that children between the ages of 3 and 9 would enjoy creating a dish designed especially for other children. “Sit down with your children to discuss what they think each child/guest would like to eat for Thanksgiving,” she said. “Discuss who is a picky eater, who would love vegetables, potatoes, sweet potatoes, cranberry sauce, pie. Let them help make baked goods like pies, brownies and cupcakes.”

Sands said praise and encouragement can make meal preparation a joyful experience for children. “At an early age, provide positive reinforcement, a sense of accomplishment and pride in the work they produce,” he said. “However, remember there are those negatives: like egg shells in the batter, salt being added to a dessert instead of sugar and my favorite, the spatula in the mixer while it’s running, [which] results in chocolate splatter on the walls, not to mention you, them and probably the dog. Regardless, it is a fun experience all will enjoy.”

Even children who may not enjoy spending time in the kitchen can take part in process. “Have your kids set the kids’ table, making colorful place settings with each kid’s name and maybe a drawing of their likeness,” said Kopsidas. “This will make the guest children feel special when they arrive at a new home.”

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OPINION

Shop Locally, Shop in Reston

Small business Saturday isn't enough; don't wait until then, and don't stop after that.

An effort to support locally owned businesses has resulted in the recognition of Small Business Saturday, the Saturday after Thanksgiving. This year that is Nov. 30. Black Friday, the day after Thanksgiving, is known as a dedicated day of national zeal for shopping. Presumably the next day shoppers can focus on local shopping.

It sounds like an obligation, and it is. But there is a joy to shopping in local stores at the holidays, to walking along a sidewalk with the streets decked out for the holidays, to being greeted by someone likely to be the owner of the store, to finding gifts that are not mass-produced.

We all benefit when local stores thrive, when local business districts beckon.

Locally owned retail shops, services, restaurants depend on vibrant local communities to thrive. Most small, locally owned businesses invest in community, helping to transform our towns and communities with a sense of place.

The economy continues to improve slowly without inspiring. Local families will shop and

exchange gifts during the next month, spending tens of millions of dollars in a variety of places.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambiance available by shopping in the heart of a town that is decked out for the season. Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

EDITORIAL

Frequently, it is the small retail person who is active in fundraising for local charities, for fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, face tough challenges right now. Competition from big box stores and online sellers makes the holiday shopping season all the more important to locally owned retailers.

Everyone will do some of their shopping at the mall. Everyone will do some shopping online. Many will answer the call of the big box. But local shoppers should be sure to save some shopping time and dollars for local stores. Spend some time shopping in your own community, and also plan an excursion to a nearby town to check out the local businesses and holiday spirit there.

Some of the upcoming holiday events in the

area include:

23rd Annual Reston Holiday Parade

Take part in the festive season with Macy's-style balloons, musicians, dancers, antique cars, and more. This one-hour parade along Market Street will also welcome the arrival of Santa and Mrs. Claus in a horse-drawn carriage on Friday, Nov. 29.

Herndon Towne Square Singers Winter Concert

The Towne Square Singers will perform music of the holidays from TV and movies. Join them on Dec. 7 at Herndon Middle School.

Jingle with Santa at Lake Anne

Bring the family to enjoy festive activities on Dec. 7, ranging from the visit from Santa (arriving on a lake barge), strolling carolers, a petting zoo, music, wine tastings, merchant specials, children's crafts, cookie decorating, holiday arts & crafts market, holiday entertainment and more.

Herndon Holiday Arts & Crafts Show

Shop locally this holiday season at the Holiday Arts & Crafts Show on Dec. 8, where more than 70 arts and craft vendors will offer unique gifts, decorations and handmade items.

Election Day 2013

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Some friends who work on election issues for the Democratic Party have pestered me to stand up and serve as an election officer. The last couple of elections Republican election officers substantially outnumbered Democrats working the polls—not a healthy situation. So, I bit the bullet and signed up. When I called the Fairfax County Electoral Board volunteer, the lady on the phone asked where I preferred to work. I had decided to roll the dice and responded, “some place not more than 10 miles away from Lake Anne, if possible.” I had my fingers crossed that it would not be some tea party hotbed. “How about Seneca Precinct in Great Falls, she said.” Sure, why not! She told me I'd have to come for a half-day training class at the Fairfax County Government Center (the infamous “Taj Mahal”) and fill out paperwork in order to get my \$175 pay. \$175! I thought you got like \$25 for working at the polls. Clearly a step up from our typical volunteer gigs in Reston.

A couple of weeks before the election, I appeared at Taj Mahal, Room 315-C for training. To begin, we were reminded of many dos and don'ts of poll work: do come to the polling place at O dark thirty (5 a.m.); don't leave the place until well after the polls close (maybe 9 or 10 p.m.); do bring food, medications, whatever one needs to survive a long day; don't discuss anything remotely partisan political with anyone; don't wear anything remotely political; and, do treat voters with courtesy and respect no matter how they behave!

The hardest part of the training was familiarizing myself with the high tech equipment. No hanging chads here! First, the old poll books with the alphabetical listings for checking in voters are no more. Poll workers now use Electronic Poll Books—laptop computers armed with Fairfax County voter records software. A few minutes of practice, sharing a computer with an-



INDEPENDENT PROGRESSIVE

other struggling volunteer, was not nearly enough to get me up to speed. Then there was the Touch Screen Voting Machine which I have gotten used to voting with. Learning how to set up, take apart for use out at curbside for those with mobility impairments was much harder. Last was the Optical Scan Voting Machine. It is the latest—all electronic record keeping and it keeps every voter's paper ballot in its large belly! Using it was not a problem, but setting it up, instructing voters in its use and taking it apart to report and record results, etc. were difficult for the computer-challenged such as myself. I worried about being up to the task on election day. Election day arrived early. I arrived at 4:45 a.m. at Forestville Elementary School (Seneca Precinct) in Great Falls. Luckily, it was so early that Great Falls security wasn't awake and the Independent Progressive slipped right through to the polling place in Republican

territory. I wouldn't leave it for over 16 hours!. My worrying about not being competent to operate, and explain to others how to operate equipment, was overblown. I was one of 10 people, half Republicans and half Democrats, serving as election officers. Two old pros served as Chief and Deputy Chief Election Officer and others had worked there many times. They took me in like a member of the team, and we worked well together throughout the long day and the lengthy, tedious counting and close-up procedures. And, sonuvagun, I got used to working the electronic poll book and became nearly expert with the Optical Scan machine. I actually found myself enjoying the experience, interacting with 1,700 people I had never met who came to do their civic duty, most of them happily. And most of them were likely Republican, but folks who would vote this day for the top two Democrats on the ballot I have checked this block in my life experiences book. I don't know that I'll do it again because it was such a long day. But, who knows? It was interesting.

Reston CONNECTION

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FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.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.

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- to 4-year-old students for the 2010/2011 school year. 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.

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. E-mail shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

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A Lesson on Thankfulness

Chanukah and Thanksgiving are deeply connected.

BY RABBI LEIBEL FAJNLAND
CHABAD OF RESTON-HERNDON

For the first time since 1888, and not for at least another 77,798 years, the festivals of Chanukah and Thanksgiving converge. It is a rarity that invites us to take a closer look at the underlying message of both, the common theme they both share.

Thanksgiving is a story about a strenuous journey to escape religious persecution for freedom in a new land, a free land, and the Divine providence that carried those refugees through their plight.

In a nutshell that's Chanukah, as well: a narrative deeply embedded in the collective Jewish psyche of how a small band of heroes fought back against religious oppression in their own land, earned their freedom and thanked G-d for the miracles.

Notwithstanding the fact that, in America, most holidays have lost their original significance for most people. With Thanksgiving, we still identify with the plight of those Pilgrims. Most of us, after all, are descendants of those who fled to this side of the planet seeking a new future free of the oppressive restrictions of the old world. And when we think of America, we still think of a land of promise and liberty.

So Chanukah and Thanksgiving are deeply connected, and both elicit from deep within our souls the cry summed up so well by MLK Jr. "Free at last! Free at last! Thank G-d Almighty, we are free at last!"

And although Thanksgiving is a national holiday, not a religious holiday, it is ultimately a story about the oppressed thanking G-d for the gift of life and liberty.

And why is the G-d factor that important? Thanking G-d affirms you feel an affinity with whatever it is you believe is behind this whole existence of ours. You feel that there is some sort of interaction going on here. You feel that this super-being, this transcendental oneness — as



Rabbi Leibel Fajnlend.

strange as it may sound, actually cares...about you!

It says that caring doesn't just make the world go 'round — caring is the reason the world is here to begin with.

So this Chanukah/Thanksgiving season let us all be thankful for the blessings we were gifted. But most importantly let us become G-dlike ourselves, by caring, and by being and bringing blessings to others.

For all Chanukah related questions and information visit www.chabadrh.org/chanukah

Rabbi Fajnlend can be reached at Rabbi@chabadrh.org

Chanukah

Programs in Reston-Herndon Area

All reservations can be made at www.chabadrh.org

◆Pre Chanukah Rainbow Loom Workshop

Join us for a special event: Get ready for Chanukah with a loom for love Chanukah Party. Bring your Loom, we'll supply the bands, and together with Michaels Loom instructors help fill our "Loom Menorah" with your creations. Your masterpieces will be given to patients in Childrens Hospital.

Chanukah treats for all. Bands galore. Fantastic raffle. Where: Michaels Reston (11630 Plaza America Dr. Reston)

When: Sunday, Nov. 24., 2:30-3:30 p.m.
Fee: Gratis. \$36 Event Sponsorship.

◆Chanukah on the Green

Bring family and friends for an evening of Chanukah fun. Giant Menorah lighting, refreshments and more!

Who: The entire community
When: Sunday, Dec. 1, at 5:30 p.m.
Where: Herndon Town Green, 777 Lynn Street, Herndon. Fee: Gratis.

◆Chanukah Party @ Lake Anne Waterfront

Witness the lighting of a giant Ice Menorah by a special guest. Then join us in the Reston Community Center at Lake Anne for fun, prize drawings, Chanukah donuts, latkes, and chocolate gelt, Hot chocolate, Family chanukah film, free dreidels , and lots of holiday cheer for the whole family! Tuesday, Dec. 3, 5:30 p.m.

At the Lake Anne Waterfront/Reston Community Center Lake Anne, 1609 Washington Plaza N # A, Reston
Event Sponsorship: Menorah Sponsor \$50 . Maccabee Sponsor \$100

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.

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.

HOLIDAY GIFT GUIDE

Gift Ideas in Reston

Reston Used Book Shop, Reston Museum offer local gift ideas.

BY ALEX McVEIGH
THE CONNECTION

When hunting for presents this holiday season, the Reston Used Book Store offers hard-to-find reads alongside bestsellers at one of the area's most popular gift destinations.

Owned by Bud and Susan Burwell, the shop has been known as "the place where books and people meet" for the past 30 years.

"We have a great selection of high-quality bound books, including many Easton Press editions, that make for great gifts to any book lover," Susan Burwell said. "We also stock a number of coffee table-style books about art and other collectible that cover a wide range of subjects."

While the leather bound books take up one small shelf in the shop, and bestsellers like "The Hunger



The collection of leather bound books at the Reston Used Book Shop.

Games" can be found on a table in the front, with other genres and books packed into almost every other square inch of shelving.

"I love the gardening books, I'm always looking for inspiration and anything with a lot of pictures is perfect for a novice like me," said Betsy McDonald of Herndon. "And they make great gifts for family

members that are looking at getting into the hobby."

"One of my favorite things we stock are children's books, including a number of classic books in foreign languages, Spanish, German, Russian, French," Susan Burwell said. "And we have a lot of books that aren't just the 'read one time' kind of books, they're ones that will be in your collection for a long time."

Other items for sale include handmade hats and slippers from Nepal, made by a friend of the Burwells.

The Reston Used Book Shop is located at 1623 Washington Plaza North, and can be found online at www.restonusedbookshop.com.

The Reston Museum has also stocked their shelved for the holidays, with their annual Holiday Shop.

It features handmade glass ornaments, pottery, jewelry and more, all made by local artists, and all priced for under \$50.

"I came into the holiday shop to grab a Reston T-Shirt for my nephew, and came across some of the items for sale, and ended up with a few great things," said Keith Jarmin of Reston.

"I like to support local artists, especially when the quality is this



The Reston Used Book Shop stocks a selection of classic children's books in foreign languages.



Handmade items by local artists are available at the Reston Museum this holiday season.

good."

There is also a selection of artist-made greeting cards, and handmade glass ornaments made by the Reston Historic Trust's Katie Eichler

Jones.

The Reston Museum is located at 1639 Washington Plaza, and more information is available at www.restonmuseum.org.

BULLETIN BOARD

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

WEDNESDAY/MONDAY/NOV 20/DEC 16

Toys for Tots Drop-off. 9 a.m.-5 p.m. weekdays, at National Realty, located at the corner of Reston Parkway and Sunrise Valley Drive, 11890 Sunrise Valley Drive, Reston. Drop a new, unwrapped toy in the donation box in the lobby. All toys will be distributed to needy children within Loudoun County and to Herndon & Reston children via the non-profit Herndon-Reston FISH, Inc. "Newborn to 1-Year Old" and the "Teens" age groups are particularly needed. 703-860-4600.

THURSDAY, NOV. 21

Politics & the Media. 8 p.m., at the Northern Virginia Hebrew Congregation, 1441 Wiehle Ave, Reston. New York Times Reporter Sheryl Gay Stolberg will discuss the relationship between politics and the media as well as her coverage of the 2012 presidential election. The event is free and open to all. 703-437-7733

Magic Tree House Book Club. 4 p.m.-5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Come explore the world of Jack and Annie. This month's title is Thanksgiving on Thursday by Mary Pope Osborne. Read it at home and join us for discussion and activities. Age 6-9. 703-689-2700.

Library, 11925 Bowman Towne Drive, Reston. Come explore the world of Jack and Annie. This month's title is Thanksgiving on Thursday by Mary Pope Osborne. Read it at home and join us for discussion and activities. Age 6-9. 703-689-2700.

FRIDAY/NOV. 29

American Red Cross Blood Drive. 8:30 a.m.-2 p.m. Reston Community Center, 2310 Colts Neck Road, Reston.

TUESDAY/DEC. 10

Discover Graphics. At ArtSpace Herndon, 750 Center Street, Herndon. Exhibiting the work of printmakers for the past 30 years.

WEDNESDAY/DEC. 11

Business Education Workshop: Learn to Enjoy Tax Time. 6:30-10 a.m., at Greater Reston Chamber of Commerce, 1763 Fountain Drive, Reston. The cost is \$10. Register at <https://restonvacoc.willnc25.com/>. More info: call 703-707-9045.

ONGOING

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.
Herndon Senior Center seeks a

MONDAY/NOV. 25

Storytimes for Threes to Fives.

knitting enthusiast to teach basic procedures. Class meets Thursdays, 10:30 a.m. to noon and musicians to play soothing music on weekend mornings. 703-324-5406, TTY 711 or <http://www.fairfaxcounty.gov/olderadults>.

AWANA Club for Christian Children. 7-8:30 p.m., at MLK Christian Church, 11400 North Shore Drive, Reston. Awana helps churches and parents work together to develop spiritually strong youth who faithfully follow Jesus Christ. 703-709-3641.

Knitting Enthusiasts, Musicians Needed. 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, www.fairfaxcounty.gov/olderadults or VolunteerSolutions@fairfaxcounty.gov.

Habitat Heroes Project. Every 4th Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

Arabic-speaking Older Adult Social Visits. Fairfax County needs

volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186. VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

The Herndon Senior Center at 873 Grace St., Herndon, needs a volunteer musician to play soothing music for participants; piano available. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

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.

Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers. Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to homebound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.

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Visit LoudounHistoricHomes.org for tour hours and additional information.

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.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

ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

WEDNESDAY-SATURDAY/NOV.20-30

Ventures and Puzzles. 9 a.m.-9 p.m. Monday-Saturday, 9 a.m.-8 p.m. Sunday, at Hunters Woods, 2310 Colts Neck Road, Reston. Abstract oil paintings by Frank Eifert, in an exhibit in which "Half-Reflections" accompany each picture to metaphorically suggest some of the intentions, surprises and significances encountered in the creation of the picture. In this series of paintings, Frank developed a "multi-directional" style, painting from all four sides and four corners (for square pictures), essentially providing up to eight distinct pictures, the multiple options of viewing reflecting the ambivalence and ambiguity of our time. 703-467-4500 or www.restoncommunitycenter.com.

WEDNESDAY-SUNDAY/NOV.20-DEC.9

The Artists of Montorno. 10 a.m.-2 p.m. Tuesday-Thursday; 10 a.m.-5 p.m. Friday-Saturday; and 1-5 p.m. Sunday, at ArtSpace Herndon, 750 Center St., Herndon. Montorno painting workshops in Seravezza, Italy, have been a refuge for artists to study with famous painters and sculptors for almost two decades. The exhibit features the work of Montorno instructors Danni Dawson,

Mike Francis, Trisha Adams, Mary Del Popolo, Peggy Feerick, Gavin Glakas and Kurt Schwarz—locally and internationally known artists. Portraits, landscapes, still life paintings, drawings, pastels, printmaking and photography are featured.

703-956-6590 or www.artspaceherndon.org.

THURSDAY/NOV. 21

Politicians and the Press. 8 p.m., at Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. Washington correspondent for The New York Times Sheryl Gay Stolberg shares insight on the interplay between politicians and the press, sharing examples from reporting during the George W. Bush and Obama administrations.

FRIDAY/NOV. 22

"Black 'n Blue Boys" by Dael Orlandersmith. 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Orlandersmith performs her original piece about seven male victims of abuse. Adults only. \$20 Reston, \$40 Non-Reston. www.restoncommunitycenter.com.

SATURDAY/NOV. 23

Korean Spirit and Culture Promotion Project. 1 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. A program on Korean culture which includes films, a re-enactment of a Korean wedding ceremony and traditional foods. Register. 703-689-2700 or www.fairfaxcounty.gov/library/.

Gustafer Yellowgold. 3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Morgan Taylor brings his character to life in a child-friendly performance featuring live music, animated illustrations, and storytelling. \$5 Reston, \$10 Non-Reston; register for a pancake breakfast before the show. www.restoncommunitycenter.com.

The Churchmen. 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road (one block off Elden Street), Herndon. The bluegrass gospel group plays Southern, traditional music with harmonies and elaborate instrumentation. \$15; free for children under 12. 703-435-8377, www.thechurchmen.com or http://www.holycrosslutheranchurch.net/?page_id=18.

WEDNESDAY/NOV. 27


Community Thanksgiving Eve Service. 7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston.

TUESDAY/DEC. 3

New York Festival of Song: Cubans in Paris, Cubans in Havana. 8 p.m., Cubans in Paris, Cubans in Havana features Cuban music that took the world by storm in the 1920s and 30s and found a special welcome in Paris. \$20 Reston/\$40 Non-Reston.

TUESDAY/DEC.3 - SUNDAY/DEC. 29

Jacob Marley's Christmas Carol. 269 Sunset Park Drive, Herndon. This one-man show retells the classic story but focuses on Scrooge's departed, doomed and chained business partner, Jacob Marley.



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HOLIDAY CALENDAR

THURSDAY/NOV. 21

"The Nutcracker" Children's Series Performances. 1 p.m. Classical Ballet Theatre Performance Studio, 320 Victory Drive, Herndon. One-hour performances of the classic holiday ballet, performed for preschools, Head Start classes, and kindergartens.

WEDNESDAY/NOV. 27

Community Thanksgiving Eve Service. 7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston.

FRIDAY/NOV. 29

23rd Annual Reston Holiday Parade. 11 a.m. Reston Town Center, 11900 Market Street, Reston. Take part in the festive season with Macy's-style balloons, musicians, dancers, antique cars, and more. This one-hour parade along Market Street will also welcome the arrival of Santa and Mrs. Claus in a horse-drawn carriage. www.restontowncenter.com/holidays.

Gingerbread Man Mile. 8 a.m. Reston Town Center, 11900 Market Street, Reston. The course covers a 1-mile loop around Reston Town Center. Registration: \$5. <http://www.prraces.com/gingerbread/>

Tree Lighting and Sing Along. 6 p.m. Reston Town Center, 11900 Market Street, Reston. Join Santa to light up the Christmas tree and sing some festive carols.

The Thanksgiving Story. 11 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Bring family and friends to this lively and interactive retelling of the Thanksgiving Story. Admission \$4-\$6.

SUNDAY/DEC. 1

Chanukah on the Town Square. 5:30 p.m. Giant Menorah lighting, crafts, refreshments and more. Herndon Town Square, in front of Town Hall at 730 Elden Street, Herndon.

TUESDAY/DEC. 3-SUNDAY/DEC. 29

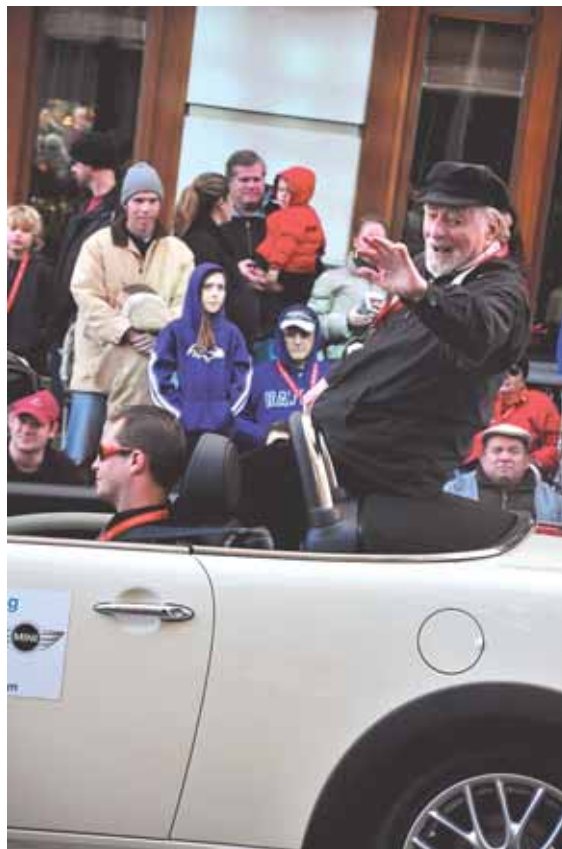
Jacob Marley's Christmas Carol. NextStop Theatre, 269 Sunset Park Drive, Herndon. In this behind-the-scenes retelling of one of the most famous stories of all time, join Marley and an annoying little sprite named Bogle, as they set out on an impossible adventure to save old Scrooge's soul. Tickets: \$25. <http://www.nextstoptheatre.org>

TUESDAY/DEC. 3

New York Festival of Song "Cubans in Paris, Cubans at Home." 8 p.m. CenterStage, 2310

Reston founder Robert Simon waves to the crowd at the 2012 Reston Holiday Parade.

PHOTO BY
ALEX MCVEIGH
THE CONNECTION



Colts Neck Road, Reston. Features Cuban music that took the world by storm in the 1920s and 30s and found a special welcome in Paris. Tickets: \$20-\$40. <http://restoncommunitycenter.com/centerstage-new-york-festival-of-song.shtml>

WEDNESDAY/DEC. 4

"The Twelve Dates of Christmas." NextStop Theatre, 269 Sunset Park Drive, Herndon. Tickets: \$25. <http://www.nextstoptheatre.org>.

FRIDAY/DEC. 6-SATURDAY/DEC. 7

Living Nativity. 6:30-9 p.m. Southview Community Church, 2620 Reston Pkwy, Herndon. The Christmas story is recounted in a meaningful and tangible way with live animals and visual interpretations.

SATURDAY/DEC. 7

Alternative Gift Market. 10 a.m. - 2 p.m. Unitarian Universalist Church, 1625 Wiehle Avenue, Reston. This annual market and craft festival allows you to donate on behalf of someone to a cause that will benefit others.

Gifts from the HeART: Reception and Holiday Sale Event. 11 a.m. - 4 p.m. 2310 Colts Neck Road, Reston. Original works of art in a variety of media, including oil, acrylic, watercolor, collage, stained glass, ceramic, sculpture, and mixed media, in a wide range of sizes and

prices. <http://restoncommunitycenter.com/gifts-from-heart.shtml>

Herndon Towne Square Singers

Winter Concert. 7:30 p.m. Herndon Middle School, 901 Locust Street, Herndon. The Towne Square Singers perform music of the holidays from TV and movies. Tickets: \$12. <http://www.herndonva.gov/>

Herndon Tree Lighting and Sing-Along.

5-6 p.m. Herndon Town Hall Square, 730 Elden Street, Herndon. Join in celebrating at Herndon's historic downtown for carols, tree lighting and a visit from Santa.

Holiday Homes Tour of Herndon.

10 a.m. - 4 p.m. 777 Lynn Street, Herndon. Tour Herndon homes decorated for the holidays. Admission: \$15 in advance; \$20 day of tour. 703-435-6800 ext. 2222.

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Lights, Camera, Christmas. 2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The Towne Square Singers will give two performances of their winter concert Lights, Camera, Christmas featuring music of the holidays from TV and Movies. Tickets: \$12. Register at www.herndonva.gov/webtrac

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Seahawks Ready to 'Cut Nets'

South Lakes girls' basketball returns nine from state-playoff team.

BY JON ROETMAN
THE CONNECTION

The South Lakes girls' basketball team ended the 2012-13 season on a wild ride, with five of six postseason games decided by three or fewer points while earning a trip to the state tournament.

The Seahawks have positive memories from the 23-win campaign, including Caitlin Jensen's buzzer-beater that knocked a talented Mount Vernon team out in the region quarterfinals, and memories of disappointment, including a two-point loss to Stonewall Jackson in the state quarterfinals.

Unfortunately for the Seahawks, memories are all they have to show for last season.

Despite a deep postseason run, South Lakes failed to win a district, region or state championship. The Seahawks lost to Madison by three in the Liberty District semifinals, fell to Edison by eight in the Northern Region championship game and came up short against Stonewall at states. None of the athletes on the South Lakes roster have experienced a high school postseason championship.

This season, South Lakes has its sights set on taking care of unfinished business.

"We want to cut down nets," said Jensen, referring to the celebratory act following a championship. "That's definitely big for us. Being right there, it's kind of a sour taste in your mouth for all four years, so we definitely want to cut down those nets."

South Lakes possess the fire power to make championships a



Six-foot-4 senior Abby Rendle, left, is one of nine returning athletes on the 2013-14 South Lakes girls' basketball team.

reality. The Seahawks return nine athletes from a team that finished 23-6, including a pair of seniors who will play college basketball. South Lakes has size, perimeter scoring and the motivation to improve.

"Even though everyone was like, oh, great year, there was still kind of an unfinished feel to it," South Lakes head coach Christy Winters Scott said, "because we didn't cut nets."

Jensen is a 5-foot-5 senior combo guard who can handle the ball and score. Her jumper at the buzzer gave the Seahawks a 46-45 win over Mount Vernon, advancing South Lakes to the region semifinals for the first time since 1997. She will play for the University of Mary Washington.

"Last year," Jensen said, "really raised our expectations."

Abby Rendle is a 6-foot-4 senior center who can fill up a boxscore. Rendle has the size to be a double-digit rebounder and the wingspan

"We want to cut down nets. That's definitely big for us. Being right there, it's kind of a sour taste in your mouth for all four years, so we definitely want to cut down those nets."

— South Lakes senior Caitlin Jensen

to be a shot-blocking force. She can also run the floor and finish in transition. Rendle will play for William & Mary.

"I just want them to be consistent," Winters Scott said about her college-bound standouts. "Every game, I want them to be the same player [and] I want them to be



South Lakes girls' basketball coach Christy Winters Scott speaks to the Seahawks during a scrimmage against St. Stephen's & St. Agnes on Nov. 18.

relied upon by their peers."

Six-foot-2 junior Princess Aghayere is a force in the paint and senior guard Sasha Sprei (5 feet 5) is an experienced contributor. Senior guard Chauntell

Dunbar (5-8), junior guard Brenda Kamga (5-9), senior guard Natalie Toma (5-9), senior guard Colette Toma (5-8) and senior forward Kristen Cornwell (5-10) also return from last season.

"Every single year we get a better connection," Rendle said. "We have great chemistry."

After the VHSL six-class realignment, South Lakes will play its first season in the 6A North region's Conference 6, which includes Fairfax, Langley, Madison, McLean, Hayfield, Washington-

Lee and Yorktown.

The Seahawks will scrimmage Centreville, which also reached last year's region final four, at 10 a.m. on Saturday, Nov. 23 at Centreville High School. The Seahawks will open the season on the road against Stone Bridge at 7:30 p.m. on Dec. 3.

The Seahawks will have a target on their backs this season and Winters Scott said the team has to focus on improving.

"We're not the ones gunning for the Oaktons and the Mount Vernons," she said. "Now, they're going to be coming to us because of what happened last year in those games when we beat them."

If the Seahawks work hard, their talent and experience just might earn them more than memories this season.

I want [championship banners] on the wall," Winters Scott said. "... I want it to be a prideful thing and not (have to) look up like, we didn't get it done."

Herndon's Goldman Competes at XC States

Herndon senior Andrew Goldman finished 41st at the VHSL 6A boys' state cross country championship on Nov. 15 at Great Meadow.

Goldman finished with a time of 16 minutes, 29 seconds.

Oakton's John Stoney won the individual title with a time of 15:24. Lake Braddock's Alex Corbett finished runner-up with a time of 15:35, followed by Chantilly's Ryan McGorty (15:45), Osbourn Park's Nick Causey (15:49) and Chantilly's Dakota Lange (15:51).

Chantilly won the team championship with a score of 85. Lake Braddock finished second (87), followed by Robinson (89), Battlefield (89), Osbourn Park (98) and Oakton (133).

Herndon's Andrew Goldman finished 41st at the VHSL 6A state cross country championships on Nov. 15 at Great Meadow.

PHOTO BY
ED LULL



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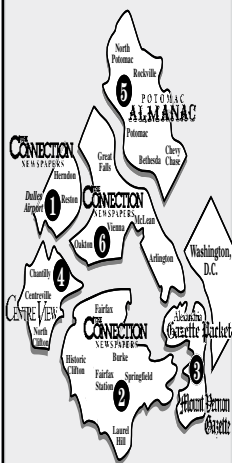
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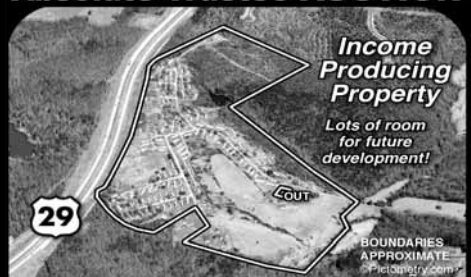
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Fairfax Water

NOTICE OF WATER RATE PUBLIC HEARING

At 6:30 p.m. on Thursday, December 12, 2013, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2014, include the following:

1. An increase in the Availability Charge from \$3,850 to \$3,950†.
2. An increase in the Local Facilities Charge from \$9,500 to \$9,750.
3. An increase in the Service Connection Charge from \$1,050 to \$1,090†.
4. An increase in the Account Charge from \$35 to \$36.
5. An increase in the Quarterly Billing Service Charge from \$9.20 to \$9.80†.
6. An increase in the base Commodity Charge from \$2.29 to \$2.42 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.45 to \$3.55 per 1,000 gallons of water.
8. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
9. An increase in the Installation of Sewer Use Meter Charge from \$44 to \$45.
10. An increase in the Returned Payment Charge from \$17 to \$20.

A copy of the proposed changes can be viewed on our Web site at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 11, 2013 to be included in the record of the public hearing.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

21 Announcements

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Cost of Living



By KENNETH B. LOURIE

As the person primarily responsible for stocking the house with supplies and maintaining miscellaneous inventory, I am frequently in stores (supermarket, drugstore, pet store, etc.) buying the staples (not an office supply reference) our family needs to maintain our lifestyle, such as it is. And if I do say so myself, and I do, I do an excellent job balancing needs, wants and available cash flow to fulfill those various requirements. I don't know if I should win an award, but I should definitely be nominated for the tasks I regularly undertake and the success I have completing them. Moreover, considering the underlying fact that I have a terminal disease: stage IV, non-small cell lung cancer (the incurable kind), and a cash flow which is hardly guaranteed or predictable, I certainly deserve an "A" for effort.

As much as I don't/didn't want to factor my original prognosis: "13 months to two years" into my daily life, especially when allocating resources/spending money, not considering that prognosis/time line has been nearly impossible. The logic goes something like this: why spend money today on an item I might not need in six months (if you know what I mean)? Why deprive/neglect myself today (a definite) in order to prepare/plan for tomorrow (a maybe), a tomorrow that, ever since my February, 2009 diagnosis is no longer guaranteed, or at least no longer anticipated as it was prior to that date – on paper, anyway; given the fact that both of my parents lived into their mid-eighties (I was diagnosed at 54 and half)?

Nevertheless, as my life has gone on, somewhat unexpectedly, considering what my oncologist said to Team Lourie back in early 2009, my attitude about the future has evolved. Whereas once I had one (pre-diagnosis), then didn't (post diagnosis); now I sort of am having one, subject to change of course and therein lies the rub (although, it's a heck of a lot more than a "rub," it's more like a systemic irritation); trying to live/consume normally in the face/context of a terminal cancer diagnosis. It has been and continues to be the bane of my rather fortunate existence. I don't want to pretend or presume that life goes on as I have said it has – for me, but acting as if it doesn't is hardly the negative attitude I want to embrace. And for the most part, I haven't.

This emotional maturity manifested itself recently at the supermarket. I bought multiple items that I didn't need now (charcoal lighter fluid, two cans of shaving gel; in general, non-perishables), but presumably would need later (months later), but given their sale price, their net cost to me was too appealing to resist, so I bought them – without thinking too much about my life expectancy time line. In fact, the time line thing didn't hit me until later when I realized that I had made purchases whose ultimate benefit to me (other than the price discount now), when I would actually use/need the items, was not now, but later, much later. A "later" that I'm not 100-percent sure I have, given my semi-precarious cancer-centric existence. The future was once again part of my instinctive planning. And that realization made me feel unburdened somehow.

Mind over matter, I'm sure, since I've received no result (lab work, CT Scan, etc. – and certainly no assurance from my oncologist) to indicate that my medical status has changed somehow. Still, it was a good feeling to have and one that gave me hope that my future is indeed more than just an abbreviated version of my past.

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

Reston Community Center



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NOVEMBER 1 - 25

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**Heavy Duty Clear Plastic Bins (approx. size of file boxes) • Diapers • Baby Wipes • Canned Fruit • Canned Meats
Condiments (mayo, mustard, ketchup, etc.) • Cooking Oil • Canned Beans • Peanut Butter & Jelly • Soups, Chili, etc.
Ramen Noodles & Cup-o-Noodles • Macaroni & Cheese • Boxed Potatoes • Bagged & Boxed Rice & Couscous •
Pasta/Rice Mixes • Cereal • Coffee, Tea, etc. • Dry Beans • Flour, Sugar, etc. • Hygiene Items (toothpaste, soap, etc.)
Milk (evaporated, condensed, dry, soy, etc.) • Oatmeal, Pancake Mixes, Other Breakfast Items
Season Packets (taco mixes, marinades, soup mixes, etc.) • Snacks (cookies, cracker, fruit bars, etc.)**

RCC Hunters Woods
2310 Colts Neck Road, Reston

RCC Lake Anne
1609-A Washington Plaza, Reston

Greater Reston Chamber of Commerce
1763 Fountain Drive, Reston

Abich Financial Services
1900 Campus Commons Drive, Suite 100
Reston

Access National Bank
1800 Robert Fulton Drive, Suite 105, Reston

Appalachian Spring
11877 Market Street, Reston

Boyd School Herndon
13251 Woodland Park Road, Herndon

Boyd School Reston
11579 Cedar Chase Road, Herndon

Buffalo Wing Factory
2260-D Hunters Woods Plaza, Reston

Cardinal Bank
11150 Sunset Hills Road, Reston

Complete Health Chiropractic
208 Elden Street, Herndon

Congressional Bank
150 Elden Street, Suite 170, Herndon

CVS Pharmacy
11160 South Lakes Drive, Reston

FJY Financial
1900 Campus Commons Dr., Suite 500,
Reston

Gold's Gym
2445 Centreville Road, Herndon

Hunter Mill District Office
12000 Bowman Towne Drive, Reston

Hyatt Regency Reston
1800 Presidents Street, Reston

JBG/Reston Arboretum
12700 Sunrise Valley Drive, Reston

JBG/Reston Executive Center
12100 Sunset Hills Road, Reston
12110 Sunset Hills Road, Reston
12120 Sunset Hills Road, Reston

JBG/Reston International Center
11800 Sunrise Valley Drive, Reston

JBG/The Summit
2000 Edmund Halley Drive, Reston

John Marshall Bank
1943 Isaac Newton Square E., Suite 100,
Reston

Long & Foster Realtors
1831 Wiehle Ave, Reston

M&T Bank
1861 Wiehle Avenue, Reston
12170 Sunset Hills Road, Reston
1025 Herndon Parkway, Herndon

Northern Virginia Community College
1831 Wiehle Avenue, 3rd Floor, Reston

Reston Association-HQ
12001 Sunrise Valley Drive, Reston

Reston Association-CSF
12250 Sunset Hills Road, Reston

Reston Association-WNC
11450 Glade Drive, Reston

Reston Sport & Health
11445 Isaac Newton Square, Reston

Security Public Storage
385 Spring Street, Herndon

State Farm Insurance
11868 Sunrise Valley Drive, Suite 200, Reston

Tall Oaks Assisted Living
12052 North Shore Drive, Reston

The M Group Architects
12353m Sunrise Valley Drive, Reston

United Bank
1801 Reston Parkway, Reston

YMCA Fairfax County Reston
12196 Sunset Hills Road, Reston

The Winery at Bull Run
15950 Lee Highway, Centreville

For more information, please contact Kevin Danaher, Community Events Director, at 703-390-6166.



Reston Interfaith has a new name. Our mission stays the same.
Cornerstones
Hope for Tomorrow Today

Reston Community Center
2310 Colts Neck Road, Reston VA 20191
To request reasonable ADA accommodations,
call 703-476-4500 • 800-828-1120 (TTY).

