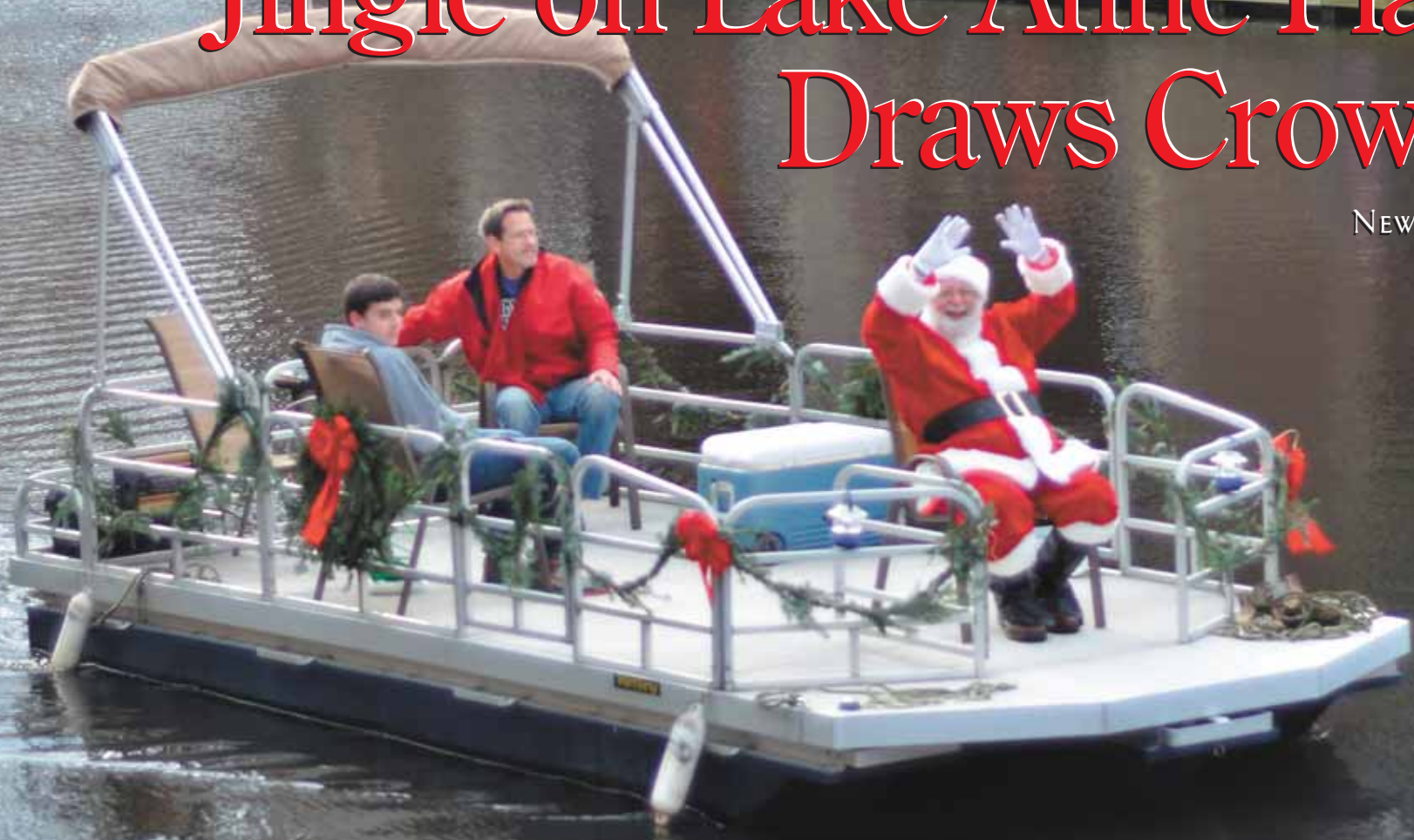


# Jingle on Lake Anne Plaza Draws Crowds

NEWS, PAGE 3



## Chanukah Celebrated

NEWS, PAGE 20

## For Whom The [School] Bell Tolls

NEWS, PAGE 4

Santa arrived at Reston Lake Anne Plaza via a barge captained by Reston resident Ken Knueven, President of the Board of Directors for Reston Association.

# FAITH

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.hopefellowshipchurchloudoun.org).

**BRING YOUR HOLIDAY LIST**

**NORTH POINT VILLAGE CENTER**  
**HOME TO THE Giant & 30 INCREDIBLE STORES & RESTAURANTS**  
 FOR A COMPLETE DIRECTORY, PLEASE VISIT US ONLINE AT [WWW.NORTHPOINTVILLAGE.COM](http://WWW.NORTHPOINTVILLAGE.COM)  
 NORTH POINT VILLAGE CENTER • 1452 NORTH POINT VILLAGE CENTER • RESTON, VA 20193

**Logos included:** RadioShack, Fotomagel HR, California Tortilla, HONEYBAKED, Burke Jewelers, Burger King, Baskin Robbins, Mamma Lucia, Starbucks Coffee, Hallmark Banner's, Sunoco Lubricants, at&t, The Wine Cabinet, United Bank, Nail Studio & Day Spa, SweetFrog, Subway eat fresh, Jewel School of Dance, Hair Cuttery, Boston Market, GameStop, Koko FitClub, GNC Live Well, Payless, KLS studios, BB&T, Giant, and Coming Soon! Giant Day.

# NEWS



**Reston resident Patricia McIntyre with 5th grader Taya Taylor, a member of Classical Ballet Theatre in Herndon.**



**"This is my first real community art sale," said Andrea Tembreull, a resident of Mantua. Among the merchandise Tembreull brought to the community center were stained glass, pottery and ornaments.**



**A crowd of parents and children greeted Santa when he arrived at Lake Anne Plaza in Reston on Saturday, Dec. 7.**

PHOTOS BY RYAN DUNN/THE CONNECTION

## Jingle on Lake Anne Plaza Draws Crowds

### Local art showcased at Reston Community Center.

BY RYAN DUNN  
THE CONNECTION

There was a heavy turnout at Reston's Lake Anne Plaza on Saturday. Two events were being held in conjunction with each other, one the reception at Lake Anne Reston Community Center for the Gifts from the HeART Exhibit. The second event was the annual "Jingle on Lake Anne Plaza". "It is a wonderful family event," said Reston resident Patricia McIntyre who was helping operate a crafts table with friend Joyce Duke. McIntyre is the owner and director of the Reston Art Gallery & Studios, also located at Lake Anne Plaza.

Saturday, Dec. 7 was the 33rd Jingle on Lake Anne Plaza. The event was hosted by Lake Anne Merchants and featured a petting zoo, music, wine tastings, children's crafts, cookie decorating, and holiday entertainment. The arts and crafts market was open, as was farmers market, which will remain open on Saturdays until Dec. 21. "It is the best holiday celebration in Reston," said Linda Fuller, owner of Lake Anne Florist, which has been serving the community since 1974.

The 15th Annual Gifts from the HeART Exhibition showcased works of art in a variety of media. Proceeds help Cornerstones (formerly Reston Interfaith) continue the work at the Embury Rucker Community

Shelter, the Laurel Learning Center and their Community Services Outreach programs. "It is amazing having all these artists here, it is a fun thing to participate in," said Gloria Morrow, Art Exhibit Coordinator for the Reston Community Center.

Both Morrow and Arts Education Director Cheri Danaher helped coordinate the craft show at the Lake Anne Community Center. "There were approximately 40 participants in this year's show," said Danaher. "It has been very well received and the artists look forward to it." Since the annual exhibit was first held in 1999, Gifts from the HeART has raised approximately \$6,000 for Cornerstones.

"My friend let me know about this event. This is my first real community art sale," said Andrea Tembreull, a resident of Mantua. "We got here around 9:30 and started setting up." Among the merchandise Tembreull brought to the community center were stained glass, pottery and ornaments. Deepti Khona, resident of Franklin Farms in Herndon brought candles painted with henna designs. "I also do tattoos for parties and special occasions... Henna is something for all age groups," said Khona.

At noon, Santa Claus arrived via a barge captained by Ken Knueven, President of the Board of Directors for Reston Association. Santa was greeted by crowds of parents and children who waited to have their photos taken with him. "I was flattered to be asked to provide Santa's sea sleigh this year," said Knueven. "I think the crowds to this event keep getting bigger and bigger."

To read more about the Reston Lake Anne Plaza, visit <http://www.lakeanneplaza.com>.



**Sean Gallagher and Ken Knueven, President of the Board of Directors for Reston Association helped Santa arrive at the Lake Anne Plaza for the Reston Jingle on Saturday.**



**Deepti Khona, resident of Franklin Farms in Herndon brought candles painted with henna designs. Khona has a website: [www.hennaharmony.com](http://www.hennaharmony.com).**



**Children had the opportunity to design gingerbread men and other crafts during the Reston Jingle on Lake Anne Plaza on Saturday.**



From left: Fairfax County Public Schools Board Members Patricia Reed (Providence District) and Megan McLaughlin (Braddock District) attended the meeting at Frost Middle School to update the community on FCPS's goal to bring later start times to the region's high schools. Both are ardent supporters of the plan.



From left: Dr. Judith Owens, MD, MPH, D'ABSM is the Director of Sleep Medicine for Children's National Medical Center and heads the consultant group contracted by Fairfax County Public Schools to study the later start times and to present cost-effective scenarios for implementing the change. She is joined by Monica Cameron, Frost PTA President, Lisa Ross, Woodson Pyramid Coordinator, and Phyllis Payne, co-founder of Start Later for Excellence in Education Proposal (SLEEP).

# For Whom The [School] Bell Tolls

## School district works toward later start times for high schools.

ANDREA WORKER  
THE CONNECTION

Would you send your teenagers to school or put them behind the wheel after allowing them to down two or three alcoholic beverages? Hopefully not. But the effect of sleep deprivation on the average adolescent has been shown to be impairment equal to – if not more than – just that amount of alcohol. And more and more parents, teachers, school authorities, doctors, and many others increasingly agree that the sleep-deprived state is the plane on which the majority of our kids exist today. One way to help them catch a few more hours of sleep per week is to delay the school start time.

You would think that a small change in the start times of Fairfax County high schools – from 7:20 a.m. to 8 a.m. or a bit after – would be a relatively simple thing to enact. Like Captain Picard aboard the Starship Enterprise, why can't the Powers That Be simply command "Make it so," and that would be the end of it? "There's a huge ripple effect to be considered," explained Patricia Reed, Fairfax County Public Schools (FCPS) Board Member, Providence District, to a small gathering last Monday night at Frost Middle School in Fairfax, organized by a partnership of PTAs and the founders of Start Later for Excellence in Education Proposal (SLEEP). Reed is a supporter of the delayed start times and sympathized with the frustration being expressed by the assembled parents and other stakeholders.

There was lots of head nodding and murmurs of agreement when Mantua resident Shannon Murphy asked questions like, "How much of the decision to move forward is based on transportation issues and expense? On budget shortfalls?" and "Why can other counties like Arlington and Loudoun start later, but Fairfax is taking years to get to the same place?"

Reed and her fellow Board Member, Megan McLaughlin (Braddock District) addressed the audience for almost an hour, while awaiting the arrival of the evening's key guest speaker, renowned sleep authority Dr. Judith Owens, Director of Sleep Medicine and Children's National Medical Center in DC, and the head of the consulting collaborative contracted by FCPS to study the proposed new start times and provide workable solutions for their enactment. Both could not have spoken more passionately on the topic. "As Dr. Owens will elaborate upon," stated McLaughlin, "our sleep deprived kids are a quiet health crisis in Fairfax County."

McLaughlin and Reed gave a succinct, and often brutally honest, history of the movement toward delayed start times in the county. "Even though the vast majority supports later start times, when we presented the final proposal for implementation in 2009, almost everyone protested, even those most in favor of the idea," admitted McLaughlin, "and the change was ultimately voted down. Some people took that to mean that later start times weren't wanted, but that wasn't the case. The solutions that were presented at the time were flawed, didn't take into account all of the obstacles or solicit enough input from the parents, teachers, administrators, transportation providers, and all of the others who would be affected by the change."

"So what will give this attempt a greater chance of success than the 2009 effort?"

## Reasons to Start Later

- ❖ Districts with start times like ours have significantly higher teen car crash rates.
  - ❖ 1 in 4 Fairfax teens suffers from symptoms of depression.
  - ❖ 2 in 3 Fairfax teens are severely sleep deprived (lose 2 or more hours of sleep every school night).
  - ❖ More than 1,000 Fairfax students dropped out of high school in 2011-12.
  - ❖ Transportation experts have modeled no-cost and low-cost approaches that retain safe, daylight bus stops for elementary students.
  - ❖ Teens with later school start times do get more sleep. This advantage adds up to almost one month of sleep gained by the end of the school year.
- Adequate sleep improves learning, memory, mood, and performance in school, sports, and other activities
- Information from the Start Later For Excellence in Education Proposal (SLEEP) ([www.sleepinfairfax.org](http://www.sleepinfairfax.org) for references and research)

asked a number of the attendees, almost in unison.

**ONE SIGNIFICANT DIFFERENCE** is the change in the makeup of the Board since that time, as well as the arrival of new Superintendent of Schools, Dr. Karen Garza. "I am really hopeful that we will get this done," said McLaughlin, "and Dr. Garza has shown real support for this change." The gathering shared her enthusiasm, but expressed dismay when warned that a county-wide roll-out probably wouldn't happen in time for the start of the 2014-2015 school season, although McLaughlin expressed confidence that some sort of limited implementation could possibly be ready by then. "In the end, it may not be a one-size fits all solution for every district and every school, given the differences in the communities throughout our county," said Board Member Reed.

"We are taking into account transportation issues, athletic programs, daycare concerns, students who work after school, even

the amount of homework our students are given," said Reed. Dr. Owens, her team and her collaborators hope to present their "Blueprint for Change" to the Superintendent and the Board sometime in January of 2014. Reed and McLaughlin did not provide specifics, but spoke to some of the barriers that are being addressed. "No doubt you have all been hearing about our budget shortfall, so cost is always a consideration. But there are ways and means to find the money," stated McLaughlin. "We are talking a serious threat to our children's health and welfare. We need to get more serious about finding the means."

Shannon Murphy and several others complained of bus stops where there are no students to collect, and others where it takes several weeks at the start of each school year for a bus to consistently collect. "They say Fairfax County runs the second largest fleet of buses after Greyhound," noted McLaughlin, "so I know there are some problems we need to work on." Several audience members responded that the county should consider contracting transportation to Greyhound, or even to FedEx as companies known for their ability to provide efficient routing and logistics on a large scale.

Teacher morale, the perception of too much administrative work versus teaching time, and other transportation disconnects – like Woodson students getting out of school at 2:05 p.m. but having to wait until 3 p.m. for sports practice to begin were some of the other topics that Reed and McLaughlin gamely tackled from the audience before Dr. Owens took the floor.

Dr. Owens, the author of over 100 research and review articles, chapters and books on the topic of pediatric sleep, highlighted the work of her consulting team, then provided

SEE SLEEP, PAGE 8

# COMMENTARY

## Busy Time!

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



### COMMENTARY

President Franklin Roosevelt once tried to change the date of Thanksgiving to always be later in November, but he was stopped by merchants who wanted maximum time to sell their goods before Christmas. In those days holiday shopping started the day after Thanksgiving rather than the increasing practice of starting on Thanksgiving evening. However the schedule is arranged, the last month of the year turns out to be very busy for most everyone, but especially for members of the legislature.

The General Assembly session gets underway on Jan. 8, but a great amount of groundwork goes into preparing for it. Beyond taking care of our personal and family responsibilities in December, legislators are rushing to survey constituents on their issues and concerns, get bills drafted and move to Richmond for at least 60 days starting in January. The two-hour trip from Reston to Richmond—when traffic is moving—means I have to find a temporary place to lease during the legislative session. The revitalization of downtown Richmond has greatly expanded housing options. Besides the usual hotels that give discounts for a longer stay there are furnished apartments and condominiums available for short-term leasing. Many of those housing units are in older buildings that were factories, warehouses, and stores in the past but have been turned into beautiful apartments that retain much of the original brickwork and heavy wood framing that give them real charm. Miller and Rhoads—

the Macy's of Richmond for many decades—has been converted into a hotel and condominiums. The Canal Lofts apartment building in which I will be living was originally a Lucky Strike cigarette manufacturing plant. The original tobacco warehouses next door are apartments. My legislative assistant will be renting an apartment in a building that used to be a bank.

Beyond finding a place to live is the most important work of deciding what legislation to introduce and what legislation introduced by others is important to co-sponsor. There is no shortage of local governments, interest groups and individuals to make suggestions. Most of the requests to the professional staff of the House of Delegates to turn an idea or concept into the legal language of a bill are placed in December although such requests continue through to the first week of the session.

Please email your recommendations on needed legislation or support to me at kenplum@aol.com. Senator Janet Howell and I will be having our usual pre-session public hearing on Jan. 2 at 7:30 p.m. at the Reston Community Center Hunters Woods, 2310 Colts Neck Road. Please complete my legislative survey on my website at kenplum.com, or if you need a printed copy of the survey email me your name and address or leave it in a message on my office phone: 703-758-9733.

On Jan. 11, 2014, we will be inaugurating Terry McAuliffe as Governor along with Senator Ralph Northam as Lieutenant Governor and Senator Mark Herring as Attorney General. For details on inaugural activities, visit [www.inauguration2014.com](http://www.inauguration2014.com).

### BULLETIN BOARD

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

#### THURSDAY/DEC. 12

**Storytime for Threes to Fives.** 10:30-11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Early literacy program with stories and activities. Registration required. Age 3-5 with adult. 703-689-2700.

#### SATURDAY/DEC. 14

**Health, Fitness and Personal Energy for Men and Women (or approaching) 60.** 9 a.m. - 12 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Bob McMillan, Age 72, and in robust condition, will inspire, motivate and educate you to live your senior years to their fullest by teaching 9 keys to personal energy and how to use them, including five ancient longevity exercises. <http://www.unityoffairfax.org/health-fitness-senior-health>

**Kaleidoscope Storytime: An Adaptive Storytime.** 10:30-11:15 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A family sensory storytime adapted to the strengths of children on the autism spectrum and with other developmental challenges. Stories, songs and movements in a welcoming atmosphere. Registration required. All ages. 703-689-2700.

**Holiday Open House.** 11 a.m.-1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join the staff and Friends of the Reston Regional Library for a holiday open house. Enjoy live music and refreshments. Cosponsored by the Friends of the Reston Regional Library. All ages. 703-689-2700.

**Snow Show.** 1-2 p.m. Reston Regional

Library, 11925 Bowman Towne Drive, Reston. Join Master Puppeteer Bob Brown in a jolly, fun-filled romp through a winter wonderland as his delightful, trick marionettes perform incredible feats of skill and daring that will leave your young audience shouting with laughter!. Registration required. All ages. 703-689-2700.

#### MONDAY/DEC. 16

**Baby Steps Storytime.** 10:30-11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime for you and your child. Registration required. Age 12-23 months with adult. 703-689-2700.

#### TUESDAY/DEC. 17

**Baby Lapsit.** 10:30-11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy nursery rhymes, songs and stories. Build an early literacy foundation for your child while enjoying time together. Registration required. Birth-11 months with adult. 703-689-2700.

#### WEDNESDAY/DEC. 18

**Toddler Storytime.** 10:30-11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for stories, songs and fingerplays. Registration required. Age 2 with adult. 703-689-2700.

**Reindeer Revels.** 7-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for Festive Family Stories and Merrymaking Celebrating Rudolph and Friends. Registration required. All Ages. 703-689-2700.

## HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

### Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

*Name of Event:*

*Day of the Week, Date and Time:*

*Name of the Place Event will Be Held:*

*Address of the Place Event Will Be Held:*

*Name and Phone Number for More Information:*

*Three Sentences Describing the Event:*

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

**reston@connectionnewspapers.com**

or mail to:

Calendar, Connection Newspapers  
1606 King Street  
Alexandria, VA 22314.

For more information, call 703-778-9410.

**THE CONNECTION**  
to your community

[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

## COMMUNITIES OF WORSHIP

Welcoming, Diverse, Progressive

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



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

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

The Rev. James Papile, Rector  
The Rev. Laura Cochran  
**703-437-6530**  
[www.stannes-reston.org](http://www.stannes-reston.org)  
1700 Wainwright Dr., Reston

#### African Methodist Episcopal

St. Luke's African Methodist Episcopal...703-897-9395  
**Assembly of God**  
Word of Life...571-223-2963  
Worship Center Assembly of God...703-777-5662

#### Baha'i

Baha'i...1-800-22-UNITE

#### Baptist

Believers Baptist Church...703-777-4220  
Crossroads Baptist Church...703-779-3637  
Faith Bible...703-430-1345  
First Baptist Church of Sterling...703-430-3322  
Guilford Baptist...703-430-6444  
Heritage Baptist Church...703-739-5436  
Leesburg Baptist Church...703-777-2209  
Loudoun Baptist Church...703-777-1336  
Oak Grove Baptist Church...703-456-4360

#### Potomac Baptist Church...

703-430-2377  
Sterling Park Baptist Church...703-430-2527

#### Washington Plaza Baptist Church...

703-471-5225

#### Catholic

Christ The Redeemer...703-430-0811  
Our Lady of Hope...703-430-5702

St. John the Apostle...703-777-1317  
St. Joseph's...703-880-4300  
St. Theresa...703-729-2287  
St. Veronica...703-689-4409

#### Church of Jesus Christ of Latter-Day Saints

Algonkian Ward...703-471-6146  
Ashburn Ward...703-858-5611  
Brambleton Ward...703-858-5611  
Goose Creek Ward...703-858-5604  
Shenandoah Singles Ward...703-858-4973  
Sterling Park Ward...703-471-6147

#### Church of the Nazarene

Church of the Nazarene...703-777-6850

#### Episcopal

Church of the Holy Spirit...703-726-0777  
Potomac Falls Episcopal Church...703-404-0900  
St. James Episcopal Church...703-777-1124

St. Matthew's Episcopal Church...703-430-2121

St. David's Episcopal...703-729-0570

St. Timothy's Episcopal Church...703-437-3790

St. Gabriel's Episcopal Church...703-779-3616

#### Evangelical

Christ Community...703-729-2928

**Jewish**  
Beth Chaverim Reform Congregation...703-391-8669  
Congregation Sha'are Shalom ...703-737-6500

#### Lutheran

Christ Our Savior Lutheran Church...703-444-5747  
Community Lutheran Church...703-430-6006

Holy Trinity Lutheran...703-777-4912

Our Savior's Way Lutheran...703-858-9254

#### Methodist

Ashburn United Methodist...703-729-5100

#### Unitarian

The Unitarian Universalist Church in Reston...703-956-9155  
Bethel United Methodist...703-779-7745

Evergreen Church...703-737-7700

Galilee United Methodist Church...703-430-2203  
Leesburg United Methodist...703-777-2056

Mt. Pleasant United Methodist...703-779-7745  
Mt. Zion United Methodist...703-777-6382  
Sterling United Methodist Church...703-430-6455

#### Non-Denominational

Broadlands Community...703-724-0361

Christ Star Church of God...571-375-2602

Christian Tabernacle Church...703-858-1863

Daybreak Community...703-729-1288

Dulles Covenant...703-327-9797

Grace Bible Church...703-777-9415

New Life Church...703-404-4792

New Life Christian Church...703-222-8836

Shepherd Gate Church...703-961-1040

Sonrise Community Church...703-728-0420

Sterling Park Christian Church...703-437-3612

**Pentecostal**  
New Life Praise and Deliverance Church...703-777-5339

**Presbyterian**  
Ashburn Presbyterian...703-729-2012

Bethel Presbyterian Church...703-777-4221

Faith Chapel and Furnace Mountain Presbyterian...703-777-7836

Leesburg Presbyterian Church...703-777-4163

Potomac Hills Community Church...703-771-1534

Reston Presbyterian Church...703-759-5515

Riverside Presbyterian Church...703-444-3528  
Sterling Presbyterian Church...703-771-8680

**Seventh Day Adventist**  
Leesburg Seventh Day Adventist Church...703-777-4466

**Unitarian Universalist**  
Unitarian Universalist of Sterling...703-406-3068  
Unitarian Universalist of Loudoun (Leesburg)...703-737-7644  
Unitarian Universalist Church of Reston...703-742-7992

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

# OPINION

## Happy Holidays, Safely

### SoberRide safety net, 1-800-200-TAXI.

**H**oliday party season is well under way, along with winter weather advisories. It's up to individuals to make good decisions about celebrations that involve alcohol and how to handle transportation.

Plan to abstain. Plan to celebrate at home or someplace where you will be comfortable for some period of time. Plan to bring a designated driver. Plan to take public transportation. And if all of that fails, the Washington Regional Alcohol Project has a safety net for you.

WRAP, a local nonprofit organization, will offer free cab rides to would-be drunk drivers throughout Northern Virginia during the winter holidays.

More than 10,000 died in drunk driving related accidents in 2010. Tens of thousands

more were injured. Holidays lead to an increase in impaired driving, the Christmas and New Year season in particular.

The annual Holiday SoberRide program will operate nightly from 10 p.m. to 6 a.m. starting Friday, Dec. 13, 2013, and continuing until Wednesday, Jan. 1, 2014 as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period.

During these times, area residents celebrating with alcohol can call the toll-free SoberRide phone number 1-800-200-TAXI for a no-cost (up to \$30 fare), safe way home.

Callers will be responsible for fare amounts over \$30. Last December 1,927 people took advantage of this program. On New Year's Eve alone, 387 people call on SoberRide for a safe trip home.

SoberRide is offered in throughout the Northern Virginia and Maryland suburbs. In these areas, local taxicab companies will be providing this no-cost service to local residents

age 21 and older who might otherwise have attempted to drive home after drinking.

Since 1993, WRAP's SoberRide program has provided 58,576 free cab rides home to would-be drunk drivers in the Greater Washington area.

We know that many young people over 21 are living at home with parents, or will be visiting for the holidays. Parents, be brave. Have a conversation with your children whether they are under or over 21. Be sure those over 21 have a plan, and are equipped with the SoberRide number.

SoberRide is not available for underage drinkers, but parents still should talk to their children about their plans, and tell them out loud that you expect them not to drive impaired and not to get into a car with an impaired driver. Tell them to call, and you'll come get them if necessary.

It's a good time for a conversation about the risks of drinking to excess beyond drinking and driving as well.

#### EDITORIAL

## One Year Since Newtown – It's Time for Congress to Act

BY MARTINA LEINZ

**A** few months ago, I met the father of one of the first-graders murdered at Sandy Hook Elementary School. I expressed how sorry I was for his loss and how grateful I was that he had found the strength to fight for sensible gun laws in an attempt to spare other families the pain he has suffered. What I did not share, because it did not seem appropriate, was just how deeply I was grieving too. None of those children were mine, but they all felt like mine. They were America's children.

I don't believe I am alone in these feelings. The carnage at Sandy Hook Elementary School one year ago (Dec. 14, 2012) was devastating not just to the families and community of Newtown, Conn., but to the entire nation. Twenty first-graders and six educators were murdered by a deranged individual in possession of dangerous weapons that he never should have had. It affected us all.

We will never fully recover from this tragedy as individuals or as a nation but there is much that Congress can do to prevent other tragedies like this from occurring. A critically important step is to enact sensible legislation to require background checks on all gun sales.

Many people incorrectly assume that we already conduct universal

background checks on gun purchasers but the Brady law, enacted 20 years ago, only covers about 60 percent of gun sales. It does not cover online purchases, sales through classified ads or transactions by private sellers at gun shows. This leaves the door wide open for criminals, terrorists, domestic abusers and those adjudicated mentally ill to purchase guns without having to pass a background check.

Imagine if the FDA only screened 60 percent of pharmaceutical drugs and allowed the other 40 percent to hit store shelves with no testing, no screening, and no questions asked. It does not sound very safe, does it? Well, that is exactly the scenario we face with gun purchases in this country.

Our children deserve better than 60 percent when it comes to background checks. This is because like FDA testing, when done completely, background checks work. Since President Clinton signed the Brady bill into law, background checks have blocked more than 2 million purchases, keeping guns away from convicted felons and other dangerous people.

It is now time for Congress to finish the job and expand Brady background checks to cover all gun sales. A bipartisan bill, H.R. 1565, the Public Safety and Second Amendment Rights Protection Act of 2013, has been introduced

in the House that would do just that. It has already been co-sponsored by 186 Representatives including Congressmen Connolly, Moran, and Scott of Virginia. None of the Republican Representatives from Virginia have yet co-sponsored this important legislation. Hopefully they will soon.

This is not a partisan issue, nor is it a Second Amendment issue. There is nothing inconsistent with respecting the right for law-abiding citizens to own guns while trying to keep them out of the hands of dangerous individuals. More than 90 percent of Americans support extending background checks including over 80 percent of responsible gun owners and NRA members. It is time for Congress to listen to the public and enact

sensible solutions meant to reduce the number of gun deaths. In a country where gun violence kills more than thirty-one thousand people a year, sixty percent is not getting the job done.

To commemorate the lives taken in Newtown and the more than 32 people killed by guns each day in the United States, Congress should act now and require that background checks be conducted on all commercial gun sales. Keeping guns away from dangerous individuals is an important step to curbing the epidemic of gun violence devastating our country.

*Martina Leinz is President, Million Mom March, Northern Virginia Chapter, the grassroots wing of the Brady Campaign to Prevent Gun Violence.*

### Humanity at Its Finest

To the Editor:

Thank you to the ladies and police of Vienna who gave support and encouragement to a handicapped old lady whose walker tipped and she ended up waiting an hour in the street for an ambulance. This was kindness and comfort way beyond the call of duty. Thank you for examples of humanity at its finest.

Gratefully,

**Clare Schwartz**  
Oakton

Reston  
**CONNECTION**

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
**Local Media Connection LLC**

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
To discuss ideas and concerns,  
Call: 703-778-9410  
e-mail:  
[reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9441  
[amna@connectionnewspapers.com](mailto:amna@connectionnewspapers.com)

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

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
[rosspinning@yahoo.com](mailto:rosspinning@yahoo.com)

**ADVERTISING:**  
For advertising information  
e-mail:  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)

**Trisha Hamilton**  
Display Advertising  
703-778-9419  
[trisha@connectionnewspapers.com](mailto:trisha@connectionnewspapers.com)

**Andrea Smith**  
Classified Advertising, 703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

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

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto: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](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](https://twitter.com/TheismannMedia)

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Linda Pecquex  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)

**2012** Virginia  
AWARD WINNING PRESS  
NEWSPAPER Association



PHOTOS BY DEB COBB/THE CONNECTION

Caroline Laird, of Reston, lassos a hay calf during the Dec. 7 'Old Fashioned Holiday at the Farm' celebration at Frying Pan Farm Park.

## 'Old Fashioned Holiday' at Frying Pan

**B**risk weather was not a deterrent to the hundreds who came out to celebrate the 'Old Fashioned Holiday on the Farm' at Frying Pan Farm Park on Dec. 7. Hundreds enjoyed the holiday music, pictures with Santa, close-up meetings with farm animals, roasted marshmallows, crafts, food, hayrides and pony rides.

— DEB COBB



Laruen (left) and Sam Borrer (right) of Reston meet a goat during their visit to Frying Pan Farm Park's 'Old Fashioned Holiday at the Farm' celebration on Dec. 7.



[www.nvsrd.com](http://www.nvsrd.com)

**Falls Church Showroom**  
800 West Broad Street, #101  
Falls Church, Virginia 22046  
571.765.4450

**Manassas Showroom**  
8982 Hornbaker Road  
Manassas, Virginia 20109  
703.378.2600



KITCHENS | BATHS | ADDITIONS

Contact us at [info@nvsrd.com](mailto:info@nvsrd.com)

## LAUNCH YOUR WRITING CAREER

Professional coaches help you from concept, through drafting, to publisher ready.

### FREE Introductory Talks

Katie's Coffee Shop, Great Falls  
- Sunday, Dec 15, 2:00 PM

Lightfoot Restaurant, Leesburg  
- Wednesday, Jan 8, 7:00 PM

### Writer's Intensive Workshops

Leesburg - Jan 17-19

Sterling/Cascades - Feb 7-9

Alexandria - Feb 14-16

Leesburg - Mar 14-16

We help you prepare top quality, saleable manuscripts.

### Questions? RSVP:

(540) 454-4495 8a-8p EST

[www.itsyourlifebethere.com](http://www.itsyourlifebethere.com)



ASCENT



**ROBERTS CARPETS  
ORIENTAL RUG CO.**

Owned & Operated by the same family for 50 years!

*Karastan* Carpet  
Since 1928

**High Quality  
Low Prices  
Special of the Week**

**Buona Vita  
Top of the Line  
Stainmaster Carpet  
\$4.67 Sq. Ft.  
Installed w/6 lb. Pad**

**Shaw Carpet  
Full Court  
12' & 15' Widths  
\$2.99 Sq. Ft.  
Installed w/6 lb. Pad**

### Hardwood Flooring

**Shaw**

Prefinished ~ Engineered  
Top Grade 3/8" x 3/4"

**\$3.96** Sq. Ft.  
Material only

### Oriental Rugs

A Great Xmas Gift!

**SALE!**  
**50% OFF**  
All Oriental Rugs  
This week only

Have your rug washed  
in our cleaning plant.  
Reweaving & Repairs  
50 Years Experience

**681 Spring Street,  
Herndon**

Next to Jimmy's Old Town Tavern  
Across the street from the Fire Station

### Hours:

**Mon, Tues, Thur & Fri: 9-6**

**Wed: 9-5**

**Sat: 9-3**

**703-  
471-7120**



Our Installers are  
certified, trained  
professionals

# SLEEP Promotes Later Start Times

FROM PAGE 4

an overview on the science of sleep and adolescents. As FCPS Board Member McLaughlin promised, for many Owens' presentation was, indeed, eye-opening.

**A MEDICAL DOCTOR** as well as a researcher, Owens presented physiological evidence that at puberty, the adolescent brain experiences numerous changes, including a shift in the body's "master clock" that controls circadian rhythm, influencing sleep-wake cycles among other bodily functions. "At adolescence, kids are just programmed to sleep a little later, stay up a little later," said Owens. "Forcing them to ignore this biology disrupts the sleep cycle, sometimes dangerously. The deepest REM sleep takes place during the last third of sleep, just when we are waking them up to get ready for the bus. As the week goes on, the child gets more and more sleep deprived, then tries to 'catch-up' with a long sleep on the weekends." Studies show that there is no real benefit to the "catch-up plan." "Instead," said Owens, "it's like these kids eventually enter a



**Shannon Murphy came from nearby Mantua. A firm supporter of later start times, Murphy keeps up with the FCSP happenings.**

semi-permanent jet lag state. Not exactly peak conditions for learning, thinking creatively, engaging in sports, or just about any aspect of daily life. Worse, studies are showing sleep deprivation in our kids is having negative effects on their health and welfare a long way down the road as well."

Owens provided data linking prolonged abnormal sleep patterns with diabetes, obesity, depression, bipolar and other disorders.

Owens discussed examples of other districts around the country that have made the change to later start times. She provided statistics from these school districts showing increased attendance, decreased tardiness, reports of less depression in the student population, better test scores,

and "Here's a biggie," she said. "The data shows the areas where school starts later for high schoolers report fewer car crashes involving these young drivers. When you think about it, it makes sense. The kids behind the wheel are more awake and more aware of risks."



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Martha Purnell and her daughter Hannah. The Purnells recently moved to the area from Wisconsin, where school's started later. Hannah attends Marshall High School.**

To date, she has spoken at more than ten PTA-organized events and continues to solicit input from the public.

"I am ready to keep showing up to talk about these issues and get feedback and suggestions. Changing the start times of high school is key to solving this growing health crisis, but we still need to educate students and

parents on the importance of getting enough sleep."

More information on the proposal and on the science and statistics of sleep in adolescence can be found at the Fairfax County Public Schools' website, [www.fcps.edu](http://www.fcps.edu), Dr. Owens' website [www.smartschoolstart.org](http://www.smartschoolstart.org), and at the SLEEP website [www.sleepinfairfax.org](http://www.sleepinfairfax.org).



*Come home to comfort*  
**Air Treatment Company**  
Cooling & Heating

Air Conditioners • Heat Pumps • Furnaces  
Boilers • Water Heaters • Humidifiers  
Generators • Maintenance Agreements

**We Finance Too!**

**703-938-0550**





[www.air-treatment.com](http://www.air-treatment.com)

 Find us on Facebook

 Follow us on Twitter



<b>\$50 Off</b> Any Service*	<b>\$59</b> Seasonal Maintenance Inspection* <small>(Regular \$119. Per system.)</small>
<b>\$500 Off</b> Of a Complete System Installation or Generator Installation*	<b>\$29</b> Diagnostic on a Cooling or Heating Breakdown*

\*Not to be combined with any other offer. New customer only. Expires 12/31/13

## TWO POOR TEACHERS

### Kitchen and Bathroom Remodeling

**Celebrating 15 Years in Business!!**






Select your remodeling products from our Mobile Kitchen and Bathroom Showroom and Design Center!!

Bath Packages Available!!

Visit our website:  
[www.twopoorteachers.com](http://www.twopoorteachers.com)

Free Estimates  
**703-969-1179**

Fully Insured & Class A Licensed  
EST. 1999

## Interested in a career in Real Estate?

GET ENROLLED FOR REAL ESTATE CLASSES STARTING JANUARY 2014 IN THE WEICHERT, GREAT FALLS OFFICE.

Looking for two, highly motivated, real estate professionals in our market and surrounding areas.

Training and assistance in obtaining your real estate license will be provided for the right candidate.

For More Information, Please E-mail or Call:

Terrilynn Kelley

tkelley@weichertrealtors.net  
**703.759.6300**




731-A WALKER ROAD • GREAT FALLS • VIRGINIA • 22066

**F**or a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

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

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

Questions? E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)



**THE CONNECTION**  
NEWSPAPERS

WWW.CONNECTIONNEWSPAPERS.COM



# PEOPLE




PHOTO CONTRIBUTED

## Bobbie Kilberg Honored as Business Hall of Fame Laureate

2013 Washington Business Hall of Fame Laureate and Northern Virginia Technology Council President and CEO Bobbie Green Kilberg with Virginia Governor Bob O'Donnell and Junior Achievement student and student at George C. Marshall High School Matt Colwell. The annual Washington Business Hall of Fame, now in its 26th year, is considered the "Academy Awards of Business" for the D.C. region.

### The FISHBURNE EXPERIENCE



**College Prep for Boys**  
Grades 7 – 12

**100% College**  
Acceptance

**JROTC Honor Unit**  
with Distinction

**APPLY NOW** for  
Second Semester enrollment!

Limited space  
available for  
Outstanding Young Men.

**LIVE ♦ LEARN ♦ LEAD**  
[WWW.FISHBURNE.ORG](http://WWW.FISHBURNE.ORG)

**FISHBURNE** 1.800.946.7773  
MILITARY SCHOOL WAYNESBORO, VA

SERVICE. EXPERTISE. RESULTS.





**PETER KNAPP REALTY GROUP, LLC**  
**Peter Knapp**  
 (703) 622-0663  
 PeterKnapp@smartneighborhood.net  
 www.PeteSellsNovaHomes.com

**GETTING MORE FOR LESS WITH**  
**OUR CUSTOMER LOYALTY PROGRAM**

**We can list your home at 4.5%**

*Top of the line, full color, 8+ page brochures*  
*Virtual tours with a dedicated property website*  
*linked on multiple real estate websites*  
*Property yard sign, outside flyers & secure lockbox*  
*Free professional staging consultation*  
*Experienced contract negotiation*







**\$900,000**

**17559 Kinloch Ridge Ct, Leesburg**  
 (Estates at Shenstone Farms)  
 Toll Brothers Coventry Model  
 5 bedroom, 5.5 baths, 3 car garage,  
 over 5600 sq ft on 4.07 acres

---

**\$329,950**

**10240 Racquet Cir, Manassas**  
 (Baldwin Oaks) 4 bedrooms (master suite,  
 loft suite & 2 additional), 2.5 baths, 2 car  
 garage, remodeled kitchen, HW flooring

---

**\$409,900**

**1550 Poplar Grove, Reston**  
 (Birchfield Woods - North Reston)  
 3 bedrooms, 2 full & 2 half baths, 3 finished  
 level end unit, new kitchen (tile, granite,  
 ss appl, cabinets), backs to trees

---

**\$605,000**

**44021 Riverpoint Dr, Leesburg**  
 (Lansdowne on the Potomac)  
 4 bedrooms, 4.5 baths, 2 car garage, fully  
 finished walk-up lower level

---

**\$344,999**

**13212 Daldownie Ct, Bristow (Braemar)**  
 4 bedrooms, 2.5 baths, 2 car  
 detached garage, hardwood floors,  
 granite countertops, SS appliances,  
 huge fenced backyard, deck

**THE PETER KNAPP REALTY GROUP DIFFERENCE**

*Thinking of selling?*

**We have sold 59 homes totaling over \$25.8 Million this year!**

*Our listings sold for 99.9% of list with an average of*  
**10.2 days on market!**

*In just the last three months, we sold 19 homes*  
**for over \$7.6 Million!**

**You can rely on our SERVICE and EXPERTISE**  
**for the RESULTS you deserve.**

# HOLIDAY GIFT GUIDE

## Gifts for the Foodie in Your Life

Local gourmets share their favorite products for the food lovers on your list.

By MARILYN CAMPBELL  
THE CONNECTION

Whether you're shopping for a seasoned cook or a budding culinary enthusiast, buying presents for a foodie can be a daunting task. What's the best pan? The coolest gadget? The latest trend in desserts? Local gourmets come to the rescue with culinary goodies to entice even the most discerning of food aficionados.

Nancy Pollard, owner of La Cuisine in Old Town Alexandria, suggests the Thermopen cooking thermometer. "This is clearly the best probe thermometer on the market," said Pollard. "It has gotten a lot of kudos from chefs and test kitchens."

Also on Pollard's list are mortars and pestles made from Carrara marble. "We buy these in Carrara, Italy," said Pollard. "They are made of pure white Carrara marble so it is so much easier to see what you are doing.

The one that is particularly useful is 22 centimeters because it is big enough to make mayonnaise, pesto and other sauces."

Chopping vegetables can even be made more interesting with a custom made cutting board, says Lenora Lawson chef faculty at The International Culinary School at The Art Institute of Washington in Arlington. "You can get a cutting board in the shape of your home shape or even a cutting board that has Van Gogh's art on it."

When it comes to kitchen tools, "I'd suggest a nonstick baking mat ... a lovely wooden French rolling pin, a beautiful olive wood cheese board — with a cheese for sampling, of course — or a fun, colorful, Swiss-made Kuhn paring knife," said Nichole Ferrigno, a certified holistic health coach and chef at L'Academie de Cuisine in Bethesda. "It comes in lots of bright colors and with a safety sheath, making it a great addition to a picnic basket."

Culinary instructor Andie Nelson of Cre-

ative Kids Kitchen, LLC in Arlington, says her top recommendation is a Vitamix blender. "[This is] the blender that seems to have become a religion among foodies," she said. "This big-ticket item would definitely make any foodie or health-conscious person very, very happy. It even makes soup."

**ANOTHER GIFT SUGGESTION** on Nelson's list is aimed at helping save a few trees while adding an elegant touch to the kitchen. "I think that having great linens in the kitchen is highly under-rated," she said. "Many cooks buy lots and lots of paper towels, but I can tell you that having a great set of dish towels — French dish towels are the best — can be a worthwhile and beautiful investment for the kitchen."

Help keep clothing stains at bay with an apron by Marcy Butler Designs. "This is a local designer," said Pollard. "The aprons are made from Italian linen, but they were made in the United States."

If your foodie prefers cookbooks, sweet treats abound in "Fat Witch Brownies: Brownies, Blondies, and Bars" from New York's Legendary Fat Witch Bakery by Patricia Holding. "This book has great reci-

pes for brownies," said Pollard. "We usually suggest that people give this book along with a set of Italian seven-inch disposable square pans. Her recipes will make two perfect square pans of brownies and you can put one in the freezer."

For young cooks, Pollard suggests "Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love" by Katie Sullivan Morford. "This is a great book for teenagers or anyone over the age of 7," said Pollard. "It encourages them to make their own lunches for school."

Pollard also suggests "The Washington Post Cookbook," curated and edited by Bonnie Benwick, the deputy food editor of the Washington Post. Pollard herself created three of the recipes, including two for Thanksgiving. She says one of her favorite recipes is the Man Catcher Brownies, which she created.

Another interesting read, says Pollard, is "The Billionaire's Vinegar: The Mystery of the World's Most Expensive Bottle of Wine" by Benjamin Wallace. The book tells a true story of a 1787 Château Lafite Bordeaux — supposedly owned by Thomas Jefferson — that sold for \$156,000 at auction.



PHOTOS COURTESY OF LA CUISINE

A black, Italian linen apron, like this one by Marcy Butler Designs, will help your food lover's clothes stay clean during meal preparation.

Ferrigno suggests going a step beyond cookbooks and sending your foodie back to school. "There is such an array of options



Nancy Pollard, of La Cuisine in Alexandria, suggests giving the food lover in your life a mortar and pestle made from white Carrara marble.

available," she said. "One could sign up for a knife skills class, a topic specific class like 'puff pastry,' or something more fun and experience oriented, like a couples cooking

class, or 'girls' night out.' This is such a fun gift."

**CONSUMABLE GIFTS** are also on

"A Thermopen cooking thermometer is clearly the best probe thermometer on the market. It has gotten a lot of kudos from chefs and test kitchens."

— Nancy Pollard, owner of La Cuisine in Old Town Alexandria

Ferrigno's list: "A bottle of good Champagne or Scotch, beautiful pink or grey sea salts, a spice collection ... or a box of homemade baked goodies" are always hits, she said.

For beer lovers, Lawson suggests a beer brewing kit. "It is something different," she said. "Rather than buying beer, they can make their own and appreciate the beer-making process."

**YOU TRIM THE TREE  
WE'LL TRIM THE TABLE!**

**THE HONEYBAKED HAM CO. AND CAFÉ**

**"National Franchisee of the Year"** *Locally Owned and Operated by Roxie Curtis*

**THE HONEYBAKED HAM CO. AND CAFÉ**

**\$5 OFF**

Any size **Bone-In Half Ham** (excludes Mini Ham)

Offer expires 1/4/2014. Valid only at the retail location shown. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. Only one coupon per person per visit. Offer not valid on catalog or online purchases. While supplies last.

**THE HONEYBAKED HAM CO. AND CAFÉ**

**\$4 OFF**

Any **Half Boneless Ham**

Offer expires 1/4/2014. Valid only at the retail location shown. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. Only one coupon per person per visit. Offer not valid on catalog or online purchases. While supplies last.

**THE HONEYBAKED HAM CO. AND CAFÉ**

**\$3 OFF**

Any **Turkey Breast** Smoked or Roasted

Offer expires 1/4/2014. Valid only at the retail location shown. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. Only one coupon per person per visit. Offer not valid on catalog or online purchases. While supplies last.

**THE HONEYBAKED HAM CO. AND CAFÉ**

**RESTON**

1480 North Point Village • 703-733-3860  
(on Reston Parkway between Rt.7 & Baron Cameron Dr.)

**The Bargain Loft**  
Christmas Shop is Open

**Trees • Gifts • Cards • Ornaments • Decorations • Lights**

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

**10% OFF ENTIRE PURCHASE WITH THIS COUPON!**  
Expiration: 12/21/2013

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

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

**artée fabrics & home** **AREA'S LARGEST SELECTION OF FABRICS**

**SILK • LINEN • COTTON • WOOL • CREWEL • EMBROIDERIES • UPHOLSTERY**

Upholstery, Custom Windows and Bedding

45449 Severn Way, Sterling, VA 703 796 9533  
www.ArteeFabricsAndHome.com

Mon-Sat 10-5  
Closed Sunday

**EXTENDED HOLIDAY SHOPPING HOURS**

**Saturday, Dec. 14 & 15**  
9:30 a.m.–3:30 p.m.

**Dec. 12, 17 & 19**  
10:00 a.m.–2:00 p.m.

Bring this ad and receive **25% Off** one full-price item!

845 Station Street, Herndon, VA  
The Closet is a 501 (c) (3) Nonprofit Thrift Shop  
Serving the Community Since 1974

**Make Gifts from the Heart at Clay Cafe Chantilly**

• Fun for the Whole Family  
• Lowest Prices  
• Largest Paint Your Own Pottery Studio

**Gifts Certificates Make the Perfect Gift**

Call 703.817.1051 or visit www.claycafechantilly.com  
13894 Metrotech Dr. • Chantilly (Just to the left of Petsmart)

**25%-75% OFF**  
Trees, Shrubs & Perennials

- Cut Christmas Trees & Greens
- Poinsettias & Winter Blooms
- Amaryllis Bulbs
- Holiday Gift Items

**50-75% Off Pottery**  
**50% Off Concrete Pots**  
**75% Off Rattan Baskets**  
**75% Off Most Plastic Pots**

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

**OFF-SEASON PRICING**

**FREE Fill** Bulk Mulch, Playground Chips & Organic Compost  
**\$29.99/cu. yd.**

**Cravens Nursery & Pottery**  
9023 Arlington Blvd., Fairfax, Virginia  
2 miles west of I-495 on Rt. 50,  
1 mile from I-66 (Vienna Metro)  
**703-573-5025**  
Open 7 days a week  
Visit our new Web site: [www.cravensnursery.com](http://www.cravensnursery.com)

## HOLIDAY CALENDAR

**TUESDAY/DEC. 10- 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>

**FRIDAY/DEC. 13**  
**Candle Making.** 6-7 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Dip a pair of candles and decorate a pillar candle with natural materials. Reservations required by Dec. 10. Fee: \$7/child RA members; \$9/child Non-members. [naturecenter@reston.org](mailto:naturecenter@reston.org)

**SATURDAY/DEC. 14**  
**Holiday Model Train Show.** 10 a.m.-5 p.m. Herndon Municipal Center, 777 Lynn St., Herndon.  
**"Home for Christmas."** 3 p.m. Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. A free concert featuring the Potomac Brass Quintet and Friends.  
**A Storybook Holiday Brunch.** 10 a.m.-12 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Holiday fun includes a visit with Santa, crafts, brunch, and a reading of a holiday story by a special guest. \$14 per child/adult duo. Register by Dec. 13. [herndon-va.gov](http://herndon-va.gov)  
**30 Years - 30 Artists Exhibit Opening Reception.** 5-7 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The exhibit **30 Years - 30 Artists** will include original hand-pulled prints from 30 current and former artists representing Discover Graphics Atelier over the past 30 years. [artspaceherndon.org](http://artspaceherndon.org)  
**Cocoa Wagon Rides.** 5-9 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Journey through the farm on a wagon followed by a campfire with cocoa and s'mores. Tickets: \$8.

**SUNDAY/DEC. 15**  
**Holiday Model Train Show.** 11 a.m.-4 p.m. Herndon Municipal Center, 777 Lynn St., Herndon.  
**Holiday Open House.** 1:30-3 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Bring family or friends for free refreshments, ornament making, live music, sales items, a book signing, and more. [naturecenter@reston.org](mailto:naturecenter@reston.org)  
**Cocoa Wagon Rides.** 5-9 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Journey through the farm on a wagon followed by a campfire with cocoa and s'mores. Tickets: \$8.

**SUNDAY/DEC. 15-31, 2013**  
**America the Beautiful** 9 a.m.-9 p.m. Monday - Sunday at the Hunters Woods Exhibit, 2310 Colts Neck Rd, Reston. A mood, glowing light, subtle color and, above all, the *chi* or spirit of the subject are all captured in Lassie Corbett's paintings. 703-435-1888 or [www.lassiecorbettart.com](http://www.lassiecorbettart.com)

**MONDAY/DEC. 16**  
**Dress up Herndon for the Holidays.** 6-8 p.m. Neighborhood decoration contest throughout Herndon. Home decorations judged in traditional, whimsical, lights categories and more.  
**Cocoa Wagon Rides.** 5-9 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Journey through the farm on a wagon followed by a campfire with cocoa and s'mores. Tickets: \$8.



Southview Community Church, 2620 Reston Pkwy, Herndon, presents "Living Nativity," in which the Christmas story is recounted in a meaningful and tangible way with live animals and visual interpretations, starting Dec. 6.



PHOTO COURTESY OF NEXTSTOP THEATRE  
Ray Ficca in rehearsal of "Jacob Marley's Christmas Carol," playing at the NextStop Theatre, 269 Sunset Park Drive, Herndon.

**MONDAY/DEC. 16-JAN. 6, 2014**  
**15<sup>th</sup> Annual Gifts from the HeART Exhibit.** 9 a.m.-9 p.m. Monday - Sunday at the Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. In the Jo Ann Rose Gallery, original works of art in watercolor, oil, acrylic, mixed media, collage, photography, fiber and charcoal are displayed. 703-476-4500 or [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)

**TUESDAY/DEC. 17**  
**Third Tuesdays: Design and Wine.** 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Reservations required, \$30 fee. [artspaceherndon.org](http://artspaceherndon.org)

**SATURDAY/DEC. 21**  
**The Ultimate Christmas Show (abridged)** 8 p.m., at The Reduced Shakespeare Company. It's festive, funny, physical family fun as the Three Wise Guys send up and celebrate your favorite winter holiday traditions. \$25 Reston/\$50 Non-

Reston.  
**SUNDAY/DEC. 22**  
**Holiday Play/Sing Along.** 4 p.m. Sunset Hills Montessori building, 11180 Ridge Heights Rd., Reston. Bring your instrument and sit and play with the orchestra, or bring your voice and sing the holiday favorites.

**TUESDAY/DEC. 31**  
**New Year's Eve Golf Tournament.** 10 a.m. Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Annual four-person scramble. Entry fee includes green fee, cart fee, range balls, prizes and lunch. Entry deadline: December 21. [herdongolf.com](http://herdongolf.com)

**New Year's Eve Celebration.** 7 p.m. - Family-friendly art activities, music; 9-10 p.m. - Bonfire with drum circle; 10 p.m.-12:30 a.m. - jazz ensemble and entertainment; champagne toast at midnight. ArtSpace Herndon, 750 Center Street, Herndon. All ages. Free and open to the public. [artspaceherndon.org](http://artspaceherndon.org)

**HOT GIFTS**

Meet 300 Juried Artisans in Person

**Sugarloaf Crafts Festival**

**DECEMBER 13, 14, 15, 2013**  
Dulles Expo Center  
Chantilly, VA • Rt. 28 at Willard Rd.  
Admission \$8 online, \$10 at the door - good all 3 days  
Children under 12 and parking are FREE  
Fri. & Sat. 10-6, Sun. 10-5

► Designer Crafts ► Specialty Foods  
► Home Furnishings ► Family Fun  
► Affordable Art

**DISCOUNT TICKETS**, show info, exhibitor lists, directions and more at: [SugarloafCrafts.com](http://SugarloafCrafts.com)

**Support**

**BOYS & GIRLS CLUBS**  
OF GREATER WASHINGTON  
FAIRFAX COUNTY REGION

The mission of Boys & Girls Clubs of Greater Washington is to help boys and girls of all backgrounds, especially those who need us most, build confidence, develop character and acquire the skills needed to become productive, civic-minded, responsible adults.

BGCGW's Fairfax County region includes the Culmore Character Club and Murraygate Village Club, serving 582 members a year. On average, 120 youths come through the doors every day during the school year.

**Meet Henry Lopez, 2013 National Boys & Girls Clubs Virginia Youth of the Year, who grew up with the BGCGW Culmore Character Club for 14 years. Henry now attends George Mason University on an Honor Scholarship studying computer engineering.**

**Join in our annual giving campaign:**  
For more information,  
E-mail [wkang@bgcgw.org](mailto:wkang@bgcgw.org)  
Phone: 703-820-5206  
Visit <http://www.bgcgw.org/givegreatfutures/>  
and select "Fairfax County"

# ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

**TUESDAY/DEC. 10 - 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.

**TUESDAY/DEC. 10-**

**SUNDAY/JAN. 12, 2014**

**30 Years-30 Artists.** Artspace Herndon, 750 Center Street, Herndon. Includes prints from 30 current and former artists representing Discover Graphics Atelier over the past 30 years.

**SATURDAY/DEC. 14**

**Opening Reception for Discover Graphics.** 4-7 p.m. at ArtSpace Herndon, 750 Center Street, Herndon. Exhibiting the work of printmakers for the past 30 years.

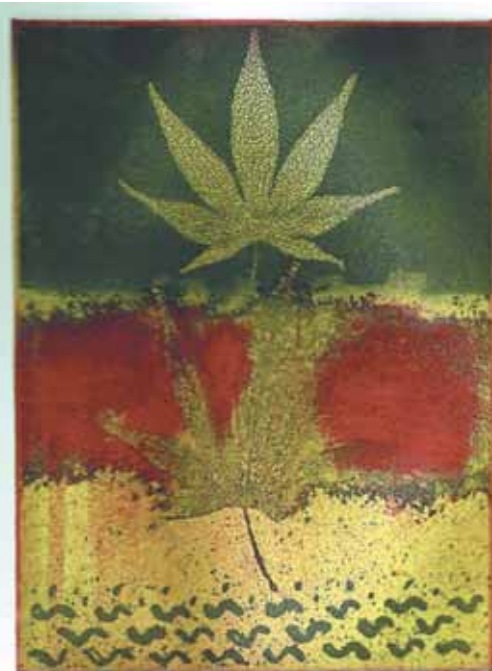
**TUESDAY/DEC. 17**

**Design and Wine.** 7-9 p.m. Artspace Herndon, 750 Center Street, Herndon. Artist Eileen Hull will teach you how to create and embellish something entirely on your own. \$30. Reservations required. 703-956-6590.

**SATURDAY/DEC. 28**

**The Many Aspects of Watercolor Painting.** 10 a.m. - 4 p.m. Artspace Herndon, 750 Center Street,

**Allen Kaneshiro Resurrection in red monotype. Discover Graphics Atelier is celebrating its 30th anniversary at ArtSpace Herndon with the exhibit 30 Artists — 30 Years. The exhibit, in the Post Gallery, includes original hand-pulled prints from 30 current and former artists representing Discover Graphics Atelier over the past 30 years.**



Herndon. Watercolor artist Lou Negri will hold a one-day workshop at ArtSpace. To register contact the instructor at [aquarel@comcast.net](mailto:aquarel@comcast.net) or [www.lounegri.com](http://www.lounegri.com).

**ONGOING**

**League of Reston Featured Artists Exhibit.** Every Monday-Friday through Dec. 31, 8:30 a.m.-5 p.m., the Reston Association office, 12001 Sunrise Valley Drive, Reston. The League of Reston Artists invites art lovers to a series of rotating painting and photography exhibits featuring a new artist each month. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**SUNDAY, JAN. 19**

**Sweet Honey In The Rock.** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Five women provide unique perspective in their traditional gospel hymns, rap, reggae, African chants, hip hop, ancient lullabies and jazz improvisation; with sign language interpretation. \$25 Reston/\$50 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**SUNDAY, MARCH 9**

**Rennie Harris' RHAW** 8 p.m., at The Centerstage, Reston Community

Center Hunters Woods. RHAW will showcase Dr. Rennie Harris' newest and brightest street dancers as they bring hip hop back to basics. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**WEDNESDAY, MARCH 12**

**Lúnasa.** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. This group of Irishmen continues its 20-year tradition of famed Celtic music. \$20 Reston/\$40 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**SUNDAY, APRIL 6**

**Mr. Vaudeville and Friends with Mark Brutsché.** 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. Buddy Silver, and alter-ego Mark Brutsché, returns to to prove, once again, that nothing can take the place of live entertainment. \$5 Reston/\$10 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**SUNDAY, APRIL 27**

**Trout Fishing in America.** 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. This Grammy Award nominated duo's infectious mix of folk/pop and family music is enriched by the diverse influences of reggae, Latin, blues, jazz and classical music. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**WEDNESDAY/MAY 28**

**Modern Moves, in partnership with Dance Place.** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Three of D.C.'s most prominent choreographers – Daniel Burkholder, Daniel Phoenix Singh and Erica Rebollar – come together to create an eclectic evening of thrilling modern dance. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**SATURDAY/MAY 31**

**Raul Midón.** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Blind since infancy, Midón uses his songwriting and musical talents to shatter stereotypes while establishing himself as one of music's most distinctive and searching voices. \$20 Reston/\$40 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**SUNDAY, JUNE 8**

**SpeakeasyDC's Born This Way: Stories About Queer Culture in America.** 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. One of the region's premiere storytelling theatres presents an adults only afternoon of entertaining and thought-provoking true stories that showcase a range of perspectives from the Lesbian, Gay, Bisexual and Transgendered (LGBT) community. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**Popular Throughout the Mid-Atlantic.**  
Now Coming to Great Falls.



**Vibrant Community**  
Great gathering places to connect and engage; transportation services offering you *freedom* to get out and about.



**Vibrant People**  
Everyone shares a *spirit of vibrant living*; programs to keep your mind, body and spirit at their best.



**Vibrant Lifestyle**  
High-energy *fun* to quiet relaxation and a social life as full as you want it to be.



**Vibrant Company**  
Proven track record and outstanding residents and associates.



**BRIGHTVIEW GREAT FALLS ASSISTED LIVING**

10200 Colvin Run Rd. • Great Falls, VA 22066  
[BrightviewGreatFalls.com](http://BrightviewGreatFalls.com)

**Welcome Center Now Open**

Located at 1146-E Walker Rd. in Leigh Corners Office Suites

Please call for more information.  
**703-759-2513**



**Discover the Magic of Christmas!**

Collectible Ornaments  
Exquisite Ribbon and Merrifield Bows  
Custom Wreaths and Centerpieces  
Poinsettias and Holiday Plants  
Fresh Cut, Live and Everlasting Trees and Greens

**GREAT GIFTS**  
Candles • Home Décor  
Houseplants • Garden Accents  
Gardening Tools  
Bird Feeding Supplies  
Merrifield Gift Cards

Register to win **FREE TICKETS!**  
Redskins, Capitals, Wizards, Concerts and Special Events  
Stop by our stores. No purchase necessary. Must be 18 to enter.

Stock up now  
**Kiln-Dried Firewood  
Snow Shovels  
Ice Melting Products**

**SANTA IS HERE!**  
Visit [merrifieldgardencenter.com](http://merrifieldgardencenter.com) for Santa schedules at all three stores

**MERRIFIELD**  
703-560-6222

**FAIR OAKS**  
703-968-9600

**GAINESVILLE**  
703-368-1919

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

[merrifieldgardencenter.com](http://merrifieldgardencenter.com)

# SPORTS



PHOTO BY Ed Lull

**Marshall senior Mackenzie Haight will compete at Foot Locker nationals on Dec. 14 in San Diego.**



**West Springfield senior Caroline Alcorta, seen during the VHSL state meet on Nov. 15, finished first at Foot Locker Cross Country South Regionals on Nov. 30, earning a trip to nationals.**

## Five Harriers to Compete at XC Nationals

Marshall senior Mackenzie Haight is one of five local harriers who will compete at the Foot Locker Cross Country Championships national finals on Dec. 14 in San Diego.

Haight earned the trip to nationals by finishing in the top 10 in the south regional race on Nov. 30 in Charlotte. Haight placed fifth with a time of 14:51.

Nationals will take place at Morley Field in Balboa Park.

Edison's Louis Colson will also compete at nationals after placing fourth at regionals with a time of 14:50.

In the girls' race, West Springfield's Caroline Alcorta and Lake Braddock's Hannah Christen and Katy Kunc will also compete at nationals.

## Oakton Boys', Girls' Basketball Teams Start 3-0

The Oakton boys' and girls' basketball teams each won their first three games of the season, including a season-opening wins against Vienna rival Madison.

The boys' team beat Madison 46-29 on Dec. 3. The Warhawks defeated McLean 41-38 on Dec. 6 and Lee 43-32 on Dec. 7.

The girls' team defeated Madison 66-53 on Dec. 3. Two nights later, Oakton beat Stafford 59-32. On Dec. 7, the Cougars beat Loudoun County 75-59.

Led by head coach Fried Priester, Oakton won the AAA state championship in 2012 with a 31-0 record. Last season, the Cougars fell one win shy of reaching the state tournament, losing to South Lakes 48-46 in the regional semifinals. Centreville snapped Oakton's run of eight consecutive

district championships.

Oakton's game against Lee on Monday was cancelled due to inclement weather. The Cougars were scheduled to face Yorktown on Dec. 10 and Wakefield on Dec. 11. Oakton will travel to face Lake Braddock on Tuesday, Dec. 17.

The Oakton boys' team was scheduled to face Yorktown on Tuesday, after The Connection's deadline. The Cougars will host Osbourn Park on Dec. 14.

## Madison Girls' Basketball Struggling Early

The Madison girls' basketball team dropped its first three games of the season while facing some of the region's top teams.

Madison lost to Oakton, Centreville and West Springfield to open the year at 0-3. Oakton, the 2012 AAA state champ and a region semifinalist last season, beat Madison 66-53 on Dec. 3. Centreville, a region semifinalist last season, beat the Warhawks 59-55 on Dec. 6. West Springfield, a perennial contender to reach the state tournament, beat Madison 63-50 on Dec. 7.

Madison was scheduled to face defending region champion Edison on Tuesday, after The Connection's deadline. The Warhawks will host Stone Bridge on Dec. 13.

## Langley Girls' Basketball Opens with Win

The Langley girls' basketball team opened the 2013-14 season with a 61-24 win over Herndon on Dec. 6.

The Saxons will host rival McLean at 5:45 p.m. on Friday, Dec. 13.

## Langley Boys' Basketball Loses Two

The Langley boys' basketball team lost to Stuart (60-56, Dec. 6) and Falls Church (70-61, Dec. 7) during the Stuart Tipoff Tournament. The Saxons will return to action at home against Potomac School at 6:30 p.m. on Wednesday, Dec. 11.

## Herndon Boys' Basketball Wins Two

The Herndon boys' basketball team opened the season with victories against Woodson (73-65, Dec. 3) and Patriot (79-49, Dec. 6).

The Hornets were scheduled to face Washington-Lee on Tuesday, after The Connection's deadline. Herndon will compete in the Gonzaga holiday tournament Dec. 13-15.

## South Lakes Girls' Basketball Posts 3 Lopsided Wins

The South Lakes girls' basketball team started the season victories against Stone Bridge, Western (Baltimore) and Potomac Falls, winning each game by at least 18 points.

The Seahawks opened with a 57-18 win against Stone Bridge on Dec. 3. Abby Rendle finished with 15 points, nine rebounds, five steals and three blocks.

South Lakes beat Western 58-40 on Dec. 6. Rendle had 15 points, 10 rebounds, nine blocks, five assists and two steals. Caitlin Jensen finished with 11 points.

The Seahawks beat Potomac Falls 63-25 on Dec. 7.

South Lakes was scheduled to face Woodson on Tuesday, after The Connection's deadline. The Seahawks will travel to face Marshall on Friday, Dec. 13.

## Herndon Swimming Falls to Westfield

The Herndon girls' and boys' swim and dive teams each lost to Westfield on Dec. 6, the Hornets posted multiple region-qualifying times and one state-qualifying time.

Freshman Emily Meilus posted a state-qualifying time of 5:07.84 in the 500 free. She also set a new school record. The 500 free was the oldest record on the record board, set by Nancy Reed in 1977 (5:10.11).

First-place finishers for the Herndon girls were: Meilus (200 free (RQ)), 500 free (SQ)), Elizabeth McNulty (200 IM, 100 breast) and Kara Joyce (dive).

The 200 medley relay (Meilus, McNulty, Ryan Murphy and Jenna Krynicki) and 400 free relay (Murphy, Krynicki, Karly Ginieczki, Meilus) also took first with region-qualifying times.

First-place winners for the Herndon boys were: Christian Ginieczki (100 fly, 100 back), Dylan Cudahy (200 free, 500 free) and Justin Bradley (dive).

## South Lakes Looking for Girls' Lacrosse Coaches

South Lakes High School is looking for girls' lacrosse coaches — varsity head coach and assistants. Interested applicants should contact Linda Jones, director of student activities at: lljones1@fcps.edu or call 703-715-4518.



PHOTO CONTRIBUTED

**Senior Co-Captain Casey Howard performs her floor routine while the Marshall team looks on.**

## Lady Statesmen Gymnasts Win Third Place in Season Opener

The George C. Marshall Lady Statesmen Gymnastics team kicked off their 2013-14 season with a third place finish in a six-team contest at Washington & Lee High School in Arlington. The Marshall team had their strongest-ever season opener, scoring 128.7 points to finish ahead of JEB Stuart, Wakefield, and Hayfield and behind runner-up McLean and winner W&L. Marshall junior Morgan Stahl won the Floor Exercise event with a score of 9.45. The Statesmen's total score included contributions from several promising freshmen: Kiran Sullivan, Lindsey Price, and Alessandra Iannetti. Head Coach Charlotte Perpall and the Lady Statesmen look forward to a great season; their next meet is Saturday, Dec. 14 at Fairfax High School.

# A "Scancer" Update



By KENNETH B. LOURIE

Since you asked, or rather indulged me the past few weeks by wading through my two "Scanticipation" columns anticipating a result, I am happy to finally share that result with you: "Stable and better." These are the exact words e-mailed to me by my oncologist in response to my post-Thanksgiving inquiry about my CT Scan completed on the 27th. Then, as you most recent Kenny-column readers may recall, I had my regularly scheduled post-scan appointment this past Friday, December 6th to discuss those results, and of course have my oncologist examine and question me about any facts, feelings or failings, concerning the previous three months since my last appointment (and four months since my last scan) as a terminal cancer patient. He's not exactly Hubert H. Humphrey, but nevertheless, he was "pleased as punch." And if there's one dominant recollection I'll take home with me from my appointment, it was my oncologist's ear-to-ear smile when sharing his assessment of all things concerning Kenny-with-cancer.

In fact, and in reality-check truth, if you've been characterized as "terminal" by your doctor, whether "diseased" by cancer or some other deadly condition, and you're still undergoing treatment, there's no better feeling - or hope, quite frankly, than seeing your doctor happy and encouraging when sharing/discussing your most recent diagnostic scan/lab work, urine specimen, etc. And considering that Team Lourie has seen my oncologist with less than positive news on previous occasions, hardly do I ever take it for granted when he's as upbeat and enthusiastic as he was during Friday's appointment.

Unfortunately, the process is ongoing and subject to change; after all, stage IV, non-small cell lung cancer is incurable/inoperable. But I am finding out that at least for me/for awhile, it is/can be treatable, albeit non-surgically. Moreover, as long as my body continues to tolerate the every-three-week chemotherapy infusions, I am good to go, or as described by my oncologist: on maintenance. Meaning, we can continue to do this for awhile. And though "awhile" is never defined or discussed, really, given the predictable/unpredictable nature of cancer - and its interactions with the diagnosee, I can live with the indeterminate sentence that I've been fortunate to receive. It certainly beats the alternative.

Originally, I was "prognosed" to live "13 months to two years" by my oncologist. As of November 27th, I have lived four years and 9 months, so I am accustomed to being life-expectancy challenged. And since I've surpassed my oncologist's initial prognosis by years, I don't see any reason to stop now, especially considering the results from my most recent scan and associated lab work. As my brother Richard has said: "If the oncologist is happy then I'm happy." Well, as of Friday, December 6th, I am very happy.

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

# EMPLOYMENT

ZONE I: • RESTON  
• HERNDON • LOUDOUN

<b>BUSINESS OPP</b>	<b>BUSINESS OPP</b>
<b>TELEPHONE</b> A great opportunity to <b>WORK AT HOME!</b> NATIONAL CHILDRENS CENTER No sell! Salary + Bonus + Benefits! <b>301-333-1900</b> Weekdays 9-4	<b>TELEPHONE</b> A great opportunity to <b>WORK AT HOME!</b> NATIONAL CHILDRENS CENTER No sell! Salary + Bonus + Benefits! <b>301-333-1900</b> Weekdays 9-4

**Experienced  
Snow Plow Drivers Wanted**

**703-433-2739**

**HVAC Technician- Commerical**  
Harvey Hottel, Inc is hiring experienced commercial service HVAC technicians with 5 or more years of commercial service exp. to work in VA. Top wages and Excellent benefits, fax resume to 301-921-0265 or email to dchiasson@harveyhottel.com

**Educational Internships**

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

**THE CONNECTION**  
NEWSPAPERS

**HOW TO SUBMIT ADS TO THE CONNECTION**  
Newspapers & Online  
**CLASSIFIED**

**DEADLINES**  
Zones 1, 5, 6.....Mon @ noon  
Zones 2, 3, 4.....Tues @ noon  
E-mail ad with zone choices to:  
classified@connectionnewspapers.com  
or call Andrea @ 703-778-9411

**EMPLOYMENT**

**DEADLINES**  
Zones 5, 6.....Tues @ 11:00  
Zones 1, 3.....Tues @ 4:00  
Zone 2.....Wed @ 11:00  
Zone 4.....Wed @ 1:00  
E-mail ad with zone choices to:  
classified@connectionnewspapers.com  
or call Andrea @ 703-778-9411

**ZONES**

**Zone 1:** The Reston Connection  
The Oak Hill/Herndon Connection

**Zone 2:** The Springfield Connection  
The Burke Connection  
The Fairfax Connection  
The Fairfax Station/Clifton/Lorton Connection

**Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette

**Zone 4:** Centre View North  
Centre View South

**Zone 5:** The Potomac Almanac

**Zone 6:** The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

# CLASSIFIED

703-917-6400  
ZONE I Ad DEADLINE:  
MONDAY NOON

**THE CONNECTION CLASSIFIED**  
NEWSPAPERS

**Classified or Home • Lawn • Garden:**  
**703-917-6400**

**Employment: 703-917-6464**

E-mail: classified@connectionnewspapers.com

**26 Antiques**

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email:theschefer@cox.net

**29 Misc. for Sale**

Queen PillowTop Mattress Set Still in Original Plastic For \$150 Call John 703-200-8344

**21 Announcements 21 Announcements 21 Announcements**

**Construction Notice For StoneSprings Hospital Center Hwy 50 & 659 Dulles, VA**

Brasfield & Gorrie General Contractors is currently seeking bids from qualified subcontractors and suppliers for the New Hospital and Medical Office Building at StoneSprings Hospital Center. Brasfield & Gorrie General Contractors strongly support and promote diversity participation. All interested subcontractors claiming Minority/Women/Diversity Business Enterprise/Small Business Enterprise status must provide proof of certification with bid and meet Brasfield & Gorrie's Subcontractor Prequalification requirements to be considered for the select bidder's list.

1. There will be a project informational meeting at the Embassy Suites Dulles - North Loudoun: 44610 Waxpool Rd, Ashburn, VA 20147 at 5:30 pm on January 8th, 2014.
2. Project scope includes approximately 230,000 SF new hospital, 60,000 SF shell MOB and associated parking areas

Bid Packages may include:  
Landscaping & Irrigation / Sitework, Utilities & Hardscapes / Building Concrete / Caissons / Structural & Misc Steel / Masonry & Stone / Waterproofing, Caulking and Expansion Control / Spray Applied Fireproofing / Roofing & Lightweight Concrete / General Works / Unistrut / Architectural Millwork & Casework / Metal Studs & Drywall, EIFS, ACT / Hard Tile / Resilient Flooring & Moisture Mitigation / Paint & Wallcovering / Signage / RF Shielding & Radiation Protection / Pneumatic Tube System / Elevators / Fire Protection / Mechanical / Test & Balance / Electrical / Low Voltage

Interested parties should contact Alexander Schmid at (615) 806-8198 or via email aschmid@brasfieldgorrie.com for further information regarding this project.

**21 Announcements 21 Announcements 21 Announcements**

Help for people with  
**Macular Degeneration**

Find out if the new E Scoop glasses will help you see better



Call for a FREE phone consultation with Dr. Armstrong, Optometrist

**Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville**

**(866) 321-2030**  
Dr. David L. Armstrong VirginiaLowVision.com

**21 Announcements 21 Announcements 21 Announcements**

Help for people with  
**Macular Degeneration**

Find out if special glasses can help you see better.



Call for a FREE phone consultation with Dr. Azman.

**888-700-8067**  
www.LowVisionMD.org

**Employers:**  
Are your recruiting ads not working in other papers?  
Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

**THE CONNECTION**  
to your community

**703-917-6464**

classified@connectionnewspapers.com

Great Papers • Great Readers  
Great Results!

# HOME & GARDEN

703-917-6400

ZONE I: • RESTON  
• HERNDON • LOUDOUN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

ZONE I AD DEADLINE:  
MONDAY NOON

## New Year's Eve Celebration at ArtSpace Herndon

A New Year's Eve Celebration is an ArtSpace Herndon signature event. The celebration, on Tuesday, Dec. 31, from 7 p.m. to 12:30 a.m. in historic downtown Herndon, features live music and family-friendly activities both inside and outside the gallery.

The celebration begins inside the gallery from 7 to 9 p.m. with art activities for kids and live music. Artists will guide kids in creating a Dale Chihuly inspired glass-like chandelier that will light up the celebration later that evening. Materials will be supplied.

During this time, a teen band will be performing live in the Post gallery. The celebration moves outside from 9 to 10 p.m. for the traditional bonfire. Gather around the warm, glowing bonfire and join in the drum circle. Free and open to the public.

Entertainment resumes inside at 10 p.m., with the Herndon Tonight show and jazz by the Al Robertson Quartet featuring Jazz Lombardi, and continues through a toast at midnight.

Light refreshments will be served, with a champagne toast at midnight. Due to seating limitations, passes are required for the Herndon Tonight show. A limited number of complimentary passes will be distributed beginning in December. Visit [www.ArtSpaceHerndon.org](http://www.ArtSpaceHerndon.org) or call 703-956-6590 for more information.

The year's New Year's Eve Celebration is produced by the Performing Arts Programming Committee of ArtSpace Herndon and made possible with a grant from the Town of Herndon under the Virginia Commission for the Arts Local Government Challenge Grant Program from the Virginia Commission for the Arts.

ArtSpace Herndon exhibitions and receptions are free and open to the public. Some events have a nominal fee. Visit [www.ArtSpaceHerndon.org](http://www.ArtSpaceHerndon.org) for the gallery's hours, location, and exhibition and events schedule.

### SCHOOL NOTES

Send school notes to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com) by Friday.

Herndon resident **Siva Somayajula**, a sophomore at Thomas Jefferson High School for Science and Technology, has participated in the week-long Virginia Space Coast Scholars (VSCS) Summer Academy program at the NASA Wallops Flight Facility on Virginia's Eastern Shore.

Herndon area students **Michael H. Chen**, **Emily Schaal**, **Jefferson Sheron** and **Tae-Jung Yang** of Herndon High School; and **Jocelyn Huang**, **Sreenath Are**, **Rohan Banerjee**, **Ashwin Basana**, **Arjun Iyer**, **Aseem Jain**, **Anne Li**, **Soumya Mishra**, **Christin Park**, **Rohan Punnoose**, **Sarah Quettawala**, **Simran Rohatgi**, **Snigdha Srivastava** and **Tony Xiao** of Thomas Jefferson High School for Science and Technology are National Merit Scholarship semifinalists.

**CLEANING CLEANING**

**A CLEANING SERVICE**  
Since 1985/Ins & Bonded  
Quality Service at a Fair Price  
Satisfaction Guaranteed-  
Angies List 2011-Super Service Award!  
Comm/Res. MD VA DC  
[acleaningserviceinc.com](http://acleaningserviceinc.com)  
703-892-8648

**IMPROVEMENTS IMPROVEMENTS**

**Picture Perfect Home Improvements**  
(703) 590-3187 [www.pphionline.com](http://www.pphionline.com)  
**Remodeling Bathrooms, Kitchens & Basements**  
• FREE Estimates Exterior & Interior Repair,  
• FAST & Reliable Service Painting, Carpentry, Wood Rot,  
• EASY To Schedule Drywall, All Flooring, Decks  
• NO \$\$\$ DOWN!  
Handyman Services "If it can be done, we can do it"  
Available Licensed - Bonded - Insured

**HAULING**

**AL'S HAULING**  
Junk & Rubbish  
Concrete, furn., office,  
yard, construction debris  
Low Rates NOVA  
703-360-4364  
703-304-4798 cell  
7 DAYS A WEEK

**LANDSCAPING**

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

**ELECTRICAL ELECTRICAL**

**K&D ELECTRIC**  
COMMERCIAL / RESIDENTIAL SERVICE  
Family Owned & Operated  
Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabeling Service Upgrades Hot Tubs, etc...  
Office 703-335-0654 Mobile 703-499-0522  
Licensed/Bonded/Insured

**The HANDYMAN**  
A DIVISION OF NURSE CONSTRUCTION  
BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE  
You have tried the rest - NOW CALL THE BEST!!  
Proudly serving Northern VA - 46 yrs. exp.  
Licensed Insured We Accept VISA/MC  
703-441-8811

**HAULING**

**ANGEL'S HAULING**  
Junk Trash Removal, Yard/Construction Debris, Garage/Basement Clean Out, Furniture & Appl.  
703-863-1086  
703-582-3709  
240-603-6182

**TREE SERVICE**

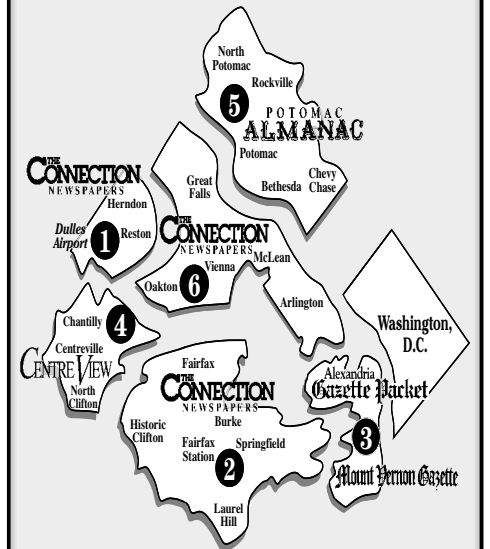
**ANGEL'S TREE REMOVAL**  
Brush & Yard Debris Trimming & Topping Gutters & Hauling  
[Angeltreeslandscaping-hauling.com](http://Angeltreeslandscaping-hauling.com)  
703-863-1086  
703-582-3709  
240-603-6182

Mr. Electric of Reston

**MR. ELECTRIC**  
EXPERT ELECTRICAL SERVICE  
\$20 OFF Any Service Not valid with any other offer  
Free Estimate & Free Home Safety Checkup  
703-828-2281  
[www.reston.mrelectric.com](http://www.reston.mrelectric.com)  
Locally Owned and Operated Franchise Licensed & Insured

**A&S Landscaping**  
• All Concrete work  
• Retaining Walls • Patios  
• Decks • Porches (incl. screened) • Erosion & Grading Solutions  
• French Drains • Sump Pumps  
• Driveway Asphalt Sealing  
703-863-7465  
LICENSED  
Serving All of N. Virginia

**Employers:**  
Are your recruiting ads not working in other papers?  
Try a better way to fill your employment openings



**GUTTER GUTTER**

**GUTTER CLEANING**  
Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards  
**Pinnacle Services**  
lic/ins 703-802-0483 free est.  
email [jamie@lawnsandgutters.com](mailto:jamie@lawnsandgutters.com)  
web: [lawnsandgutters.com](http://lawnsandgutters.com)  
Friendly Service with a Friendly Price!

**LAWN SERVICE LAWN SERVICE**

**Pinnacle Services, Inc.**  
**LAWN SERVICE**  
MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES  
Friendly Service for a Friendly Price  
703-802-0483

- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

**THE CONNECTION**  
to your community  
703-917-6464  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)  
Great Papers • Great Readers • Great Results!

**IMPROVEMENTS IMPROVEMENTS**

**R&N Carpentry**  
♦BASEMENTS ♦BATHS ♦KITCHENS  
Foreclosure specialist/Power washing  
♦Exterior Wood Rot More!  
Deck & Fence repair, Screen Porches  
No jobs too large or small  
Free est. 37 yrs exp. Licensed, Insured  
703-987-5096

Remodeling Interior, Bathrooms, Kitchens, Floors, Ceramic Tile, Painting, Decks, Fences, Additions.  
703-863-1086

**R.N. CONTRACTORS, INC.**  
Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting  
We Accept All Major Credit Cards  
Licensed, Insured, Bonded • Free Estimates • Class A Lic  
Phone: 703-887-3827 Fax: 703-830-3849  
E-mail: [rncontractorsinc@gmail.com](mailto:rncontractorsinc@gmail.com)  
[www.rncontractors.com](http://www.rncontractors.com)

**TREE SERVICE TREE SERVICE**

**Quality Tree Service & Landscaping**  
Reasonable prices. Licensed & insured  
Fall Clean Up...  
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.  
20 yrs. of experience - Free estimates  
703-868-5358  
**24 Hour Emergency Tree Service**

# Holiday Décor: Make it Sparkle

Local designers offer suggestions for decorating your home.

BY MARILYN CAMPBELL  
THE CONNECTION

**T**is the season for decking the halls. Whether your style is traditional and colorful, muted and demure or metallic and glittery, three local designers offer distinct holiday decorating ideas to spark your creativity.

Victoria Sanchez, who opened Victoria at Home, a home furnishings boutique and interior design studio on King Street in Old Town Alexandria earlier this month, said the décor begins with an aroma.

"Holiday scented candles immediately say 'holiday,'" said Sanchez. "Fresh greens tucked behind artwork and intertwined into tablescapes add a wonderful scent."

She recommends filling bowls with colorful holiday ornaments and displaying holiday cards to add a touch of nostalgia. "What I love most about the holidays is [that] each ornament and every tradition evokes memories of family, friends and childhood," said Sanchez.

Designer Sharon Kleinman of Transitions by Sharon Kleinman in Potomac, said Christmas is no time for minimalism. "The Christmas season is the perfect time to go all out decorating the main areas of your home," she said. "I love the smell of fresh pine, so fill your home with it. Starting at the front entrance, hang a pine wreath on the door."

Kleinman recommends purchasing fresh wreaths. "Many local nurseries like American Plant and Benke's make some really beautiful ones," she said. "Local florists are also a good source."

There are a multitude of uses for fresh winter foliage. "Place pine boughs, candles of varying heights and decorative accessories such as painted wooden toys [like] trains, toy soldiers, blocks or colored balls among the pine branches," added Kleinman.

Another idea, says Kleinman, is to wrap small boxes in colorful paper, top them with brightly colored bows and place them on the mantel. "Decorative stockings hung on the mantel are traditional and a must in my book," she said. "Stair rails can be wrapped in pine boughs, ribbon and/or tinsel."

To add splashes of festive Christmas red to a home, Kleinman recommends "Placing pots of poinset-

tias throughout the house. Personalize your Christmas tree with homemade ornaments, sentimental items, colored bows and lots of tinsel."

When it comes to holiday tablescapes, Kelley Proxmire and Emily Wallace of Kelley Interior Design suggest adding a touch of shimmer. "Try breaking out of a set color scheme of red, white and green," said Wallace. "Try popular metallic finishes that could be used in fabric for pillows, gold accessories for the table [like] tiny vases [or] salt and pepper shakers and napkin rings with 'bling' metallic finishes."

Mix decorative objects with foliage to create a warm and inviting table. "Incorporate 'organic' items of the season, like greens from pine trees, magnolias, pine cones, and some fruit," said Proxmire.

Unconventional items can be used as vessels for a wintery, holiday centerpiece. Wallace and Proxmire found a "tortoise shell-like urn ... for next to nothing at a consignment store" and used it to hold a centerpiece. "You could buy a new vase or container, but it certainly could also be a vintage find and not necessarily brand new," said Proxmire.

"Use lots of little LED lights in votive holders, either clear votives or ones with a metallic tone finish," said Wallace. "This is a case where more is better."

**"What I love most about the holidays is [that] each ornament and every tradition evokes memories of family, friends and childhood".**

— Victoria Sanchez, Victoria at Home



PHOTO BY GEOFFREY HODGDON

This holiday sideboard, designed by Emily Wallace of Kelley Interior Design, breaks from traditional red and green décor by making use of a metallic color palette.

**Great Falls Studios**  
Artists serving the community

**HOLIDAY Art Sale & Home Show**  
December 14-15, 2013  
10am-5pm  
New Location!

The Center for Education at Wolf Trap  
1645 Trap Rd., Vienna, VA

**SUN DESIGN**

Design. Remodel. Relationships.



# Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

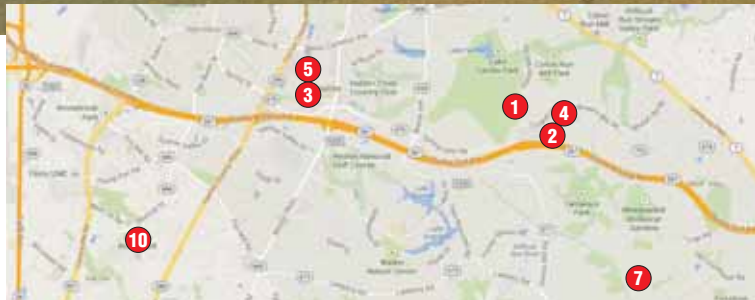
## October, 2013 Top Sales in Vienna, Oakton, Reston and Oak Hill



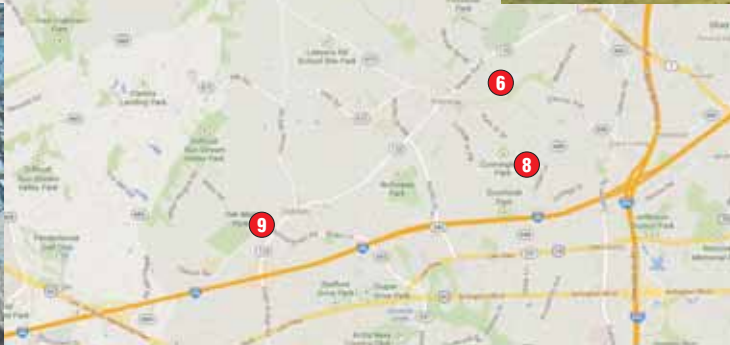
**1** 11608 Hunting Crest Lane,  
Vienna — \$1,629,807



**2** 10313 Forest Maple Road,  
Vienna — \$1,488,000



**6** 503 Delano Drive SE, Vienna — \$1,307,500



© Google Map data



**7** 1908 Ballycor Drive, Vienna — \$1,303,000

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
11608 Hunting Crest LN	4	4	1	VIENNA	\$1,629,807	Detached	0.00	22182	HUNTING CREST	10/09/13	
10313 FOREST MAPLE RD	5	4	1	VIENNA	\$1,488,000	Detached	2.49	22182	VICTORIA FARMS	10/08/13	
11990 MARKET ST #812	3	3	0	RESTON	\$1,350,000	Hi-Rise 9+ Floors	20190	MIDTOWN AT RESTON TOWN	10/22/13		
10252 DEERCREST MEADOW PL6	5	2	VIENNA	\$1,325,000	Detached	1.73	22182	DEERCREST MEADOW	10/21/13		
12025 NEW DOMINION PKWY#401	3	2	0	RESTON	\$1,315,000	Mid-Rise 5-8 Floors	20190	MIDTOWN NORTH	10/04/13		
503 DELANO DR SE	6	6	1	VIENNA	\$1,307,500	Detached	0.39	22180	EAST VIENNA WOODS	10/23/13	
1908 BALLYCOR DR	5	4	1	VIENNA	\$1,303,000	Detached	0.83	22182	SADDLEBROOK FARMS	10/25/13	
8704 PARK ST	5	5	0	VIENNA	\$1,300,000	Detached	0.57	22180	MC HENRY HEIGHTS	10/02/13	
3120 ELMENDORF DR	4	5	0	OAKTON	\$1,052,000	Detached	0.14	22124	OAK MARR COURTS	10/24/13	
2655 COCKERILL FARM LN	5	4	1	OAK HILL	\$925,000	Detached	0.33	20171	COCKERILL PLACE	10/31/13	

COPYRIGHT 2013 REAL ESTATE BUSINESS INTELLIGENCE. SOURCE: MRIS AS OF NOVEMBER 15, 2013.

# Home LifeStyle

## Come Home to a Luxury Bedroom

Local designers unveil inviting spaces that are perfect for dreaming of sugarplums.

BY MARILYN CAMPBELL  
THE CONNECTION

Bedrooms are no longer just for sleeping, at least according to some local designers. They're for relaxing and watching television, but they're also for reading and for eating a lazy weekend breakfast. In fact, some modern bedrooms are probably larger than their owners' first apartments. Three local tastemakers unveil master bedrooms that are so opulent and amenity-filled that it's surprising their owners ever want to leave.

Lavish textiles and luxury characterize a bedroom in Old Town Alexandria that was designed by Sydnye Pettengill of Sydnye Pettengill ASID Interior Design, Inc. in Alexandria. "The owner enjoys luxury and finer things," said Pettengill. "She wants to surround herself with that luxury in her home and private spaces. When I think of this bedroom, I think of Marie Antoinette and traditional French style."

Pettengill created an opulent but cozy bedroom with a custom-made headboard featuring an iron panel, custom-painted to coordinate with the pale green and rich gold hues in the bedroom.

"There is an abundance of custom-designed pillows and a cozy reading space," said Pettengill. "We did a custom shelf in the alcove behind the headboard that provides additional storage for books and tea. A chair is on the other side of the room and a beautiful piece of art."

The room is decorated with luxurious fabrics and trims. "The pillows are silks," said Pettengill. "We have sheer drapery that filters soft light, creating a romantic hideaway."

Visitors to one Potomac home take an elevator to the bedroom suite and emerge in its foyer. "You then walk into a set of double doors that is the beginning of their master suite," said Carole Lindenberg of Potomac Designs. "This bedroom was my inspiration and I called in Natelli Homes to build it."

The suite comes complete with a kitchen that holds a sitting area and breakfast table that allows for a leisurely morning of newspapers

and brunch. "The suite also includes a library with a replica of President Lincoln's desk," said Lindenberg.

The library leads to the bedroom, which has a Louis VX-style fireplace and a sitting area with two Bergere chairs with matching ottomans, which are accented with French-inspired drum tables. Over the fireplace sits a flat screen television. "Years ago we used to put a mirror above them. Now we put TVs above them," said Lindenberg.

"There is a window wall with three dormer windows," she continued. "And there is an entrance on either side of the fireplace."

The expansive bathroom has two showers and a freestanding tub. "There is marble on the floor of the bathroom and matching marble on the walls," said

Lindenberg. "The bedrooms are carpeted, the library has hardwood flooring with rugs, as does the foyer."

A master suite in a Great Falls home was reconfigured recently to include a bathroom with his and her vanities, a large walk-in shower and an enlarged walk-in closet.

"People want more space for their clothing, shoes [and] jewelry, where their beds are typically only display pieces during the day and then used for sleeping at night," said Beth Walters, the director of communications at Sun Design, Inc., which has offices in McLean and Burke.

Walters says the bathroom cabinetry is made from alder wood in a Blackstone finish, the counter tops are Caesarstone in a Yukon Blanco finish and the floor is Timber Glen Contemporary tiling in a Thatch finish, while the walls are Time Levigato Rettificato porcelain tiling in white with river glass and stone mosaic tile accents.



PHOTO COURTESY OF CAROLE LINDBENBERG

This Potomac master suite, by interior designer Carole Lindenberg of Potomac Designs, has a sitting room with a fireplace.

## THE VAN METRE CHILL-A-BRATION BIG BOX SALE



**BIG BOX OFFICE PACKAGE\***  
Perfect if you work from home!



**ANY BIG BOX PACKAGE  
OF YOUR CHOICE\***



**BIG BOX WALK-IN PACKAGE\***  
Perfect if you have a lot of shoes!

Visit any of our communities through December 31st, and your **NEW HOME** purchase will now include any **BIG BOX PACKAGE** that best suits your lifestyle!\* With homes available for **QUICK MOVE-IN**, you can find the perfect place for your holiday **CHILL-A-BRATION** before the year is over!

[www.VanMetreChill.com](http://www.VanMetreChill.com)



\*Offer valid on contracts written between 12/6 - 12/31/13. Offer only includes one big box package per contract. This is a limited time offer, subject to change and may be withdrawn at the discretion of Van Metre Homes without prior notice and may not be used in conjunction with any other discount. Prices subject to change without notice. Certain restrictions apply. For more details, see Sales Manager. 12/2013.

**Rabbi Leibel Fajnland of Chabad Reston-Herndon helped led the Chanukah celebration at the Herndon Town Square on Sunday, Dec. 1.**

PHOTOS BY  
RYAN DUNN/  
THE CONNECTION



# Chanukah Celebrated At Herndon Town Square

**Menorah lit as community celebrates Festival of Lights.**

BY RYAN DUNN  
THE CONNECTION

**T**here was a festive atmosphere on Sunday night as members of the community came to the Herndon Town Square to celebrate Chanukah. “The message of Chanukah is a story of religious tolerance and a victory of good over evil,” said Rabbi Leibel Fajnland of Chabad Reston-Herndon. The event was open to the public and more than 50 persons came to attend.

“I was very pleased and happy to see a lot of children at the event, and happy with the turnout,” said Arthur Nachman. “In all the years we have been doing it, this is the largest turnout for this event. I think this is due in part to the Herndon Chamber of Commerce and also in part of the work of Chabad Reston-Herndon.” Howard Nachman, brother to Arthur Nachman, handed out toy dreidels to children in the group.

Elysa Birman, resident of Herndon and member of the Council for the Arts of Herndon had proposed to the Herndon Chamber of Commerce that a separate event be held to celebrate Chanukah. Birman’s husband Igor and their daughters Ashley and Zoey were also attending the evening celebration. “We are very excited to celebrate Chanukah at this spot,” said Elysa

Birman.

“This is amazing, it is nice to see this for Chanukah,” said Herndon resident Linda Downer. Members of the Nachman family of Herndon were invited to help light the first five candles of the menorah, one for each night of Chanukah, which began last Wednesday night. A menorah provided by the Nachman family has been present at the Herndon Town Square during Chanukah season for more than 30 years.

Herndon resident Blake Rose and his son Brian were videotaping the evening event for Herndon HCTV, a nonprofit community television station which can be seen on COX channel 23 in Fairfax County and FiOS channel 28. “We have a video segment called “Around Our Town” and we intend to include tonight’s event there,” said Blake Rose.

“A night of Chanukah is incomplete without a little music,” said Rabbi Fajnland, and the assembled group sang several Chanukah songs including “Maoz Tzur” and “I Have A Little Dreidel.” Rabbi Fajnland handed out chocolate coins to kids in the crowd. After the menorah was lit, everyone was invited to enjoy latkes and donuts, as well as Chanukah-themed crafts for the kids.

To learn more about the Chabad of Reston-Herndon, visit their webpage at [www.chabadrh.org](http://www.chabadrh.org).



**Howard Nachman handed out toy dreidels to children during the Chanukah celebration on Sunday at the Herndon Town Square.**



**Rabbi Leibel Fajnland of Chabad Reston-Herndon led a group sing along of several Chanukah songs during the celebration at the Herndon Town Square on Sunday, Dec. 1.**

**More than 50 persons attended the evening celebration of Chanukah at the Herndon Town Square on Sunday. Afterwards everyone was invited to enjoy latkes and donuts.**

