

# A Look at 2014

NEWS, PAGE 3

Reston Town Center's Christmas Tree  
with the pavilion in the background.

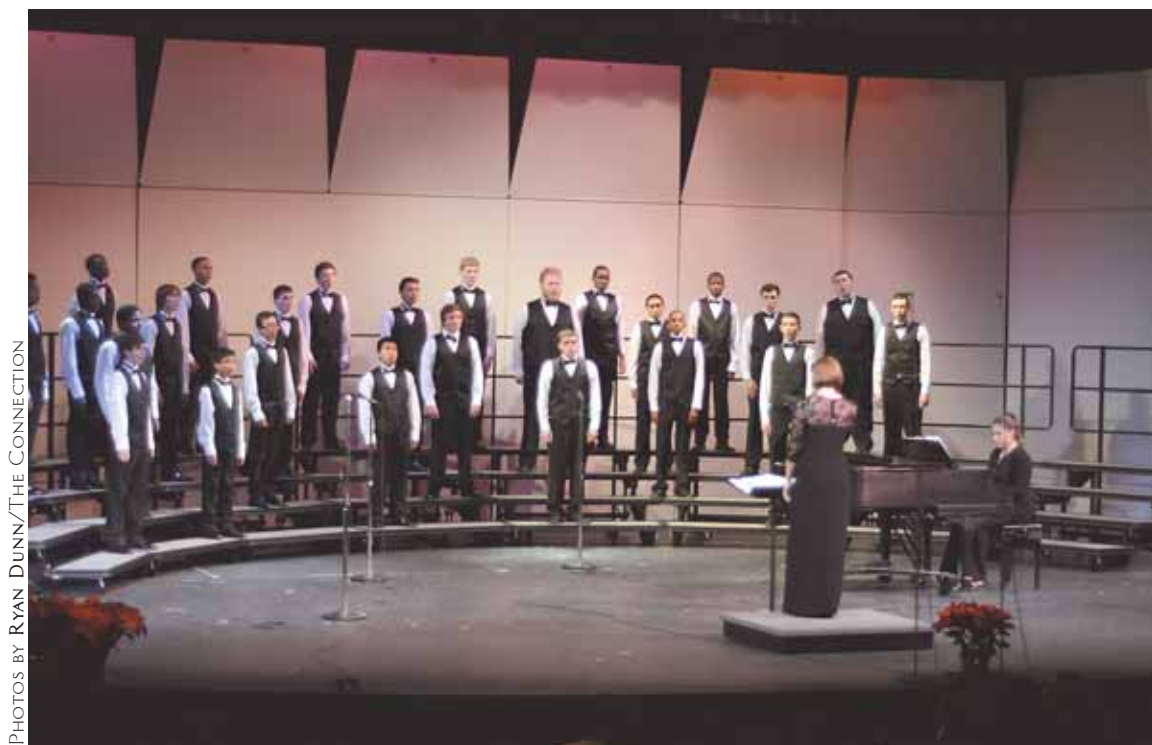
The Reston  
Metro Lottery  
Issue

REAL ESTATE TIPS, PAGE 2

South Lakes Choral Presents  
Winter Concert

NEWS, PAGE 2





PHOTOS BY RYAN DUNN/THE CONNECTION

**South Lakes High School Men's Camerata was the first group to sing at the 2013 Winter Concert at the school's Little Theatre on Dec. 19.**

## South Lakes Choral Department Presents Winter Concert

**Reston students display their musical skills.**

BY RYAN DUNN  
THE CONNECTION

**T**he Little Theatre in Reston's South Lakes High School was packed the evening of Thursday, Dec. 19 as families and friends gathered to hear the music of the South Lakes Choral Department. Songs of the season, secular, religious and whimsical, were performed by the Women's Chorale, Men's Camerata, Chamber Singers and Bella Voce. Directing the singing ensembles was Choral Director Rita Gigliotti.

The concert began with a performances by the Men's Camerata with songs including "Stars I Shall Find" and "You're A Mean One, Mr. Grinch." This was followed by the DoReMigas, South Lakes Ladies A Capella Ensemble, which is run and directed by students Marika Ottman and Emily Hanbury. The South Lakes Men's A Capella Ensemble, SMAC, then took the stage with a performance of "Wonderful Christmas Time." The student run group SMAC is run and directed by high school junior Harrison De Wolfe who has been singing with chorus groups since 5th grade.

Women's Chorale sang next, followed by the group Bella Voce. Among the songs preformed by Bella Voce was a rendition of the Christmas carol "Gaudete."

"It will definitely be something a little different to your ears," said Gigliotti. Afterwards the Chamber Singers sang songs including "O Holy Night" and "Jingle Bells." The show concluded with the combined choirs singing "Happy X-Mas (War Is Over)."

Christian Amonson, a resident of Alexandria, and friend of Choral Director Gigliotti videotaped the show. "I've been working with Rita for four years," said Amonson. "I love being able to come to the high school shows... the kids have been practicing for six



**South Lakes High School's Choral Director Rita Gigliotti directed the 2013 Winter Concert which was held on Dec.19.**

weeks and it is great to see a packed house." Robert Campbell, a grandfather to one of the singers also enjoyed the show. "I thought it was great, they did a fine production," said Campbell.

South Lakes Choral Department has been very active over the past several weeks with a performance held for the Reston Rotary Club and caroling events held four times at the Reston Town Center. The winter concert kicks off a three-month schedule of concerts, which includes: Jan. 24-25: Broadway Night, and Feb. 21-23: SingStrong: An A Cappella Music Festival to benefit the Alzheimer's Association, which will feature the group, TEN, currently competing in NBC's The Sing-Off.

Before the event concluded, Gigliotti spoke to the audience. "The next few months will be a bit of a whirlwind," said Gigliotti. "There are so many pieces that go into a concert. I am really thrilled to have so many parents that support us..."

To learn more about the South Lakes Choral Department, visit [southlakeschorus.org](http://southlakeschorus.org).

### REAL ESTATE TIPS

## The Reston Metro Lottery Issue

BY ROB CHEVEZ

**N**ot a week goes by that I don't have someone ask me what the impact of the Silver Line means for our local home prices in Reston. I hear things like "Should I wait for the Wiehle Metro Station to be completed before we sell?" or "How will the Metro effect my homes value when it opens?" These are all valid questions and deep down what I think they

want me to tell them is that they've hit the Metro Lottery and their home's value is going to spike, just like it did in 2005.

I then proceed to tell them that I don't foresee any spike in home prices, but instead steady growth as Reston continues to develop. I can read it in their faces, they are a little disappointed, but at the same time optimistic about our future. Over the last few years we've seen a sharp increase in prices, not just in Reston but all over Northern Virginia. Buyers have been out in droves taking advantage of low interest rates and affordable real estate. In fact, Reston prices have been steadily climbing since late 2009 mainly due to our strong employment relative to other areas. All we need to do is look at the past to see where home prices are trending and then come to the realization that over the long haul owning real estate in Reston is an incredible opportunity.

In 1997, (16 years ago for those that like me that are a little slow at math) a 3-bedroom, 1-bath townhouse in Hickory Cluster would sell for around 125K. Today that same townhouse sells for 380K - 400K. In 1998 you could buy a 3-bedroom condo in Chestnut Grove for 65K and today it sells for 220K (by the way, these are the closest condos to the Wiehle Metro).



PHOTO CONTRIBUTED

**Rob Chevez**

A single family home on the water on South

Shore Road would sell for 350-400K and today that same house would sell for 800K+.

We are not at our peak prices of 2005 & 2006 but our prices have returned to 2004 levels. With continued home inventory remaining low, interest rates holding steady at low levels, and the continued growth that we will experience as the Metro opens in Reston, I foresee a 3-5 percent appreciation per year over the next 5 years.

I can already hear it now "But my home is only a 1/2 or a mile from the metro!"; "It's going to double when the metro is done!" Sorry to burst your bubble, but it's not going to happen. Prices have already adjusted in those areas in anticipation of the Metro coming. It's true; homes close to the Metro will always trade at a premium relative to its competition and will hold their value better as the market fluctuates. But a Metro Lottery it is not.

*Rob Chevez is a Reston based Realtor with Keller Williams Realty with over 110 properties sold in 2013. For more of Chevez's Real Estate Tips visit [www.RobertChevez.tv](http://www.RobertChevez.tv) or call 703-651-6735?*



## Local Leaders Eye Transportation, Development Plans in 2014

**Reston to celebrate 50<sup>th</sup> anniversary, Simon's 100<sup>th</sup> birthday in April.**

BY ETHAN MCLEOD  
THE CONNECTION

**S**ilver Line construction and future development projects top local leaders' lists for the most pressing issues of 2014. Reston is preparing for the opening of the Wiehle – Reston East station in the second quarter of the New Year, and community members are both excited and concerned about potential congestion around the new station on Wiehle Avenue.

"We need to make sure that around the stations we are developing in a way that allows for an urban community to grow while maintaining the town feel of Reston," said Reston Citizens Association (RCA) president Colin Mills.

Herndon's Town Council is also preparing for the presence of the town's future Metro station, located between Herndon Parkway and the Dulles Toll Road, by adopting a new Zoning Ordinance Text and Urban Design and Architectural Guidelines for the surrounding buildings. "We rezoned it at a much higher density so that when development begins it will be a transit-oriented environment," explained Herndon Mayor Lisa Merkel.

Del. Tom Rust (R-86), chairman of the Transportation Committee for the state of Virginia, is taking steps to ensure there is plenty of funding for continued progress toward completion of the stations in both towns. "Transportation remains the issue now, that we will have funds to make sure they are spent efficiently, appropriately and correctly," he said following his Dec. 19 Town Hall meeting at the Herndon Council Chamber. Del. Kenneth Plum (D-36) remarked that he will also work to make sure that local governments have the ability to use allotted funds appropriately to relieve congestion when the state's General Assembly begins their session in Richmond. Del. Rust (R-86) and Del. Plum (D-36) suggested that a TIFIA loan, which provides supplemental federal loan assistance to nationally or regionally significant transportation projects, according to the U.S. Department of Transportation's website, could help to reduce future toll increases for commuters in the area.

Herndon and Reston leaders are also prioritizing upcoming large-scale development projects. Herndon's Economic Development Task Force hired the town's first Economic Development Manager, Dennis Holste, in August 2013, and hopes to secure a contract with a development company in 2014 to draft a master design plan. The town's 2030 Vision branding campaign gained footing in 2013 with local businesses and residents through storefront advertising, as well the launch of [dineonherndon.com](http://dineonherndon.com), which showcases more than 120 local restaurants online.

"We came up with the new logo campaign to say that this is a place where things are happening and people are busy," said Merkel. "We know that people come to Herndon for Friday Night Live and the Homecoming Parade and the Bike Trail and the Fes-



PHOTO BY ETHAN MCLEOD/THE CONNECTION

**Herndon Mayor Lisa Merkel.**



PHOTO BY ETHAN MCLEOD/THE CONNECTION

**Reston anticipates decisions in 2014 for the redevelopment of Lake Anne Plaza and the nearby Crescent Apartment complex.**

tival, and we're trying to really capitalize on those things."

Reston meanwhile awaits a decision in 2014 from its community task force on future development plans, which include potentially constructing additional plazas in Reston's less busy shopping centers.

Founder Robert E. Simon hopes that plans to build plazas in areas of Reston, part of his original vision for the planned community, will catch on with local leaders voting on the future of Reston. "The reason plazas are so important is that that's where people go to not only eat, drink and shop, but also to meet each other," said Simon. "This is what I see as what holds a community together."

Reston also anticipates decisions in 2014 for the redevelopment of Lake Anne Plaza and the nearby Crescent Apartment complex, led by Republic Land Development. Republic was chosen in July 2013 to be the company in charge of redeveloping the plaza. On Nov. 21, the Reston Association voted to make a land swap with Republic, exchanging two one-acre pieces of land in a move that provides space for Republic to build a 120-space parking garage for Lake Anne Plaza. The coming year will present additional opportunities to gain land permits and, in coming years, break ground for redevelopment of the plaza.

An additional important milestone for Reston in 2014 is the town's 50th anniversary, which coincides with Simon's 100th birthday in April. The annual Best of Reston Awards, which will take place April 10, 2014, at the Hyatt Regency Reston, will commemorate both the anniversary celebration and Simon's birthday, and will serve as a fundraiser to support affordable housing initiatives for Cornerstones, formerly known as Reston Interfaith.

"I think 2014 is going to be a very exciting year to be involved in the community," predicts RCA president Colin Mills. "While I think we'll all be very busy, it will be very rewarding."

## On Sharon Bulova's 2014 Radar Screen

**F**airfax County Board of Supervisors Chairman Sharon Bulova discusses the issues she sees taking center stage in the county in the coming year.

"The following items are on my radar screen for the year ahead:

The Silver Line, Phase 1, will open for passenger service through Tysons Corner to Wiehle Avenue in Reston. Construction for Phase 2, extending Metrorail from Wiehle Avenue to Reston Town Center, Route 28, Herndon, Dulles Airport and to the Ashburn area of Loudoun County will begin.

Construction associated with rezonings in Tysons will take place throughout 2014. 'Pop-up' activities and uses will provide vibrancy to Tysons while permanent uses are beginning to fill in.

The newly redeveloped Springfield Town Center in the old Springfield Mall area will open in fall of 2014.

A new state administration will begin as Gov. Terry McAuliffe is sworn in as the 72nd governor of the Commonwealth of Virginia. Fairfax County has asked the General Assembly to prioritize Medicaid expansion and state funding for pre-K through 12th-grade education when they meet this winter.

During 2014, Fairfax County and the Northern Virginia Transportation Authority (NVTA) will be advancing transportation priorities in Northern

Virginia, putting new state transportation funding to work in order to address congestion and traffic safety.

On Monday evening, June 9, my office will be hosting a new Evolution program: Evolution of the Workplace. We will trace the trends and expectation of workers in Fairfax County, beginning when Fairfax was one of the largest producers of dairy

products in the commonwealth through the modern, 'work/lifestyle' balance younger workers look for.

Back by popular demand will be our second season of Evenings on the Ellipse Concerts in the Government Center's "back yard." Concerts and wine tastings are free, thanks to corporate sponsors. I'm looking forward to balmy nights and great music already."

❖ **NOTE:** Bulova's State of the County address will debut Wednesday, Jan. 15, at 7:30 p.m. It will air on Channel 16 and may be watched online at <http://www.fairfaxcounty.gov/chairman/> starting Jan. 16. The address will immediately follow her annual Chairman's New Year Reception, on Jan. 15, from 4:30- 6:30 p.m., at the Government Center.

"The Chairman's Reception is my opportunity to say thank you to the many county employees, volunteers and active neighbors who help make Fairfax County the exceptional place it is to live, work and play," she said. "All active/engaged constituents are welcome to attend."



PHOTO BY BONNIE HOBBS/THE CONNECTION

**Bulova**

**"The Silver Line, Phase 1, will open for passenger service through Tysons Corner to Wiehle Avenue in Reston."**

**Sharon Bulova, Chairman, Fairfax County Board of Supervisors**

# OPINION

## Looking to Hear from Readers in New Year

**A**s local, weekly newspapers, the Connection's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

To succeed at any of that, we need your help.

If you know of a person or an organization doing important work, something newsworthy or something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Events generally must be open to the public and either free or at nominal cost to be included in calendars.

After your events, email us a photo and a

note so we can consider including it in our coverage. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions. If you or

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— MARY KIMM,

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### EDITORIAL

### COMMENTARY

## Legislative Resolutions

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



**L**egislation that is proposed for consideration by the General Assembly is called a bill. A bill that has passed the House of Delegates and the Senate and has been signed by the Governor in identical form becomes a law on July 1 after the adjournment of the legislative session and is included in the Code of Virginia. To know what the laws of the Commonwealth are, go to the Code at <http://leg1.state.va.us/000/src.htm>. Bills that will be voted on at the legislative session beginning on Jan. 9 can be reviewed at the same website.

In addition to passing laws, the General Assembly passes a lot of resolutions. When famous or noteworthy people die, the delegate or senator from that person's community is likely to introduce a memorial resolution. These resolutions pass routinely without discussion

or debate and are approved on a voice vote. After being printed in a formal format, these resolutions are given to family members in appreciation of and respect for the contributions the individuals made to their communities.

Commending resolutions that recognize the accomplishments of individuals, organizations or businesses are handled in a similar way but could result in some debate if a person or action is viewed as being controversial. This year I will be asking the General Assembly to commend Robert E. Simon on his 100th birthday and will be recognizing Reston on its 50th anniversary. Such resolutions are educational for members of the General Assembly as well as the public. Framed resolutions are often hung in prominent places by the recipients. Resolutions also are used by legislative bodies to direct their own operations and order of

business and to establish studies of issues.

Resolutions do not take up much time of the legislature, but they do provide an important way to recognize outstanding people and events in the Commonwealth and to have the legislature state a position on an issue for which a new law may not be appropriate or needed. Unfortunately the legislature does not have a tradition of passing a resolution at the beginning of each year stating as individuals often attempt to do with their "new year resolutions" what will be done that year. Debate on such a resolution would take up the entirety of the session, and if ever agreed upon may likely be forgotten as realities of the year and the session set in.

Such a lack of resolve on the part of legislative bodies at all levels mean that attention is focused on the next great crisis until it is forgotten and then attention is turned to the next. Few issues are truly resolved conclusively, and in fact, the matters with which legislative bodies deal do not lend themselves to one-time solutions. Most legis-

lative actions are incremental as agreements can be reached and are built upon over time. Since conclusive solutions are not immediately evident for the most contentious of issues, the gradual approach to resolving an issue may make more sense. There is little evidence to suggest that legislatures would be any better at keeping annual resolutions than we are as individuals.

Happy New Year to all!

### Write

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

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1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.  
By e-mail:  
[reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com)

## Reston CONNECTION

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**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  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

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

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

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

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
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Kemal Kurspahic

**Photography:**  
Deb Cobb, Louise Krafft,  
Craig Sterbutzel

**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

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

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





## VIEWPOINTS

### What was the best of 2013 and what are your goals for 2014?

— RYAN DUNN

**Jon Querolo, Reston resident since 1965 and a realtor since 1976, broker with Long & Foster Realtors**

"2013 was one of the best years ever in the real estate business, we have had very little inventory. I expect in 2014 our goals will be to continue exceptional sales in the Reston community."



**Bud Burwell, one of the owners of the Reston's Used Bookstore, which has been in operation at Lake Anne in Reston for 35 years**

"The year 2013 has been one of the best business years since 2008, so we thank our customers for that. My goal for 2014 is to read more books."



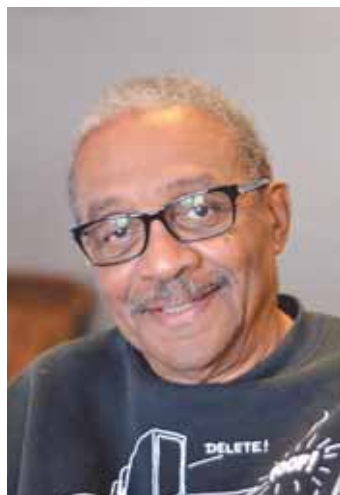
**Victoria Ruth-erford, Registered Nurse**

"My goals are to get along with other people. My hopes for the next year are for all five of my daughters to remain healthy."



**Bill Jackson, resident of Reston since 1968 and volunteer with the Reston Historic Trust**

"This year I became a volunteer docent with the Reston Historic Trust. Hopefully, next year I will still be able to enjoy a quality of life where I can connect with the community."



**Betsey Mulloy, painter and resident of Reston**

"I was invited to do a solo art show in Tyson's Corner this year. All summer long I painted and I did 19 paintings. In 2014 I have been invited to attend a retreat in Scotland so I hope to meet my friends."



**Hannah Elmer, waitress at Jasmine Café in Reston and college student**

"I sold my first painting this year, which was a milestone. This upcoming year I am now developing my career as an independent artist."



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### Admissions Information Session for Parents

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Two sessions: 8:15 AM and 7 PM

Each Admissions session is followed by a 20 minute Tuition Assistance presentation.

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*Happy New Year!*



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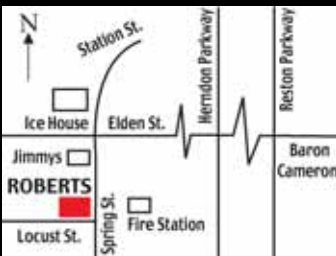
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90 Line Chinese.....	2' x 4'	\$300	\$160
Persian Nain.....	3' x 4'3"	\$1,200	\$900
Afghan Boucle.....	2'8" x 4'	\$1,755	\$1,300
Afghan Boucle.....	2'11" x 4'8"	\$495	\$350
Persian.....	3' x 5'	\$2,500	\$1,999
Old Kerman.....			
Chinese Flora.....	3' x 5'	\$495	\$325
Persian Kashan.....	3' x 5'	\$1,800	\$1,300
Old Persian.....	3'7" x 5'4"	\$495	\$250
Old Turkish.....	4'4" x 6'	\$920	\$750
Pakistan.....	4'1" x 5'10"	\$750	\$600
Bokhara.....	4' x 6'	\$750	\$600
Pakistan Bokhara.....	4' x 6'	\$1,600	\$1,199
Very Fine.....			
Persian Kazak.....	4' x 6'7"	\$2,900	\$2,300
Kilem.....	6'2" x 9'9"	\$1,830	\$1,580
Old Persian Bijar.....	9'4" x 13'4"	\$5,700	\$4,000
Pakistan Bokhara.....	9'2" x 11'9"	\$3,200	\$2,700
Persian Silk.....	8' x 10'	\$4,000	\$2,800
Turkey Heriz.....	8'10" x 12'6"	\$5,999	\$4,999
China Floral.....	10' x 8'	\$1,600	\$969
India.....	8' x 11'3"	\$3,100	\$1,899
Persian.....	9' x 12'	\$9,000	\$7,000
India Rug.....	9'1" x 12'2"	\$3,520	\$2,500
Persian.....	9' x 12'	\$1,299	\$899
Bokhara Pakistan.....	8'3" x 10'3"	\$2,500	\$2,200
India Rug.....	8' x 10'	\$3,520	\$2,200
Very Old Chinese.....	8' x 10'2"	\$3,200	\$2,700
Kilem Persian.....	7'6" x 8'7"	\$2,200	\$1,600
India Rug.....	8' x 10'10"	\$3,520	\$2,200
Bokhara Persian.....	8' x 10'	\$2,600	\$1,600

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# WELLBEING

## Spiritual Wellness in the New Year

What is it and how does one achieve it?

By MARILYN CAMPBELL  
THE CONNECTION

As we begin a new year, many are focused on their spiritual health and well-being. In fact, the National Wellness Institute names spiritual wellness as one of the seven dimensions of overall wellness. It's essential in life, say experts.

Lisa Jackson-Cherry, Ph.D., chair of the Department of Counseling at Marymount University in Arlington, who specializes in pastoral counseling and pastoral integration, believes spiritual well-being doesn't always have to do with religion. It's about being connected to something greater than one's self. "It doesn't have to be a higher power," she said. "It can be your community or nature, but the key piece is that there is a connection to something other than yourself."

Elizabeth Rees, the associate rector at St. Aidan's Episcopal Church in Mount Vernon, said, "I would say at its heart, spiritual well-being is knowing ourselves to be loved and cherished by God and then living into that truth."

Kathy Judd, Alexandria-based meditation teacher and director of No Place Like Om, said, "Spiritual health and well-being is when you ... feel just as, if not more, connected to what you can't see as to what you can. It's about knowing that there is an animating force that drives the show and seeing all the ups and downs of our human experience as just like that — a show."



Connecting with others is an important part of spiritual well-being say experts.

Some say that expectation management is a factor in spiritual wellbeing. "If there is a gap between expectation and reality, there can be a ... lack of contentment," said Rabbi Stuart Weinblatt of Congregation B'nai Tzedek in Potomac, Md. "When we set our expectations lower in terms of what we expect from others, we are less likely to be disappointed. It is appropriate to set our goals high, but our expectations lower. Goals motivate us, but when we have expectations, we set ourselves up for disappointment."

**WHILE SPIRITUAL WELLNESS** can mean different things to different people, experts said there are common factors that can help one achieve it, such as engaging with others. "When we think about spiritual health or well-being, we think about people being at peace with themselves and others," said Jackson-Cherry.

"In my opinion," she said, "once people become connected with

other people and not so consumed with themselves or their own tragedies or pain and they give of themselves to others, share their gifts, often they experience contentment."

"Community is a big one, and also what you pay attention to and consume," Judd said. "If you're constantly tuned in to the news cycle and people who are negative and arguing, you're going to see the world from a certain viewpoint. ... If you take time to be in nature, read uplifting things, eat [the right] foods, and surround yourself with a community of people who are loving, supportive and want to bring out the best in you, you'll have a very different experience of the world."

Rees believes self-love is also a component of spiritual well-being. "In adult education here at St. Aidan's, we've been listening to the talks of [scholar, author and public speaker] Brené Brown and talking about what she has to say about vulnerability. I have definitely



PHOTO COURTESY OF ST. AIDAN'S EPISCOPAL CHURCH

not have achieved it, but they are working toward it. Having a sense of purpose or meaning in life leads to contentment."

So how does one find a sense of purpose and meaning in life? "We've talked about this question a lot," said Rees. "What comes up

**"When we think about spiritual health or well-being, we think about people being at peace with themselves and others."**

— Lisa Jackson-Cherry, Ph.D., Marymount University

most frequently is the idea of finding ways to live in the present, slowing down and finding God present in the moment. ... Hearing where other people are finding God, and taking the time to look for God acting in my own life and share that with others makes me much more aware of God all around, and helps me to remember that God is also acting in and through the people around me."

Judd said there is work involved in achieving spiritual well-being. "It takes practice, just like anything else," she said. "Yoga and meditation are extremely valuable. Spirit is nothing more than an energy field, so if there is a lot of static in the field, it's going to be hard to hear messages that are there. So anything you can do to calm the 'talk radio' in your head will make it easier to listen. When you learn to listen, you are able to be lead, to be called, to find your calling."

**LIVING IN THE MOMENT** is also a factor that can lead to contentment and spiritual well-being. "I think trying to ... find as much love and joy in it as possible is a huge piece," Judd said. "Also, worry less about what others think and be more willing to live and love greatly. Developing gratitude, as something that runs through all of our life, not just as something that comes when life seems to be going really well, is important too."

Rees said keeping a journal is a useful tool in developing gratitude. "One spiritual exercise that helps me sometimes is to practice gratitude by prayerfully journaling about the things for which I am grateful," she said. "Sit down and write 100 things for which you are grateful. You start with the big and obvious things, but then also find yourself digging deep for the small but ever-present graces of life. ... Journaling in general can be a great for spiritual well-being."

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PHOTO BY DIANE SCHNOOR/COURTESY OF RESTON COMMUNITY PLAYERS  
**An old woman (Susanna Todd) offers to buy Fantine's (Jennifer Lambert) necklace in Reston Community Players' rehearsal of 'Les Miserables.'**

## Blockbuster Musical Arrives at CenterStage

### Reston Community Players present 'Les Miserables.'

BY DAVID SIEGEL  
 THE CONNECTION

**M**egawatt electric energy filled the Reston Community Players (RCP) rehearsal hall. Cast members and technical crew were in the midst of the groundwork for the area community theater premiere of the multi Tony-Award winning musical "Les Misérables."

The RCP has wanted to produce "Les Misérables" for years. When the rights to perform it finally became available for community theaters, RCP Producer Rick Schneider said "we jumped at the chance. Our audiences can expect to see stunning performances."

"Les Misérables" is a sung-through musical, with lots of songs and music, less dialogue. It is based upon the work of French novelist Victor Hugo. It tells of the chaotic journey and spiritual awakening of Jean Valjean, imprisoned for stealing a loaf of bread. He was then hounded by police inspector Javert across revolutionary France in the early 1800s. Along the way, Valjean meets a slew of colorful characters.

For director Andrew JM Regiec, "it is a thrill to be able to bring the 'Les Misérables' to life, with its timeless score...everything is going to be there on stage that people expect." It will be a "full production that audiences will travel back in time to enjoy."

Regiec said that the talented cast "was selected after open auditions brought enormous interest. There were over 125 people of all ages who auditioned for the nearly 30 roles." The cast is composed of veterans and newcomers to the Reston Players.

"Les Misérables" has a score of about 50 musical numbers about survival, passion, broken dreams and redemption. The song titles and music will bring instant recognition to fans. "One Day More," "Do You Hear the People Sing," "Bring Him Home," "On My Own," "Drink With Me." Award-winning, musical director Mark Deal has an orchestra of 12 driving the production.

Bringing the intricate technical aspects of "Les Misérables" to CenterStage, are many unseen volunteers responsible for costumes, hair, wigs and make-up as well as the lighting and the sound. The set designed by Skip Larson, Andy Rick, Greg Steele with the carpentry, painting, decoration and props skills of numerous artisans will use the entire 32 foot length of the stage.

In a round-table interview with RCP newcomers, they all spoke of their long love for "Les Misérables." Cara Bachman, Sean Bartnick, Ward Ferguson, Emma Lord, Michael Reid, Ella Schnoor, Maggie Slivka, Ethan Van Slyke, all were clear and enthusiastic, "who wouldn't want to do this?"

## 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. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

### TUESDAY/DEC. 31

**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)

### 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)

**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.

**First Night Vienna.** 7 p.m. - 12 a.m. Church Street in Vienna. A family-friendly New Year's celebration. This celebration will feature local musicians, great food, exciting entertainment and hands-on activities for both children and adults.

### FRIDAY/ JAN. 3

**First Fridays Art House Cinema and Brew.** 7 p.m., ArtSpace Herndon, 750 Center Street, Herndon. Showing "My Left Foot" (1989) this drama tells the true story of an Irishman born with cerebral palsy, who could control only his left foot.\*21 and older. \$10. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org)

### SATURDAY/JAN. 11

**Reston Contra Dance.** 7:15-10:45 p.m. Reston Community Center, 2310 Colts Neck Rd., Reston. Ann Fallon calls contra and square dances to the music of the June Apple Band. 703-476-4500. Admission: \$9 (workshop free). Partner and experience not necessary.

### TUESDAY-SUNDAY/ JAN. 14-MARCH 2

**Something Blue.** ArtSpace Herndon, 750 Center Street, Herndon. Fine textile art is showcased in Something Blue by the Northern Virginia Quilters. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

### WEDNESDAY/ JAN. 15- FEB. 19.

**Art Explorers.** 10:30-11:30 a.m., ArtSpace Herndon, 750 Center Street, Herndon. Three sessions allow for a more in-depth introduction to the key concepts and will provide some good homework suggestions to help start and develop a habit of sketching. \$200. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

### SATURDAY/ JAN. 18

**ArtSpace Open Mic.** 7 p.m., ArtSpace Herndon, 750 Center Street, Herndon. Join for an evening of entertainment and refreshments;

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### TUESDAY/ JAN. 21

**Third Tuesdays: Design and Wine.** 7-9 p.m., ArtSpace Herndon, 750 Center Street, Herndon. Sangria and Silk, with guest artist Marilyn Harrington will show participants how to paint scarves. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

### SUNDAY/ JAN. 26

**Something Blue Opening Reception.** 4-6 p.m., ArtSpace Herndon, 750 Center Street, Herndon. This exhibit showcases fine textile art and is a sampling of blue varietals as used by Northern Virginia Quilters. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

### 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.



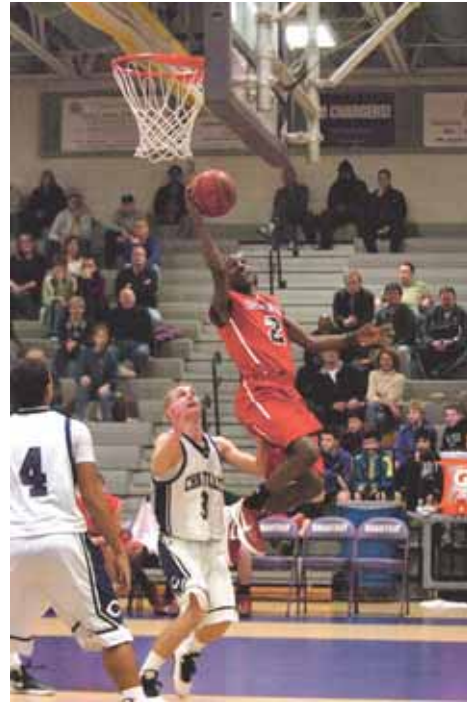
# SPORTS



**Abby Rendle and the South Lakes girls' basketball team reached the state tournament in 2013.**



**The South Lakes boys' soccer team finished the 2013 season with a 16-2 record.**



**Sisters Sammy Stone, left, and Taylor Stone helped the Herndon field hockey team reach the 2013 region semifinals.**



**Will Ferguson and the Herndon boys' basketball team won the Concorde District title in 2013.**

## Top Sports Moments of 2013

The year 2013 provided several exciting moments in local sports. For South Lakes, the girls' basketball team reached the state tournament and the boys' soccer team won a district title. The Herndon field hockey team reached the region semifinals and the boys' basketball won a district championship.

Here is a look at the top moments in Reston/Herndon sports for 2013.

### South Lakes Girls' Basketball Reaches State Tournament

An ability to win tightly-contested elimination games helped the South Lakes girls' basketball team advance to the state tournament in 2013.

After beating Chantilly 42-40 in the opening round of the Northern Region tournament, South Lakes knocked off a talented Mount Vernon team 46-45 in the quarterfinals when then-junior guard Caitlin Jensen knocked down a jumper at the buzzer. Two days later, the Seahawks beat Oakton 48-46 in the region semifinals to earn a trip to states.

Unfortunately for South Lakes, the Seahawks suffered some tightly-contested losses along the way, as well, which kept them from hanging any banners. South Lakes lost to Madison 55-52 in the district tournament semifinals, the Seahawks lost

to Edison 60-52 after leading by 17 points in the region championship game, and South Lakes ended its season with a 55-53 loss to Stonewall Jackson in the state quarterfinals.

"Not everyone thought we'd go as far as we did," South Lakes guard Sasha Sprei wrote in an email, "and even though we didn't win regions or states, this season showed us what we can accomplish."

### South Lakes Boys' Soccer Wins District Title

The South Lakes boys' soccer team started the 2013 season with a loss to T.C. Williams.

The Seahawks wouldn't lose again for the next two months.

South Lakes won the Liberty District title along the way, beating Langley 3-1 in the tournament final on May 17. The Seahawks also won a regional tournament game and finished the season with a 16-2 record. South Lakes won 16 straight before losing to Woodson in the region quarterfinals.

"We kind of came on the scene last year (2012) in league play," South Lakes head coach Marty Pfister said during the Seahawks' winning streak. "We look forward to it. We want to represent our district. ... We had our best district record last year and we just want to capitalize on that."

### Herndon Field Hockey Produces Program's Best Record

The Herndon field hockey team compiled the best record in program history in 2013, finishing the season at 14-7. The Hornets advanced to the 6A North region semifinals, where they lost to Fairfax 2-1 on Nov. 5.

Herndon's region tournament berth was its second in a row and second since 1996. The Hornets' trip to the region semifinals was the program's first since 1979.

"My fondest memory of [reaching the region semifinals] is walking onto the field after the semifinal game (a tough 2-1 loss to Fairfax) and seeing one of my players in tears," Herndon head coach Mary Miller wrote in an email. "I thought she was injured and went up to her to see what was wrong. She said to me, 'I just don't want it to end.' I think that encapsulates the way our team felt at the end. The kids loved playing field hockey and being part of this team. I was so proud of our team and program getting to the regional final four and being just one game away from the state tournament."

"I think our team experienced such success because we have a group of talented athletes who played together and for each other. We have some very accomplished field hockey players (...Tay-

lor Stone ... [and] Sofia Palacios) as well as some very accomplished multi-sport athletes (Sarah Suter, Katherine Wilson, Rachel Delmontagne, to name a few). All the kids came together to play tough, competitive field hockey, play with sportsmanship as well as have fun. Also, our success came from tremendous senior leadership which in my opinion is so important in any high school sport. Our senior captains Anne Kelley and Katherine Wilson led by example on and off the field and both were selected second-team all-conference."

### Herndon Boys' Basketball Wins District Title

After a two-point loss to Robinson in the regular-season finale, the Herndon boys' basketball team responded with two wins by a combined four points to win the Concorde District championship.

The Hornets beat Chantilly 53-52 in the tournament semifinals on Feb. 15 and three days later beat Robinson 51-48 in the championship game.

Herndon finished the season with an 18-7 record, including a loss to eventual region champion Woodson in the quarterfinals of the Northern Region tournament.

— JON ROETMAN



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The biggest things are always the easiest to do because there is no competition. -William Van Horne



## In Defense of My Own Mechanism

By KENNETH B. LOURIE



So much of what I feel as a cancer survivor comes from the feedback I receive from others. Positive, complimentary, flattering characterizations are crucial to my optimistic outlook. Negative descriptions, reactions, etc., are not. Not to discount honesty, but the emotional divide on which a cancer patient's self-assessment/attitude teeters is delicate indeed and honesty is sometimes (I said "sometimes") not the best policy. If I'm in the right mood, negativity can be deflected, absorbed even; not a problem. If I'm in the wrong mood, however, the negative can push me into a black hole of emotional despair. Regardless of whether the comment/observation is well-intended, accurate or even prudent under the circumstances, its effect can be deeply felt. Getting back to normal is not impossible and mostly within my control, but if it's all the same to you, I'd rather not have to claw my way out.

In most instances, this kind of cancer-patient feedback is harmless and fairly random; it happens when you least expect it and you're either up to the emotional punch or not. It's not as if you can prepare or study for it. It's certainly not a test; it's a reality. And there's really no way to know from whom and from where or even when the comments will come. It's not exactly hit or miss. It's more like you wouldn't miss not getting hit – figuratively speaking, of course. Nevertheless, it is part of the survival process, and the longer you survive, the greater the potential for unintended consequences.

Having experienced a wide range of such innocent commentary over my nearly five years since being diagnosed, there are a few steps I have taken to over-compensate in advance to prevent the inevitably negative consequences: I try to act as positive as possible. Make jokes. Stay strong (after all, I am from Boston). Sound body and mind, so the comments will be positively reinforcing as to how well I look, sound, seem, etc. This tends to elicit the desired positive response. And when the desired response (dare I say, manipulated) is offered, I embrace it with sincere appreciation. You see, the fewer times I have to explain my deficiencies, the fewer times I am likely to invoke the c-word. And the fewer times I hear the c-word come out of my mouth relating to me, the more often I can believe that my cancer is somehow inactive. (Delusions of my life being grander you might say.) And the longer I can think my cancer is inactive, the more normal I think my life will be. Granted, this is all mental gymnastics, but as a terminal patient – with an abbreviated life expectancy, if I don't find a way to make light of the incredibly heavy burden I am carrying, the weight of it is likely – if the anecdotal evidence is to be trusted, to exacerbate an already unpleasant set of medical facts.

Not to deny my reality – too much, but there's enough of it present in my life already that I can't ignore that (A) I don't need any more of it inadvertently or otherwise and (B) minimizing what there already is of it, however foolish or unrealistic, contributes to a life worth living. However unintentionally – physically and/or emotionally – a cancer diagnosis/terminal prognosis can suck the life right out of you. Finding a way to fight back – on your own terms, has been the operandi of my modus. So far, so good. Besides, it's too late to change now.

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

## COMMUNITY

# 'What's Better than Helping Someone Have a Home?'

## Reston company's employees help Habitat renovate a house.

By BONNIE HOBBS  
THE CONNECTION

**N**ot everyone has the money to buy a home. But thanks to Habitat for Humanity of Northern Virginia (HHNV) and some willing volunteers from a company in Reston, a family will be able to buy a house in Centreville at an affordable price.

On a recent weekday, 15 people were hard at work renovating and repairing it to make it livable. Built in 1971, it's a two-story, three-bedroom house.

"This property is in the National Neighborhood Stabilization program," said Romana Sanchez, HHNV's construction director. "It was foreclosed and, since banks give us the first right of refusal, we purchased this one. Structurally, it was fine, but it was otherwise in disrepair."

Although people had lived in the house, the kitchen wasn't functioning. "We started the demolition in May," said Sanchez. "We pulled everything out of the kitchen and bathroom and took out all the kitchen dry-wall and all the damaged doors. We also replaced the windows, heating and air conditioning."

The electrical wiring was brought up to code and the plumbing repaired. "There was a huge leak under the kitchen sink and in the upstairs bathroom," said Sanchez. "We subcontract out the mechanical, plumbing and electrical work, and it's done either pro bono or at a discount."

**THE HABITAT CREW** and their volunteers have been working here two days a week because they're working on other, similar projects at the same time. Eventually, Habitat's family-selection committee will chose a family that's applied for a Habitat house and then that family will buy this one.

"We provide affordable homes for first-time homebuyers," said Sanchez. "Because we get monetary contributions, in-kind services donated and our labor is free, we keep the cost of the home down."

"I enjoy working with the volunteers and homeowners – who also put in sweat-equity hours," she continued. "And it's rewarding seeing a family move into a home they'd otherwise be unable to purchase."

Habitat's dedicated volunteers are called the sandlot; they're usually retirees and many have been with the organization for 15-20 years. They lead the corporate or community volunteers in the day's work. And on a recent Thursday, four sandlot members, two Habitat staff members, one Americorps volunteer and eight volunteers from Reston's FM Global Corporate Property Insurance Co. worked together on the Centreville home.

"It's been completely gutted and we're remodeling it," said Habitat's volunteer-



PHOTO BY BONNIE HOBBS/THE CONNECTION

**Some of the people renovating the Habitat for Humanity house are (from left) Craig Taylor, Erica Painter, Jay Sharp, Laurie Corkey, Gary Olson and Chris Orkwis.**

manger, Erica Painter. "We put up drywall, primed the upstairs and downstairs and today, we're painting the walls. I'm lucky because I get to do this full time. The rewarding part is being able to connect people looking for an opportunity to give back with those needing help."

"I've always wanted to work with Habitat for Humanity," said FM Global's Susan Godshall. "FM Global is generous and gives us a volunteer day every year, and I'm part of our volunteer committee at work that finds ways for people to help in the community." That day, she painted the kitchen and the upstairs baseboards and windowsills. "We've already painted the majority of the downstairs, including ceilings, and it looks really good," she said. "It's great seeing the transformation already. It's pretty awesome knowing that what we're doing will benefit someone who's going to live here – that's a good feeling."

After all, added FM Global's George Plesce, "What's better than helping someone have a home? I painted downstairs, too, and did some caulking. It was fun helping out and doing something with my coworkers."

**THE PROJECT** appealed to Mercedes Powers, who primed and painted the living room and detailed the corners. "Habitat for

Humanity is very reputable," she said. "And I knew this would be fun and I'd feel good afterward; it's very fulfilling."

Coworker Tiffany Hines "wanted to get physical and do something that makes a difference. I painted the stairwell, ceilings, foyer and hallways."

FM Global's Janice Henry did those tasks with her. "From watching 'Extreme Home Makeover' on TV, it was always something I wanted to do," she said. "It inspired me and seemed like a great experience."

Hines said trying to reach the highest spots was the toughest part for her. "But we teamed up, joked and had a good time together," said Henry. "I kept threatening to get paint on her."

"But I got it on me first, so I stole her thunder," said Hines.

Both women were happy to "give back to someone." And, said Henry, "I like knowing that a family will get something they wanted and worked for – and that their children will be able to grow up in a home."

FM Global's Victor Ling had never volunteered for Habitat for Humanity before so, he said, "It was a good opportunity to try something new. I painted the hallways and kitchen, and it's fun seeing what you're accomplishing right away. It's also nice to see everyone outside the regular, work environment."



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