

Reston  
**CONNECTION**

# Reston Langston Hughes Hosts Fall Concert

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Reston Langston Hughes  
Middle School Chorus  
Director Sarah Stanley  
welcomes the audience  
at the October  
Fall Chorus Concert.  
Playing the piano  
was Michael Dennis.

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# ELECTION 2014

## Connolly Gets Things Done

**Democratic incumbent Connolly fends off Republican challenger Suzanne Scholte.**

BY TIM PETERSON  
THE CONNECTION

**A**s Huey Lewis and the News' "Power of Love" ballad led a soundtrack infused with '80s pop and modern country music, the mood at the DoubleTree Crystal City hotel in Arlington ebbed and flowed between elated cheers and frustrated boos.

Supporters, families and campaign staff of Democratic candidates Mark Warner, Gerry Connolly and Don Beyer packed the rectangular event hall on Nov. 4. Two massive projection screens on either side of the main stage depicted race results from around the country, gradually revealing the outcome that Republicans had gained control of the Senate.

**VICTORIES** in the flesh answered the blow to Democratic dominance. An impassioned U.S. Rep. Jim Moran started the evening introducing Don Beyer, who won the 8th District representative seat with 62.95 percent of the votes, according to the Virginia Public Access Project (vpap.org).

"Regardless of what may happen tonight, we don't know what the composition of the Senate is going to be," said Moran.

"But what we do know is that this great nation will become more inclusive," he continued. "We will become more just. We will become more environmentally sustainable. Because it is our optimism, the optimism of the Democratic party, our perseverance, that will continue to push this country forward."

While the onlookers and multimedia journalists from around Virginia hung on every tenth of a percentage point update in the Mark Warner-Ed Gillespie race, incumbent U.S. Rep. Gerry Connolly gave the blue population another reason to cheer.

"It is a great feeling," he said after accepting the podium from Gov. Terry McAuliffe, "to be able to say for the fourth time, I get to represent the wonderful people of the 11th district of Virginia."

Connolly won comfortably with 56.77 percent of the vote to Republican challenger Suzanne Scholte's 40.30 percent, according to VPAP.

In Fairfax County, the unofficial returns showed Connolly receiving 82,034 votes and Scholte with 60,133. Libertarian candidate Marc Harrold garnered 2,605 and Green candidate Joe Galdo received 1,405. Scholte planned to hold a party at the Embassy Suites Springfield. She didn't respond to a request to comment.

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PHOTOS BY TIM PETERSON/THE CONNECTION

**Connolly defeated Republican Suzanne Scholte to secure a fourth term in the House of Representatives.**



PHOTO BY VERNON MILES/THE CONNECTION

**Despite the election still being too close to call, U.S. Sen. Mark Warner gave his supporters at the Doubletree Hotel in Crystal City a full smile and a victory speech on Tuesday night, Nov. 4.**



**Gerry Connolly's wife Cathy and daughter Caitlin Rose joined him on stage at the Mark Warner party held in the DoubleTree Crystal City Hotel in Arlington.**

**CONNOLLY ECHOED** Moran's acknowledgement of the Senate turnover, but alluded to hope for a Warner win.

"It may be a long night," he said, "but we're going to have another victory at this podium."

The re-elected congressman then addressed the need for more unity, across the board. "We're a divided country," said Connolly. "It's not just Congress that's divided; our communities are divided, our

states are divided, and that's because we share some values and we differ in a lot of others. The elections are always about contrasts and choices."

In an interview after his speech, Connolly said he believes he was running more against a "climate than an opponent," one which he said was full of contrasts.

"Do we believe it's a woman's right to make choices about her own body or not?" his speech continued. "Do we think we need

**"It is a great feeling to be able to say for the fourth time, I get to represent the wonderful people of the 11th district of Virginia."**

**— Gerry Connolly**

to revamp the immigration system in America and make it fair for everyone or not? Do we believe in global climate change or not? Because if the answer is yes to those and many other questions, then actually we have a responsibility to do something about it."

Del. Mark Sickles was among numerous elected officials and staffers in the crowd. "Gerry was real strong, and it's been a tougher year for Democrats," he said. "He's working hard for our region and I'm just thrilled for him really."

Connolly remarked after his speech, "Hubert Humphrey once said, 'Defeat, like victory, is a passing phenomenon in politics.' You have to have that perspective."

Warner and Gillespie were still less than one point apart by the end of the event, with Warner clinging to a paper-thin lead. He declared victory, though Gillespie didn't concede the race until Friday, Nov. 7.





Residents listen to a presentation by the county Department of Planning and Zoning at the Phase II Master Plan meeting Saturday.



Jim Elder, North Point resident, looks at the boards to determine what he wants to see from the Tall Oaks Village Center.

PHOTOS BY REENA SINGH/THE CONNECTION

# Community Debates Reston Master Plan

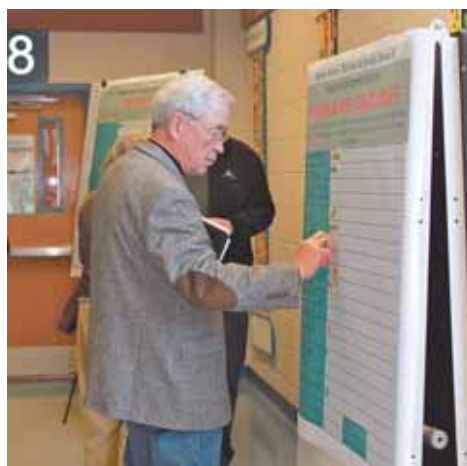
## Residents discuss Tall Oaks, Baron Cameron.

BY REENA SINGH  
THE CONNECTION

**B**y the next Phase II community meeting, the working draft will be completed. The last Phase II master plan public comment meeting took place on Saturday, allowing community members to voice their opinions on their vision for the Baron Cameron convenience center and Tall Oaks Village Center. “It’s been a very good process,” said Reston Association President Ken Knueven. “I think this is a good impetus to get things started.”

The last meeting was different from the first two. Rather than being separated into groups to talk about what they like and do not like about the area discussed by the topic, everyone got a sheet of dot stickers to mark on a series of boards what they wanted to see for the two areas.

One board asked residents to imagine the Tall Oaks Village Center of their dreams. Some people wrote that they wanted to see



Richard Kennedy, Lake Anne resident, puts a dot on a board marking his views on the Baron Cameron convenience center.

independent coffee shops, specialty grocers and a local food co-op.

**DURING THE PRESENTATION**, county Planning and Zoning representative Richard Lambert said he was told that the pedestrian and bicycle accessibility for Tall Oaks was good, but some people had safety concerns.

“Some people were also concerned that

signage is a problem, visibility is a problem.” He also wanted to see what residents wanted out of the Baron Cameron convenience center.

“Some are happy with Baron Cameron as is,” said Lambert. “Some people want it to be mixed use. Is it too car-centric? Could it be made into a possible plaza? We want to explore more ideas of what it could be.”

About 70 community members who came to the early morning meeting milled around Buzz Aldrin Elementary’s cafeteria to put their 16 dot stickers on the poster boards scattered towards the back of the room, telling the county Department of Planning and Zoning exactly what they wanted to see for those areas.

“I think overall, this has been helpful,” said Reston Citizens Association President Sridhar Ganesan. “Even though it has been a truncated process, it has been helpful.”

He felt that after the three meetings, transportation issues have not been addressed. With the opening of the Metro station comes the possibility of a growing population in the next 10 years, and Ganesan said the schools and roads as they are now will not be able to handle the influx of residents.

“This meeting is a little more of a public oriented process,” he said about the differ-

ent structure of Saturday’s meeting. “For me, personally, it has been a good process.”

Although several people commented on the “truncated process” of the second phase of the Master Plan, Reston’s founder thought the process should be quicker.

“The major factor in all of this is speed,” said Robert Simon. “Everything takes much longer than it used to. What you get now is an eight to 10 year gap, like with Lake Anne, for example.”

He did, however, like the structure of the public meetings so far.

**KNUEVEN** said the that while the majority of the public comment meetings are done, Reston Association will still need to approve of anything being done within Reston’s boundaries. He assured that the residents will hear their voice in the Master Plan.

“It really pleases me how many people have turned out at these events,” he said. “We will be in the thick of things, as appropriate, in regards to the green space in the village centers and the connectivity. It will all be looked at.”

The working draft will be published on the county website in mid-December and additional public meetings will be scheduled for January to discuss it.

## Local Foundation Promotes Campus Safety, Discusses Commemorative Quilt

**T**he VTV Family Outreach Foundation, a Centreville-based national nonprofit campus safety advocacy organization, held their 2014 annual meeting last weekend at the Sheraton Reston Hotel. VTV was formed by the families of victims and survivors of the April 16, 2007 mass shooting tragedy at Virginia Tech.

VTV members, volunteers and staff joined with representatives of other organizations formed after school and campus tragedies, including: Sandy Hook Promise, created after 2012’s mass shooting at Sandy Hook Elementary



Betty Gurskis, Laura Fraser, Kris Young, Nancy Preston (missing-Karla Vernon) discuss a commemorative quilt made from remembrances of victims and survivors.

School; the Rebels Project, formed by Columbine High School shooting survivors; and the Michael H. Minger Foundation, which focuses on fire and life safety on campuses. Attendees gathered to discuss the work being done to create safer learning environ-

ments nationally. Attendees at the annual meeting also began work on a commemorative quilt made from remembrances of victims and survivors. When completed, the quilt will include an individual square for each of the 32 victims and survivors and

each will be a personalized tribute to that individual. Organized and led by Nancy Preston, owner of the McLean Quilt Shop in McLean, the quilt is intended to be displayed in the Virginia state capitol in Richmond.



Alan B. Davis, VTV’s executive director; Joe Samaha, VTV’s president; Kathleen Bonistall, vice-chair of PEACE OUTside Campus; S. Daniel Carter, director of VTV’s 32 National Campus Safety Initiative (32 NCSI); and Mark A. Bonistall, chairman of PEACE OUTside Campus.

PHOTOS CONTRIBUTED



## WEEK IN RESTON

### Reception Celebrates 'Pyramid of Light' and Public Art in Reston

The Initiative for Public Art-Reston (IPAR) holds its annual reception on Thursday, Nov. 13, 6 to 8 p.m. in the resident lounge of The Avant, a luxury high-rise in Reston Town Center. The team responsible for the successful temporary public art project at Lake Thoreau in Reston, "The Pyramid of Light," will be honored. The reception will include: hors d'oeuvres and desserts, catered by South Lakes High School culinary students; music by the South Lakes High School String Quartet, wine and a live auction. Tickets start at \$50 per person and go up to \$5,000 to be a member of the IPAR Founders' Circle. Special \$25 tickets also are available for "Contemporary Friends" (young professionals age 20 to 35). For information, visit, [www.publicartreston.org](http://www.publicartreston.org) or contact Anne Delaney, IPAR executive director, at 703-467-9797.

### 'From Sputnik to the Silver Line' at Reston Museum

Reston Historic Trust (RHT) and Museum are producing another free program in November, to be presented at the JoAnn Rose Gallery at Reston Community Center-Lake Anne: a presentation by Dr. Paul Ceruzzi of the Smithsonian Institution, "From Sputnik to the Silver Line: High Technology in the Dulles Corridor" on Thursday, Nov. 20, 7 - 9 p.m.

This promises to be a fascinating look at the development of the high-tech corridor from Tysons to Dulles Airport. Learn how this area became a leader in defense contracting, computer innovation, and telecommunications.

Ceruzzi is the curator of aerospace electronics and computing at the Smithsonian.

For more information, call Reston Museum at 703-709-7700, email [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com), and visit [www.restonmuseum.org](http://www.restonmuseum.org).

### Correction

A story in the Nov. 5, 2014 Reston Connection, "Stage Presence," identified the Cappies international and program director incorrectly. Her name is Judy Bowns.

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## Thanksgiving Help for Those in Need

Roll up those sleeves and help.

**T**his week is the week to jump in to help the many organizations that will help needy families through the holidays. Here are a few ideas of how to help, but the opportunities are limitless.

More than 236,000 people living in the area do not have access to enough food to sustain an active, healthy life for all members of their households, according to Catholic Charities. That is to say, more than a quarter of a million people, including many children, go hungry on a regular basis.

Catholic Charities is launching a new food distribution project, the St. Lucy Project, designed to respond to food insecurity in the diocese. "The reality in Northern Virginia is that thousands of our neighbors suffer from gripping poverty and hunger," said Bishop Paul S. Loverde of the Catholic Diocese of Arlington. "Pope Francis has consistently called us to be a 'church of the poor and for the poor.'" The

project will provide food in Alexandria and other parts of Northern Virginia. See [www.cdda.net](http://www.cdda.net) for more.

Our Daily Bread will help 2,000 people for Thanksgiving and through the holidays. They need help. Sign up to deliver a meal, adopt a family or just donate. <https://www.odbfairfax.org/Thanksgiving>

United Community Ministries is seeking donations to its food pantry, donations to help prevent homelessness for 300 families on the brink, plus children's books and toys. <http://www.ucmagency.org/how-to-help.html>

Northern Virginia Family Services needs help with Operation Turkey, for 800 families. Food, money and volunteers needed. <http://www.nvfs.org/>

The Arlington Food Assistance Center is facing record demand, helping more than 8,000 people, and poised to go far above its annual budget. Find out more and donate <http://www.afac.org/>

Cornerstones' annual Thanksgiving Basket Food Drive will help nearly 1,000 families this season. 571-323-9555, [www.cornerstonesva.org](http://www.cornerstonesva.org).

SHARE of McLean seeks donations of grocery gift cards and more. Checks and gift cards

can be sent to: Holiday Celebration, Share, Inc. PO Box 210, McLean, VA 22101. 703-284-2179. [www.SHAREofMcLean.org](http://www.SHAREofMcLean.org)

LINK, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and holiday toys for children, plus volunteers. On Nov. 15, LINK will distribute food, gently used winter coats/clothing and grocery gift cards to more than 800 families. 703-437-1776 [www.linkagainsthunger.org](http://www.linkagainsthunger.org)

FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area. FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or [volunteer@facetscares.org](mailto:volunteer@facetscares.org). Information about supply donations and FACETS holiday gifts drive is available on the website at [www.facetscares.org](http://www.facetscares.org).

You can find a list of local Fairfax nonprofits here: <http://www.connectionnewspapers.com/news/2014/aug/27/newcomers-guide-area-nonprofits/>

— MARY KIMM,

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## From Polarization To Compromise

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



**T**he outcome of the most recent elections demonstrates once again how divided we are as a nation and as a state. The clearest winner is gridlock as it is hard to see how progress can be made by Congress on important issues that await resolution. The Senate has not moved closer to a balance where a meaningful debate can occur and issues can be resolved. Rather, the Senate is polarized between opposing

points of view with a willingness to compromise being seen as a sign of weakness. The current circumstance is much more complex than simply Democrats versus Republicans. There are at least three parties in the Congress: the Democratic, Republican and Tea Parties. On the Democratic side, the number of old-time liberals can be counted on your fingers. There are some Democrats who gravitate to the middle leaving themselves nei-

ther fish nor fowl in the eyes of their constituents. The "damn the torpedoes" Tea Partiers run the Congress. Old-time moderate Republicans defer to them for fear of a primary challenge from the right in the next election cycle. The goal of the Tea Party leaders is to stall the operation of government functions which they do not support.

My concern is that the same kind of election results we have seen at the federal level has permeated Virginia state elections as well. I am convinced that there are enough Democrats in the House of Delegates and enough moderate Republicans to pass Medicaid expansion in Virginia if it were not for the influence and threat of Tea Party primary challenges. Rather than realizing the fate of two Republican committee chairs that were defeated in primaries last election cycle,

SEE PLUM, PAGE 7

## Midterm Elections — Malaise of 2014

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST



**O**bviously, Nov. 4, 2014 is a day this Progressive would like to forget. I am still trying to sort it all out to figure out why millions of people voted against their own self-interest, why Democrats failed to articulate their core principles, and why so many Americans (especially those who are the butts of conservative greed-driven policy jokes) refuse to examine public policy choices or participate in elections.

Historically, midterms in a president's second term have not been good to the incumbent president's party. But, I doubt the voters and nonvoters used that fact as their guide. My sense is that there is a malaise out there, one which affects many, maybe most Americans, and is taken advantage of by a minority of folks who are riding high and are energized to support conservatives to keep it that way.

What malaise? After all, the stock market is way up, GDP is growing, the fiscal deficit is down, and unemployment is down a bit. So, what is wrong? I'll tell you what! All the gains made in recent

INDEPENDENT PROGRESSIVE

years have gone to a tiny minority at the top of the income pyramid. Middle America and those below have actually taken hits in jobs lost, replaced by lower paying ones or not replaced. Overall, working Americans are worse off than they were in 2008 at the onset of the Bush Recession. Meanwhile, the wealthy and near wealthy have experienced huge income increases from investments in bonds and real estate—not in job creation investment which accounts for barely 1 percent of their gains. Furthermore, there is some scary stuff going on—e.g., Ebola, in reality a non-issue in the U.S, but hyped by some polls and right-wing media folks blaming it on the Obama administration along with conflicts in the Ukraine, Syria, the ISIS zone, and, of course, Palestine.

Republicans did a good job taking advantage of the malaise blaming all ills on the party in the White House. And, they ran effective, well-funded campaigns around

SEE LOVAAS, PAGE 7

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# OPINION

## Plum

FROM PAGE 6

moderate Republicans are playing it safe and going along with Tea Party priorities as absurd as some turn out to be. The consequence is that Virginia leaves \$5 million in federal money on the table each day just so that some politicians can continue to be elected. It seems like a high price to pay!

The other major factor affecting federal and state election outcomes is the incredible amount of money poured into campaigns. Americans for Prosperity, funded in part by the libertarian Koch brothers, are active in Virginia and were major players in refusing Medicaid expansion. They will keep the pressure on their Republican charges in next year's Virginia General Assembly elections. I recently attended a workshop featuring one of my greatest heroes—Sister Simone Campbell of Nuns on the Bus fame. Sister Simone is one of the most effective spokespersons for the poor and those in need of medical services. She is harsh in her criticism of Congress for not raising the minimum wage and reforming immigration laws and of Virginia for not expanding Medicaid. She is insistent, however, that both sides must engage in a conversation in order to find common ground and reach compromises that are so important for the public.

## Lovaas

FROM PAGE 6

the country while studiously avoiding discussion of any specific solutions. Obviously, there were localized issues at work in some places as well—as in Maryland where the well-funded Democrat for Governor ran a terrible campaign against a slick Republican. Looking at Virginia — incumbent Mark Warner, a Democrat in Name Only in my book, did not live up to the media hype about how popular he was. What happened? He ran a well-funded but empty message campaign, unable to point to any accomplishments; and Democrats, young, progressives and minorities failed to show up for him in droves. He won only because of the presence of anti-government Libertarian Robert Sarvis, the third party candidate who got about 54,000 votes, the vast majority of which came out of the Gillespie column. Warner won by a measly 16,000 or so votes. Without Sarvis in the race, Warner loses! From my vantage point, the bad news in this is two-fold. First, we still have Senator Warner who seems much like a Republican—very conservative on matters of equity, on climate change action and guns. Secondly, a strong performance by the sleazy Enronesque Gillespie sets him up as the frontrunner for Governor. Don Beyer is the best news. He, Gerry Connolly, and Barbara Comstock won handily by similar large margins of nearly 60-40 in their parties' custom-drawn districts. Don Beyer, a solid progressive, ran a positive ideas campaign and stands up for action on climate change, greater equity and sensible gun laws.

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# Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## September, 2014 Top Sales in Reston, Oak Hill and Herndon

**1** 11729 Shaker Knolls Court,  
Herndon — \$1,555,843



**2** 12315 Westwood Hills Drive, Herndon —  
\$1,250,000



**3** 1334 Dasher Lane, Reston —  
\$980,000

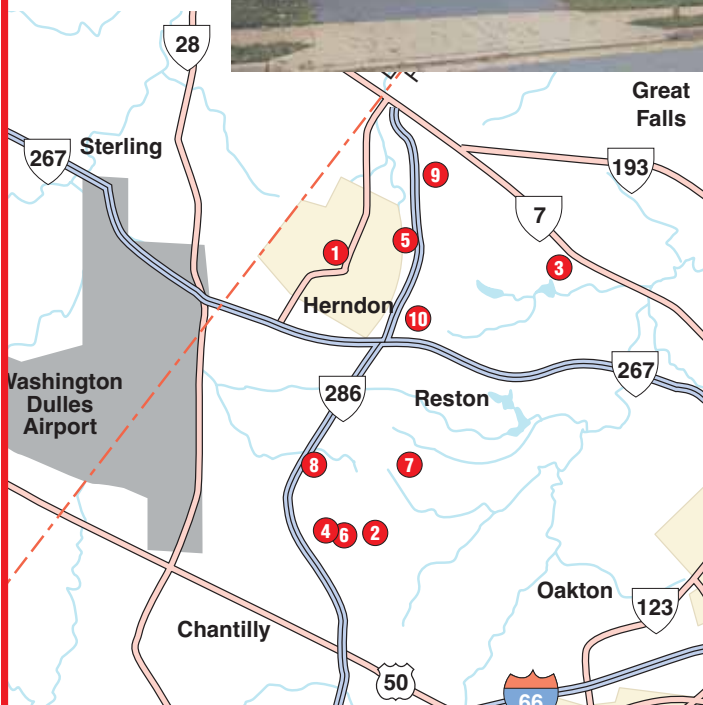
**4** 3282 Willow Glen Drive,  
Herndon —  
\$950,000



**5** 12020 Creekbend Drive, Reston  
— \$935,000



**6** 12691 Autumn Crest Drive,  
Oak Hill — \$925,000



Address	BR	FB	HB	...	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
<b>1</b> 11729 SHAKER KNOLLS CT	5	..	3	..	1	HERNDON	\$1,555,843	Detached	0.89	20170	SHAKER KNOLLS	09/29/14
<b>2</b> 12315 WESTWOOD HILLS DR	5	..	5	..	1	HERNDON	\$1,250,000	Detached	1.35	20171	RESERVE AT OAKTON	09/11/14
<b>3</b> 1334 DASHER LN	5	..	4	..	1	RESTON	\$980,000	Detached	0.43	20190	HUNT AT LAKE FAIRFAX	09/09/14
<b>4</b> 3282 WILLOW GLEN DR	5	..	4	..	1	HERNDON	\$950,000	Detached	0.23	20171	STILL OAKS	09/25/14
<b>5</b> 12020 CREEKBEND DR	4	..	3	..	1	RESTON	\$935,000	Detached	0.38	20194	RESTON	09/11/14
<b>6</b> 12691 AUTUMN CREST DR	5	..	5	..	1	OAK HILL	\$925,000	Detached	0.26	20171	OAKTON RIDGE	09/24/14
<b>7</b> 11939 RIDERS LN	4	..	3	..	2	RESTON	\$878,000	Detached	1.08	20191	FOX MILL WOODS	09/04/14
<b>8</b> 2872 FRANKLIN OAKS DR	5	..	4	..	1	OAK HILL	\$846,000	Detached	0.32	20171	FRANKLIN WOODS	09/04/14
<b>9</b> 11690 GILMAN LN	4	..	2	..	2	HERNDON	\$802,000	Detached	0.68	20170	SHAKER WOODS	09/02/14
<b>10</b> 11990 MARKET ST #301	2	..	2	..	0	RESTON	\$755,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	09/25/14

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## McLean Location for 2015 DC Design House

House will benefit Children's National Health System.

BY MARILYN CAMPBELL  
THE CONNECTION

The new country estate at 956 Mackall Farm Lane in McLean will be the location for the 8th annual DC Design House, a project that raises money to benefit Children's National Health System. The 2015 DC Design House will be held from April 11 to May 10.

"We're excited to have found such a wonderful location and partner for the 2015 DC Design House," said Skip Singleton, co-founder of the DC Design House. "The new home by Artisan Builders is a charming old farmhouse-style home in McLean, our first venture into Virginia, with many rooms for our team of designers to decorate."

Built by Artisan Builders and designed by Harrison Design, the 8,869-square-foot home replicates an old American farmhouse. The home is reminiscent of a Virginia countryside home, but offers modern amenities. The interior floor plan is an L shape, which was popular among early farmers because of the ease and efficiency of adding future rooms.

"My partners and I are truly thrilled that Artisan Builders' new old farmhouse in McLean, Va., has been selected as the 2015 DC Design House," said Stephen Yeonas of Artisan Builders. "Our entire team is committed to making the event the best ever, while helping a great cause, Children's National



A country estate in McLean is the 2015 location for the DC Design House.

PHOTO  
COURTESY OF  
THE 2015 DC  
DESIGN HOUSE

"We're excited to have found such a wonderful location and partner for the 2015 DC Design House. The new home by Artisan Builders is a charming old farmhouse-style home in McLean, our first venture into Virginia, with many rooms for our team of designers to decorate."

— Skip Singleton, cofounder of the DC Design House.

Health System."

**THIS MODERN FARMHOUSE** offers light-filled interior rooms that blend old elements, such as reclaimed wood and antiques, with new features, including top-of-the-line kitchen appliances.

A gallery finished with stone from an old Virginia farmhouse and a library paneled in quarter-sawn oak are among the vintage touches. The exterior features covered porches, antique style lighting, and natural stone in a ran-

dom, hand-cut pattern. Landscape design is by Fine Landscapes and sales by Yeonas & Shafran Real Estate.

Some of the area's top designers previewed more than 20 rooms in the three-level home, which includes first floor formal and family foyers, dining and living rooms, library, kitchen, breakfast room, family room, mudroom and front and rear covered porches. Among the rooms on the upper level are a master suite with reading nook and three secondary suites, while

the lower level offers a bistro and bar, media and game rooms, and an additional bedroom and bath.

"We'll be announcing designers by the end of November," said Susan Hayes Long, chair of the DC Design House, "and we're sure the 8th annual DC Design House will continue our tradition of exceptionally innovative designs and inspiration, all while raising money for our beneficiary: Children's National Health System." The interior designers create presentation boards, which show how they would design the home. Volunteer staff choose the designers who will donate their time and talent to transform the house into a showcase home.

The DC Design House began in 2008 as an event for the DC Metro area in which top area designers showcased their talents in a "flowing design home" to raise funds for a local charity. What began as a single event goal to raise funds for Children's National Health System, formerly Children's National Medical Center, has developed into an annual residential design attraction and fundraiser.

### VOLUNTEER OPPORTUNITIES

The **Kingstowne Center for Active Adults** in Alexandria needs a Van Driver to take participants on outings and an ESL Teacher. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Meals on Wheels** needs drivers in Chantilly, Clifton, McLean and Falls Church on Monday, Wednesday and Friday. Substitute drivers needed throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Wakefield Senior Center** in Annandale needs a Chair Exercise Instructor, Spanish-speaking interpreters, an Experienced Canasta Player to teach participants, and certified instructors for classes in Ballroom Dance and Pilates. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Fairfax County** needs volunteers to drive older adults to medical appointments and wellness programs; urgent need in Reston area. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Annandale Adult Day Health Care Center** in Annandale needs Spanish-speaking social companions and a licensed hair stylist to wash, cut and style hair for participants. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Hollin Hall Senior Center** in Alexandria needs a DJ to provide a wide array of music from ballroom to line dancing, a Ballroom Dance Instructor and a volunteer with basic carpentry skills to build a "Little Free Library," for people to donate and borrow books from. Center will provide plans and materials. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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## CALENDAR

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.

### THROUGH SUNDAY/NOV. 30

**Colorful Life.** 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Rd, Reston. Acrylic Paintings on Canvas by Suping Ji. 703-476-4500.

**Flight of the Month at the Tasting Room Wine Bar & Shop.** Reston Town Center, 11900 Market Street, Reston. Harvest to Hearth – taste four wines that pair perfectly with Thanksgiving dinner. Receive a bottle/case discount. \$12/flight. 703-435-3553

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

**Ladies' Month at Midtown Jewelers.** Reston Town Center, 11900 Market Street, Reston. Come in and receive your gift bag with a pearl bracelet, jewelry cleaner, and gift certificates (\$100 value). All we ask that you take your time and choose at least two items from our showcases to add to your wish list. 703-707-9663.

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

**Rumors of Another World.** JoAnne Rose Gallery, Lake Anne Plaza, Reston. An exhibit of poured, not painted, works by Cape Breton Is. artist Celeste Friesen. Free flowing paint and mixed media create unusual abstract patterns and colors in these paintings. [artworksbyceleste.com](http://artworksbyceleste.com)

### THROUGH MONDAY/DEC. 1

**A Cape Breton Discovery.** 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. Celeste Friesen-Nikkel exhibits her award-



Visit the exhibit, "Rumors of Another World," by artist Celeste Friesen at the JoAnne Rose Gallery, Lake Anne Plaza, Reston. Free flowing paint and mixed media create unusual abstract patterns and colors in these paintings. On display until Nov. 30.

winning acrylic and mixed media work in this November exhibit. 703-476-4500.

**Chilly Chewbacca, Snow Stormtroopers, and Frozen Fett.** Reston Town Center, 11900 Market Street, Reston. Celebrate the coming of winter with the art of Star Wars! These new originals and limited editions are perfect holiday gifts. 703-478-0778. [www.artinsights.com](http://www.artinsights.com).

### FRIDAY/NOV. 14

**TGIF - Free Fridays at Greater Reston Arts Center.** 5 - 7 p.m. Reston Town Center, 11900 Market Street, Reston. An evening of family art-making & storytelling. 703-471-9242. [www.restonarts.org](http://www.restonarts.org).

### SATURDAY/NOV 15-SATURDAY/JAN. 3

**Opening Reception, LineWorks: Drawing Redefined Exhibit at GRACE.** 6 - 8 p.m. Reston Town Center, 11900 Market Street, Reston. Thematic multi-media works by five artists, Lee Gainer, Sarah Irvin, Nikki Painter, Foon Sham, and Sarah Weinstock. 703-471-9242. [www.restonarts.org](http://www.restonarts.org).

### SATURDAY/NOV. 15

**YMCA's 15th Annual Gala.** 12196 Sunset Hills Road, Reston. This year the theme of the Gala is "Unmask the Potential." Guests at the Gala enjoy an elegant evening of food and drinks, a silent auction, and music and dancing. Proceeds support the YMCA's Fairfax County Reston Caring SEE CALENDAR, PAGE 11



## Saint Luke School

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## NOTICE OF PUBLIC HEARING

The Reston Association (RA) Board of Directors will be holding a Public Hearing on **Thursday, November 20, 2014 during its regular meeting, 6 p.m. at 12001 Sunrise Valley Drive, Reston, VA 20191.** The purpose of the Public Hearing is to receive comments on the following items:

- A draft referendum question to be mailed to those RA members who are required to use the Reston Lake Anne Air-Conditioning system and are authorized to vote on the subject of removing from the Reston Deed, VI.2(b)(15) on Air-Conditioning Units which prohibits the use of individual air-cooling systems.
- Proposed 2015 budget updates and 2015 Reston Association Assessment amount.

**For more information, please call (703) 435-6530 or visit the website at [www.reston.org](http://www.reston.org)**



[www.reston.org](http://www.reston.org)



# CALENDAR

FROM PAGE 10

for Community campaign, which provides much-needed scholarships for area families so that their children will have the opportunity to participate in a variety of quality YMCA programs — especially preschool, after-school childcare and summer camp — regardless of their ability to pay.

## SUNDAY/NOV. 16

**Reston Orchestra's Season Opening Concert "West Comes East."** 4 p.m. Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. The orchestra captures the mood of the old west with the theme from "The Magnificent Seven" by Elmer Bernstein, familiar selections from "Oklahoma" by Richard Rodgers, excerpts from "Rodeo" by Aaron Copland, and "Colorado Vistas," written American composer, Jim Beckel. Admission is free, but bring non-perishable goods to support Reston's annual Thanksgiving food drive. For more information, call 574-449-7095 or visit [RestonCommunityOrchestra.org](http://RestonCommunityOrchestra.org)

## MONDAY/NOV. 17

**Rock n' Roll.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Experience the developmental benefits of music through singing and dancing in a sensory-rich environment while using age-appropriate instruments, such as shakers and hand-bells.

## TUESDAY/NOV. 18

**Director's Choice Book Club.** 7 p.m. Reston Regional Library, 11925



**Head over to watch the band Gold Heart, a young traditional bluegrass band that features three sisters, their dad, and another "band adopted" member to round things out, at Herndon Cross Lutheran Church on Nov. 15.**

Bowman Towne Drive, Reston. Sam Clay, Director of Fairfax County Public Library, leads a monthly book discussion. The title this month is David and Goliath: Underdogs, Misfits, and the Art of Battling Giants by Malcolm Gladwell.

**Read to the Dog.** 7, 7:15, 7:30, 7:45 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring your own book or choose a book from the library. Call or sign up online for a 15-minute session. Ages 5-11.

## WEDNESDAY/NOV. 19

**Cheeky Chipmunks.** 10 a.m. or 1:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Chipmunks spend their summer preparing for winter. Find out what they like to eat, where they store their food, and how long they stay underground during the cold winter months. Make

a chipmunk puppet and then go looking to see if our chipmunk friends are still awake. Ages 3 to 5. Reservations required by Nov. 14. Fee: \$7/child RA members · \$9/child Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

## Meet Me at the Movies - Senior Movie Day at Bow Tie Cinemas.

10 a.m. Reston Town Center, 11900 Market Street, Reston. Reston Association presents a feature film. Refreshments and door prizes are provided prior to the movie. Free to those 55 years old and older. 703-435-6530 for more information.

**Harvest of Great Family Stories.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Bring your favorite stuffed animal and join the "little librarian and her three assistant owls" in The Midnight Library. All ages.

## THURSDAY/NOV. 20

**Toddler Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for stories, songs and finger-plays. Age 2 with adult.

**Kids' Graphic Novel Book Club.** 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for discussions of the best in graphic novels. This month's title is "The Discovery of America" by Geronimo Stilton. Books are available for checkout at the Children's desk. Ages 8-10.

**From Sputnik to the Silver Line: High Technology in the Dulles Corridor.** 7-9 p.m. Jo Ann Rose Gallery, Reston Community Center at Lake Anne. A fascinating look at the development of the high-tech corridor from Tysons to Dulles Airport. Learn how this area became a leader in defense contracting, computer innovation, and telecommunications.

## FRIDAY/NOV. 21

**Thanksgiving Centerpieces.** 7-8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Make a beautiful centerpiece with native plant materials and some simple napkin rings for your Thanksgiving table. Enjoy music, mulled cider and seasonal treats as we work. All supplies provided. When making reservations, include the number of people and how many centerpieces you wish to make. Reservations required by Nov.18. Fee: \$20/centerpiece RA members \$25/centerpiece Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

**Great Decisions Series.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A roundtable discussion about the U.S. foreign policy process. November's topic is U.S. Trade Policy. Discussion

materials will be available two weeks before the event.

## SATURDAY/NOV. 22

**Turkey Trot 5K.** 1:30 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. The race will begin at 4 p.m. but registration begins at 1:30 p.m. Online registration is recommended. \$20-\$25. [herndon-va.gov](http://herndon-va.gov).

## MONDAY/NOV. 24

**Terrific Twos.** 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Reading and singing about sharing and caring with family and friends. Age 2 with adult.

## FRIDAY/NOV. 28

**Reston Holiday Parade.** 11 a.m. Reston Town Center, 11900 Market St., Reston. Come for a full day of community, charity and cheer including the Gingerbread Man Mile & Tot Trot, visits and photos with Santa, tree lighting, sing along and horse-drawn carriage rides.

**The Thanksgiving Story.** 11 a.m. Frying Pan Farm Park, 2309 West Ox Road, Herndon. Bring the family and holiday guests to this lively and interactive retelling of the Thanksgiving Story. Gleemania's Sue Cournoyer entertains and informs while engaging everyone. After the show, stroll the park and visit our animals or take a ride on our carousel or wagon rides. Admission: \$5 per person.

**Gingerbread Man Mile (for kids!).** 8 a.m. Reston Town Center, 11900 Market Street, Reston. Run Run as fast as you can and CATCH the Gingerbread man! Free registration, but donations benefit Neediest Kids. Registration and information at [www.prraces.com/gingerbread/](http://www.prraces.com/gingerbread/).



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FOUNDING OF RESTON — 1964 — 50 YEARS — 100 YEARS — BIRTH OF ITS FOUNDER — 1914 —

Reston's civic and community organizations will be celebrating anniversaries all year. Check out all the fun in store for the community at [www.restoncelebrates.org](http://www.restoncelebrates.org). For information about how to add your organization's anniversary-themed event, please email [restoncelebrates@myerspr.com](mailto:restoncelebrates@myerspr.com).

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## SPORTS



Sofia Palacios and the Herndon field hockey team lost to Fairfax in the 6A North region semifinals on Nov. 4.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Taylor Stone and the Herndon field hockey team finished the season with a 19-3 record, including the program's first conference/district title since 1979.

# Herndon Field Hockey Falls One Win Shy of States

## Hornets lose again to Fairfax in region semifinals.

BY JON ROETMAN  
THE CONNECTION

When Herndon's Jamie Wright tied the score with a goal in the second half of a Nov. 4 regional semifinal field hockey game, Fairfax forward Charlotte Duke recalled a memory from last season, when the Rebels squandered a lead against Westfield in the region final and lost in overtime.

"I knew," Duke said, "that we had to step

it up ..."

While Duke had a flashback, Fairfax captain Meg Robertson's mood soured.

"I was mad," Robertson said. "They scored and I was like, I want this back. We're not tying this game, we're not losing it."

Luckily for the Fairfax senior duo, neither had to suffer through extended unpleasantness.

Twenty-two seconds after Wright's goal tied the score at 1-all, Robertson put the ball in the back of the cage, scoring what proved to be the game-winning goal and the Rebels defeated Herndon 2-1 at Fairfax High School. It was the second consecutive year the Rebels knocked the Hornets out in the region semifinals.

Fairfax went on to defeat Chantilly in the region championship game on Nov. 6.

"We wanted this," Robertson said. "Once they scored, we were like, this isn't happening. We're coming back."

The Rebels and Hornets were locked in a scoreless tie until the final minute of the opening half, when Fairfax senior Olivia Cummings scored with an assist from Emily Deivert with 19 seconds remaining until halftime.

Clinging to a 1-0 lead in the second half, Fairfax surrendered the tying goal to Wright during a penalty corner with 20:31 remaining. Moments later, Robertson scored the game-winner.

"I think they felt that we deserved to win and we deserved to be here," Fairfax head coach Amber Beaudoin said about the Rebels. "Meg really is the emotional heart of our team and it was fitting that it was

her [that scored the game-winner]."

Other than Wright's goal, Fairfax shut down a Herndon team with offensive standouts Sofia Palacios, a Penn commit, Taylor Stone, a Louisville commit, and Sammy Stone, a sophomore. Five days earlier, the Hornets scored eight goals during a regional quarterfinal victory over South County. "What we've been preaching pretty much all year is it takes a team to win a regional crown, it's not about individual players," Beaudoin said. "They have several very good players, but I felt like the advantage for Fairfax was that we have 11 players." Herndon finished with a 19-3 record. The Hornets won the program's first Conference 5/district title since 1979.

"We put everything out on that field," Taylor Stone said.

# Oakton Girls' XC Wins 6A North Region Title

## Cougar girls, boys to compete at state meet Nov. 15.

BY JON ROETMAN  
THE CONNECTION

The Oakton girls' cross country team earned the opportunity to defend its state championship.

The Cougars, who won the 6A state title in 2013, captured the 6A North region championship on Nov. 5 at Burke Lake Park, securing a trip back to the state meet. The 6A girls' race is scheduled for 1 p.m. on Saturday, Nov. 15 at Great Meadow.

Oakton returns four of its top five harriers from the team that won states in convincing fashion last year — senior Allie Klimkiewicz, sophomore Casey Kendall, sophomore Leya Salis and senior Kara Kendall. Klimkiewicz finished runner-up at the region meet on Nov. 5 with a time of 17 minutes, 30 seconds.



Oakton's Allie Klimkiewicz placed runner-up at the 6A North region meet on Nov. 5.

Casey Kendall placed sixth (17:45), Salis took eighth (17:51) and Kara Kendall finished 52nd (19:14).

While the Cougars have experience, some new faces helped Oakton win the region title. Freshman Kira Buttrey was Oakton's No. 4 runner, finishing 18th with a time of 18:28. Junior Jill Bracaglia was the Cou-

gars' No. 5, coming in 26th with a time of 18:38.

Oakton sophomore Thi Nguyen finished 45th (19:07). Even with her top three harriers back, head coach Alisa Byers isn't taking anything for granted. "Every state meet is different," she said. "Experience-wise, we are still kind of young." Oakton won a

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Oakton's Isaac Mills finished 13th at the 6A North region meet on Nov. 5.

tightly-contested battle with Madison to take the region championship. The Cougars finished with a score of 58, and the Warhawks, who also qualified for states, were runner-up with a total of 67. Each team's top four produced a score of 34, but Oakton's Bracaglia finished nine points better than Madison's No. 5.

"It was big in the sense that she was the best fifth runner on the day," Byers said. "She's been a consistent performer for us. ... [Bracaglia is] one of our captains and she's a great leader."

The Oakton boys' team also qualified for the state meet, placing second at regionals. The Cougars posted a score of 86, finishing behind champion Lake Braddock (37). Simon Iyob was Oakton's top finisher, placing 12th (15:31). Isaac Miles placed 13th (15:31), AJ Woodhouse was 19th (15:44), Chris Holland finished 22nd (15:48) and Phillip Hrinko took 30th (15:58). "They performed really well," Byers said. "We knew that at the conference meet, we hadn't performed our best. We went back and evaluated what we could do."





**Students prepare for the fall chorus concert at Reston Langston Hughes Middle School. Students as well as parents were pleased with the fall concert performance.**

# Reston Langston Hughes Hosts Fall Concert

**Middle school chorus and orchestra display young talent.**

BY RYAN DUNN  
THE CONNECTION



PHOTOS BY RYAN DUNN/THE CONNECTION

**Reston Langston Hughes Middle School beginning women's chorus performed at the October fall concert held at the school. The chorus show was free and open to the public.**

Parents and family members had the opportunity to hear the young talent of students at Reston Langston Hughes Middle School at the October fall concerts. On Wednesday, Oct. 29, school chorus director Sarah Stanley led a performance of seventh and eighth grade students. The next evening, Thursday, Oct. 30, there was a fall orchestra concert.

Chorus director Sarah Stanley began the chorus concert with the "The Star-Spangled Banner," performed by the combined choirs. More than 100 middle school students performed at the fall chorus show. "Hughes is proud to showcase the dedication and hard work of our musicians and directors to the families," said Principal Aimee L. Monticchio. "We believe the arts add joy and beauty to the lives of those who play and those who listen."

**CHORUS DIRECTOR** Sarah Stanley is familiar with Reston as she studied at Hunters Woods Elementary, Langston Hughes Middle and South Lakes High School. "When the position at Hughes opened up, I jumped at the chance to teach at my alma mater," stated Stanley. "I am so loyal to Reston and believe in the people and the schools here. I feel so blessed to be able to teach in a community that has given so much to me and has made me who I am,"

Stanley said.

"I could not be more thrilled with my students' performance," said Stanley. "Each of these students has worked so hard and is learning so much and I am very proud of them. We have only been in school for nine weeks and the music we were able to produce on Wednesday was quite impressive given the short amount of time." Currently there are 106 students in chorus. "I am looking forward to seeing the program grow even more over the years," said Stanley.

Students as well as parents were pleased with the fall concert performance. "I thought the kids sounded very polished, especially the advanced chorus," said Reston resident Neil Kirr, who attended to hear his daughter Delaney sing. "It is a whole lot of fun, Ms. Stanley is an awesome choral director," said seventh grade student Corrine Wellman. "I think the kids did a fantastic job," said Reston resident and parent Jackie Gregory. "The kids are doing so well."

"Ms. Stanley is really nice, she understands us," said seventh grade student Danielle Yakubisin. Songs included in the concert program were Mark Patterson's "Come Sail Away With Me" and

"Some Nights" which included choreography. The show concluded with a performance of the song "Say Something", which won a vote to be included in the concert. Soloists in the show included students Delaney Kirr, Caroline Weis, Louisa Mattozzi, Lauren Skinner, Camille Denny, Joshua Meade and Ulices Sanchez.

**AS A MUSIC EDUCATOR,** Stanley believes in the importance of training "musicians" not only "singers." "These students are learning the fundamentals of musicianship," said Stanley. "Every day we learn theoretical concepts and practice our sight reading skills. These students can read and write music as well as sing it and I think that is the mark of a true musician. I hold each of my students to very high expectations and I saw the results of that on Wednesday." Stanley and other parents look forwards to the next school concert on Dec. 9. "The sky is truly the limit for these amazing middle school students," said Stanley. Named after the American poet and orator, Langston Hughes Middle School has identified student achievement and accountability as a first priority.

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# SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

## NOVEMBER

**Publishing**

HomeLifeStyle.....11/12/14

★Holiday Entertainment & Gift Guide I..11/19/14

A+ ..... 11/25/14

Thanksgiving is November 27.

## DECEMBER

Wellbeing.....12/3/14

HomeLifeStyle: Home for the Holidays...12/10/14

Hanukkah begins December 16.

★Holiday Entertainment & Gift Guide II..12/16/14

A+ Camps & Schools.....12/16/14

CHILDREN'S CONNECTION.....12/24/14

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-Ethiopian Proverb

## Excuse Me



By KENNETH B. LOURIE

Early on during my indoctrination/assimilation into the cancer-patient world in which I now reside, I remember asking a fellow cancer patient/friend if I could use cancer as an excuse for whatever it was needed excusing (directly or indirectly related), and she said: absolutely, "blame the cancer." Years later, after a chemotherapy infusion, I saw my oncologist walking through the Infusion Center and asked him if my thinning hair might be a result of this most recent chemotherapy drug (not all chemotherapy results in hair loss). His response was similar to what my friend had advised me in 2009. He said: "You can blame me," (which of course, I understood to mean, cancer/the treatment of cancer) "for anything."

Now, I have to tell you, having such an acceptable, ready-made, beyond-reproach kind of excuse such as cancer as the reason for anything you want to do/don't want to do/can't do, etc., is incredibly tempting. It's almost like having a super power, a power which cannot be questioned or compromised in any way. And quite frankly, conjures a wide range of emotions/reactions; from one perspective, it places the cancer patient in a position of strength, and on the other, creates a kind dependence that is hard to resist. My fear has always been that relying on cancer too much as an excuse somehow weakens the immune system and so I have been hesitant to use its power. Can you say slippery slope?

As an example: if "the dog ate my homework" became an acceptable excuse, one would use it as such until it no longer passed muster; and as we all know, eventually it doesn't pass anything. However, cancer as an excuse – in my experience, will always pass muster and then some. Moreover, the seriousness of it will likely prevent the patient from ever having to answer any show-proof type questions: "Show me your port." "Name your most recent chemotherapy cocktail." "How long does a typical infusion last?" As a consequence, the potential for use and abuse is almost overwhelming.

Nevertheless, in spite of the temptation, I have rarely used my disease as an excuse for anything, other than when it was obvious by my appearance – during heavy duty chemotherapy – that I was unavailable, shall we say. It always felt as if I might be manipulating situations if I were to start using "cancer" as an excuse; as believable and understandable an excuse as it was/is. It's so easy. So unquestioned. No one is going to ask: "Really?" "Are you throwing up that much?" "Are you sure you can't get out of bed?" Besides, I haven't wanted to give in to my cancer whereby it begins to control my life more than the regular medical appointments, lab work, diagnostic scans, infusions and the 40+ pills I ingest and restricted diet already do. I've wanted to maintain some control and try not to become a victim of my own circumstances. Easier said than done, I assure you.

But I have persevered and survived five years and nearly nine months. Through a combination of good genes, a healthier lifestyle and diet, a variety of non-traditional alternatives/supplements and a bit of blind luck, not to mention a super-positive attitude which I inherited from my father, life goes on. However, if anything goes wrong, I know who/what to blame: "cancer." It wasn't anything I said or did. In a way, there's comfort in having such a good excuse. Unfortunately, certainly, but very convenient.

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

## 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.

### WEDNESDAY/NOV. 12

**League of Women Voters of Reston Presents A "Primer" on Human Trafficking.** 7:30-9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. What is it? Where is it? How widespread is it? What is being done about it? What can you do? Free and open to the public. For more information, call 703-757-5893.

### FRIDAY/NOV. 14

**Genealogy Help Desk.** 2 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Bring your family history stumbers to the experts. Accomplished genealogists and library staff will be on hand to assist you. Ask at the Virginia Room desk or call 703-293-6227. Adult, teen.

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Friday conversational group. Adults.

**Let's Talk – ESL for Intermediate Students.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversational group. Adults.

### SATURDAY/NOV. 15.

**Vaccines and Your Family.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Do you have questions about vaccines? Parents and a panel of medical professionals will answer your questions and help you make the best decision about vaccinations. Hosted by of Voices for Vaccines.

**Staying Sane in an Insane World, Meditation for Parents and Teens.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. For parents and teens who would like to learn how simple meditation can help them deal together with the stresses of work, school, relationships, and everyday life. Presenter Zelma Chamberlain works with at-risk teens and lectures extensively throughout the country. For parents and teens together or individually. Register online at [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library). Free.

### MONDAY/NOV. 17

**ESL for Intermediate Students.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Monday conversational group.

**ESL Conversation and Pronunciation for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Monday conversational group.

**ESL: U.S. Citizenship Exam for Intermediate Students.** 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Molly in this 12-week course that teaches speaking and writing skills on the basis of selected topics of U.S. history and government. Regular attendance is required! Adults.

**ESL for Intermediate Students.** 4:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Juanita's Monday conversational group. Adults.

### TUESDAY/NOV. 18

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Tuesday conversational group. Adults.

**ESL, Speak and Write for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sandy's Tuesday weekly class. Adults.

### WEDNESDAY/NOV. 19

**ESL for Intermediate Students.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Wednesday conversational group. Adults.

**ESL for Intermediate Students.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Susan's Wednesday conversational group.

**ESL for Intermediate Students.** 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Marilyn's Wednesday conversational group.

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This year, the Ice Palace is celebrating the November 18 release of the Disney FROZEN Sing-Along Edition on DVD & Digital HD. This much-loved, interactive holiday display features the sights and sounds of Anna, Elsa and their friends Olaf, Kristoff and Sven, plus a 30-foot Ice Palace with falling snow, a light show and other activities for the whole family. Come and see how you compare in size to Sven and Olaf and have your photo taken with Olaf at the Ice Throne. End your magical journey with a visit to Santa and a special Disney FROZEN Look-and-Find book!

Visit the Ice Palace Gift Shop

Pick up a copy of the FROZEN sing-along DVD (available November 18) along with lots of other fun items including FROZEN dolls, puzzles books and much more.

## FAIR OAKS MALL

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