

ArcAngel, New Security App, Launches

ArcAngel CIO Gus Taveras asks Operation Specialist Will Schworer a question about the status of a location in the demo room.

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PHOTO BY REENA SINGH/ THE CONNECTION

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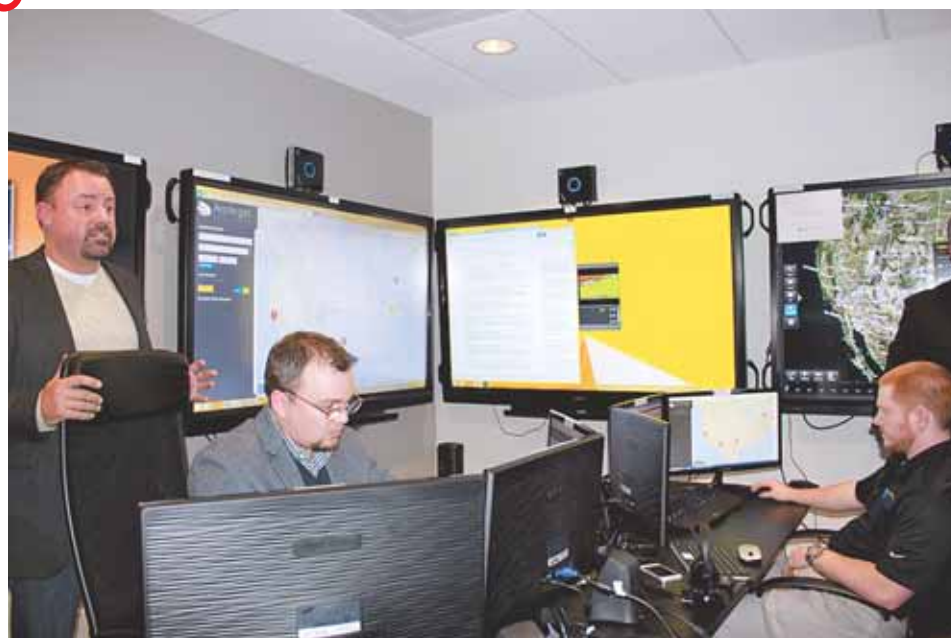


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ArcAngel CEO John South talks about the app, ArcAngel, in the demo room while Operations Specialists Matt Oliver and Will Schworer check on potential emergency situations.



PHOTOS BY REENA SINGH/THE CONNECTION

ArcAngel, New Security App, Launches

Advanced technology pinpoints user location in an emergency.

BY REENA SINGH
THE CONNECTION

John South, CEO of Patrocinium Systems of Reston, calls it the guardian angel of apps.

The ArcAngel app, unveiled on Nov. 19, can pinpoint users during emergency situations, alerting first responders and loved ones about their minute-by-minute status.

"If you think about technology today, it's one-to-one," said South. "Texting is one-to-one. The Amber alert is one-to-one."

What's different about ArcAngel, he said, is that it sends a beacon to the users' phone telling them that they are in close proximity to a shooting, large-scale fire, or other emergency situation. The user has three choices: to ignore the beacon, to press the button to let the app know they are ok, or press the other button stating they are not ok.

"When you respond, it sends a message to your family that you are ok," said South.

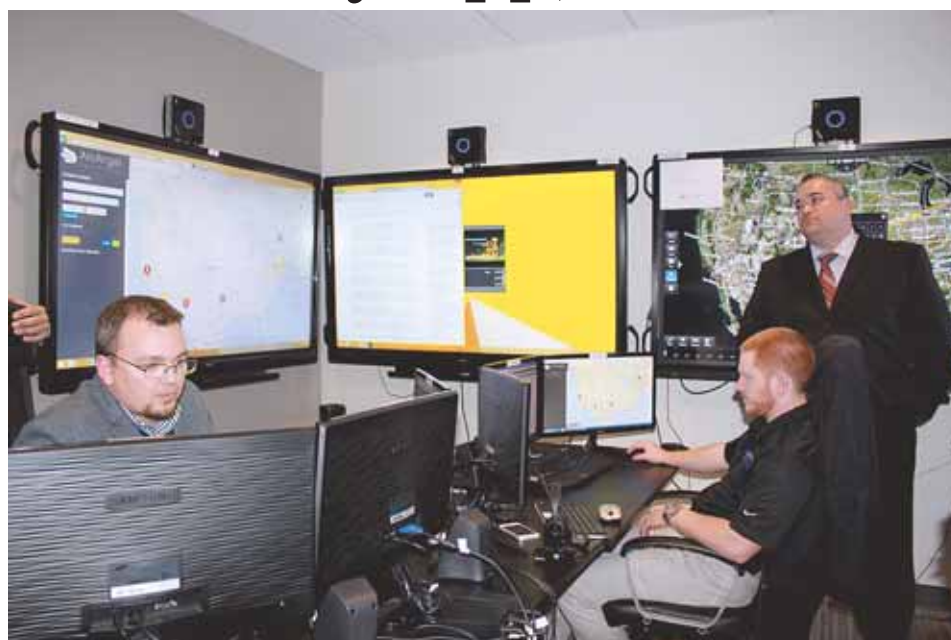
For those who are not ok or have not responded, the app alerts emergency responders to let them know what floor they may be on. Because it tracks the bluetooth on the phone, the app can pinpoint the exact location of the user.

South was quick to say, however, that this is not a tracking device.

"We don't actively track," he said. "We don't collect data."

THE APP BEGINS to track the second that the user texts or calls that they need help in a situation or if a widespread emergency situation, like a school shooting, is being tweeted about or reported on the news.

All the information they get, he said, is public sourced information that anyone can get on their own.



Operations Specialists Matt Oliver and Will Schworer work in the ArcAngel demo room as CIO Gus Taveras looks on.

Additionally, if an international traveler feels unsafe due to violent protests or car bombings abroad, the app is a quick way to have the embassy send out a consular staff to meet and guide them to safety.

"The reality is, when you're in trouble, we can find where you are and push that information to the State Department," said South.

South began his career in security as a police officer in California and advanced to military service and large scale security support following 9/11. His current startup focuses on hiring highly skilled military veterans - a group that often has trouble finding jobs when they retire - because they know how to respond in emergency situations.

"Eighty percent of the people in the office are veterans," he said. "Everyone here has operational experience."

Those quick reactions, he said, are what keeps people safe.

One of those veterans is former Marine and Army officer Gus Taveras, Chief Information Officer of ArcAngel. He served in the military for 20 years, most recently as

CIO at the U.S. Defense Intelligence Agency.

"You won't know how much you need it until you are in that situation, that crisis," he said.

Clint Lumpkins, Director of Special Projects, is another one of those veterans. He joined the military right after graduating high school and started focusing on crisis management.

"I think it's the whole aspect of how to think through a crisis," he said. "It's the fog of a lack of information that can cause chaos and casualties."

The app is \$4.99 per month for the basic, push notification version. The "Pro" version costs \$19.99 and allows the user to call the ArcAngel headquarters for help or to alert them about a situation.

AS OF NOV. 20, about 2,500 people around the world were signed up for the app - the day after it launched.

"It's so powerful that you're not alone in this huge world," said Taveras.

More information about the app can be found at <http://www.patrocinium.com>.

VIEWPOINTS

What Are You Thankful For?

— REENA SINGH

Area residents interviewed at Reston Town Center.



Lanna Putney, Sterling, civil engineer:

"I'm thankful for a healthy family. Also, I just started a job six months ago, and I'm really happy there."



Pete Easton, Reston, tax manager:

"I'm happy for friends, family, the place. I'm kind of new here."



Fiza Malak, Sterling, skate host:

"I'm grateful for being with family. That's one. Spending time with family."



Fletch, Herndon, graphic designer:

"My entire life. My spirituality is beautiful. My health is beautiful. My family is healthy. I have a job. I can go on for days."

Visitors at Gifts from the HeART were not only able to support local artists with their purchases but also Cornerstones as a portion of all sales went to the local charity organization.



PHOTOS BY AIMEE FREEMAN/ THE CONNECTION

Gifts from the HeART

Community Center partners with Cornerstones for holiday market

BY REENA SINGH
THE CONNECTION

Lake Anne Community Center will become a holiday market to benefit charity.

On Dec. 6, the annual Gifts from the HeART reception and market will feature vendors from throughout the county for adults as well as crafts and a visit from Santa for children.

"The Holiday Shopping Event began in 2008 with seven artists and this year we are waitlisting artists who want to participate in the event," said Reston Community Center Arts Education Director Cheri Danaher. "The shopping event has grown into a Reston holi-

day tradition that brings the arts community together to benefit Cornerstones."

In addition to the vendor items for sale, the paper crafts located in the Jo Ann Rose Gallery and the 3D Gallery are also available for sale until February.

The holiday market will be held from 11 a.m. to 4 p.m. Other items throughout the day include carolers, holiday refreshments and a petting zoo.

Cornerstones has received \$1,100 consecutively over the past two years. Since 1999, the sales from the event have generated \$10,000 for the nonprofit.

"The amount provides one month of affordable housing for a formerly homeless family," said Cornerstones Marketing Rep-



Shawn Storer shows his pottery at Gifts from the HeART in 2012. Storer was a student at Reston Community Center and used the workshop space there to make all his pottery pieces.

resentative Angela Suarez. "This is critical support, because to afford a two-bedroom apartment in our area at fair market rate of \$1,469 requires an annual household income of \$56,480."

She said nearly a fifth of households in the count do not earn enough to pay for rent without some type of support.

"Housing recipients benefit from reduced risk of homelessness, safer neighborhoods, improved physical and mental health and raising motivated children who succeed at school and in life," she said.

This will be the fifth year the event is held at the same time as Jingle at the Lake in Lake Anne Plaza. Last year, about 600

people came to the market.

The artists and vendors pay an entry fee to be a part of the festival, a cost that is donated to Cornerstones, along with 10 percent of their sales.

"For community members, it offers unique handcrafted one-of-a-kind art for themselves or to give as a holiday gift," said Danaher. For the artists, it gives them the opportunity to create happiness to those who purchase their art."

For more information, visit <http://www.restoncommunitycenter.com/attendance-events-exhibits/event-detail/2014/12/06/default-calendar/HolidayShoppingEventReception>.

RELAC: A Museum and Environmental Problem

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/
HOST



INDEPENDENT PROGRESSIVE

Last Saturday the new owners of Reston Lake Anne Air Conditioning, RELAC, held an open house at their plant, a first in living memory. The event is part of a PR campaign by the new owners to persuade RELAC users to vote to continue RELAC's 50-year-old monopoly in the RA referendum coming in January. I took the tour and found it interesting, like a visit to a museum. The guys had obviously cleaned it up, but you just cannot hide old. The centerpieces of the plant are the four giant water chillers, which look like small submarines. They are the originals, 50-plus years old. The RELAC President assured us they were built to last forever. He also acknowledged that they are less than half as energy efficient as their modern

equivalents. Replace them? The cost would be at least \$250,000 each; one million for all four. They don't have the resources to make the investment needed. The plant also has a dozen powerful pumps—four large lake water intake pumps, originals with recently rebuilt motors. In addition, there were more large distribution pumps, also originals, to move water through miles of underground pipes to all 343 townhouses and two condominium associations. The new owners have done some restoration work on the motors of the old pumps. Still, the pumps are not up to modern efficiency standards and waste a lot of energy. Then there is the chemical coolant to chill the thousands of gallons of water. That coolant is FREON, a CFC banned by international treaty about twenty years ago. RELAC's use of Freon is grandfathered until they replace the equipment handling it. You

guessed it—an expensive change not in sight. Freon was banned because it harms the environment, but it is OK for those locked in to the RELAC monopoly by RA covenant! Then there are the miles of deteriorating original underground pipes which spring leaks—such as the one in front of our home. Replacement should have begun way back. At a cost of millions, replacement is nowhere in sight. Two giant cooling towers occupy the far end of the site. If updated to meet allowable noise levels, and properly installed, they could enable the plant to operate when Lake water levels drop too far. They have never been used by RELAC and there are no plans to do so—both too noisy and too expensive. Summary: RELAC is an inefficient, outdated chilled water system and an environmental nightmare. Most commercial units at Lake Anne switched to reliable standard A/C and many residential users have been granted health exemptions to switch as well—because standard A/C is better for their health. For some, this mu-

seum piece delivers adequate cooling most of the time, especially for homes getting less direct sunlight or having high power pumps in apartment buildings (including a couple of RA Board members). Others are not so lucky, and simply cannot get reliable cooling on warm days. After 50 years of monopoly and a failure by earlier owners to maintain and update outmoded equipment and technology, it is time for some fairness, time to allow all residents the basic right to comfort in their own homes—be it with RELAC or standard A/C that better meets their needs. Yet the Reston Association proposes changing rules of the upcoming referendum to make it more difficult for a free choice outcome. Now, they want to require a two-thirds vote of all users rather than two-thirds of those actually voting as called for in the Reston Deed and applied in the 2005 referendum. Go to www.freefrom15.org for frequently asked questions, more info.

COMMENTARY

Rocket Science

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

With the number of rockets my high school friend, Joe Hammock and I built and launched, I am fortunate to have all my fingers and no serious injuries. Our rockets were not the hobbyist models you can buy today that use water or air pressure to launch; our rockets used black powder or a fuel we mixed ourselves. Launches were sometimes like explosions as the sides of our small rockets went outward rather than upward. We were doing our work (or some would say play) before Sputnik and the Space Age.

I was reminded of those early experiences last week as I chaired the Nanosatellite Advisory Committee of the Joint Commission on Technology and Science. Even the professionals have their problems with rocket launches with about one of ten not being successful. Most recently Orbital Sciences which has its headquarters on Route 28 near the intersection with Route 7 had a rocket blow up almost immediately after its launch at Wallops Island, Va. Out west the rocket plane for which tickets have already been sold to take people on suborbital flight



blew up in a test flight killing the pilot.

For every failure there are many more successes. Who would have imagined that a rocket launched 10 years ago would have its payload land on a comet within the last two weeks! Virginia has been involved in many of these successes through NASA Langley and NASA Wallops. The Virginia

Space Grant Consortium that has goals of promoting aerospace education at all levels has been rated by NASA as being the top-ranked program among the 52 in the nation.

Students at Virginia universities including Virginia Tech, the University of Virginia, and Old Dominion University are involved in designing, building and launching small satellites that despite their small size can conduct meaningful research while in orbit. These small "nanosatellites" can be launched with dozens in a payload as part of a larger satellite launch but still have the capability to gather significant scientific data. Students who work on these projects often go on to internships and careers with NASA and private aerospace companies. The Commonwealth STEM Industry Intern

SEE PLUM, PAGE 7

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OPINION

Holidays Are About Giving

Give thanks and share; tens of thousands of families around us are in need.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Surrounded by the bounty in so many neighborhoods in Northern Virginia, many of us see little signs of the massive unmet needs here. But in Fairfax County Public Schools, more than 52,000 of the students are poor enough to re-

ceive free or subsidized meals, a significant measure of poverty.

In Arlington more than 32 percent of the students are poor enough to receive free or subsidized meals; that's 7,452 students at last count.

In Alexandria, 8,582 students are poor enough to receive free or subsidized meals. That's 60 percent of the 14,222 students enrolled.

These are children who are living in families who may be on the brink of homelessness, families who must choose between medical

bills, car repair, heat and food. These are children who may not be sure that they will have a meal between the meals they get in school. School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Thanksgiving and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again during the holiday, so let us know what we have missed.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Where to Give Locally

In no particular order:

- ❖ **Our Daily Bread** — has been serving needy families in Fairfax County for 25 years. The Holiday Program helps those in need with food for the holidays and gifts for their children, making last year's holiday season brighter for approximately 3,000 families. For more information on their holiday programs, including how to sponsor a family, go to www.odbfairfax.com/holiday
- ❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program and the Thanksgiving Food Drive.
- ❖ **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. www.facetscares.org. 10640 Page Avenue, Suite 300, Fairfax VA 22030
- ❖ **The Jeanie Schmidt Free Clinic**, 13525 Dulles Technology Drive, Herndon, VA 20171, 571-235-3577. Last year, 139 community volunteers — nurses, nurse practitioners, and physicians — gave more than 1,300 hours of their time to see patients. jsfreeclinic.org.
- ❖ **Alternative House** — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182, 703-506-9191. www.thealternativehouse.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
- ❖ **LINK**, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and holiday toys for children, plus volunteers. More than 4,000 adults and children have signed up for help with Thanksgiving and Christmas meals. 703-437-1776

- www.linkagainsthunger.org
- ❖ **Committee for Helping Others (CHO)**, Vienna, organized in 1969 by a group of concerned churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. 14th Annual Thanksgiving Interfaith Service is Tuesday, Nov. 20, 7:30 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road. Vienna 703-281-7614 <http://www.cho-va.com>
- ❖ **Herndon-Reston FISH** (For Immediate Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 <http://herndonrestonfish.org>
- ❖ **Northern Virginia Family Service**, 10455 White Granite Drive Suite 100, Oakton, VA 22124 703-385-3267 <http://www.nvfs.org/>
- ❖ **12 Ways of Giving**: Fairfax County Office of Public Private Partnerships "12 Ways of Giving" campaign is an annual event that showcases many ways for meaningful, local giving during the holiday season, highlighting nonprofits in Fairfax County. www.fairfaxcountypartnerships.org

Nurturing Happy Memories

For some, memories of just a few happy moments provide arsenal for enduring.

By JOAN BRADY

"It's my few happy memories that keep me going," a young woman who had grown up in foster care told me a few months ago.

To be honest, today I'm a little foggy on exactly what her happy memories even were. They weren't monumental experiences or achievements. They were simply moments in time when she felt happy.

One was about being near the water. Another, a meal eaten at a particular restaurant. And another, a time when she felt like she was being heard. A small arsenal of moments that she could dip into, as needed.

I haven't been able to stop thinking about that conversation. I grew up with two loving parents. While no childhood is perfect, I'd say mine was pretty close. What I keep



The importance of happy memories: Joan Brady in a selfie with her siblings, the first photo of just the four of them since childhood.

stored away are my few unhappy memories. Images I trot out when I want to wallow in a little self-pity.

But what if I could hang on to just a few good memories. And they had to be enough to keep me moving forward, from making bad choices, even from killing myself. What would they be?

Well there was my nursery school graduation. Every kid had

to stand up and perform in front of the group of proud parents. Painfully shy and paralyzed by the very idea, I distinctly remember my mother telling me that she had spoken with my teacher and I would be exempt from this particular torture. This one I'd keep as a reminder that I have a mother who had my back then and continues to now.

There was that beautiful spring

day that I walked with her down the streets of New York City, proud to be a recent college grad and excited to be going on job interviews and looking for an apartment. It would be good to hang on to a reminder to appreciate accomplishments and to embrace the next set of goals with enthusiasm.

There was the time a few years ago that my sister and brothers and I took a selfie. It was the first image of just the four of us since we were kids. There was something about that moment, enjoying each other's company and recognizing, that no matter what, these people could be counted on. Yup, definitely a memory worth hanging on to.

And maybe, one would be the moment when I recognized how lucky I am to have a treasure trove of happy memories as deep and as long as my life.

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

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COMMENTARY

Plum

FROM PAGE 5

ship Program (CSIIP) matches students to internship possibilities.

The Virginia Space Grant Consortium does not limit its activities to the university level. Through the Virginia Aerospace Science and Technology Scholars program, public school students can take online courses for college credit, compete statewide with other students, and attend a summer academy at NASA Langley Research Center. Specific programs are also aimed at

younger students and girls to interest them in science, technology, engineering and math.

As policy makers and government leaders look to the future, it is important to consider space for the limitless potential it offers. Virginia has many unique assets: Wallops Island is strategically located for space launches; a number of federal research facilities are located here; our university system is strong; and the private industry sector has shown a strong interest in investing in space. From experience I know that we need to include a safety course for our young rocket scientists.

LETTERS TO THE EDITOR

Erasing Our Culture

An open letter to the Library Board of Trustees.

Yesterday one of the librarians got the list of books she is expected to pull from shelves she looks after. The books are on the "dead" list. That's what they used to call low active or low demand. I don't know what the time frame is to be considered dead: 24 months? 36 months? There are 350-400 books on that particular dead list. They are all in the literature category.

I am told the dead books will be packed up in boxes of a certain size and listed on the "swap spot" on the computer. No individual titles, just a general category. Boxes

of dead books not requested in 10 days by another branch will be discarded.

That's part of the new discard and transfer policy that has just kicked in. There is also a "grubby" list and those are books that were checked out 50 times. The librarians are to check them on the shelves and if they are good enough to remain on the shelves, the circ manager gets the list and has to go into the Collection HQ program and move the grubby date back for each book so they won't come up again next month. If they are worn, they must be thrown out.

These reports were sent out for every single category in the FCPL system, to ev

SEE LETTERS, PAGE 13

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RESTON TOWN CENTER

Holidays are HERE!

Friday, November 28

8 am Stores Open Early
Gingerbread Man Mile for Kids

11 am 24th Annual
Reston Holiday Parade
"Home for the Holidays"

12:30 - 4:30 pm Visits and Photos with Santa
Mini-Train Rides

5 pm "Frosty Follies" Performance
6 pm Tree Lighting & Sing Along
6:30 - 10 pm Horse-Drawn Carriage Rides

Sundays: Nov 30 & Dec 7, 14, 21
12 - 4 pm Mini-Train Rides

Saturdays: Dec 6, 13, 20
4 - 9 pm Horse-Drawn Carriage Rides

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Community Holiday Performances

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Victoria's Secret
Wells Fargo
White House
Black Market
Williams-Sonoma

DINING

American Tap Room
Barcelona Wine Bar
Coming Soon
Bartaco
Coming Soon
Ben & Jerry's
Big Bowl
BRB: Be Right Burger
Busara Thai
Restaurant
Chipotle
Clyde's of Reston
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COMMUNITY



PHOTO COURTESY OF CORNERSTONES

Someone obviously took great pains to dress up their family's donation to the annual Thanksgiving Food Drive organized by nonprofit Cornerstones of Reston. Nearly 1000 families will be served when they collect their food boxes at St. John Nuemann Catholic Church in Reston.



PHOTO COURTESY OF WINTER COAT CLOSET PROJECT

Neatly organized, coats in all sizes for children and adults are ready for those in need – just in time for the early cold spells. The Coat Closet is located at 11494 Washington Plaza West in Reston.



Members of the Floris United Methodist Church in Herndon gather around the special Christmas trees in the Church hall, decorated with the Christmas Wishes of local families in need, during last year's seasonal giving drive. The Wish List trees are back this year, along with Alternate Giving opportunities, and in keeping with their tradition, the church will donate their Christmas Eve services collections to several local and foreign charitable efforts.



Volunteers sort through the piles of food items donated for Cornerstones annual Thanksgiving Food Basket drive.

Season of Giving to Help Neighbors in Need

Communities come together to support neighbors in need in Reston, Herndon area.

By ANDREA WORKER
THE CONNECTION

2014 hasn't been a good year for "Arleta" (name has been changed for anonymity) of Herndon. It started off with the loss of her husband to cancer, leaving her the single parent of twin 8-year-old boys. Arleta gave up her full-time job earlier to care for her husband and to spend as much time as possible with her frightened children. With no family nearby and Arleta only able to find part time work at not much more than minimum wage, things have been difficult for the still-grieving family. "But we can't complain," she said. "We got it better than a lot of people. We are making it. We got a place to live."

Arleta and her family have enough to cover the basics, and she has hopes that a better job is not far off in the future, but the "basics" means rent, food, utilities and not much more. Certainly not enough to enjoy the traditional feast that is synonymous with Thanksgiving, and certainly not enough to put anything under the Christmas tree except maybe much-needed new jeans or shoes for school. Not enough for the Hot Wheels Remote Control car that one son wishes for, nor the special Lego collection that his brother really wants. "I was sad about that," Arleta admitted. "But what can you do?" Apparently, in this

community – plenty.

A friend suggested that Arleta seek just that bit of help that she and her family needed. "I didn't really think there was anything like that out there for us," she said. "We are not homeless, and I do have a job, so I didn't think anybody could help with such simple things."

But there is help to provide for those "simple" things, and for the more extreme needs, courtesy of an army of caring individuals and organizations right here in our neighborhood.

CORNERSTONES, formerly Reston Interfaith, is one of those organizations. Starting some 43 years ago serving the Reston community, the nonprofit group now embraces those in need in most of northwestern Fairfax County. And in just a few days, they will be distributing Thanksgiving food kits for almost 1,000 registered families from the main collection site at St. John Nuemann Catholic Church on Lawyers Road. Dozens of volunteers have been busy collecting and sorting the donations from the generous community, and will be on hand to help facilitate the distribution. The food boxes include all of the non-perishables needed to make a full Thanksgiving meal, as well as a gift card to one of the local grocery stores so there will be turkey on the menu, as well – even for Arleta. "My boys are so excited," she declared. "We didn't

have Thanksgiving last year, so they are really looking forward to this."

Those two young men are in for yet another happy surprise, thanks to the Gifts for Kids Drive through Cornerstones. Registration to make a child's Christmas Wish come true ended Nov. 21, but it never hurts to check in with the group and see if more items are still needed so that no wish asked for through the program will go unanswered. Gift collection will take place on Dec. 4, 5, and 6 at Cornerstones' main office in Reston.

Cornerstones aren't the only ones looking out for our most vulnerable neighbors.

HERNDON-RESTON FISH (Friendly, Instant, Sympathetic Help) has been on the job since 1969. They, too, are running their annual Thanksgiving Food Drive and will prepare their baskets at the United Christian Parish Church in Reston. While this may be the extra-busy "Season of Giving," like Cornerstones and many other service organizations, FISH operates year-round "helping people meet emergencies and short-term needs...working closely with social workers from Fairfax County, other nonprofits and local hospitals." The group also runs the Bargain Loft at 336 Victory Drive in Herndon, a thrift store selling quality furniture, household items, toys, and more. FISH also conducts financial literacy seminars and arranges rides for Herndon and Reston residents to get to medical appointments. Donations and volunteers are always welcome.

Christmas wishes will also be granted by the "elves" of Floris United Methodist Church (FUMC)

in Herndon. Continuing a well-established tradition, the Hall at FUMC will once again house several Christmas trees decorated with "Wish List" tags that will fulfill the wishes of several area recipients, including families whose children attend local Hutchison Elementary. Non-members are welcomed to visit the church and participate in the program.

Last year's "Alternative Giving (AG) Program" was such a success, that it will make a repeat appearance, reported Cynthia Lopynski, FUMC Director of Communications. The concept behind AG is to make a donation in someone's name, like that family member or friend who just doesn't need or want anything else from the general gift pool, or whom you would just like to honor. This year's AG collection will support FUMC's "Packaging Events." (Yes, I, too, had to ask!) Lopynski explained that the "Packaging Events" were becoming a signature activity of the church. "Basically, we stick 100-150 people in a room and get them to assembly-line stuff 1200 plus backpacks with ziplocked meal items and other things – all in about 30 to 45 minutes! We've gotten quite good at it!" FUMC has "Packaged" at other times of the year, "But we just saw a need right now, so this is a new addition to our Season of Giving." Funds raised through AG will also assist a nutrition program at Mercy Hospital in Sierra Leone. Or you can buy "Beans for Bo" – that's coffee beans - to support the Child Rescue Center, in Bo, Sierra Leone. Again, church membership is not required to make an Alternative Giving Donation.

Cornerstones Rapid Rehousing

Program will also benefit from the generosity of the FUMC congregation this year. The program has been added to the list of the recipients who receive the donated offerings from the church's Christmas Eve services. "We are pleased that with these offerings, Floris United Methodist has the opportunity to help move families out of the Embry Rucker Shelter (a Cornerstones facility) and into safe and permanent housing," Lopynski stated.

If your personal "Season of Giving" spirit has been roused by what you have been reading, and you think you have missed all of the donation deadlines, fear not. There is still time to join in. How about donating a coat to the Winter Coat Closet? Hunter Mill District Supervisor Cathy Hudgins, in partnership with Cornerstones, once again supports the Winter Coat Project.

VOLUNTEER OPPORTUNITIES

The **Shepherd's Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. We hope you can help. Visit our website at www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

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/olderadultsand 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/olderadultsand 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/olderadultsand 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/olderadultsand

Last year about 5,000 coats were distributed. New or gently used and cleaned coats can be brought to the Winter Coat Closet at 11494 Washington Plaza West in Reston through November 30. The Closet is open for those needing coats now until March on Tuesdays, 10 a.m. – noon, Thursdays, 6 – 8 p.m., and Saturdays from 10:30 a.m. – 12:30 p.m. Best to check the Cornerstones website for any changes. The Closet will not be open on Saturday, Nov. 28.

And there's never any deadline to donate food to the Food Pantry or the Thrift Shop run by FAITH – the Foundation for Appropriate and Immediate Temporary Help – in Herndon. The nonprofit was officially established in 1999, although many dedicated volunteers had been doing the work through the social services group at the All Dulles Area Muslim Society

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/olderadultsand 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/olderadultsand click on Volunteer Solutions.

The **Sully Senior Center in Centreville** needs a certified personal trainer twice a week, preferably with ex-

perience working with older adults. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit

www.fairfaxcounty.gov/olderadultsand click on Volunteer Solutions.

Korean Meals on Wheels needs Korean-speaking volunteers to deliver meals Monday, Wednesday and Friday in Centreville, Reston and Annandale. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadultsand click on Volunteer Solutions.

The **Gum Springs Senior Center** in Alexandria needs a Spanish teacher for a beginner's class. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadultsand click on Volunteer Solutions.

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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. For information about how to add your organization's anniversary-themed event, please email restoncelebrates@myerspr.com.

PARTICIPATING ORGANIZATIONS:

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CALENDAR

Send announcements to 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.

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.

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

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-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.

THROUGH SATURDAY/JAN. 3, 2015

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.

THURSDAY/NOV 27

Holiday Feast with an Italian Twist. Reston Town Center, Reston. Join in for a Thanksgiving Holiday Feast with an Italian Twist. A la carte menu also available. Admission: \$42/adults; \$18/children under 12. Reservations at 1-888-Italian.

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.

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/.

SATURDAY/NOV. 29

Turkey Trail. 11 a.m. - Noon. Walker



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.

Nature Center, 11450 Glade Drive, Reston. Sharpen your skills of logic as you follow the clues left from a "wild" turkey to see where they lead you. Discover more about these fascinating birds. All ages. Reservations required by Nov. 24. Fee: \$5/person RA members " \$7/ person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Cooking Class at Il Fornaio. 12 p.m. Reston Town Center, 11900 Market Street, Reston. Includes lunch with wine and recipes. \$45. Tax and gratuity not included. Reservations at banquets.reston@ilfo.com. 703-437-5544.

SUNDAY/NOV. 30

Mini-Train Rides. 12 - 4 p.m. Reston Town Center, 11900 Market Street, Reston. Departures in front of Talbots on Market Street. Donated proceeds benefit local charities. www.restontowncenter.com/holidays.

MONDAY/DEC. 1- WEDNESDAY/DEC. 31

La Lumiere DuBois. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. An exhibit of the colorful nature photographs of award-winning artist, Michael DuBois. 703-476-4500.

MONDAY/DEC. 1-MONDAY/JAN. 5

Annual "Gifts from the HeART" to Benefit Reston Interfaith. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. Sales of original works of art in many mediums will benefit Cornerstones. 703-476-4500.

THURSDAY/DEC. 4

2014 Annual Holiday Book Sale. 10 a.m. - 8 p.m. Reston Regional Library, 11925 Bowman Towne Center, Reston. Books, gifts, and surprises to delight readers of all ages— children and teens included. A special bonus— you're helping support the library too.

FRIDAY/DEC. 5

2014 Annual Holiday Book Sale. 10 a.m. - 5p.m. Reston Regional Library, 11925 Bowman Towne Center, Reston. Books, gifts, and surprises to delight readers of all ages— children and teens included. A special bonus— you're helping support the library too.

SATURDAY/DEC. 6

Jingle on Lake Anne. 11 a.m. Lake Anne Plaza, 1609 Washington Plaza,

Reston. Community organizers and plaza retailers will host a variety of festive activities ranging from the ever popular special visit from Santa (arriving on a lake barge), strolling carolers, a petting zoo, music, wine tastings, merchant specials, children's crafts, cookie and ornament decorating, holiday arts and crafts market, holiday entertainment and much more.

2014 Annual Holiday Book Sale.

10 a.m. - 4 p.m. Reston Regional Library, 11925 Bowman Towne Center, Reston. Books, gifts, and surprises to delight readers of all ages— children and teens included. A special bonus— you're helping support the library too.

Scholastic Book Fair and Bazaar.

10 a.m. -3 p.m. Oakbrook Church, 1700 Reston Parkway, Reston. Community Montessori School at Oakbrook Church is having a Scholastic book fair and bazaar on. Included is a children's holiday shop. They will also be collecting for "Toys for Tots."

Winter Wreaths.

10:30 a.m. or 1 p.m. Walker Nature Center, 11450 Glade Drive, Reston. All ages. Get started on your holiday decorating by making festive wreaths for your home. Listen to seasonal music and enjoy mulled cider and cookies. All supplies provided. When making reservations, please include the number of people in your party and how many wreaths you would like to make. Reservations required by Dec. 3. Fee: \$20/wreath RA members, \$25/wreath Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

The Wonder of the Season.

4:30 & 7:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Share the magic of music this Christmas. The Reston Chorale's festive holiday concert will delight audiences of all ages. Featuring a musical rendition of 'Twas the Night Before Christmas — along with many other holiday favorites — this concert is a perfect way to create special holiday memories for children, parents and grandparents. Tickets may be purchased online at www.restonchorale.org or at the Reston Community Center Box Office. For more information call, 703-834-0079.

Mystery Author Extravaganza.

1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Twenty one authors from the Sisters in Crime mystery writers come together to discuss their latest books. Some of the award-winning authors on this year's panel are Donna Andrews, Sujata Massey, and Sandra Parshalls. Book will be available for sale and signing.

HOLIDAY

Holiday Parade Returns to Reston Town Center

This year's parade to be held on Friday, Nov. 28.

Reston Town Center presents the 24th annual Reston Holiday Parade, the highlight of a day filled with fun for the whole family, Friday, Nov. 28. Stepping off at 11 a.m. the one-of-a-kind, one-hour parade along Market Street will launch the festive season along with many more activities and entertainment. Since 1991 the Reston Holiday Parade has been an annual tradition on the day after Thanksgiving, rain or shine, at Reston Town Center, 11900 Market Street, Reston. More information and the full day's schedule are available at www.restontowncenter.com/holidays. General information for Reston Town Center is available by calling 703-579-6720.

The Reston Holiday Parade features Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, Washington Nationals Racing Presidents, special guest emcees, and much more, as well as the arrival of Santa and Mrs. Claus in a horse-drawn carriage. Celebrating "Home for the Holidays" this year, the parade will have an Americana theme, offering a big welcome to members of the military and their families. Before the 11 a.m. parade starts, thousands of American flags and jingle bells will be handed out to spectators lining the route.

Grand Marshals for this year's Reston Holiday Parade were selected as an extra welcome and honor for members of the military:

*Grand Marshal – The Cowart Family. Air Force Lieutenant Colonel Kris Cowart, his wife Nicole, and daughter Lizzie are from Baton Rouge, La. and reside in Springfield, Va. as Colonel Cowart serves in Washington, DC.

*Junior Grand Marshal – Nathan Rulona. South Lakes High School student, Rulona is the Battalion Commander of the JROTC program, leading 151 students while maintaining a GPA of over 4.0 in the IB diploma program.



PHOTOS BY RYAN DUNN/THE CONNECTION

Parents and children in the ages 4 to 5 group begin their run in the Gingerbread Man Mile for Kids at Reston Town Center on Friday, Nov. 29, 2013.

The Reston Holiday Parade attracts approximately 10,000 spectators from near and far to see at least sixty (60) groups, amounting to more than 500 participants in the procession. Special guest emcees, Angie Goff and Doug Kammerer of NBC4 Washington, will announce the parade from two VIP grandstand locations on Market Street. After the parade, Santa and Mrs.

SCHEDULE

- ❖ **8 a.m.:** Reston Town Center retailers and Ice Skating Pavilion open early
- ❖ **8 a.m.:** Gingerbread Man Mile – Fun-run and races for kids, toddler through high school age, to benefit Children's National Medical Center. Registration and information: <http://www.prraces.com/gingerbread/>
- ❖ **11 a.m.:** 24th Annual Reston Holiday Parade – Theme for 2014: "Home for the Holidays." Market Street will be draped in red, white and blue to reflect the American spirit and offer a big welcome to members of the military and their families and friends.
- ❖ **12:30 – 4:30 p.m.:** Visits and Photos with

Claus will stay for visits and photos until 4:30 p.m. and will return to light up the huge Christmas tree at 6 p.m. The tree lighting attracts a gathering of approximately 5,000 people to Fountain Square for a half-hour Sing Along of traditional Christmas songs. Horse-drawn carriage rides begin at 6:30 p.m.

The Reston Holiday Parade is also sup-

Santa and Mrs. Claus. Any donation for a 5 x 7" photo will benefit South Lakes High School Chorus.

- ❖ **12:30 – 4:30 p.m.:** Mini-Train Rides. All aboard! All donated proceeds will benefit a local charity. Departure point is in front of Talbots on Market Street.
- ❖ **5 p.m.:** Frosty Follies. Music and dance performance by Metropolitan School of the Arts, on Market Street in front of the Christmas tree.
- ❖ **6 p.m.:** Tree Lighting and Sing Along. Santa and Mrs. Claus will arrive in a horse-drawn carriage to magically light up the huge Christmas tree in Fountain Square, followed by traditional holiday songs led by The Reston Chorale and brass quintet.



The balloon of Jay Jay the Jet Plane was sponsored by the Reston Community Center for the 23rd annual Reston Holiday Parade last year.

ported by balloon sponsors, Reston Community Center, Reston Town Center Association, and The Wise Investor Group.

Hundreds of volunteers assist in making this community event a success. Those who wish to sign up to help with the parade can find the tasks and registration form at RestonTownCenter.com/holidays. For other inquiries, email rtc@myerspr.com.

6:30 – 10 p.m.: Horse-Drawn Carriage Rides. All proceeds benefit a local charity. Pick-up location is in front of Talbots on Market Street. \$5 per person; children 5 and under ride free with adult.

❖ **All day:** Ice Skating Pavilion – Public skating on the glass-sheltered ice rink is open every day from early November until March, including all holidays. Hotline: 703-709-6300, and more information at www.restontowncenter.com/skating. Holiday Gingerbread Village – This annual display can be viewed in the lobby of the Hyatt Regency Reston throughout the holiday season. See all event schedules and details at www.restontowncenter.com.

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Thanksgiving Q&A: Herndon's Palacios All About Field Hockey

Penn signee enjoys mashed potatoes and gravy, turkey.

Field hockey is a major part of Sofia Palacios' life.

She was a four-year starter on the Herndon varsity team, helping the Hornets win the 2014 Conference 5 championship, the program's first conference/district title since 1979.

She plans to play the sport in college and recently made her choice of the University of Pennsylvania official by signing a letter of intent.

This week, Palacios will have stick in hand during Thanksgiving weekend.

Palacios, who totaled 24 goals and 30 assists as a senior en route to first-team all-region honors, recently participated in a Q&A via email with The Connection, sharing some insight about her Thanksgiving plans.

❖ Q: What are your plans for Thanksgiving?

Palacios: I am going to the USAFH Festival Tournament in Palm Springs with my club team.

❖ Q: Do you or your family have any annual Thanksgiving traditions?

Palacios: My parents are from England and I was born there so Thanksgiving isn't a really big deal in my family. All of our relatives live in Europe so I usually spend Thanksgiving with my parents and my sister. We don't really have any traditions except we do always eat the typical Thanksgiving turkey.

❖ Q: Does your family incorporate sports into Thanksgiving? If so, how?

Palacios: Yes, our Thanksgiving revolves around field hockey. The last two years we have been in Florida at the USAFH Festival Tournament. It's the biggest FH event in the



PHOTO CONTRIBUTED

Herndon senior Sofia Palacios signed a letter of intent to play field hockey at the University of Pennsylvania.

world, attended by over 2,000 field hockey players from all over the USA and Canada.

❖ Q: What is your favorite thing to eat on Thanksgiving?

Palacios: Mashed potatoes covered in gravy, and turkey.

❖ Q: You recently signed with the University of Pennsylvania. What made Penn the right choice for you?

Palacios: It was hard to decide amongst the offers I had but in the end I chose Penn because it was the best combination of academics and sport. It is a world-class school

that would give me so many opportunities paired with a great field hockey program. I really liked the coach and the other players when I visited. Since it is in the city it has great atmosphere and a buzz that really made me want to be a student at Penn.

❖ Q: At what point did you realize playing college field hockey was an option for you?

Palacios: My freshman year I went to a college showcase in Florida. Playing there and seeing the sidelines filled with college coaches watching the event made me realize if I worked hard enough that I could play in college.

❖ Q: What are your thoughts on everything the Herndon field hockey team accomplished this year?

Palacios: This team had so much potential coming into the season. Over the course of the season we accomplished so many of our goals and played some beautiful field hockey. Winning the conference championship and finally getting a title put the icing on the cake. Although it is sad that I will never play Herndon field hockey again, this season put the finishing touches on great four years.

❖ Q: Do you play any other sports at Herndon?

Palacios: My freshman and sophomore years I played varsity soccer.

❖ Q: Who is your favorite music artist? Why?

Palacios: My favorite music artist is Calvin Harris because his songs are really upbeat and fun to listen to.

❖ Q: What is your favorite movie? Why?

Palacios: "Citizen Kane" – it's a classic with a plot twist at the end.

❖ Q: What location is the farthest you have traveled from the Washington, D.C. area?

Palacios: Spain – it's where my Dad's family comes from and I go there every summer.

❖ Q: Who are your favorite pro sports teams?

Palacios: The professional sport that I follow religiously is soccer. My favorite team is Real Madrid.

❖ Q: Who are your favorite pro athletes?

Palacios: Luciana Aymar. She played on the Argentine national field hockey team and is an eight-time world player of the year. Also, as Washington sports fan, I like Bryce Harper and Alex Ovechkin.

— JON ROETMAN

Langley Dominates McLean on Ice

The Langley hockey team started its season with a shaky loss to Flint Hill on Nov. 7, but has been firing on all cylinders ever since. The Saxons beat Herndon 4 -3 on Nov. 14 in their second game with a stellar performance by senior assistant captain Sam Lafuria, who scored all four goals, and steam-rolled McLean 8-2 on Nov. 21 in front of a sellout crowd.

The Saxon Faithful declared a "Whiteout" and showed up in force with 100-plus to support their team. With the stands rocking, junior assistant captain Jason Guidi potted the first goal less than a minute into the game and the Saxons never looked back. Freshman JT Gorman worked between the pipes and came up with several key saves to deny McLean any momentum in the game.

Senior captain Will Clemson delivered several hard hits and made it painful for McLean to gain any traction in front of the net.

Although the shot differential remained high, McLean threatened the Saxon lead due to penalties which left the Saxons in 5-on-3 and 5-on-4 situations through much of the second and early third period. McLean was unable to capitalize due to sophomore Kevin Wang and senior Chris Lane, who kept McLean at bay while the Saxons regrouped and prepared for the onslaught. With less than 5 minutes to go in the game, the Saxons came up big with four goals, completing Jason Guidi's hat trick plus one.

Langley will face Bishop O'Connell at 4 p.m. on Friday, Dec. 5 at Kettler Iceplex.



PHOTO CONTRIBUTED

The Langley hockey team beat McLean, 8-2.

LETTERS

FROM PAGE 7

ery single library.
Will we see massive book dumping on the scale of October-December 2012 when 100,000 books were dumped (to the dumpster) in five to six weeks right after the 2012 Library Strategic Plan was approved? No way to check because Library Administration will not release the Collection Overview documents.

I hear that everybody at my friend's branch is busy pulling books today. Not wanting to be fired.

Low demand status should be something the Library Board decides. It's a policy decision. I wonder if you agree.

How many books do you expect we will lose this time around? And why?

Kathy Kaplan
Reston

NEWS

Buzz Aldrin Elementary Named a National PTA School of Excellence

National PTA has recognized Buzz Aldrin Elementary School and the Buzz Aldrin Elementary School PTA as a National PTA School of Excellence for their achievement in building effective family-school partnerships. Being recognized as a National PTA School of Excellence demonstrates Buzz Aldrin and the PTA's leadership and commitment to partnering to support student success and continuous school improvement.

Becoming a National PTA School of Excellence began with a vision and commitment of the PTA, teach-

ers and administrators who worked together to welcome all families, and set objectives to communicate effectively, enrich the educational experience, speak up for every child, share power and collaborate with the community.

The National PTA School of Excellence program provides guidance to assist schools in engaging families in the school decision-making, and helps schools build inclusive policies related to education, health, safety or the arts.

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"Shrinkage"



By KENNETH B. LOURIE

Not exactly "like a frightened turtle" as "similed" on a long-ago Seinfeld episode by Jerry himself; this shrinkage is the good kind, the kind you hope a radiological oncologist characterizes when viewing your CT Scan (computed tomography). Specifically, the exact kind of scan I get every three months to assess and evaluate the tumors, and fluid, in my stage IV, non-small cell cancer-affected lungs. The actual scanning itself takes about 30 seconds of "breathe in," "hold it," and "breathe out" to determine if my life is on hold – in a good way – or in jeopardy (not a belated reference back to last week's column). The week-long wait until we have our face-to-face appointment with my oncologist to learn the results is not as interminable as you might think. Over time, we have gotten used to the experience. After all, living with cancer means living, not dying, and adapting and compartmentalizing cancer's effects – mentally, physically and spiritually; all keys to surviving and enduring the good, bad and ugly that daily can traumatize those of us "characterized as terminal" who frequent the Infusion Centers hoping for a miracle cure.

Since March, 2009, I've been treated with nearly non-stop chemotherapy, infused mostly, except for 12 months or so when I was able to take a targeted therapy pill at home and only had to show up at the Center for scans and doctor's appointments. Six years ago almost, this process began; I can't say it seems like yesterday, because there are yesterdays – due to the effect of chemotherapy – that I simply don't remember ("chemo brain" is the accepted condition/characterization), but time flies when you're having fun or rather, you're still alive against all odds. And so it seems as if I still have a few tomorrows. Tomorrows that were hardly promised to me back at the original Team Lourie meeting in late February, 2009. Somehow, through a variety of fits and starts, I have survived: my DNA, my family history, my attitude, my pills, my supplements, my alkaline water, my diet and lifestyle changes, my above-average luck, whatever, however, I am still present and accounted for. And though "stable" is a radiologist's/ oncologist's description I have come to hope and pray for and embrace over these past six years, "shrinkage" is a description "most welcome" as Hercule Poirot might say and one I rarely anticipated hearing – considering my stage IV circumstances.

But I can take it. Though I'm not cancer-free and certainly not in remission, I am doing reasonably well. I am, as a good friend says: "in pretty good shape for the shape I'm in." The scan results are results with which I can live (Duh!) and so I intend to – until three months hence when we do this scan dance all over again. Granted, this cycle of gloom and doom and results-not-soon-enough is hardly ideal, but it is a living and a living I was not "prognosed" to have ("13 months to two years" was the original prognosis) when first diagnosed. I'm nowhere near home free; I'm still in for the fight of my life – for my life, but for the moment, at least, for this quarter, due to the shrinkage, I can take a bit of a break, which if you want to know the truth, I can certainly use.

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

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21 Announcements

ABC LICENSE
CI UCG LLC trading as DC Craft Brews, 1 Saarinen Cir. Space-D-DM420B, Dulles, VA 20166. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer/Mixed Beverage Restaurant on Premises license to sell or manufacture alcoholic beverages. Hayat Rababy, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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ABC LICENSE
CI UCG LLC trading as Bar Symon, 1 Saarinen Cir. Space-D-Mid 16, Dulles, VA 20166. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer/Mixed Beverage Restaurant on Premises license to sell or manufacture alcoholic beverages. Hayat Rababy, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
CI PRFC trading as Chef Geoff, 1 Saarinen Cir. Space-C-CM350, Dulles, VA 20166. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. R. Anthony Joseph, President
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TUESDAY/NOV. 25

Inova Blood Drive. 12 - 7 p.m. Reston Town Center, 11900 Market Street, Reston. The bloodmobile will be located beside the Pavilion near Williams-Sonoma. On site registration. Schedule appointment time by calling 1-866-256-6372 or online at www.inova.org/donateblood.

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

Baby Steps Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive story time for you and your child. Ages 12-23 months with adult.

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

WEDNESDAY/NOV. 26

ESL for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Susan's Wednesday conversational group.

WEDNESDAY/DEC. 10

Herndon Bus Operations Facility Meeting. 7 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. A meeting held to present the proposed renovations to the Herndon Bus Operations Facility.

League of Women Voters Meeting on Fairfax Schools. 7:30-9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. Later high school start times and full-day Mondays: what do these mean for the rest of the Fairfax school calendar and schedules for students and parents? Free, open to the public (men and women), call 703-757-5893. Background papers at www.lwv-fairfax.org.

ONGOING

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

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

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

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

Long-Term Care Volunteer Ombudsman Program Needs Volunteers. Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.

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

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Reston \$429,900 Classic Contemporary Home

Huge price adjustment! Rarely available originally owned spacious end unit, large lot w/private patio. This classic contemporary home boasts hardwood floors thru out, walls of glass in LR & DR look out to panoramic views of Hidden Creek Golf Course. 1 mile to Town Center & Silver Line METRO.

Call Jason Thomas 703-973-9570 or e-mail Jason.thomas@longandfoster.com



Reston \$279,900 Great Price!

Rarely available, pristine 3BR, 2.5BA condo w/wooded views & lake privileges. Spacious open layout w/lots of natural light, contemporary kitchen, fresh paint, great closet space & storage.

Steps to Lake Anne, 1 mile to Town Center & Silver Line METRO.

Thomas & Associates
thomas@longandfoster.com



Fairfax \$524,900 Open Floor Plan

4BR, 2.5BA single family, in Fairfax City location w/hardwoods, vaulted ceilings, spacious & light-filled. Granite, stainless steel appliances, large island, 42" cabinets. Gorgeous deck, low maintenance yard, spacious shed.

Pat Gallagher 571-241-6324 or e-mail pat.gallagher@longandfoster.com



Leesburg \$235,000 Adorable Detached Home at Townhome Price!

Gleaming hardwood floors plus recent updates including HVAC, kitchen, bathroom & more! Relax on the large deck overlooking private, fenced backyard! Off street parking pad for 2 cars. Also available for 6 month rental at \$1550.

Call Terry@703-861-0538
terry.atherton@longandfoster.com



Reston \$336,000 End Unit Townhouse

Neutrally decorated + impeccably maintained 2BR, 1.5BA TH w/full W/O basement, rec rm w/FP backing to wooded common area. Walk to North Point shopping & Lake Newport pool.

Jonna Quadt 703-850-3938 or e-mail jonna.quadt@longandfoster.com



Potomac Falls \$629,000 Who Doesn't Want a Lowe's Island Beauty?

What more could you desire for the holidays or anytime? Stunning 5BR, 4.5BA, open floor plan complete with your must haves: fabulous finishes, hardwoods, upgraded lighting, landscaping.

Please call Deb Pestronk 703-624-2132 or e-mail Deb.pestronk@longandfoster.com



Reston Under Contract in 6 Days w/Multiple Contracts

Thinking of buying or selling in 2015? I specialize in selling properties in Reston with over 11 years of experience! Please give me a call for professional advice.

Call Mary Miceli 703-362-2242
mary.miceli@longandfoster.com



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