

Reston Holiday Parade Launches Festive Season

NEWS, PAGE 8

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14



Fairfax County Facing More Budget Strain

NEWS, PAGE 4

Homelessness, A Year-Round Issue

NEWS, PAGE 3

South Lakes High School had many participants in the 2014 Reston Holiday Parade including members of the South Lakes High School Army JROTC Seahawk Battalion.

Tell Teens ‘Things Will Get Better’

Fairfax High hosts meeting about youth suicide.

BY BONNIE HOBBS
THE CONNECTION

In light of recent suicides by students from Fairfax, Woodson and Langley high schools, Fairfax High hosted a meeting Nov. 19 to discuss the problem and search for solutions. The idea was to begin an ongoing exchange between parents, students, staff, community members and mental-health professionals.

“Now in my sixth year as principal, I’m focused on finding ways to foster a culture where people look out for one another,” said Fairfax High’s leader, Dave Goldfarb. “We want this school to be a place where people ask for help and build resiliency. For me, hosting a community dialogue on mental health and wellness is a big part of this work.”

He said that, over the years, he’s become aware of many students struggling with mental distress. And he’s realized that mental health is an issue that significantly impacts the students and school.

Therefore, said Goldfarb, “We have to work together to make it visible. The inner pains our adolescents feel often limit them more than any physical injuries. We have to talk together to make it an open topic for discussion. Anxiety, depression, feeling out of control, suicide – we have to understand that these are all part of our teenagers’ world, and we have to talk openly about them if we want to connect with and support [our children].”

He also stressed that the meeting was just a first step. “Beyond tonight, we need to make brave choices as students, parents and educators to speak out and put our young people’s wellbeing first, over everything else,” said Goldfarb. “Success cannot come at the expense of happiness. We must summon the courage in our hearts to put balance, happiness and inner peace above GPAs, popularity and instant gratification.”

Then Fairfax High’s director of student services, Laura Rotella, and school counselor Tracy Hartley shared some results from the FCPS 2013 Youth Survey on mental health. On average, in the last three years, 29.6 percent of FCPS students in grades eight, 10 and 12 reported feeling sad during the year. In the Fairfax High Pyramid, it was 32.1 percent.

THE PERCENT WHO CONSIDERED SUICIDE during the past year was 17 percent countywide and 19.1 in the Fairfax Pyramid. “In 2013, 22.3 percent of females and 11.2 percent of males in FCPS considered suicide,” said Hartley. “But the social stigma attached to it makes it under-reported.”

Those same figures for students in the Fairfax Pyramid were 25 percent of females and 12.3 percent of males. “It peaks in 10th grade,” said Hartley. “And females report



PHOTO BY BONNIE HOBBS/THE CONNECTION

Applied psychologist Heather Tedesco points to a chart on the overhead screen.

“Success cannot come at the expense of happiness.”

— Dave Goldfarb, principal, Fairfax High

considering suicide twice as much as males, across all grade levels, but males tend to under-report.”

She and Rotella also discussed the “Three to Succeed” concept. Analysis of the Youth Survey revealed that having just three assets dramatically reduces teens’ risk behaviors and promotes thriving youth. Assets are strengths in young people, their families, friends, schools and communities that benefit them emotionally. The more assets a person has, the fewer risk behaviors they report – and every asset makes a difference.

Assets are: Possessing high personal integrity, performing community service, hav-

ing teachers recognize good work, having trusted adults to talk to, participating in extracurricular activities and having parents available for help.

“When a student said they had none of those, 50 percent of males have considered suicide and 80 percent of females,” said Rotella. “Having four or more assets reduces

suicidal attempts from upwards of 10 percent to nearly zero.”

“Female adolescents are twice as likely to commit suicide as boys are,” added Hartley. “But boys tend to use more lethal means, such as guns and gas.”

Another finding of the survey was that, by age 13, more than twice as many girls as boys are depressed – and this ratio continues into adulthood. And it also exists regardless of racial or ethnic background.

Applied psychologist Heather Tedesco also spoke. She’s in private practice in McLean and helps parents address their concerns about their teenagers. At the meeting, she discussed the burdens teens face today and how parents can help them deal with these things.

“Course loads in school are far more rigorous than in previous generations, and teens are involved in more extracurricular activities,” she said. “And because of social media, teens are always aware of what other teens are doing, and vice versa. So it puts more pressure on them and they have less face-to-face interaction.”

AS A RESULT, said Tedesco, “We need to de-stigmatize stress and talk about what we can do about it. We need to send healthy messages about failure and realize that teens need free time and psychological space to develop a strong sense of self.”

“We want our kids to have positive coping methods that they’ve practiced so, when they’re under stress, they can use them,” she explained. “And we must help them recognize and express their emotions.”

To thrive, said Tedesco, teens must be resilient and able to handle challenges. “Tell them that bouncing back is more important than not messing up,” she said. “Give them a message of hope that things will get better, and tell them failure can be an opportunity for growth.”

She said parents should examine their own attitudes about failure. “Parents must provide an unconditionally loving bond,” said Tedesco. “It’s a critical, protective factor in their mental health. And ask open-ended questions about their goals and values, and listen to their answers.”

Teenagers should be given increasing freedoms and responsibilities, she said, but they should also be responsible for their own successes and failures. “Avoid micro-managing and over-parenting, and encourage identity development,” said Tedesco. “Parents need to value psychological health as much as academic and extracurricular achievement. We really have to ask ourselves what really matters to us for our kids’ long-term happiness and success.”

She also told parents to “teach kids there are multiple paths to a successful adulthood. Character traits related to happiness and success include resilience, self-control, curiosity, enthusiasm, zest, self-efficacy and gratitude.” Bottom line, said Tedesco, “It’s not what your teen accomplishes that matters, but who they are.”



Goldfarb

What are the needs and priorities of the homeless in Fairfax County this winter?

Jolie Smith, director of development, Shelter House:

"Housing. Affordable housing. We always need hygiene products. One thing people don't realize is that with food stamps you can't buy any hygiene products. So, we always ask people to give shampoo, conditioner, toothpaste, toothbrush. Gift cards. A gift card from CVS can help people buy medications they may need. Gift cards are always in need. Think about what you need and those are the needs of our families."



Joe Meyer, executive director, Shelter House:

"This is a community that really cares about the issue that we have—homelessness and domestic violence. For a community to come together is one of the biggest things that I want to see this winter."



Scott Covino, board member, Shelter House, and daughter Lauren, 10, of Leesburg:

"It's getting the folks who need the help, help. It's usually trying to identify folks and make sure that they are in the system, that they're being recognized and make sure that they are not just out there on their own. And communicating that there are places they can go and things that they can do to help themselves. And we can help them do that."

Gov. Terry McAuliffe (D-Va):

"We need to make sure that this winter, which is expected to be a very tough winter, that we have the shelter for folks to make sure they can [have] shelter, they can have food, they can have healthcare. We need to do our part to provide for those individuals who need help today."



Brian Ricks, director, Katherine K. Hanley Family Shelter:

"The biggest issue is affordable housing in Fairfax County. We are a rapid re-housing program. However, though, rents are really high in Fairfax and we have a lot of families that are low-income that may need additional support in housing. The biggest need is fair market housing in Fairfax."



— ABIGAIL CONSTANTINO

Gov. Terry McAuliffe carves the turkey served to families at Shelter House on Thursday, Nov. 27, in Fairfax.



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Homelessness, A Year-Round Issue

Gov. McAuliffe serves Thanksgiving lunch at Shelter House.

BY ABIGAIL CONSTANTINO
THE CONNECTION

"Do you like the stuffing? I made it," said Gov. Terry McAuliffe on Thanksgiving, as he mingled with guests of Shelter House. Earlier, the governor donned a hairnet and served lunch to invited clients and residents at the Katherine K. Hanley Family Shelter in Fairfax.

"Fairfax County does an excellent job in providing for those who need shelter, who need food," said McAuliffe. "I was so honored to come out here with my family to show our support and give back a little bit." Though he said we all have something to be thankful for, there are those who are really in need.

Mo, his wife, and their two children arrived at the family shelter the night before. He was working two full time jobs when he got hurt at work. He lost one job and started falling behind on his bills. "It was just me providing for my family and I couldn't do it anymore," he said. He has been in the U.S. for 15 years, emigrating from West Africa. "I've never been in the shelter. Most of the time people talk about the shelter, and it's, like, you know, you are somebody who doesn't want to work. And, I'm not like that."

DIRECTOR OF DEVELOPMENT Jolie Smith said Mo's situation is very common. "Really, all they need is a hand up not a handout." With the help they receive, she has witnessed people bounce back. "A couple of month's rent, a secu-

rity deposit and they're off and running," she said.

But there are those whose needs require more than financial help. "Thanksgiving, you're supposed to be with your friends but right now, I cannot be with my family and friends," said "Lee" (name changed for security). Lee fled from domestic violence and her husband does not know where she is staying. "He kind of knows I'm in a shelter. He knows I have no friends, no relatives. He pushed me out. Where am I supposed to go?"

Lee never called the police because her husband was the only one working in the family. "Since I got married, I kind of lost myself. I used to be very confident...go to work. But I have been a housewife for eight

years. I don't know what I can do." Lee left her children with her husband, while she regains her independence and learns to be self-sufficient. "I want to get custody of them. I want to fight for them," she said.

McAuliffe visited the tables of the families he served and took photographs with them. Jennifer Erazo posed with him and nervously forgot to ask her question about housing for people with disabilities. "There's a lot of housing for low funds, domestic violence. There should be more for people with mental disabilities," she said. She is dealing with mental health issues and domestic violence.

LAST SEPTEMBER, McAuliffe announced his measure to expand healthcare services to over 200,000 Virginians. Through a series of executive actions, the plan includes care and coverage for people with mental illness. The plan was a reduction from a more ambitious one that was thwarted by the General Assembly when it shot down the expansion of Medicaid in the commonwealth. He said that about \$26 billion of Virginia taxpayer money has gone to Washington, D.C. and the commonwealth has a right to bring that money back. "It's unconscionable that we're not doing that," he said.

About 26.2 percent of sheltered homeless persons have a severe mental illness, according to the Substance Abuse and Mental Health Services Administration. But although mental illness may contribute to homelessness, the lack of low-income housing is the predominant cause of homelessness, according to a 1994 study by Shinn and Gillespie published in American Behavioral Scientist.

November is homelessness awareness month. Shelter House executive director Joe Meyer said that homelessness is not just a holiday or a seasonal issue. "It's a year-round issue that we need to address."



A father and son pray before eating their Thanksgiving meal, served at the Katherine K. Hanley Family Shelter by Gov. Terry McAuliffe on Thursday, Nov. 27, in Fairfax.

Fairfax County Facing More Budget Strain

County Executive and FCPS Superintendent present adverse forecasts.

BY TIM PETERSON
THE CONNECTION

Days before the traditional loosening of belts for Thanksgiving, Fairfax County officials discussed the need for tightening theirs.

The Board of Supervisors and Fairfax County School Board met jointly Nov. 25 to talk about budget forecasts, prior to Governor Terry McAuliffe's (D) state budget proposal expected in mid-December.

County Executive Ed Long delivered the grim estimate of a just over \$100 million shortfall for fiscal year 2016. That's versus the estimate in the FY2015 adopted budget of around \$37 million.

Long cited lingering effects of the recession, including slow job growth, at 0.4 percent in Northern Virginia versus 2.4 percent before the downturn, as well as 10.8 percent drop year-to-date in home sales. Federal procurement spending has been trending down, and Long is expecting a 3-4 percent decline for FY 2014.

Residential and non-residential real estate values have also been decreasing, 3.3 percent since 2008 and 5.2 percent since 2009, respectively, accounting for tens of millions of dollars of lost revenue for the county.

Even with a projected \$84 million in new funds from revenues, it doesn't cover the expected increases in disbursements of about \$185 million over the previous year. Those include county employee pay increases and benefits, public safety and hu-

Fairfax County Public Schools Superintendent Karen Garza speaks Nov. 25 at a joint meeting of the FCPS School Board and Board of Supervisors.

PHOTO BY
TIM PETERSON/
THE CONNECTION



man services, and for schools a 3 percent operating increase, capital support, debt service and Full-Day Mondays support.

"There are a lot of challenges going forward to the spring," Long said. "Uncertainty remains in the economy, we don't know what's going to happen with the Sequester."

Since FY2009, the county has cut around \$269 million by cutting positions and programs, but it just isn't keeping up.

"Looking back, there's nothing easy left to cut," said Long. "We're down to the meat of county programs. Cuts are going to be hard, there's no two ways about it."

Board of Supervisors Chairman Sharon Bulova commented that additional county reserve funds shouldn't be looked to as a resource to cover the shortfall.

"Our reserves are too low for comfort," Bulova said, "and compared to other juris-

dictions, we're dangerously low."

FCPS Superintendent Karen Garza followed Long to further explain the challenges facing the vast school system regarded as one of the top in the country.

"Sometimes our challenges get masked by looking at the overall percentage of our size," said Garza. "Forty-nine schools have 50 percent free or reduced lunch or higher. There are some parts of our county where that population and the needs of our students are certainly growing."

Garza referenced growths of 2-3,000 students in the system over the last several years, as well as jumps in the percentage of students who take English for Speakers of Other Languages and or are eligible for free or reduced price meals. Total enrollment is now over 186,000 students.

"The real cost of growth exceeds \$190 million," Garza said. "And of the cuts over

the last six years, one-quarter were just the last year. There are 2,175 fewer people, but at the same time we grew by 20,000 students. That's significant for our system."

Echoing Long, Garza said the cuts are not allowing schools in the county to keep up with needs and in particular for schools, the needs of teachers.

"We're very concerned with competitive compensation," said Garza. "Our bread and butter is the quality of teachers in classrooms, employed throughout our school system. We're losing our competitive edge and I'm very concerned with where we stack up compared to our surrounding jurisdictions."

She showed starting teachers' salaries hovering around the middle of surrounding jurisdictions, above only Loudoun and Manassas Park City for 10 years experience and a master's degree, and just above Prince George's Maryland for maximum salary.

Even with \$53.1 million in a transfer from the county, Garza is still projecting a \$63.9 million deficit for FY2016, something she and the supervisors agree should garner some attention from the state.

"We recognize and believe the state has to do something more to help us," said Garza. Lee District Supervisor Jeff McKay weighed in as well. "We're funding 70.6 percent of the FCPS budget, which is significantly higher than almost everywhere else in the state," he said. "If we received adequate funding from the state, we wouldn't be having this conversation. It's a huge emphasis moving forward. If we're not looking at the long-term, these issues will continue to compound."

Garza and Long will spend the next few months finalizing their budget plans. Garza's proposal for FY2016 should be released Jan. 8, 2015 and Long's plan for FY2016-2017 should come up at the Feb. 17, 2015 Board of Supervisors meeting.

Reston Citizens Association Reacts to Golf Course Appeal

RCA wants Reston National Golf Course preserved as open space.

The owner of the Reston National Golf Course (RNGC), RN Golf Management, LLC (RN Golf) is reactivating its appeal for rezoning the golf course. Reston Citizens Association (RCA) reiterates its position that the use of RNGC land must be preserved as a golf course.

In response to RN Golf's bid in Summer 2012 to explore rezoning of RNGC land for non-open space uses including residential development, RCA passed a resolution on Aug. 27, 2012 rejecting the

use of the land for anything other than its current use as open space, specifically its current use as golf course or as open space dedicated to parks and recreation.

RN Golf requested an indefinite deferral of its hearing before the Fairfax County Board of Zoning Appeals in July, 2013. That hearing was in regards to RN Golf's appeal of the Fairfax County Zoning Administrator's determination that the golf course could not be developed without an amendment to the Fairfax County Comprehensive Plan. With more development contemplated in Reston due to the adoption of the Reston Transit Areas Master Plan Amendment to the Fairfax County Comprehensive Plan, preserving open space dedicated to parks and recreation is critically important, and RNGC is integral to Reston's longstanding vision and plan as a diverse "planned" community in which people are able to live, work and play.

The planning principles as envisaged in the currently ongoing Reston Master Plan Phase II planning process (Reston Master Plan Phase II Working Draft Document) are explicit in stating that Reston continue to have two golf courses (RNGC and Hidden Creek Country Club). Sridhar Ganesan, President, RCA said: "Just as in 2012, Reston organizations such as Reston Association (RA), Rescue Reston (RR) and RCA are aligned in their opposition to any potential rezoning of the land. Fairfax County Supervisor Ms. Cathy Hudgins, Hunter Mill District (which covers RNGC land), has also said that she continues to support the Fairfax County Zoning Administrator's determination with regards to RNGC and RCA thanks her for publicly stating her support for the original zoning determination." RCA continues to support RR's efforts (RR RNGC Release) to defend Reston's open spaces and encourages Restonians to actively support

its efforts during the public hearings on RN Golf's appeal. RCA also strongly endorses RA's opposition to any redevelopment (RA's RNGC Release) and like RA, RCA believes that RNGC can remain as it is today and operate profitably. RCA also supports RA's willingness to consider purchasing the golf course if needed to continue to maintain it as a Reston recreational asset. RCA will continue to follow the developments with regard to RN Golf's appeal and work with RR, RA and Fairfax County governmental leaders and agencies to ensure that RNGC land is preserved as open space and as a golf course. We encourage Restonians to remain actively engaged and attend the public hearing at 9 a.m. on Tuesday, January 21, to express their support for this important Reston recreational asset. For more information on RCA: www.RCAreston.com

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

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

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

Questions? E-mail: goinggreen@connectionnewspapers.com



THE CONNECTION NEWSPAPERS

Join Us For Our Annual
Holiday Remodeled Home Tour!

Saturday, *December 13th*, 2014 10-4pm
1795 Brookside Lane, Vienna, VA 22182

Featured artwork from Great Falls Studios
Studios artists will also be on display!

Great Falls Studios
Artists serving the community

SUN DESIGN
design/build | additions | kitchens | baths | basements | outdoor spaces
703.425.5588 SunDesignInc.com info@sundesigninc.com

MIDDLEBURG
REAL ESTATE
ATOKA PROPERTIES

CL8447613 \$10,900,000
BERRYVILLE - Majestically positioned on the Blue Ridge Mtns, 472 acre (9 parcels) Cassique Farm backs up to Appalachian Trail. 4 bdrm, 4.5 bath home w/ spectacular views, entertainment barn w/ 8 stalls, 2 wash bays, 8 pastures, 8 run-in barns, 6 wells, 4 septic, and 2 ponds.
Peter Pejacsevich 540.270.3835 Scott Buzzelli 540.454.1399

FQ8470391 \$4,300,000
UPPERVILLE - Brick colonial on 50+ gorgeous acres in Greystone, 9000+ sq.ft. of spectacular living space, 3 finished levels, heated pool, tennis court & brilliant gardens overlook picturesque pond w/ fabulous mtn views. Private & secluded.
Scott Buzzelli 540.454.1399 Peter Pejacsevich 540.270.3835

LO8269159 \$2,800,000
MIDDLEBURG - Beautiful stone home on 40+ acres just minutes from the town of Middleburg. Goose creek runs through the property. 4 bdrm 5 bath house is perfect for entertaining. Exquisite 8-stall stone horse barn with tack room. Additional guest house and lot available.
Scott Buzzelli 540.454.1399 Peter Pejacsevich 540.270.3835

FQ8451130 \$2,300,000
BOXWOOD HILL FARM - Exquisite family compound has it all: lovely 1812 farmhouse, HW flrs, pool/pool house, five fireplaces, 9' ceilings, high-speed internet, unique barn, mtn views, idyllic setting, pond, tennis, skeet. Fenced w/creek.
Walter Woodson 703-499-4961 Alex Woodson 703-608-1776

LO8441685 \$2,297,000
STONEBROOK FARM - c.1750 house w/ Stone Addition c. 1793 & recent total renovation w/ all of the charm of period home coupled w/ modern amenities. 3 additional guest houses, fantastic horse facilities, riding arena, 8+ stall barn/living space.
Peter Pejacsevich 540.270.3835 Scott Buzzelli 540.454.1399

LO8371530 \$1,899,000
Spring Grove - 1820 stone home on 46 acres (2 lots). House features beautiful moldings, 6 FP, HW floors, formal living & dining room, 4 bdrm, 4.5 baths. Bank Barn, 3 ponds, pool & pool house, apt over 3 bay garage. Private location.
Jane Hensley 571-550-2728

LO8175796 \$1,765,000
ROBIN CIRCLE, LEESBURG - Stone, brick and cedar estate on 3.54 acres. Heated indoor pool, a sports pub, racquetball court w/ hoop, audio/video system, roof top pavilion. 2, 2-Car garages & caretaker apartment.
Peter Pejacsevich 540.270.3835 Scott Buzzelli 540.454.1399

LO8412399 \$1,495,000
PURCELLVILLE - Antique brick & stone home on 6.5 beautiful acres w/ mtn views. 7 fireplaces & solid cherry floors. 5 bdrms, 3 1/2 baths. Carriage house wing has two bedrooms/ large living area/kitchen area.
Scott Buzzelli 540.454.1399 Peter Pejacsevich 540.270.3835

FQ8482311 \$675,000
MARSHALL, VA - private & convenient turn key 3 br 2 ba just off of Atoka Rd between Upperville & Middleburg! Great kitchen w/ upgraded appliances, HW floors, a new deck & patio as well as a separate 2 car garage w/ loft space!
Ted Zimmerman 540-905-5874

FQ8415944 \$425,000
UPPERVILLE - Charming 4 bedroom house in a prime Upperville location! Built in 1840, and tastefully updated with new hardwood floors throughout, great bathrooms and kitchen, and a working fire place!
Laura Farrell 540.395.1680 Peter Pejacsevich 540.270.3835

540.687.6321
Please Consider us for all your Real Estate Needs!!

Santa Picture Day
Saturday December 6, 2014
8AM to 2PM

Holiday Treats and Refreshments for All.
BIG Savings in Posh Paws Boutique,
your pets' Holiday Headquarters.

One 5x7 for \$20.00
Two 5x7 for \$30.00

Like us on facebook
follow us on twitter

Seneca Hill donates all proceeds to local charities.
Seneca Hill Animal Hospital, Resort & Spa
11415 Georgetown Pike, Great Falls, VA 22066
Corner of Leesburg and Georgetown Pikes
703-450-6760
www.senecahillvet.com

OPINION

Be Part of Children's Connection 2014

Annual edition showcases youth art and writing.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

We welcome student's original ideas. Here are some suggestions:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite ac-

tivity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

❖ Your opinion (50 to 100 words) about news, traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location.

Email submissions for the Children's Connection to editors@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 10. The Children's Connection will publish the week of Dec. 27, 2014.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

COMMENTARY

The "T" Word

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

Governor Terry McAuliffe will address the House Appropriations and Senate Finance Committees on Dec. 17 in a statutorily required report on the state's finances. The news will not be good nor will it be surprising. For the last two years the state has seen a steady erosion of its revenue base. Already significant cuts have been made in the budget, and the state has dipped into its rainy day fund. The problem has not been significant new spending programs; to the contrary the state has been reducing its spending over the last couple of years even though the state's economy and employment levels have seen modest growth. Representatives of local government and colleges and universities can attest to the budget reductions. A significant part of the revenue shortfall

experienced in Virginia and in other states that have an income tax was the change in taxpayer behavior to accelerate gains into tax year 2012 in advance of federal rate increases on high-income taxpayers. Payments were high in the spring of 2013 but dropped dramatically in FY2014 because of the accelerated gains. With adjustments that were made to the forecast by this and other factors there was a need to make up a \$2.4 billion shortfall for the biennium. Most of the reductions have been made with about \$272 million cuts still needed in FY2016. Clearly there will not be any additional money under the current budget structure for higher education, preschool, mental health, or state employees who have had few



raises in recent years.

The legislators on the money committees already know much of what the Governor will say. Money is short for the state as it is for many individuals. We will need to tighten our belts even further. According to press accounts some members of the Senate Finance Committee even used the "T" word, suggesting that rather than further cut critically important programs, we consider raising revenue. There is no way that a Tea Party dominated House of Delegates would pass a tax bill, especially during 2015 when all 140 members of the General Assembly are up for election. The reported discussion was more about tax preferences or loopholes that might be changed to increase revenue.

Nearly one billion dollars of the state's \$18 billion of general fund monies go to pay a portion of a taxpayer's car tax obligation to local government. The campaign against the car tax once elected a governor to office and despite the fact that it only partially pays the local car tax is not likely to be revisited.

Ironically, Fairfax County and Northern Virginia taxpayers make out well with the car tax program taking money that might otherwise go to poorer communities. If the state expanded Medicaid it could pick up over \$200 million for the budget. Tax preferences related to the estate tax repeal, coal severance tax, and film production tax credits may be examined. The 2015 session is not supposed to focus on the budget, but the topic is likely to dominate the term. Even the "T" word may be whispered—but not likely acted upon.

LETTER TO THE EDITOR

Fairy Tale on Medicare Money

To the Editor:

Virginia voters are not stupid. However, Delegate Ken Plum continues to espouse the Jonathan Gruber, purported architect of the Affordable Care Act (ObamaCare), fairy tale that Virginia is somehow losing money ("Protracted Legislative Session," Reston Connection, November 19-25, 2014). Virginia voters continue to send conservative delegates to represent

them in the General Assembly. The same is true at the Federal level. Somehow, the logic goes that by not accepting Federal dollars, Virginia is losing out. First, we all know that the Federal Government doesn't have the money to spend. It will need to borrow more money to pay Virginia Medicare expenses for a couple of years: then the axe falls on us Virginians whether it be the Federal debt or the Virginia

debt. Borrow from whom? Why tax the wealthy? If the wealthy (and our IRAs and 401Ks) surrender their money to the state government (and by extension, the Federal Government), there is less money to invest and build commercial businesses; i.e., jobs creators. We are seeing it already. With a socialist, progressive Governor in office less than a year, Virginia has slipped from a Num-

ber 1 Business-Friendly state to Number 4!

That we have a General Assembly that is working "overtime," e.g., Special Sessions to meet the needs of all Virginians, is a tribute to the legislators who take the time to find the better solution. No, Virginia voters are not stupid.

Jack Kenny
Reston Republican

Reston
CONNECTION

www.ConnectionNewspapers.com

@RestonConnect

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ❖ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmattulla
Editorial Assistant
703-778-9410 ext.427
arehmattulla@connectionnewspapers.com

Reena Singh
Community Reporter
757-619-7584
rsingh@connectionnewspapers.com

Jon Roetman
Sports Editor ❖ 703-752-4013
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

Ryan Dunn
Contributing Writer

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic

Photography:

Deb Cobb, Louise Krafft,
Craig Sterbutzel

Art/Design:

Laurence Foong, John Heinly

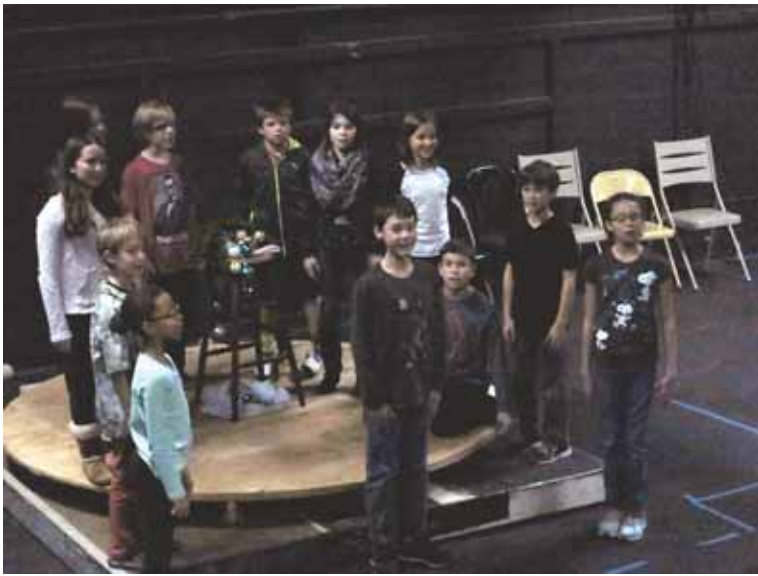
Production Manager:
Geovani Flores

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

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



NEWS



Early rehearsal for the NextStop Theatre's "A Charlie Brown Christmas."

A Show With Great Heart "A Charlie Brown Christmas" at Industrial Strength Theatre.

BY DAVID SIEGEL
THE CONNECTION

Where and When

It's that time of year. Time to "try to catch snowflakes on your tongue" as a live edition of that animated favorite, "A Charlie Brown Christmas" comes to the Industrial Strength Theater by way of Herndon's NextStop Theatre.

A show with great heart, "A Charlie Brown Christmas" will spring to life through the efforts of 25 children and youthful actors. In the almost 50 years since first premiering on television, "A Charlie Brown Christmas" has been broadcast yearly. Now kids of all ages can see this perennial holiday tradition staged live.

"It brings me so much pride and joy to be able to provide the opportunity for a new generation of kids to feel the rush of performing in a top notch production," said Evan Hoffmann, artistic director, NextStop Theatre. The NextStop Theatre presentation will also introduce new generations to the capacity of theatre to beguile.

"A Charlie Brown Christmas" will be a full-scale production under the direction of award-winning Jennifer Lambert. The show includes all the characters remembered from comics and animated features such as the endearing Charlie Brown, a bossy Lucy, humorous Snoopy, and all the others. There will be plenty of music, singing and dancing. All with the Holiday Spirit.

"There is a special insight that kids can provide about characters that sometimes adults simply can't. These kids really get the brilliantly created characters Shultz

NextStop Theatre presents "A Charlie Brown Christmas" at the Industrial Strength Theatre, 269 Sunset Drive Park, Herndon. Performances are Dec. 12-21. Friday, Dec. 12 - 8 p.m., Saturday, Dec. 13 at 12, 4, and 8 p.m., Sunday, Dec. 14 at 12 and 4 p.m., Friday, Dec. 19 at 8 p.m., Saturday, Dec. 20 at 12 and 4 p.m., Saturday, Dec. 20 at 8 p.m., Sunday, Dec. 21 at 12 and 4 p.m. Tickets: Adults \$20, Children (12 and under): \$16. Call: 866-811-4111 or visit www.nextstoptheatre.org. Note: There are two separate casts performing on different days/times for this production; the Peace Cast and the Joy Cast. Go to www.nextstoptheatre.org for details.

has given to us and they bring them to life like only youngsters can," said Lambert. The show has such "joy you want to hold onto during the holidays."

Lambert wants audiences to have a "the same joyful smile that comes to my face every time I watch these children perform this show and listen to the peaceful score that goes with it."

There are also many other values of being in a live theatre production. Speaking for many of the parents, Lori Gaskill (parent of Owen Gaskill) said "Acting in this is such a great opportunity for Owen. Building his confidence and presence is such a phenomenal opportunity. I am thrilled with the positive and upbeat attitude everyone involved maintains and expects." Margo Osborne (parent of Hudson Osborne) noted that beyond honing "acting, communications and listening skills" the rehearsal process has been "an absolute ball." So, relive your own youth, or bring someone new to visit the world of Charlie Brown and friends right in your own neighborhood.

Bathroom Remodel Special \$6,850 Celebrating 15 Years in Business!

TWO POOR TEACHERS Kitchen and Bathroom Remodeling



Free Estimates
703-999-2928

Visit our website: www.twopoorteachers.com

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed
Est. 1999



Be First. Be Awed.



Be a Part of Revolutionary Living.

AT THE HARRISON AT RESTON TOWN CENTER,
YOU'LL FIND APARTMENT LIVING WITH MORE THAN YOU EVER IMAGINED.

INDOOR LAP POOL WITH SPA TUB • FITNESS CENTER
WITH SCHEDULED AND ON-DEMAND CLASSES • SKYCLUB WITH
PANORAMIC VIEWS • EXECUTIVE BUSINESS CENTER WITH PRIVATE
OFFICES AND HIGH-TECH CONFERENCE ROOMS • PET-FRIENDLY
LIVING WITH ONSITE PET SPA AND PARK • SPACIOUS HOMES WITH
WALLS OF WINDOWS, MULTIPLE FINISH PACKAGES, WOOD FLOORING
AND MORE • STEPS FROM RESTON TOWN CENTER



CALL OR VISIT TODAY TO TAKE ADVANTAGE
OF OUR LIMITED-TIME-ONLY PRE-OPENING SPECIALS!

Leasing Office Address:

1801 Old Reston Ave., Suite 101, Reston, VA 20190
844.607.8514 • LiveHarrisonApts.com





The Reston Holiday Parade closed with the arrival of Santa and Mrs. Claus in a horse drawn carriage. Horse drawn carriage rides will be offered on Saturdays at Reston Town Center in December from 4 to 9 p.m.



The South Lakes High School marching band was one of many participants in the 2014 Reston Holiday Parade held on Friday, Nov. 28.

PHOTOS BY RYAN DUNN/THE CONNECTION



Hunter Mill District Supervisor Cathy Hudgins rode an antique fire truck in the 2014 Reston Holiday Parade at Reston Town Center. The parade has been an annual Reston tradition on the day after Thanksgiving.



Darth Vader made an appearance with members of the 501st Legion at the Reston Holiday Parade. The Legion is an all-volunteer organization formed for the purpose of bringing together costume enthusiasts under a collective identity within which to operate.



In the Reston Holiday Parade was Walker the Woodpecker, the new mascot for Reston. This year, the Pileated Woodpecker received the most votes to be named the official Bird of Reston.

Reston Holiday Parade Launches Festive Season

Representatives of Herndon and Reston communities attend November parade.

BY RYAN DUNN
THE CONNECTION

Reston Town Center hosted the 24th Annual Reston Holiday Parade, a signature Reston event, on Friday, Nov. 28. Beginning at 11 a.m. the parade along Market Street launched the festive season. 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.

The day's events kicked off with Potomac River Running Store's Gingerbread Man Mile run. NBC4 reporter Angie Goff, an alumna of Herndon High, was the guest emcee of the parade and introduced the many participants. The Reston Holiday Parade featured Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, and local dignitaries. Before the 11 a.m. parade began, thousands of U.S. flags and jingle bells were handed out to spectators lining the route.

CELEBRATING "Home for the Holidays" this year, the parade had an Americana theme, offering a welcome to members of the military and their families. In this year's parade were the Washington Nationals Racing Presidents. Many of the participants were from local organizations and committees lo-

cated in Reston and Herndon. In the parade were members of the Herndon High Step Team and the drum line and color guard for the Herndon High marching band.

Reston South Lakes High School was represented with members of the South Lakes marching band, the Spirit of Reston, and South Lakes HS Army JROTC Seahawk Battalion. "This is my third time participating in this parade," said Gloria Ventura, a junior at South Lakes HS and member of the JROTC program. "We practiced very hard for this event." Residents from Reston and surrounding communities went to Reston Town Center to attend the event.

This year's Grand Marshall was Air Force Lieutenant Colonel Kris Cowart, his wife Nicole, and daughter Lizzie. Colonel Cowart serves in Washington, D.C. The Junior Grand Marshall was South Lakes High School student Nathan Rulona, the Battalion Commander of the JROTC program, who leads 151 students while maintaining a GPA of over 4.0 in the IB diploma program. "We enjoyed seeing the trucks and the Frosty snowman balloon float," said Reston resident Kara McElveen, who attended the parade for the first time with her husband and family members. Participants in this parade included US Rep. Gerald E. "Gerry" Connolly (D-11), Fairfax Sheriff Stacey A. Kincaid, and Hunter Mill District Supervisor Cathy Hudgins. Walk-



The Reston Holiday Parade featured large balloons, musicians, dancers, antique cars, and many civic and community groups. The parade had an Americana theme, offering a welcome to members of the military and their families.

ing in the parade with other members of the Reston Association was board president Ken Knueven. "Every year I'm honored and blessed to be a part of such a spectacular event," said Knueven. "The people, the groups, the organizations all give so much to make this a fun, fun day for the Reston community." Also in the parade was Walker the Woodpecker, the new mascot for Reston. This year, the Pileated Woodpecker received the most votes to be named the official Bird of Reston.

Darth Vader made two appearances in the parade, one while driv-

ing a sporty coupe, and another with members of the 501st Legion. The Legion is an all-volunteer organization formed for the purpose of bringing together costume enthusiasts under a collective identity within which to operate. The parade closed with the arrival of Santa and Mrs. Claus in a horse drawn carriage.

AFTER THE PARADE, Santa and Mrs. Claus stayed for visits and photos until 4:30 p.m. and returned in the evening to light up the huge Christmas tree at 6 p.m. The Reston Holiday Parade is

supported by balloon sponsors including Reston Community Center, Reston Town Center Association, and The Wise Investor Group. Hundreds of volunteers assist in making the community event a success. The parade was a visual treat for the entire community. "This is our fifth year attending, it is such a great parade," said Vienna resident Catherine Campbell, who brought her son and family members to the event. Holiday related events will continue at Reston Town Center, with horse drawn carriage rides offered on Saturdays in December from 4 to 9 p.m.

WWW.CONNECTIONNEWSPAPERS.COM

FAITH

Shine Your Light

BY RABBI LEIBEL FAJNLAND
DIRECTOR OF CHABAD
OF RESTON-HERNDON

Chanukah, the Festival of Lights, recalls the victory—more than 2100 years ago—a militarily weak but spiritually strong Jewish people over the mighty forces of a ruthless enemy that had overrun the Holy Land and threatened to engulf the land and its people in darkness.

The miraculous victory—culminating with the dedication of the Sanctuary in Jerusalem and the re-kindling of the Menorah which had been desecrated and extinguished by the enemy—has been celebrated annually ever since during these eight days of Chanukah, especially by lighting the Chanukah Menorah, also as a symbol and message of the triumph of freedom over oppression, of spirit over matter, of light over darkness.

It is a timely and reassuring message, for the forces of darkness are ever present. Moreover, the danger does not come exclusively from outside; it often lurks close to home, in the form of insidious erosion of time-honored values and principles that are at the foundation of any decent human society. Needless to say, darkness is not chased away by brooms and sticks, but by illumination. Our sages said, "A little light ex-



Rabbi Leibel Fajnlанд

pels a lot of darkness." The Chanukah Lights remind us in a most obvious way that illumination begins at home, within oneself and one's family, by increasing and intensifying the light of decency, respect, and good deeds in the everyday experience, even as the Chanukah Lights are kindled in growing numbers from day to day. But though it begins at home, it does not stop there. Such is the nature of light that when one kindles the Chanukah Lights are expressly meant to illuminate the "outside," symbolically alluding to the duty to bring light also to those who, for one reason or another, still

walk in darkness.

What is true of the individual is true of a nation, especially this great United States, united under G-d, and generously blessed by G-d with material as well as spiritual riches. It is surely the duty and privilege of this Nation to promote all the forces of light both at home and abroad, and in a steadily growing measure.

Let us pray that the message of the Chanukah Lights will illuminate the everyday life of everyone personally, and of the society at large, for a brighter life in every respect, both materially and spiritually.

Rabbi Leibel Fajnlанд is the director of Chabad of Reston-Herndon. He can be reached at Rabbi@chabadrh.org.

Chanukah Programs in the Reston-Herndon Area

◆ **Chanukah Party at Lake Anne Waterfront**
An exciting holiday celebration, jam packed with activities for the whole family - lots of fun and surprises for all ages. Giant Outdoor Food Cans Menorah - to later be donated to feed the homeless, arts and crafts, Chanukah chocolate making, face painting, sizzling latkes, delicious donuts and chocolate gelt, free dreidels, and lots of holiday cheer for the whole family.
WHEN: Tuesday, Dec. 16. 5:30 p.m. - Menorah set up. 6 - Lighting
WHERE: Reston Community Center Lake Anne, 1609-A Washington Plaza North, Reston
FEE: Gratis
Event Sponsorship: Dreidle Sponsor \$50. Menorah Sponsor \$100. Macabee Sponsor \$180

Grand raffle for a tablet, and other great prizes. Change the world with your good deed. Bring Kosher canned food of all sizes, and add it to the Menorah of Kindness later to be donated to the needy.

◆ **Chanukah on the Green**
Bring family and friends for an evening of outdoor Chanukah fun, and sing - along. Giant Menorah lighting, refreshments and more.
Who: The entire community
When: Sunday, Dec. 21 at 5:30 p.m.
Where: Herndon Town Square, in front of Town Hall at 730 Elden Street, Herndon.
Sponsored by Nachmans Partnership
All reservations can be made at WWW.CHABADRH.ORG

FAITH NOTES

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

Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students for the 2010/2011 school year. 703-938-2391.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.
Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

Adult Sunday School will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30,

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

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

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.

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

Towne Square Singers. 7:30-9 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Annual holiday concert with cider, cookies and sing-along carols. \$12. 703-435-6800.

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



Don't miss the Jingle on Lake Anne on Dec. 6 at 11 a.m. at 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.

teens included. A special bonus— you're helping support the library too.

FRIDAY-SUNDAY/DEC. 5-7

Reston Lions Club Annual Citrus Sale. 8 a.m. - 3 p.m., Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida navel oranges, red grapefruit and chocolate peanut clusters available. All proceeds benefit sight and hearing programs and other club charities. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

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.

Holiday Homes Tour. 10 a.m.-4 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Tour five different homes that are decorated for the holidays. \$15-\$20. <http://www.herndon-va.gov/>

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.

Annual Tree Lighting and Sing-Along. 5-6 p.m. Town Hall Square, 730 Elden Street, Herndon. For more information call 703-437-5556.

The 2014 Northern Virginia Alternative Gift

SEE CALENDAR, PAGE 11

Now's A Great Time for Your Landscape Project!
Free Estimates Patios, Walkways, Retaining Walls, Landscaping & so much more!

Hosta Special! 25% Off All Varieties
Just Arrived! Christmas Trees, Greens and Poinsettias

60-75% Off Pottery Lowest Prices Since 2008!

Playground Chips & Organic Compost \$29.99 cu. yd.
Bagged, Shredded Hardwood Mulch \$3.49
Bulk Mulch \$24.99 cu. yd. FREE FILL

Fragrant, blooming Citrus Plants 10% Off

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

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

PARTICIPATING ORGANIZATIONS:
Cornerstones, Reston Hospital Center, Reston Association, Reston Turnpike Center, etc.

WWW.RESTONCELEBRATES.ORG

Build Your Community

Support Your Local Businesses.

THE CONNECTION
to your community

www.connectionnewspapers.com

NEXT WEEKEND!

SUGARLOAF CRAFTS FESTIVAL.
DEC. 12, 13, 14, 2014
Dulles Expo Center
CHANTILLY, VA • RT 28 AT WILLARD RD

FRI 10-6
SAT 10-6
SUN 10-5

Tickets \$8 online, \$10 at door - good all 3 days
Children under 12 and parking free

TICKETS - www.SugarloafCrafts.com

A HAPPY & PROSPEROUS NEW YEAR!

Our Thanks to Our Customers for Their Support Throughout 2014. We Look Forward to Serving Your Flooring Needs in 2015.

VIENNA FLOORS
ESTABLISHED IN 1984
208 DOMINION ROAD • VIENNA, VA
HARDWOOD—CARPET—WOOD LAMINATES—CERAMIC TILE—SHEET VINYL
703-938-3160
WWW.VIENNAFLOORS.COM
Providing Free Estimates Since 1984

CALENDAR

Market. 10 a.m. - 2 p.m. Unitarian Universalist Church of Reston, 1625 Wiehle Avenue, Reston. Details and a complete list of available gifts can be found at <http://bit.ly/1xRypis>

SATURDAY-SUNDAY/DEC. 6 - 8

Children's Holiday Shopping.

Saturday, 10 a.m.-2 p.m.; Sunday, 12-4 p.m.; Monday, 1-4 p.m. Frying Pan Farm Park, 2309 West Ox Road, Herndon. Meet at the Old Floris Schoolhouse. Volunteers help children shop for everybody on their holiday list. The Country Store stocks many unique items in all price ranges. Free wrapping assures surprises for family and friends. Adults are invited to wait at the schoolhouse. Monday is for ages 8 years and older with self-shopping and wrapping. Admission: Cost of presents; free gift wrapping. For more information, contact Frying Pan Farm Park at 703-437-9101.

SUNDAY/DEC. 7

2014 Annual Holiday Book Sale. 1 - 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.

MONDAY-TUESDAY/DEC. 8-9

Winter Reds. 10 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Even though winter seems dreary, there is still bright color in the woods. From holly berries to cardinals to woodpeckers, discover the reds of winter. Enjoy a colorful story and make a red craft to take home. Reservations required by Dec. 4. Fee: \$7/child RA members, \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

TUESDAY/DEC. 9

Reston Sings! Handel's Messiah. 7:30 p.m. St. John Neumann Catholic Church (Chapel), 11900 Lawyers Road, Reston. Handel's *Messiah* unites the Chorale and audience in singing the glorious Christmas portion of Handel's masterpiece. This event also benefits Cornerstones (formerly Reston Interfaith.) Bring a new or gently used coat — or new hat, gloves, socks or scarf — and receive \$5 off the price of admission. Winter wear will be donated to Cornerstones' Coat Closet to warm children, teens, adults and seniors this winter. \$15 General Admission (\$10 with winter-wear donation). Tickets may be purchased online at www.restonchorale.org or at the door.

FRIDAY/DEC. 12

Candle Making. 6:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Bring a little glow to your winter. Learn where wax comes from and discover how candles are made. Dip a pair of candles and decorate a pillar candle with natural materials. Keep your candles for yourself or give them away as gifts. There will be music and refreshments while we work. All supplies provided. Reservations required by Dec. 9. Fee: \$7/child RA members, \$9/child Non-members. Ages 5 to 12. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Join Santa on a Train Ride. 12 - 6 p.m. Lake Fairfax Park, 1400 Lake Fairfax Dr., Reston. Admission: \$10. 703-471-5414.

Winter's Muse Fairfax Choral Society Youth Concert 5 p.m. First Baptist Church of Herndon, 681 Elden St., Herndon. Enjoy an afternoon of seasonal music interwoven with short, winter proverbs and witty observations performed by our very own West &

Great Falls Celebration of Lights on Saturday

The 24th Annual Celebration of Lights will be held on Saturday, Dec. 6, 5:30-8 p.m. at the Great Falls Village Centre Hill (behind the Post Office). The schedule of events includes: 5:30 p.m. - Refreshments available (cocoa, hot cider, popcorn and new this year, Mike & Glenn's table).

6 p.m. - Santa & Mrs. Claus arrive to light the Christmas Tree.

6:15 p.m. - Village Green Day School sings, Petting Zoo and Pony rides begin.

6:35 p.m. - Great Falls Elementary Chorus.

6:55 p.m. - Forestville Elementary Chorus.

7:15 p.m. - Sing-a-Long: Singing some old-time favorites.

7:30 p.m. - Live Nativity Scene.

There is another free event for the Great Falls community: For adults - the Great Falls Shopping Center is hosting a



PHOTO BY ROBBIE HAMMER

Gabriel Chaves, 3, sits on his father J.J.'s shoulders while waiting in line to see Santa Claus while attending the annual Great Falls Celebration of Lights in 2012.

Holiday Open House from 1 p.m. to 4 p.m. offering area residents an opportunity to shop local in a calm, relaxing Christmas shopping atmosphere.

South Campus choristers. Season Subscription Tickets: \$16 for Adults, \$8 for Students Advanced Tickets: \$20 for Adults, \$10 for Students Door Tickets: \$25 for Adults, \$10 for Students. 703-642-3277.

814 Ferndale Avenue, Herndon. Children will prepare a craft, enjoy a visit from Santa and in addition, a special guest appearance who will read the ever popular Elf on the Shelf storybook. \$14 fee includes brunch for one caregiver and one child.

SATURDAY/DEC. 13

A Storybook Holiday. 10 a.m.- 12 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Enjoy a variety of holiday activities including a visit with Santa and crafts. \$14. 703-435-6800.

Remembering the Battle of the Bulge. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Historian Jim Lewis returns to commemorate the 70th anniversary of the Battle of the Bulge. Join him to relive the massive German offensive that caught the Allied armies by surprise on Dec. 16, 1944 and would ultimately be the largest and deadliest battle for American forces during the war.

From the Ground Up Exhibit Reception. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Come meet from the Ground Up artist Pattee Hipschen at the exhibit reception. Light refreshments. This event is free and open to the public. For more information call 703-956-6590 or visit www.artspaceherndon.org.

Breakfast with the Birds. 7:30 a.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Enjoy a winter morning of birding here at the nature center. Search for year-round residents and winter specialties like winter wrens, yellow-bellied sapsuckers and ravens. Afterwards, warm up with a hot breakfast at Nature House. Reservations required by Dec. 8. Fee: \$10/person RA members · \$15/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

SUNDAY/DEC. 14

A Storybook Holiday Brunch. 11 a.m. Herndon Community Center.

WEDNESDAY/DEC. 17

The Mitten. Herndon Community Center, 814 Ferndale Ave., Herndon. Where do animals stay on a cold and snowy day? Snuggle in for story time and listen to Jan Brett's classic book. Make a mitten craft. Weather permitting, bundle up and take a walk to search for animal homes. Reservations required by December 12. Fee: \$7/child RA members, \$9/child Non-members.

For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5. Ages 3 to 5.

WEDNESDAY/DEC. 31

New Year's Eve. ArtSpace Herndon, 750 Center Street, Herndon. African Drum & band workshop (youth event); \$5/child or \$10/family) 7 - 8:30 p.m. Bonfire with Drum Circle (all ages; free), 8:30 - 10 p.m. A Night of Blues: Herbie D. & the Dangermen (\$25/single, \$50/couple) 10 p.m. - 12:30 a.m. Purchase tickets at www.artspaceherndon.org

ONGOING

LRA Displays "Changing Colors." Through Friday, Jan. 9. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art, and photography. Free. www.leagueofrestonartists.org.

Free Comedy Showcase. Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

Family Fun Entertainment Series.

Give the Gift of Italy
Purchase \$100 worth of Il Fornaio Gift Cards and receive a \$20 complimenti card*

*Complimenti Cards can be redeemed at any Il Fornaio or Canaletto January 1 thru March 31, 2015. Only Gift Cards purchased directly from Il Fornaio and Canaletto qualify for bonus card awards. Gift Card purchases that qualify for Complimenti Cards cannot be redeemed the same day purchased.

Il Fornaio
AUTHENTIC ITALIAN RESTAURANT

11990 Market Street
RESTON TOWN CENTER
703.437.5544 • ilfornaio.com
[facebook.com/ilfornaio](https://www.facebook.com/ilfornaio)

Recycle Your Style & Get Extra Money for the Holidays

PLATO'S CLOSET
703-421-8470
www.platosclosetdullesva.com
45591 Dulles Eastern Plaza • Suite 138 • Sterling, VA 20166

FASHION AID

\$5 off
Your purchase of \$25

\$10 off
Your purchase of \$50 or more
PLATO'S CLOSET • 703-421-8470
Must present coupon.
Not valid with any other offers.
Expires 1/31/15

Aghayere Leads South Lakes Girls' Hoops into 2014-15 Season

Seahawks last season won first conference/district title since 1997.

BY JON ROETMAN
THE CONNECTION

South Lakes girls' basketball coach Christy Winters Scott was driving by an outdoor court in Reston recently when she noticed her star player putting in work.

It was a warm evening following a two-hour practice, but rather than relax or get something to eat, there was South Lakes senior Princess Aghayere, still in her practice gear, working on her shot.

Winters Scott smiled.

"Look at this kid," she recalled thinking.

Aghayere is a 6-foot-1 double-double machine who is committed to play at the University of Pennsylvania. She's the top returning player from a 2013-14 South Lakes team that won the program's first conference/district championship since 1997. But there she was, trying to improve her game.

"She's out there on her own after we had practice for a couple hours," Winters Scott said, "and she's out there getting shots up."

With the graduation of eight seniors, including college-bound standouts Abigail Rendle (William & Mary) and Caitlin Jensen (Mary Washington), Aghayere's talent and

"She's out there on her own after we had practice for a couple hours, and she's out there getting shots up."

— South Lakes girls' basketball coach Christy Winters Scott about Princess Aghayere

Princess Aghayere, seen last season, is the South Lakes girls' basketball team's top returning player.

CONNECTION
FILE PHOTO



leadership will be vital for the Seahawks during the 2014-15 campaign.

"She's mature beyond her years," Winters Scott said.

Aghayere, a team captain, spent a lot of time in the paint last year, but could look to score more from the perimeter as a senior.

With the graduation of 6-foot-4 Rendle, Winters Scott said teams could focus more on stopping Aghayere on the block, but the senior has the outside game to keep opponents honest.

Fellow senior captains Brenda Kamga (5-9 guard), Paige Barlow (5-8 guard) and Hanna Shukran (5-8 forward) are also experienced Seahawks who will need to mesh with a talented group of younger athletes who were part of South Lakes' 14-2 JV team last season.

"[Kamga will] be a tremendous asset," Winters Scott said. "... She's pretty agile [in the paint] and finishes strong. She'll definitely be a great piece for us."

Sophomore guards Taylor Newman (5-9) and Alivia Damper (5-7) are also expected to be key contributors.

"[Damper has] got the 'Wow' factor to her game," Winters Scott said. "She'll make a crossover [move] and sometime people will fall. I can't describe what she just did. She'll lull you to sleep and then make this insane move."

South Lakes opened the season with a home game against Stone Bridge on Dec. 2, after The Connection's deadline. The Seahawks will travel to face Wakefield at 7 p.m. on Thursday, Dec. 4.

Oakton Girls' XC Places 4th at Nike SE Regional

Madison harriers compete at Foot Locker South.

The Oakton girls' cross country team, which captured its second straight VHSL 6A state championship on Nov. 15, finished fourth at the Nike Southeast regional meet on Nov. 29 in Cary, N.C.

The Cougars posted a score of 176. Blacksburg (Va.) won the event with a score of 86, followed by Western Cary (N.C., 106) and Lake Braddock (143), which placed runner-up in 6A at the VHSL state meet.

The top two teams and the top five unattached individuals qualified for the national meet on Dec. 6 in Portland, Ore.

Sophomore Casey Kendall led the way for Oakton, finishing 15th with a time of 18:07.7. Sophomore Leya Salis finished 24th for the Cougars with a time of 18:16.7. Senior Allie Klimkiewicz fin-

ished 35th (18:30.4), freshman Kira Buttrey was 80th (19:01.7) and junior Jill Bracaglia finished 97th (19:19.3).

Patriot High School sophomore and VHSL state champion Rachel McArthur won the individual competition with a time of 17:16.

Klimkiewicz (third), Kendall (fourth), Salis (11th) and Buttrey (15th) earned all-state honors at the VHSL state meet.

Members of the Madison girls' cross country team competed at the Foot Locker South regional meet on Nov. 29 in Charlotte, N.C.

Madison sophomore Devon Williams finished 24th with a time of 17:57. Senior Amanda Swaak came in 28th (17:59), junior Morgan Wittrock finished 36th (18:08), senior Laura Sullivan took 93rd (18:48) and junior Catherine Stone finished 136th (19:31).

Ryen Frazier, a senior at Ravenscroft School in Raleigh, N.C., won the event with a time of 16:27.

The Madison Warhawks placed third at the state meet. Williams (eighth), Swaak (10th) and Wittrock (13th) earned all-state honors.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Oakton sophomore Casey Kendall, seen during the VHSL state meet Nov. 15, finished 15th at the Nike Southeast regional meet on Nov. 29 in Cary, N.C.

WELLBEING

Handling Family Dynamics During the Holidays

Local experts offer suggestions on how to diffuse family tensions.

BY MARILYN CAMPBELL
THE CONNECTION

Last month, Linda and Tom Bullen traveled from Boston to Arlington, to celebrate Thanksgiving with their son Matt, daughter Rachel and her partner Grace Knight.

But Rachel Bullen, who spent weeks creating a menu and coordinating a table setting that would please even Martha Stewart, was deflated by one question from her mother.

"Do you think you might be eating too many carbs?" Linda Bullen asked as her daughter scooped up a second helping of potatoes.

"What I eat is none of your business," Rachel Bullen responded. She spent the rest of meal fuming in silence and feeling humiliated in front of her partner and brother.

Family dynamics — and the drama that often ensues — are often unwelcome, but frequent guests at family gatherings during the holiday season. While spending time with family can be a source of comfort, it can also be fraught with anxiety. And the more people and dynamics involved, the more effort it takes to create or maintain harmony.

"During the holidays, people who live far apart and are not part of one another's daily lives often come together," said Stacie B. Isenberg, Psy.D. "As a result ... people cover lot of territory, catching up in a short amount of time, instead of gradually as things naturally happen throughout the year. People give opinions without understanding all of the details."

Being aware of the feelings and emotions of others can help minimize family conflicts, however. "Sensitivity allows us to tune in to what others might be feeling at a particular moment or in a particular situation," said Katherine Knapp, Ph.D., a marriage and family therapist based in Burke. "It helps us make wise decisions about things that we might say or decide not to say."

For example, Linda Bullen was concerned about her daughter's weight.

"Rachel recently lost about 25 pounds," she said. "As a teenager she'd been overweight and had self-esteem issues." She thought she was being a supportive and helpful mother.

Knapp says this is where sensitivity can reduce interpersonal tension, particularly during the holidays.

"When family members are sensitive to each other's feelings, they think before they speak about how what they say might affect another person's feelings," she said. "Even innocent comments or questions can damage a relationship when we speak from our own perspective and don't consider what another person might be feeling."

The pressure to create a perfect holiday can exacerbate pre-existing difficulties as well.

"People are often stressed during the holidays, es-

pecially those preparing meals, having out of town guests staying in their homes," said Isenberg. "Guests can be stressed too, as they are staying in someone else's

home, don't have their own space, and are operating according to someone else's agenda. So tensions are already higher, and patience is shorter."

The ability to be flexible and recognize that even the most organized plans can fall apart, will reduce pressure as well, said Pamela Daniels, a licensed clinical social worker and psychotherapist based in Lorton. "Flexibility allows us to roll with the punches," she said. "Rigidity can be a recipe for disaster, especially during the holidays."

FAMILY MEMBERS can help ease tension by expressing their needs up front.

"Some people just have a need to feel appreciated," said Knapp. "Everyone has different needs, but others, including family members won't know those needs unless we tell them."

Rachel Bullen needed her mother to recognize and validate the effort that she'd put into preparing a healthy Thanksgiving dinner and an aesthetically appealing table, and to maintaining a lifestyle that had kept her fit.

"I've always seen my mother as thin, beautiful and the perfect hostess," said Rachel Bullen. "And she can always find something wrong with everything that I do, but she can find no wrong with my brother."

Recognizing that such old patterns and dynamics may be rekindled during big gatherings can help family members navigate difficult relationships.

"Even though there may be months or even years between visits, people's triggers and sensitivities are the same unless they've previously worked through them with their family members and reached an understanding about the best ways for them to interact," said Isenberg. "The judgmental parent or uncle will still be judgmental and the inquisitive grandmother who pushes boundaries will still do so."

Prior to spending time with family, she suggested, it's a good idea to think about the actions, words or situations that ignite tensions and decide how they can be avoided.

"Consider topics to discuss with certain family members and how you will politely steer away from topics you'd rather not discuss," Isenberg explained. "If you anticipate that there will be a topic or way of interacting that is too difficult to be avoided with subtlety, you may want to consider gently approaching it prior to the holidays. For example, tell your parents you don't feel comfortable discussing your relationship with your significant other in front of the extended family and ask them not to mention it during dinner, and provide them with an answer to give when relatives inquire."

Rachel decided to begin seeing a therapist to help strengthen her relationship with her family. "Hopefully Christmas will be less tense," she said. "If not this Christmas, then next."



PHOTO CONTRIBUTED
Stacie Isenberg

COMMUNITIES OF WORSHIP

Welcoming, Diverse, Progressive

ST. ANNE'S
EPISCOPAL
CHURCH • Reston



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday School: preschool - grade 2
Music: grades 3 - 7
10:25 a.m. Sunday School Grades 3 to 6
Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service
Nursery care provided at 9:00 a.m. service
The Rev. James Papile, Rector
The Rev. Laura Cochran
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston



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

Merrifield GARDEN CENTER

Bring the Magic of Christmas to Your Home

Collectible Ornaments • Exquisite Ribbon and Merrifield Bows
Custom Wreaths and Centerpieces • Trees and Greens
Poinsettias and Holiday Plants • Great Gifts

Beautiful Decorating Ideas—
MERRIFIELD'S GARDENING ADVISOR
Every Saturday at 8 am on NewsChannel 8

Available Now at all three locations
The story of Bob Warhurst and the founding of Merrifield Garden Center
A great gift!

SANTA IS HERE!
Visit merrifieldgardencenter.com for Santa schedules at each location

Free Seminar – Decorating with Fresh Greens and Flowers
Saturday, December 6 at 10 am at our Fair Oaks Location
Stop by and pick up your Free 2015 Merrifield Garden Center Calendar

MERRIFIELD 703-560-6222 FAIR OAKS 703-968-9600 GAINESVILLE 703-368-1919
Holiday hours: Daily 8 am – 9 pm
merrifieldgardencenter.com

You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.



Consider Fostering

visit our website, click on Participate

Adopt/Donate/Volunteer at www.lostdogrescue.org

Since It Ain't Broken...



By KENNETH B. LOURIE

Apparently, at least in the near term, we're (meaning my oncologist) not going to fix it. And by fix it, I am referring to my chemotherapy infusion, which will continue to be every three weeks, as it has been for almost six years; save for a year or so when I was able to take pills at home, and on-site infusions were not necessary. Last week, at my most recent face-to-face appointment with my oncologist, given my higher-than-hoped-for creatinine levels, (which led to a one week's delay in my regularly scheduled infusion), I had inquired about extending my infusion interval to four weeks to give my kidneys a break. Considering the ongoing damage these vital organs have suffered after six years of non-stop chemotherapy, I thought - to quote my deceased father, "that the idea had merit." And it does have merit and my oncologist has always been concerned about the effect. In fact, per his orders, I had seen a nephrologist (a kidney specialist) a few years back. After examining me on multiple appointments, the doctor suggested there was no real need for a return appointment. Though my creatinine levels were abnormally high, her assessment was, considering my pre-cancer/pre-chemotherapy lab work history had been normal, it would likely go back down if we stopped chemotherapy; but since it's highly unlikely that we'll be stopping chemotherapy, given my diagnosis, there was nothing to be done other than watching and managing the levels as my oncologist has been doing. And that's what we've done and I've not been back to see her since.

Nevertheless, it is cause for concern. The kidney is a major organ. As it goes, so might yours truly go, and consequently its affect has been an ongoing theme/point of awareness during my six years of treatment. Fortunately, miraculously maybe (for all I know), a week later the second/rescheduled lab work showed that my creatinine levels had returned to its previous high normal and thus chemotherapy went on/in as semi usual. And thus begins, according to my oncologist, my new normal: I will continue to be scheduled for infusion every three weeks with my pre-chemotherapy lab work completed the Wednesday before the Friday. If my creatinine levels are high, we'll delay, and reschedule the infusion for a week later as happened during this past interval. Now, we didn't discuss what schedule we'd follow if abnormal creatinine levels persist. As has been established during previous conversations between Team Lourie and my oncologist, scenario questions are not helpful and we rarely venture into any what-ifs/what-abouts until absolutely necessary.

But what we did discuss at this last appointment was my future, a little bit. Considering the "shrinkage" written about in last week's column, my oncologist was very encouraged and characterized my treatment going forward as something we're going to be doing for awhile. But he said it so matter-of-fact, that we sort of took it for granted. He didn't really fuss about it and we didn't either. He said it. He didn't really emphasize it. But he meant it. It was all good, that's for sure.

On the way home, my wife, Dina and I reviewed what my oncologist had said and we became even more giddy at what had transpired/been said. It was certainly news with which we could live and that's what we intend to do. I'm not about to look a gift oncologist in the mouth. Since nothing seems broken, I'm not looking to fix anything.

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

ZONE I: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE I AD DEADLINE:
MONDAY NOON

ELECTRICAL **ELECTRICAL**

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

GUTTER **GUTTER**

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

IMPROVEMENTS **IMPROVEMENTS**

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.

Licensed Insured We Accept VISA/MC
703-441-8811

R&N Carpentry

◆ BASEMENTS ◆ BATHS ◆ KITCHENS
Foreclosure specialist/Power washing
◆ Exterior Wood Rot More!
Deck & Fence repair, Screen Porches

No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

Picture Perfect
Home Improvements

(703) 590-3137

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry,
Wood Rot, Drywall, All Flooring, Decks

• FREE Estimates • EASY To schedule
• FAST & Reliable Service • NO \$\$\$ DOWN!

Handyman Services Available
www.pphionfine.com

"If it can be done, we can do it"
Licensed - Bonded - Insured

LAWN SERVICE **LAWN SERVICE**

Leaf Cleanup Services

\$45.00 per man per hour
Disposal extra
info@perfectlandscapes.com

703-433-2739

PINNACLE SERVICES, INC.
LAWN SERVICE

**MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES**

Friendly Service for a Friendly Price

703-802-0483

PAVING **PAVING**

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

TREE SERVICE **TREE SERVICE**

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured

**Leaf Removal
Gutter Cleaning**

25 years of experience
Free estimates
703-868-5358
24 Hour Emergency Tree Service

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Fall Cleanup...

Tree removal, topping & pruning,
shrubbery trimming, mulching,
leaf removal, planting, hauling,
gutter cleaning, retaining walls,
drainage problems, etc.

25 years of experience - Free estimates
703-868-5358

**24 Hour Emergency
Tree Service**

THE CONNECTION CLASSIFIED
NEWSPAPERS

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

HAULING

ANGEL'S HAULING

Junk Trash Removal,
Yard/Construction
Debris, Garage/Base-
ment Clean Out,
Furniture & Appl.

703-863-1086
703-582-3709
240-603-6182

LANDSCAPING

JUNK HAULING

Junk, Rubbish,
Homes, Offices,
Commerical,
Yard/Construction
Debris, Lot Clear
out, 24 hrs day,
General Hom Work.

703-520-3205 N-VA

TREE SERVICE

ANGEL'S TREE REMOVAL

Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angelstreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

EMPLOYMENT

BUSINESS OPP

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

BUSINESS OPP

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

Electr. Eng.: Design, develop, test electr. compts & systems for comm., industrial & scientific use of wireless communication equipment. FT. Req: MS in EE or eqv. & 1y exp. Resume to HR, WaveLab, 12007 Sunrise Valley Dr., Ste 450, Reston VA 20191

Operations Manager
Gainesville, VA - Must have Commercial Plumbing background, excellent communications, organization, & financial skills. Seeking Leader with positive attitude. Must be able to pass background check & drug test.
Call 571.248.8727 to apply

HOW TO SUBMIT ADS TO
THE CONNECTION
Newspapers & Online

CLASSIFIED • CHOOSE 1 TO 6 ZONES
E-mail classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

EMPLOYMENT • CHOOSE 1 TO 6 ZONES
E-mail classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

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
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 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 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.

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnews.com/subscribe

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

Questions? E-mail: goinggreen@connectionnewspapers.com



3 RE for Rent

Rent to buy homes available. No qualifying necessary. Downpayment required. Go to www.RentToBuyNOVA.com for full details.

26 Antiques

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

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

21 Announcements

26 Antiques

FALLS CHURCH ANTIQUES
Best Kept Secret of The Metro Area!
Unique collection of antiques and collectibles, including furniture, jewelry, glassware, pottery, sterling silver, paintings, prints and more!
Fun home and gift ideas!
Christmas Shop Now Open!
Falls Church Antique Co.
250W. Broad St. Falls Church, Va • 703-2419642

21 Announcements

Beyond the Barn Doors
...vintage home furnishings
HOLIDAY SHOW
Featuring Gifts for the Holidays, home accessories & furnishings that are "old, new & just plain cool!"
December 5th & 6th 9:00 am-5:00 pm
December 7th 10:00 am-3:00 pm
VALE SCHOOL HOUSE • 3124 Fox Mill Road, Oakton, VA

21 Announcements

26 Antiques

FALLS CHURCH ANTIQUES
Best Kept Secret of The Metro Area!
Unique collection of antiques and collectibles, including furniture, jewelry, glassware, pottery, sterling silver, paintings, prints and more!
Fun home and gift ideas!
Christmas Shop Now Open!
Falls Church Antique Co.
250W. Broad St. Falls Church, Va • 703-2419642

21 Announcements

Beyond the Barn Doors
...vintage home furnishings
HOLIDAY SHOW
Featuring Gifts for the Holidays, home accessories & furnishings that are "old, new & just plain cool!"
December 5th & 6th 9:00 am-5:00 pm
December 7th 10:00 am-3:00 pm
VALE SCHOOL HOUSE • 3124 Fox Mill Road, Oakton, VA

21 Announcements

Donate A Boat or Car Today!
Boat Angel
"2-Night Free Vacation!"
1-800-CAR-ANGEL
www.boatangel.com
sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

21 Announcements

LIFETIME METAL ROOFING
by VaCarolina Buildings, INC
100% Financing
Free Estimate
Free Roof Inspection
1.800.893.1242
metalroofover.com

21 Announcements

ABSOLUTE AUCTION
ANTIQUA AUTOS, ROAD TRACTOR & EQUIPMENT
DECEMBER 6 - MARTINSVILLE, VIRGINIA
Buicks, Cadillacs, Pontiacs, Lincolns and Fords from 1929 through 1983. Convertibles, Coupes, Sedans and Woody Wagons. Condition: Professionally restored to good/runs/drives to parts cars. Also selling: Freightliner FL80 road tractor, Cat 977L loader, Pace American Two Car Enclosed Trailer and numerous other items.
WOLTZ & ASSOCIATES
For more information, go to woltz.com or call 800-551-3588. VA# 321. 10% Buyer's Premium (13% Buyer's Premium online).

WEEK IN HERNDON

Community Meeting on Bus Operating Facility

The Fairfax County Department of Public Works and Environmental Services is holding a community meeting on Dec. 10, to present the proposed design for the Reston-Herndon Bus Operating Facility located at 268 Spring Street, Herndon. The meeting will be held in the Council Chambers of the Herndon Community Center, 814 Ferndale Ave, Herndon, from 7 - 9 p.m.

The Reston-Herndon Bus Operating Facility project will be a renovation of the existing 21,400-square foot building, located on a 5.5-acre site at 268 Spring Street, Herndon.

The renovation will increase efficiency of the interior and exterior, provide additional building square footage, and upgrade building systems. Construction is planned to start in the spring of 2016 and be completed in the summer of 2017.

Wreaths Across America to Honor Herndon Veterans

On Dec. 13, National Wreaths Across America Day, live, balsam remembrance wreaths will be placed at the headstones of

fallen veterans at nearly 1,000 locations across the country and overseas. In Herndon, a remembrance ceremony will be held at Chestnut Grove Cemetery on Saturday, Dec. 13, at noon to ensure that the over 300 veteran graves, who served to protect the freedoms of our country are not, and never will be, forgotten. The ceremony is open to all people.

The Wreaths Across America organization is dedicated to spreading the message about the importance of remembering our fallen heroes, honoring those who serve, and teaching our children about the sacrifices made by veterans and their families to preserve our freedoms. One way they do this is to coordinate wreath laying ceremonies at Arlington, as well as other locations in all 50 states.

This year the Town of Herndon in partnership with the Herndon Woman's Club will join Wreaths Across America to honor our veterans who are laid to rest at Chestnut Grove Cemetery. On Dec.13, the club will remember the fallen, the prisoners of war, the missing in action and honor those who have served and are serving this great nation with a short ceremony. Volunteers, including Eagle Scouts and Boy Scouts from Herndon Troop 1577 will place commemorative wreaths on all the stone pillars surrounding Chestnut Grove Cemetery.

Officially established in 1872, Herndon's Chestnut Grove Cemetery is the final resting place of veterans, dating back to the Civil War.

BULLETIN BOARD

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

WEDNESDAY/DEC. 3

Human Rights Defenders: Relevant International Law and Strategies. 7:15-9 p.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. A presentation by David Padilla, international human rights consultant. How lawyers and other activists try to defend victims of human rights violations around the world. www.uucf.org.

FRIDAY-SUNDAY/DEC. 5-7

Reston Lions Club Annual Citrus Sale. 8 a.m. - 3 p.m., Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida navel oranges, red grapefruit and chocolate peanut clusters available. All proceeds benefit sight and hearing programs and other club charities. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

SATURDAY/DEC. 6

Region 1 Listening Tour. 9 a.m. Hunters Woods Elementary, 2401 Colts Neck Road, Reston. Superintendent Karen Garza invites students, parents, employees, and community members to join her at the Region 1 Listening Tour Meeting. Garza will discuss school issues and the priorities for Fairfax County schools and listen to ideas, comments, and questions from the audience. Those planning to attend the meeting are asked to please register at <https://www.surveymonkey.com/s/listeningtour2014-15>.

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.lvv-fairfax.org.

Expansion and Renovation Meeting. 7:30 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. Learn more about the Town of Vienna's planned Community Center renovation and expansion. The Vienna Community Center, originally built in 1966, is one of the town's most vital sites. The renovation is slated to begin in 2015 with funds budgeted from two Capital Improvement Plan periods. Further community update meetings will be held as plans progress.

ONGOING

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

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.

Dulles Regional Chamber of Commerce invites you to

Chamber 101: For New and Prospective Members

Lunch Is On Us

The Dulles Regional Chamber of Commerce invites new and prospective members to be our guests for lunch at Chamber 101, an opportunity to fast-track your business.

Network

This orientation is where business representatives learn about the powerful impact of this regional chamber and its many avenues for promoting a business. There is extensive networking on site so attendees are asked to bring business cards! Online pre-registration is required and limited to the first 30 people.

Join Us on December 17th!

Register by the day before and have your contact information provided to all attendees at Registration. For more information or to register, go to dulleschamber.org or call 571-323-5304

Platinum Sponsors:



HELLO
my name is
opportunity

Location:
DRRC's Chantilly Office
3901 Centerview Drive
Suite 5
Chantilly, VA 20151

Date & Location:
Wednesday, Dec. 17, 2014
11:45am to 1:30pm

Fees/Admission:
Complimentary

dullesregionalchamber.org



The Magic of Christmas Comes to Life

Now - Jan. 4, 2015

Packages from \$259* including UNLIMITED ENTRY to ICE! and a \$100 Resort Credit.**

Book your holiday getaway today!
ChristmasOnThePotomac.com
(301) 965-4000



Conveniently located just 8 miles south of downtown Washington D.C. and across the Potomac River from Old Town Alexandria, in National Harbor, MD. *Valid for one night stay now - 1/4/15. Price is per room, plus tax, resort fee, ticket handling fees and parking for standard accommodations. Not valid in conjunction with groups or other offers. Not retroactive. Package pricing, components, show schedules and entertainment subject to change without notice. **One (1) \$100 resort credit per night, applied upon arrival and valid toward dining or seasonal spa treatments. Other restrictions may apply. Frosty the Snowman TM & © Warner Bros. Entertainment Inc. & Classic Media, LLC. Based upon the musical composition FROSTY THE SNOWMAN © Warner/Chappell Music, Madagascar, Kang Fu Panda and all related characters and properties © 2014 DreamWorks Animation L.L.C. Pepsi and Pepsi Globe are registered trademarks of PepsiCo, Inc.

DON'T LET THIS BE YOU IN 2015!



“WHAT EVERY SELLER NEEDS TO KNOW”

Attend our annual Seller's Seminar
Sunday, January 25th 1-4PM

Presented by

The Lyons & McGuire Team
Keller Williams Realty
774-A Walker Rd., Great Falls, VA 22066

RSVP by January 19th to
LyonsMcGuire@TeamGreatFalls.com
(A free community service, seating is limited)

Lyons & McGuire
EXCEEDING YOUR EXPECTATIONS



Not intended as a solicitation if your home is currently listed with another broker. Information deemed reliable, not guaranteed.

