

No One Leaves Alive

NEWS, PAGE 13

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

Nancy and Jim
Harris have deco-
rated for Halloween
the past 25 years.

Election Day in Reston, Herndon

NEWS, PAGE 3

South Lakes Defense Limits Hayfield RB Ross in Victory

SPORTS, PAGES 15

WELLBEING

PAGE 8

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL
REQUESTED IN HOME 11-5-15

PRSRRT STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

CIRCULATION
VERIFICATION
COUNCIL

Introducing four new orthopedic specialists



Amy E. Henning, DO
Pediatric Orthopedic Specialist
Fairfax Office



Candice P. Holden, MD
Pediatric Orthopedic Specialist
Fairfax and Herndon Offices



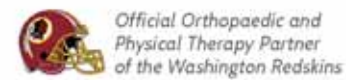
Daniel K. Laino, MD
Hand and Upper Extremity Specialist
Reston office



William R. Mook, MD
Sports Medicine Specialist
Reston Office

OrthoVirginia is the state's leading provider of orthopedic and therapy services. With 10 offices in northern Virginia, we offer easy access for all of your orthopedic needs.

For patient appointments, call 703.277.BONE (2663) or go online at orthovirginia.com



Locations: Alexandria | Annandale | Arlington | Burke | Fairfax | Fair Oaks | Herndon | Reston | Springfield | Tysons Corner

BLACK FRIDAY SLATE Sales Event

SAVE UP TO \$900* instantly

on exclusive GE® Slate finish appliances through Dec. 2.



www.sterlingappliance.com

Sterling
21800 Town Center Plaza
Sterling, VA 20164
703-450-5453

Leesburg
1051 Edwards Ferry Road
Leesburg, VA 20176
703-771-4688



*\$20 to \$900

The Duke family

4.5 ★★★★★

GE® SLATE AVERAGE CONSUMER RATING

Based on 4,336 Slate model ratings on gpcappliances.com from June 2013-July 2015.



PHOTOS BY RYAN DUNN/THE CONNECTION

Outside Herndon Elementary School, voters can be handed information about the candidates for the Nov. 3 election.



Nov. 3 the polls were open for election in Fairfax County. Shirley Elliott offered voting information and literature to residents who came to vote at Reston's 1850 Cameron Glen Drive.

Election Day in Herndon and Reston

BY RYAN DUNN
THE CONNECTION

Polls opened in Virginia from 6 a.m. to 7 p.m. on Nov. 3 for the election, where voters will choose state and county lawmakers. “The turnout at 10 a.m. from the precincts we have heard from are averaging between 4 to 6 percent this morning,” said Lisa Connors, public information officer and CIO for the Fairfax County Office of Elections. New machines were installed for last year’s election. Another call in was scheduled for 2 p.m.

Issues captured the attention of campaigns were the matters of gun control and tolls on Interstate 66 in Northern Virginia.

At the Hunter Mill District, Supervisor and incumbent Cathy Hudgins (D) is running unopposed. For Virginia Senate, incumbent Janet Howell (D) is running unopposed. Virginia House of Representatives incum-

bent Ken Plum (D) is also running unopposed. Communities included in the Hunter Mill District include parts of Tysons Corner and Vienna, north Vienna, Reston, Oak Hill, and some areas around Herndon. The voting site at Reston’s 1850 Cameron Glen Drive, was tranquil this morning.

“We are slower than we would have liked,” said chief election officer Susan Berger. With so many candidates running unopposed at Hunter Mill, election officer Dan Kush said some voters were initially confused. “It has been a light turnout,” said Kush.

By 10:45, the Hunter Mill district had a turnout of about 9.3 percent or 370 persons. Some election officers expected the turnout may reach 20 percent. “We pay attention to politics, and we know who we stand for,” said Hunter Mill resident Marilyn Leitner who put in her vote with her husband, Dave Leitner.

At Herndon Elementary School, the turn-

out was also described as light. Elections officers arrived at their assigned voting sites between 5 a.m. and 6 a.m. to set up for voters. “People are usually here with their minds made up,” said Herndon resident and writer Christian Kachel, who was handing out literature with Eric Boll. Glenn Boysko, husband of candidate Jennifer Boysko visited Herndon Elementary to help provide voting literatures.

Danny Vargas is running for election against Jennifer Boysko. Vargas says retiring Delegate Tom Rust asked him to run to succeed him. Republican Tom Rust, former Herndon mayor, has held the seat since 2002.

Fairfax County voters were presented with bond issues, a \$315 million school bond and a \$151 million facilities bond. Part of the facilities bond will go towards replacing the Fairfax County Fire and Rescue Station at Wiehle Avenue and Sunset Hills Road, as well as a new animal shelter. “I

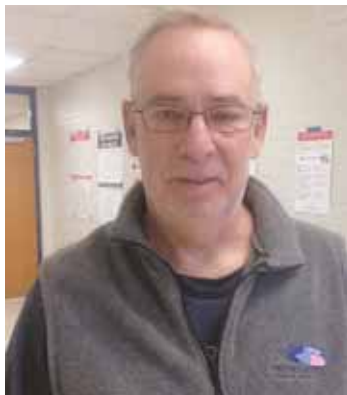
endorsed both bonds, because they needed service,” said Herndon resident Bob Reynolds, who said off-year elections are terribly important. Dranesville District resident Mike Smith decided to vote for the facilities bond. “I go by the old adage, if you don’t need it, don’t spend it,” said Smith.

Jennifer Chronis, a Republican, challenged incumbent Dranesville Supervisor John W. Foust in this November’s general election. “We got an incredible amount of robo calls and campaign literature. I was able to read up on the candidates views,” said Dranesville district resident Craig Griffin. Griffin decided to vote for school bond issue. At Herndon Elementary, the turnout was at about 302 or 6 percent by 10:25 a.m.

“We expect about 30 percent voter turnout, we will have to wait,” said voting officer Michael Linck Jr. Linck has served as a voting officer with Fairfax County since 2004.

Fairfax County voters were presented with bond issues a \$315 million school bond and a \$151 million facilities bond. Part of the facilities bond will go towards replacing the Fairfax County Fire and Rescue Station at Wiehle Avenue and Sunset Hills Road,

as well as a new animal shelter. “I endorsed both bonds, because they needed service,” said Herndon resident Bob Reynolds, who said off year elections are terribly important.



Dranesville District resident Mike Smith decided to vote for the facilities bond in the Nov. 3 election. “I go by the old adage, if you don’t need it, don’t spend it,” said Smith.



Dranesville district resident Craig Griffin with his friend Chester. Griffin was not a dummy, and exercised his right to vote. “We

got an incredible amount of robo calls and campaign literature. I was able to read up on the candidates views,” said Dranesville district resident Craig Griffin. Griffin decided to vote for school bond issue.





Juanita Davis, Winnie K. Burns, Anita Helm and Embry Rucker Shelter director Vincent Jenkins stand with Resurrection Baptist Church Pastor William D. Helm. The Church hosted the “Stand Up for Our Homeless Community” outreach event at the Reston Community Center.

Eugene E. Pearson and his wife First Lady Mardy volunteered at the event offering food, clothing, toiletries, services and assistance to area residents in need. Pearson is the Pastor at Mt. Pleasant Baptist Church in Aldie and the current president of Region 7 of the Northern Virginia Association of Baptist Churches.



PHOTOS BY ANDREA WORKER/THE CONNECTION

Neighbors in Need Offered Assistance

Resurrection Baptist Church of Reston hosts community outreach event to help homeless.

BY ANDREA WORKER
THE CONNECTION

While others might have been gearing up to take the kids out trick or treating, preparing for the costumed hordes to descend on their homes, or even putting finishing touches on their own disguises, dozens of volunteers were spending their Halloween afternoon at the Reston Community Center (RCC) Hunters Woods, manning the “Stand Up for Our Homeless Community” event, hosted by Resurrection Baptist Church (RBC) of Reston’s Missionary Department.

The church has held its services at RCC for years, a place where Anita Helm says that you can sometimes come face to face with those among us who are struggling. “We saw the need and a way to help,” she said. Her husband, RBC pastor William D. Helm, put the challenge in front of his congregation, and they answered with overwhelming support.

Members from other congregations within Region 7 of the Northern Virginia Association of Baptist Churches also pitched in to help. The volunteers helped attendees select food items, clothing, hygiene products, blankets and more, while Chick fil A, Papa John’s Pizza and La Fay Bakery and Catering generously provided free meals and snacks. Some of the services included free haircuts and a special Wellbeing Room, where a variety of health screenings were available courtesy of Oak Grove Health and Wellness Ministry, Reston Hospital Diabetic Education and Inova Loudoun.

In addition to the tangible items and services on offer, the organizers also had advisers on hand to offer help with legal issues, employment searches, social services, benefits and housing and shelter informa-



No, being a barber is not his day job, but Riqui Smith was doing a pretty professional job for attendees of the Resurrection Baptist Church’s outreach program for area residents in need.

tion.

“If you are truly going to help people, you need to offer information and referral assistance, as well as the basics,” said RBC Special Events coordinator Winnie K. Burns.

AMONG THE HELPERS were several volunteers who could truly empathize with those they were there to serve. Twenty-three-year old Brandon, of Woodbridge, is looking forward to a rewarding future in IT, but he can recall when his and his family’s prospects did not look as promising.



From left, Virgie Simmons-Jones and Sandra Eskridge belong to Second Baptist Church in Falls Church, but were happy to help Resurrection Baptist Church’s outreach efforts. Second Baptist will be hosting a “Moneyless Market” at their church later in the month.

At the start of the economic crisis, Brandon’s family was evicted from their home. Spending time at first in a hotel, then with other family members before eventually finding new housing back in Woodbridge, Brandon acknowledges that the feeling of uncertainty was upsetting for himself and his three siblings, “but we didn’t have it as bad as so many others did and still do.”

He credits his parents with doing their best to “keep things as normal as possible for us,” driving the kids back and forth to their school “so we could stay with our friends and where we were familiar, even when we were pretty far away.” Giving up four hours on a Saturday to help others in difficult circumstances “is no sacrifice,” according to Brandon. “I’m glad to be here and help.”

Salome, the oldest of 8, also volunteered to work the event, although she admits that her family “is really needy sometimes.” Her father cannot always find employment as an electrician. The family has never been homeless, but Salome describes a living condition where the basics of heat and elec-

tricity aren’t a guarantee. “The place is in pretty bad shape, but you are afraid to ask for it to be fixed. At least we have a place where all ten of us can be together. I wanted to be here today and help because I know what it’s like to struggle.”

Anita Helm, Winnie K. Burns and others from Resurrection Baptist Church look to Brandon and Salome as inspiration for what they are doing. Waving in the direction of Brandon and the table of new clothing items where he was working, Helm said, “Look what good comes from lending a helping hand.”

THE CONGREGATION of Resurrection Baptist Church is already planning a similar event for sometime in the spring, but will keep looking to “outreach outside the four walls of a church,” as Pastor Helm declares.

In the meantime, Region 7 member Second Baptist Church of Falls Church will be next up to answer the outreach call, hosting a “Moneyless Market” on Saturday, Nov. 28 from 10 a.m. to noon at their location at 6626 Costner Drive in Falls Church.

OBITUARY



COURTESY PHOTO

George Burke (right) with U.S. rep. Gerry Connolly at Burke's annual 'Halfway to St. Patrick's Day' event.

George A. Burke, 64, Connolly's Communications Director, Dies

George Burke, longtime Communications Director and trusted confidant of U.S. Rep. Gerry Connolly (D-11), passed away Saturday at his home after a long battle with cancer. He was 64.

Mr. Burke was born in the Bronx, N. Y. in 1951. He attended the University of New Hampshire, where he met his wife, Sharon. They were married in 1973.

Full of energy and passion, Burke began his journalism career doing freelance work as both a writer and photographer for the Associated Press, Newsweek, Discover and Yankee Magazine. In 1974 he was hired by Foster's Daily Democrat, where he would work for more than five years and become the State Editor and Exeter Bureau Chief. During this time, Burke won numerous awards including, "Best News and Story of 1978" from the New England Press Association.

In 1979, Burke relocated to Northern Virginia, where he would live the next thirty-six years, after accepting a position with Congressman Norman D'Amours (D-N.H.) as his Communications Director. Burke would go on to serve as Communications Director to Congressman James H. Scheuer (D-N.Y.) for two years from 1985-1987. During this time he served three terms as President of the Association of House Democratic Press Secretaries.

In 1987, Burke left Capitol Hill to become the Director for the Department of Public Relations and Communication for the International Association of Fire Fighters, a union representing more than 300,000 professional firefighters. In 2000, he was promoted to assistant to the general president for communications and media under then President, Alfred K. Whitehead, and held this position until his retirement from the IAFF in 2004. In the days and weeks following the September 11 terrorist attacks, Burke worked with national media on the

A Close Friend

U.S. Rep. Gerry Connolly (D-11):

"For more than 30 years I have been fortunate to call George my close friend. We will all miss his stories, his unwavering optimistic approach to life, and his love for his friends and family. His loss will leave a great void in all our lives and I will miss him dearly. My thoughts are with his wife Sharon, and his three children Ian, Caitlin, and Sean."

Fairfax County Board of Supervisors Chairman Sharon Bulova:

"George has been the most wonderful friend, supporter and fighter for our party. We have all benefitted from George's good heart, wise advice and stalwart support. The world is a better place thanks to the contributions George has made."

IAFF's response to the 9/11 disaster and continued to be a tireless advocate for our first responders throughout his life.

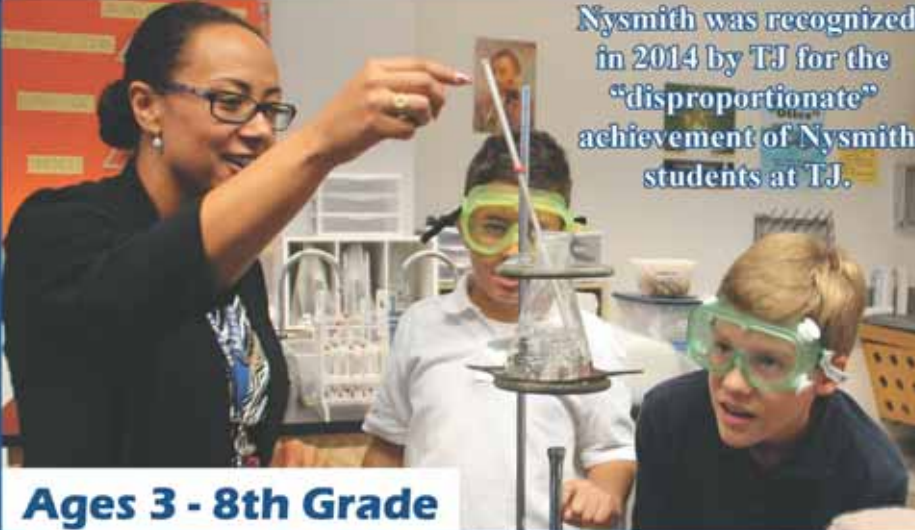
Burke returned to Capitol Hill in 2009, to serve as Congressman Gerald E. Connolly's (D-11) Communications Director for more than three terms.

In addition to his professional roles, Burke was a leader within the Democratic Party of Virginia whose vision helped grow the state and local party. He was elected Chair of the 11th Congressional District Democratic Committee in 2005 and served in this capacity until his death. He also served as an advisor to numerous campaigns throughout Northern Virginia. In addition, Burke served as a Press Officer for the Democratic National Conventions in 1980 and 1988.

A life-long ski enthusiast, he travelled to Europe, Jackson Hole, and all over New England to pursue his sport. He was a licensed ski instructor and taught at Ski Liberty for many years. Burke also hosted a local political TV program, "Inside Scoop," interviewing local politicians that aired on Fairfax Public Access TV.




Burke is survived by his wife of 42 years, Sharon, and their three children, Ian, Caitlin, and Sean. A memorial service will be announced at a later time.

Top 10 School In The World



Nysmith was recognized in 2014 by TJ for the "disproportionate" achievement of Nysmith students at TJ.

Ages 3 - 8th Grade

Small Classes 1:9 Ratio

The award-winning Nysmith School diversifies academics up to four grade levels in a loving environment to meet the needs of each child. Daily science, computers, foreign language, logic, and much more. Minimal repetition, minimal homework. Come see how Nysmith will prepare your child for the future while having fun.

Like us on Facebook
Follow us on:

SCHOOL Nysmith FOR THE GIFTED

Tours Daily.
Herndon, Virginia
Transportation Available
703 552-2912
nysmith.com

Opening January 2016



Fairfax's first choice for exceptional living.

No Large Upfront Fees | Spacious Rental Apartments
Farm-to-Table Restaurant-Style Cuisine

Enjoy a complimentary copy of "Planning Guide for Seniors" and a jar of Autumn Jam after a visit to our information center. Discover more about The Crossings at Chantilly's Independent Living lifestyle and benefits. Limited to the first 25 visits.

Join Us For an Open House to Learn More:

THURSDAY, NOVEMBER 5TH | 11 am to 3 pm
Receive a Total Wine Autumn Gift Card

SATURDAY, NOVEMBER 14TH | 11 am to 2 pm
Receive a Total Wine Autumn Gift Card
Appointment required.

TUESDAY, NOVEMBER 17TH | 11 am to 3 pm

Schedule your appointment today.

Our two bedrooms are going fast. Call (703) 994-4561. For more Open House dates visit thecrossingsatchantilly.com.



Independent Living, Assisted Living, & Memory Care

13921 Park Center Road | Suite 355 | Herndon, Virginia 20171
(703) 994-4561 | thecrossingsatchantilly.com
A Harmony Senior Services Community

OPINION

Coming: Children's Connection 2015

Get ready to send your submissions soon.

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. And even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection is a tradition of well over a decade.

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

EDITORIAL

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.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also wel-

COMMENTARY

The Chicken and the Egg

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

A chicken or egg kind of debate has been going on in Virginia recently as a result of a report from the Joint Legislative Audit and Review Commission (JLARC). The agency is charged by law with the responsibility of providing an annual report on the growth of state spending over the last ten years while identifying the largest and fastest growing programs and functions in the budget. The most recent report was for the period FY 2006 through FY 2015. Among its other findings was



the fact that the Department of Medical Assistance Services (DMAS) has overtaken the Department of Education (DOE) as having the largest appropriation of any state agency. The appropriation for DMAS represents 18 percent of the total state budget with DOE being 15 percent, Virginia Department of Transportation at 10 percent, and all the other

agencies of state government at under 10 percent each.

The largest program increase in total appropriations from FY 2006 to FY 2015 was in the area of medical program services (Medicaid) from \$4,672.8 million to \$8,148.6 million, an increase of 74 percent. Some opponents of an expansion of Medicaid have focused on this number as being a reason to not expand Medicaid for presumably it would cost too much.

Fortunately the Commonwealth Institute for Fiscal Analysis has done some research that puts the increase in context. As the Institute points out, "the growth occurred largely during the worst and most prolonged economic recession since the Great Depression and then a sluggish recovery made worse by federal se

SEE CHICKEN AND EGG, PAGE 7

The Farmers Market and More in Reston

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Reston is at its peak of fall finery. As we walk along the paths around Lake Anne, we often see artists with their brushes and pencils and photographers trying to capture one fascinating vista after another. I think this is my favorite time of the year, and it is certainly the time I missed most in the years we served in tropical climes around the world.

Fall also signals the winding down of the 18th season of the Reston Farmers Market sponsored by the Fairfax County Park Authority at the Lake Anne Village Center. We are a producer only, locally grown and produced



INDEPENDENT
PROGRESSIVE

foods market, and the local (within a 125-mile radius of here) fresh veggies and fruits are pretty much at the end of their weather window for 2015. Saturday, Nov. 14, will mark the end of this season. We will celebrate with our traditional customer appreciation day to thank the thousands of people who make the market the successful and fun place that it is. Complimentary market baked goodies and treats along with cof-

fee, 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. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Email submissions for the Children's Connection to editors@connectionnewspapers.com.

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. Please provide the submissions by Friday, Dec. 4.

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

Please send all submissions by Dec. 4. The Children's Connection will publish the week of Dec. 28, 2015.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Editor's Note on Election Coverage

Eight of the 15 Connection Newspapers go to press during the day on Tuesdays, this paper among them. While reporters visited polling places and filed photos and short stories during the day on Election Day, election results were not yet available when this paper went to press. See www.ConnectionNewspapers.com for results, and next week's papers for more insight.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

come.

- ❖ 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 traf-

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

Ken Moore
Community Reporter
240-393-2448
kmoore@connectionnewspapers.com

Jon Roetman
Sports Editor ❖ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Ryan Dunn
Contributing Writer
@rdunnmedia

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

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

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



OPINION

Farmers Market

FROM PAGE 6

pickles, as well as the hundreds of varieties of fruits and vegetables offered by our 30 farmer-vendors. Volunteer musicians, master gardeners, and Cornerstones volunteers gleaning food leftovers and providing supplemental nutrition tokens for low-income neighbors in our community make Reston Farmers Market a special place.

Here's some good news if you didn't already know it. Once we close, there will be another farmers market in the parking lot at Lake Anne Village Center from Saturday, Nov. 21 through Saturday, Dec. 19. It will include eleven farmer/vendors from the Reston Farmers Market plus an additional dozen who will bring an interesting array of quality products not necessarily allowed in the fresh, local foods market. For example, this market, called the Lake Anne

Fall Farmers Market, will also feature prepared foods, such as barbecued meats and empanadas, and exotic offerings such as teas, coffees, spices and olive oils.

The Fall Market is sponsored by the Lake Anne Condo Association and managed by Keith Strange, who also volunteers at the Reston Farmers Market. The Fall Market will operate from 9 a.m. to 1 p.m., Nov. 21 through Dec. 19. We'll be shopping there and hope to see you, too! And, not to forget that there is one more farmers market in Reston. That is the Smart Market which has 18 vendors and is open Wednesdays, 3-7 p.m., on the plaza at the Wiehle Metro Station. Parking is only \$1 for 60 minutes if you come and leave during market hours, I understand. They have some specialty vendors we certainly like. For more info, Google Smart Markets-Reston.

Chicken and Egg

FROM PAGE 6

questration. Most recently, Virginia ranked 48th nationally in economic growth. When you lose your job, you lose your health coverage if you were lucky enough to have it in the first place. At the same time, the number of Virginians 65 years and older grew more than three times as much as the overall population resulting in a 30 percent increase in enrollment."

Beyond these external factors affecting Medicaid costs, state legislators added more than 4,300 waiver slots over the past ten years for long-term care services for people who are intellectually and developmentally disabled. These waivers that are critical to the individuals and families who need them are among the most expensive of medical services. An intellectual disability waiver costs

about \$71,000 per person per year, and a developmental disability waiver costs nearly \$33,000 per person per year. The Institute found that last year alone the waivers added \$285 million to the budget. Waivers are not limited to persons of low incomes as the rest of Medicaid programs are.

Is it then the chicken or the egg that came first? Did the availability of medical services run up the cost of Medicaid or was it the growing population of older persons and the extension of services to the most needy that added to the cost? In either case, does it not make sense to use 100 percent federal dollars to meet the needs of the working poor and save the 350 million state dollars that are currently appropriated for the indigent? People who need health care come first, making an expansion of Medicaid essential.

Saint Timothy 35th Annual

Craft Fair

Over 100 Crafters, the Gently Used Book Sale, Mike the Balloon Man, a wonderful Bake Sale, & Raffles. Breakfast and Lunch items available throughout the day!

Saint Timothy Catholic School
13809 Poplar Tree Road, Chantilly, VA 20151
www.sttimothyparish.org • 703-378-7646

SATURDAY, NOVEMBER 21, 2015 • 9 AM-3 PM
Free Admittance

Home of the \$6,850 Bathroom Remodel From Now to WOW in 5 Days Guarantee

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

10% down
nothing until the job
is complete for the
past 17 years



Free Estimates
703-999-2928



Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999



Visit our website: www.twopoorteachers.com

LIMITED-TIME OFFER

1.20% APY

15-MONTH BUMP-UP CD

There's an UPSIDE to investing today!

There's no reason to hold back any longer! Our **BUMP-UP CD** not only starts with a great rate, but also gives you a one-time chance to earn even more if we change our rates in the future!

This is a **limited-time** offer. Call or visit us today to open your account.

CARDINAL
Bank

Member FDIC

Annual Percentage Yield (APY) is effective as of October 8, 2015 and is subject to change without notice. Minimum opening deposit of \$1,000 required; maximum \$1,000,000 per customer. Account must be opened with new money not on deposit with Cardinal Bank. The 15-Month Bump-Up CD features the potential of a one-time interest rate bump at any point during the term. Customer must request to update or bump their interest rate by contacting Cardinal Bank. The new interest rate will not be applied retroactively. Municipalities and existing Cardinal No-Penalty CDs are not eligible. Penalty will be imposed for early withdrawal. One account per tax identification number. Not eligible for Chairman's or President's Club preferred rate. Fees could reduce earnings.

www.cardinalbank.com | 703.584.3400

Gearing up for Thanksgiving Turkey Trots

Local fitness experts suggest a training plan that will get you off the couch in time for Turkey Day.

By MARILYN CAMPBELL
THE CONNECTION

When many of us are still in bed early Thanksgiving morning, Susan Colarco will be lacing up her shoes, joining a group of friends and getting ready to hit the road for the Arlington Turkey Trot as she has done for many years past. "I've run this race more times than I can count and it's always a great time," said

"Up your training distance each week, but do it in small amounts."

— Richard L. Steele, assistant dean of physical education, Northern Virginia Community College

Colarco, a Road Runners Club of America certified running coach. On a day as notorious for sloth and gluttony as it is for gratitude and family, hundreds of thousands of runners across the country pound the pavement to raise money for charity, burn off calories and spend time with friends in what have become known as turkey trots. Running USA,



Arlington running coach Susan Colarco will run in the Arlington Turkey Trot on Thanksgiving Day.

a nonprofit organization for the running industry, reports that the number of people entering races on Thanksgiving Day now surpasses those who race on July 4th. "[These races] are a great opportunity to get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes," said Colarco, who also works as a coach for True Health and

Wholeness in Arlington. While Colarco and her running mates train year-round, there's still time to get into shape and choose a turkey trot this year. "Many competitive and enthusiast runners start with 3 or 5K races," said Richard L. Steele, assistant dean of physical education at Northern Virginia Community College in Alexandria. "I tell most people to pick a race that is conveniently located ...

or has special meaning to them personally, [like] a charity." Preparing for a turkey trot usually consists of dietary retooling, aerobic exercise and strength training. "Typically, the folks I work with run between three and five times a week with some weight training and ... cross-training worked into the schedule," said Colarco. "The distance and intensity vary based

Locate a Local Turkey Trot

<http://www.runningintheusa.com> or <http://www.runnersworld.com/race-finder>

on the experience and fitness level of the runner, the goal they are aiming for and any injuries they may be working through."

Colarco tailors her training regimen to the environment of the chosen race. "For example, if it's a hilly race, we'll definitely work some hills into the training plan," she said. "If it's a trail race, we'll leave the nice paved running routes behind and head off road." "Up your training distance each week, but do it in small amounts," said Steel. "A new runner should aim for three to five days per week of training," he said.

Creating a realistic training schedule that works in harmony with one's daily schedule is the key to becoming race-ready on Turkey Day, says Colarco. "I really try to take into account the fact that most of the runners in this area are working professionals with a lot on their plates. I work with my clients to determine not just what they should be doing, but realistically, what they can do given the stresses of everyday life."

Diet, both on the day of the race and the days and weeks leading to it, is an often-overlooked compo-

ment of race training. "Eat a high-energy meal about an hour before the race," said Steel.

"Eating within an hour can lead to upset stomach. ... You may need to increase your calories, but don't go crazy. If you are eating natural foods, free of artificial fats, added sugars and other chemicals, your body will respond in an amazing way."

"Get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes."

— Susan Colarco, certified running coach

Protecting against injuries that can be sustained from the unrelenting pounding of the pavement, is another important, but often overlooked part of running. "You get an average of about 4,500 blows to your joints over the course of a 5K," said Christian Elliot, a personal trainer and founder of True Health and Wholeness. "Strength training helps your body handle the blows, and there's no downside to having strong muscles."

Weight training exercises for the legs should be done two to three days per week, advises Steel. "You can hit the weights at the gym, do Pilates or use body weight, whatever you enjoy. Focus on light to medium resistance with higher rep-

etitions to build muscle endurance; 12 to 15 repetitions, two to three sets for each exercise works well." "It has been proven that runners who do strength training have fewer knee injuries," added Chance Heare, of Koko FitClub in Herndon, Reston and Great Falls. "Strength training builds the stabilization muscles to support the joints and runners who strength train tend to get fewer injuries and have better endurance."

The most common injuries associated with running are ankle and knee sprains, shin splints, stress fractures, runner's knee and plantar fasciitis. "Sprains and blisters are very common during races," said Steel. Running shoes play an important part of injury prevention, but "by itself can't prevent all injuries," said Nelson Cortes, Ph.D., an associate professor in the Sports Medicine Assessment, Research & Testing Laboratory at George Mason University in Fairfax.

"Everyone has different foot and lower body morphology and it's important that running shoes are appropriate."

In addition, a daily full-body stretching routine "will help with injury prevention and performance," said Steel. "You'll be surprised how much better you feel in general after doing this for about a week or two."

PUBLIC HEARING NOTICE

Reston Association 2016-2017 Budget

November 19, 2015 at 6 p.m.

The RA Board of Directors will hold a public hearing on the proposed 2016-2017 biennial budget for the association. Members can access a copy of the latest draft budget on RA's website, www.reston.org.



You owe it to your family to visit Brightview Great Falls. It is the area's finest Assisted Living community.

"I am still me! This is just another stage in my life and at Brightview, I can still be who I am." — Dr. Jennifer (Ph.D.)

"Brightview offers possibilities, independence and choices. The people here are very caring and attentive. Brightview is a respectful and empowering community where we receive compassionate and dedicated care." — Sheila W.

"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." — Bill W.

"At Brightview I still have my independence. I love everything here and I have everything here that I need. My family is welcome anytime and the best part is they no longer worry about me." — Sophia C.



Please call either Carolyn or Joanna to schedule your personal visit.

703-759-2513

10200 Colvin Run Rd. • Great Falls, VA 22066

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Nov. 10, 7-8 p.m.** Register beforehand at www.fairfaxcounty.gov/olderadults and click on Caregiver Support.

Northern Virginia Caregivers Conference — "Prepare to Care: Getting Your Ducks in a Row," Wednesday, Nov. 11, 8 a.m.-3:30 p.m. at the Korean Central Presbyterian Church, 15451 Lee Highway, Centreville. Speakers share their extensive knowledge on topics important to caregivers of persons with dementia. \$30 includes continental breakfast, lunch, and materials. Register at <http://states.aarp.org/nov11/>. For more information call **703-324-5425**, TTY 711.

Fairfax County is offering a free presentation on **Medicare 101** on **Wednesday, Nov. 18, 11:30 a.m.-1:30 p.m.** at McLean Community Center, 1234 Ingleside Ave., McLean. To register call Sydney Duberstein at **703-790-0123**, TTY

711. Visit www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

Fairfax County's free **Seminars for Family Caregivers of Older Adults** are held throughout the county in November:

♦ **Strategies for Difficult Conversations** take place on **Monday, Nov. 2, 7-8:30 p.m.** at George Mason Regional Library, 7001 Little River Turnpike, Annandale. Learn how to have conversations with an older family member about driving, accepting help in the home or moving to a safer environment. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.

♦ **AARP's Prepare to Care Workshop** takes place on **Thursday, Nov. 5, 3-4:30 p.m.** Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Learn how to care for yourself and your loved ones. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.

♦ **Scams and Financial Crimes**

against Seniors takes place on **Tuesday, Nov. 10, 3-4:30 p.m.** at the North County Governmental Center, 1801 Cameron Glen Drive, Reston. Older adults as well as family members, caregivers, and service providers are welcome. Register at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars.

♦ **Five Questions to Consider About Paying for Long-Term Care** — **WEBINAR, Wednesday, Nov. 18, Noon-1:00 p.m.** Register beforehand at www.fairfaxcounty.gov/olderadults and click on 2015 Caregiver Seminars. Call **703-324-5484**, TTY 711.

The **Hollin Hall Senior Center** in Alexandria needs a volunteer to help with **fish aquarium upkeep** and instructors for the following classes: **Basic Guitar, Italian, Pottery and Ballroom Dance**.

For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Herndon Adult Day Health Care Center** needs a **Bingo Caller** and an **Art Therapy Assistant**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Kingstowne Center for Active Adults in Alexandria** needs a **Hula Hoop Class Leader** and instructors to teach **Country Western Line Dance, African Style Dance and Mosaic Art or Jewelry Making**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Lewinsville Senior Center** in McLean needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Sully Senior Center** in Centreville needs a **certified personal trainer**, preferably with experience working with older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

The **Herndon Senior Center** needs **Social Visitors** and a **Baked Goods Table Manager**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

NOVEMBER

11/18/2015.....A+ Camps & Schools

11/19/2015..Holiday Entertainment & Gift Guide I

Thanksgiving is November 26

11/25/2015.....Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015.....Wellbeing

12/9/2015...Holiday Entertainment & Gift Guide II

12/9/2015...HomeLifeStyle; Home for the Holidays

12/16/2015.....A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015.....Special Issue – Safe for the Holidays

12/30/2015.....Children's Connection

E-mail sales@connectionnewspapers.com for more information.



THE CONNECTION

Newspapers & Online

703-778-9431

www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

CALENDAR

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

ONGOING

"Ephemeral" Exhibition at GRACE.

Through Nov. 14 at Reston Town Center, 11900 Market St., Reston. Explore the nature of non-permanent, three-dimensional works addressing the concept of ephemerality. Presented in conjunction with the Washington Sculptors Group. restonarts.org

"Images of Fall." Saturday-Sunday

through Nov. 5 at Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. An exhibit of fine art photography by Kathy Kautter. Recognized for her "good eye", Kautter captures colors and textures in her favorite topics of flora, leaves, trees, and water. Also an accomplished painter, Kautter's specialty in photography has grown with her fascination for the colors and light of nature.

All-comers' Group Fun Run at Potomac River Running.

Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

Karst Dougherty Public Art Installation.

Through 2017. Reston Town Square Park, 11900 Market Street, Reston. See and explore "A Bird in the Hand," a monumental public art sculpture made from tree saplings. The event is presented by GRACE in collaboration with IPAR.

For more information, call 703-471-9242 or visit <http://restontowncenter.com/index.php>.

Art/Craft Programs. 10 a.m.-noon. Saturdays/Nov. 7, 14, 21, 28. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Nov. 7-Colorful fall leaves. Nov. 14-Marshmallow sculpture. Nov. 21-Paper bag turkeys. Nov. 28-Holiday decorated snack plates. Ages 3-11. www.restonartgallery.com.

Community Performances.

December through the holiday season. 11900 Market Street, Reston. Street performances of music and dance performed by a variety of local groups. For more information and schedules, visit <http://www.restontowncenter.com>.

WEDNESDAY-THURSDAY/NOV. 4-5

Ice Skating Fundraiser for Character Counts! Reston.

11 a.m. - 10 p.m. 1818 Discovery Street, Reston. The Pavilion floor is transformed into a gleaming ice skating rink. Ice skates and other supplies are available inside the Information Center at the Skate Shop, directly beside the Pavilion (behind Clyde's). Pavilion Character Counts! Reston will receive 50% of ice skating proceeds to support character and citizenship development in schools and the community. Information about skating, rates, and schedules: 703-709-6300; skating@restontowncenter.com; http://restontowncenter.com/iframe/pop-ups/ice_skating.htm

THROUGH SATURDAY/NOV. 7

"Shrek the Musical." Reston

Community Center Centerstage, 2310 Colts Neck Road, Reston. It really is a big, bright beautiful world. And love can surely conquer lots, even if you are a big green ogre named Shrek with some bad habits or a spirited princess named Fiona. Add in tap-dancing rats, a 13-foot-tall magenta dragon, a smooth-talking donkey and fairy-tale characters, all to bring enjoyment. Tickets \$21-\$25. 703-476-4500. restonplayers.org.

THROUGH SATURDAY/NOV. 14

One-Man Shows.

Reception on Oct. 10, 5-8 p.m. Exhibit Monday-Saturday, 10 a.m.-5 p.m. The Frame Factory, 212 Dominion Road, NE, Vienna. One-Man Shows from David Cochran and Joseph Sheppard Rogers.

WEDNESDAY-THURSDAY/NOV. 4-5

Ice Skating Fundraiser for Character Counts.

11 a.m. - 10 p.m. Reston Town Center, 11900 Market St., Reston. Character Counts! Reston will receive 50 percent of ice skating proceeds to support character and citizenship development in schools and the community.

TUESDAY/NOV. 10

Dave Gunning. 7:15 p.m. Amphora Diner Deluxe, 1151 Elden St., Herndon. Flavors of Irish, Scottish, folk and country musical styles that fill the senses and touch the soul. Presented by The Folk Club of Reston-Herndon. \$9, \$10. restonherndonfolkclub.com.

FRIDAY/NOV. 12

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center St., Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea on the second Friday of the month. Free. 703-956-6590.

SATURDAY/NOV. 14.

Artist Reception Ethereal and

Natural Reactions. 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. Ethereal is series of abstract, contemporary art paintings by artist Anne Cherubim. In Natural Reaction, sculptor Brian Kirk reshapes and twists steel into new forms using blacksmithing techniques that focus on the beauty of rust as a surface treatment. Exhibit runs from Tuesday, Nov. 3 to Sunday, Dec. 6. <http://www.artspaceherndon.com/ethereal-and-natural-reaction>. 703-956-6590.

Community Irish Dance.

6:30-10 p.m. Frying Pan Park Visitors Center, 2739 West Ox Road, Herndon. Family Friendly CCE community Irish CEILI Dance featuring music by Old Pitch and Friends. Ceili and set dances are called by Marilyn Moore. \$7.50-\$35. borlinset@yahoo.com. 703-631-9179. ccepotomac.org.

SATURDAY/NOV. 7

Reading, Book Signing.

1-5 p.m. Reston Used Book Shop, 1623 Washington, Plaza N, Reston. Reston author Terry Jennings will read from her latest book "Sounds of the Savanna," an engaging story that conveys animals' use of sound by following prey and their predators through a day in the African Savanna. There will be a book signing, as well. <http://www.terrycjennings.com/Terry-s-Books.html>. 703-435-9772.

Fall Art and Craft Fair.

10 a.m.-4 p.m. United Christian Paris, 11508 North Shore Drive, Reston. Free. Parking at Lake Anne Elementary School next to church. www.ucpreston.org.

TUESDAY/NOV. 10

Design and Wine. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Join for Kumo Shibori Scarf Dyeing with Acoatzin Torres where using the Kumo Shibori technique of folding and wrapping fabrics to create dye resists and pleats. Students will wrap, tie and overdy silk scarves, and each student will leave with a unique finished project. Tickets: \$30. Registration required at <http://events.r20.constantcontact.com/register/event?ak=07e5bn73802andl=updpab>. For more information, call 703-956-6590.

FRIDAY/NOV. 13 AND FRIDAY/DEC. 11

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and sweets. It is free and open to the public. For more information, visit <http://www.artspaceherndon.com/events-2/senior-tea/> or call 703-956-6590.

SATURDAY/NOV. 14.

Used Book Sale. 10 a.m.-4 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stock up on books for the holidays. Fiction, non-fiction, children, adults, romance, history, cookbooks, gift books, etc. Come spend a little, get a lot. Sponsored by Friends of the Herndon Fortnightly Library.

SUNDAY/NOV. 15

Salute to Pavarotti. 4 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Reston Community Orchestra opens its 28th season with a tribute to the opera legend. Free. Please bring canned goods for Thanksgiving Food Drive. www.restoncommunityorchestra.org. 571-449-7095.



The magic of Christmas comes to life!

November 12, 2015 - January 3, 2016

- 2 million twinkling lights along with lavish holiday displays
- NEW ICE! theme - 2 million pounds of colorful, hand-carved ice sculptures and slides featuring *Christmas Around the World*
- NEW - Rudolph's Holly Jolly™ Breakfast
- NEW - Friends of Rudolph Meet & Greet
- NEW - The Elf on the Shelf® Scavenger Hunt
- Santa's Wild Workshop Snow Tubing
- Milk & Cookies with Mrs. Claus
- Gingerbread Decorating Corner sponsored by PEEPS®
- And much more...

ChristmasAtGaylordTexan.com
(817) 778-1000



GRAPEVINE, TX



ICI PRESENTED BY



PEPSI and Pepsi Globe are registered trademarks of PepsiCo, Inc. The Elf on the Shelf® and © 2015 CCA and B, LLC. All rights reserved. PEEPS® trademark Just Born, Inc. © 2015. All rights reserved. Rudolph the Red-Nosed Reindeer and all related elements © & ™ under license to Character Arts, LLC. All rights reserved.



Adopt/Donate/Volunteer

www.lostdogandcatrescue.org

NEWS



Customer Appreciation Day at Reston Farmers Market

Farmers and volunteer market masters get together for 2015 photo. The Reston Farmers Market will end its 2015 season with the annual customer appreciation day on Saturday, Nov. 14. Complimentary apple cider and coffee, plus Farmers Market baked goods to thank all of the wonderful customers.

Reston Police Highlights Incidents from Oct. 24-30.

Burglary, 11600 block of North Shore Drive, 10/27/15 at about 10:30. A resident reported that an unknown person entered the residence and took property. And officer on another case arrested a suspect with property belonging to the burglary victim. A 29-year-old Sterling man was subsequently charged with Burglary.

Unlawful Entry, 2200 block of Huston Place, 10/25/15. A resident reported an unknown person entered a vacant residence. Nothing was taken.

Larcenies
 12900 block of Highland Crossing Drive, liquor from business.
 12200 block of Leesburg Pike, merchandise from business.
 2200 block of Springwood

Drive, property from residence.
 1800 block of Town Center Parkway, property from vehicle.
 2400 block of Fieldcreek Drive, wallet from vehicle.
 1800 block of Cameron Glen, property from vehicle.
 1100 block of Dranesville Road, property from residence.
 12000 block of Greywing Square, jewelry from residence.
 300 block of Juniper Court, cash from residence.
 11900 block of Bowman Towne Drive, property from residence.
 2400 block of Centreville Road, wallet from business.
 11500 block of Hickory Cluster, sunglasses from vehicle.
 11600 block of Mediterranean Court, property from residence.
 11500 block of Olde Tiverton Circle, bicycle from residence.

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

COMMUNITIES OF WORSHIP

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

You owe it to your family to visit Brightview Great Falls. It is the area's finest Assisted Living community.

"I am still me! This is just another stage in my life and at Brightview, I can still be who I am." – Dr. Jennifer (Ph.D.)

"Brightview offers possibilities, independence and choices. The people here are very caring and attentive. Brightview is a respectful and empowering community where we receive compassionate and dedicated care." – Sheila W.

"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." – Bill W.

"At Brightview I still have my independence. I love everything here and I have everything here that I need. My family is welcome anytime and the best part is they no longer worry about me." – Sophia C.

Please call either Carolyn or Joanna to schedule your personal visit.
703-759-2513

10200 Colvin Run Rd. • Great Falls, VA 22066

CALL FOR CANDIDATES

Reston Association seeks a dedicated volunteer to serve as an At-Large Member on the Covenants Committee. Appointed by the Reston Association Board of Directors, the committee is responsible for administering the Use and Maintenance Covenants set forth in the Reston Deed. The minimum time commitment is a 1 to 3 hour meeting once per month plus property inspections prior to meetings dates.

If you are interested in applying, please contact stadele@reston.org by Friday, Nov. 20, 2015.

Reston ASSOCIATION
Together we make Reston great



South Lakes receiver Eric Kirlew celebrates after catching a 28-yard touchdown pass from quarterback Devin Miles in the first quarter of Friday's 35-14 win over Hayfield.



The South Lakes defense limited Hayfield running back Myles Ross to 134 yards and a touchdown on 28 carries.

South Lakes Defense Limits Hayfield RB Ross in Victory

Seahawks would share Conference 6 title with win, help.

BY JON ROETMAN
THE CONNECTION

Despite losing starting quarterback Brandon Bell to injury after just one series during Friday's matchup with South Lakes, the Hayfield football team put itself in position to enter halftime with a surge in confidence.

Reserve quarterback Jacob Keeney threw a 37-yard touchdown pass to Mohammed Mahmoud with one minute remaining in the second quarter, cutting the South Lakes lead to seven points, and the Hawks followed by recovering an onside kick at the South Lakes 46-yard line.

Three plays later, however, Seahawks defensive back Marvin Grunshie slammed the door on the Hawks' hopes of a positive halftime vibe with a tide-turning pick-six.

Grunshie intercepted a Keeney pass and returned it 70 yards for a touchdown, giving South Lakes a two-touchdown halftime advantage. The Seahawks would finish off the Hawks 35-14 at Hayfield Secondary School, keeping alive their hopes of a share of the conference championship.

"It was a zone, cover 2 defense," Grunshie said. "I saw the inside receiver run a seam [route], so that means the outside receiver is coming in so I just broke to the ball."

Grunshie intercepted the pass and returned it for his second touchdown of the first half, helping South Lakes improve to 7-2 overall and 5-1 in the conference.

"That's huge," South Lakes head coach Trey Taylor said about Grunshie's pick-six. "If they would have gotten the onside kick and been able to score before halftime and tied it up, it's a different game."

While Grunshie made arguably the biggest single play of the night for South Lakes,



South Lakes running back Spencer Alston carries the ball against Hayfield on Oct. 30.

the defense's ability to limit Hayfield standout running back Myles Ross was also pivotal toward knocking off the Hawks, who entered the contest with a 5-0 conference record.

Ross, who the previous week rushed for a school-record 335 yards against Yorktown and routinely goes over 200 yards, carried 28 times for 134 yards and a touchdown. Ross scored on a 20-yard run less than 4 minutes into the game, but did not have a run of 20 yards or greater for the rest of the contest.

"He's a lot like ... Washington-Lee [quarterback/running back Ceneca Espinoza, Jr.] — a lot of speed, likes to go on the edge," 6-foot-5, 310-pound South Lakes two-way lineman David Kroll said. "All we had to do was just keep contain and that's what we did all game."

Taylor said the injury to Hayfield quarterback Bell didn't affect South Lakes' defensive game plan.

"The run defense for the most part has been solid for the year, so I felt relatively

confident coming into the game that if we played like we're capable of playing, that we could at least slow [Ross] down," Taylor said. "I don't think you'll ever contain him, but I thought we did a good job of slowing him down and keeping him from breaking all the big plays."

Taylor has said strength training is a big part of the Seahawks' improvement.

"Our defensive ends are 180 and 190 [pounds], and I'm sure [Hayfield is] 280 or better at the tackle," Taylor said. "I think, initially, you look at their offensive line and we're going to get pushed all over the field, but I do believe our work in the weight room and our strength helps us balance out that lack of body weight and then helps us to hold our own against the bigger guys."

While the South Lakes defense came up big, the Seahawks offense, led by sophomore quarterback Devin Miles, found the end zone four times. Miles completed 15 of 21 passes for 139 yards and three touchdowns, including a 10-yard scoring strike to Seth Ravenstahl with 11:04 remaining

"I hope it lends some more legitimacy to us. I know we're not a typical football powerhouse. People don't say South Lakes and say 'oooo.' But I'm hoping that they realize we're playing some good football right now and that we're a team that can compete with just about anybody."

— South Lakes football coach, Trey Taylor

in the fourth quarter, extending South Lakes' lead to 35-14.

Eric Kirlew had five receptions for 72 yards and a touchdown for South Lakes, and running back Spencer Alston carried nine times for 84 yards and a score.

SOUTH LAKES will wrap up the regular season with a home game against Fairfax (1-8) at 7 p.m. on Friday, Nov. 6. The Seahawks will earn a share of the conference title if they beat the Rebels and Hayfield knocks off first-place Madison.

South Lakes is No. 6 in the latest VHSL 6A North region power rankings. The top 16 teams make the playoffs.

"I hope it lends some more legitimacy to us," Taylor said of Friday's win over Hayfield. "I know we're not a typical football powerhouse. People don't say South Lakes and say 'oooo.' But I'm hoping that they realize we're playing some good football right now and that we're a team that can compete with just about anybody."

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Neighbor Robert Folsom, 11, helps Jim Harris put the finishing “touches” on the haunts.



PHOTOS BY KEN MOORE/THE CONNECTION

Jim and Nancy Harris invite their entire neighborhood over for the Halloween event each year.

No One Leaves Alive

Former beloved Lake Anne Elementary School teacher continues Halloween tradition.

BY KEN MOORE
THE CONNECTION

neighbor Marty Gurtz, who investigated the property with his wife Sharon.

Human skeletal remains were found around dusk Saturday night, Oct. 31, on Stirrup Road in Reston. Further investigation uncovered an “unofficial” cemetery that Jim and Nancy Harris have been operating ever since she was a school teacher at Lake Anne Elementary School.

Sara Folsom, 13, touched the decomposing skin on the nose of a body staked up against a tree.

Her brother Robert Folsom, 11, carried a severed arm, still dripping with blood, that he found on his neighbor’s property.

When officials came with cameras, they found a skeletal dog munching on the bones of a lamb in the front yard.

Bats flew around the front porch. Low-flying witches ominously gave warning to anyone who dared to enter the premises.

“No one gets out of here alive,” screamed blood-red letters on a blood-stained sheet at the bottom of the driveway.

“Every year there’s something new,” said

TWO DAYS LATER, nothing remained but folklore from the neighborhood.

“It’s just a neighborhood thing,” said Sara Folsom.

“The haunted house is our favorite,” said Neal and Jason Gross, next-door neighbors.

“The graveyard is a good idea, too,” said Jason, 11.

Robert Folsom helps Jim and Nancy Davis with finishing touches in the days before the Halloween extravaganza.

“I had some ideas,” he said.

Jim Harris started to gather boxes of Halloween items from downstairs storage in late September. When asked to approximate the number of items in the inventory of his wife’s “brainchild,” he said probably not a thousand.

He claims he does not need to rent a storage bin.

The Halloween display takes a month to set up, and fills their entire first floor, front yard and garage.

“It kind of grew over the years,” said Jim



Marty Gurtz greets one corpse. “It gives the neighborhood a chance to socialize,” he said.

Harris.

NANCY HARRIS retired from teaching at Lake Anne Elementary School in 2011. But for more than 25 years, the beloved teacher has hosted a Halloween party in her home for first and second grade students.

Harris always takes photos of all children who come to the Haunted House.

She now invites her grandchildren’s classes, and her grandchild Katie, a sixth-grader at Sunrise Valley Elementary School wanted it especially scary this year since she and her friends are now in the sixth grade.

“The party started modestly over 25 years ago, but grew,” the couple said as they added a haunted house and graveyard and equipment including flying bats, jumping spiders and fog machines.

The witch’s cauldron display was a new feature this year.

The Harris host neighbors one night, too, and the macabre celebration lasts three nights for all the invites and “victims.” Former students often attend.

Neighbor Joan Smith walked nonchalantly past the cemetery and witches on her way back home Saturday night as



Robert Folsom, 11, and Jim Harris, at the annual Haunted House on Stirrup Road.

Jason, 11, Neal, 14, and their mother Nadine Gross dared to enter.

“She loves teaching and she loves children and it shows,” said Smith.

The Halloween party is one of the events that her former students remember the most, said Nancy. Sometimes former students, now in high school or college, will show up on Halloween night to say hello.

CHLOE YAZDANI was one of Nancy Harris’ former students at Lake Anne Elementary. She is now a second grade teacher at Timber Lane Elementary School in Falls Church and Harris has evolved into her mentor and friend.

“We did the best things in her class,” said Yazdani. “I remember first grade more than any other year.”

Yazdani still has a photo of the year her class braved the haunted house almost two decades ago.

“It’s the most coveted of invitations,” said Yazdani. “This is quite a memory.”

When Harris retired, she donated her library to Yazdani to use for her classes. “I tell my students, ‘Maybe one day you’ll be a second-grade teacher,’” said Yazdani.



Chloe Yazdani, former student of Nancy Harris at Lake Anne Elementary, remembers more of first grade than any other year in school. Yazdani, now a second-grade teacher, calls the invitation to her teacher’s haunted house the “most coveted of invitations.”

HOME & GARDEN

ZONE I: • RESTON
• HERNDON • LOUDOUN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

703-778-9411

ZONE I AD DEADLINE:
MONDAY NOON

EMPLOYMENT

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!



LANDSCAPING

LANDSCAPING

JUAN'S LANDSCAPING Since 1987

- COMPLETE TREE SERVICE • MASONRY • LEAF REMOVAL
- GUTTER • CHIMNEY CLEANING • HAULING • POWER WASHING
- HANDYMAN • PAINTING • TRASH REMOVAL • DRYWAL

Res./Com. • Free Estimates
• CELL 703-732-7175



LANDSCAPING

PAVING

A&S CONSTRUCTION

Bathrooms, Kitchens,
Flooring, complete
remodeling.

703-863-7465

**Joseph Sealcoating
Specialist**

PAVING

40 Years
Experience! Free
Estimates!

703-494-5443

HANDYMAN

HANDYMAN

**Hand and Hand
Handyman**

General Remodeling
Residential & Commercial
Specializing in:

- Kitchen/Bathroom/Basement Remodeling
- Plumbing • Electrical • Custom Carpentry
- Doors Windows • Hardwood Floors
- Crown Molding • House Cleaning
- Interior/Exterior Painting • Brick/Stone Work
- Ceramic Tile • Decks, Fences, Patios
- HOA Maintenance, Granite Counter Tops
- Realtors Work and Much More

Licensed and Insured Serving Northern Virginia
703-296-6409



J.E.S. Services
Your neighborhood company since 1987
703-912-6886

Landscaping & Construction
Free Estimates - Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed



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




Now Hiring
Servers, Cooks and Hosts

Apply in Person

Glory Days Grill of Reston at North Point Village
1400 North Point Village Center
northpoint@glorydaysgrill.com
(571) 926-9700

EOE

MASONRY

MASONRY

Potomac Masonry
703-498-8526

New Installations & Repairs
Stone - Flagstone - Brick - Concrete

FREE ESTIMATES!!

Lic. & Ins
potomac-masonry.com



PAVING

PAVING

**GOLDY BRICK
CONSTRUCTION**
Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer 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**



Test Principal Engineer-Dell

Software, Inc. is seeking a Test Principal Engineer at our Reston, VA facility to be responsible for the design and development activities associated with methods for validating hardware systems and broader solutions. Work with a team of software testers to execute system tests per the system test plan. Req. 004281. To be considered for the opening, please send resume with requisition number to: jobs_dell@dell.com. No phone calls please. Workforce diversity is an essential part of Dell's commitment to quality and to the future. We encourage you to apply, whatever your race, gender, color, religion, national origin, age, disability, marital status, sexual orientation or veteran status.

IMPROVEMENTS

IMPROVEMENTS

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465
LICENSED
Serving All of N. Virginia



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



Picture Perfect
Home Improvements

(703) 590-3187

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
<http://www.pphionline.com/>
"If it can be done, we can do it" 

TREE SERVICE

TREE SERVICE

Pit bull Tree Choppers

We take a bite out of your bark.

Call: Lee Lohan 703-400-5005
Licensed and insured. We accept all major credit cards.

- Complete tree removal, stumps and limbs.
- Clearing of deadwood,
- Landscaping and design,
- Ponds and waterfalls,
- Trimming and pruning.

Division of Lohan Construction, LLC.



WINDOWS & GLASS

WINDOWS & GLASS

CHESAPEAKE/POTOMAC WINDOW CLEANING

Residential Specialist
Working Owners Assures Quality
No Hidden Fees/No Broken Window Springs
30 yrs Exp in local area Lic./Bonded/Ins.
703-356-4459

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



HEAVY EQUIPMENT OPERATORS:

JK Enterprise Landscape Supply, LLC is one of the largest producers of mulch and soil products in Northern Virginia. We make it, sell it and distribute it! JK is looking for experienced Heavy Equipment Operators to work in our northern Virginia locations. Must have experience operating wheel loader, track loader, excavator, grinding and chipping equipment.

Make \$55,000 to \$70,000 a year, depending on experience level.

We offer full time, year-round employment, competitive pay, health and dental insurance, life insurance, paid leave, 401(k) and profit sharing.

Email resume to zach@lumberjake.com. No phone calls please.

Please check back next week for Kenny's Column



Reston Hospital Center & StoneSprings Hospital Center

★ JOB FAIR ★

When: Wednesday, November 11, 2015 • 1PM – 7PM

Where: Reston Hospital Center • 1850 Town Center Pkwy, Reston, VA 20190

Use West Wing entrance – Classroom C

We are seeking exceptional candidates for our Patient Access Departments!

It all starts with you... The Patient Access team is responsible for timely and accurate patient registration, interviewing patients to obtain account information and verifying insurance coverage.

Available opportunities include:

- Patient Access Manager (Reston - FT)
- Patient Access Team Lead (Reston - FT- evening shift)
- Registrar (Reston/StoneSprings - PRN -every other weekend, PT and FT, various shifts available)

Ideal candidates will have:

- Excellent patient and customer service skills
- Ability to work in a fast-paced team environment
- At least 1 year of customer service experience, preferably in a healthcare setting
- Minimum 3 years management experience for Manager position
- Previous supervisory experience for Team Lead position
- High school diploma or GED

We offer tuition reimbursement, competitive pay, health benefits, incentives, 401K, employee stock purchase plan, a healthy work environment and a variety of other rewards, in an effort to create a valuable employment experience.

To submit your application and resume prior to the job fair, please visit www.parallon.com/careers, Select "View Opportunities" Under Business and Operational Careers category.

Enter keywords: Parallon, Registrar, Reston, StoneSprings.



Parallon Richmond Shared Service Center, an affiliate of HCA (Hospital Corporation of America), was formed in 2000 as part of a revenue cycle shared services for healthcare providers. Our business office supports acute care facilities in multiple states including Virginia, as well as across the United States.

EOE
(Minority/Female/Veteran/Disabled)

COVANTA

Powering Today. Protecting Tomorrow.

CAREER FAIR

Thursday, November 12, 2015

12:00 pm – 5:00 pm

Comfort Inn

8180 Silverbrook Rd, Lorton, VA 22079

Covanta is growing and investing in its Fairfax Energy-from-Waste facility.

15+ positions available.

IMMEDIATE HIRES • Walk-ins Welcome

- | | |
|---------------------------------|---------------------------|
| • Maintenance Supervisor* | • Auxiliary Operator* |
| • Maintenance Planner* | • Equipment Operator |
| • Shift Supervisor* | • Scale House Operator |
| • Control Room Operator* | • Tipping Floor Attendant |
| • Maintenance Mechanic/ Welder* | |

*Prior experience in a power plant is required/desired

For more information, please visit:

covanta.com/careers

An Equal Opportunity Employer

21 Announcements

21 Announcements

26 Antiques

26 Antiques

SAVE \$500*

*Any job over \$3,000. Good only when presented at time of free inspection. Not to be combined with any other offer.

Foundation & Structural Repair • Concrete Lifting
Crawl Space Moisture Control • Basement Waterproofing

FREE INSPECTION & ESTIMATE

888-876-3113
www.jeswork.com

JES
Foundation Repair
Crawl Spaces • Waterproofing



We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.
Schefer Antiques
703-241-0790
theschefers@cox.net

21 Announcements

21 Announcements

21580 Atlantic Blvd. #120 Sterling, VA 20166

703-444-7804
www.VAGoldBuyers.com

Latinos como tú sirviendo a nuestra comunidad

- We are Local
- We Buy Gold, Silver and Diamonds
- Over 40,000 Satisfied Customers
- We are Licensed and Specialize in State Sales

Not Ready to Sell? Please call us for our Lending Options!

THE CONNECTION NEWSPAPERS

CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All Your Advertising Needs...

It Works. Week After Week.

703 917-6400

Place Your Ad Today!

THE CONNECTION to your community

Donate A Boat or Car Today!

BoatAngel

"2-Night Free Vacation!"
1-800-CAR-ANGEL
www.boatangel.com

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN



Outer Banks, North Carolina - Vacation Rentals



Reserve your family vacation today!

- Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla
- Fall Weeks... Still feels like summer - Discounts!!!

Brindley Beach
VACATIONS & SALES

877-642-3224 . www.brindleybeach.com

CDL TRAINING FOR LOCAL/OTR DRIVERS!

\$40,000-\$50,000 1st Year!

4 Weeks or 10 Weekends



Veterans in Demand!



Richmond/Fredericksburg 800-243-1600
Lynchburg/Roanoke 800-614-6500
LFCC/Winchester 800-454-1400

LIFETIME METAL ROOFING

by VA CAROLINA BUILDINGS

VACarolinaBuildings.com



Licensed & Insured
Financing Available w/ac
Competitively Priced
Lifetime Warranty
Local Contractor
Energy Efficient

WE ALSO BUILD SHOPS, GARAGES & BARNES!

MetalRoofover.com
Call For Your Free Roof Inspection! **434-645-7411**
1-800-893-1242

TURN BACK THE CLOCK AND FALL BACK INTO FITNESS!



**30
Days
for \$30**
No obligation

Do remember a time when you felt your absolute best? You felt great, you looked great. You had energy to do whatever you wanted to do. You are too young to feel so old. It's time to turn back the clock and be in the best shape of your life.

Koko FitClub is here to help. Come try 30 days of complete fitness and coaching for just \$30. That's a full 30 days of customized, total-body strength and cardio training with support from a professional fitness coach to help you succeed.



You can turn back the clock and return to that fit, healthy, strong and lean person you always knew you could be. Come get started and change your life today.

I've never been a regular exercise enthusiast. This is the first gym where I feel like I belong. I find the extra strength and encouragement I need in all the trainers. I really feel strong now for the first time in my life! Thank you Koko for changing my life - I feel amazing.

- ELLIOT HEAPES, HERNDON, VA

To get started with your trial membership, simply call or stop by a location below. Live healthy, live the Koko lifestyle.

Koko FitClub of Great Falls | 561-612-2333 | greatfalls.kokofitclub.com/30for30

Koko FitClub of Herndon | 571-612-2331 | herndon.kokofitclub.com/30for30

Koko FitClub of Reston | 571-612-2333 | reston.kokofitclub.com/30for30