

Herndon High To Present 'The Lion, The Witch and The Wardrobe'

ENTERTAINMENT, PAGE 10

Herndon senior Annie Taylor, who will be using stilts in her role of the White Witch, rehearses for the December production of the "Lion, the Witch and the Wardrobe." There will be 16 tech students working on technical aspects of the production which will be produced at Herndon High.

Transportation Strategy Update Launched

NEWS, PAGE 3

Truly Cultivating Community

NEWS, PAGE 5



— REAL STORIES FROM THE EXPRESS LANES —

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- Luis B.
Woodbridge, VA

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See more real stories from the Lanes at ExpressLanes.com



Luis's story was one of our winning entries in our "Express Lanes Love Story" promotion.

Transportation Strategy Update Launched

Northern Virginia Transportation Authority launches work on a six-year TransAction program.

BY ANDREA WORKER
THE CONNECTION

Members of the Northern Virginia Transportation Authority (NVTA) chose an appropriate location to announce the launch of the organization's TransAction update efforts last week. NVTA chairman Martin Nohe, a supervisor on the Prince William County Board of Supervisors, and Sharon Bulova, chairman of the Fairfax County Board of Supervisors and a member of the NVTA, met with other transportation agency representatives and members of the media in a gravel-filled construction staging area alongside the interchange between Route 7 and the Dulles Toll Road. In the months to come, the ground they stood on will be transformed into a major component of a roadway expansion and improvement project in the heavily trafficked area.

IN AUGUST, NVTA began a major update to TransAction 2040, the plans developed to address transportation in Northern Virginia through the year 2040. It is the first update to the plan since the passage of HB 2313 by the Virginia Legislature in 2013, the bill that provided the region with a sustainable, dedicated revenue stream of more



From left: Martin Nohe, chairman of the Northern Virginia Transportation Authority, launches the update of the organization's TransAction transportation plans for the region with Authority member and Chairman of the Fairfax County Board of Supervisors Sharon Bulova. Dr. Dee Allsop, CEO of Heart+Mind Strategies, was available for questions regarding the survey his company conducted for NVTA as part of the update process.

than \$300 million annually with which to tackle the transportation problems of the nine jurisdictions that are covered by the NVTA.

Many residents in those jurisdictions don't know that NVTA has a comprehensive, long-range transportation strategy. A recently completed survey, commissioned by the NVTA as part of the update, revealed that only 8 percent of Northern Virginians were

aware of the existence of TransAction. "In fact," said Nohe, "the number may be even lower," since he believes that some respondents may have answered that they were aware of the plan "without really knowing what it's all about." Some might not even know about the NVTA itself. These are two omissions of knowledge that Nohe and the NVTA have plans to remedy.

A new, interactive website is step one of

the NVTA's endeavor to educate the public and will include a number of "avenues to participate" in the process. Both the NVTA's web site, www.thenovaaauthority.org, and the new site, www.NVTATransaction.org provide easy-to-read documents that describe and track the organization's many projects, either completed, in progress, or on the books.

Next will be a major outreach campaign. NVTA staff will be heading out, armed with tablets, to "the places where people live, work, and play," said Nohe, educating, but more importantly, gathering input from constituents. The NVTA can speak with one voice on behalf of Northern Virginians, but Nohe and Bulova acknowledged that transportation problems and potential solutions were not necessarily "one-size fits all" across Planning District Eight, from rural portions of Loudoun County to the congestion faced by residents of Arlington, or from Metrorail users to drivers on the choked major arteries connecting the region. Input from all areas is essential to the success of any plans and critical to meeting the authority's mandate.

THE UPDATE process is expected to last about two years, targeted for completion in late summer/early fall of 2017. When adopted, the final version of the update will be known simply as TransAction and it will guide the NVTA's Six Year Program, covering FY2018-2023, and allocating over \$1 billion to multi-modal transportation improvements during that period.

Bulova urged citizens to visit both websites, to review the findings of the survey and to provide feedback. "It's my core belief," she said, "that a well-informed and educated community is a well-served community."

Voter Services Chair Recognized by Board of Supervisors

The Fairfax County Board of Supervisors presented the Barbara Varon Award to Sidney Johnson, Voter Services chair of the League of Women Voters of the Fairfax Area (LWVFA), on Nov. 17. This Award was created to honor Barbara Varon, who served as Chairman and Vice Chairman of the Fairfax County Electoral Board. It is awarded annually and shows appreciation for a county resident's "dedication to improving the community through volunteer service".

Nominees for the award must be a Fairfax County resident, demonstrate an appreciation for the diversity of our community's population and exhibit patriotism by participating in electoral process, educating others about the rights and privileges of all citizens to participate in electoral process, and/or participating in voter registration outreach.

Johnson, in her volunteer position as Voter Service Chair for three years, has



Sidney Johnson, of the League of Women Voters of the Fairfax Area, receives the Barbara Varon Award for improving community through volunteer service.

organized and participated in many voter registration drives as well as in a variety of voter outreach projects. She reached out to

a variety of diverse groups to increase voter participation and has been especially passionate about getting underrepresented citi-

zens engaged in activities that are civic, including voting. She has coordinated and overseen the publication of various voter guides such as Facts for Voters, the Voters' Guides, and a handout that lists all issues as well as candidates on the ballots.

This year Sidney organized 13 Meet and Greet Candidate Forums throughout Fairfax County, with the help of volunteers. These forums aimed to inform the public and give voters an opportunity to meet and interact with the candidates as well as to learn their positions on the important issues. In an attempt to reach more voters, Sidney helped organize the first televised Meet and Greet forums for the candidates for the Senate, House of Delegates, Sheriff, Clerk of the Court, and Soil and Water Commissioners.

—HELLEN KELLY
AND PEGGY KNIGHT

NEWS

Herndon HS NJROTC Competes in Field Meet, Raises Awareness for Cancer

Herndon High School Navy Junior Reserve Officers Training Corps (NJROTC) cadets hosted and competed in the George Washington University Field Meet on Saturday, Oct. 17. GWU Navy ROTC midshipmen officiated. The Herndon cadets were joined by six other units from Virginia and Maryland in a show of grueling physical fitness competitions and good sportsmanship. The Herndon group wore bright pink shirts bearing "Sting Cancer" to raise awareness for breast cancer research.

To learn more about Herndon High School's NJROTC program, visit <https://sites.google.com/a/navyjrotc.us/herndon-njrotc/>.



Members of Herndon High School's NJROTC compete against six other teams in a field meet on Saturday, Oct. 17

PHOTOS CONTRIBUTED



Herndon High School NJROTC cadets puts teamwork to the test in an exercise called the Australian Trolley.

WEEK IN HERNDON

Wreaths Across America Honor Local Heroes

National nonprofit Wreaths Across America is working hard to ensure no veteran from Herndon is forgotten this holiday season and fundraising has begun for this year. On Dec. 12, National Wreaths Across America Day, live, balsam remembrance wreaths will be placed at the graves 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. 12 at noon to ensure that the over 500 veterans, who served to protect freedom are not, and never will be, forgotten. The ceremony is open to all.

For the second year, the Town of Herndon in partnership with the Herndon Woman's Club, a 501(c)(3) nonprofit civic organization, will join Wreaths Across America to honor veterans laid to rest at Chestnut Grove Cemetery. 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. The goal is to place commemorative wreaths on every veteran's grave. Volunteers, including Girl Scouts, Eagle Scouts, and Boy Scouts from Herndon will assist with the wreath placement.

Officially established in 1872, Herndon's Chestnut Grove Cemetery is the final resting place of veterans, dating back to the War of 1812.

The cemetery is located at 831 Dranesville Rd, Herndon.

Herndon Foundation for the Cultural Arts Receives Grant

The Herndon Foundation for the Cultural Arts has been selected to receive a 2016 Arts Council of Fairfax County Operating Support grant in the amount of \$8,214.66. The award, which is more than double the amount the Foundation received in the previous year, will help support building and staff costs during the Foundation's current fiscal year.

On the award, the Foundation's Executive Director Kitt Potter said, "We have made great strides this year to advance our visual and performing arts and education offerings on behalf of our local, regional and national patronage. This generous award from the Arts Council of Fairfax County is a great vote of confidence in our mission and accomplishments."

For further information about upcoming art exhibits, concerts, workshops and classes please visit www.artspaceherndon.org.



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NEWS

Mario (white shirt) and Andrea (holding certificate) Weber, surrounded by friends and members of the Cultivating Community Initiative, the volunteer group that produces the Good Neighbor Award.



PHOTO CONTRIBUTED

Truly Cultivating Community

Herndon couple receives good neighbor award along with a mountain of gratitude.

BY KEN MOORE
THE CONNECTION

Eleven different neighbors nominated Mario and Andrea Weber to receive the Town's Good Neighbor Award.

"Knowing Mario and Andrea are here in Herndon gives us peace of mind," according to neighbors. "Their thoughtful and genuine love for their neighbors and the Town of Herndon are evident each and every day."

Barbara Glakas and Tooran Shadman from the town's Cultivating Community Initiative presented the award at Herndon's Town Council meeting on Nov. 10.

"It is easy to be a good neighbor when you live in a good neighborhood," Mario Weber said after receiving the award and hearing what the neighbors said about him and his wife.

He and Andrea moved to Bruce Court in Herndon on Nov. 10 four years ago, the same date the award was given to them.

"These guys opened their arms to us," said Mario Weber. "They are the best neighbors."

THE NEIGHBORHOOD celebrated with the Webers at the Town Council meeting; they said the Webers have made the neighborhood a part of their family.

The Town's Cultivating Community Initiative gives the award annually to recognize citizens "who give over and beyond the call of duty, to help out their neighbors, and do things to make the neighborhood a better place to live."

"You weren't just nominated by one neighbor, you were nominated by 11 neighbors. Your neighbors tell us that when you moved here a few years ago, you embraced living in the Town of Herndon," said Glakas.

"They tell us you always make yourselves available to anyone for anyone who needs you, you brighten everybody's day with constant good cheer, you are true friends," she said.

Glakas gave numerous examples of the Webers providing help — installing windows, taking care of pets, shoveling snow and sidewalks, helping with heavy lifting, fixing rooftops or bathrooms, inviting the neighborhood to cookouts, and cooking a meal for 120 people at the Embury Rucker Shelter in Reston.

"Their sense of community is unparalleled," Glakas said neighbors told her. "They embody all the values we espouse to as a community, Town and a country."

Weichert Offices Host Toy Drive

Members of the community are invited to drop off new, unwrapped toys at the Weichert Company sales offices through Dec. 11. The toys will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children.

"As we get into the holiday spirit, it's important to remember those children who are less fortunate, and to do our part to help brighten their holiday season," said Jim Weichert, president and founder of Weichert, Realtors.

Weichert employees at the company's corporate headquarters, as well as in other company locations throughout the United States, will also participate in the yearly community service event. To date, the annual toy drive has yielded hundreds of thousands of items for underprivileged children in the communities Weichert serves. Last year, more than 13,000 toys were distributed to charitable and service organizations.

To make a donation, visit any Weichert, Realtors sales office. To find your local office, please go to www.weichert.com/offices/.

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.

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 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.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, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.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.

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.

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OPINION

Fixing I-66

BY STEWART SCHWARTZ
COALITION FOR SMARTER GROWTH

We all know I-66 is a mess. But politics have made it difficult to have an objective discussion about the causes and potential solutions. Not only did the recent election include dramatic T.V. ads about tolls, the first bill proposed for the coming General Assembly session would ban tolls inside the Beltway. Its sponsor favors widening all the way to the Roosevelt Bridge in D.C. instead. To some that seems intuitive, but will it actually solve the problem?

COMMENTARY

At its most basic we have too many cars trying to use limited road space during peak hours. The traditional approach has been to widen highways – again and again, but has meant significant impacts on our homes, neighbors, parks, and our health. And “if you built it we will come” — new highway lanes in metropolitan areas can fill up again in as few as five years. In the particular case of I-66, where would all of the additional cars go when they hit Constitution Avenue in D.C. or exit onto

local roads in Arlington? In contrast to the \$40 million for toll infrastructure, widening of I-66 could cost hundreds of millions of dollars and lead to years of construction-related traffic delays.

The Governor’s proposal for variable tolling, carpools, and transit will move twice as many people through the corridor as today, with far greater reliability and a minimum guaranteed speed of 45 mph. And, unlike today, single-occupant vehicles will be able to use the highway in the peak direction for the first time, albeit by paying a variable toll. No one who is currently using the highway for free today (HOV-2 and above) will have to pay anything when the plan is implemented in 2017. The public will also retain ownership of the revenues, allowing funding for transit to carry even more people.

Outside the Beltway, the state proposes privately-operated HOT (high-occupancy toll) lanes like those on I-95 and the Beltway. Unlike the two prior projects, I-66 would include funding for more commuter express buses. But the new lane capacity may well lead to still more growth 30 miles beyond D.C. and yet

Politics is getting in the way
of long-term solutions.

more traffic in the future.

Under both Republican and Democratic administrations, Virginia failed to evaluate the longer-lasting benefits of a transit-first approach combining Metro, Virginia Railway Express, and commuter express buses, with better land use and fixes to bottlenecks like the Route 28/I-66 interchange. Providing more homes closer to jobs, and creating the compact, walkable, mixed-use and transit-accessible neighborhoods that are so much in demand today will reduce the amount we have to drive.

We have to think more carefully about how we handle growth. Do we keep expanding highways, destroying our neighborhoods and quality of life in the process? Or do we address where we build and how we design our communities, in such a way that we can drive less and for shorter distances, and have access to more options like Metro, VRE and express buses? This is the conversation we need to have.

*Stewart Schwartz is executive director of the Coalition for Smarter Growth
www.smartergrowth.net*

Where Domestic Violence and Homelessness Meet

BY JOE MEYER
EXECUTIVE DIRECTOR & CEO
SHELTER HOUSE, INC.

What if you wake up one day in fear of your physical safety? What would you do if you had absolutely no access to any of your bank accounts? What if you found yourself completely isolated from your friends and family and had no resources? Unfortunately, these are the very real situations that victims of domestic violence find themselves in before they seek out support and shelter.

Shelter House, Inc. operates Fairfax County’s only 24-hour emergency domestic violence shelter, Artemis House. This past year, Artemis House increased its bed capacity from 34 to 42 trying to meet the needs of the 60-100 individuals who call the Artemis House hotline on a monthly-basis.

One recent Artemis House resident “had no access to the family account, credit/debit cards. [The abuser] did not even give her, as we often see, an ‘allowance.’ She could not even ask for feminine hygiene products. He made all the financial decisions and still accused her of stealing money,” says Suzanne Pigg, director of Artemis House.

Statistics show that 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime. Chances are you either have been or know someone who has been in a situation of domestic violence. And in 2015, 41 percent of adults in families who were homeless reported that it was because of domestic violence. This is an alarming increase from 33 percent in 2014.

Because of the overlapping circumstances of homelessness and domestic violence, Artemis House isn’t the only safe-haven for victims of domestic violence. Shelter House operates two other family shelters — Katherine Hanley and Patrick Henry Family Shelters, that house an overwhelming amount of homeless families who have also experienced and been affected by domestic violence. This is an addition to Shelter House’s transitional and permanent supportive housing services — programs that also see a large amount of cases where families are affected by domestic violence.

Why are so many families who are homeless affected by domestic violence? One big reason is 98 percent of domestic violence cases involve financial abuse. Many families who are homeless have experienced having an abuser control their access to accounts, imposing a strict allowance

of funds or coercing them into signing documents for loans or leases. The ways in which financial abuse occurs varies, but is consistent threat and serves as an effective and damaging way for an abuser to keep a victim under their control.

Domestic violence, and the homelessness that it can lead to, are not separate or isolated issues. They are intertwined issues that affect individuals and families and communities. It is up to us as a community to speak out against abusers and stand in solidarity with those who have been victim of domestic violence and financial abuse. Part of Shelter House’s outreach efforts this year have included participating in the Purple Purse Challenge, a national month-long awareness and fundraising campaign held in October aimed at promoting financial empowerment. But much like homelessness and domestic violence, our outreach does not end in October. Help us raise awareness and make an impact by visiting www.shelterhouse.org and find out ways you can get involved.

If you or someone you know is experiencing domestic violence, contact the 24-hour county hotline or Artemis House hotline to discuss: 24 hour hotline/helpline: 703-360-7273, TTY: 703-435-1235 Artemis House: 703-435-4940

LETTERS TO THE EDITOR

Board of Supervisors Promotes Right to Vote

To the Editor:

The League of Women Voters of the Fairfax Area (LWVFA) commends the Fairfax County Board of Supervisors (BOS) for their 2016 Legislative Program that includes specific requests in support of qualified Virginians’ right to vote.

The Legislative Program asks for “no-excuse” absentee voting and ex-

tended polling hours; legislation to find an appropriate balance between “maintaining integrity of elections” without interfering with the right to vote; examining effects of voter ID law before enacting any future voter ID laws. In addition, ...“reactions at the state and federal levels to the recent Supreme Court decision, striking down Section IV of the Voting

Rights Act which eliminated the requirement that changes to Virginia’s election laws be ‘pre-cleared,’ should be closely monitored. Additionally, the Legislative Program also requests greater state financial support for election administration.”

The LWVFA also commends the BOS for their foresight in recently purchasing new voting machines and

in training election staff to use them before the 2016 Presidential election.

The LWVFA will continue to lobby for the introduction and passage of bills that would increase voter participation in elections and would protect eligible Virginians’ constitutional right to vote.

Helen Kelly

League of Women Voters of the Fairfax Area

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NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic

Editor ♦ 703-778-9414

kemal@connectionnewspapers.com

Amna Rehmatulla

Editorial Assistant

703-778-9410 ext.427

arehmatulla@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

Don Park

Display Advertising

703-778-9420

donpark@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



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Fairfax Water

NOTICE OF PUBLIC HEARING ON WATER RATE AND PROPOSED 2016 BUDGET

At 6:30 p.m. on Thursday, December 17, 2015, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges and its proposed 2016 Budget. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes to the Schedule of Rates, Fees and Charges, to be effective April 1, 2016, include the following:

1. An increase in the Availability Charge from \$3,950 to \$4,100†.
2. An increase in the Local Facilities Charge from \$9,750 to \$10,240.
3. An increase in the Service Connection Charge from \$1,090 to \$1,150†.
4. An increase in the Account Charge from \$36 to \$37.
5. An increase in the Quarterly Billing Service Charge from \$9.80 to \$10.10†.
6. An increase in the base Commodity Charge from \$2.55 to \$2.68 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.55 to \$3.80 per 1,000 gallons of water.
8. An increase in the Turn Off / Turn On Charge from \$50 to \$52.
9. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
10. A decrease in the Overhead Charge for Labor from 110% to 104%.
11. A decrease in the Overhead Charge for Materials from 25% to 16%.
12. An increase in the Installation of Sewer Use Meter Charge from \$45 to \$46.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is proposing a \$170.4 million budget for calendar year 2016*. Revenues are expected to be \$170.4 million in 2016. Water sales are expected to provide \$147.3 million. Approximately \$23.1 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-- \$1,000s --	
	2015	2016
Personal Services & Employee Benefits	\$ 53,891	\$ 55,581
Power and Utilities	10,677	10,750
Chemicals	6,335	7,857
Purchased Water	6,717	6,090
Supplies and Materials	4,985	5,113
Insurance	1,017	1,050
Fuel	781	880
Postage	637	664
Contractual Services	9,930	10,422
Professional Services	1,146	1,046
Other	2,363	2,447
Sub-Total	98,479	101,900
Transfer to Improvement Fund	(9,669)	(9,616)
Total	\$ 88,810	\$ 92,284

Net revenues are expected to be appropriated as follows:

Debt Payment	\$41,417,000
Improvement Fund	\$11,000,000
General Fund	\$24,131,000

*Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

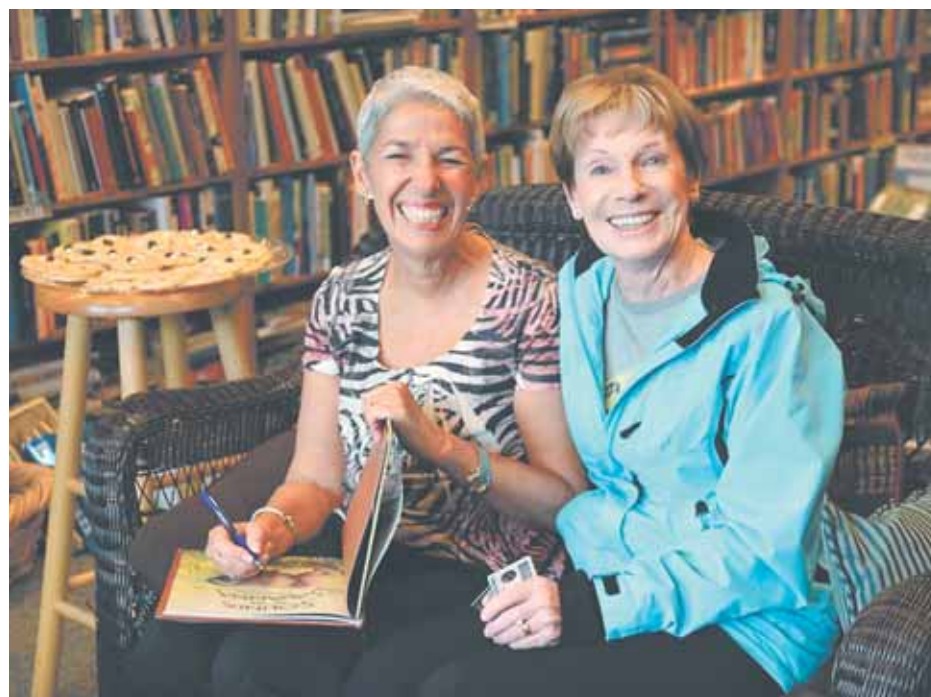
A copy of the proposed changes to the rates and the 2016 budget can be viewed on our Web site at http://fairfaxwater.org/current/public_hearing_2015_12_17.htm. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Mr. Ken Lasso at 703-289-6194. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on **Wednesday, December 16, 2015** to be included in the record of the public hearing.



Tatum and John-Michael Lyons help author Terry Catasus Jennings make some faces to try and imitate the vocalizations described in Jennings' new book "Sounds of the Savanna." Wonder which animal looks like that when it "speaks?"



PHOTOS BY ANDREA WORKER/THE CONNECTION

It wasn't just the youngsters who enjoyed a reading by local author Terry Catasus Jennings (left). Restonian Pat McDonnell stopped by to visit her friend and check out the recently published book.

Reston Author Shares New Book

BY ANDREA WORKER
THE CONNECTION

"Dawn kisses the grasslands of the savanna. A lion roars. Long vocal cords vibrate in his throat – back and forth, back and forth. The cords make the air around them move. When one molecule of air moves, its neighbor moves – back and forth, back and forth."

So opens award-winning author Terry Catasus Jennings' new book, "Sounds of the Savanna." Born in Havana, Cuba, Jennings moved to the United States as a teenager, ultimately becoming a Restonian after graduating from the University of Richmond in the fields of Maths and Physics. No wonder her books and other writings, aimed at young readers from kindergarten through fifth grades, are centered on science and understanding the natural world around us.

Her first book, "Gopher to the Rescue! A Volcano Recovery Story," follows the adventures of gopher and a variety of his woodland animal and plant neighbors who survive a volcano and then participate in the journey to bring the seemingly "dead" mountain back to life with the routines of their daily lives.

On a recent drizzly Saturday afternoon, Jennings greeted visitors to the Reston's Used Book Shop in Washington Plaza on Lake Anne with homemade cookies and read her new book to a number of youngsters – and quite a few equally enthralled adults. No matter how many times she read the story as a new group wandered in, Jennings made each telling seem like the first. Her reading style soon had her listeners joining in, answering questions, guessing what came next, and relating what they heard to an experience of their own.

MOST OF THE TIME she sat with her young audience on the floor, turning the



pages for all to see and sharing the story's illustrations by Maryland artist Phyllis Saroff. "Her drawings really help bring the action to life, like you are on the savanna," complimented Jennings. The audience seemed to agree as they studied the drawings on each page before moving on to the next.

In "Sounds of the Savanna," the author educates on a number of topics, from the mechanics of animal vocalization and the way in which animals use sounds to communicate, to the cycle of life performed by predator and prey. Not all of the creatures between the pages survive, but the gentle way in which Jennings explains how that

cycle is necessary for the survival of *all* the species keeps the story from falling into a "Bambi"-type tearfest. "You feel sorry for them, you know, the ones who don't make it," said 10-year-old Tommy McKeon from New Jersey who was visiting cousin Kacey Banga in Reston. "But it's the food chain, and you need it to keep all of them."

Jennings is already at work on another book for publication in 2016. Titled "Magnetic Magic," the book will feature a young female character that Jennings says will appear in other adventures in the future and it will center on "I bet you can guess," she laughed. Even the youngest of her audience had no trouble shouting out "magnets!"



Just waiting for the next reader to wander by at Reston's Used Book Shop and pick up "Sounds of the Savanna." Aimed at readers from kindergarten to fifth grade, the story is a fun learning lesson for all ages.

From left — Tommy McKeon, 10, Terry Catasus Jennings and Kacey Banga, 9, enjoy a reading of Jennings' new book "Sounds of the Savanna" at Reston's Used Book Shop at Lake Anne. Kacey and her cousin Tommy came in and were initially attracted by the homemade cookies that Jennings had brought with her, but soon found themselves engaged in the story, answering questions and guessing what was coming next as the pages were turned.

JENNINGS adds interesting facts and even experiments and research projects at the end of her books, and additional teacher resources for both "Gopher" and "Sounds" are available on her website at www.terrycattasus.com. She is a much sought after speaker and appears at schools, libraries, conferences, and even zoos! In addition to her books, she has written for The Washington Post and Ranger Rick and contributes to the Science and Technology for Children Concepts series.

"Sounds of the Savanna" is available at the Reston's Used Book Shop and on Amazon, both in hardcover and Kindle editions.

WWW.CONNECTIONNEWSPAPERS.COM

Merry and Fit

BY MARILYN CAMPBELL
THE CONNECTION

Just after 7:30 on a recent Sunday morning, the steady beat of Cold Play's "Viva la Vida" pulsed through the warm, sleepy air. In the back of the dim room, lit only by a lavender florescent strobe, were four women perched on stationary exercise bikes. At the command of the instructor, they stood up on the pedals, leaned in to the space in front of them and started to climb a virtual hill.

"If these classes and our workouts weren't fun it'd be hard to get motivated, especially this early in the morning," said Jennifer Henry, one of the women.

The women, all friends, are taking an early morning spin class in an effort to achieve a common goal: to stay in shape and fend off weight gain during the holidays. They've formed what they refer to as a holiday fitness team. During the days between Thanksgiving and New Year's Day, the average American will pack on at least an extra pound that they won't shed, according to the New England Journal of Medicine.

So seeking out like-minded people and forming a support group with the goal of staying motivated, disciplined and accountable when it comes to health and fitness is

an effective weapon in the war on holiday bulge. The group concept is a fitness trend that becomes more useful during the season of indulgence, say experts.

"Working out in groups offers camaraderie and accountability," said Paul Raker, YMCA Alexandria, Virginia, which offered a "Find Your 150" program aimed at encouraging healthy eating and at least 150 minutes of cardio exercise each week. "What you'll find is that people are more likely to show up [for exercise] when they have a friend or small community as opposed to the person who tries to do it on their own."

Henry says her group has created a schedule that, in addition to their Sunday morning spin class, will include a once-weekly power walk at 8 o'clock in the evening, a weekly standing appointment with a trainer and an early morning bike ride. While they say that it is unlikely that each woman will make all of the sessions during the entire holiday season, they hope that having a road map will keep them on track. "If we didn't have any sort of plan, our group would totally fall by the wayside," she said. "We're making it as convenient for ourselves as possible to make sure we stick with it."

Before developing a schedule, there needs to be an acceptance by group members that the season will likely have an impact on

one's diet and ability to exercise, said Bethesda, Maryland-based Kate Heller, a certified personal trainer and CrossFit trainer.

"Even if you find yourself missing a Zumba class or with less time to spend at the gym, it's still important to make exercise a priority," she said. "If you are over scheduled and can't get in a full workout, set aside time to at least do something to break a sweat and get your heart rate up."

Heller suggests maintaining a schedule by setting a calendar or smartphone reminder as you would for a doctor's appointment. Planning early morning workouts, like those of Henry's group, can head off scheduling conflicts.

"No one will have an office holiday party or meeting scheduled for 5 a.m.," said Lauren Blumenthal, an Arlington-based wellness coach. "Even a short cardio routine that gets your heart rate up and boosts your metabolism can help you feel healthier during the rest of the day."

Meeting a group of friends to plow through a Crossfit workout DVD or having pool of buddies to source when looking for healthful recipes that will hold up against calorie-laden holiday fare is another benefit of group fitness. "We found that when we offered nutrition seminars and then had a

potluck dinner where all of the group members prepared and brought a healthy dish, it was a great way to benefit from shared knowledge," said Raker.

When an evening holiday party is on your calendar and the temptation of heavy chocolate Yule logs and rum-spiked eggnog lurk in the subconscious, meal skipping to conserve calories should not be part of the health plan, says Sarah Leonard, an Oakton-based dietitian.

"You'll be ravenous by the evening and ready to eat everything in sight," she said. "If you know you'll be in a situation where you're tempted to eat rich and unhealthy food, eat small, vitamin-packed bites throughout the day. Try half of an avocado with a tomato or celery with a teaspoon of peanut butter. These are vitamin-packed and have good fat, so they're filling."

The group should acknowledge that the holiday season will be filled with merriment and temptations to indulge, and it's ok to yield to those desires with caution, says Blumenthal. "The goal of a fitness group shouldn't be to lose 10 pounds before the New Year. That's too restrictive and unrealistic and could backfire," she said. "Focus on not gaining any weight and on maintaining any fitness achievements you've acquired this year, like increased endurance."

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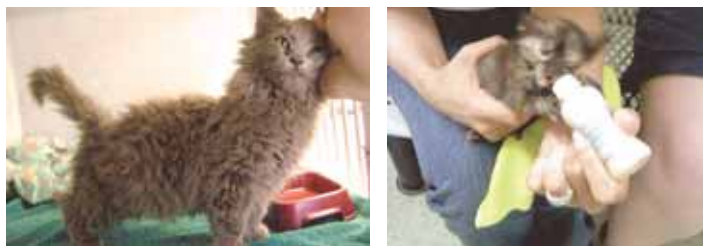
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Send announcements to herndon@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

Ethereal and Natural Reactions.

Through Sunday, Dec. 6. 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. Free. <http://www.artspaceherndon.com/ethereal-and-natural-reaction>. 703-956-6590.

Seussical the Musical.

Dec. 4-20. Times vary by performance. NextStop Theatre, 269 Sunset Park Drive, Herndon. Bring the whole family along for this musical spectacular featuring all your favorite Dr. Seuss characters! The cast of Seussical features local young actors in 3rd through 11th grades. \$25. 866-811-4111. boxoffice@nextstoptheatre.org.

Gingerbread Village at Hyatt Regency Reston.

Saturday, Dec. 5 through Thursday, Dec. 31. The Hyatt Gingerbread Village is a holiday tradition presented annually since the hotel's opening in 1990. The sweet, whimsical, classic holiday village scene is on display in the main lobby. reston.hyatt.com.

Horse-Drawn Carriage Rides.

Saturdays, Dec. 5, 12 and 19. 4-9 p.m. Departures on Market Street in front of Talbots at Reston Town Center. \$5 per person; children 5 and under ride free. All proceeds benefit local charities. www.restontowncenter.com/holidays.

Mini-Train Rides.

Sundays, Dec. 6, 13, 20. Noon-4 p.m. Pick up on Market Street in front of Talbots at Reston Town Center. Donated proceeds benefit local charities. www.restontowncenter.com/holidays.

Holiday Gift Wrapping.

Dec. 19-22, Noon-6 p.m. Dec. 23, 10 a.m.-6 p.m. Dec. 24, 10 a.m.-4 p.m. Hyatt Regency Reston, 1800 Presidents St., Reston. Gifts will be beautifully wrapped while you shop or work, same-day service. Donations benefit 22,000 needy kids with school supplies. Presented by Kids R First with support from the Hyatt Regency and Appalachian Spring. kidsrfirst.org. appalachianspring.com.

Rebecca Kamen: Continuum.

Dec. 1-Feb. 13. Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Kamen. Informed by research into cosmology, neuroscience, history of science, and philosophy, Kamen's abstract sculptures and paintings connect common threads across various scientific fields to capture and re-imagine what scientists see. restonarts.org. 703-471-9242.

Reston Town Center Ice Skating Pavilion - 2015-2016 Season.

November through March. Open daily. 11900 Market Street, Reston. For more information on rates, rentals and schedules, call 703-709-6300 or visit skating@restontowncenter.com.

Portrait and Figure Painting with Jordan Xu.

Wednesdays, Nov. 4-Dec. 23. 7-10 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Come and learn how to paint portraits and figures in oil, acrylic or pastel from a live model. In this class you will gain the knowledge of basic painting concepts and techniques such as value, color temperature, composition and transition. Step-by-step instructions will take you through the entire

SEE CALENDAR, PAGE 11



PHOTOS BY RYAN DUNN/THE CONNECTION

Herndon High students rehearse for the December production of C.S. Lewis' "The Lion, the Witch and the Wardrobe." Lewis dedicated the book to his goddaughter Lucy Barfield. Most of the play is set in Narnia, a land of talking animals and mythical creatures.



Herndon senior Annie Taylor, who will be using stilts in her role of the White Witch, rehearses for the December production of the "Lion, the Witch and the Wardrobe." There will be 16 tech students working on technical aspects of the production which will be produced at Herndon High.

Herndon High To Present 'The Lion, The Witch and The Wardrobe'

New drama teacher brings Narnia to Herndon.

BY RYAN DUNN
THE CONNECTION

Since September, students at Herndon High School Theatre have been preparing an action-packed presentation of C.S. Lewis' "The Lion, the Witch and the Wardrobe." This dramatization will delight audiences young and old with a story of love, courage and faith. It is also the school's first production directed by Herndon High's new drama teacher, Morganne Davis. Davis replaces theatre director Zoë Dillard, who has retired. "I think Ms. Davis has brought a new element to the production," said senior Melanie Simpson, who plays the Unicorn.

Davis has a background as a professional actor and theatre artist. "I am thrilled to have found a community as vibrant as Herndon High School (HHS). I am overwhelmed by the support and excitement from the parents, students, fellow faculty and staff members, administrators and the community at large...My goals for the program are to give students a safe and welcoming space in which they can discover themselves as theater artists. I aim to continue to expand and question their idea of what theater is, as well as enrich the Herndon High School community by providing meaningful and relevant theatrical experi-

ences," said Davis.

"The Lion, the Witch and the Wardrobe" is a fantasy novel published in 1950. It was the first of seven novels in The Chronicles of Narnia and one of C.S. Lewis' best known books. Most of the novel is set in Narnia, a land of talking animals and mythical creatures. "This is one the more tech heavy shows I have been in," said senior Annie Taylor, who will be using stilts in her role of the White Witch. There will be 16 tech students working on technical aspects of the production. Although the production has many elements including duels and narrow escapes, it will not be entered into the Cappies (Critics and Awards Program) competition.

HHS senior Nathan Burns who last year portrayed Peter Pan plays Peter Pevensie, eldest of four siblings who journey into Narnia. "We miss Ms. Dillard, but now we are exploring new acting techniques such as American realism and method acting... I think it is going to be an awesome show," said Burns. "Ms. Davis has been a big help, be prepared for a lot of surprises," said senior Robin McGrath, who has the role of Lucy Pevensie. Playing Susan Pevensie is Jessie Jorgensen, and cast as Edmund is Ryan Muha.

PARENTS AND FAMILIES can look forward to seeing how the Narnia world will be brought to life. "One of the hardest things was getting some of the physical motion down for animal characters,"



Herndon High's new drama teacher, Morganne Davis, replaces theatre director Zoë Dillard, who has retired. From Dec. 3 through Dec. 6, the Herndon drama class is showing a production of C.S. Lewis' "The Lion, the Witch and the Wardrobe."

said sophomore Hannah Overton, who plays the White Stag. The play features fight scenes, sound effects, as well as a puppet for the character Aslan, voiced by senior Thomas Phelps. Three guest artists from the professional D.C. theater scene have worked on this production with the students: Rachel Hynes was the movement coach; Joshua Rosenblum led the students in puppet design and construction; and Megan Behm choreographed the battle scenes. Construction team leader Chris Overton and other volunteers helped prepare the sets for the production.

Davis has supported partnering the Herndon Theatre program with community programs. The

first partnership is with local nonprofit Cornerstones. "We are bringing their after school programs to see Lion Witch Wardrobe to expose those students to the theater-going experience and will be partnering with them on their winter Talent Show," said Davis.

"For my first show, I wanted to choose a show that is family-friendly and that fits our season theme of Self-Discovery," said Davis. Through their experiences in Narnia, the Pevensie children become mature and responsible leaders. "Our production contains a lot of exciting elements such as puppetry, stilt walking, exciting stage combat, but it is strongly rooted in this idea of discovering and living up to our full potential," said Davis.

Ticket prices are \$10 for reserved tickets and \$12 for tickets sold at the door and not on the reservation list. Shows will be Dec. 3 through Dec. 6 at Herndon High.

OTHER UPCOMING

Herndon High events include the Saturday, Dec. 5 Herndon Tree Lighting at downtown Herndon which is open to the public, and the Dec. 14 winter performance of the HHS Choir program at the school auditorium. Herndon High School will have a Holiday Vendor Sale on Saturday, Dec. 12, 8 a.m.-1:30 p.m. The event will be a morning of shopping, and a silent auction. For more information on Herndon High Drama visit www.herndonhighdrama.org.

CALENDAR

FROM PAGE 10

process of a painting. Fee: \$250. Registration required at <http://www.artspaceherndon.com/portrait-and-figure-painting-with-jordan-xu/>. For more information, call 703-956-6590.

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>.

THURSDAY/DEC. 3

Community Holiday

Performances. 6:30 p.m. Fountain Square, 11900 Market St., Reston. Musical performances by community group from Sunrise Valley Elementary.

Adrien Duke. 7-10 p.m. Cafe Montmartre, Lake Anne Village Center, 1625 Washington Plaza N, Reston. New Orleans blues, classic soul, Americana music. 703-904-8080. www.cafemontmartre.com.

THURSDAY-SUNDAY/DEC. 3-6

Narnia at Herndon High School.

7:30-9:45 p.m. Sunday, 2 p.m. Herndon High School, 700 Bennett St., Herndon. CS Lewis' "The Lion, The Witch and The Wardrobe," dramatized by Joseph Robinette. \$10, \$12. 703-401-0428. www.herndondrama.org.

SATURDAY/DEC. 5

Jingle on Lake Anne. 8 a.m.-6:30 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Variety of festive activities ranging from the ever popular special visit from Santa (arriving on a lake barge), strolling carolers, music, wine tastings, merchant specials, children's crafts, cookie and ornament decorating, holiday arts and crafts market, holiday entertainment and much more. Santa arrives at noon. Tree lighting at 6:30 p.m. Free. www.lakeanneplaza.com.

The Wonder of the Season:

Around the World. 4:30 and 7:30 p.m. Reston Community Center, 213 Colts Neck Road, Reston. Celebrate the holidays with beloved carols from around the globe, plus Daniel Pinkham's Christmas Cantata, featuring the Washington Symphonic Brass Quintet. Adults/\$25, Seniors/\$20, Military/Free and Youth 17 and under/Free (with adult/senior ticketholder). www.restonchorale.org.

Alternative Gift Market. 10 a.m.-2 p.m. Unitarian Universalist Church of Reston, 1625 Wiehle Ave., Reston. The 2015 Alternative Gift Market and Craft Fair offers more than 60 gift opportunities from nearly 30 local and international organizations. Details and a complete list of available gifts can be found at <http://www.uureston.org/agm>. Free.

The Larry Stephenson Band. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Bluegrass vocalist with one of the finest high tenor voices in the business. He has been entertaining folks for well over two decades with the very best in traditional bluegrass and bluegrass gospel music. His band has also been a multi-award winning group over the years and the harmonies they attain are absolutely stellar. \$15. Free to children 12 and under. For information or to reserve 703-435-8377.

SUNDAY/DEC. 6

Holiday Arts and Crafts Show. 10 a.m.-4 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. A variety of handcrafted

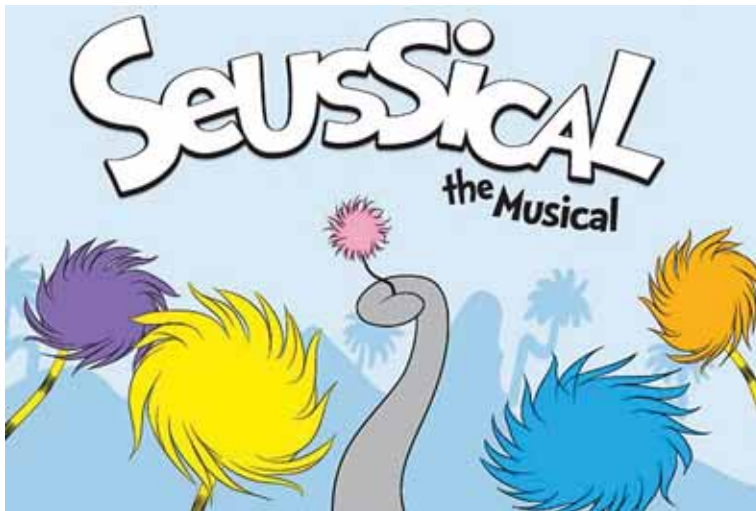


PHOTO CONTRIBUTED

Seussical the Musical will be at the NextStop Theatre in Herndon from Dec. 4-20. Bring the whole family for the musical spectacular.



PHOTO CONTRIBUTED

Herbie D and the Dangermen return for the annual New Year's Eve Celebration at ArtSpace Herndon.

ArtSpace Herndon to Host New Year's Eve Celebrations

ArtSpace Herndon is inviting the public to the New Year's Eve celebrations for children and adults on Dec. 31.

From 2-4 p.m., parents will celebrate the New Year with their children ages 5 to 12 at the Children's Crafts and Dance Workshop led by one of the region's most celebrated youth art and dance instructors - Acoatzin Torres. This two-hour program includes a fun scarf design crafts workshop along with Acoatzin's popular Bollywood, Latin and American folkloric dance lessons. The cost is only \$5 per child and includes complimentary cocoa and snacks. Children should wear old clothes because the craft activity involves fabric dyes.

Children must be accompanied by an adult.

For the adults, ArtSpace Herndon is happy to announce the return of Herbie D and the Dangermen - back by popular demand, for the annual New Year's Eve Celebration. Dance the night away to traditional and New Orleans jump blues while enjoying complimentary hors d'oeuvres, soft drinks and a champagne toast at midnight. The donations for wine and beer will be accepted. The celebration is from 10 p.m.-12:30 a.m. and tickets are only \$25/person.

Both events are expected to sell out fast, so be sure to reserve your seats early by visiting ArtSpaceHerndon.org or calling 703-956-6590.

items and fine art will be on sale including wreaths, quilts, jewelry, Christmas ornaments, decorations, original artwork, photography, stained glass and more. Visit www.herndon-va.gov.

Holiday Caroling in the Closet. 4-6 p.m. The Closet, 845 Station St., Herndon. Listen to carolers, shop,

enjoy free hot chocolate and cookies, and more. Santa will pose for pictures with kids of all ages. Please join the fun and bring a canned or boxed nonperishable food item to support the Western Fairfax Christian Ministries Food Bank. Free. www.theclosetofgreaterherndon.org. www.dranesville.org.

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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

JANUARY

1/6/2016.....Wellbeing, Renewal, Resolutions

1/13/2016.....HomeLifeStyle

Martin Luther King Jr. Day is Jan. 18

1/20/2016.....A+ Camps & Schools

1/27/2016.....Community Guide

1/27/2016.....Winter Fun, Food, Arts & Entertainment; Valentine's Preview

FEBRUARY

2/3/2016.....Valentine's Dining & Gifts I

2/3/2016.....Wellbeing – National Children's Dental Health Month

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SPORTS

Langley Girls' Basketball in Search of Championships

Saxons graduated one starter from team that won 21 games.

BY JON ROETMAN
THE CONNECTION

Langley girls' basketball coach Amanda Baker said her team exceeded expectations last season after the Saxons won 21 games, reached the Conference 6 tournament final and advanced to the region quarterfinals.

This year, Langley has its sights set on bringing home some hardware.

"Our primary goal this year," Baker wrote in an email, "is to position ourselves to compete for championships this postseason."

Langley hasn't won a conference/district championship since 1988.

Langley graduated just one starter from a team that won 17 of its first 18 games last year, including a victory against eventual region runner-up Madison. The Saxons split their two regular-season meetings with the Warhawks before losing to Madison 32-28 in the conference championship game.

Defense was Langley's calling card last year. The Saxons allowed an average of 36 points per contest, and held opponents to 40 or fewer points in 16 of 26 games.

"Defense will always be a huge focus of the program," Baker said. "We have spent a lot of time already on making sure our defensive principles are sound. We expect that we will continue to improve on it each week

and play with a great deal of pride all season."

While defense remains a focus for Langley, the Saxons are also looking to improve at the offensive end. Senior guard Paige Galiani led the team in scoring as a junior, averaging 16 points per game while knocking down 60 3-pointers and shooting 80 percent from the free-throw line. Galiani's 19 points accounted for more than half of Langley's offensive production during the Saxons' season-ending 47-37 loss to West Springfield in the regional tournament.

"We expect Paige to have her best season this year as a senior," Baker wrote. "She put in a tremendous amount of time this offseason working on new ways to score and on how to be an even more effective playmaker. Paige has really stepped up her leadership role this year, being more vocal and being a huge source of energy that the team feeds off of."

Several Saxons appear ready to pick up the scoring slack, including sophomore point guard Jordyn Callaghan, who enters her second varsity season.

"Jordyn has always been a steady ball



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Paige Galiani was the Langley girls' basketball team's leading scorer last season.

handler and distributor," Baker wrote, "but this year we will be looking for her to be more aggressive in looking for her own scoring opportunities."

"Our primary goal this year is to position ourselves to compete for championships this postseason."

— Langley girls' basketball coach Amanda Baker via email

Junior guard/forward Ariana Aulisi and senior guard Lizzy Shamloo are also expected to be key contributors.

"Ariana Aulisi and Lizzy Shamloo are both positioned to have really strong seasons this year," Baker wrote. "Ari, entering her junior season, is a matchup nightmare and Lizzy is playing her best basketball at the start of her senior season. Both players look very confident and will round out a balanced scoring attack."

Galiani, Callaghan, Aulisi, Shamloo and senior center Stephanie Sipple compose the projected starting five.

"We lost several role players who brought energy to the floor and off the bench," Galiani wrote in an email. "However, I believe that the skill has improved all around as many players were training hard in the offseason. In order to be better than last year we need players to step up to fill those motivating roles. ..."

Langley opened the season on Tuesday against Osbourn, after The Connection's deadline. The Saxons will travel to face Edison at 7:15 p.m. on Thursday, Dec. 3.

Herndon Boys' Basketball to Host W-L

The Herndon boys' basketball team will host Washington-Lee at 7:15 p.m. on Wednesday, Dec. 2 as part of a five consecutive home games to start the 2015-16 season.

The Hornets hosted Fauquier on Monday, after The Connection's deadline.

Herndon finished 16-10 last season and reached the Conference 5 championship game, where the Hornets lost to eventual state runner-up Westfield. Herndon reached the region quarterfinals, losing to Battlefield.

Herndon, led by head coach Gary Hall, will host rival South Lakes on Friday, Dec. 11.

Herndon Girls' Basketball Beats Dominion

The Herndon girls' basketball team



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Head coach Gary Hall and the Herndon boys' basketball team will host Washington-Lee on Wednesday.

opened the 2015-16 season with a 47-36 victory over Dominion on Nov. 30.

Herndon's Indeya Sanders finished with 16 points, six rebounds, five assists, four steals, according to the school's athletics Web site. Shawnice Gresham had nine

points, eight rebounds, two blocks and two steals.

The Hornets, led by head coach Cornelius Snead, will host Yorktown at 5:45 p.m. on Wednesday, Dec. 2.

South Lakes to Host RAL Tournament

The South Lakes boys' basketball team will host the Readers are Leaders Tip Off Thursday and Friday, Dec. 4-5.

The Seahawks will face Robinson at 7:30 p.m. on Thursday and will take on Archbishop Carroll at 7:30 p.m. on Friday.

South Lakes finished 16-9 last season under head coach Andrew Duggan and reached the region quarterfinals.

The Seahawks will travel to face rival Herndon on Dec. 11.

South Lakes Girls to Face West Springfield

The South Lakes girls' basketball team will travel to take on perennial power West Springfield at 7 p.m. on Monday, Dec. 7.

The Seahawks faced Westfield on Tuesday, after The Connection's deadline.

South Lakes is led by head coach Christy Winters Scott.

Environmental Quality of Life

Advisory Council issues 512-page vision for county environmental policy.

BY KEN MOORE
THE CONNECTION

Flooding will rise in concern in Fairfax County as a result of climate change, warned Stella Koch, chairperson of the county's Environmental Quality Advisory Council.

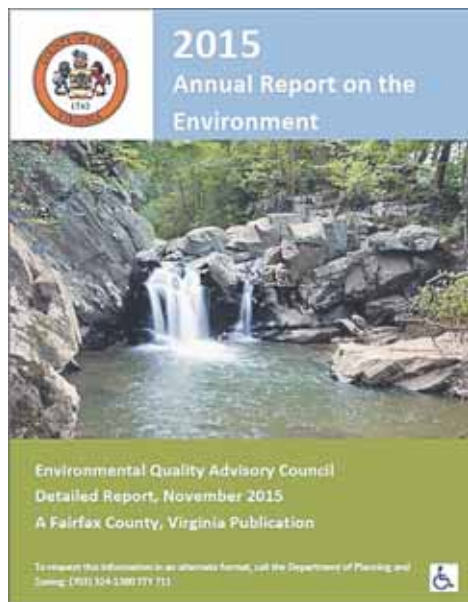
"We want the county to develop policies on development and redevelopment in areas that are vulnerable to sea rise," she said. "We've all seen increased flooding in parts of the county and that will only increase over time. We ask the county to take a focused look."

Preparing for flooding could involve levees, berms and changes in land use, according to the report. Fairfax County would be impacted in a number of locations, but especially in the Belle Haven/New Alexandria area of Mount Vernon, along the tidal Potomac River.

Providence Supervisor Linda Smyth wants the county to find a solution to recycling glass, which is not currently being recycled, according to the report.

"People really appreciate recycling and glass is something you can recycle forever," said Smyth. "This is causing our whole recycling ability not to work the way we want it to."

According to the report: "The majority of recyclables collected in Fairfax County are delivered to third-party material processors



The cover of the county's annual report on the state of the environment features Scotts Run, in McLean.

that sort, purify and package target recyclables for resale. As a result, some collected recyclables do not ultimately go to market, due to contamination or the absence of a willing buyer. For example, such is currently the case for glass, for which none of the processors used by county collectors are actually recycling this material;

it is currently considered a discard at area recycling plants and is shipped elsewhere for disposal."

"Has our solid waste ever looked into a separate program for recycling of glass?" asked Smyth.

"We have this discussion frequently because it is not simple," said Koch. "We're working on it."

THESE ARE JUST TWO issues raised in the 512-page annual report on the environment, which the Board of Supervisors approved at its Nov. 17 meeting before Thanksgiving.

The nine chapters of EQAC's annual report on the environment present the county's vision on topics ranging from deer management, light pollution, stormwater, recycling and more.

"I always use your report, your annual report as a model and an example of our being able to track our progress on our environmental agenda and making sure things don't fall off our radar screen," said Chairman Sharon Bulova. She said having environment vision is a way "to make sure we stay on top of the recommendations and the things we have committed to do," said Bulova.

Koch recommended increased funding in watershed and environmental improvement programs, as well as funding two positions, an ecologist in the park authority and a wildlife management specialist.

"Most of those projects are cost effective, and they actually save the county money over time," said Koch.

"Funding for the additional wildlife specialist would be really needed," she said.

She asked the Board "to continue to support the environmental projects that you have established. These programs are important if we are to maintain the high quality of life we have in Fairfax County and the high standards we have set for ourselves. We note that for Fairfax County residents, quality of life is not just about good schools and jobs but also about having a clean and healthy environment in which to live and recreate."

Supervisor Jeff McKay asked that EQAC keep monitoring advancing technology and methods to be used to control the white-tailed deer population.

"Obviously controlling the deer population is critical to the natural environment," said McKay.

SUPERVISOR Cathy Hudgins asked if the county could find the proper balance between light pollution and creating pedestrian friendly environments especially in transit areas.

"We've made some progress in terms of addressing light pollution and recognizing that the urban settings that we have require a given amount of light for pedestrians," said Hudgins. "Our desire is to be a non-polluting environment but one that is pedestrian friendly."

"We'll be happy to get back to you," said Koch. "We like our homework assignments, because they help us focus."

See <http://www.fairfaxcounty.gov/dpz/eqac/report2015/>.

HERNDON CRIME REPORTS

Notable incidents from Nov. 16-22

Weapon Law Offenses - Nov. 20, 13000 block Worldgate Drive. Officers responded for a report of gunshots in the parking garage of the Worldgate Center. Officers found evidence that a firearm had been discharged in the area. No injuries were reported. This case is currently under investigation.

BURGLARY - Residential - Nov. 20, 1200 block Magnolia Lane. Officers responded for a report of a burglary from a residence. A witness reported seeing the suspects, described as two Hispanic males between 18 and 22 years of age, running from the residence. The investigation determined entry was made through a back door. Items valued at \$400.00 were taken from the residence, no damage was reported.

Nov. 16, 10:44 a.m. Larceny-All Other, 13000 Worldgate Drive

Nov. 16, 11:15 a.m. Fraud-Fraud by Impersonation, 2200 Westcourt Lane

Nov. 19, 10:33 p.m. Drug/Narcotic Violation, 13000 Worldgate Drive

Nov. 20, 4:03 p.m. Weapon Law Offenses, 13000 Worldgate Drive

Nov. 21, 12:37 p.m. Drunkenness (dip), 900 Herndon Parkway

Nov. 16, 1:57 a.m. Drug/Narcotic Violation, 600 Dulles Park Court

Nov. 17, 10:41 p.m. Assault-Simple, 1200 Elden St.

Nov. 19, 4:42 p.m. Larceny-Shoplifting, 1200 Elden St.

Nov. 20, 12:01 p.m. Burglary-Residential, 1200 Magnolia Lane

Nov. 21, 12:41 a.m. Disorderly Conduct, 1000 Elden St.

Nov. 22, 5:12 p.m. Drunkenness (DIP), 1000 Alabama Drive

Nov. 17, 9:34 p.m. Drunkenness (DIP), 900 Elden St./Sterling Road

Nov. 18, 9:29 a.m. Destruction of Property, 1000 Sterling Road

Nov. 19, 6:22 p.m. Assault-Intimidation, 800 Ferndale Ave.

Nov. 21, 1:58 a.m. Driving Under the Influence, 1300 Summerfield Drive

Nov. 22, 1:35 a.m. Drug/Narcotic Violation, 800 Ferndale Ave./Bike Terrace

Nov. 17, 7:40 p.m. Larceny-Shoplifting, 400 Elden St.

Nov. 17, 8:52 p.m. Larceny-Shoplifting, 100 Elden St.

Nov. 18, 6:45 p.m. Trespass - Banned, 400 Elden St.

Nov. 18, 8:08 p.m. Larceny-Shoplifting, 600 Post Drive

Nov. 20, 1:41 a.m. Drunkenness (DIP), 200 Elden St.

Nov. 16, Midnight. Fraud-False Pretenses, 800 Colvin Court

Nov. 17, 11:03 p.m. Assault-Simple, 500 Fillmore St.

Nov. 18, 12:28 p.m. Fraud-False Pretenses, 800 Grace St.

Nov. 20, 9:12 p.m. Destruction of Property, 700 Elden St.

Nov. 21, 8:31 a.m. Fraud-Credit Card/ATM, 600 Worchester St.

ARRESTS

Arrests may be related to incidents listed above/or previous incidents

Nov. 16, Pornography/Obscene Material, 67 M

Nov. 16, Drug/Narcotic Violation, 30 M

Nov. 19, All Other Larceny, 30 M

Nov. 18, All Other Larceny, 30 M

Nov. 17, Drunkenness, 27 M

Nov. 17, Assault, Simple, 26 M

Nov. 21, Disorderly Conduct, 42 M

Nov. 21, Driving Under The Influence, 26 F

Nov. 21, Drunkenness, 24 M

Nov. 20, Drunkenness, 34 M

Nov. 22, Drug/narcotic Violation, 24 M

TRAFFIC

DWI/Driving Under the Influence, 3

No Operators License, 8

DOS/Driving While Suspended, 3

All Other Traffic Summonses, 86

Total of all summonses for the week, 97

There were eight (8) reported traffic accidents in town during the week.

SEEKING INFORMATION

The Town of Herndon Police Department is seeking the public's assistance for information. On Nov. 1, a female was assaulted as she was walking on the sidewalk in the area of Magnolia Lane and Alabama Drive. The assault occurred between 5:45 a.m. and 6 a.m. by a male suspect. The male is described as five feet nine inches to six feet tall with a medium build. If you have any information that may help solve this case, please contact Detective Kevin Nuckolls at 703-435-6886. Please reference case #2015-04805.

Slippery Hope

By KENNETH B. LOURIE



As much as I want to believe that there will be no adverse cancer/health consequences to my recent decision to extend my chemotherapy infusion from three weeks to four, the truth is: no one knows, really, and it's that unknown more than the known that really scares me. And by "known," I suppose I mean experience, as in the last nearly seven years of chemotherapy every three weeks (save for a year or so when I was not infusing but instead taking two Tarceva pills per day). There's something to be said for routine – at least in my mind, anyway. But routine might not be the best methodology for treating cancer. In fact, in my experience, it's the cancer that dictates the terms and conditions, not the patient or the patient's preference for routine.

It's not as if the cancer is in control, but it's certainly calling the shots. And as much as being proactive is an intelligent strategy to fend off the evil spirits, the fact of the what's-the-matter in the cancer-prevention/cancer-treatment world is that we're mostly reacting. As soon as my scans indicate tumor growth or movement – or fluid increase – changes, or not, in protocols are suggested; and with my/the patient's approval, off we go into the wild blue yonder of doing something different than we had most recently been accustomed to, and not being at all sure what will happen because of it. And again, the presumptive solution is not continuing treatment just because you've become "accustomed" to its side effects; the reality is, one's prospects hang in the balance, and since change is not simply for the heck of it, but rather for the necessity of it, the guarantee/expectation that continued success lies ahead is likely the exception.

As much as I'd like to continue to be the exception that disproves the rule, last week's relief and anticipation about extending my infusion interval has morphed into a fear of the unknown and of living with the associated anxiety, as well as of the consequences of not maintaining my previous three-week interval and in turn not leaving well enough alone. Even my oncologist had doubts. A few months ago, I asked for a similar extension and he thought we should not change anything as we had "the cancer on the run." But the dialogue has continued and with a recent "stable" PET scan, I asked once again. This time, he agreed (I didn't say acquiesced). Hopefully, this a decision/change with which I can live.

Aside from the fear and anxiety I mentioned, there's another emotion to consider: quality of life. Whenever change has occurred, this has been part of Team Lourie's conversation. Moreover, my quality of life has been important to my oncologist/his recommendation of my treatment as well. I've written previously about how disappointing a cancer diagnosis/terminal prognosis is and how it creates all sorts of problems: emotional, spiritual and physical. Finding a way to navigate through this "mindfield" is a 24/7 challenge. As such, any change in treatment which could possibly enhance and improve the quality of my life – or not, has been a major part of any treatment discussion/decision we've made. Who knows ultimately whether changing my infusion schedule will matter? What matters is if I feel I have a better quality of life because of it; and for "terminal" patients, quality is often more important than quantity.

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

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Passenger Rail Improvement Alternatives Presented

Join the Virginia Department of Rail and Public Transportation (DRPT) **Dec. 8, 9, or 10, from 5:00 to 7:30 p.m.** for public meetings where you can offer your input on reasonable alternatives to improve intercity passenger rail between Washington, D.C. and Richmond, VA. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI compliance officer at 804-786-4440 or TDD 711. All comments received by Friday, Jan. 8, 2016 will be considered in the alternatives review process. For more information, meeting locations, and comment forms, visit: **www.DC2RVArail.com.**

DRPT
Virginia Department of Rail and Public Transportation

BULLETIN BOARD

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

WEDNESDAY/DEC. 2

Legal Committee Meeting. 6-8 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. Reston Association's Legal Committee is responsible for recommending to the Board of Directors proposed enforcement actions, the imposition of sanctions and the filing of legal proceedings. 703-435-6530.

New and Prospective Member Orientation.

8-10 a.m. Greater Reston Chamber of Commerce, 1886 Metro Center Drive, Suite 230, Reston. New to the chamber? Interested in joining? The Greater Reston Chamber of Commerce invites your business to get engaged in our thriving community and the center for future business growth. Meet the chamber staff and learn from committee participants on how membership benefits both nonprofit and for-profit companies of all sizes. Free. Registration at <http://www.restonchamber.org/events>.

2015 Tax Planning Seminar. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. CPA Dan Gilliland will offer tax planning strategies to help you reduce your 2015 taxes. For both individual taxpayers and small business owners. Register for this event at www.fairfaxcounty.gov/library/.

InnovateHER Reston. 6-10 p.m. South Lakes High School-Lecture Hall, 11400 South Lakes Drive, Reston. InnovateHER Reston is the initial round of the national InnovateHER Challenge presented by the SBA in partnership with Microsoft. The SBA is

looking for innovative products and services that help impact and empower the lives of women and families. The top 10 finalists of InnovateHER Reston will receive the opportunity to pitch live to our panel of judges on Wednesday, Dec. 2. Free. www.innovateHERreston.com.

THURSDAY/DEC.3

Coffee and Contracting: GovCon

Networking. 8-9:30 a.m. Greater Reston Chamber of Commerce, 1886 Metro Center Drive, Suite 230, Reston. Join the Greater Reston Chamber of Commerce and Dempsey Fontana, PLLC for Coffee and Contracting, an informal networking breakfast for government contractors with guest speakers Kevin Boshears of the U.S. Department of Homeland Security and Jim Fontana of Dempsey Fontana. Cost: \$10/member; \$20/future member. Registration at <http://www.restonchamber.org/events>.

FRIDAY-SUNDAY/DEC. 4-6

Reston Lions Club Annual Citrus Sale.

Friday, 2-5 p.m. Saturday, 8 a.m.-5 p.m. Sunday, 8 a.m.-noon. All proceeds benefit sight and hearing programs and other club charities. Eyeglasses and hearing aids accepted for recycling at sales site. www.RestonLions.org.

TUESDAY/DEC. 8

55+ Advisory Committee. 2-3:30 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. The 55+ Advisory Committee is charged with developing and implementing programs to benefit Reston's senior adults. We are looking for new ideas and fresh perspectives. Give something back to your community by sharing your talents and ideas. 703-435-6530.

TUESDAYS/DEC. 8, 15

Design Review Board Meeting.

7-9 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. The Design Review Board (DRB) is responsible for reviewing all additions and alterations to many different types of Reston properties. To assist in the review process, the DRB develops Design Guidelines and review procedures, and establishes design standards for clusters. 703-435-6530.

WEDNESDAY/DEC. 9

Covenants Committee Meeting. 6:30-9 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. The Covenants Committee is responsible for administering the Use and Maintenance Covenants set forth in the Reston Deed of Dedication. In doing so, the

Committee considers and decides violations in accordance with adopted procedures that are found by staff or other Association Members, develops Use and Maintenance Standards, and considers requests for temporary exception permits. 703-435-6530.

Business Education Series Workshop. 8:30-10 a.m. Greater Reston Chamber of Commerce, 1886 Metro Center Drive, Suite 230, Reston. Discover how to fill your pipeline with qualified leads just by improving how you network! In this discussion, James Lawson, Co-Founder & Marketing Strategist of Impact Business Solutions LLC., will show you exactly how to create a simple, yet effective, networking strategy and system. Cost: free/member; \$15/future member. Registration at <http://www.restonchamber.org/events>.

League of Women Voters Program. 7:30-9 p.m. Hunter Mill District Community Room B., 1801 Cameron Glen Drive, Reston. "Money in Politics" will be the topic. Free. Open to all. 202-263-1311. www.lwv-fairfax.org.

Ready, Set, Buy: Preparing for a Spring Home Purchase Webinar. Noon-1 p.m. If you're thinking of purchasing your first home you're probably wondering, am I really ready to make such an important investment? Attend this free webinar to learn the home buying basics you'll need to get ready, get set, and buy. Offered by Northwest Federal Credit Union in Herndon. Register at www.nwfcu.org. Click on Upcoming Events.

THURSDAY/DEC. 10

Workshop: Preparing Your Home For

Winter. 6:30-8 p.m. Reston Association, Conference Center, 12001 Sunrise Valley Drive, Reston. Contractors will provide information on winterizing the home, home inspections, etc. Free. Comments, questions, and RSVP's, covenantworkshops@reston.org.

MONDAY/DEC. 14

Rabbi Jonah Pesner. 8-9 p.m. Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. Discussion by Pesner, director of the Religious Action Center of Reform Judaism, entitled "American Judaism and Economic Justice." Free. 703-437-7733.

THURSDAY/DEC. 17

Board of Directors Meeting. 6-10 p.m. Reston Association, 12001 Sunrise Valley Drive, Reston. Community members are encouraged to join in and contribute their ideas, comments and suggestions. Monthly meeting of the Board of Directors where formal action is taken on policy issues pertinent to the association. 703-435-6530.

TUESDAY/DEC. 22

Inova Blood Drive. Noon-7 p.m. Beside the Pavilion at Reston Town Center, 11900 Market St., Reston. Schedule appointments at 866-256-6372 or inova.org/donateblood. On-site registration.

ONGOING

Free Support Group for Parents with

Children with Autism. Saturdays at 10-11 a.m. 462 Herndon Parkway, Suite 202, Herndon.

Blanket and Children's Winter Coat Drive.

Nov 7-Dec. 5. Region-wide effort to help more than 4 million refugees fleeing from Syria and Iraq due to ISIL and civil war violence. Gently used blankets and children's winter coats will be collected at various locations throughout Northern Virginia and will be shipped to refugees who have fled to Turkey. www.helpsyrianrefugees.us

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 12 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.



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