

Reston
Author
Shares
New Book

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Parade Returns To Reston Town Center

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Hundreds of area residents attended the Friday 25th annual Holiday Parade at Reston Town Center. The parade began at 11a.m. on Market Street.

Transportation Strategy
Update Launched

NEWS, PAGE 4



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Woodbridge, VA

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



The Herndon High School Theatre team was one of many groups which attended the Holiday Parade at Reston Town Center. The Herndon HS Theatre team highlighted their December production of the 'Lion, the Witch and the Wardrobe.'



The Herndon High School Theatre team was one of many groups which attended the Nov. 27 Holiday Parade at Reston Town Center. Cast as the White Witch is senior Annie Taylor. The play will be produced at Herndon High auditorium Dec. 3, 4 and 5.

Parade Returns to Reston Town Center

'Home Sweet Home' at 25th annual Reston Holiday Parade.

BY RYAN DUNN
THE CONNECTION

Friday, Nov. 27, Reston Town Center hosted its 25th annual Holiday Parade. The day was filled with activities, beginning with the Potomac River Running Gingerbread Man Mile. The parade began at 11 a.m. on Market Street, and holiday celebrations continued with the 6 p.m. lighting of the Christmas Tree at Fountain Square, followed by a Christmas sing-along with Reston Chorale. Hundreds of area residents attended the holiday themed events at Reston Town Center, which have become a tradition for some families.

"What I'm going to miss the most is seeing Bob Simon in the parade," said Reston resident and Mosby Woods Elementary School teacher Pat Mullaney. Reston founder Robert E. Simon, who died in September 2015, often joined in the Town Center Holiday Parade. Reston Town Center has over 50 shops, 30 restaurants, an 11-screen cinema, luxury residences, and a four-diamond Hyatt Regency hotel. The open-air pavilion was recently converted into an outdoor skating rink. Pleasant, sunny weather had some families take off their jackets. "This is our first year here, and we are having an awesome time, it is a great family event," said Reston resident Linda Smyser, who attended the parade with her husband and grandson.

Over 200 volunteers helped with the parade, which featured Macy's-style balloons, marching bands from Herndon High and South Lakes High schools, dancers, classic automobiles, the Washington Nationals'



Area representatives attended the 2015 Holiday Parade at Reston Town Center. Fairfax County Supervisor Catherine Hudgins (D-Hunter Mill) waves from a fire truck.

Racing Presidents, and Santa and Mrs. Claus. "The holiday spirit really brings the community together," said Bonnie Holden, a Reston resident who volunteered to be a balloon handler. Parade watchers had the opportunity to see Resty the dog, the new Reston Town Center mascot.

THE PARADE featured over fifty groups, with approximately 1,500 marchers and 11 performances by groups including Gottaswing Dancers, Alma Boliviana, and Dance Xone Extreme. Also attending were local Boy Scout and Girl Scout Troops, as well as area delegates including Del. Ken Plum (D-36), U.S. Rep. Gerry Connolly (D-11), and Supervisor Catherine Hudgins (D-Hunter Mill). "It is always great to see the high schools share the music from their bands and to see the JROTC," said South



The Nov. 27 Holiday Parade at Reston Town Center featured over fifty groups, with approximately 1,500 marchers and 11 performances by groups. Also in the parade were Macy's-style balloons, and marching bands from Herndon High and South Lakes HS.

Lakes High School geometry teacher David Chase. The Herndon High School Theatre team highlighted their upcoming "Lion, the Witch and the Wardrobe" play, and the Herndon High School Step Team gave enthusiastic displays.

The parade's Grand Marshal was Susan Ungerer, a retired Fairfax County teacher and founder of nonprofit Kids R First, which provides thousands of Northern Virginia area kids with school supplies. The Junior Grand Marshal was Joseph Dagbe, an eighth-grader at Langston Hughes Middle School, selected by LHMS principal Aimee Monticchio. Masters of Ceremonies were NBC Washington anchor Angie Goff and meteorologist Doug Kammerer. Goff returned later with her daughter for the evening Tree Lighting at Fountain Square. "We love it, it is a tradition. We do it every

year. I like that it has a hometown feel," said Herndon resident and Floris Elementary teacher Kat Clifford.

"I can say it was one of our best parades ever," said Denise Hogan, a property manager with Boniste Properties. Boston Properties is the sole owner of Reston Town Center, and is turning the parking lot at the site formerly known as Block 4 into a mostly residential project. Following the Christmas sing-along, horse-drawn carriage rides were offered at 6:30 p.m.

CARRIAGE RIDES will be offered again at the Town Center Dec. 5, 12, and 19. Proceeds will benefit local charities, and children 5 and under ride free with adult. On Wednesday, Dec. 16, U.S. Marines will be at Reston Town Center Pavilion accepting unwrapped toys and cash donations.

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

COMMENTARY

Helping the Working Poor

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



In the season of giving when thoughts turn to what can be done to help friends and neighbors in the community who do not make enough to make ends meet, there are many efforts to help them with a basket of food at the holidays, a food and clothes closet and other well-meaning and important giving programs. With all the heroic efforts of volunteers, faith communities and nonprofits, such programs can be difficult to sustain and can be uneven in their level of support. They also put proud working people in a position of having to accept a hand-out. There is another solution for Virginia that can make a great deal of difference: let working people keep more of the money they earn. Since 1975 the federal government has offered an Earned Income Tax Credit (EITC). It is one of the largest anti-poverty programs in this country. Qualifying individuals and couples who are working but with limited income as defined in tax regulations may qualify for a tax credit and if they do not use all the credit can get a refund. For specific qualifications including income limits, go to www.irs.gov/EITC. Nationwide, almost 26.7 million persons received more than \$65 billion in EITC for the 2014 taxable year. The average EITC was for \$2,447. In Virginia, 612,000 persons qualified for an average credit of \$2,314.

The federal EITC has been very helpful to working poor Virginians. But the program as currently ad-

ministered in Virginia goes only part way to helping working people. The federal calculations of EITC are used on the Virginia income tax form and credit is given to the amount of the tax liability. There is no refund of unused credit as with the federal income tax and in many states. I proposed legislation last session and will again in 2016 to make up to ten percent of the credit refundable.

There is a simple justification for such a change: putting more money in the pockets of hard-working families will stimulate the local economy as this money will be spent to pay for basic household and personal needs and services. It will also make the tax structure fairer for working people. According to the Commonwealth Institute, the lowest-earning families in Virginia pay 9 percent of their income in state and local taxes while the highest earners pay 5 percent. The 2013 transportation bill included sales tax increases that disproportionately impacted low-income families since they pay a greater share of their incomes in sales taxes than do the wealthy.

Enactment of a refundable state EITC could give a tax break to 296,000 Virginians of as much as \$600 for a working family to use to keep food on the table and gas in the car. I hope the Governor will include a refundable EITC in his budget proposal. Your expression of support to the Governor and to your representatives in the General Assembly could lead to the working people of Virginia contributing to growth in the economy by spending money for which they qualify and for which they have needs.

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COMMENTARY

Fixing I-66 Politics is getting in the way of long-term solutions.

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?

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

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

We Can Still Reach Out and Help in Reston

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Although the calendar says we are in the season for sharing and giving, the mood in the United States seems conducive to neither. In Virginia, the majority in the House of Delegates continues to block using federally available millions to help with very basic healthcare for 400,000 low-income Virginians. Republicans in the U.S. House of Representatives, supported sorry to say by our own Democratic congressman, just voted to essentially block desperate women, children and men refugees driven out by the war in Syria from coming to the U.S.—this, despite the fact that the U.S. is an active contributor to the Syrian conflict, raining bombs on their country. Then, there is the disgusting competition among the Republican candidates running for President to see who’d build the biggest walls along our borders or round up the most undocumented women and children to evict them from the country. And, I won’t even get into Conservative efforts to redistribute from poor and middle-income families to their patrons in the top one per cent!

In Reston at this time of year and all year around, in fact, we have competition of a different sort. We have several wonderful volunteer driven charitable organizations which go all out to help neighbors

in need. What makes these nonprofits so great is that they run on our donations and our volunteer effort. Some of my personal favorites are Cornerstones (formerly Reston Interfaith), Herndon-Reston FISH, and the Giving Circle of Hope.

Cornerstones is perhaps the finest charitable organization in the Washington Metropolitan area. Originally and for many years called Reston Interfaith, Cornerstones changed its name in part to reflect the growing number of people it serves. It provides people in need with a range of emergency assistance, but its overarching goal is to assist beneficiaries to achieve self-sufficiency. Its broadly representative Board and superb management team direct food, emergency shelter, basic life skills training and affordable housing to those in need while also serving as their advocates for more supportive public policy. Cornerstones receives some assistance from public agencies, but it relies largely on our help for funding and volunteers who make up a large part of its workforce. For more info and to find out how to contribute, go to www.cornerstonesva.org or call 703-323-9555.

The Giving Circle of Hope is an-



INDEPENDENT PROGRESSIVE

other well-run nonprofit serving Reston. The Circle has a different approach. It seeks to energize and leverage broader support for those in need by making modest grants to exceptional startup and promising smaller nonprofits. In

their relatively short history, they have already given over \$750,000 to important new charitable initiatives. Go to www.GivingCircleofHope.org to learn more and see how you can contribute.

An organization I have done some heavy lifting for (picking up and delivering furniture for families in need) is Herndon-Reston FISH. A low-budget, volunteer-driven organization, FISH

(Friendly Instant Sympathetic Help) does a fine job providing very basic assistance to very low income families in often dire need. In addition to operating the Bargain Loft second-hand store located in the Herndon industrial park on Sunset Hills Road just across the Reston frontier in Herndon, FISH offers emergency rent, food, and other assistance to those in crisis situations. For more info or to contribute money or time, go to www.HerndonRestonFISH.org or call 703-391-0105.

These are by no means the only worthy charitable organizations serving our community, but they are certainly among the very best. The need for their services exceeds the resources they have. They need our help, especially at this time of year. Please consider them when you make your holiday sharing decisions.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: info@connectionnewspapers.com

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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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.

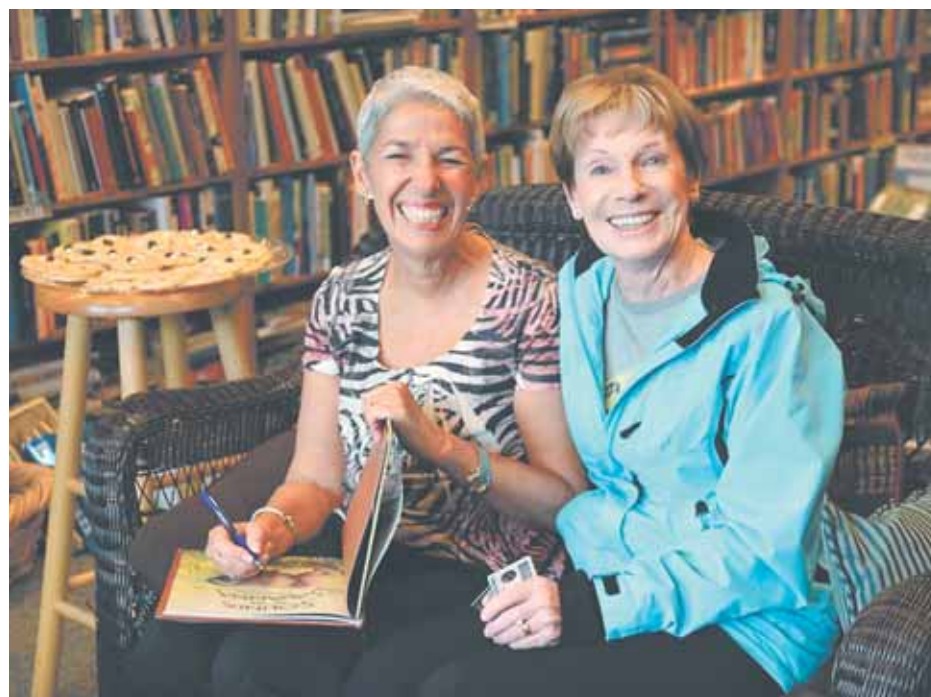
A copy of the proposed changes to the rates and the 2016 budget can be viewed on our Web site at http://fairfaxwater.org/current/public_hearing_2015_12_17.htm. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Mr. Ken Lasso at 703-289-6194. Interested parties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

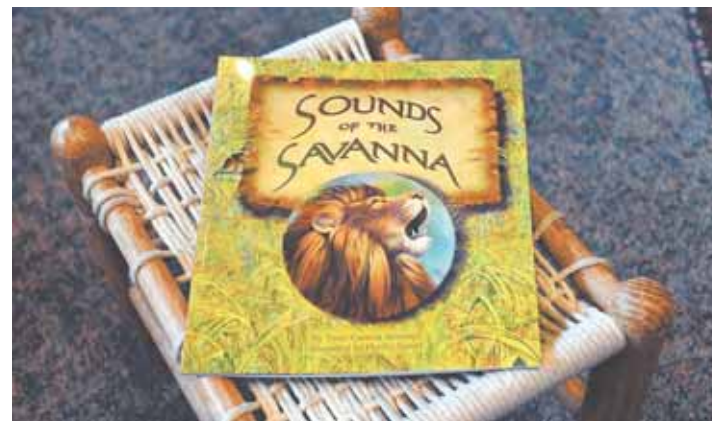


pages for all to see and sharing the story's illustrations by Maryland artist Phyllis Saroff. "Her drawings really help bring the action to life, like you are on the savanna," complimented Jennings. The audience seemed to agree as they studied the drawings on each page before moving on to the next.

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 healthy 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."

Support groups help members maintain fitness during the season of indulgence.

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CALENDAR

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

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

2015 Annual Holiday Mini Sale.

Thursday, 10 a.m.-8 p.m. Friday, 10 a.m.-5 p.m. Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Gift-quality books, gifts, and surprises to delight readers of all ages. Cash or checks only.

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.

FRIDAY/DEC. 4

Gingerbread Village at Reston

Hyatt. 11900 Market Street, Reston. Enjoy the annual display in the hotel lobby, throughout the holiday season. For more information, call 703-709-1234 or visit <http://reston.hyatt.com/en/hotel/home.html>.

Community Holiday

Performances. 6 p.m. Fountain Square, 11900 Market St., Reston. Musical performances by community group from River Bend Middle School, Raven Jazz, River Bend Jazz and River Bend Chamber Music.

TGIF-Free Fridays at Greater

Reston Arts Center. 5-7 p.m. An evening of family art-making and storytelling. 703-471-9242. restonarts.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.

Community Holiday

Performances. 2 p.m. Fountain Square, 11900 Market St., Reston. Musical performances by Rhythm Street Dance.

Yule Log Tasting at Edibles

Incredible. All day. Free tastes of holiday yule log and pre-order promotion. Free gift with purchase. 703-709-8200. ediblesincredible.com.

Handmade Holiday Ornaments

Workshop. 9:30-11 a.m. Greater Reston Arts Center, 12001 Market St., #103, Reston. Sign up the whole family for this fun workshop led by GRACE staff to make some fun, creative ornaments. Children must be accompanied by a participating adult. 703-471-9242. Register at restoncommunitycenter.org.

Mystery Authors Extravaganza. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston.



PHOTO BY GARY FREEBURG

Portal, 2014, Mylar, fossils, variable dimensions by Rebecca Kamen is on display at the gallery at Reston Town Center from Dec. 1-Feb. 13.

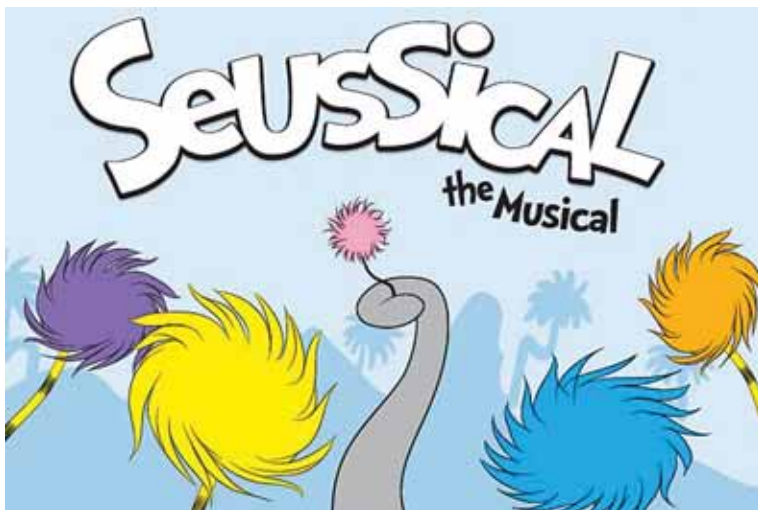


PHOTO CONTRIBUTED

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



PHOTO COURTESY OF ARTSPACE

"When it rains, it pours" by Yeong-hi Paik will be on display at ArtSpace Herndon's Korean Pop Art in America from Dec. 8-Jan. 10.

Seventeen authors from Sisters in Crime will discuss their latest books and short stories. Books will be available for sale and signing. Adults. 703-689-2700.

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. Multi-award winning 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

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.

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>.

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.

Patrick 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>.

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 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>.

under. For information or to reserve 703-435-8377.

Pet Photos with Santa.

2-4 p.m. 11412 Washington Plaza West, Reston. Appointments recommended but not required. www.petmac.org/ar1. 571-325-2099.

SATURDAY-SUNDAY/DEC. 5-6

Movies and Mimosa-"White

Christmas." 11 a.m. Bow Tie Cinemas, 11940 Market St., Reston. See the classics how they were meant to be seen on the big screen. \$5.50, \$1 for Loyalty members. bowtiecinemas.com. 703-318-1801.

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 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.

Run with Santa 5K.

8:30 a.m. Reston Town Center, 11911 Democracy Drive, Reston. Word on the street is he's been training like a champion. Are you ready to Run with Santa? Register at <http://www.prraces.com/runwithsanta>.

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.

"Holiday Sparkle."

2-4 p.m. Reston Art Gallery, 11400 Washington Plaza W # B, Reston. Group show, artist made jewelry, cards and ornaments. www.restonartgallery.com. 703-481-8156.

NEWS

Candlelight Emotion

Video captures emotion of vigil honoring Robert E. Simon days after his death.

BY KEN MOORE
THE CONNECTION

With a little help from her friends, and social media, Kat Toussaint mobilized more than 500 people for the candlelight vigil that celebrated the life of

Robert E. Simon.

Simon, Reston's founder, died on Sept. 21, 2015. He was 101.

"Something needed to be done, people were in pain, they needed to come together, and I sensed that," she said.

The crowd four days later surrounded Lake Anne Plaza, and held candles that they let shine along the water by Simon's condo building.

"I'm very grateful, very grateful that I wasn't afraid to take it on. I'm a relatively new Restonian, I've been here for five years, maybe it wasn't even my place, but it was just something that needed to be done and luckily everybody else thought so too."

THE FOUNDER of Around Reston Publications teamed up with Chris Paolucci, co-founder of Reston-based Mediavolution Visual Strategies, to create a 10-minute film of the night.

"The emotion of people, catching that on video, that makes it another level of effective because you see the emotion, you see it in their eyes, their honesty and true heartfelt emotions and feelings about Bob Simon," said Paolucci, of Herndon.

"It's very much a news story. Get the cameras up and listen to what people say," he said.

"They just started talking. I didn't need to ask questions, the response was there, they needed that," said Toussaint

"It was an emotional night. It was nice to be able to do that and pull that off so close after his passing because people were feeling emotional," she said.

THEY PLAN to archive the video at the Reston Museum for future Restonians and others to see Simon's deep impact on Reston and its people.

Paolucci said the issue making the video was cutting down the content to 10 minutes; he originally hoped to create a five-minute video.

"I had to cut off so much good stuff, too," said



Kat Toussaint and Chris Paolucci plan to archive their video of September's candlelight vigil in honor of Robert E. Simon in the Reston Museum.

PHOTOS BY KEN MOORE/THE CONNECTION



Hundreds of candles and the singing of "This Little Light of Mine," at a candlelight vigil after the death of Bob Simon in September. A new video captures the emotion of the event.

Paolucci. "Editing that kind of content is why I got into video in the first place. I like telling people's stories and Bob Simon's story is so incredible."

Paolucci has tracked the data; people have watched in California, Florida, Washington and Louisiana. People also watch the entire video, he said.

"Ten minutes. Nobody watches video for ten minutes, after two minutes you lose them, that's our normal length," said Paolucci. "I had so much to edit, I had three hours of information, my first draft was 35 minutes."

He hopes people want to take the video and put it on their websites.

"I'd like for anybody who wants to tell his story to spread it around, spread the good word," he said.

"It wasn't the community leaders, it's us, right here, not many people do that kind of video. This is grassroots, people in the community sharing their emotions shortly after Bob's passing."

That night, pastor Tim Ward of Restoration Church told the community that "we will light the candles to remind of Bob's bright light, to remind us of the impact he had had on us."

"He was just inspiration for so many of us over the years. He developed a true community, it's very cohesive community and he created that for us," Toussaint said.

Pottery by Michael Cio

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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.

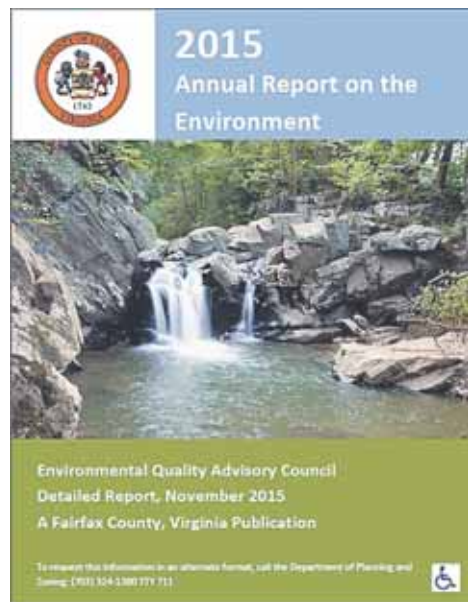
"We want the county to develop policies on development and redevelopment in areas that are vulnerable to sea rise," she said. "We've all seen increased flooding in parts of the county and that will only increase over time. We ask the county to take a focused look."

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."

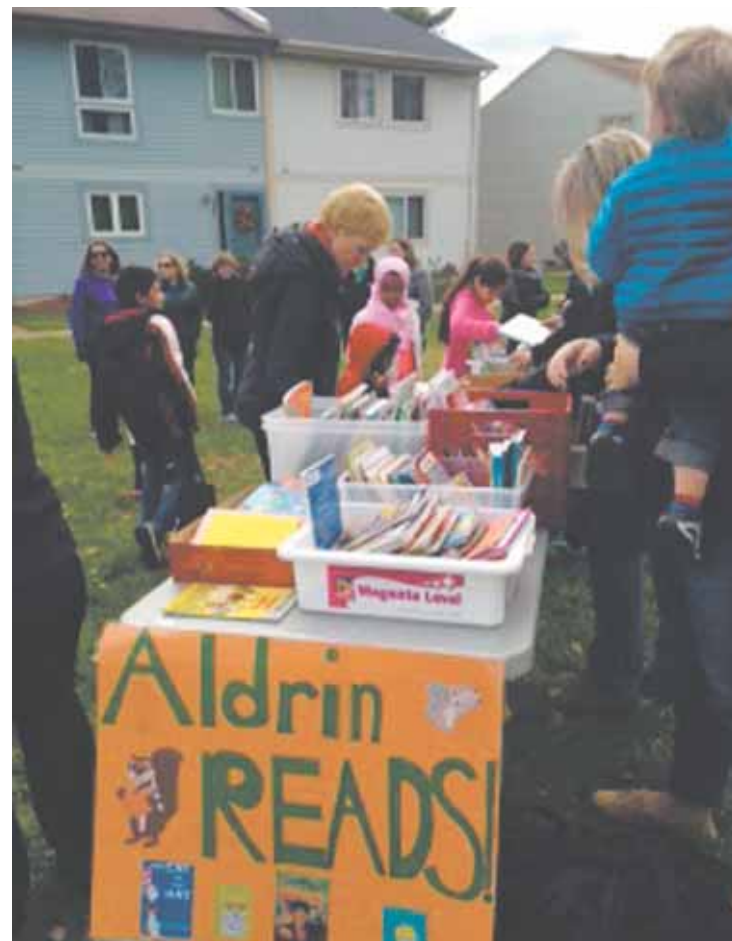
See <http://www.fairfaxcounty.gov/dpz/eqac/report2015/>.



'Aldrin READS' Helps Achieve Literacy Goals

Aldrin Elementary staff gathered Saturday, Nov. 14, to kick off the first "Aldrin READS!" Extending students' home libraries is important to reaching Aldrin literacy goals and the school helped build student libraries by visiting stu-

dents to give away books (staff and community donations), as well as school supplies and healthy snacks. Everyone had a great time and Aldrin expects to continue with additional "Aldrin READS" events two times a year.



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.



COURTESY PHOTOS

Dozens joined Beattie for her honor. "It seems incredible to be thanked for doing something you love as much as I loved doing what I did," Beattie said.

Five Decades: 'What I Believe In'

BY KEN MOORE
THE CONNECTION

Judith Beattie has impacted five decades of students who began their education at Vienna's Hunter Mill Country Day School.

"You see that wonderful place on the hill, and so much has happened in that place, so many kids have just learned the way you have to grow up in a community, be good stewards of the community and give back to the community," said Supervisor Cathy Hudgins (D-Hunter Mill).

Hudgins and the Board of Supervisors honored Beattie for her 48 years as the director and owner of Vienna's school.

"You've made a great contribution. So thank you very much for all of your years," Hudgins said.

"I loved what I did for the children. It's the best expression of what I believe in," said Beattie.

"I just want to tell you that it seems incredible to be thanked for doing something you love as much as I loved doing what I did," Beattie said.

BEATTIE was hired in 1967 to be the director of the newly established school, and then purchased the school in 1978.

The school was recognized by the National Wildlife Federation as a certified habitat school "for supporting multiple subject areas stimulating the curiosity of its pupils," said Hudgins and for "teaching children to be stewards of the environment and encouraging community involvement."

"Ms. Beattie has given just enormous amount of dedicated time to bringing forth in this community numerous young people that now, I know, contribute back to this

community," Hudgins said.

While Beattie's school is in Vienna, students attended from all over, including students from Sunrise Valley Elementary in Reston who came for before and aftercare.

Sully District Supervisor Michael Frey recognized her work on the Health Care Advisory Board.

In 2002, Gov. Mark Warner appointed her to the Virginia Child Day Care Council where she assisted in the development of standards and regulations for licensed child day care facilities in the state.

Beattie has been a positive force in the Sully District where she lives in Hunter Valley, as well as the Providence District.

"You've been a long standing presence and advocate for the community in so many different ways," said Frey. "We wish you all the best and thank you for your service."

Providence Supervisor Linda Smyth said Beattie was one of the founding members of the Friends of Oakton Library before the county even had the dirt to place the library on.

"While child care has obviously been a very central part of your life, Judy, we know you have been involved a whole lot more in a whole lot more besides child care," said Smyth. "You have always been there helping us with Volunteer Fest in Providence. You were part of the Hunter Mill Road traffic calming committee."



The Board of Supervisors honored Judith Beattie for her 48 years as director and owner of Hunter Mill Country Day School.

"And beyond that you were one of the founding members and secretary of the Friends of the Oakton Library, that friends group that existed before we even had the dirt to build that library."

"You were a part in all those Oakton activities, and just really a central piece of that

More

Read transcript of an interview with Judith Beattie from July 15, 2007 conducted by Linda Byrne for the Providence District History Project Providence Perspective
<http://www.fairfaxcounty.gov/providence/perspective/judithbeattie.htm>

community and we want to thank you for all those things, too," said Smyth. "You've made a difference in a lot of people's lives in many many different ways. Thank you."

IN 2014, Beattie sold the school to Sharon Hayeck, a long-time staff member, teacher, and administrator who had been with HMCDS for over 10 years.

"You have a number of people who are here to express their thanks to you," said Chairman Sharon Bulova.

As dozens gathered around her to take photographs with the Board, a number of Supervisors could be overheard.

"Holy cow," said Supervisor John Cook.

"Look at all these people," said Supervisor Gerald Hyland.

"This is great," said Penelope Gross.

"Let me just add my thanks for your wonderful service and for all the contributions you have made to and for Fairfax County," said Chairman Sharon Bulova.

"I love Fairfax County. I moved here before a lot of the people did," said Beattie.