

2015
Virginia
PRESS
Association
Award Winning
Newspaper

Oak Hill Herndon CONNECTION

WASHINGTON
20.9 MILES HERNDON ROUND HILL
26.8 MILES

Inside
HOLIDAY
ENTERTAINMENT

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PHOTO COURTESY OF TOWN OF HERNDON

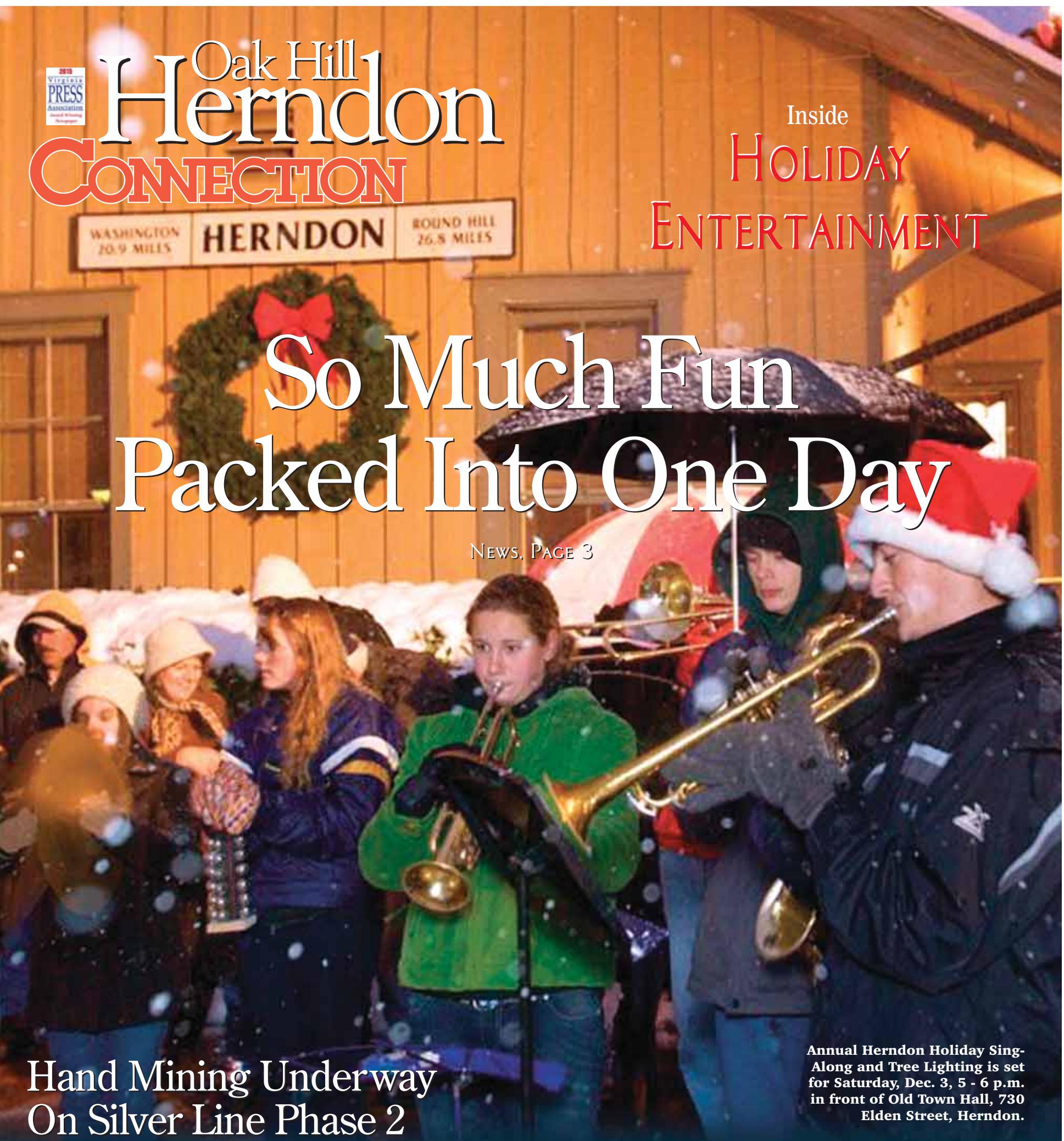
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Annual Herndon Holiday Sing-
Along and Tree Lighting is set
for Saturday, Dec. 3, 5 - 6 p.m.
in front of Old Town Hall, 730
Elden Street, Herndon.



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**Celebrate the Season with
The Reston Chorale**

**Home for the Holidays
Saturday, December 3
4:00 and 7:00 pm**

**Reston Community Center
Hunters Woods, Reston**

Guest Artists:

Washington Symphonic Brass



**Reston Sings!
Handel's *Messiah*
Tuesday, December 6
7:30 pm**

**Saint John Neumann
Catholic Church, Reston**

Guest Artists:

**Crossley Hawn, *Soprano*
Barbara Hollinshead, *Mezzo*
C.J. David, *Tenor*
Richard Giarusso, *Bass***

Tickets and Information: RestonChorale.org

**50th Season
The Reston
Chorale**

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Special thanks to:
**THE CONNECTION
NEWSPAPERS**

Fairfax Water

PUBLIC HEARING ON WATER RATES AND PROPOSED 2017 BUDGET

At 6:30 p.m. on Thursday, December 15, 2016, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges and the 2017 Annual Budget. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2017, include the following:

1. An increase in the Local Facilities Charge from \$10,240 to \$16,020.
2. An increase in the Service Connection Charge from \$1,150 to \$1,240†.
3. An increase in the Quarterly Billing Service Charge from \$10.10 to \$12.20†.
4. An increase in the Base Commodity Charge from \$2.68 to \$2.81 per 1,000 gallons of water.
5. A decrease in the Turn-Off / Turn-On Charge from \$52 to \$44.
6. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge.
7. An increase in the Overhead Charge for Labor from 104% to 105%.
8. A decrease in the Installation of Sewer Use Meter Charge from \$46 to \$35.

Revenues are expected to be \$171.3 million in 2017. Water sales are expected to provide \$149.2 million. Approximately \$22.1 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	- \$1,000s -	
	2016	2017
Personal Services & Employee Benefits	\$ 53,877	\$ 55,808
Power and Utilities	10,417	10,572
Chemicals	6,342	7,566
Purchased Water	4,512	5,576
Supplies and Materials	5,173	5,248
Insurance	1,176	1,201
Fuel	567	625
Postage	632	654
Contractual Services	10,473	10,671
Professional Services	748	910
Other	2,305	2,484
Subtotal	96,222	101,315
Transfer to Improvement Fund	(9,616)	(9,305)
Total	\$ 86,606	\$ 92,010

Net revenues are expected to be appropriated as follows:

Debt Payment	\$41,129,000
Improvement Fund	\$11,000,000
General Fund	\$25,733,000

A copy of the proposed changes can be viewed on our website at www.fairfaxwater.org/rates. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017.

Interested parties 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 14, 2016, to be included in the record of the public hearing.

†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.

NEWS



Don't miss the Annual Herndon Holiday Sing-Along and Tree Lighting set for Saturday, December 3, 5 - 6 p.m. in front of Old Town Hall, 730 Elden Street, Herndon.



PHOTOS COURTESY OF TOWN OF HERNDON

Herndon's Annual Tree Lighting is scheduled Saturday, Dec. 3, 5 - 6 p.m.

So Much Fun Packed Into One Day

BY MERCIA HOBSON
THE CONNECTION

Gather up your family and friends and begin celebrating the holiday season in the Town of Herndon on Saturday, Dec. 3. Multiple events are scheduled throughout the day, so put on your walking shoes, bundle up tight and head out for a fun packed day.

Your first stop will be a time-honored Herndon tradition, The Holiday Homes Tour of Herndon. The tour begins at 10 a.m. and ends at 4 p.m. Tickets are available online until Dec. 2 at www.herndon-va.gov/homestour, in person at Herndon Florist, 716 Lynn Street and Herndon Community Center, 814 Ferndale Avenue, and through credit card processing at 703 435-6800x2222. Tickets are \$25 as of Nov. 28. Check out this year's homes ahead of time at www.facebook.com/HolidayHomestour.

You can start your tour at any one of the five-featured homes, as docents will be on hand to welcome you. During the guided tour, docents will share bits about the home's history, give you the ins and outs of the homeowners' holiday decorating ideas and answer questions you may have. No high heels or photographs. Cultivating Community Initiative, a program within the Town of Herndon made up of volunteers and town staff, produces Holiday

Homes Tour.

While you are out touring, don't miss the opportunity to visit ArtSpace Herndon, 750 Center Street, and the tour's designated rest stop. Enjoy complimentary refreshments, see the current exhibit and shop, ArtisanWorks, ArtSpace's new gift shop, where local artisans display and sell their one-of-a-kind works. Get a head start on your holiday shopping. Curated items include hand turned wood bowls, cutting boards and pens, woven scarves, felt hats and hand-stitched leather purses. Gem stone jewelry, glass plates, small easel art and cards are also available. All items are gift-wrapped at no charge — 25 percent of the sales price benefits Arts Herndon, the local nonprofit arts organization that provides arts programs and scholarships. The shop is open year-round during normal gallery hours. www.artspaceherndon.org

FOR THE CHILDREN, there are two drop-in events scheduled for Saturday. At Herndon Fortnightly Library, 768 Center Street, kids and kids at heart can stop by anytime between 1 - 4 p.m., and participate in the Winter Open House & Santa Workshop. The event is free and open to the public. Children can visit with Santa, make craft projects, listen to music and stories and enjoy light refreshments. The event is co-sponsored by the Friends of Herndon Fortnightly Club, Arts Herndon and



PHOTO CONTRIBUTED

Mary Drum of Herndon Rotary Club welcomes a visitor to one of the featured homes during a previous Holiday Homes Tour of Herndon. This year's tour is Saturday, Dec. 3, 10 a.m. - 4 p.m.

Herndon Chamber of Commerce.

Then grab your bathing suits and head over to the Herndon Community Center,

Herndon set to welcome the holiday season with events for all ages.

814 Ferndale Avenue from 2- 6 p.m. for a Canoe Ride with Santa. Admission is \$10 a participant. Sign up ahead of time for a time slot. Kids 3-14 can enjoy a special canoe ride around the indoor heated pool with Santa. While out on the waves children can let Santa know their Holiday Wish Lists. Afterwards kids and their families can stay for a swim. 703-787-6300 www.herndon-va.gov/events

AS NIGHT FALLS, return to the grassy area in front of Herndon's Old Town Hall, 730 Elden Street. You won't want to miss the Annual Holiday Tree lighting, carols, and Santa's arrival by fire truck. The event is from 5 - 6 p.m. and is free and open to the public.

As an added bonus to the day, reserve tickets ahead of time for the family holiday musical performance of Roald Dahl's "Willy Wonka," presented by NextStop Theater Company at 11 a.m. and again at 4 p.m. Members of NextStop's professional theatre company and local students join together for Charlie Bucket's mysterious visit to the Chocolate Factory. Individual tickets start at \$25 and group discounts are available. NextStop Theater is located at 269 Sunset Park Drive, inside the Sunset Business Park.

Visit <http://www.nextstoptheatre.org> for additional performances times scheduled through Dec. 18.

LINK's November Holiday Program Helped 736 Families

BY FALON FORBUSH
THE CONNECTION

LINK's annual holiday program helped a total of 736 families: 2,261 adults and 1,720 children.

The annual program provides coats and food to families in need. This year, recipients were able to pick up the items on Nov. 19 at the Christ the Redeemer Catholic in Sterling or Trinity Presbyterian in Herndon. In 2015, the program helped 709 fami-

lies, which means LINK was able to provide necessities to more families this year.

"LINK stalwarts went above and beyond to ensure the success of our program and enable our guests to receive food for three to five days, grocery gift cards and gently used coats and winter clothing," LINK President Lisa Lombardozzi said in an email to supporters.

Every year, LINK's Holiday Program aims to provide all of its needy families with a week's worth of non-perishable food and a winter coat in November and a week's

worth of non-perishable food and a toy for each child in December.

According to Lombardozzi, LINK collected over 2,300 coats and we were able to purchase 100 new men's puffy coats from Costco for \$10. In total 2,100 coats —including all of the children's coats on hand— 1,600 sweatshirts and sweaters and 1,650 hats, gloves and scarves were distributed.

LINK was able to collect 50,000 pounds of non-perishable food, with 40,000 pounds of donations coming from the Boy Scouts

and 10,000 pounds of donations coming from individuals, businesses, schools and civic groups.

According to Lombardozzi, LINK expects to help 835 families for the December round of its Holiday Program and is now accepting donations of non-perishable food items and toys. Games, gift cards and other gift items for children as young as infants to as old as 16 years may be dropped off at the Herndon United Methodist Church at 701 Bennett Street in Herndon.

OPINION

Opioid Epidemic in Virginia

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

When my friend August Wallmeyer wrote his book, "The Extremes of Virginia, Southwest, Southside and the Eastern Shore: Two Separated and Unequal Commonwealths. Rural, Poor and Largely Unknown" (Dementi Books, 2016), he included a chapter on illegal drug use for obvious reasons—In 2014 for the first time on record fatal drug overdoses became the most common cause of accidental death in the Commonwealth, according to the Office of the Chief Medical Examiner. As the Secretary of Health and Human Resources reported to Mr. Wallmeyer, "In 2015 we lost more than a thousand Virginians to opioid or heroin overdoses. More Virginians now die from drug overdoses than from car accidents." For another reason, the rate of fatal drug/poison overdoses in the poorest areas of the state are 47 percent higher than those in Virginia as a whole. The picture has been getting worse.

Last week the state health commissioner Dr. Marissa J. Levine declared opioid addiction to



COMMENTARY

be a public health emergency in Virginia. She said the Commonwealth has seen a 77 percent increase in opioid deaths from 2012 to 2016. So great is the concern about this epidemic that Commissioner Levine issued a standing order that allows all Virginians to obtain the drug Naloxone without a specific prescription. Naloxone

is used to treat narcotic overdoses in emergency situations. Persons who know someone who is struggling with opioid addiction are advised to visit a local pharmacy to obtain Naloxone and keep it on hand for possible overdose emergencies. For more information on Naloxone, go to <http://www.getnaloxonenow.org>. Another website of Virginia government offers resources on how to best discuss addiction with someone, <http://vaaware.com/treatment-recovery/>.

Attorney General Mark Herring is extremely active in combating drug abuse problems in Virginia. A documentary he produced on the heroin and prescription drug epidemic in Virginia is available to individuals and organiza-

tions for their use. Preview it at <http://www.hardesthitva.com>. The Attorney General has led the effort to distribute 80,000 drug disposal kits to individuals through the Department of Health and to hospitals, law enforcement and nonprofits. These kits will allow for the safe disposal of prescriptions that could be abused by others. There is a strong link between misuse of prescription drugs, opioid addiction, and the use of heroin when prescription drugs become too expensive or are no longer available. Some studies found that half of young people who use heroin got started abusing prescription opioids. The Attorney General reported that more than 500 people went to a Virginia emergency room from a heroin overdose in the first four months of 2016, a 250 percent increase over 2015.

No longer is the problem of opioid abuse one that is primarily in the poorer, "extremes" of the state. It can be found in all areas of the state affecting people of all income levels and backgrounds. The strong response to the need by the Attorney General and the State Health Commissioner are very important. Coordination among agencies and work at the local level to end root causes are critical. Fortunately they are underway to end this epidemic.

LETTERS TO THE EDITOR

Helping Neighbors to Have a Normal Holiday'

To the Editor:

I am writing in regards to the editorial by Mary Kimm, titled "Holidays Are for Giving" (Connection, November 17-23, 2016). This hits particularly close to home because for the past six years my mother and I have been volunteering with Fairfax County's Adopt-A-Family Holiday Program. The purpose of this program is to purchase gifts and food items for a struggling family in Fairfax County around the Holidays so that these families are able to have a "normal" holiday.

There was one time when my mother and I were delivering the gifts to a young mother of three and after we loaded them into her car she began to cry and hug us. She repeatedly thanked us and told us that if it was not for our generosity, she would not have been able to give her children presents. Later that night I began to reflect on this situation and look at it from this woman's eyes. It made me realize that not everyone is as fortunate as myself or my family, and that if you have the means, support those less fortunate. Helping this family reminded me that the holidays are not about

material items, they are about giving thanks and spending time with people you love. People tend to forget this because everyone gets so wrapped up in their own world, and forget about the people around them.

Jen Kirk
Springfield

Tremendously Inspiring Story

To the Editor:

The article about the retired police officer, Randy Sales, receiving the Environmental Excellence Award ("Face of Integrity," Connection, November 3-9, 2016) really caught my attention. Though it was not explicitly stated by

Sayles or by the author of the article, it is clear that he has been a victim countless times of unfair treatment by the law in Fairfax County, as well as Denver, because he is African American. His story was tremendously inspiring and I think many people would benefit from hearing more stories like his in order to sympathize with specific situations, and therefore better understand this problem as a whole.

Not only are his efforts to keep the county clean impressive, but his reaction to the prejudice he's faced from many police officers is really moving. It is evident that much of the law enforcement system is biased due to the lack of respect he was shown — even in situations where he was doing nothing wrong. He was actually

benefiting the county by spending hours cleaning trash that would otherwise be left on the side of the road. Sayles' reactions to these situations, like the one where a female officer automatically accused and yelled at him for having a weapon, are very powerful and inspiring.

He remains calm and humble about his history with law enforcement, and uses the resulting anger and disappointment to feed his hunger to help the county and the environment.

This article was moving — and after hearing Sayles' story, it is refreshing to see that he is finally getting the appreciation and acknowledgement he deserves.

Anna Hellwege-Bales
Fairfax Station

Children's Connection Deadline Approaches

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. It is a keepsake edition for many families. The annual Children's Connection is a tradition of well over a decade.

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

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich

text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

We welcome contributions from public and private schools, individuals and homeschooled. To be published, we must have the first and last name of the student. Please include the student's age and/or grade, school attended and town of residence, plus the name of the school, name of teacher and town of school location. Please provide submissions by Friday, Dec. 2.

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

Oak Hill & Herndon CONNECTION

www.ConnectionNewspapers.com

@HerndonConnect

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LETTERS

Acting on Cell Towers Concerns

To the Editor:

Are cell towers safe? Perhaps not. Studies around the world have shown that cancer rates for populations near towers are higher than those without towers. Children, expectant mothers and seniors are more at risk. The European Union, in response to the medical research, recommends a 1,000 ft. set-back for towers near schools, child care centers and pastures. Germans love their cows more than Americans love their children – not a joke.

In Fairfax County, Virginia, the school system has installed more than 30 towers on school properties believing that the FCC regulations (written in the 1990s) provide safety. False security. The FCC has no medical unit and schools don't consider exposure for more than 30 minutes. Schools lack the expertise to evaluate the health safety. The School Board isn't helpful. Impoverished a few years ago, they "pre-approved" all schools to get cell towers. The push to place towers at middle and elementary schools has begun – where children are unprotected and at most risk.

How much risk? Medical studies have

shown that a 5 or 10 year old child absorbs 3 to 10 times more radiation than an adult. A study of the radiation published by the FDA in May 2016 resulted in 5 percent of male animals getting heart and brain cancer after only two years of exposure.

The cell phones used with the animals were closer than the 30+ antennas on a typical cell tower, but the radiation is essentially the same. The World Health Organization has advised precaution for at-risk populations. In 2015, Harvard University's Center for Ethics asked the FCC to "acknowledge that children and pregnant women may be more vulnerable to RF emissions and require special protection."

What should we do? First, an indefinite moratorium on cell towers at schools. Second, a safety set-back for all at-risk populations. The Fairfax County Park Authority can locate towers safely on their lands without risking our permanent children populations.

There is enough evidence and scientific uncertainty to be concerned – and to act on the concern.

Randall Griffin
Herndon

WEEK IN HERNDON

Suspects Apprehended for Gang-Related Graffiti

On Nov. 22, detectives with the Herndon Police Department apprehended two juveniles who are alleged to be connected to a series of gang-related graffiti in the town of Herndon, according to the police department.

A 15-year-old male from Sterling and a 16-year-old male from Herndon were apprehended, and detectives are looking for two other juveniles who are still at large. They have all been charged with destruction of property and gang participation.

The apprehensions are a result of an investigation by Herndon detectives working with the Northern Virginia Gang Task Force.

The two apprehended juveniles are to appear in court, but the investigation is still ongoing and additional charges are possible.

Jane Ross, a spokesperson for the Herndon Police Department, says she could not provide any further information about the case, including which gangs were involved because state law prevents her from providing public information that is associated to an ongoing investigation.

Ross also says that all the graffiti was removed.

—FALLON FORBUSH

Oakton Baptist Church to Host Open House

Oakton Baptist Church of Chantilly, located at 14001 Sullyfield Circle, will be having a Christmas Open House on Saturday, Dec. 10 from 11 a.m. to 3 p.m. This will include a tour of the church, meeting members and a cup of free hot chocolate. Also, there will be three Food Trucks present, Taco/Latin, Grilled Cheese, and a Carnival/Kid-Friendly truck. Children 12 and under will enjoy Christmas shopping in the Fellowship Hall. There will be new and gently used items while supplies last. A small donation will be

accepted for each item. The items will be gift wrapped. Location: 14001 Sullyfield Circle, Chantilly on Route 50. First stop light East of Route 28. Snow date is Saturday, Dec. 17.

Volunteers Needed for Food Packing Event

Assistance League of Northern Virginia invites members of the community to help pack food for its Weekend Food for Kids program. This program provides nonperishable food to children in need at six Title 1 schools in our community. The next food packing event is at 10 a.m. on Dec. 15 at Dominion Resources, 3072 Centreville Road, in Herndon. Arrive at 9:30 a.m. to help with setup. Event contact Karen Amster: karenamster@aol.com. www.northernvirginia.assistanceleague.org.

Santa Picture Day
Saturday December 3, 2016
8 AM to 2PM

Holiday Treats and Refreshments for all.
Pamper your pets @ Posh Paws Boutique,
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NEWS

Skaters waltz on an imaginary iced pond; some slip and fall.



Winter Walk of Lights Brings Holiday Magic to Life

Meadowlark Botanical Gardens decorates its 100-plus acres with lighted scenes and woodland fantasies.

DONNA MANZ
THE CONNECTION

The weather has certainly cooperated with the operation of Meadowlark Gardens' Winter Walk of Lights. No frigid cold or hammering rain has affected the crowds that strolled through the wonderland of sparkling colorful lights that opened on Nov. 18. But don't count on this pleasantly-tolerable weather to last for the next six weeks. Get your timed tickets soon and get yourself into the holiday mood.

A half-a-million colored and crystal LED lights glow and shimmer in night, creating storybook vignettes and woodland surrealism.

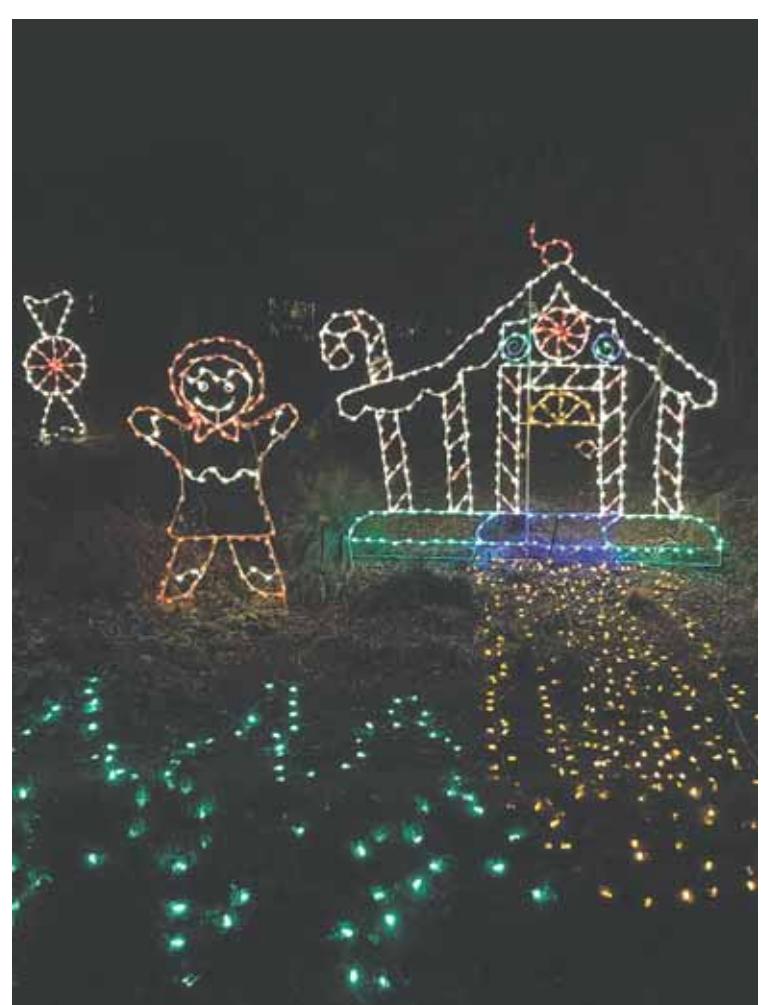
The Winter Walk of Lights at Meadowlark Botanical Gardens off Beulah Road in Vienna runs to Jan. 8. First timed entry is at 5:30 p.m.; the last is 9:30 p.m.

Buy your tickets online at www.winterwalkoflights.com. To get a per person \$1 discount, good Monday through Thursday, use mailer16 when purchasing tickets.

PHOTOS BY DONNA MANZ/THE CONNECTION



An animated deer and her fawn "watch" as garden guests stroll by.



A gingerbread house and gingerbread people at Meadowlark Botanical Gardens.



Families can finish off their stroll through the magically-illuminated gardens with an open-pit marshmallow roast.

Victorian carolers take up a spot on the hill.



Some scenes of the Winter Walk of Lights come across as a blast of artistic Impressionism.

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

LRA "Dreams, Creates, Inspires"

at Ernst Center Nov. 22 through Dec. 18. The exhibit is free and the gallery is open Monday through Friday from 10:00 am – 5:00 pm. at the Richard J. Ernst Community Cultural Center on the Northern Virginia Community College Annandale Campus, Building CE, 8333 Little River Turnpike, Annandale.

The League of Reston Artists displays paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hanging. www.leagueofrestonartists.org

Mini-Train Rides

12 - 4 p.m. November 27 through December 18. Departures on Market Street next to Talbots 11900 Market Street, Reston Town Center. Enjoy train rides through Reston Town Center every Sunday through December 18. Donations accepted – all proceeds benefit local charities. restontowncenter.com/holidays

Retrospective Photography

Exhibit Dec. 1 - 31 9 a.m. - 9 p.m. Daily except Sunday when the RCC facility closes at 8 p.m. Reston Community Center at Hunters Woods 2310 Colts Neck Road, Reston. This exhibit includes more than 70 color and monochrome photos by Reston photographer Fran Bastress taken from 2007 to the present. She specializes in landscape, nature, and fine art photography. Cost: Free. www.restoncommunitycenter.com/attend-shows-events-exhibits/exhibits-and-galleries

LRA PenFed Realty Hosts Sievers' Paintings

The League of Reston Artists is showing the oil paintings of Ruth Sievers during December 2016 and January 2017 at the office of PenFed Realty, 1886 Metro Center Dr. Reston. The exhibit is free and the office is open to visitors Monday through Friday from 9:00 am – 5:00 pm. www.leagueofrestonartists.org

Exercise for Parkinson's

Every Monday, 1:15 - 2:15 p.m. Reston Sport&health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free.parkinsonfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

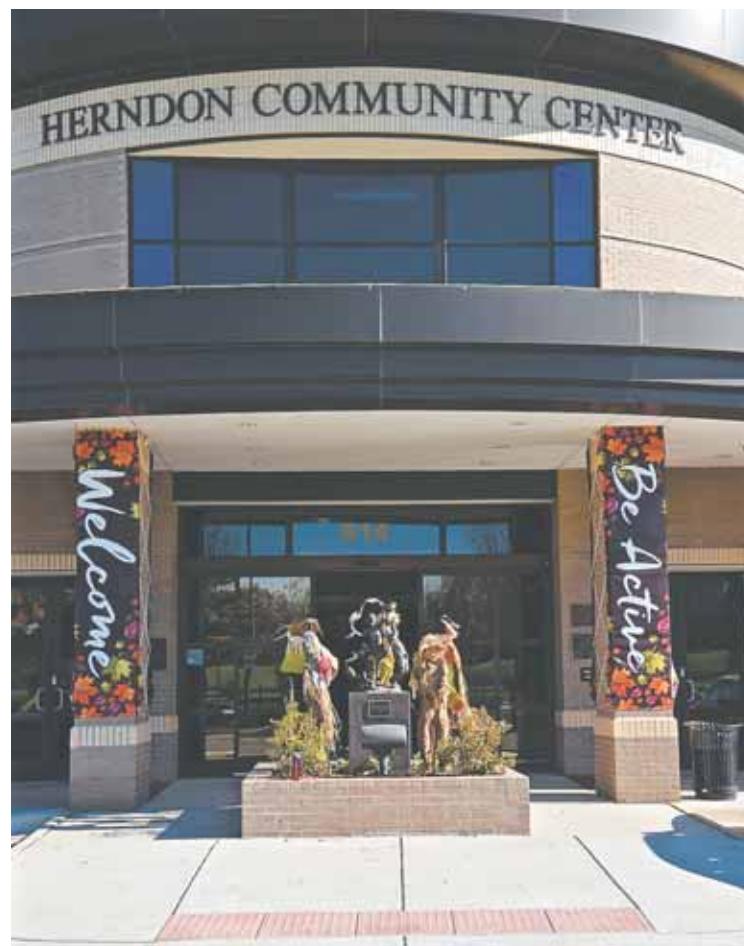
Teen and Adult Art Classes

ArtSpace Herndon Every Monday from 5:30 - 8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: ridingfree2@gmail.com, 703-956-9560. www.artspaceherndon.com

Manganelli Solos at PenFed Realty October and November 2016 at the office of PenFed Realty, 1886 Metro Center Dr., Reston. The exhibit is free and the office is open to visitors Monday through Friday from 9:00 a.m. - 5:00 p.m. leagueofrestonartists.org

Unforgettable Photography Exhibit ArtSpace Herndon

Featuring the photography of Marti Belcher November 2 - December 4. 750 Center Street, Herndon. Life is a journey, a continuum of everyday events and ordinary people, all of



The Herndon Community Center at 814 Ferndale Avenue will be the scene of a number of holiday happenings, including a large Arts and Crafts Fair and a Holiday Storybook Holiday Celebration. The Arts and Crafts Fair takes place Sunday Dec. 4 from 10 - 4 p.m. Admission is free. The Storybook Holiday Celebration will be held on Saturday Dec. 17 from 10 - 11:30 a.m. Admission is \$9 per child and includes craft projects, a visit with Santa and a reading of a holiday story by a special guest.

which make for an extraordinary lifetime of experiences. 703-956-9560. www.artspaceherndon.com

Mr. Knick Knack 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. restontowncenter.com. 703-579-6720

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 <https://potomacriverrunning.com>.

Herndon Regional Wind Ensemble

Practice. Every Tuesday 7-9 p.m. through May. Herndon Middle School, 901 Locust St., Herndon. For advanced high school students, college students, and adults who play a brass, woodwind or percussion instrument. 703-904-4800 HerndonRegionalWindEnsemble@gmail.com Cost: Free

Senior Tea ARTSPACE Herndon

10:30 - 12 p.m. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea on the second Friday of the month, from 10:30 a.m. to 12 p.m. 750 Center Street, Herndon. All teas are free and open to the public. <http://www.artspaceherndon.com/events-2/senior-tea/>

College Night Skate, Rock N Skate, Cartoon Skate at the Ice Skating Pavilion

Every Thursday, 6 - 9 p.m. - Every Friday, 8 - 10 p.m.

Skate Shop, 1818 Discovery Street, Reston Town Center. 11900 Market Street. Receive \$2 off admission with valid college ID. Live DJ & music, games & prizes; skating continues until 11 pm. Share the ice with Scooby-Doo, Cat in the Hat and more. 703-709-6300 skating@restontowncenter.com

restontowncenter.com/skating
Ice Skating in the Pavilion 8 a.m. - 11 p.m. open daily, November until March

WEDNESDAY/NOV. 30

An Evening with Mark Twain 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. To celebrate Mark Twain's birthday the historical re-enactor Mike Hall will bring Twain to life comparing his time with life today. Register at www.fairfaxcounty.gov/library. Adults, teens, older children.

FRIDAY-SATURDAY/DEC. 2-3

Reston Lions Club Annual Citrus Sale. Friday, 2-5 p.m. Saturday, 9 a.m.-5 p.m. at Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh navel oranges, pink grapefruit, tangelos, and mandarins will be available. All proceeds benefit sight and hearing programs and other club charities. Eyeglasses and hearing aids accepted at sales site for recycling. Kathy Gold, 703-282-4078.

SATURDAY/DEC. 3

Jingle on Lake Anne Festival 11 - 2 p.m. Lake Anne Plaza Waterfront 1609 Washington Plaza, Reston. The annual family friendly holiday event Jingle on Lake Anne is coming soon. Community organizers and plaza retailers will host a variety of festive activities ranging from the ever popular special visit from Santa — arriving on a lake barge, to strolling carolers, a petting zoo, music, wine tastings, merchant specials, children's crafts, cookie decorating, holiday arts & crafts market, holiday entertainment and much more. The day will be filled with lots of merriment for all ages. <http://lakeanneplaza.com/event/jingle-on-lake-anne/>

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The Giving Circle of HOPE Celebrates Million Dollar Milestone

BY Fallon Forbush
THE CONNECTION

The Giving Circle of HOPE celebrated a major milestone this year – more than \$1 million raised and granted to support small nonprofit organizations in Northern Virginia.

GCH's members voted for the fund's 2016 grantees at a special event at Refraction in Reston Town Center on Thursday, Nov. 17.

"This milestone proves the power of collective giving because we reached it with many individuals giving as little as one dollar a day or volunteering for one event a year," says founding member Linda Strup. "Reaching this \$1 million milestone is exciting, but I am even prouder of the lives we have changed, both within the Giving Circle of HOPE and in the greater community."

Eight grants were funded for a total of \$56,000. The 2016 grant award winners are:

- ❖ Fairfax Court Appointed Special Advocates (CASA) for Advocating for Abused/Neglected Youth
- ❖ Friends of Guest House for Workforce Development Project Pilot



PHOTO CONTRIBUTED

Founders of the Giving Circle of HOPE celebrating Million Dollar Milestone.

- ❖ Josh Anderson Foundation for Our Minds Matter: Website Development
- ❖ La Cocina for Free Bilingual Culinary Job Training, Placement & Food Assistance
- ❖ NAMI Nova for Peer Support of Youth
- and Adults Living with Mental Health Conditions
- ❖ OAR Arlington for Employment Assistance for Individuals Returning Home After Incarceration

Arts Council Grants Exceed \$379,000 to Further the Arts in Fairfax County

The Arts Council of Fairfax County has awarded \$379,013 in Operating Support Grants to 41 nonprofit arts organizations in Fairfax County. Operating Support Grants provide critical funds necessary for the basic operation of arts organizations in Fairfax County in recognition of the valuable programs and services they provide to County residents.

Fiscal year 2017 funded organizations offering public programs in a variety of disciplines including arts education, dance, instrumental music, multidisciplinary, opera, theatre, visual art, and vocal music. Operating Support Grants are awarded each year to both emerging and established art organizations.

"We are pleased to issue County support for the arts in Fairfax through a competitive grants process. Organizations receiving general operating support represent our most creative and well managed organizations, which provide a high level of arts service and community reach," said Linda S. Sullivan, President & CEO, Arts Council of Fairfax County.

"With the grant award, Reston Community Players will provide scholarships to college bound theatrical artists and help Girl Scouts learn about the world of theater backstage. The grant also furthers our ability to work with community organizations on special projects, such as the LMproject Broadway Bound Summer Intensive, and to provide unique opportunities for audiences to experience

theater in ways they may not otherwise have the chance to, such as our sensory sensitive matinee of Mary Poppins," said Jolene Vettese, President, Reston Community Players.

"This year, with support from the Arts Council, Arts Herndon was able to host one of our most prestigious programs—a literary event featuring Kwame Alexander and Meg Medina. Kwame is the winner of many literary awards, most recently the Newbery award, and Meg Medina is the two-time winner of the Pura Belpré award for Children's and Young Adult literature. Attendees included State Delegate Jennifer Boysko, Fairfax County Supervisor John Foust, Herndon Mayor Lisa Merkel and a diverse audience of high school, elementary school, and adult attendees," said Signe Friedrichs, Arts Herndon.

"We are honored to receive our first Operating Support Grant from the Arts Council, which supports our commitment to provide a comprehensive performing arts academy program, including world-renowned instructors and state-of-the-art facilities, and our goals to expand, teach, and personify performing arts education in our community in Fairfax County and beyond," said Melissa Dobbs, Founder and Executive Director of Metropolitan School of the Arts in Alexandria. "Our black box theatre, set to debut in January 2017, is just one example of MSA's passion to build our community arts program and bring the arts to our Fairfax County neighbors," said Melissa Dobbs, Founder and Executive Director of Metropolitan School of the Arts.

Operating Support Grant Recipients

1st Stage, Inc., Acting For Young People, Amadeus Concerts, Inc., American Youth Philharmonic Orchestras, BalletNova, Children of the Light Dancers, The Choralis Foundation, City of Fairfax Band Association, City of Fairfax Theatre Company, Arts Herndon, Creative Cauldron, The Fairfax Ballet Company, Fairfax Choral Society, Greater Reston Arts Center, The Hub Theatre, Initiative for Public Art – Reston, Jewish Community Center of Northern Virginia, McLean Community Players, McLean Orchestra, McLean Project for the Arts, The McLean Symphony, Metropolitan School of the Arts, Mosaic Harmony, Mount Vernon Community Children's Theatre, New Dominion Chorale, NextStop Theatre Company, Northern Virginia Chorale, Providence Players of Fairfax, The Reston Chorale, Reston Community Players, Reunion Music Society, Inc., Traveling Players Ensemble, Vienna Choral Society, Vienna-Falls Chorus, Sweet Adelines International, The Vienna Jammers Percussion Ensemble, Inc., Virginia Ballet Company and School, Virginia Chamber Orchestra, Virginia Opera Association, Inc., Voce Inc., Washington Balalaika Society, and Workhouse Arts Foundation.

- ❖ Women Giving Back for Women Giving Back Transportation Project

- ❖ The Reading Connection for Child, Youth Development & Education

A giving circle is a form of participatory philanthropy where groups of individuals donate their own money to a pooled fund, decide together which charities to give to and, in doing so, increase awareness of and engagement in issues in their community.

Prior to this year's vote, GCH awarded 125 grants to 52 local nonprofits. Funds have been awarded in the areas of Child, Youth Development and Education; Health, Mental Health and Aging; Poverty Relief; Immigration; and Poverty Escape. Organizations throughout Northern Virginia have received funding including: Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun, Manassas and Prince William.

"Reaching the \$1 million means we got to a landing in a long staircase," says founding member Diana Katz. "We can take a breath, look back to see what we have done, and we can look upward to see how much more we can do. It's a step that gives us perspective."

GCH is a component fund of the Community Foundation for Northern Virginia and was created in 2004.

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 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or www.stannes-reston.org.

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

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

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

SPORTS



Devyn Jones, second from right, in 55H Region Championship, Feb. 18, 2016.

South Lakes High Track Athlete Signs with Air Force Academy

Devyn Jones, a senior at South Lakes High School, has signed a National Letter of Intent with the Air Force Academy.

Jones, a member of the SLHS track team, is the defending region champion in the 55 meter hurdles and was fourth in that event at last year's indoor track and field 6A state championships. She's the school record holder in all of the girls' hurdle events: 55 meters (8.40), 100 meters (14.52), 300 meters (45.86) as well as a member of the school record Sprint Medley relay team.

She's the two-time defending Liberty Conference outdoor track champion in the 100-meter hurdles and received letter honors three times in both indoor and outdoor track.

Among her track and field achievements thus far at SLHS, Jones won the long jump at the outdoor conference championship last spring and finished second in the same event during the indoor season. She won the event during the 2015 indoor season; won the 55 meter hurdles at the Liberty Flames Invitational, the Liberty Elite Meet and finished second at the Ocean Breeze Freedom Games in New York last season; she is a member of the two-time defending Conference indoor champion 4x400 meter relay team, and a member of the 2015 team that finished second in the state.



Devyn Jones



Devyn Jones, at NOVA Invite, April 11, 2015.



Stephen, Beth, Devyn and Stevie Jones at the signing ceremony, November 2016.

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The Children's CONNECTION 2016

This keepsake, award-winning issue will be filled with the artwork and writings of local children starring their families, friends, pets, schools and more. Our family readers are your best customers, who take time to savor this edition during the holidays and beyond.

Be Part of the Children's Connection

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

We welcome contributions from public and private schools, individuals and homeschooled. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens, or other creative efforts.

To submit material, identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school if applicable, name of teacher and town of school location. E-mail to herndon@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314. Please send all submissions by December 16.

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Not Hardly, I Knew You



By KENNETH B. LOURIE

Not about me, at first. My oncology nurse of almost seven years, a person with whom I had much in common and who, quite frankly, probably saved my life back in August of '13 when I showed up at my regularly scheduled chemotherapy infusion with an oxygen level of 85. This ultimately led to a week-long stay in Holy Cross Hospital to solve the problem which was that 4.7 liters of fluid had accumulated in my lungs, a not uncommon occurrence for lung cancer patients. It became quite clear after our first few infusions together that we were well suited. To say that I would be looking forward to my infusions because of Ron's hands-on care and concern — and depth of our relationship might be a bit naïve (let's face it, I didn't want to be there at all; certainly not as a patient, although I'd be happy to visit/support a friend, family member of fellow cancer patient). But I will admit to this: I never dreaded it because invariably Ron lifted my spirits through his schtick and excellent intentions.

When I walked into the Infusion Center two Fridays ago and walked over to my bar-colounger, I didn't see Ron so I joked aloud "where's Ron? Maybe I'll get some decent service today?" Another nurse (all of whom I know) quickly responded and said "Ron's not here." "Oh," I said, thinking nothing of it. "You mean because it's Veteran's Day?" "No," she said. "He's gone. He took early retirement." "Wow," I said. "Is he OKAY? Is his family OKAY?" I stammered. What few additional inquiries I made to the other nurses about when he left, his last day, what he's doing now, if he's moving, etc., were all met with a sincere "I don't know."

As I waited for my chemotherapy to be mixed/prepared (as you may or may not know, chemotherapy is not exactly off the shelf. Oh, sure, it's on a shelf but not ready for prime time until the patient actually arrives and his vitals are taken and then, presumably along with one's pre-chemotherapy lab work results, communicated to the patient's oncologist for assessment and if satisfactory on to the on-site pharmacy for the actual preparation), I thought about the effect Ron's departure would have on his patients. I imagine, they were similar to many of the ones I was having.

When I mentioned this likely effect to another of the oncology nurses, (and you get to know and are treated by all of the nurses staffing the Center, but generally there is one nurse to whom you are assigned), she explained/understood how caring for oncology patients in an Infusion Center is much different than caring for a patient in a hospital where you might see the patient for a few days and then never again. In an Infusion Center, you might see the same patient for years (for me, it will be eight years, come March 2017), she said. As such, she added, you develop relationships, friendships, much more so than a typical patient/acquaintance you have in a hospital experience.

If I were to calculate how many times I've seen Ron at The Infusion Center over the past seven-plus years, I would guess upwards of 90. And we talked plenty during those 90 visits, and not always about cancer. In fact, it was almost always about life. It was never morbid, it was always merrier. He was a humorous breath of fresh air in an environment/set of circumstances where the breath — so to speak, can occasionally be stale and hard to take. I don't want to say/want to think: what about me? But if I were to allow it for one minute, one column, I would say what my brother, Richard often says after he hears a good report from my oncologist about me: "If he's happy, then I'm happy." Well, If Ron's happy then I suppose I'm happy, believe it or not.

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

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Holiday Fest Art Market

December 3 - 4, 2016



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are
some
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The Great Falls Grange Hall and Forestville School
9818 and 9812 Georgetown Pike
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The Great Falls Studios Holiday Fest Art Market will be held Saturday, Dec. 3 and Sunday, Dec. 4

Great Falls Studios to host Holiday Fest Art Market

All ye friends and neighbors lean your ears this way! Tell everyone what I am going to say:

The Great Falls Studios Holiday Fest Art Market is coming soon.

Saturday, Dec. 3 (10 a.m. - 5 p.m.) and Sunday, Dec. 4 (10 a.m. - 4:30 p.m.) @The Great Falls Grange Hall and old Forestville School, 9818/9812 Georgetown Pike, Great Falls.

Unique art, cards and gifts perfect for Secret Santas, special someones and serious collectors.

Greet fiber artists, jewelry makers, painters, photographers, potters and sculptors.

Halls decked in holiday cheer. Greenery and arrangements for the season from Pots and Plants on the Pike to enjoy and for purchase.

Yummy treats, savory and sweet, to carry home from the Creamery.

Wrap up the weekend on Sunday at 4:30 p.m. with the Celebration of Lights on Great Falls Village Centre Hill sponsored by Celebrate Great Falls. Free and family friendly.

More details and information at www.GreatFallsStudios.com

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

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.

Habitat Heroes Project. The fourth Saturday of each month from 10 a.m. - noon. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

ARTSPACE HERNDON – ArtSpace Herndon needs volunteer docents to greet guests, answer the phone and complete sales during normal gallery hours. Volunteers are also needed a few hours each month to assist with exhibit installation and special performing arts events. Training is provided. Flexible shifts are available. For additional information see our website www.artspaceherndon.com. Or contact us at 703-956-9560, volunteer@artspaceherndon.com. ArtSpace Herndon, 750 Center Street, Herndon, VA.

NEWS



PHOTOS COURTESY OF CAPITAL RAIL CONSTRUCTORS

A CRC worker kneels in the tunnel where he is hand mining to carry utilities to and from the Silver Line Phase 2.



This equipment, similar to a jackhammer, is used by the construction crew to break through incredibly dense rock along the Silver Line Phase 2 route.

Tough Underground Work Underway on Silver Line Phase 2

Hand mining used to dig tunnels through granite.

As work on the Dulles Corridor Metrorail Project, DCMP, progresses and Phase 2 of Metro's Silver Line begins to take shape, some of the toughest work on the project is conducted underground, out of public sight. About 1,400 people currently are working on the project, which extends the Silver Line from the Wiehle-Reston East Station westward through Dulles International Airport and on to Ashburn.

To supply the rail line with needed utilities, such as water and electricity, project workers must tunnel beneath the Dulles Toll Road and Dulles Greenway to access the rail line in the median of those roads.

All along the project, dense rock known as diabase (granite) has challenged Capital Rail Constructors (CRC) crews attempting to dig out those tunnels. CRC is the group contracted to build the bulk of the project. The diabase is much denser than anticipated before work began.

Project workers first began digging by a method called "jack and bore" using a large piece of equipment that drills horizontally through the earth without disturbing roadways. However, that process was not adequate to break through the hard rock along the rail line.

For many of the tunnels built roughly every mile along the Dulles Toll Road, CRC resorted to hand mining, an intensive process that requires workers to crawl into the tunnels and break out the rock bit by bit.

"That's all basically on their knees," said DCMP senior project manager Stephen Barna.

John Kearney, another DCMP senior project manager, emphasized that hand miners perform some of the most strenuous work on the job.

"Imagine crawling under your desk and



These Capital Rail Constructors workers are near a completed utility duct tunnel along the Silver Line Phase 2 route.

digging through solid rock in that tight space on your knees for eight or more hours every day," Kearney said. Further, it's a job the public cannot see and therefore cannot appreciate.

"It's an unseen and thankless piece of work," he said. "No one understands what those miners go through. They work in more difficult conditions than most of the other trades and they have to work harder to complete these tunnels and get through their days."

Digging the tunnels is but one part of the process. As the workers push forward - some shifts making up to 8 feet of progress, others making only 3 inches per shift - metal supports called liner panels are bolted around the tunnel and grout is used to fill in the gaps between the liner panels and rough, rocky walls. Once the tunneling is complete, utility lines or ducts are fed through the tunnel to supply the rail line with power, water and any other needed utility.

Finally, grout is poured to fill the spaces between and around the utility ducts.



The first span for the pedestrian bridge has been delivered to Innovation Center south.

Numbers Tell Story of Progress

Impressive numbers now tell the story of progress along the alignment of Phase 2 of the Dulles Corridor Metrorail Project, also known as the Silver Line. Here's an update on the aerial work that has been done at Dulles Airport:

- ❖ All 197 drilled shafts have been completed.
- ❖ All 197 columns have been poured.
- ❖ 98 percent (182) of pier caps have been poured.
- ❖ 183 (62 percent) deck slabs have been poured.
- ❖ Crews continue to drill and set anchor bolts and bearings on the pier caps for girders on the guideway columns.
- ❖ Crews completed drilling Secant Piles for the Reston Land Bridge and completed pouring columns on the S-1 Guideway east of the future Dulles Airport Station. All Aerial Guideway Columns have been poured.
- ❖ The precaster continues to cast girders and prepare the girders for shipment to the site from the Coastal Precast facility.

A Big Piece of the Action

The arrival of the first segment of one of many to be built, connecting Phase 2 rail stations to both sides of the Dulles Toll Road corridor, signaled major progress in construction in late October.

This large section arrived on the south side of the site where the Innovation Center Station is being built in the shadow of the Center for Innovative Technology near Route 28 and the toll road. The bridges will be assembled on site and erected over the east and westbound lanes of the Dulles corridor using complex construction procedures that will demand major lane closings and shifts at each station site. Details of those erections will be announced well in advance.

Did You Know?

- ❖ Loudoun and Fairfax counties are footing the bills for parking garages for rail users in their respective counties.
- ❖ The largest rail yard in the Metro system is part of Phase 2. It is being built on a 90-acre site owned by the Metropolitan Washington Airports Authority near Route 606 and Mercure Business Park.
- ❖ Parking at Herndon Station will handle 3,500 cars (including the 1,950 spaces in the existing garage).
- ❖ Bike racks are located at each station except for Dulles Airport.