



A tot trotter runs with the help of his parents participating in the Reston Town Center's Holiday Parade along Market Street on Friday, Nov. 25.

Santa Claus Came to Town

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Heroic Rescue at Lake Anne

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South Lakes High Track Athlete Signs With Air Force Academy

SPORTS, PAGE 13

Connolly to Hold Open Season Workshop for Federal Employees/Retirees

U.S. Rep. Gerry Connolly (D-11) will hold his eighth annual Federal Open Season Workshop on Saturday, Dec. 3, at the Fairfax County Government Center to assist federal employees and retirees in navigating through the many changes in the 2017 Federal Employees Health Benefits Plans (FEHBP), dental and vision insurance programs.

The federal government's Open Season for federal employees and retirees to change their health plans runs from Nov. 14 through Dec. 12, 2016.

Connolly's Open Season Workshop will take place at the Fairfax County Government Center on Saturday, Dec. 3, 10 a.m. – 1 p.m. The Government Center is located at 12000 Government Center Parkway, Fairfax.

This year's event will once again feature FEHBP expert Walt Francis, author of CHECKBOOKS's Guide to Health Plans for Federal Employees as well as a representative of the Office of Personnel Management. Representatives

from the various FEHB plans and Medicare will be available to answer questions and discuss their programs with participants.

"Most FEHB plans have benefit and rate changes for 2017 so it is important that federal employees and retirees know the details on how their current plans are changing and whether or not there is another option that better suits their needs," Connolly said. "With these possible changes, it is important that every federal employee and retiree review the status of their current coverage."

Connolly urged every federal employee and retiree, as well as survivor and former spouse annuitants to make sure they review their FEHB plan coverage and other benefits before Open Season ends on Dec. 12, 2016. "Federal employees, retirees, and annuitants who have questions or want to make sure that they have the coverage they need are welcome to attend my Open Season Workshop on Dec. 3," he said.

Congressman Connolly's Open Season workshop will feature:

10 – 11 a.m.

❖ Panel Discussion featuring experts on FEHB programs and available health plan options, including FEHBP expert Walt Francis, author of CHECKBOOKS's Guide to Health Plans for Federal Employees and a representative from OPM

Hosted in the Government Center Board Room

11:00 a.m. – 1 p.m.

❖ Representatives of various FEHB health plans and Medicare will be available to provide information and answer questions concerning plan offerings for 2017 — Hosted in adjoining conference rooms

Federal employees seeking further information about FEHB plans can visit OPM's Open Season website at: <http://www.opm.gov/insure/openseason/>.

Federal employees, retirees, or annuitants seeking more information about the Open Season workshop can call Connolly's District Office at 703-256-3071.

AREA ROUNDUPS

Fairfax County Fire And Rescue Participating In Toys for Tots Campaign

The Fairfax County Fire and Rescue Department will again be participating in the Annual National Capital Region Fire and EMS Departments' 2016 Toys for Tots Campaign. The intent of the campaign is to "bring holiday joy and deliver a message of hope to children."

Last year, thanks to the generosity of those who live and work in Fairfax County, the Fire and Rescue Department collected more than 13,000 toys.

Children who are served by this campaign include toddlers and youths through age 17. The campaign will only accept new unwrapped toys and you can drop them off at any of our Fire and Rescue Stations. Toys used as weapons or considered to be weapons (i.e., toy guns or knives of any kind) will not be accepted. Checks or money orders for donations must be made payable to Toys for Tots.

Fairfax County Fire and Rescue Stations will accept donations through Friday, Dec. 16, 2016.

Public Meetings on Draft Action Plans

Fairfax County has developed Draft Action Plans for the Chesapeake Bay, Sediment, Polychlorinated Biphenyl (PCB), and Bacteria Total Maximum Daily Loads (TMDLs) that have assigned wasteload allocations (WLAs) to the county's Municipal Separate Storm Sewer System (MS4). The draft plans will be presented at two public meetings:

❖ Public meeting to present the County's Draft Sediment, PCB, and Bacteria TMDL Action Plans: Wednesday, Dec. 14, 6 to 8 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Conference Rooms IX

❖ Public meeting to present the County's Draft Chesapeake Bay TMDL Action Plans: Thursday, December 15, 6 to 8 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Conference Rooms 2/3

The meetings will mark the beginning of public comment periods on all four Draft TMDL Action Plans that will run through Monday, January 23, 2017. Please contact the Stormwater Planning Division at SWPDMail@FairfaxCounty.gov or 703-324-5500, TTY 711, with any questions regarding the public meetings.



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Heroic Rescue at Lake Anne

BY FALLON FORBUSH
THE CONNECTION

A 45-year-old was driving south bound on Wiehle Avenue with his 7-year-old daughter when he lost control at a curve. His car hit the guardrail, traveled down the embankment and over the walking trail and into Lake Anne.

No one was hurt, but it could have been a different story if Beth Hoyos, 47, of Reston wasn't there to help.

The accident occurred at a location of a blind curve and is a location of frequent accidents, she says.

"Some are pretty bad," she says. "I'd like to see something done about it."

She has seen the accidents because she lives in the neighborhood and saw this latest crash happen as she was driving her 14-year-old daughter home from school.

"I was about to turn on to Inlet Court and I was slowing down to turn left into my neighborhood when the car hit the curb, then hit the guardrail and then flew over the hill," she says. "My daughter and I were stumped. Like, 'Did that really just happen?'"

She quickly parked her car and told her daughter to stay.

"It looked like it was going to be bad," she says.

As she ran towards the car, she dialed 9-1-1. To her surprise she realized the car went all the way into the lake.

"The driver of the car was pulling himself out and saying his daughter was in the car," she says. "I had to admit that I thought



The accident happened at Wiehle Avenue and Inlet Court on Wednesday, Nov. 16. The Fairfax County Police Department's Dive Team pulled the car from the lake the following day.

I could walk a few steps out, but two steps in and it suddenly dropped very deep. I realized I had to swim."

She grabbed the 7-year-old and realized that she could swim.

"She was a super little trooper, actually," she says. "I just gave her a shove towards the shore." At that point, people started to gather and helped the girl off the rocks and onto the shore.

"Her father was saying he couldn't swim and he was starting to look very panicked at that point," she says. "He kept going under the water."

THE CAR was almost completely sub-

merged at this point.

"In the process of me trying to help him, he was pushing me under ... I wasn't strong enough to really pull him in," she says. "I had turned around to shout for help."

That's when a 15-year-old named Sebastian entered the water to help her pull the man to safety.

By that time a crowd of about a dozen people were watching, she says. Some had gathered blankets to help warm them up as they waited for EMTs to arrive.

Since the adrenaline-inducing event, Hoyos says people have been calling her a hero; a weird experience for her.

"I didn't stop to think about it," she says.

Beth Hoyos, 47, of Reston helps father and daughter escape a sinking car that crashed into Lake Anne.

"The guy said his daughter was in the car and he didn't know how to swim. There was really no conscience choice. The only thing I really remember thinking at the time was, 'Should I leave my boots on or take my boots off.' The rest of it was sort of an autopilot: go in, make sure they're OK and get them out."

She says she didn't even think it was dangerous at the time she entered the water.

"I thought they just needed some help getting to the shore," she says. "I definitely didn't know how deep the water was."

EVERY YEAR, Hoyos participates in the Reston Sprint Triathlon, a race that requires biking, running and swimming. But she admits that she isn't the leader of the pack.

"I do some training for the swimming part of it, which I'm not particularly good at," she says. "In the last triathlon, I just did awful." However, she doesn't know if the father would have been OK if she hadn't entered the water when she did.

"I think I was more helpful by just being there and being a comfort," she says. "He reached out and grabbed my hands and I was looking at him in the eyes."

He called her the following day to thank her for her act of courage. On the call, he told her that her presence helped him get through the ordeal.

Hoyos says credit for the rescue also goes to Sebastian. When she turned around to the shore to ask for help, he was the only one to act. "There was a scary moment there where the only person that got in was the teenager," she says. "I'm impressed with him for that."

COURTESY OF THE FAIRFAX COUNTY POLICE DEPARTMENT

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 non-profit 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

❖ 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

❖ 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,



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

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 found-

ing 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.

PHOTO CONTRIBUTED



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.

WEEK IN RESTON

Reston Community Center Receives State Award

Reston Community Center received the state-wide award for Best New Program at the 62nd Annual Conference of the Virginia Recreation and Park Society (VRPS) held Nov. 5 – 8 in Roanoke. RCC Rides was honored in the category of areas with a population 50,001 - 100,000. "We are honored to receive this award but we would not be successful without our volunteer drivers," said Eileen Boone, RCC Leisure & Learning Director. "Our volunteers are the heroes of this program and we thank them for their commitment and passion."

RCC Rides provides door-to-door rides to help get older adults to important engagements, ranging from RCC's social and enrichment activities to medical appointments. Ride services are provided exclusively by volunteer drivers, free of charge, to anyone age 55 or older who resides in Reston Community Center's Small District 5 boundaries. Since launching in July 2015, this program has given 1,094 rides to Reston adults 55 years and older who cannot drive. Ride destinations vary but the majority of them are in or around Reston. More than 147 riders and 43 drivers are now a part of the Reston program.

RCC continues to seek drivers to help meet the rider needs in Reston. All volunteer driver applicants undergo a thorough DMV and background check paid for by NV Rides. Interested volunteer drivers can apply immediately by going to <http://www.restoncommunitycenter.com/about-reston/nv-rides-reston/become-a-driver>. For more information about RCC Rides, contact Ali Clements, RCC Rides Coordinator, at 703-390-6198 or

ali.clements@fairfaxcounty.gov, or visit www.restoncommunitycenter.com/RCCrides.

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. Contact Karen Amster: karenamster@aol.com. www.northernvirginia.assistanceleague.org.



Home for the Holidays
Saturday, December 3
4:00 and 7:00 pm
Reston Community Center
Hunters Woods, Reston

Guest Artists:
Washington Symphonic Brass



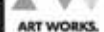
Reston Sings!
Handel's *Messiah*
Tuesday, December 6
7:30 pm
Saint John Neumann
Catholic Church, Reston

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

Tickets and Information: RestonChorale.org

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—John Wooden



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Join today by contacting 703-503-3384 or olli@gmu.edu.

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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 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 organizations 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.

COMMENTARY



Hickory Cluster tributary to Lake Anne. Re-engineering to be completed shortly.



LEED Gold rated Nature House. RA Nature House staffer Abby Stocking in foreground.

PHOTOS BY JOHN LOVAAS

Reston Association Doing Good Things

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Of late I have been critical of our generally high quality Reston Association. My critical comments have had a lot to do with the questionable acquisition of the former Tetra office on the Lake Newport dam and the lavish expenditure on making it habitable for programs still being defined. And, a few weeks ago, this column took a whack at RA's out-of-control budget and assessment increase.

No doubt I may return to those

two topics down the pike, but for a change I want to highlight some current RA positives—important ones. Stream restoration, seemingly abandoned 4 or 5 years ago, is back in couple badly eroded stretches of stream north of the toll road. The next time you're passing Hickory Cluster, take a look at the clearing along the streambanks. That stream (re-



INDEPENDENT PROGRESSIVE

ferred to as Hickory Cluster tributary) has been re-engineered and looks sort of barren where the area was cleared and levelled. It now awaits major new plantings to restore the green.

The streambanks were badly eroded, sending tons of silt into Lake Anne which had to be dredged at great cost every few years. Siltation will be slowed to a trickle. And, once the new trees and native shrubs take hold, the ecosystem will recover and the area will be lovelier than ever. Also, a new bridge, designed by a Hickory Cluster resident, is about to re-

place the old bridge over the stream by the holding pond nearest Lake Anne. Work should be complete by the end of 2016.

A larger chunk of work is at an earlier stage on a longer stretch of the Wiehle North tributary, the stream running along the north side of Wiehle Avenue between North Shore on the west to the north side of the Lake Anne dam. Banks along the stream are terribly eroded, 15 -20 feet deep ravines in some places. Work here won't be complete until spring of 2017. It is interesting, rugged ter

SEE LOVAAS, PAGE 7

Reston CONNECTION

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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

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

NEWS DEPARTMENT:
reston@connectionnewspapers.com

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

Fallon Forbush
Reporter
fforbush@connectionnewspapers.com

Kyle Kincaid
Editorial Assistant
reston@connectionnewspapers.com

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

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

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

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

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com



Lovaas

FROM PAGE 6

rain.

I don't have a cost estimate for the restoration in these two areas, but it must be several hundred thousand dollars. The good news—it won't cost Reston residents a dime. Funds come from the special land bank where developers destroying wetlands elsewhere by law deposit offset payments to restore other wetlands—such as those in Reston! See photos of the re-engineered Hickory and work beginning along Wiehle North tributary.

My personal favorite RA-owned and operated treasure is the Nature House, our special model of environmentally sound construction (LEED Gold), in the midst of our 72-acre Walker Nature Education Center along Glade Drive in south Reston. (See photo).

Unlike another RA property, which shall go nameless here, Nature House and the Nature Center are beehives of activity involving Restonians of all ages year-round. Just a few weeks ago, RA staff put on the annual Halloween Nature Trail for about 1,000 kids and their parents. All year it seems there are films on nature and environmental topics. In the summer, there are camps for hundreds of Reston kids, and during the school year, school buses bring hundreds more to visit the exhibits in Nature House and to walk the lovely trails



PHOTO BY JOHN LOVAAS

Wiehle North tributary badly eroded gully. Work just beginning, estimated completion spring 2017.

nearby. Other favorite Nature Center activities include the frequent birding walks conducted by leaders from the Audubon Society of Northern VA and Reston's own terrific naturalists.

They have walks for all skill levels and ages. You'd be amazed at the many species of birds you'll see: from the pileated woodpecker and varied hawks down to little chickadees and kinglets! Check out a schedule at Reston.org.

Santa Picture Day

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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.



The tot trotters, children aged 3 and under, chase after the gingerbread man as parade balloons are inflated in the background.



(left to right) Presley Burns, 4, Ellarie Simon, 3, Kylie Simon, 6, and Peyton Burns, 6, sit in front of mom and aunt Vanessa Simon on the curb with their jingle bells waiting for the parade to begin.



The Reston Youth Association's cheerleaders perform a cheer for the crowd on Market Street.

Santa Claus Came to Town

The festivities will continue at Reston Town Center throughout December.

BY FALLON FORBUSH
THE CONNECTION

Santa and Mrs. Claus ushered in the spirit of the holiday season by horse-drawn carriage at the Reston Town Center's Holiday Parade along Market Street on Friday, Nov. 25.

The festivities have been an annual tradition on the day after Thanksgiving in the community since 1991. Now in its 26th year, the parade has been nominated for USA TODAY's 10 Best Holiday Parades, which allows readers to cast votes for the 20 nominees once per day until the polls close on Monday, Dec. 5, at noon.

Each year with much fanfare, about 10,000 spectators come to watch the hour-long parade, which boasted 60 groups of about 1,500 participants this year, said Angie Goff of NBC4 News, who emceed at a grandstand at Fountain Square as the groups proceeded down the half-mile parade route. Her NBC4 colleague and meteorologist Chuck Bell also emceed further down Market Street at a second location.

About 10,000 bells were passed out to spectators on the street, which Goff encouraged to be jingled as marching bands, dancers, cars, characters and community groups passed the grandstand.

Not to be missed were balloons that floated down the route. A 35-foot tall snowman balloon was one of the largest. Inflated with 2,500 cubic feet of helium, it took 18 volunteers to maneuver, said Goff.

MARKET STREET was bustling well before the parade kicked off.

While department stores invited consumers to chase down Black Friday deals in the early morning hours, children were after something else. Plenty of shopping could be done at stores throughout the shopping center, but kids were focused on running in the Gingerbread Man Mile.



Santa and Mrs. Claus (center) took a photo with (left to right) Charo Kleimann of Ashburn and her grandson Diego, daughter Pao and husband Tito. The photos benefitted the South Lakes High School Chorus.

The one-mile fun run around the shopping center, included five age groups: 12 to 14-year-olds, 10 to 11-year-olds, 8 to 9-year-olds, 6 to 7-year-olds and 4 to 5-year-olds. The last group, the tot trot, was for kids aged 3 and under.

Adam Chutuape, 18, a student of Robinson Secondary School in Fairfax, ran as the gingerbread man for all the kids to catch. He was roped into the role by his track team coach, he says.

"It was about five miles in total, but it was fun though," he says.

With the official arrival of the holiday season also came opportunities to give back to the community.

Right after the parade ended, Santa and Mrs. Claus took photos with families next to the shopping center's Ice Skating Pavilion. Proceeds from the photos benefitted the South Lakes High School Chorus.

Next to the pavilion, people could also purchase mini-train rides on a trackless train that traveled on wheels around the shopping center, which benefited Cornerstones, a local nonprofit.

As the sun set, Reston's Conservatory Ballet performed a ballet directly in front of the Christmas tree in Fountain Square. For the cold, outdoor performance, the dancers dressed in all white and opted for UGG boots instead of pointe shoes.

In darkness, Santa and Mrs. Claus re-

turned to the square at 6 p.m. to help light the tree. Angie Goff of NBC4 News also returned to the podium with her daughter Adora to count down to the magical moment.

"Every year they take a break from telling the elves what to do and what to make to come out here and say a hello," said Goff. "Santa and Mrs. Claus, we are so glad that you came to help us light our tree once again."

Goff then asked the audience to participate.

"We're going to need everybody's help though, OK?," she said. "Everybody, I want you to close your eyes and think of that wish ... on the count of three open your eyes, and we're all going to shout our one-word wish ... When you wish, you will see this tree magically light up and that means we're officially ready for the holidays."

THE TREE lit up to "oohs and ahhs" and the crowd was guided in a sing along to traditional Christmas carols by the Reston Choral and brass quintet.

The festivities will continue at Reston Town Center throughout December, including mini-train rides, horse-drawn carriage rides, ice skating and community performances.

Schedules are posted online at www.restontowncenter.com/holidays.



Lily Carroll of Reston's Conservatory Ballet is en pointe while wearing UGG boots during a cold outdoor performance in front of the Christmas tree just prior to its lighting in Fountain Square.



The "Unicycle Lady" rolls down Market Street during the parade.



A 35-foot tall snowman balloon took 18 volunteers to maneuver down the parade route.



Volunteers maneuver a toy soldier balloon in a circle on Market Street during the parade.

PHOTOS BY
FALLON FORBUSH
THE CONNECTION

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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



Neapolitan Angel, by Joan Kelly, at Reston Art Gallery & Studios Holiday Sparkle exhibit.

Holiday Sparkle at Reston Art Gallery & Studios

The annual show of themed art for the season, “Holiday Sparkle,” is on exhibit from Dec. 2 through Jan. 19 at Reston Art Gallery & Studios. All are welcome to the reception on Saturday, Dec. 10, from 2 - 4 p.m., to meet the artists, enjoy complimentary refreshments, and find works of fine art and gifts. This will include small paintings and acclaimed jewelry handmade with intricate beadwork by Gail Axtell. Reston Art Gallery & Studios, 11400 Washington Plaza, Reston, is located on

the waterfront at Lake Anne Plaza.

Hours - Saturdays, 10 a.m. until 5 p.m. closed on Dec. 24; Sundays, 12 - 5 p.m. closed on Christmas Day and New Year’s Day; weekdays, by chance or appointment.

Children’s Art Workshops – free, themed art classes for children, ages 3 – 11 years, Saturdays, 10 a.m. until 12 noon, and closed on Dec. 24.

For more information call RAGS at 703-481-8156, find it on Facebook, and visit RestonArtGallery.com.

events and ordinary people, all of 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



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.

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/>

The Reston Chorale “Home for the Holidays” A Seasonal Celebration at 4 and 7 p.m. Reston Community Center/Hunters Woods, 2310 Colts Neck Road. Join The Reston Chorale and Washington Symphonic Brass for Home for the Holidays - a musical holiday treat for the entire family Tickets and info at www.RestonChorale.org.

SUNDAY/DEC. 4

Holiday Arts and Crafts Show. 10

a.m.-4 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon.

Handcrafted items and fine art will be on sale. Including wreaths, quilts, jewelry, Christmas ornaments, photography and stained glass. www.herndon-va.gov.

Book Sale 1 p.m. Reston Regional Library 11925 Bowman Towne Dr, Reston, VA 20190. Start your shopping early. Come browse and buy - we have lots of gift-quality books. Call 703-689-2700 or visit <http://www.fairfaxcounty.gov/library/branches/rr/>

TUESDAY/DEC. 6

Cookies with Santa 10:30 a.m. – 12:30 p.m. Please register for a 30 minute increment. Lake House, 11450 Baron Cameron Ave. Reston. \$12 RA Members, \$16 non-members. Be here when Santa makes his first stop to Reston. Bring the little ones for a personal visit with Santa and a photo.

Warm up with hot chocolate and cookies, and kick off the holiday season with festive crafts, activities and a take home treat. Registration is required.

Must cancel 72 hours in advance to receive a refund. Contact Kelsey at 703-435-7995 or Kelsey@reston.org

Reston Chorale’s annual Messiah Sing-Along 7:30 pm at St. John Neumann Catholic Church (Chapel), 11900 Lawyers Road, Reston. This treasured holiday tradition also benefits Cornerstones’ Coat Closet. Bring a new or gently used coat - or new hat, gloves, socks or scarf - and receive \$5 off the price of admission. Tickets and information at www.RestonChorale.org.



Claire Tracey, 16, of Reston and her Little Free Library.



Claire Tracey's Little Free Library.

Reston Teen Promotes Love of Books

Claire Tracey, 16, of Reston has completed her Little Free Library project and has celebrated a ribbon cutting with a ceremony at the YMCA to reveal her library. Of her project, she said: "Last summer, I attended the Great Books Summer Program in Oxford, England. After being in camp with many amazing instructors and a famous book-

store I realized that not everyone had the same privilege as me and I decided I wanted to help other people gain access to books too. With this Little Free Library I hope to make books more accessible and hopefully encourage people to put their electronic devices down and immerse themselves in the world of books."

LINK's November Holiday Program Helped 736 Families

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

"LINK stalwarts went above and beyond to ensure the suc-

cess 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.

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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 homeschoolers. 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 reston@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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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 Danc-

ers, The Choralis Foundation, 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.

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 homeschoolers. 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.

Holiday Fest Art Market

December 3, 2016 10:00 am - 5:00 pm

December 4, 2016 10:00 am - 4:30 pm



Great Falls Studios



Here are some samples!

The Great Falls Grange Hall and Old Forestville Schoolhouse

9818 and 9812 Georgetown Pike

Great Falls, VA 22066

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 the 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.

PHOTOS
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- Vienna/Daleton Connection

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



The Great Falls Grange Hall and Forestville School
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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.

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

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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.

ONGOING

Passages Divorce Care. Tuesdays 6:45 to 9:00 p.m. beginning Sept.13 through Jan 7. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050, www.viennapres.org, or send an email to Passages@ViennaPres.org.

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer

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.

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Reston \$474,900 Missed it!

Beautiful garage TH on desirable street in North Reston. 2 master suites on upper level affords great privacy. Main master suite also has a loft perfect for an office or nursery. The home has been freshly updated with new paint and all new upgraded carpet. Treetop dining on spacious deck installed in 2014.



Fairfax \$680,000 5 Minute Walk to Vienna METRO!

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Call Dale 703-408-2626 Dale.Repshas@Longandfoster.com



Herndon \$1,189,000 Perfect Home in Perfect Location!

Absolutely stunning GULICK Vincent model home in North Reston on .45 acres with lovely yd backing to trees on private drive in an enclave of 5 homes. With over 7,000+ sq ft on 3 fin levels, 5BR, 4.5BA, 3-cr side load garage, expansive deck, balcony off MBR suite, W/O lwr lvl & prof landscaping, this home has it all! The breathtaking 2 story FR & solarium both have walls of windows, Gour chef's kit w/SS appl, oversized island, tons of gorgeous cabinets & granite. Sumptuous MBA has extra large shower w/frameless glass surround. Hrdwds on main. Included in Reston Association, close to RTC, METRO & shopping.



Marcy Thomas 703-927-2190
mathomas8@aol.com Thomas & Associates



Vienna

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Terry Atherton 703-861-0538 or e-mail
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Marnie Schaar 703-509-3107 or e-mail
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Debbie Gill 703-346-1373 or e-mail Debbie.gill@longandfoster.com



Reston

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— Anita Lasansky, Managing Broker

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