



Reston CONNECTION

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ENTERTAINMENT**

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PHOTO BY MARK MOGLE



Holiday Spirit in Reston Parade

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Elves lead off the start of
the 26th annual Reston
Holiday Parade Nov. 25.



RESTON TOWN CENTER

HOLIDAYS ARE HERE!

Community Holiday Performances FOUNTAIN SQUARE

December

- 8 Fairfax Christian School, 12:30 pm
- 9 Oak Hill 6th Grade Chorus, 7 pm
- 14 Sunrise Valley Elementary School Chorus, 6:30 pm
- 15 Apostolic Faith Church, 7 pm
- 16 KISD Honor Choir, 5:30 pm
- 17 Calvary Temple Church, 12 pm

THE PROMENADE

December

- 10 The Reston Chorale, 1 pm & 2 pm
Northern Virginia Ukulele Society, 3:30 pm
- 11 Northern Virginia Ukulele Society, 12 pm
The Reston Chorale, 2 pm & 3 pm
- 17 Tenor Tim McKee, 12 pm & 1 pm
Catchin' Toads, 2:30 pm

Horse-Drawn Carriage Rides

SATURDAYS, December 10 & 17, 4 - 9 pm

Mini-Train Rides

SUNDAYS, December 11 & 18, 12 - 4 pm

All proceeds from rides benefit local charities

Reston Town Center Ice Skating Pavilion November until March

Open daily; extended hours on holidays

College Night Skate on Thursdays

Rock N Skate on Fridays

Cartoon Skate on Saturdays

See more at restontowncenter.com/events



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Greater Reston Arts Center
Hyatt Regency Reston
Ice Skating Pavilion
(seasonal)
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PHOTOS BY FALLON FORBUSH/THE CONNECTION

Washington Redskins starting quarterback Kirk Cousins answers questions from the media during a press conference for the campaign's kick-off on Nov. 29. Drivers who share the "Phones Down. Touchdown." graphic on social media with the hashtag #PhoneDownTouchdown will be entered to win a month of free travel on the 495 and 95 Express Lanes.



PHOTO COURTESY OF THE OFFICE OF SUPERVISOR COOK

Supervisor John Cook (R-Braddock District), right, who is also the chair of the board's Public Safety Committee, took the pledge to commit to keeping his Phones Down while behind the wheel. Cook, who attended the press conference with Kirk Cousins (left) is the author of the "Slow Down" campaign, which helps alert motorists to the dangers of speeding.

Quarterback Promotes 'Phones Down. Touchdown.' Initiative

Redskins' quarterback urges region to put phones down while behind the wheel.

BY FALLON FORBUSH
THE CONNECTION

Washington Redskins starting quarterback Kirk Cousins kicked off the "Phones Down. Touchdown." safe driving campaign in McLean to spread awareness of the dangers and consequences of using cellphones while driving.

"I've made a career out of playing offense playing quarterback," Cousins said during the press conference. "When I'm behind the wheel, I drive defensively. I don't text or look at my phone while driving because it's dangerous. No text or phone is worth risking your life or the lives of others."

Texting for just five seconds behind the wheel is like driving blindfolded across an entire football field, he said.

"If I get sacked in a game, I can get back up and move onto the next play—for the most part," he said. "But when you text and drive, you might not get back up."

He encouraged people to apply positive peer pressure when they see the foul being committed.

"Speak up and tell them to put the Phones Down," he said. "Tell them to wait. If you're in the car, don't let a distracted driver make an excuse. No matter the call or the text, it's not worth it."

FRIENDS WHO HAVE DIED in car accidents is part of the reason Cousins was willing to be the face of the campaign. His college teammate and former Michigan State punter Mike Sadler, 24, died in a car accident in Wisconsin in July.

"Mike is one of a few people close to me who have been lost due to a car accident," Cousins says. "If we can even save one life by putting this message out, it's a worth-

while message."

While distracted driving may not have been the reason for his friend's fatal accident, it is a trend among young drivers.

According to the National Highway Traffic Safety Administration, 10 percent of all drivers 15 to 19 years old involved in fatal crashes were reported as distracted at the time of the crashes.

"I've been up here for 12 years and at least 16 troopers in those 12 years have been struck on the sides of the interstate in Northern Virginia for drivers that were distracted by various reasons," Cpt. Jim De Ford, commander of the Fairfax Division of the Virginia State Police, said during the press conference. "It is a real problem and it is one that affects us every day."

"Distracted driving has become an epidemic and one too many people are too willing to accept as the norm, and too many people are willing to be a part of the problem rather than be the solution," he said. "By the solution I mean ignore the phone, and that's even hard for me to do I'll admit, but I try to do it."

If drivers fail to ignore their phones while driving, De Ford said that he and his officers will not be ignoring them.

"I can assure you that if a Virginia state police trooper observes you texting while driving or determines that your texting caused a crash, then you will be cited," he said.

Fairfax County has not been immune to the epidemic.

"In 2016 year-to-date, [Fairfax County is] at 35,000 crashes approximately and 29 percent of those have been attributed to distracted driving," Cpt. Bob Blakley, commander of the Fairfax County Police Department Traffic Division, said during the press conference.

VIEWPOINTS

Do you think the campaign will make us safer?



Del. Marcus Simon (D-53)

"I think that having a nice and easy-to-remember catch phrase will keep it front of mind. Having a celebrity will get the kids involved. My son will catch me looking at my phone [while driving] and it's not safe."



Cpt. Jim De Ford, commander of the Fairfax Division of the Virginia State Police

"You don't have to wear a uniform to see the dangers and too often deadly consequences of distracted driving on the highway, but we see it every day ... This is caused by people who fail to do their jobs when they're on the highway and that's just simply driving a car while they're behind the wheel ... the Virginia State Police proudly supports this traffic safety initiative ... This is a pledge to do the right thing."



Cpt. Bob Blakley, commander of the Fairfax County Police Department Traffic Division

"The problem is growing ... so we definitely need help from everybody to get it under control ... Year to date, we have issued more than 13,000 citations for failing to pay full time and attention which includes texting while driving in Fairfax County ... But enforcement's not the answer to the problem. It's a combination of aggressive enforcement but more importantly a huge education and awareness campaign. This is what will truly make the difference."

That's more than 10,000 car accidents so far this year due to distracted driving, and even more citations.

POLICE OFFICERS have issued more than 13,000 citations to drivers in the county for distracted driving, Blakley said. But Blakley said enforcement alone is not the answer to the problem.

"It's a combination of aggressive enforcement but more importantly a huge education and awareness campaign," he said. "This is what will truly make the difference."

He encouraged the public to take the time to take the campaign's pledge at www.phonedowntouchdown.com and to

talk about their experiences with texting while driving.

The "Phones Down. Touchdown." Campaign is sponsored by Transurban, which manages and develops toll road networks in the U.S. and Australia. The company, which hosted the press conference at its McLean office, operates the 495 and 95 Express Lanes in Northern Virginia.

According to Mike McGurk, a spokesperson for Transurban, drivers who share the "Phones Down. Touchdown." graphic on social media with the hashtag #PhoneDownTouchdown will be entered to win a month of free travel on the Express Lanes. A new winner will be selected every week throughout December and January.

Court Should Overturn Partisan Redistricting

BY SCOTT SUROVELL
STATE SENATOR (D-36)



COMMENTARY

Virginia is represented by Democrats in all five statewide offices, has voted for a Democratic president three times, yet the Virginia House of Delegates has 66 Republicans and 34 Democrats.

This week, the U.S. Supreme Court heard arguments on the legality and constitutionality of the last redistricting of Virginia House of Delegates' districts. The court's decision could be monumental for all Virginia voters.

If I could fix one thing to make our government work better at every level, I would reform redistricting. Partisan redistricting abuse has been around since the beginning of American democracy. The term "gerrymander" originates from an 1812 attempt to draw districts favoring Massachusetts Gov. Eldridge Gerry. To be clear, both parties do it, but in the last two decades, gerrymandering has become especially powerful for a few reasons.

First, America is more partisan. Due to multiple and growing sources of information available in today's world, voters are able to self-select their news sources and are exposed to fewer alternative perspectives. This has driven up partisan identification and led to fewer voters who are willing to split their votes between political parties.

Second, and more importantly, computer-enabled mapping software has made it possible to draw districts that are finely crafted. When redistricting was done with index cards shifting precincts days because of ancillary effects and the need to recalculate and balance

district populations.

Today, computing technology analyzes data by census block and in a few seconds can draw a comprehensive set of districts to elect a predicted number from a specific political party while maximizing majority-minority districts.

Over the last 30 years, these political considerations have caused district lines to constantly shift. Many areas constantly move between congressmen, senators and delegates every redistricting cycle. Changed lines leave people confused about their representatives. Census level analysis leaves precincts split requiring local governments to redraw precinct lines to avoid polling places with multiple ballots. This costs taxpayers money and leaves voters confused about their polling place.

Resulting districts are not communities of interest. The 36th Senate district that I represent stretches 60 miles across three counties and two area codes. The 1st Congressional District crosses the 36th District and stretches from Manassas to near Norfolk. Districts should minimize jurisdictional splits, use natural geographical boundaries like rivers and be truly compact and contiguous.

Together, this creates a series of hyper-partisan districts, both Republican and Democratic, which are so safe in general elections that they incentivize incumbents to focus on galvanizing primary voters' support and not the broader electorate. This distorts public policy and increases partisanship when it is time to legislate.

There are two solutions to this problem. First, the legislature could give up redistricting power and transfer it to a bipartisan or non-partisan commission. Incumbent legislators should not pick their voters. I have always supported nonpartisan redistricting and the Virginia State Senate has passed it several times, but it always dies in the hyper-gerrymandered House of Delegates. A legislative solution is highly unlikely.

The real opportunity to remedy this situation lies in the courts. Some courts have thrown out hyper gerrymandered seats using Voting Rights Act provisions. While valuable, this law is not a comprehensive tool because it is limited to preventing racial discrimination and does not address other problems with partisan redistricting. A Wisconsin federal court recently used an analysis based on the 1st and 14th Amendments to invalidate partisan redistricting by focusing on "wasted votes," but did not recommend a remedy.

Courts can often better resolve issues that legislatures cannot. For example, in 1962, numerous legislatures, including Virginia's, refused to redraw districts recognizing the booming suburban populations. The U.S. Supreme Court required Virginia and other states to draw districts based on actual population by adopting the "one man, one vote" rule of the *Baker v. Carr* case.

Today, it is similarly time for the courts to restore democracy to our country and our commonwealth. Hopefully, they will use the Virginia House of Delegates case argued this week to restore democracy to America.

It is an honor to serve as your state senator. If you have any feedback, you can always contact me at scott@scottsuovell.org.

To Be a Delegate

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

The National Conference of State Legislatures sponsors a "Legislators Back to School Day" each year as a way to promote the idea that more legislators should visit their local schools to see the good work they are doing as well as to understand the challenges that school administrators and teachers face. I take advantage of that opportunity and other times I am invited to visit schools in my district and sometimes to visit schools in other areas to learn about special programs. For me the visits are very positive experiences. I continue to be impressed with the outstanding work that our schools are doing especially considering the thousands of children—more than 180,000 in Fairfax County—they have to educate. Ensuring that every child reaches his or her full potential is a continual challenge, but I find administrators and teachers at every level working earnestly and diligently to make sure it happens. The children in our community are amazing! They are for the most part eager learners who are full of questions and curiosity. And they are good citizens.

One question that I get from children that

may be a curiosity of some adults as well is just what is a delegate. I discuss with the students the meaning of "to be delegate" and explain that I am given a delegation of responsibility by the voters of my district to go to the state capitol each year to represent their interests. In most states and at the federal level, members of one house of the legislature are called representatives; they represent their constituents in the legislature just as I am delegated to do by the people who live in my legislative district.

Their follow-up question is a key one that must be answered appropriately if our representative form of government or republic is to be successful: How do I know the interests of my constituents? I give several explanations. My term of office is for two years. When I stand for re-election every two years I tell the voters in my district what I stand for and believe in. Their vote for me is an affirmation that I stand for the kind of things that they want in their government. If I do not represent the interests of my voters, they have an opportunity every two years to take back the delegation of responsibility they have given to me and give it to someone else.

Secondly, I know many of the interests of



COMMENTARY

my constituents because I am out and about in the community all the time. I listen to a lot of people. I encourage people to call or write to me. I try to stay very active in the community to understand my constituents and their needs. I encourage people to respond to my annual constituent survey which you can do at www.kenplum.com. Along with Senator Janet Howell I hold public meetings; the next one is Monday, Dec. 19, 7:30 to 9:00 p.m., at the Reston Community Center at Lake Anne. Please come and participate.

Being a delegate is supposed to be a part-time job in Virginia; for me it is a full-time job and a half, but I am very honored to have been entrusted with this delegation of responsibility.

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor
The Connection
1606 King St., Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
north@connectionnewspapers.com

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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



WEEK IN RESTON

Police Puzzled By Woman Found In Street

The Fairfax County Police Department is trying to figure out what happened to a 45-year-old woman who was found in Reston in the middle of Colts Neck Road in a life-threatening condition.

The woman was found near the Hunters Woods Plaza on Tuesday, Nov. 8, at 6:30 p.m. The police are unsure whether a hit and run occurred. An investigation is underway by Detective Gene Taitano with the FCPD's Crash Reconstruction Unit to determine if a vehicle was involved.

The woman was transported to Reston Hospital Center back in November. "She is still alive," says Officer Megan Hawkins, a spokesperson for the FCPD.

Those with any information about the incident are invited to contact detectives via the FCPD's witness phone line at 703-280-0543 or by contacting Crime Solvers by calling 1-866-411-TIPS/8477.

—FALLON FORBUSH

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.

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THE CONNECTION
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CALENDAR



On Saturday February 6 from 6:30 - 9 p.m. the Herndon Community Center will host a Father Daughter Dance. A moment father's will treasure for the rest of their lives and a special night for daughters. This semi-formal event will include an evening of dancing, appetizers, drinks, a photo of the couple, and a keepsake. Daughter may be accompanied by an uncle, grandfather, or a male guardian. \$50 per couple. The Herndon Community Center is located at 814 Ferndale Ave, Herndon. www.herndon-va.gov.

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

ONGOING

All-comers Group Fun Run at Potomac River Running Every Tuesday and Thursday, 6:30 p.m. For beginners or competitive runners, come out for a free, fun, low-key run that's safe and social. 703-689-0999 potomacriverrunning.com

One to One English Conversation Dec. 1 - Dec. 31 Reston Regional Library 11925 Bowman Towne Dr. Reston. Practice your conversation skills with a volunteer. Call to register Mondays after 1 p.m.

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

Explorations in Color Exhibit Featuring Artist Kristin Herzog December 7, 2016 - January 8, 2017. ArtSpace Herndon, 750 Center Street, Herndon. Explorations in Color is an exhibit

featuring abstract paintings executed in vibrant color. Kristin Herzog's paintings are all about color and its power to convey emotion. With color she explores her reactions to the physical and emotional landscapes of daily life. For more information call 703-956-9560. www.artspaceherndon.com

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

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

SEE CALENDAR, PAGE 7

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CALENDAR

FROM PAGE 6

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

THURSDAY/DEC. 8

The Closet of Herndon Art Sale 10 - 4 p.m. Thursday Dec. 8 - Saturday Dec. 10 771 Elden Street, Herndon. Huge inventory at liquidation prices; most items less than \$25. In 2015, The Closet gave away more than \$68,000 worth of clothing and necessities to over 1500 needy persons referred by an authorized social service agency or one of our member congregations, as well as donating more than \$54,000 in profits to local organizations and providing scholarships to local students.

FRIDAY/DEC. 9

Free Holiday Choral Concert United Christian Parish 11508 N Shore Drive, Reston. The program, conducted by David Lang, will feature holiday and seasonal pieces including, And the Glory of the Lord, Irving Berlin's Christmas, Shepherds Pipe Carol, and others. <http://encorecreativity.org>, 301-261-5747 or email info@encorecreativity.org.

SATURDAY/DEC. 10

Explorations in Color Exhibit Opening Reception 7 - 9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Explorations in Color is an exhibit featuring abstract paintings executed in vibrant color. Kristin Herzog's paintings are all about color and its power to convey emotion. With color she explores her reactions to the physical and emotional landscapes of daily life. For more information call 703-956-9560. ArtSpace Herndon, 750 Center Street, Herndon. www.artspaceherndon.com

SUNDAY/DEC. 11

Cornucopia of Inspirations "Earthbeat" Children's Art Activity 2 - 5 p.m. Artspace Herndon. 750 Center St. Described by The Smithsonian as "an uplifting eco-fable," this engaging workshop and presentation shares an important lesson about man's impact upon the environment. Children will make their own terrific Tortoise Rod Puppet and enjoy the true story of "Lonesome George," a truly one-of-a-kind tortoise from the Galapagos Islands. Grades 1-5. Cost: \$5. 703-956-9560 www.artspaceherndon.com

TUESDAY/DEC. 13

Amphora's Diner Deluxe doors open 6 p.m. 7:15 p.m. start time. 1151 Elden St - Herndon. The Reston-Herndon Folk Club is pleased to host Debi Smith, a member of Four Bitchin' Babes since 1994. She also has a career as a soloist, and draws from her life experiences to create her pop/folk sound. \$10 Members, \$11 requested donation Non-members 703-435-2402 www.restonherndonfolkclub.com

All-comers Group Fun Run at Potomac River Running Every Tuesday and Thursday, 6:30 p.m. For beginners or competitive runners, come out for a free, fun, low-key run that's safe and social. 703-689-0999 potomacriverrunning.com

WEDNESDAY/DEC. 14

Small Wonders 11:30 a.m. Storytime. www.CONNECTIONNEWSPAPERS.COM

Reston Regional Library 11925 Bowman Towne Drive, Reston. Short stories for you and your child. Age 13-23 months with adult. Status: Openings www.fairfaxcounty.gov/library/branches/rr/

THURSDAY/DEC. 15

ESL For Advanced Students 10 a.m. Reston Regional Library 11925 Bowman Towne Drive, Reston. Join Richard's Thursday conversational group. www.fairfaxcounty.gov/library/branches/rr/

ESL For Beginners 10 a.m. Reston Regional Library 11925 Bowman Towne Drive, Reston. Join Sandra's Thursday conversational group. www.fairfaxcounty.gov/library/branches/rr/

Oakton Book Discussion Group 7 p.m. **Oakton Library** 10304 Lynnhaven Pl, Oakton. Come and join Oakton's book discussion group. The December selection is My Brilliant Friend: Neapolitan Novels by Elena Ferrante. www.fairfaxcounty.gov/library/branches/ok/

All-comers Group Fun Run at Potomac River Running Every Tuesday and Thursday, 6:30 p.m. For beginners or competitive runners, come out for a free, fun, low-key run that's safe and social. 703-689-0999 potomacriverrunning.com

FRIDAY/DEC. 16

KISD Honor Choir 5:30 p.m. In front of Reston Town Center Pavilion. 11900 Market St, Reston. Experience an exciting lineup of musical performances by community groups at Reston Town Center in December. <https://www.restontowncenter.com/>

SATURDAY/DEC. 17.

A Storybrook Holiday Celebration. 10-11:30 a.m. at Herndon Community Center, 814 Ferndale Avenue, Herndon. Bring your child to enjoy some holiday fun. Cost includes craft projects, a visit with Santa and a reading of a holiday story by a special guest. \$9/child.

Remembrance Ceremony for Veterans Chestnut Grove Cemetery noon 831 Dranesville Rd, Herndon, VA 20170. National nonprofit Wreaths Across America is working hard to ensure no veteran from Herndon, Virginia is forgotten this holiday season and fundraising has begun for this year. On December 17, National Wreaths Across America Day, live, balsam remembrance wreaths will be placed at the graves of fallen veterans at nearly 1,000 locations across the country and overseas. In Herndon, Virginia, a remembrance ceremony will be held at Chestnut Grove Cemetery.

The Treble Clefs Ensemble Holiday Benefit Concert 7 - 9 p.m. ArtSpace Herndon, 750 Center Street, Herndon, VA 20170. Celebrate the holidays in style, with the ever classy Treble Clefs Ensemble. Let them take you to a winter wonderland with their rich harmonies and warm vocals. Complimentary Hors D'oeuvres. Wine and Grandma Randolph's world famous Eggnog available. Proceeds support performing arts programming at ArtSpace Herndon. 703-956-9560. www.artspaceherndon.com

SUNDAY/DEC. 18

Mini Train Rides noon - 4 p.m. Enjoy a train ride with the little ones through Reston Town Center. Pick up is in front of Clyde's on Market Street, first come first serve. Donation requested per person - all proceeds benefit local charities. 703-579-6720 <https://www.restontowncenter.com/>



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WELLBEING

Preventing Underage Drinking During the Holidays

Experts suggest holding honest conversations.

BY MARILYN CAMPBELL
THE CONNECTION

As Bridget O'Brien took inventory of her liquor supply recently, she checked off vanilla rum, white chocolate liqueur, peppermint schnapps, Champagne and Crème de cassis. These fanciful ingredients would be the key ingredients of the signature drinks — candy cane cocktails and kir royale — that guests had come to anticipate at her family's annual Christmas caroling party. This year, however, there was a new item on her checklist: keeping a close eye on her 13-year-old daughter, 16-year-old son and their friends, who would be among the guests at the family-friendly affair.

"The party begins at our house and we stroll to the end of the street singing carols," said O'Brien. "There are so many people, that it would be easy for kids to wander off back to the house where they'd be alone with the alcohol. They're starting to want more independence now, so we naturally lose some of the control that we had when they were younger."

Flowing drinks are as much a part of some holiday parties as decadent desserts. As a result, yuletide festivities increase access to alcoholic beverages for underage drinkers. According to experts, underage drinkers are responsible for between 10 and 20 percent of all alcohol consumed. During the holiday season, they also make up the highest percentage of impaired drivers. The temptation among tweens and teens to experiment and give into peer pressure, combined with the availability of alcoholic beverages can be a deadly combination, says safety experts. They encourage parents to have conversations with their children.

"A lot of parents would be surprised that their child would drink, but there are a lot of ways for children to get alcohol," said Allen Lomax, executive director of the Substance Abuse Prevention Coalition of Alexandria. "It's easy for them to get alcohol from their parents' home if it's not locked up. You have to constantly monitor parties in your home when teens are there because there's a good chance that someone, even if it's not your own child, could have alcohol."

A child's inquisitiveness about alcohol is a sign that it's time for a parent to begin a dialogue about the dangers and consequences of underage consumption, says Linda R. Cote-Reilly, a developmental psychologist, certified family life educator and professor at Marymount University in Arlington. It is best to start the conversation ... long before the child might be in a situation where they partake in underage drinking. ... It's not that different from conversations about sexual activity. One big dif-



PHOTO BY MARILYN CAMPBELL

The holidays and the resulting increase in celebrations and parties create opportunities for underage drinking.

ference, though, is that the child will have observed his or her own parents' alcohol use, so parents should be prepared to ... answer pointed questions."

In fact, personal experiences, even those that are unpleasant, can be teachable moments and should not be avoided or sugar-coated, says Cote Reilly. "Some children will have an alcoholic in the family, and parents should always address that situation honestly and in child appropriate language. For example, a child might say, 'Why did Uncle Jim fall asleep during Thanksgiving dinner?' and the parent could respond, 'Because he drank too much alcohol.'"

Because alcohol is a legal substance that children often observe parents and other adults consuming, and that they might legally consume themselves later in life, the issue can be confusing. While parents want to curb underage drinking to keep their high school children safe and avoid legal penalties, said Amy L. Best, professor and chair, Department of Sociology and Anthropology, George Mason University. "On the other hand, parents also need to lay the groundwork for their children to consume alcohol responsibly in early adulthood."

Unfortunately, straight alcohol bans do little to protect young people as they move out from under the yoke of parental supervision. For students transitioning to college, it is very important they have the tools and resources to manage situations where binge drinking is more common.

Engaging in a straightforward discussion that is void of mandates and hard-lined rules is the most effective approach in getting children to be receptive, advised Best. "I think parents do well when they engage in honest and reasoned discussions with their children about alcohol and that these conversations be ongoing, informal and structured so their children can feel comfortable talking about what they are observ-

ing around them," she said.

"Research suggests that when parents focus on rules and discipline, adolescents tend to be more likely to engage in surreptitious drinking and succumb to peer pressure," agreed Shannon N. Davis, associate professor of sociology at George Mason University. In fact, parents who talk to their adolescents about drinking as something that is forbidden might actually be enhancing its desirability, says Davis.

"Instead, [discuss it] as something that in moderation is part of adult life; [these discussions] are more likely to have their children express ideas about moderation in their own subsequent alcohol consumption," she said. "This is not to say that parents should encourage their adolescents to break the law. Instead, rather than focusing on the illegality of the behavior and the rules around drinking, parents should have honest conversations about drinking, the consequences on bodies of drinking, and explain why the rules exist in general."

Honest conversations also help clear up misconceptions. "Children often harbor ideas about alcohol that are downright wrong," said Best. "Sometimes this means

"Instead, rather than focusing on the illegality of the behavior and the rules around drinking, parents should have honest conversations about drinking, the consequences on bodies of drinking, and explain why the rules exist in general."

—Shannon N. Davis, associate professor of sociology at George Mason University

parents just listen and then can share their own observations, as well as the strategies they used to navigate the complex world of adolescent and adult drinking."

It is important that parents set clear boundaries. "I also think parents do well when they set clear guidelines and follow them," said Best. "It is important that teens have the means to forge a sense of self that is separate from their parents. That is the fundamental developmental project of adolescence. When teens have productive means to forge a sense of self independence of parent(s), alcohol holds less appeal."

It also holds less appeal to confident teens. "Most importantly, parents want to ensure that their adolescents have high levels of self-esteem that allow them to feel comfortable saying 'no' to any circumstance where they are uncomfortable or pressured by their friends," said Davis. "Reminding adolescents that it is OK to be different is a hard thing, and it is a hard thing for the adolescents to hear."

Free Holiday Cab Rides Offered to Prevent Drunk Driving

Combating that holiday period which the National Highway Traffic Safety Administration says is a "dangerous time to be on the road due to a high number of drunk drivers behind the wheel," a local nonprofit organization announced that free cab rides will be offered to would-be drunk drivers throughout the Washington-metropolitan area during the winter holidays.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the annual

Holiday SoberRide® program will operate between 10 p.m. and 6 a.m. each evening between Friday, Dec. 16, 2016 and Sunday, Jan. 1, 2017 as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period.

During the evening hours, between Dec. 16 and Jan. 1, Washington-metropolitan area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to \$ 30 fare), safe way home. (AT&T wireless users can dial #WRAP for the same service.)

More information about WRAP's SoberRide initiative can be found at www.soberride.com.

HOLIDAY ENTERTAINMENT

Reston Chorale Leads Sing-Along to the 'Messiah'

BY FALLON FORBUSH
THE CONNECTION

For many years, the "Messiah" has been performed by the Reston Chorale during the holidays. That tradition continued at the St. John Neumann Catholic Church in Reston.

"We have been performing the 'Messiah' either as a sing-along or in concert since the very beginning ... throughout the chorale's 50 years," says Susan Meeks-Versteeg, the chorale's managing director.

There are several movements to composer George Frideric Handel's religiously-themed musical work, known as an oratorio. This Reston performance included the "Hallelujah" chorus portion.

"The Christmas portion to the 'Messiah' just speaks to people in a way that really gets to the heart of the holiday," says Meeks-Versteeg. "When you think of Christmas music, the 'Messiah' is the piece that you think of first and foremost."

The sing-along included guest soloists Crossley Hawn, soprano; Barbara Hollinshead, mezzo soprano; C. J. David, tenor; and Richard Giarusso, bass.

"They are some of the top singers in the D.C. area," says Meeks-Versteeg.

The Reston Chorale's Associate Director Allan Laino conducted the performance while Artistic Director David Lang played the organ.

For the third year in a row, the public was encouraged to bring new or gently used coats and winterwear to donate to Cornerstones, a local nonprofit, for a \$5 discount on admission.

"Donations seem to grow every year," says Meeks-Versteeg.



PHOTOS PROVIDED BY SUSAN MEEKS-VERSTEEG

Soloists from the 2015 sing-along, from left: Ethan Greene, bass; Logan Webber, tenor; Jaely Chamberlain, soprano; Amanda Palmeiro, mezzo soprano; David Lang, organist; and Allan Laino, conductor.



The Reston Chorale's Reston Sings! series shares choral masterworks, including music by Brahms, Mozart, Mendelssohn and other well-known composers. This photo was captured at the event back in June 2001.



Participants sing German composer Johannes Brahms' 'Requiem' at the Reston Community Center back in June 2001.

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Rocking the Chair



By KENNETH B. LOURIE

Not that I was ever a CB person (Citizens Band radio), good buddy, but right now, I am in the middle of both my four-to-five week infusion interval and my quarterly-scan interval. Far enough past that I don't have any residual food or emotional issues and not close enough that I have any anxiety about the food and emotional issues that will inevitably occur. I am between a rock and a hard place, and I mean that in an atypical way: I am under no pressure, but no illusions either, oddly enough. I am sailing smooth and riding high, mindful of my reality, but appreciative of the relative — and comparative calm with which this interval affords.

Not that I can be normal (not a cancer "diagnosee"), but this is as close to 'normal' as it gets — for me. After all, I do have a "terminal" form of cancer (non-small cell lung cancer, stage IV), not a cold, so it's not as if it will go away with time. Nevertheless, I am grateful for the particularly good times — now, while trying to manage my expectations for the bad times — later, after this honeymoon-type period ends. But since there have been many more good times than bad since I was diagnosed in late February 2009, I am not bogged down, emotionally by my circumstances, although I am somewhat compromised, physically. Nothing I can't live with, however. Actually, I'm thrilled to live with any of it, 'live' being the operative word.

At this juncture, nearly eight years post initial symptoms (New Year's Day 2009), mostly I can handle what happens to me, so far any way. But when similar stuff happens to others: death, disease, disability, dementia; I feel their pain, sort of; and suffer emotionally. It's not as if I take in all their anxiety, but in a way, the weight of it does affect me. And sometimes, I get weepy over it. As I've written before, and heard many times as well in the cancer world, negative anything is extremely harmful to cancer patients — or most other "terminal" patients I would imagine as well. From my own experience though, I certainly understand the difficult circumstances under which all us patients/survivors endure; remaining positive and being surrounded by positivity is key as is humor, encouragement, compliments, congratulations, compassion and empathy. All are crucial to our core. Healthy bodies we may no longer have, but healthy minds we have to maintain. And the stronger and healthier that mind is, the more it will help us to mind our own business and do so in a manner that will prevent the cancer from taking over those minds.

Just as The United Negro College Fund "slogans" "A mind is a terrible thing to waste;" in the cancer world, it's terrible when patients are unable to use their minds to fight their disease. In many cases, cancer is a killer, there's no doubt about that, but allowing negative emotions to take over is really unhelpful. Accentuating the positive (like the subject of this column) and minimizing the negative has to be the order of the day — and the night, too. You have to find the good or the funny and embrace it, exaggerate it, extend it, elongate it, and reinforce it. Anything to make sure it matters more than the bad. Bad is bad enough on its own. It doesn't need any help from us. Focusing on what I can enjoy hopefully will enable me to keep on trekking, and to "Live long and prosper."

Come back.

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

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OBITUARY



Chester William Fannon III (Chet) of Middleburg, Virginia died peacefully on Saturday, December 3, 2016 with his wife, Kate Armfield Fannon and his sister, Heather Fannon Young by his side.

A loving husband to Kate and a respected and cherished father to Kingsley and Chester, Chet was born on October 21st, 1961 in Alexandria, Virginia to Chester William Fannon Jr. (Bill) and Mary Frances Tucker Fannon. His childhood was spent at Laurel Hill in Rappahannock County, Virginia. His love of and years spent on the family farm fostered his lifelong passion for the outdoors, bird hunting, dog training and habitat restoration. He also enjoyed horseback riding and had been an accomplished polo player.

Chet was a graduate of the Blue Ridge School in Albemarle County and James Madison University in Harrisonburg, Virginia and enjoyed a career with Fannon Petroleum.

In death, Chet showed the same courage, integrity and grace that had been the hallmarks of his life. He is remembered with love and missed with heartache by his wife Kate, his daughter Kingsley and son Chester; parents Bill and Mary Frances Fannon; sisters and their husbands, Beth and Jimmy Swindler and Heather and Daron Young; nieces Addie Swindler, Ellie Young, and Claire Young; and nephew Trey Swindler; and beloved in-laws, Howard and Gloria Armfield.

Chet's family will receive friends on Wednesday evening, December 7, from 4:00 pm until 6:00 p.m. at Royston Funeral Home in Middleburg, Virginia. A memorial service will be held on Thursday, December 8 at 11:00 a.m. at Trinity Episcopal Church in Upperville, Virginia. Family and friends are invited to gather for remembrances at the Middleburg Tennis Club after the funeral service. In lieu of flowers, donations can be made in Chet's memory to the United Network for Organ Sharing (UNOS) at 700 N. 4th Street, Richmond, VA 23219 or at www.unos.org.

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21 Announcements

OBITUARY

DURHAM – Eleanor Christine Ingram Mallette, 92, of Croasdale Village Retirement Community, died on Tuesday, November 29, 2016. Born in Arden, N.C., Eleanor was the daughter of the late Viola Lenora Causey of Pleasant Garden and Sidney Oscar Ingram, Sr. of Asheville. She grew up on Long Shoals Road in Arden, along the banks of the French Broad River, and in that river she learned to swim.

Eleanor graduated as salutatorian from Valley Springs High School in Skyland, NC in 1941 and earned her A.A. in Secretarial Science from Mars Hill College in 1943. While at Mars Hill she was a member of the basketball team, swimming club, Buncombe County club, business club, and served as a society officer and Friendship Circle Leader. In April 1944, Eleanor lost her father in an automobile accident not far from the family homestead.

Later in 1944, she began working as a secretary to an Army colonel in the Air Communications Service based in Asheville. An officer reporting to her colonel had been drafted into service during his junior year of college, was tasked with writing the history of the Army Air Corps, and was assigned a desk near hers. The officer, Malcolm Mallette, too shy to ask her out himself, asked a buddy to call her to express his interest. She said if he wanted a date, he'd have to ask her himself. He did get up the nerve to talk to her and asked her out. Eleanor and Mal got married in September 1946 after his discharge and the newlyweds lived in Syracuse until he finished his journalism degree at Syracuse University in January 1947.

Asheville became Eleanor and Mal's home base as Mal played professional baseball through 1952; first with the New York Yankee organization and then the Brooklyn Dodgers. During the season, Eleanor was known to jump in the car and drive by herself to see Mal play, once driving from Asheville to Kansas City.

Between 1950 and 1958, Eleanor and Mal had three sons. She would laugh about the big babies she had given birth to and how their size helped them all become good athletes. Eleanor was the ever-present supporter at their swim meets, tennis matches, baseball and basketball games. She was proud of her "three boys" and enjoyed talking about and sharing their achievements.

Post baseball, Mal's journalism career took the family to Asheville; Winston-Salem; Paramus, NJ; and, Reston, VA where they lived from 1974-1999. While not an avid exerciser, Eleanor welcomed each summer and time at the RHOA pools and was known to do a lap of backstroke from time to time.

After Mal's retirement, and with some encouragement from their three sons, Eleanor and Mal moved to Durham's Croasdale Village Retirement Community in August 1999. As part of the first group of residents, they quickly adapted to life at Croasdale and enjoyed the social aspects of living in a retirement community.

Eleanor was predeceased by her husband Mal and her eldest son, Gary Malcolm Mallette. She was also predeceased by her parents; her sisters Margaret Helen Ingram and Grace Viola Ingram Fritts; her brother Sidney Oscar Ingram, Jr.; her half-sister Frances Hayman Brown; step-sisters Beulah Estelle Ingram and Blanche O'Neal Ingram Lunsford; and, stepbrother G. Orison Ingram.

She is survived by her sons Bruce and wife Julie Rice Mallette of Cary, NC; and David Mallette and wife Melinda Stubble of Durham, NC; nine nieces and one nephew.

The family thanks the many Croasdale Village staff and departments who cared for Eleanor throughout her 17 years as a resident there. Thanks are extended also to the entire medical team at Duke University Medical Center who saw Eleanor many times over the years, and especially to the Emergency Department and General Medicine team for their support of Eleanor and the family over the last few days.

Memorial donations can be made to education activities at Save The River, Clayton, NY or the National Baseball Hall of Fame, Cooperstown, NY, or a charity of your choice. The Mallette family is under the care of Hall-Wynne Funeral Service. Email condolences can be sent to www.hallwynne.com

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Ballerinas from Reston's Conservatory Ballet perform during the 26th annual Reston Holiday Parade.

Holiday Spirit in Reston Parade

More photos from the Holiday Parade along Market Street on Friday, Nov. 25.

Santa and Mrs. Claus arrive by horse drawn carriage at the 26th annual Reston Holiday Parade.



The South Lakes High School Spirit of Reston Marching Band performs during the 26th annual Reston Holiday Parade.



PHOTOS BY MARK MOGLE

News4 anchor Angie Goff and meteorologist Chuck Bell served narrators of the parade.



Members of the Bella Bravo Dance Team from Herndon's Bella Ballerina perform "sugar Plum Fairies" from the Nutcracker.



A favorite in local parades, Bolivian dance troupe Tinkus San Simon VA performs the Festive Tinuk during the holiday parade.