



Oak Hill Herndon CONNECTION

WELLBEING

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Martin Juenge, Max Juenge, 20 months, and Magda Juenge watch trains go down the tracks in a display by the Northern Virginia NTRAK, Inc. in the Herndon Municipal Center.

Town Tinkers with Trains

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JANUARY 4-10, 2017

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WEEK IN HERNDON

Community Gathering with Del Boysko

On Saturday, Jan 7, there will be the 86th District Community Gathering, 10 a.m.-noon at Herndon Town Council Chambers, 765 Lynn Street, Herndon with Delegate Jennifer Boysko, 86th district representing Herndon, Oak Hill, parts of Chantilly and Ster-

ling Park. 703-437-0086 DelJBoysko@house.virginia.gov.

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 which provides nonperishable

food over the weekend to children who receive reduced-price meals during the school year at Title I schools in Fairfax and Prince William Counties and the City of Alexandria.

The next food packing is at 10 a.m. on Thursday, Jan. 19 at Dominion Resources, 3072 Centreville Road, in Herndon. Arrive at 9:30 a.m. to help with setup. Event contact Karen Amster: karenamster@aol.com. www.northernvirginiaassistanceleague.org.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. 703-437-5500 or www.trinityherndon.org.

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

dc.org.

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

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

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

The Jewish Federation of Greater Washington and the Jewish Out-

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

Hope Fellowship Church will temporarily be meeting at Hyatt Place, 21481 Ridgetop Circle, Sterling. Sunday worship services are Sundays at 9:30 and 10:45 a.m., a Bible Study is on Wednesdays at 7:30 p.m. and a weekly prayer conference call is Thursdays at 9 p.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

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UPCOMING EVENTS

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Alzheimer's Support Group

Monday, January 9 • 7 pm

The Basics of Dementia

with Diane Vance from the Alzheimer's Assoc.
Thursday, January 12 • 6:30 - 8 pm

The Value of Assisted Living

presented by Ellen Dooley,
Director of Community Relations, Tall Oaks
Saturday, January 21 • 10 am

Wills, Living Trusts, Advanced Directives: What It's All About

presented by Attorney Betsy Ann Scott
Monday, January 30 • 7 pm



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New Roadway Plan Approved for Herndon Metro Area

BY FALLON FORBUSH
THE CONNECTION

A concept plan to extend Worldgate Drive from Van Buren Street to Herndon Park way was approved by the Herndon Town Council during its last public hearing on Dec. 13.

Worldgate Drive currently dead ends into Van Buren Street.

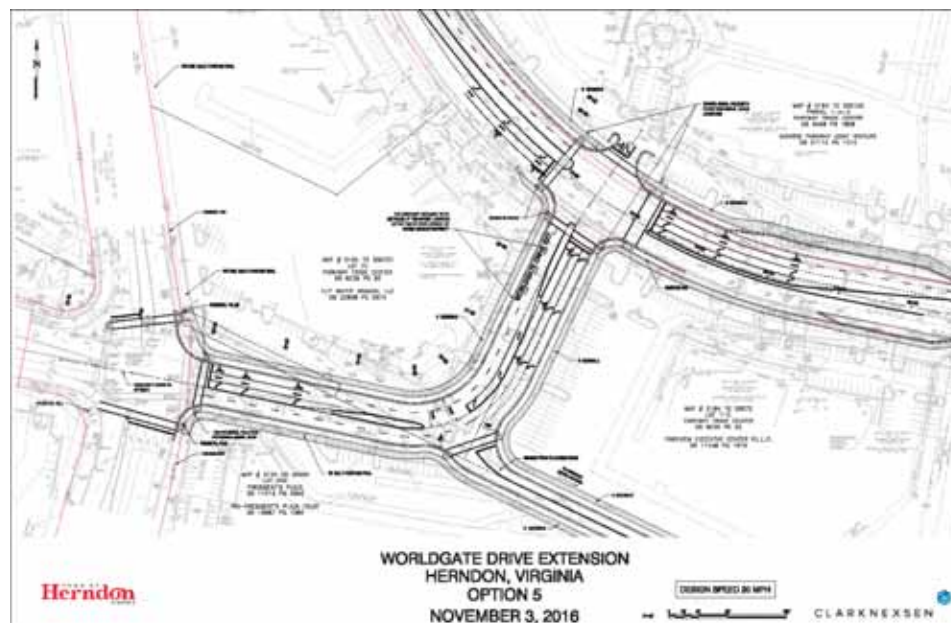
The extension is an element of the town's redevelopment plans for the area near the new Silver Line Herndon Station on the Washington Metropolitan Area Transit Authority's metrorail. The station is located directly southeast of the extension on the Dulles Access Road.

The new road will be a four-lane divided road that will provide additional needed capacity surrounding the station. The project will include 8-foot sidewalks, a 10-foot multi-purpose trail and sidewalk lighting.

While the adjacent property owners agree on the location, the specifics of the roadway are still being debated.

"We find the proposed Worldgate Drive Extension overly burdensome to our development potential," James Policaro, senior vice president of development and construction for Lerner, said in a letter that was submitted to the town council just hours before it deliberated and unanimously approved the resolution.

Policaro represents the property owners



This option, Option 5, was the preferred location for the new roadway. There were four other options that private property owners and town staff considered before the fifth option was presented to the Herndon Town Council, which unanimously approved the plan.

of the Parkview Executive Center at 593 Herndon Parkway, which is located directly to the east of the extension.

"In summary, we request that the resolution provide for maximum flexibility in the design of the proposed Worldgate Drive Extension in order to minimize impacts to the future development of the properties affected by this roadway extension," his letter continued.

During the hearing, council members were assured that flexibility would be provided to property owners, who are the primary drivers of the area's redevelopment.

A clause was included in the resolution that was intended to provide "wiggle room and flexibility" for property owners, says Herndon's Director of Public Works Robert Boxer.

It reads: "Final engineering for the

Worldgate Drive Extension will insure that adequate access is provided to properties abutting new Worldgate Drive, both for the ultimate redeveloped state, as well as for potential interim conditions."

"In other words, this is just a schematic essentially ... that will require final engineering," says Boxer.

Further traffic studies will be needed to finalize the exact details of what the new road will look like. The comprehensive plan simply sets a footprint for where the extension should go. The plan does not even show access points into properties or lane widths.

Right now, the town does not even know what the owners plan to do with their properties.

"When [the private property owners] decide that they want to come in and submit a development plan for redevelopment, they will be required to do a traffic impact study," says Lisa Gilleran, Herndon's director of Community Development.

The study will determine the amount of traffic that will be generated by the redevelopment and will indicate where the entrances and exits to the development are located.

The metrorail station is not slated to open until 2020, so it could be several years before any proposals for redevelopment are submitted.

"This is really preliminary planning work so that we're in the forefront and we're ready to respond when development plans are submitted in the future," Gilleran says.

Town Manager Retires After Four Decades Working for Herndon

BY FALLON FORBUSH
THE CONNECTION

Herndon Town Manager Arthur Anselene will retire on Feb. 28, after working for the town for the last four decades.

"I've worked for 43 years and have come to the point in my life where I've decided to relax a little and have a little more flexibility to do a little more travel and enjoy life in a different way," he says.

He and his wife Susan have three grown children who live and work in the area and three grandchildren that he plans to spend more time with.

Anselene was hired in 1976 as director of Parks & Recreation, a position he held for 30 years. During his tenure, the department grew from a single-employee operation into a comprehensive parks and recreation system to include 11 parks, an indoor tennis center at Bready Park and the flagship Herndon Community Center, which first opened in 1979 and was renovated in 2006.

He is most proud of fostering these recreation facilities, though the people of



Arthur A. Anselene

Herndon probably won't see him out on the golf course anytime soon. He does, however, plan on hanging out in the tennis bubble and trails a bit more.

"I have trouble hitting that little white ball so I always stay with the tennis rackets and the bike trail," he says. Under his leadership, the department became only the fourth in the state to receive national agency accreditation from the Commission of Parks and Recreation Agencies, and a repeat winner of the National Gold Medal Award for Excellence by the National Recreation and Park Association. In 2007, Anselene was promoted to the town's top administrative post. During his tenure as town manager, Herndon has undergone a period of significant change and growth. This includes the development of a downtown master plan and work toward a comprehensive redevelopment agreement that will result in a re-

vitalized commercial and residential space in Herndon's downtown. This also includes comprehensive planning for transit-oriented development near the Herndon station on Metro's Silver rail line that is slated to open in 2020.

"There's a lot of projects that we have done ... but the most important part was helping to build the culture of the community and the sense of community that Herndon has," he says. "I can't put my hand on one single [achievement], it's a collective of 43 years of work that really has helped build the town to where it is today. I've been in a very unusual position to have had that kind of experience within a community and hopefully I've left a very positive mark on the town."

"Art's leadership, dedication and commitment to the citizens of Herndon cannot be overstated," Mayor Lisa Merkel said in a press statement. "On a personal note, his guidance and counsel to me and my colleagues on the town council have been invaluable." An interim town manager will be appointed soon. The town will also begin a national search for a permanent replacement.

SCHOOL NOTES

Send school notes to
north@connectionnewspapers.com by noon
on Friday.

Mary Ruth Brown, a 2012 graduate of Oakton High School and a 2016 graduate of Embry-Riddle Aeronautical University, is currently in graduate school at East Carolina University studying meteorology/atmospheric science. She has been selected for an internship at NASA Langley Research Center in Hampton, VA for spring semester 2017.

David Clark, alto sax player, is recognized as a member of the 2017 U.S. Army All-American Marching Band and will receive honorary jacket in front of family, friends, fellow band members and classmates.

Eight students from Fairfax County Public Schools — all attending Thomas Jefferson High School for Science and Technology (TJHSST) — have been named semifinalists in the 2016 Intel Science Talent Search. The students, with their project names, are:

❖ Jake Cui, A Machine Learning Approach to Identifying Ordered Binding Regions on Order-disorder Protein Interfaces.

❖ Tarun Kamath, Marked Decreases in Pediatric and Young Adult Solid Organ Cancer Mortality in the United States Since 1940: Analysis and Hypotheses.

❖ Ava Lakmazaheri, Brain-actuated Robotics: A Logic-based Approach for Multimodal Programming and Operation of Assistive Humanoid Robots.

❖ Austin Mills, Demonstrating the Development of Heavy Metal Resistance in Non-tolerant Multigenerational Brassica rapa.

❖ Kunal Shroff, The Relationship Between Lethality and Genomic Instability in Euploid and Aneuploid Yeast Cells Expressing Pathological Huntingtin.

OPINION

Unsung Heroes of Police Reform

Personal involvement of Culosi, Beltrante key to success of police commission.

The call for reform and transparency in Fairfax County Police began long before the shooting death of John Geer in August 2013. Some members of the Fairfax County Police Practices Review Commission pressed for reform for nearly a decade before the formation of the commission. Their experience also should answer any question about whether reform was really needed.

Anita and Sal Culosi lost their son Dr. Salvatore "Sal" Culosi Jr. when he was killed by a Fairfax County Police officer Jan. 24, 2006 outside his Fair Oaks townhouse by a SWAT team member executing a search warrant. Police knew Culosi was unarmed and did not consider him dangerous. The shooting was ruled an accident and the officer faced no charges.

"My son would still be alive today," Culosi said at the first meeting of the commission in March 2015, "but for 2006 Fairfax County policies to routinely use SWAT and aggressive procedures against citizens certified to be low risk."

Culosi Sr. told members of the commission that David M. Rohrer told him that use of force policy changes had been made since his son's shooting, but that Rohrer declined to give him copies of the changes or tell him exactly what changes were made. Rohrer, now deputy county executive for public safety was Fairfax County police chief when Culosi Jr. was killed.

As the commission began its work, Police Chief Edwin Roessler and Rohrer among others, embraced Sal Culosi Sr.'s involvement, and worked with him on many details of policy



PHOTO BY TIM PETERSON/THE CONNECTION
Sal Culosi (left) and Nicholas Beltrante (right) attend the first meeting of the Fairfax County Ad Hoc Police Practices Review Commission in March 2015

changes ranging from how SWAT teams are deployed to "ready gun position." New policies were developed with his input, are available to the public and mark significant improvements.

NICHOLAS R. BELTRANTE, a retired D.C. homicide detective and Mount Vernon resident, founded Virginia Citizens Coalition for Police Accountability in 2010 in response to the shooting death of unarmed David A. Masters who was shot and killed by a Fairfax County Police officer on Richmond Highway and Fort Hunt Road on Nov. 13, 2009. Masters, a former U.S. Army Green Beret, struggled with mental health issues.

Beltrante decried the secrecy surrounding the Masters and Culosi cases among others, and began advocating for the formation of a civilian review panel.

He wrote to the Connection in 2012: "During the years 2010-2011, the CCPA has directed a number of letters to Chief David M.

Rohrer regarding these and other citizen allegations of police abuse, misconduct, and negligence. These letters have gone unanswered. As a result the CCPA began in January 2012 mailing letters of complaint to Fairfax County Board of Supervisors Chairman Sharon Bulova with the understanding they would be forwarded to Supervisor Gerald W. Hyland, the board's Public Safety Committee chairman, for appropriate action. In recent weeks the CCPA has written to Supervisor Hyland in an effort to determine what action, if any, he had taken. To-date, we have not heard from Supervisor Hyland.

"The apparent lack of accountability by various entities of the Fairfax County Government regarding these serious issues has caused many citizens grave concern and some have expressed their frustration by indicating their belief this may constitute a case of malfeasance."

Beltrante noted that no one, including the families of the deceased victims, had been able to obtain a police incident report despite the fact that the four cases were closed.

The establishment of a civilian review panel and an independent police auditor, both approved last year by the Fairfax County Board of Supervisors, plus changes in policies about use of force, transparency and crisis intervention, among many others, are major accomplishments.

The Culosis and Beltrante began the call for such changes many years before the death of John Geer. Geer's best friend, Jeff Stewart, also served on the Ad Hoc Commission. Stewart was present on the scene when his friend was shot dead. Stewart's voice was also critical on the commission. The personal involvement of these families and individuals in the process, plus the new openness of leadership in the FCPD, made all the difference.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Comstock Addresses Top Priority Issues

Congresswoman's report to the 10th district residents.

BY BARBARA COMSTOCK
MEMBER OF CONGRESS (R-10)



As I finish my first term serving you in Congress and prepare for the next Congress, I wanted to share with you what I consider some of the key top priority legislation that we passed. A lot of these issues – like cracking down on human trafficking – are often underreported by the press but are important for our region and our communities. My staff and I have met with stakeholders, local elected officials, and advocacy groups and have had hundreds of meetings throughout our District with constituents to find critical solutions to problems that affect us all. In total, I visited over six hundred local businesses, technology companies, schools, rotaries, charities, and many other different

COMMENTARY

groups in Virginia's Tenth District over the course of the last two years.

❖ The House just cleared the American Innovation and Competitiveness Act, which included provisions from my Research and Development Efficiency Act. Our region is home to a significant amount of research professionals and this legislation will limit redundant regulations to allow these researchers to focus on their jobs without being impeded by inefficiencies.

❖ Recently, Congress passed the 21st Century Cures Act, which was just signed into law. This is legislation that will have a real and immediate benefit to families and communities not just in our District, but throughout our nation.

❖ Congress passed the National Defense Au-

thorization Act for Fiscal Year 2017, which notably gave our troops the largest pay raise they have seen in six years. A strong national defense is essential to the safety and freedom of our fellow citizens. This bipartisan legislation contained two of my amendments and will strengthen our national defense at a time when we must defend against the daily threat of terrorism.

❖ We have worked across the aisle to end human trafficking and a major step in the fight against this scourge was our passage of the Justice for Victims of Trafficking Act. This ongoing battle is one that must be fought at the local and state level as well as the federal level. We will continue to work against human traffickers who have a reckless disregard for the well-being of our children.

❖ A priority of mine has been to honor our

SEE COMSTOCK, PAGE 5

Oak Hill & Herndon CONNECTION

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COURTESY OF HUNTER MILL DISTRICT WINTER COAT CLOSET

Winter Coat Closet Open Until March 18

The 2016-2017 Hunter Mill District Winter Coat Closet is open until Saturday, March 18, 2017. The closet will operate from the Community Room of the North County Governmental Building on Cameron Glen Drive in Reston. Last year, volunteers with the Hunter Mill District and Cornerstones provided 5,000 coats and more than 1,300 winter accessories to neighbors in need. The closet operates on the following schedule: ♦ Saturdays, 10:30 a.m. to 12:30 p.m.; Tuesdays, 10 a.m. to noon; Thursdays, 6 to 8 p.m. Closed on Saturday, Dec. 24 and 31.

Comstock Report

FROM PAGE 4

veterans for their many sacrifices and improve their daily lives. One such piece of legislation is H.R. 203, the Clay Hunt Suicide Prevention for American Veterans Act. It must be incumbent upon us to ensure our veterans are taken care of after they serve our nation and we worked in a bipartisan manner to pass this legislation, which was signed into law.

♦ Opioid addiction was recently declared a Public Health Emergency in our Commonwealth and we must utilize every resource available to fight against this disease. I have worked with my colleagues on both sides of the aisle as a member of the Bipartisan Taskforce to Combat the Heroin Epidemic and we came together to pass the Comprehensive Addiction and Recovery Act, landmark legislation that will considerably improve our treatment and prevention services and help those tragically addicted. I also joined with local elected officials and regional representatives in Loudoun and Fairfax Counties to form a Heroin Operations Team that employs a comprehensive approach to battling this epidemic that hits so close to home.

♦ I voted for over \$600 billion in tax relief to fuel our economy and our local businesses and to give our hardworking families the much-needed help they deserve. The House passed the PATH Act, which makes the Research and Development Tax Credit permanent and will help unleash innovation and economic growth in the Commonwealth.

♦ My legislation, the INSPIRE Women Act, passed the House earlier this year. We continue to focus on educating our next generation in the new, 21st century skillsets necessary to succeed as our economy increasingly relies on innovative new technologies to advance and grow. The INSPIRE

Women Act will encourage young women to pursue skilled STEM careers as we build the next generation of technological entrepreneurship. Unfortunately, the Senate did not take up this bill, but we have high hopes it will be passed by both chambers and signed into law in the 115th Congress.

♦ During the past two summers, we held annual 10th Congressional District Young Women Leadership programs. Over 800 young women participated and learned from successful entrepreneurs, businesswomen, scientists, and other women in a wide range of fields.

♦ Congress passed the FAST Act, legislation that gives assurance to our state and local governments and advances our infrastructure solutions throughout the nation. I was named as a conferee by Speaker Paul Ryan for the House-Senate negotiations and worked with my colleagues across the aisle to include some of my important provisions in this legislation, including Metro reforms, a 5-year strategic plan for transportation R&D, a major traffic congestion study, and more. The FAST Act was signed into law.

In all, 17 of my legislative initiatives were signed into law during the 114th Congress—most of which originated with the meetings we took with constituents. During the next two years, I will continue to focus on direct interaction with constituents and businesses in Virginia's Tenth, as that is the best way to represent you in Congress.

It is a privilege to serve you in the Tenth District. I may be contacted at my Sterling office at 703-404-6903, or my Washington, D.C. office at 202-225-5136. By visiting <http://comstock.house.gov>, you can sign up to receive my email newsletters and follow my efforts to serve you. You can also follow me on Facebook and Twitter for real-time updates on my activities in Congress and in the District. If I may ever be of service, please do not hesitate to contact me.

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Keeping Resolutions

Realistic goals and specific plans among keys to success.

By MARILYN CAMPBELL
THE CONNECTION

Every January for the last five years Faye Ripke has resolved to lose weight and lead a healthier lifestyle. However, the only thing she has to show for it, she says, is a trail of unused gym memberships and a wardrobe of clothes that have increased in size.

"Both of my parents died from heart attacks," says Ripke, 57 of Fairfax Station. "My doctor keeps telling me that I need to do more aerobic exercise to get my heart rate up every day and drop about 75 pounds."

Losing weight, getting organized, achieving physical fitness and improving one's finances are the most frequently made resolutions, often the guilt-induced responses to holiday indulgence. According to a study published last month in the Journal of Clinical Psychology, only eight percent of people who make New Year's resolutions keep them and achieve success.

"One reason that many people fail to achieve their goals is that they might not be ready to make the change, even if they would benefit from doing so," said Joel Bitman, a Bethesda-based psychotherapist. "Another reason is that people often set unrealistic goals or don't have a plan to achieve their goals."

Actually wanting to make the change that the resolution would bring about is the first step followed by developing strategies to achieve it. "When you set a goal, say quitting smoking for example, ask yourself whether it's something that you really want to do or something that you think you should do," said Bitman. "If you're doing it because you think you should or because society is telling you that you should, but the reality is that you really enjoy smoking, it will be much harder, if not impossible, to quit."

While it is easy and often tempting to look at pictures of ultra thin models and resolve to transform one's body by the end of the year, setting unrealistic expectations can sabotage a set of goals, says Alicia Brand, a Falls Church personal trainer.

"Trying to lose 60 pounds in time for a beach vacation during spring break isn't going to happen," he said. "But losing 10 pounds by April is absolutely achievable for most people."

A key to that achievement is creating a set of concrete goals that are realistic, specific, measurable and include a timetable, says Bittman. "You actually have to make mindset changes and behavioral changes in order to successfully reach a goal, and changes in behaviors are often quite difficult," he said. "But if you are able to make small changes and reach small weekly, daily or even hourly goals, you're more likely to gain confidence to keep going. It's easy to become discouraged and give up."

"If you want to become more fit, but you haven't exercised in years, you might begin by committing to walking 30 minutes a day, three days a week," said Brand. "That is much more realistic than sign-



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Losing weight and getting in shape are two popular resolutions that people make at the beginning of a new year.

"One reason that many people fail to achieve their goals is that they might not be ready to make the change, even if they would benefit from doing so."

— Joel Bitman

ing up for a gym membership and planning to spend an hour there every day until you've whittled your body down to a size two."

Failing to recognize small accomplishments and rewarding oneself for reaching milestones is one reason that Bittman believes many resolutions made in January fizzle into a pipedream by February. "If you commit to skipping morning coffee at your favorite coffee shop each day for a week, and saving the money that you would have spent, you can celebrate by allowing yourself to have a small latté on Sunday morning."

Avoiding high-risk environments that can sabotage even the best-laid plans is a suggestion that Brand gives to her clients. "It's like if you're an alcoholic you should stay out of bars," she said. "If you're trying to lose weight surround yourself with people who have healthy eating and fitness habits."

New Year's Resolutions: Tradition to Use or Lose

Herndon, Reston residents discuss their resolutions.

By MERCIA HOBSON
THE CONNECTION

It's that time again, the start of the New Year. Wipe the proverbial slate clean and make those New Year's resolutions. Lose weight, get organized, spend less, and enjoy life more. Yet statistics reveal an exceedingly low percentage of people actually achieve their resolutions, with many polls indicating fewer than 10 percent of individuals who make a resolution keep it. What do Oak Hill and Herndon residents think?

On New Year's Day, at coffee shops, house parties and on the sidewalk, Oak Hill and Herndon residents chimed in whether they had made a resolution or not and provided opinions about the tradition.

Mark Revesman was home in Oak Hill partying with a crowd from Great Falls Hash House Harriers, a local non-competitive running group open to anyone looking to run/walk trails around town, drink beer, have fun and raise money for different charities. The hashers had just finished a morning run near Frying Pan Park. "I've never made a resolution," Revesman said. "It's not necessary. It's an old wives' tale. But what does bother me is when I go the gym tomorrow, it'll be crowded. Everyone starts off at the beginning of the month, but at the end of the month, they are gone."

Dr. Joyce Freedman from Reston is a fellow hasher. As far as Freedman was concerned her resolution was to stop paying for her gym membership or use it. "I've discussed this before," Freedman said. "I need to make time to go to the gym, but work is in my way."

364 other days to start

When asked about her New Year's resolution, Suzi Mannello said, "I make resolutions every day of my life. A resolution is generally something good or healthy to improve yourself. I am usually pretty good at doing this at my time of need. If I wait for New Year's, I'm waiting for an excuse to delay. Why not start when I discover it?"



PHOTOS BY MERCIA HOBSON/THE CONNECTION

New Year's Day runners from Great Falls Hash House Harriers give the thumbs up or thumb down sign to indicate if they've made a New Year's resolution. Gathered at the home of Mark and Cynthia Revesman near Frying Pan Park, the hashers are set to begin their Annual New Year's Day Run.



Nahal Mankesh, Joseph Califa and Rady Ghaly gathered outside Herndon's Starbucks on Elden Street and discussed their New Year's resolutions.

Jerry Mannix, hasher and owner of Mannix Heating and Cooling in Chantilly, held a similar belief as Mannello. "I've never made New Year's resolution," he said. "I'm always looking at how to make myself better. I want to change my life and it happens every month."

At the Herndon Starbucks, barista Mahmoud Huruse worked the morning shift. Huruse echoed the same thought. "I don't need a time constraint to tell me what I need. If I truly feel ready to change, then I will, no matter the time of year."

"I've made resolutions before," he explained. "And they don't work."

Huruse's co-worker, Katie Perry, does not make resolutions either. She acknowledged when a resolution was not of her own making, it failed. "My mom once made a resolution for me. It didn't last a week. It was pointless because it was not my resolution."

John Leach was finishing up his coffee at Starbucks as he read a book. When asked if he made a New Year's resolution Leach said he didn't anymore. "Resolutions fall apart in 10 days; life gets in the way. I used to make resolutions but I can't even remember them. Maybe get fit, lose weight, change my eating habits. Life is work and it is all consuming in our lives.

Work occupies so much time, there's no time left for more valuable things."

Outside Starbucks Rady Ghaly, Joseph Califa, and Nehal Mankash enjoyed their coffee in the morning sun. When asked about their New Year's resolutions it was evident their intentions to implement prior or new resolutions were good, but success difficult. "I'd like to implement a resolution I had the year before and the year before that," Ghaly said. "But it takes great power to change."

Califa agreed. "I made a resolution. It was not to smoke. But I've broken it already and it's not even noon. I broke it because people around me are a bad influence." Califa paused and continued, "But I will try not to smoke every day. I've never had a need to have a resolution before, but this year I have a health problem. I have to reduce the amount of smoking."

Navel Mankash acknowledged, "I have no resolution this year, well not yet." He thought a moment and added: "Maybe to get married. But I have no steps to get there though."

Create Small Steps

Back at the runner's party more muddy gym shoes covered the front steps. Lori Ruderman stood in her friends' home. When asked if she made a New Year's resolution she laughed and said, "It's against my religion. Why set a goal I will not do?" In a more serious tone Ruderman added: "I did set a goal though about 5 months ago. I was worried about my health. I had high blood pressure and didn't want to die young. I took small steps. I educated myself. I learned and I lost 50 pounds."

Mannello reinforced a similar course of action for change - to plan the program, start small and take measured steps. "Start with something small," she said. "Or it won't work out."

Mannix came out in the hallway at the runners' party. When asked how he made changes in his life since he doesn't make New Year's resolutions, Mannix summed up his goal setting strategy, "I don't set myself up for failure and I don't blame others for failure, whether in business or in school. That's too easy. I ask how can I do better and I look at myself first, not at others. Improvement is a constant- every day change."

VIEWPOINTS

What is your New Year's Fitness Resolution and How Will You Keep It?

PHOTOS BY FALLON FORBUSH
THE CONNECTION



Briget Borges, 23, of Reston

"I mostly just want to stay consistent with eating right. I need to mindfully eat rather than emotionally eat. I will use MyFitnessPal [calorie counting smartphone app] or maybe I'll keep a journal."



Gary Ford, 54 of Reston

"I want to do a Tough Mudder [a 10- to 12-mile mud and obstacle course] and an IRONMAN triathlon. I have a workout plan. I bike, run, swim and take spin classes at Crunch and I do weights."

Jennifer Moffatt of Herndon

"I've decided to change up my work out because I've only been doing cardio for the last 20 years. I'm scheduled to work with a personal trainer the first week of the year to learn about weights."



Keats Nicoll, 57, of Oakton

"I've been doing this for a long time, but I am trying to be more scientific about my goals and lose a little fat. I work out with a trainer three times a week. The key is to stay consistent."

—FALLON FORBUSH



Registration Opens for Reston Encore Chorale's Winter/Spring Session

Registration is open for the Winter/Spring session of the Encore Chorale at locations in Northern Virginia and singers of all vocal experience, age 55+, are welcome to join. Fifteen weekly rehearsals will begin the week of Monday, Jan. 9, 2017 at the following locations.

❖ Encore Chorale of Reston – Rehearsals begin Tuesday, Jan. 10 at 2 p.m. at RCC Hunters Woods in Reston. Fee is \$185 for Reston residents/\$320 for non-residents for 15 weekly rehearsals, sheet music, CD in your music part and performances.

❖ Encore ROCKS Reston Rehearsals begin Thursday, Jan. 12, 2017 at 6:30 p.m. at St. Anne's Episcopal Church located at 1700 Wainwright Drive, Reston. Fee is \$175 for 15 weekly rehearsals, sheet music, CD in your music part and performances.

There are no auditions and singers may be seated for rehearsals and performances. Singers will rehearse each week for 90 minutes in preparation for May performances. The spring repertoire for Encore Chorale includes Porgy & Bess, Va Pensiero, Les Miserables, Do, Lord Remember Me, and more. The conductor is David Lang. The Spring repertoire for the ROCKS choruses includes favorites like, All You Need is Love by the Beatles, Longest Time by Billy Joel, Forever Doo Wop and Rock On—a medley of hits from the 50's & 60's. Singers may register at the first rehearsal or online at www.encorecreativity.org. Call 301-261-5747 for more information.

Encore currently has 15 Encore Chorales and 5 Encore ROCKS choruses in Virginia, Maryland and Washington, D.C. serving more than 1000 singers, and 11 affiliate chorales nationally.

Encore Chorale is the largest growing choral music program for older adults in the country. For more information, visit the Encore website at <http://encorecreativity.org>, call 301-261-5747 or email info@encorecreativity.org

CALENDAR

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

ONGOING

Shepherd's Center of Oakton Vienna Caregivers Support Group Meetings are the first and third Thursdays of every month, i.e. January 5th and 19th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton. All caregivers are welcome to come for support anytime. For more info contact facilitator, Jack Tarr, 703-821-6838, jtarr5@verizon.net Lynn Rafferty, 703-508-1365 radmom8992@gmail.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

Random Acts of Art by Sharon Wright Pound at the Reston Community Center at Lake Anne. This exhibit features a range of representational and abstract paintings that exemplifies Sharon's varied artistic interests. Her work is on exhibit from Jan 4 - Feb 6 at the Rose Gallery in the Reston Community Center at Lake Anne, 109A Washington Plaza, Reston. Visit her portfolio website at <http://www.sharonpoundart.com>

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

"A Bird in the Hand" through spring 2017 Reston Town Square Park, 11990 Market Street, Reston Town Center. See and explore Patrick Dougherty's monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 restonarts.org

PenFed Realty Hosts Sievers' Paintings during 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. Visit the LRA web site at www.leagueofrestonartists.org for more information on this and other events.

Little Hands Preschool Art Class at Greater Reston Arts Center Saturdays, January 7 - 28, 10 - 11 a.m. Introducing young children to art by having them explore new artwork, materials, and skills each week. Four weeks of classes cost: \$80 for Reston residents, \$120 non-residents. 703-471-9242 restonarts.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



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.

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 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

THURSDAY/JAN. 5

IIIT Lecture "American Muslim Youth: Challenges Surrounding Identity and Well-Being" 5:30 - 7 p.m. IIIT Library 500 Grove St., Suite 200, Herndon.

TUESDAY/JAN. 10

Encore Chorale of Reston Rehearsals 2 p.m. at the RCC Hunters Woods Village Center, 2310 Colts Neck Rd, Reston. There are no auditions and singers may be seated for rehearsals and performances. Singers will rehearse each week for 90 minutes in preparation for May performances. The spring repertoire for Encore Chorale includes Porgy & Bess, Va Pensiero, Les Miserables, Do, Lord Remember Me, & more! The conductor is David Lang. The Spring repertoire for the ROCKS choruses includes favorites like, All You Need is Love by the Beatles, Longest Time by Billy Joel, Forever Doo Wop and Rock On—a medley of hits from the 50's & 60's. Fee is \$185 for Reston residents/\$320 for non-residents for 15 weekly rehearsals, sheet music, CD in your music part and performances.

WEDNESDAY/JAN. 11

DMV2Go at the Pavilion 9 - 4 p.m. 11900 Market Street, Reston. DMV wireless office on wheels: apply or renew ID card and driver's license; get driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services offered at <http://re.ston.tc/P9HLkh>

Fracking "What's the Fuss?" 7 - 9 p.m. Reston Regional Library Conference Room 11925 Bowman Towne Drive, Reston. Hydraulic fracturing—"Fracking" for short: What's the fuss and where is it taking place in Virginia? Join Reston LWV members as they begin a two-month study of this environmental issue currently being examined both nationally and in Virginia. Learn the facts about what is happening in Virginia, whether we should be concerned, and what we should do about it. Cost: free. 703-471-6364 www.lwv-fairfax.org

Eleanor Lane of Herndon Competes in All-American Miss Pageant Teen Division

This past summer Eleanor Lane competed in the Virginia State Teen division of the National American Miss Pageant here in Reston. She won multiple awards including: Academic Achievement Award, 2016 Miss Virginia Teen Queen's Court 2nd runner-up, Actress Winner, Spokesmodel 1st runner-up, and 1st runner-up miss personality.

The awards earned her an invite to represent the state of Virginia and compete at the national level in the National All-American Miss Teen Division. In addition to the main competition, she competed in actress, academic achievement, essay, and spokesmodel competitions. As a spokesmodel, she wrote a speech on something she is passionate about, "Raising Awareness for Panic Disorder," and will present it to a large audience and professional judges.

At the competitions she sharpened her presentation skills, interview skills, and planning skills. And she made some new friends.

The National American Miss Pageants are dedicated to celebrating America's greatness



PHOTO CONTRIBUTED

Eleanor Lane recently competed in the Virginia State Teen division of the National American Miss Pageant and won an array of the awards that earned her an invitation to represent the state of Virginia and compete at the national level in the National All-American Miss teen division.

and encouraging future leaders. Each year the National American Miss Pageants awards \$1.5 million in cash, scholarships and prizes to recognize and assist the development of young women nationwide.



PHOTO COURTESY OF ASHLEIGH SOLOFF

Tour de Lights Held in Reston

Reston Association's Multimodal Transportation Advisory Committee held its sixth annual Tour de Lights bike ride on Saturday, Dec. 17. The tour biked on North Reston paths and secondary roads to view some of Reston's best holiday lights. Riders were required to have front and rear lights and helmets. The group posed for a photo at the tour's starting point at Lake Anne Plaza.

ENTERTAINMENT

Battle of Wits at Herndon's Stage

Shakespeare's romantic-comedy 'Much Ado About Nothing' at NextStop Theatre.

BY DAVID SIEGEL
THE CONNECTION

"Much Ado About Nothing" is considered one of Shakespeare's top comedies. It has mistaken identities, plenty of gossip, rumors of infidelity, along with deeper matters about honor. Along with a key perception that outward appearances says little about what is inside someone, "Much Ado" is most of all a screwball battle of love, vanity and subversion. "Much Ado" is the upcoming production of Herndon's "Next Stop Theatre."

In "Much Ado" two central characters, Beatrice and Benedick, are locked in a battle of wits while sharing an apparent, mutual disdain for each other and love. Their best friends think the two could make a great match. Can Beatrice and Benedick be tricked into confessing their love for each other? As for others in this Shakespearean romp, what will happen to them? Is the altar in many futures? Will love prevail?

Abigail Isaac Fine will direct "Much Ado." She previously directed NextStop's 2013 production of "The 12 Dates of Christmas."

"I wanted to direct a Shakespearean comedy because I find the comedies first pull the audience in with brilliant humor, then catch us by surprise with heart," said Fine. When not directing, she is Director of Develop-



PHOTO BY TRACI J. BROOKS STUDIOS/COURTESY OF NEXTSTOP THEATRE

From left — Kari Ginsberg (Beatrice) and Brittany Martz (Hero) in NextStop Theatre's 'Much Ado About Nothing' by William Shakespeare.

Where and When

NextStop Theatre's production of "Much Ado About Nothing" by William Shakespeare at 269 Sunset Park Drive, Sunset Business Park, Herndon. Performances Jan.19 to Feb. 12, 2017. Fridays at 8 p.m. Saturday, Jan. 21 at 7 p.m., Saturday, Jan. 28 at 8 p.m. Saturdays, Feb. 4 and Feb. 11 at 2 p.m. & 8 p.m. Sundays, Jan. 22, Feb. 5 and Feb. 12 at 2 p.m., Jan.29 at 2 p.m. and 7 p.m. Tickets \$35. Call Ovation Tickets at 866-811-4111, or visit www.nextstoptheatre.org

ment, Fairfax Library Foundation.

"Much Ado About Nothing" is a fun battle of the sexes," noted Fine. NextStop's production will be set in an Italian coast resort. "We are faithful to the text. Shakespeare set this play in Messina, a coastal city in Sicily. The costumes and music will be inspired by the late 1950s/early 1960s because these characters are modern and classy."

With an ensemble of a dozen actors, NextStop veteran Kari Ginsberg will perform the role of Beatrice. Ginsberg described her character as having "big, sweeping emotions. She is feisty and clever and smart. She matches wits with Benedick, her (begrudging)

love interest, without missing a beat. But, Beatrice has been burned by love before, so she carefully guards her heart."

Much Ado is the ultimate "will they/won't they" love story," noted Ginsberg. "This Winter I think we can all use a little laughter and love."

Much Ado promises patrons to not disappoint." Production director Fine added, "We want this play to make you laugh and warm you up."

My hope is that the audience will want to jump into the world of the play and vacation with us."

As Shakespeare wrote; "For man is a giddy thing, and this is my conclusion."

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—John Wooden



I Digress, Yet Again



By KENNETH B. LOURIE

I went to my local Giant supermarket the other day, a trip I make regularly, so regularly that I deserve a close-in, employee-of-the-month-type parking space. Unlikely as that may be, I do get to park in a special close-in L.E.V., ("low emitting vehicle") space when I drive the Honda which is a 'low emitting vehicle.' (This Giant was built with special "Green" amenities.) Not that I couldn't use the exercise if I were to park further away and actually walk a little bit. Nevertheless, between the chemotherapy-induced neuropathy in my feet and the associated fluid build-up in my legs — and feet as well, walking, even short distances, is hardly a comfortable stroll. Nor is it a walk in the park.

Once inside the store though, I am less inhibited by my condition — or merely just focused on the shopping task at hand, particularly so when I find myself sauntering down and perusing the candy/cookie aisle, where my presence is a fairly familiar sight. In fact, if the candy/cookie aisle could talk, "You again" would be what it say upon seeing me taking inventory. And as I was doing my due diligence this day: checking availability, price and variety — and taking my time doing so, an employee working in the same aisle who must have noticed my deliberation asked quite innocently and sincerely if I needed any help. Realizing that I was the only customer in the aisle and that the employee must have been talking to me, I started snickering and laughing to myself and did not immediately respond to his offer of assistance. Soon enough though, I turned around, smiled and said: "No. I don't need any help. If there's one place in the supermarket where I don't need any help, it's this one. Every other aisle, not so much. But candy and cookies, I can handle. Thanks anyway though."

I ended up buying two medium-sized bags of mint M&Ms which were on sale, the purchase of which were made more enticing after I noticed a coupon dispenser nearby distributing an additional \$1.50 off-two coupons. That was all the inducement I needed. Not that I'm necessarily driven by sales and coupons but, given my tendencies — and cash flow, the only self-control I can successfully impose on myself, is price. I won't buy the item unless it's on sale and then I can't stop myself from buying it. Moreover, if I have a coupon as well and the item is on sale, well, it's "Katie bar the door." The only question is: how many coupons do I have? However, if the item is not on sale and I also don't have a coupon, then unless I'm desperate — which occasionally I am, I can withstand the temptation and not buy the item, usually. Such is life in the chocoaholic lane.

Unfortunately, the chocolate problem continues once I get home, that is if it hasn't already reared its ugly head in the car while sitting in the parking lot after I've finished my shopping. (And what's worse, my drive home is barely five minutes. Yet sometimes, it's too long to wait.) Once inside the house, not immediately though, I'll probably start getting urges. I rationalize these urges by insisting that I need to eat the candy/cookies so I won't have the candy/cookies in the house, thereby eliminating said temptation. However, the problem isn't exactly solved; it's just recreated, so to speak. Once I've eaten all the candy/cookies in the house, and there are no more candy/cookies in the house, I need to go out and get some because — there are no candy/cookies in the house. Ergo, my regular visits to the Giant. It's not pretty, but it is predictable.

I wouldn't say I'm a man on a mission, but I am a man on sugar. And though I certainly realize that cancer and sugar are bad together, Kenny without sugar — and with cancer, might actually be worse.

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

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The biggest things are always the easiest to do because there is no competition.
-William Van Horne

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-William Van Horne

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- Zone 3:** The Alexandria Gazette Packet
The Mount Vernon Gazette
- Zone 4:** Centre View North
Centre View South
- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

Women's Legislative Roundtable Previews Upcoming 2017 Legislative Session

The League of Women Voters of Virginia (LWVVA) sponsored the Pre-Session of the Women's Legislative Roundtable, (WLRT) on Wednesday, Dec. 7, 2016, at the State Capitol in Richmond. Presentations were made by 17 representatives of nonprofit organizations and from secretaries of Governor McAuliffe Cabinet. They gave short and informative speeches on their areas of expertise before an audience of about 130 people, including Leaguers and friends. This annual event provides an opportunity for attendees to learn about what other groups will be advocating for and what cabinet members expect will occur during the upcoming General Assembly (GA).

The subjects covered were as diverse as the state budget, women's rights, voting rights, election laws and voter protection, equality for lesbian, gay, bisexual and transgender LGBT Virginians, issues of Latinos, redistricting, transparency, public safety, criminal justice reform, juvenile justice, domestic and sexual violence, mental

illness, poverty, decriminalization of marijuana, civil forfeiture, police reform, and conservation of natural resources. The common thread in many of these speeches was the need for justice and fairness.

Ric Brown, the Secretary of Finance, said that a potential \$1.5 billion budget shortfall is being expected due to lower-than-expected income and sales tax collections. To handle this shortfall, Gov. McAuliffe asked Executive Branch agencies to make budget cuts. These have included delaying grant payments and new positions, eliminating 26 current positions, canceling pay raises, trimming the state's payroll in other ways, and using the rainy day fund. Virginia is an income tax state so it is difficult to project income inflows. Medicaid Extension is not in the budget.

Secretary of Administration. Nancy Rodrigues, Secretary of the Commonwealth, Kelly Thomasson, and Secretary of Natural Resources Molly Joseph Ward all thanked the League for its nonpartisan efforts for

voter rights. The Commissioner of Elections, Edgardo Cortes said a record number of Virginia voters registered online and voted. According to Co-President Lois Page, "We were awed once again by the compassion, determination and dedication of these civic activists, who want what is best for all Virginians."

What does the WLRT do?

This informational forum is where legislators and non-profit organizations' representatives talk about pending legislation and issues of concern. The LWVVA will moderate the WLRT forums, which start at 8:30 a.m. on Wednesdays, after the GA convenes on Jan. 11, 2017. The first WLRT meeting will be held in Richmond on Jan. 18, 2017. You are welcome to attend these meetings.

The League of Women Voters of the Fairfax Area is a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues.

To learn more about this organization, visit www.lwv-fairfax.org.

OBITUARY

Former Reston Resident Eleanor Christine Ingram Mallette, 92, Dies

Eleanor Christine Ingram Mallette, 92, of Croasdaile Village Retirement Community, died on Tuesday, Nov. 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, N.C. 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, N.J.; and, Reston, 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 Croasdaile Village Retirement Community in August 1999. As part of the first group of residents, they quickly adapted to life at Croasdaile

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, N.C.; and David Mallette and wife Melinda Stubbee of Durham, N.C.; nine nieces and one nephew.

/The family thanks the many Croasdaile 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, N.Y. or the National Baseball Hall of Fame, Cooperstown, N.Y. 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.

BULLETIN BOARD

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

DelJBoysko@house.virginia.gov.

WEDNESDAY/JAN. 11

Learn About the Consolidated Community Funding Pool 1:30 - 3:30 p.m. Taking Place at The Jo Ann Rose Gallery Reston Community Center Lake Anne 1609-A Washington Plaza, Reston. Our January 2017 FCIA Network Meeting will focus on Consolidated Community Funding Pool (CCFP) priorities in preparation for the next CCFP funding cycle. FCIA Network Meeting

attendees will dialogue about the types of services for which there is a continuing need, current service gaps, and emerging needs. The CCFP funds local nonprofit organizations to provide human services, affordable housing development and construction. Priority-setting is the first step of the next funding cycle. Once set, a request for proposal will be issued in the fall of 2017. Awards will be announced the following spring. Total funding in FY 2017 was 12.5 million dollars. **Please note, this meeting WILL NOT take place at the Government Center.**



Clearview Elementary School Fourth Grader Isabella Wood, 10, watches her dad Randall Wood, a member of the Northern Virginia NTRAK, Inc., fix a derailed train.



PHOTOS BY FALLON FORBUSH/THE CONNECTION

Herndon Historical Society President Charlie Waddell gave tours of the Washington & Old Dominion Caboose while dressed as a brakeman and engineer. He has been doing this for the last five years.

Town Tinkers with Trains

BY FALLON FORBUSH
THE CONNECTION

The railroad station in downtown Herndon was the center of the community in the 1800s. During the holidays, the trains become the center of attention once again.

Hundreds of people tinkered with trains at the Herndon Holiday Model Train Show at the Herndon Municipal Center and the Herndon Historical Society's Depot Museum on Saturday and Sunday, Dec. 10-11.

The annual event that has been chugging along for 11 years is meant for people to "have fun," says Richard Downer, who chairs the event and is treasurer of the Herndon Historical Society.

"I've always had an interest in model trains," he says.

Downer has been collecting model trains since he was a kid and has added more than 60 pieces to his collection, which he has on display. "I get the pleasure of seeing them run each Christmas," he says. "You never know which modules will be there."

At this year's show, members of the Potomac Module Crew from the Potomac Division of the Mid-Eastern Region National Model Railroad Association and the NTRAK and T-TRAK divisions of the Northern Virginia NTRAK, Inc. set up displays for visitors to watch and—at times—operate.

"If things are slow enough, they'll literally let the older youngsters run the trains themselves," Downer says.

The basic NTRAK module is 2 feet wide, 4 feet long and 3.5 feet high. T-TRAK modules are much smaller.

"[T-TRAK trains] are designed to go on top of a table and of course have sharper curves," Downer says.

Standard T-TRAK modules are just over 12 inches long, 8 inches wide and 4 inches high.

The Herndon Chamber Committee of the Dulles Regional Chamber of Commerce sponsored the show, as well as tours of the



Herndon resident Gary Rinker, a retired Amtrak train conductor, gave tours of the Washington & Old Dominion Caboose in a uniform that would have been worn by a conductor in the 1930s and '40s.

Washington & Old Dominion Caboose that is located between the two buildings on Lynn Street. The W&OD Caboose No. 504, was built by the Wheeling & Lake Erie Railway in Ironville, Ohio, in August 1949. After it was decommissioned, the Herndon Historical Society acquired the caboose for the town in 1989. The interior was restored and renovated in 2008 with a grant by the

Nelson and Katherine Post Foundation.

Charlie Waddell, president of the Herndon Historical Society, and Gary Rinker, a retired Amtrak train conductor, gave tours of the caboose. They both wore uniforms that would have been worn by train workers in the 1930s and '40s.

"You won't believe the number of youngsters we have come through with their par-

ents," Downer says. "A couple of the boys will just stay there and have their parents pick them up. They just like to watch the trains."

Last year, more than 1,000 people attended the show. Despite the cold weather this weekend, more than 420 people stopped by on Saturday and 80 people had showed up by noon on Sunday.



Cory Dake, 6 (far left), brother Bryce Dake, 4 (center left), and fraternal twin brothers Justin Fodor, 4 (center right), and Jason Fodor, 4 (right), watch trains pass by in a display by the T-TRAK Division of the Northern Virginia NTRAK, Inc. that was set up inside of the Herndon Historical Society's Depot Museum.