

# WELLBEING

PAGE 7

Samantha Weisman and Kaitlin McClymont of Reston won first place as "Best Couple" in the Pet Costume Contest at the Boo and Brew Festival at Lake Anne with their dog Bernie dressed as Little Red Riding Hood, Grandma and the Huntsman.

# Reston CONNECTION

## Boo and Brews Festival Held at Lake Anne

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PHOTO BY STEVE HIBBARD/THE CONNECTION

NOVEMBER 1-7, 2017

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



## WEEK IN RESTON

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### Driver Charged With DWI After Fatal Crash

The Fairfax County Police Department is investigating a DWI-related crash that killed one passenger at the intersection of Baron Cameron Avenue and Lake Fairfax Drive in Reston Sunday afternoon, Oct. 29.

A preliminary investigation revealed Jose Jimenez-Yapura, 45, was driving a 1987 Toyota MR2 south on Baron Cameron Avenue, approaching Lake Fairfax Drive, when it crossed the center median and struck a 2008 Porsche traveling northbound, according to police. He had non-life-threatening injuries and was charged with a DWI, according to police.

Miguel Jimenez, 42, of Falls Church, a passenger of the Toyota, was taken to a nearby hospital where he died of his injuries, according to police. The driver of the Porsche, a 16-year-old, was not

injured, according to police. It is unknown at this time whether speed was also a factor in the crash, according to police. The accident remains under investigation.

### Man Dies After Falling From Parking Garage

A police investigation is underway after Robin Buritica Carvajal, 18, of Woodbridge died after falling from the upper level of a parking garage at the Reston Town Center on Friday evening, Oct. 27, according to the Fairfax County Police Department.

FCPD detectives say Carvajal was hanging out with a friend when he accidentally fell off the structure.

He was taken to a nearby hospital with life-threatening injuries and was pronounced dead on Sunday morning, Oct. 29, according to police.

### Suspect Charged 22 Years After Alleged Assault of Four Women

Jude Joseph David Lovchik, 49, is in police custody for charges in connection with an alleged sexual assault of four women that occurred in Reston back on June 6, 1995, according to the Fairfax County Police Department.

Detectives believe Lovchik sexually assaulted the women in an apartment in the 11000 block of Olde Tiverton Circle in Reston in the early morning hours of that day in 1995. On Aug. 25, DNA evidence was furnished to lead the FCPD detectives to identify Lovchik as the suspect.

"Crimes like this are not common in Fairfax County, but this shows the dedication and determination of our agency to bring justice for these victims," Maj. Richard Perez of the FCPD Major Crimes Bureau said in a press release.

Detectives with the FCPD Major Crimes Bureau and police officers from the Ocala Police Department in Florida arrested Lovchik after a traffic stop near his home in Ocala last Wednesday morning, Oct. 25, according to the FCPD.

Until September, Lovchik lived in the 7200 block of Linden Tree Lane in Springfield, according to police. He is being held at the Marion County Jail in Florida awaiting extradition to Fairfax County, according to the FCPD.



COURTESY OF THE MARION COUNTY JAIL IN FLORIDA

**Jude Joseph David Lovchik**

"The team of men and women who have been working this case have put in a tremendous amount of work," Capt. David Smith of the FCPD Major Crimes Bureau said in a press release. "As a result of their dedication, we have taken this predator off the street."

Once Lovchik is extradited back to Fairfax County, he will be charged with being a fugitive, armed burglary, abduction with intent to defile and sodomy, according to the FCPD.

The FCPD also anticipates additional charges to be filed.

The FCPD Victim Services Section is working with the victims, according to police.

Anyone who may have additional information about Lovchik, including other potential victims, may call the FCPD at 703-246-4623.

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Northam



Gillespie



Hyra



Fairfax



Vogel



Herring



Adams

## On the Ballot

A look at what's on the ballot this Election Day.

BY MICHAEL LEE POPE  
THE CONNECTION

**V**oters across Virginia will be headed to the polls Tuesday Nov. 7. Here's a look at what's on the ballot:

### Race for Governor

Democrat **Ralph Northam** is a pediatric neurologist who was elected lieutenant governor in 2013, when he beat Republican E.W. Jackson. Before being elected to the statewide office, he represented the Eastern Shore in the Virginia state Senate. He's also a veteran, serving as an Army doctor during Desert Storm.

On the campaign trail, Northam talks about a "G3 Program" for Virginia — a plan that would help people get a job, get skilled and give back. If elected, he says he would work to expand industry certification programs, community colleges and apprenticeship programs, an effort that would focus on high-school students who do not attend a four-year college or university. He says he would support a law to make salary information more transparent so women can fight discriminatory practices. And, he says, he would push to expand Medicaid.

#### Fundraising Total: \$22.8 million

- ❖ \$3 million from DGA Action
- ❖ \$705,000 from Virginia League of Conservation Voters
- ❖ \$566,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management
- ❖ \$450,000 from Everytown for Gun Safety
- ❖ \$400,000 from the Democratic Party of Virginia

Republican **Ed Gillespie** is a former chairman of the Republican National Committee who owns the firm Quinn Gillespie & Associates, a bipartisan lobbying firm he started with Jack Quinn.

On the campaign trail, Gillespie talks about cutting the individual tax rate by 10 percent — the first income tax rate since 1972. He wants to prohibit candidates from using money raised for one office to run for a different office, and he says he would extend the length of time administration officials must wait before they can lobby their prior office. If elected, he says he would

identify \$200 million in savings during the course of his administration by establishing a new Office of Innovation and Efficiency.

#### Fundraising Total: \$14.8 million

- ❖ \$4 million from A Stronger Virginia
- ❖ \$1.1 million from Let's Grow Virginia
- ❖ \$1 million from the Republican Governors Association
- ❖ \$200,000 from Dwight Schar of McLean, NVR Homes
- ❖ \$133,000 from Jay Faison of Charlotte, N.C., of ClearPath Foundation

Libertarian **Cliff Hyra** is a patent attorney who was unopposed as the Libertarian candidate for governor when party leaders met for their convention in May.

On the campaign trail, Hyra talks about ending the business, professional and occupational licenses tax known as the BPOL. He also wants to end state occupational licensing requirements for cosmetologists, interior decorators and nail technicians. He also wants to privatize the state-owned liquor monopoly and avoid increases to the minimum wage. If elected, he says he would work to exempt the first \$60,000 of household income from the state income tax.

#### Fundraising Total: \$63,000

- ❖ \$15,000 from Michael Chastain of Austin, Texas
- ❖ \$1,000 from John Berresford of Arlington, Federal Communications Commission
- ❖ \$1,000 from Don Bruckner of Albuquerque, N.M., Guebert Bruckner PC
- ❖ \$1,000 from Darryl Kerkeslager of Richmond, Virginia Department of Corrections
- ❖ \$1,000 from Carrie-Anne Mosley of Chantilly, Salesforce.com

### Race for Lieutenant Governor

Democrat **Justin Fairfax** is a former federal prosecutor who also owns a dental practice with his wife. Earlier this year, he beat out two other Democrats were were also running in the Democratic primary: longtime Democratic operative Susan Platt and former federal prosecutor Gene Rossi.

On the campaign trail, Fairfax says he wants to increase the minimum wage and expand workforce training. He wants to implement a state-based loan restructuring

program, and increase access to pre-kindergarten education. If elected, he says, he would support expanding Medicaid and eliminate gaps in mental health coverage.

#### Fundraising Total: \$2.9 million

- ❖ \$50,000 from Rose McElrath-Slade of McLean, Strategic Resources Inc.
- ❖ \$35,000 from the National Education Association
- ❖ \$35,000 from stockbroker Edward Hart Rice of Vienna
- ❖ \$30,000 from Ivan Jecklin of Henrico, Weinstein Management Company
- ❖ \$25,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management

Republican **Jill Vogel** is a state senator representing Upperville who was first elected in 2007 after the retirement of longtime Republican state Sen. Russ Potts (R-27). Earlier this year, she beat out two other Republicans who were also running in the Republican primary for lieutenant governor: Sen. Bryce Reeves (R-17) and Del. Glenn Davis (R-84).

On the campaign trail, Vogel says she wants to reduce regulations and the tax burden. During the last General Assembly session, she introduced a bill that would have banned all gifts to lawmakers and prohibited candidates from using campaign funds on personal expenditures. She also introduced an effort she calls the "repeal amendment" that would allow states to repeal federal laws and regulations.

#### Fundraising Total: \$2.5 million

- ❖ \$825,000 from the Republican State Leadership Committee
- ❖ \$496,000 from William Holtzman of Holtzman Oil Corp
- ❖ \$96,000 from Jill Vogel for Senate
- ❖ \$35,000 from cigarette manufacture Altria
- ❖ \$29,000 from Michael Smith of Middleburg, Valley Proteins Inc.

### Race for Attorney General

Democrat **Mark Herring** is a former state senator from Loudoun who was elected attorney general in 2013, when he won a 165-vote margin of victory against Republican Mark Obenshain that led to a statewide recount. He has a master of arts in foreign affairs from the University of Vir-

ginia as well as a bachelor's degree in foreign affairs and economics, also from UVA. He also received a law degree from the University of Richmond.

On the campaign trail, Herring says responding to the opioid crisis is one of his top priorities. As attorney general, he says he has prosecuted more than 75 cases against heroin dealers and traffickers involving more than 375 pounds of heroin and fentanyl. Herring says he is also leading a project to eliminate Virginia's backlog of more than 2,000 rape kits. Herring is also chairman of a task force to combat campus sexual violence, and he says he helped put hundreds of child predators behind bars through aggressive prosecutions and digital forensics work.

#### Fundraising Total: \$6.2 million

- ❖ \$1.5 million from the Democratic Attorneys General Association
- ❖ \$813,000 from One Commonwealth PAC
- ❖ \$300,000 from Everytown for Gun Safety
- ❖ \$150,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management
- ❖ \$116,000 from the Democratic Party of Virginia

Republican **John Adams** is a former Navy officer who served as an associate White House counsel under former President George W. Bush. He has a law degree from the University of Virginia, and an undergraduate degree from the Virginia Military Institute. He currently works as an attorney in private practice.

On the campaign trail, Adams says he would work as an advocate against spoofing — fighting phone scammers who impersonate the government, legitimate businesses or local telephone numbers. If elected, he says, he will leverage state resources to do "much, much more" than is currently being done to combat the opioid crisis. He says he would also support "tough but effective" law combatting drug dealing.

#### Fundraising Total: \$3.4 million

- ❖ \$2.9 million from Republican Attorneys General Association
- ❖ \$225,000 from Republican Party of Virginia
- ❖ \$100,000 from Bruce Gottwald of Richmond of Newmarket Corp
- ❖ \$35,000 from Floyd Gottwald of Henrico of Newmarket Corp
- ❖ \$27,500 of William Goodwin Jr. of Richmond of CCA Industry

# OPINION

## Turn Out To Vote

### Races at top of ticket likely to be very close; your vote counts.

**W**hen will you vote? Make a plan, there is less than one week left.

You can vote absentee in person until Saturday, Nov. 4. If you haven't voted by then, you will need to vote on Election Day, Tuesday, Nov. 7. Decide what time you'll go, make plans with a family member or a friend to meet at the polls. Don't let the day get away from you. Polls are open from 6 a.m. to 7 p.m. on Nov. 7.

**EDITORIAL** Consider the election four years ago of Attorney General Mark Herring (D), who is running again this year to keep his position. Herring defeated his Republican opponent by 165 votes, 1,103,777 votes to 1,103,612 - a difference of 165 votes out of more than 2.2 million cast, or less than one half of one percent difference. Herring promptly announced he would not defend Virginia's same-sex marriage ban. It's fair to say that a variety of other issues have been different because of that razor thin victory.

#### Absentee Voting in Person

Voting early if you qualify is a good choice. There are 19 valid reasons to vote absentee in Virginia, including the possibility that you will be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: [elections.virginia.gov/casting-a-ballot/absentee-voting/index.html](http://elections.virginia.gov/casting-a-ballot/absentee-voting/index.html)

There are two ways to vote absentee: in-person and by mail. To vote by mail, you will need to apply for an absentee ballot; if you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

See your locality's elections website for more.

#### Bring Photo ID, There Are Alternatives

Virginia has voter identification requirements; plan to bring photo identification with you to vote, whether absentee or on Election Day.

Any registered voter who does not have one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

Among accepted ID: valid Virginia Driver's

License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

To find a registration office where you can obtain photo ID, even on the day of an election, visit: [vote.elections.virginia.gov/VoterInformation/PublicContactLookup](http://vote.elections.virginia.gov/VoterInformation/PublicContactLookup).

#### Provisional Ballot Process for Voters Who Arrive Without Identification

### General Election Day, Tuesday, Nov. 7

On Election Day Polls are open from 6 a.m.-7 p.m.

If you arrive at your polling place on Election Day without an acceptable form of photo identification, don't panic or give up. You will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document may be provided to the electoral board to suffice the identification requirement.

### On the Ballot

#### Governor

Ralph S. Northam (D)  
Edward W. "Ed" Gillespie (R)  
Clifford D. Hyra (L)

#### Lieutenant Governor

Justin E. Fairfax (D)  
Jill H. Vogel (R)

#### Attorney General

Mark R. Herring (D)\*  
John D. Adams (R)

#### House of Delegates

##### 34th District

Kathleen Murphy (D) incumbent  
Cheryl Buford (R)

##### 35th District

Mark Keam (D) incumbent, unopposed

##### 36th District

Ken Plum (D) incumbent, unopposed

##### 37th District

David Bulova (D) incumbent, unopposed

##### 38th District

Kay Kory (D) incumbent  
Paul Haring (R)

##### 39th District

Vivian Watts (D) incumbent, unopposed

##### 40th District

Donte Tanner (D)  
Tim Hugo (R) incumbent

##### 41st District

Eileen Filler-Corn (D) incumbent, unopposed

##### 42nd District

Kathy Tran (D)  
Lolita Mancheno-Smoak (R)

##### 43rd District

Mark Sickles (D) incumbent, unopposed

#### 44th District

Paul Krizek (D) incumbent, unopposed

#### 45th District

Mark Levine (D) incumbent, unopposed

#### 53rd District

Marcus Simon (D) incumbent  
Mike Casey (I)

#### 67th District

Karrie Delaney (D)  
Jim LeMunyon (R) incumbent

#### 86th District

Jennifer Boysko (D) incumbent  
Linda Schulz (R)

#### Fairfax County School Bonds

Voters will vote yes or no on a \$315 million public school bond referendum on the Nov. 7 general election ballot. If approved by voters, the Fairfax County Public Schools' current plans to use this bond money are to plan and/or construct two new elementary schools, one in Fairfax/Oakton area and another in the northwest county area; relocate one modular building; plan additions at three existing high schools to add capacity at Madison, Stuart and West Potomac; plan and/or construct renovations of 10 elementary schools, three middle schools and two high schools. See [www.fcps.edu/about-fcps/facilities-planning-future/2017-school-bond-referendum](http://www.fcps.edu/about-fcps/facilities-planning-future/2017-school-bond-referendum).

#### Fairfax County Office of Elections

[www.fairfaxcounty.gov/elections](http://www.fairfaxcounty.gov/elections)  
Voter Registration: 703-222-0776, TTY 711  
Absentee Fax: 703-324-3725  
Email: [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)  
Election Officer Info: 703-324-4735, TTY 711

### Correction

In the Connection's editorial last week, Mike Casey's name was misspelled in the list of candidates for the Virginia House of Delegates. Casey, an Independent, is running against Marcus Simon, incumbent Democrat, for the seat in the 53rd House District.

Reston  
**CONNECTION**

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

**Published by**  
**Local Media Connection LLC**

**1606 King Street**  
**Alexandria, Virginia 22314**

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**NEWS DEPARTMENT:**  
**reston@connectionnewspapers.com**

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Fallon Forbush**  
Reporter  
[fforbush@connectionnewspapers.com](mailto:fforbush@connectionnewspapers.com)

**Mercia Hobson**  
Contributing Writer  
[mhobson@connectionnewspapers.com](mailto:mhobson@connectionnewspapers.com)

**Andrea Worker**  
Reporter  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

**Mike Salmon**  
Editorial Assistant  
[reston@connectionnewspapers.com](mailto: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](mailto:debfunk@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto: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](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

**CIRCULATION**  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





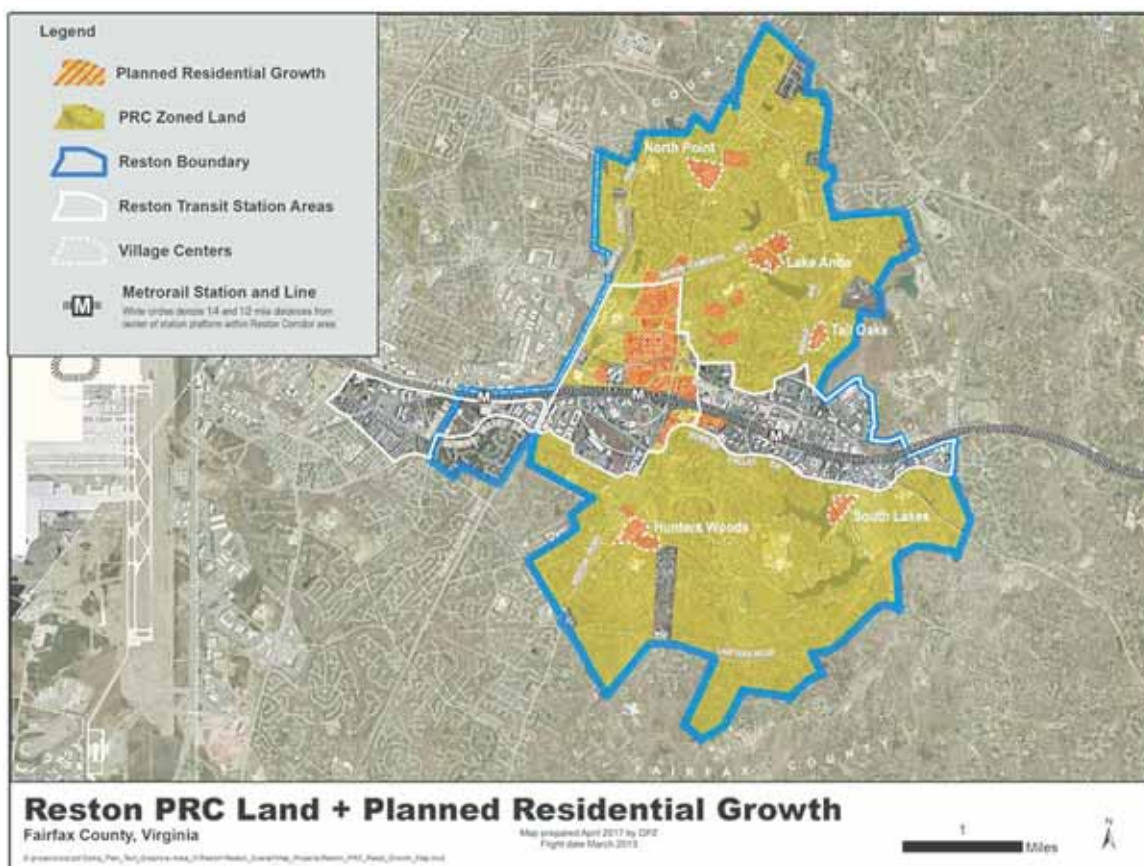


PHOTO COURTESY OF THE FAIRFAX COUNTY DEPARTMENT OF PLANNING AND ZONING

After much concern from the community, the Fairfax County Department of Planning and Zoning updated its map to show where the planned high-density areas of the PRC District areas are, shown in red within the yellow-green.

# Restonians Oppose Higher Density

BY FALLON FORBUSH  
THE CONNECTION

**R**estonians are trying their best to stop a proposed amendment that would raise the density of Reston in its tracks.

"We don't want this!" "Referendum!" "Moratorium!" the majority white and baby-boom aged crowd shouted as county officials tried to justify their proposal.

The Fairfax County Department of Planning and Zoning-proposed amendment would alter the zoning regulations by changing the density cap in Reston for areas that are zoned Planned Residential Community (PRC) District. The current cap for these areas, which the majority of Reston is zoned, is set to an average of 13 people per acre. The DPZ is recommending raising the cap to an average of 16 people per acre.

The amendment would also increase the maximum number of dwelling units per acre for PRC zoned land. The maximum number is currently 50 dwelling units per acre and the DPZ is recommending raising it to a range of 70-75.

**MORE THAN 700 PEOPLE** stuffed into the South Lakes High School cafeteria to voice their frustrations. Doors were closed at 6:50 p.m. for the 7 o'clock meeting, with county staff directing those who couldn't fit to sit in a lecture hall down the hall, which was designated as an overflow room where the meeting was live-streamed on a large projector screen. The overflow room could hold a capacity of 169 people. The meeting was also live-streamed on Fairfax County Government Television Channel 16.



**The panel took comments and questions from community members for nearly three hours as long lines of people in yellow, which opponents encouraged people to wear to show a unified presence of resistance, stood in line to speak at the microphone.**

The DPZ has billed the proposed zoning ordinance amendment as a regulatory change that would support the future implementation of the Reston Master Plan over a time frame of the next 40 years.

"This isn't a new thing that has suddenly become

SEE RESTONIANS, PAGE 6

**Take Control and Be Your Own Boss**  
Learn how at the Capital Area Franchise Fair

**Monday, November 6, 8:30am-12:30pm**  
**Reston Association Conference Center**  
**12001 Sunrise Valley Dr., Reston, VA**

The Capital Area Franchise Fair is the annual learning event hosted by FranNet of Virginia with the SBA, SCORE and the Community Business Partnership.

Experts, lenders and franchisors from various industries will discuss: the best franchise fit, trends, the franchise business model, local regulations, franchise funding.

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- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Henderson Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection



# Room of Restonians: We Don't Want This

FROM PAGE 5

needed,” DPZ Deputy Zoning Administrator Cathy Belgin said during the meeting. “The need has been something that staff has anticipated for over 10 years now, even prior to the comprehensive plan being amended in anticipation of metro.

“What we’re proposing with this amendment is not a rezoning,” she added. “It would not change the zoning designation of any properties in Reston and it would not approve any new dwellings. It’s not a proposal to add the dwellings or the people that you may have heard about. Any proposed development going forward is still subject to the standard development review process. This wouldn’t change any of that.”

As she spoke, rumblings began to rise from the crowd.

“I do see your feedback; thank you for that,” Belgin said as the crowd flashed red signs at her to visually show their disapproval.

The county estimates that the population of Reston’s PRC District zoned land is currently 74,192. The county also estimates that it is at 11.88 people per acre. Under the 13 people per acre average maximum, the population could grow to 81,195. Lifting the cap to 16 people per acre, as county planning and zoning staff encourage, would allow the population of PRC District zoned land to grow to 99,932.

However, county officials say that the only areas planned to take advantage of the density increase and high-density development within the PRC District zoned land are the St. John’s Woods Apartments and the village centers: Lake Anne, Town Center North, and the South Lakes, Hunter Woods, Northpoint and Tall Oaks.

But opponents remain skeptical.

“[Original planners] did not contemplate a Reston with three transit areas; they did not contemplate a Reston that—quite frankly—has been a hub for corporate entities and headquarter office buildings,” Fred Selden, director of the Fairfax County Department of Planning, said during the meeting.

Opponents are convinced that the amendment is developer driven and not in the best interest of current residents.

“We’re at basically 12 dwellings per acre currently with applications that have been approved,” DPZ Hunter Mill Division Branch Chief William Mayland said during the meeting. “We have applications that are currently submitted that are undergoing the review process. We have three applications that are currently in process. If those three applications would be approved, they would exceed 13 dwellings per acre.”

According to Mayland, the three proposed applications that would push Reston past the 13 cap are:

- ❖ The Greenblum and Bernstein property at 1941 Roland Clarke Place, which is proposing to build a mixed-use development with 699 residential units;

- ❖ A Boston Properties’ parcel called the Reston Gateway located between the W&OD Trail and Sunset Hills Road, which



**Jody Chiaro of Reston holds up a green sign and was moved to stand when someone from the crowd asked the panel to halt the process and forgo introducing the amendment to the Fairfax County Planning Commission and Board of Supervisors.**

is proposing to build a mixed-use office, residential, hotel and retail space with 1,710 residential units; and

- ❖ The 49.9-acre Fairfax County-Inova Health System parcel called Reston Town Center North, a mixed-use site that will house the redeveloped Reston Regional Library, Embry Rucker Community Shelter, programming space for the community and private commercial development, as well as 3,200 residential units.

The meeting was previously scheduled for Monday, Sept. 25, at Lake Anne Elementary School, but was halted as the cafeteria became overcrowded. The capacity for the room set by the Fire Marshal Code is 210 people, and there were 313 people who signed into the meeting on sheets provided at the door. However, there were many more people waiting outside who couldn’t get in. More people also avoided the lines to sign in, which made the crowd closer to 400 or 500 in size.

**COUNTY OFFICIALS** have been met with significant pushback from Restonians during the original three community meetings about the amendment earlier this summer on May 3 and May 15 at the North County Governmental Center and May 24 at Lake Anne Elementary School. The meetings have all been consistent in that the tone from community members who attend the

meetings have been of frustration and anger.

The discontent of the engaged citizens has only grown as they feel like they are continually being ignored.

Representatives from the Reston Citizens Association, Reclaim Reston, Rescue Reston and the Reston 20/20 Committee have been leading the resistance to the amendment, organizing community members to action. The group held a forum on Sept. 20 where presentations were given to a standing-room-only crowd about why they should join in opposing the amendment.

Board members of the Reston Association have also made personal statements about their concern or outright disapproval to the amendment. The board will discuss the matter at its next meeting this Thursday and will be voting on a formal position.

In the meantime, Reclaim Reston posted a “Reston Zoning Moratorium Petition” online on iPetitions that has gotten more than 1,200 signatures and more than 500 comments.

“[The group’s] goal is to work with the county to put together a new, more reasonable proposal generated after careful study of its impacts on the community and linked concretely — including funding — to concurrent infrastructure development,” Terry Maynard, co-chair of the Reston 20/20 Committee said in an email.



**Community members flashed red signs to visually express their dissatisfaction when panelists or community members said things they didn’t like.**

In anticipation of the meeting, the group organized a “Call Cathy Day” on Friday, Oct. 20, encouraging people to flood their supervisor’s office with calls about their “concerns about the county’s plan to raise the cap on Reston’s zoning density.”

“We’ve gotten lots of questions,” Hunter Mill District Supervisor Catherine Hudgins said at the beginning of the meeting. “We thank you for your phone calls, for your emails and for your letters.”

While Hudgins agreed that there is an infrastructure challenge and congestion problem with traffic, she seemed unmoved in voting against increased density. Community members demanded to know if she would vote against the proposal.

“I tell you ... some of what I hear chills me,” Hudgins said in closing remarks.

Reston was planned for economic diversity, but Hudgins argued that it has become unwelcoming for the “breadth of people that have been here for so long.”

**PEOPLE IN THE CROWD** shouted that the developments allowed from the density increase would not offer opportunity for affordable housing, rather more high-priced, luxury apartments and condominiums.

She agreed that more affordable housing is needed, but said Reston has to “keep up with the numbers in some way to benefit some of that development.”

“Can we make it what Reston is supposed to be?” she asked the crowd.

Those in the room were fired up to petition the other members of the Board of Supervisors in order to halt the process and potentially reopen the comprehensive planning process to solidify their position of stopping growth in the community. They also expressed irritation that their representative on the board ignored their plea to quash the amendment, alleging that Hudgins had already “dug her heels in.”

If the Fairfax County Board of Supervisors authorizes the amendment to move forward in the deliberation process, the Fairfax County Planning Commission could host a public hearing early next year. After the commission provides its recommendation, the Board of Supervisors could host a public hearing and vote shortly thereafter.



**Jane Harding of Reston, with a yellow Rescue Reston T-shirt draped over her shoulder, examines a map of the PRC District to see if her home is where the county plans to increase density. She is against the amendment even though her home is not near a village center.**



# Creating Balance

Advanced planning is one key to holiday harmony.

BY MARILYN CAMPBELL

**T**he stretch of time between Halloween and the New Year can be a source of merriment and joy, but it can also be a cause of stress, say mental health professionals. According to a study by the American Psychological Association more than 60 percent of Americans found the holiday season a frequent source of stress and fatigue. While joy is still the primary emotion, finding a way to create balance and manage the additional demands brought on by the holiday season can make holidays merry.

"Part of managing stress is identifying the causes of stress and being aware of what is going on with you and what is going to trigger you," said Maria Mangione, Psy.D., clinical psychologist at Washington Center for Weight Loss Management. "Look back at past holiday seasons and ask, 'What got you sad? What made you nervous? What made you angry? While we're outside of the holiday season, if you can look back at past seasons and think about the times that you were stressed, you can come up with a toolbox of things that could be helpful to you.'"

From shopping and budgeting to overeating and dealing with emotional issues,

Mangione says crafting a plan in advance of the holiday season is a key to maintaining balance. "When someone is dealing with people or situations, it's hard to figure out how to deal with it in the moment," she said. "If people prepare and have a plan in place, they can go on autopilot."

"The holidays are a time in which we are potentially confronted with a lot added responsibilities outside of our day-to-day," added Monica Brand, Ed.D., assistant professor, Department of Counseling,

**"The holiday cycle starts with Halloween and ... can snowball as people get more and more stressed."**

— Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management

Marymount University. "As a result, we can be thrown off and stressed simply because we are not on our usual routine."

**UNRESOLVED FAMILY ISSUES** often resurface during the holidays and lead to tension. "Overall, our change in routine, increased interaction with family and the expectations we place on ourselves can all have some impact on our stress levels dur-

ing the holidays," said Brand. As a result, people tend to brace themselves for whatever may come their way. A more basic method of avoiding stress is both mentally and physically preparing before company, travel, or hosting duties. Many people do this by creating to do lists, getting organized, and planning before the beginning of their holiday."

Be mindful of limitations and boundaries and limit the expectations we place on ourselves and others, advises Brand. "If you are one who is so caught up in festivities or is easily overwhelmed, setting reminders on your phone, smartwatch, or having someone hold you accountable in taking breaks from the festivities may recharge your batteries," she said.

Financial imbalance is a common plight during the holiday season, especially when a desire to give generously outweighs one's budget. "I cannot stress enough how important it is to set a spending limit for each person you will be shopping for ahead of time, before you go shopping," said Brian Neely, professor of Accounting & Finance at Northern Virginia Community College. "It is very easy to get caught up in the festive moment and spend far more than you really need to before you

even realize what you have done. This will always result in buyer's remorse and can strip away the true joy that should go hand-in-hand with the customary giving of gifts."

Neely says that during the holidays most Americans have been programmed to spend the vast majority of their discretionary income all at once. "The worst aspect of this annual spending spree is that it generally goes on a credit card or two or three and it stays on there for a very long time," he said. "Once a purchase goes on a credit card, you are still paying for those purchased items for many months afterwards with accrued interest. So now, those presents under the tree on Christmas morning are still increasing in total actual cost until you pay that debt off from your credit cards."

Avoiding store-issued credit cards is a key aspect of maintaining a sane budget, advises Emily Knarr, visiting faculty member in Marymount's Department of Accounting, Economics & Finance at Marymount University. "They offer so many promotions during the holidays that it is tempting to take advantage of them, especially if your other cards are maxed out and you still need to buy presents," she said. "However, even if the terms of the cards and promotions are good, it still affects your credit rating

SEE BALANCE, PAGE 11

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**“Aida” the Musical.** Through Nov. 11, various times at Reston Community Center, Hunters Woods Village Center at 2310 Colts Neck Road. Reston Players presents “Aida” with music by pop legend Sir Elton John and lyrics by Tim Rice. Visit [restonplayers.org/show1/](http://restonplayers.org/show1/).

**Art Exhibit.** Through Nov. 18 at Greater Reston Arts Center, 11900 Market St., Reston. Artist Sue Wrbican, bringing her most recent photographic series inspired by the landscape paintings of American Surrealist Kay Sage (1898-1963). Free. Call 571-267-5000 or visit [restonarts.org](http://restonarts.org).

**Reston Farm Market,** Saturdays, through Dec. 9, 8 a.m. - Noon, Lake Anne Village Center, 11401 North Shore Drive, SNAP accepted, bonus dollar program. (CLOSED for Multicultural Festival Sept. 23)

**Herndon Farm Market,** Thursdays through Nov. 9, 8 a.m. - 12:30 p.m., Old Town Herndon, 700 Block of Lynn St., by the Red Caboose. SNAP accepted, bonus dollar program.

**Jazz in the City Exhibit.** Various times at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit [www.artspaceherndon.com](http://www.artspaceherndon.com).

**All-comers’ Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 [potomacriverrunning.com](http://potomacriverrunning.com).

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more information.

## THURSDAY/NOV. 2

**Christmas Bird Count Workshop.** 7-9 p.m. at the Audubon Society of Northern Virginia, 11100 Wildlife Federation Drive. Bird Count Workshop Compiler, Bob Shipman, will lead the discussion. Visit



## Christmas Bird Count

**On Thursday, Nov. 2, learn about the bird count at the Christmas Bird Count Workshop, 7-9 p.m. at the Audubon Society of Northern Virginia, 11100 Wildlife Federation Drive, Reston. Bird Count Workshop Compiler, Bob Shipman, will lead the discussion. Visit [audubonva.org](http://audubonva.org).**

[audubonva.org/](http://audubonva.org/).

## SATURDAY/NOV. 4

**Storytime with the Author.** 11 a.m.-12:30 p.m. at Scrawl Books, Reston Town Center 11862 Market St. Storytime with children’s author Megan Wagner Lloyd. Email [info@scrawlbooks.com](mailto:info@scrawlbooks.com), call 703-966-2111, or visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

**Singles Dinner and Movie Night.** 5 p.m. at American Tap Room in Reston, 1811 Library Street. Sponsored by New Beginnings, a support group for separated/divorced adults. \$32 at door includes dinner, soda, tip and movie ticket. Visit [www.newbeginningsusa.org](http://www.newbeginningsusa.org).

## MONDAY/NOV. 6

**Franchise Fair.** 8:30 a.m.-12:30 p.m. at Reston Association Conference Center, 12001 Sunrise Valley Drive. Experts, lenders and a dozen franchisors from various industries will discuss the franchise process. \$35; \$49 at the door. Register at [www.capitalfranchiseshow.com](http://www.capitalfranchiseshow.com). For questions, contact Heather Rosen at 703-291-0939 or [hrosen@frannet.com](mailto:hrosen@frannet.com).



## Auditions

**Pictured here, Ellie DeWolfe. Jack Colligan, Gwyneth Murphy, Sophie Barkhordari, Katie Adler, Campbell Duncan, Zophia Pryzby, Lauren Elias, Timothy Hutchinson are part of the Teen Ensemble Audition on Sunday, Nov. 12 from 5-6 p.m. at RCP Rehearsal Hall, 266 Sunset Park Drive, Herndon. Dodgeball Theatre’s Teen Ensemble, now in it’s 10th year, is a performance art training program and devised work production company open to 13-18 year olds of all backgrounds and experience levels. Email [dodgeballdirector@gmail.com](mailto:dodgeballdirector@gmail.com) for more information.**

## TUESDAY/NOV. 7

**Meet the Author.** 7-9 p.m. at Scrawl Books, Reston Town Center, 11862 Market St. Reston. “Calculated Risk: The Supersonic Life and Times of Gus Grissom” event with biographer George Leopold. Email [info@scrawlbooks.com](mailto:info@scrawlbooks.com), call 703-966-2111, or visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

Market St. Reston. Reading and signing with author Melissa Scholes Young of her book “Flood.” Email [info@scrawlbooks.com](mailto:info@scrawlbooks.com), call 703-966-2111, or visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

**Dancing with the Services.** 7 p.m. at the Crown Plaza Hotel Dulles, 2200 Centreville Road, Herndon. The event, based on the popular television show Dancing with the Stars, will feature local DMV celebrities. Visit [dancereston.com](http://dancereston.com) or call 571-306-7925.

## FRIDAY/NOV. 10

**Ice Skating Season Opens.** various times at Reston Town Center, 11900 Market St. Public ice skating and skate rentals every day, including all holidays. Also available are skating lessons, birthday parties, private and corporate parties. Call 703-709-6300 or visit [restontowncenter.com/skating](http://restontowncenter.com/skating).

## FRIDAY/NOV. 10

**Rock N Skate at the Ice Skating Pavilion.** 8-11 p.m. at Reston Town Center, 11900 Market St. Live DJ, music, games and prizes; skating continues until 11 p.m. Continues every Friday until March. Call 703-709-6300 or visit [restontowncenter.com/skating](http://restontowncenter.com/skating).

## NOV. 10-12

**Herndon High School Theatre presents “Twelfth Night.”** Various times at Herndon High School Auditorium, 700 Bennett St. William Shakespeare’s holiday comedy set in the roaring ’20s. \$6 per student and \$12 per adult. Visit [www.HerndonDrama.org](http://www.HerndonDrama.org).

## SATURDAY/NOV. 11

**All American Concert.** 4 p.m. at Hunter Woods Community Center, 2310 Colts Neck Road, Reston. All the music in this patriotic concert has been written or arranged by American musicians. They include the legendary king of marches, John Philip Sousa and former Secretary of the Navy, J. William Middendorf, II. Call 703-476-4500.

**Meet the Author.** 7-9 p.m. at Scrawl Books, Reston Town Center, 11862

## SUNDAY/NOV. 12

**A Visual Journey Exhibit.** 2-4 p.m. at Jo Anne Rose Gallery, Reston Community Center, Lake Anne, 1609-A Washington Plaza, Reston. Photographs by Carla Steckley including infrared and triptychs on canvas, will be on display from Nov. 1-27. Free. Email [CPSteckley@aol.com](mailto:CPSteckley@aol.com) or call 703-476-6016.

**Teen Ensemble Audition.** 5-6 p.m. at RCP Rehearsal Hall, 266 Sunset Park Drive, Herndon. Dodgeball Theatre’s Teen Ensemble, now in it’s 10th year, is a performance art training program and devised work production company open to 13-18 year olds of all backgrounds and experience levels. Email [dodgeballdirector@gmail.com](mailto:dodgeballdirector@gmail.com).

## THURSDAY/NOV. 16

**Meet the Poet.** 7-9 p.m. at Scrawl Books, Reston Town Center, 11862 Market St. How to Prove a Theory event with poet Nicole Tong. Email [info@scrawlbooks.com](mailto:info@scrawlbooks.com), call 703-966-2111, or visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

## NOV. 16-18

**Herndon High School Theatre presents “Twelfth Night.”** Various times at Herndon High School Auditorium, 700 Bennett St. William Shakespeare’s holiday comedy set in the roaring ’20s. \$6 per student and \$12 per adult. Visit [www.HerndonDrama.org](http://www.HerndonDrama.org).

## NOV. 18-19

**Children’s Nutcracker.** Noon, 2 p.m.

and 4 p.m. shows at the Classical Ballet Theatre, 320 Victory Drive, Herndon. The Children’s Series “Nutcracker,” is a condensed version of the popular holiday classic. The approximately 40-minute performance followed by a short question and answer session and memorable photographs with dancers. Visit [www.cbntva.org](http://www.cbntva.org).

## SUNDAY/NOV. 19

**Gray Goose Studios Class.** 2-4 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Children and teens can create art in the medium of their choice with assistance from the instructor as needed. Drawing, painting, collage, mosaic, and sculpture supplies provided. Artists can choose one medium or work in mixed media. \$25. Call 703-956-9560 or visit [artspaceherndon.com](http://artspaceherndon.com).

**Meet the Cat Expert/Author.** 4-6 p.m. at Scrawl Books, Reston Town Center, 11862 Market St. “Purrs of Wisdom” discussion and signing with author/ cat expert Ingrid King. Email [info@scrawlbooks.com](mailto:info@scrawlbooks.com), call 703-966-2111, or visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

## FRIDAY/NOV. 24

**Black Friday Brunch.** 8 a.m.-2 p.m. at the Community Canteen in Reston Town Center, 11900 Market St. Breakfast menu includes custom omelets, breakfast sandwiches, Belgian waffles, and more, plus fresh-baked treats at the counter, Metropolis Coffee and Rishi Tea. Call 703-707-9442 or visit [communitycanteen.com](http://communitycanteen.com).

**27th Annual Reston Holiday Parade.** 11 a.m. at Reston Town Center, 11900 Market St. Day of holiday activities including tree lighting and singing. Call 703-709-6720 or visit [restontowncenter.com](http://restontowncenter.com).

**Meet the Authors.** 11:30 a.m. at Scrawl Books, in Reston Town Center, 11862 Market St. Lezlie Evans and Joan Waites will be doing a storytime and book signing with their new Christmas books “Finding Christmas” and “An Artist’s Night Before Christmas.” Call 703-966-2111, or visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

## NOV. 24-JAN. 4

**Gingerbread Village.** Various times at the Hyatt Regency Reston, Reston Town Center, 11900 Market St. See the annual display in the hotel lobby. Call 703-709-1234 or visit [reston.hyatt.com](http://reston.hyatt.com).

## THURSDAY/NOV. 30

**Meet the Author.** 7 p.m. at Scrawl Books, Reston Town Center, 11862 Market St. Poet Alan King will read from and sign his new book “Point Blank.” Visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

## SATURDAY/DEC. 2

**Meet the Christmas Author.** 11 a.m. at Scrawl Books, Reston Town Center, 11862 Market St. Sue Fliess will be doing a storytime reading and book signing with her new Christmas book “We Wish for a Monster Christmas.” Visit [scrawlbooks.com](http://scrawlbooks.com).

**Horse-drawn Carriage Rides.** 4-9 p.m. at Reston Town Center, 11900 Market St. \$5 per person; children 5 and under ride free with adult. Proceeds go to local charities. Call 703-709-6720 or visit [restontowncenter.com](http://restontowncenter.com).

## SUNDAY/DEC. 3

**Run with Santa 5K.** 8:30 a.m. at Reston Town Center, 11900 Market St. Jump into the season’s spirit and wear the favorite holiday gear or costume. Free kids fun-run with finisher medals. Call 703-689-0999 or visit [praces.com/runwithsanta](http://praces.com/runwithsanta).

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## Belgian Bakery-Restaurant to Open In Reston Town Center

On Thursday, Nov. 2, Reston Town Center will say “Bonjour” to Belgian bakery-restaurant, Le Pain Quotidien at 11909 Democracy Drive, in Reston. The Reston Town Center spot will offer breakfast, brunch, lunch and dinner, in a space good for anything from meetings over coffee to intimate social events.

Varied menu items mean a morning at the bakery begins with daily blend smoothies; organic, skillet eggs and egg dishes; in addition to a range of organic breads, pastries, yogurt, coffee and teas. New fall menu items include turmeric latte, spiced apple cider, turkey bánh mì, roasted pear and spinach salad, chicken zoodle soup and speculoos tiramisu, a Belgian twist on the classic Italian treat.

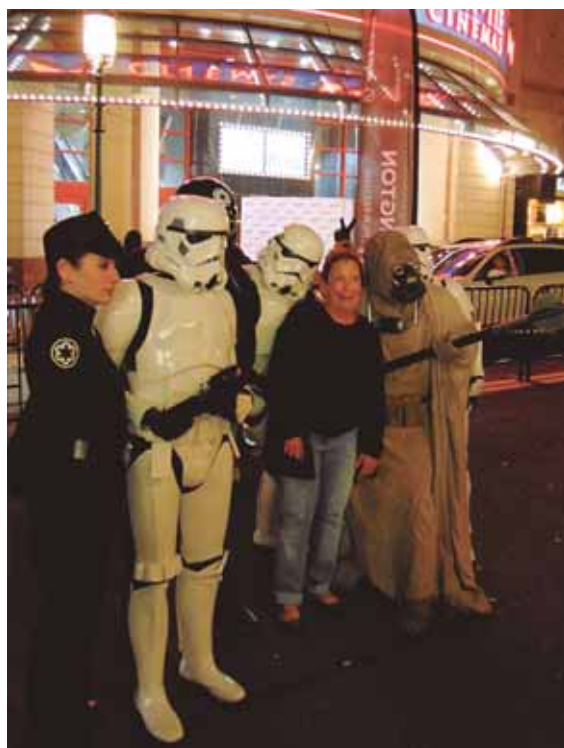
Le Pain Quotidien offers signature open-faced sandwiches called tartines. Tartines join savory soups, salads and quiches. Come the evening, guests can linger over a glass of organic wine.

Le Pain Quotidien will be open every day 7 a.m. to 9 p.m. for breakfast, brunch, lunch and dinner. Visit [www.lepainquotidien.com](http://www.lepainquotidien.com).





Oscar-winning actor Robert Duvall signs autographs.



Georgia Cassedy of Reston with the all-volunteer 501st Legion dressed as "Star Wars" characters at the film premiere of "Clive Davis: The Soundtrack of Our Lives," during the Washington West Film Festival at the Bow Tie Cinemas at Reston Town Center.



Robert Duvall gets interviewed by Kurt Brooks, a videographer from WUSA-TV Channel 9.



Music producer Clive Davis on the red carpet.



The all-volunteer 501st Legion dressed as "Star Wars" characters at the film premiere of "Clive Davis: The Soundtrack of Our Lives," during the Washington West Film Festival at the Bow Tie Cinemas at Reston Town Center.

## Washington West Film Fest in Reston

### Actor Robert Duvall, Clive Davis arrive on the red carpet.

A red-carpet film premiere of the new documentary, "Clive Davis: The Soundtrack of Our Lives," was held on Friday, Oct. 27, at the Bow Tie Cinemas on Market Street in Reston Town Center. It was part of the Washington West Film Festival where some 40 films were screened mostly in Reston and Arlington cinemas between Oct. 25-30, 2017.

Directed by Chris Perkel, the



Film director Chris Perkel who directed "Clive Davis: The Soundtrack of Our Lives."

123-minute documentary is a profile of legendary music producer Clive Davis, which spans five decades of his career. His famous clients included Bruce Springsteen, Whitney Houston, Santana, Aretha Franklin, Barry Manilow, Patti Smith, Alicia Keys, and Sean "Puffy" Combs.

The Washington West Film Festival featured films, documentaries, narratives, short films, host Q&A panels, workshops, parties and receptions. Oscar-winning actor Robert Duvall arrived on the red carpet and introduced guest Clive Davis at a Q&A session following the screening. Afterwards, guests took part in a Pavilion Party at Reston Town Center.

— STEVE HIBBARD

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## COMMENTARY

# Election Season Jitters

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

The fall season brings beautifully colored leaves, wonderfully cool evenings, and the ghosts and goblins of Halloween, but for me it also brings the jitters of the elections that occur the first Tuesday after the first Monday in November every year in Virginia. As one who has won many elections but has lost elections as well, the days and weeks leading up to Election Day can be nerve-racking. As well-planned as an election campaign might be and as hard as the candidate and volunteers may have worked, outcomes are seldom certain. Last minute attack ads or unrelated weather or news events can affect the outcome of elections.

An understandable question I often get is why without an opponent in this election I would be nervous about it and would be campaigning so hard during the days and evenings leading up to it. There are several reasons. The election season is the point in the year when the most people are paying attention to some of the issues on which I work throughout the year. It may be an old-fashioned idea, but I think campaigns are times when office-holders and office-seekers can have a dialogue about issues confronting the community and what should be done about them. Such discussions often get drowned out by all the trappings of campaigns like slogans, misleading brochures and commercials, and other distractions.

My not having an opponent is not a choice of mine but should not keep me from having interaction with voters that I trust will leave all of us better informed. Not voting in the delegate race certainly is a choice voters have, but I seek votes as an affirmation of support for the work that I do.



I am also very active in political campaigns every year whether I am on the ballot or not because the outcomes of other campaigns are important to me. For example, this year it is critically important to me that Dr. Ralph Northam is elected Governor, Justin Fairfax is elected Lieutenant Governor, and Mark Herring is re-elected Attorney General.

They share my values of supporting education, access to health care for all, commonsense gun safety laws to keep our neighbors safe, and ending discrimination in society. My efforts in the legislature can be enhanced or thwarted by those who occupy the executive branch positions.

The reality is that outcomes of elections are determined by those who bother to vote. Presidential elections can get up to three quarters of the voters to the polls, but state elections attract fewer than half of all voters. With the density of population in Northern Virginia, the large number of voters here can determine the statewide outcome. That is why I am working hard to help the get-out-the-vote campaigns that are now underway.

Above all, I get anxious this time of the year because I believe in democracy. Voting is one of the most critical ways we can respond to signs that some of our basic beliefs may be fraying. Let's all participate in our democracy by voting this coming Tuesday, Nov. 7. Usual polling places will be open from 6 a.m. to 7 p.m. Thank you.

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### ORNAMENT FUNDRAISER

**White House Ornaments Sale.**  
Through Dec. 15, 2017 White House Ornaments available for purchase from Assistance League of Northern Virginia for \$22 per ornament. Proceeds benefit the nonprofit's children's programs. Local delivery can be arranged. Visit [www.northernvirginia.assistanceleague.org](http://www.northernvirginia.assistanceleague.org) for more.

franchise ownership options that best fit their financial, professional and personal goals. \$35 (\$49 at the door). Visit [www.capitalfranchiseshow.com](http://www.capitalfranchiseshow.com)

[nate.king@cornerstonesva.org](mailto:nate.king@cornerstonesva.org).

### TUESDAY/NOV. 7

**RSVP Northern Virginia Orientation.** 1:30 p.m. at the Reston Regional Library, Meeting Room 1, 11925 Bowman Towne Drive, Reston. Orientation for RSVP (Retired and Senior Volunteer Program), a volunteer network for people 55 and older and provides individualized support to seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria. Free outdoor parking is located in front of the library. Visit [www.rsvpnova.org](http://www.rsvpnova.org).

### DEADLINE NOV. 17

**Gifts for Kids Drive.** Visit [www.cornerstonesva.org/donations/](http://www.cornerstonesva.org/donations/) drives by Nov. 17 to request a child's personalized wish list (average \$60-\$75 per child). Call 571-323-9569 or [nate.king@cornerstonesva.org](mailto:nate.king@cornerstonesva.org).

### ONGOING

**RSVP**, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403- 5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

**Exercise for Parkinson's.** Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. [parkinsonsfoundation.org](http://parkinsonsfoundation.org). Call Natalie McCall [nmccall@onelifefitness.com](mailto:nmccall@onelifefitness.com) 703-904-7600 for more.

### VOLUNTEERS NEEDED

**Herndon High School Library** needs volunteers. olunteering at Herndon High School? The library loves volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email [hhs\\_library@fcps.edu](mailto:hhs_library@fcps.edu).

### DEADLINE NOV. 3

**Cornerstones of Community Award.** Nominations are due for the Cornerstones of Our Community – Best of Reston Awards. Nomination applications can be found at [www.cornerstonesva.org/BOR](http://www.cornerstonesva.org/BOR). Finalist selections and notifications will be completed by early January 2018. Visit [www.cornerstonesva.org](http://www.cornerstonesva.org) for more.

### THURSDAY/NOV. 16

**DMV2Go at the Pavilion.** 9 a.m.-4 p.m. at Reston Town Center, 11900 Market St. With the DMV wireless office on wheels, apply for or renew an ID card and driver's license; get driving records; obtain vehicle titles, license plates, decals, order disabled plates, and more. Information on all services online at [dmv.virginia.gov](http://dmv.virginia.gov).

### MONDAY/NOV. 6

**Capital Area Franchise Fair.** 8:30 a.m.-12:30 p.m. at Reston Association Conference Center, 12001 Sunrise Valley Drive, Reston. Provides help and education for entrepreneurs interested in exploring

### NOV. 16-17

**Thanksgiving Basket Food Drive.** To support this year's Thanksgiving Basket Food Drive, confirm your donation commitment by Oct. 31 at [www.cornerstonesva.org/donations/](http://www.cornerstonesva.org/donations/) drives. Call 571-323-9569 or



# WELLBEING Balance

FROM PAGE 7

when you take on more debt. It can also be difficult to close the cards once started.”

Neely has developed a foolproof way of managing holiday finances. “I always write out a list showing each item I have purchased for each person and track the amounts I have spent on each person separately each night after I have finished shopping for the day,” said Neely. “Seeing it all written down on paper can really help you curb your enthusiasm when it comes to frantic holiday spending.”

**MAINTAINING AN EXERCISE REGIMEN** is an important part of maintaining balance during the holidays says Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management. “Physical activity is going to increase mood and decrease anxiety,” she said.

Advanced planning is a key to making sure it doesn’t fall by the wayside, advises Trope. “For example, if you’re traveling, take your exercise clothes and shoes,” she said. “If you schedule exercise, you’re less likely to push it off and it’s more likely to be successful. Get a friend that you can meet and exercise with.”

Roll exercise into family traditions. “If you can’t get to a gym, try walking and try integrating your holiday traditions into something active,” said Trope. “Try to establish new traditions that are active that you can enjoy with your family and not take away from family time or create the stress of having to choose.”

Put pen to paper when you develop a plan. “When you come up with a plan, write it down and put it someplace where you can see it and remind yourself of it,” said Trope. “Write down what kind of reward you’re going to give yourself.”

Stress can lead to overeating during the holidays, and although holiday meals are often associated with decadence, not all those dishes are fat and sugar-laden, advises Sara Ducey, professor of Nutrition and Food at Montgomery College in Rockville. “Our holiday dinners feature many nutritious food choices [such as] poultry and fish, sweet potatoes and squash, peas and other green vegetables and salads and fruits,” she said. “But there are also starchy, fatty and sugary foods [such as] mashed potatoes, rice dishes, cakes and pies and ice cream, whipped cream and marshmallows.”

Ducey recommends variety. “The more types of food you have, the more you and your guests will eat,” she said. “This is called the buffet effect. So offer many [colorful] vegetable dishes to make your buffet look beautiful and inviting ... [But] if you see the food, you will eat it. Keep the food away from the table, so guests have to get up to refill their plates.”

It is easy to get caught in the chaos of the holidays, but it’s important to remember the traditions, values and beliefs that are unique to each family, suggests Brand. “[The holidays] should be a reminder to us that not everyone has the resources, access, or privileged to spend time with the people they love on the holidays,” she said.

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## L'Arc de Triomphe



By KENNETH B. LOURIE

Though I studied French for five years, grades seven through 11 and became quite proficient, this column has nothing to do with French or this most famous of monuments. This column finishes the three-column arc concerning the before, during and after of my bulb installation. Having safely landed on my feet, figuratively and literally, it's time to complete the arc, especially considering my triumph.

The bulbs are all in. No breakage to me or the fixtures, the sconces or to the house. Just a relatively simple and straightforward (for me anyway) installation: on the refrigerator door (the night light), in the living room (in the sconces) and back in the kitchen (the flush-mounted light fixtures in the ceiling). I don't want to over exaggerate my success, but when you have had as many failures – in this context, as I have, one tends to find great joy in having avoided great complications.

I wouldn't say or even admit to beating my chest with great pride because I do understand the level of difficulty here but, previously I have given myself a nickname when a similar task at hand has met with similar success: Taras Bulba, who had nothing to do with bulbs other than part of his name included b-u-l-b. For some reason, I also had the knowledge that Yul Brynner played the title role in a 1962 film of the same name, but had no other information of substance other than I remember him being bald – which I'm not.

As to what I remember about what I was thinking when we purchased a 250-year-old farmhouse on two acres in Montgomery County back in 1992: the price was reasonable/we could afford it, it was two acres of land in an extremely desirable county/location, it was close to I-95; and it was about time in our lives that we bought our first home. As to what I was supposed to do next; soon after we moved in, we had a two-day party (to accommodate people's availability); for those two days I held a clipboard and took notes as many of our friends made casual observations/suggestions about what work needed to be done, inside the house and out.

We needed tile in both bathrooms – since there was none. We needed plumbing fixtures in one shower/tub – since there were none. We needed a “one-fixture rough-in” for a washing machine – since there was none. We needed central air conditioning and ducts – since there was none. We needed phone jacks/telephone wiring since there was only one phone outlet for the entire house. We needed a new oil boiler since the unit in the basement was from “the year one” (to use one of my late mother's expressions). We needed chimney repairs and liners. We needed an upgraded electrical panel.

As for the property/grounds; do you think a lifelong renter with zero interest, aptitude or experience had any of the tools necessary to maintain two acres? That's a rhetorical question if there ever was one. In over my head doesn't begin to scratch the surface of the depths of my immersion.

But my wife, Dina, loved the house. It reminded her of Chester County in Pennsylvania where she grew up. And the price offered good value. Within one minute of our initial visit to the house, after walking through the living room across the old-fashioned wide pine floor boards pass the cooking fireplace and stepping up into a formal dining room with another fireplace, I knew Dina was sold. Fifteen minutes later we exited the house; didn't flush a toilet, didn't turn on a faucet, didn't flick a light switch, did nothing except walk around. We made an offer the next day, and the rest is basically this column.

As much as I thought I knew, little did I know what I was actually getting myself into. It's been 25 years and I'm still way better in French than I am in homeowner. I don't call myself Taras Bulba for nothing. I call myself Taras Bulba for something: bulb replacement. It's not much I realize, but it's the best this man can do.

C'est la vie.

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





**Lara Bigotti of Potomac Vegetable Farms of Vienna.**



**Laura Valentine does hair painting on Victor Espinoza of Reston.**



**Mia DeNardi of Falls Church with dog Tripper as Batgirl and Robin.**

PHOTOS BY STEVE HIBBARD/THE CONNECTION

# Boo and Brews Festival at Lake Anne

Included Howl-o-ween Pet Costume Contest, Music, and Beer Gardens at all the Restaurants.

**A** Boo and Brews Festival was held at Lake Anne Plaza in Reston on Saturday, Oct. 28, 2017, which included the fourth-annual Howl-o-ween Pet Costume Contest, Beer Gardens at all the restaurants, the Holly Montgomery band on the Plaza, as well as a Halloween Costume Contest for people at Kalypso's Sports Tavern. Businesses on the Plaza donated 15 prizes for the pet contest. Live band performances were also held at Lake Anne Brew House, Kalypso's, and Lake Anne Coffee House & Wine Bar.

There were 38 entrants in this year's Pet Costume Contest. The first-place winners included: Most Creative – Robin Hood and the Merry Men; Best Couple – Little Red Riding Hood, Grandma and the Huntsman; Cross Dresser – Wolf in Sheep's Clothing; Cutest – Mickey and Minnie; and Scariest – Police Woman's Dog and Robin.



**Lara Miller of Reston with daughters Elena, 5, and Suzanne, 5.**

— STEVE HIBBARD



**Eduardo and Ashley Ramirez of Fairfax with dog Benji as Robin Hood and the Merry Men.**



**The judges table for the Pet Costume Contest.**

PHOTOS BY  
STEVE HIBBARD  
THE CONNECTION

**Lorraine Christopher of Reston with her retired service dog Emma.**

