

# Oak Hill Herndon CONNECTION

## WINTER FUN & ENTERTAINMENT

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From left: Jade Philanthropy Founder Jenet Ahn and Love Herndon VA Founder Jackie Kwon fill bags of food for the teen shelter, Second Story, formerly Alternative House, on Martin Luther King Jr. Day 2018.

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PHOTO COURTESY OF JADE PHILANTHROPY SOCIETY

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## NEWS

# Researching Lost Towns of Fairfax County

**Herndon Historical Society looks at what happened to Colchester, Matildaville, and Wiehle?**

**T**he Herndon Historical Society, headquartered in the historic Herndon Depot Museum has announced that on Wednesday, Jan. 24, 7-8:30 p.m., Heather Bollinger and Jeff Clark from the Fairfax Circuit Court Historic Records Center will speak about some of the lost towns of Fairfax County.

The presentation, free and open to the public will be during the January 2018 meeting of the Herndon Historical Society held at the Herndon Depot Museum, 717 Lynn St., Herndon. All are welcome.

Bollinger and Clark will cover historical towns such as Colchester, a former tobacco port on the Occoquan River established in 1753; Matildaville, a ruined canal town

where thousands of boats locked near present-day Great Falls; and the utopian town of Wiehle, attempted by Dr. Max Wiehle before the land became Reston. These communities, once vibrant with schools, churches, shops and civic center are now gone.

According to the Herndon Historical Society's website, the speakers' presentations will also include a discussion about a formerly segregated section of the Town of Herndon called Cooktown.

For more information about the Herndon Historical Society, visit [herndonhistoricalsociety.org](http://herndonhistoricalsociety.org) or [facebook.com/HerndonHistory](https://facebook.com/HerndonHistory).

— MERCIA HOBSON

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PHOTOS BY ANDREA WORKER/THE CONNECTION

From left: PFC Christina Gaizick and PFC Sheila Ayers of Traffic Safety Services, Fairfax County Police Department, were the guests at the January meeting of Fairfax Alliance for Better Bicycling, held at the Patrick Henry Public Library in Vienna.



Apparently it's always cycling weather. Bitter temperatures and slick roads did not keep Fairfax Alliance for Better Bicycling member Ken Lutz of Vienna from riding his bike to the January meeting from work in Falls Church and then to his home afterwards. At the meeting, Lutz indicated he was ready and willing to help advocate for "Safe Towns" — training facilities that are designed to look like mini-towns so that youngsters, in particular, can learn safe riding techniques and habits in a realistic setting.

## Promoting Safe Bicycling

BY ANDREA WORKER  
THE CONNECTION

At its first monthly meeting of the New Year, the Fairfax Alliance for Better Bicycling (FABB) got right to work, inviting two Fairfax County Traffic Safety Police Officers to attend and expand the dialogue between law enforcement and cyclists in the county.

FABB member Charlie Bobbish introduced Officers PFC Sheila Ayers, and PFC Christina Gaizick and began the conversation by asking them to comment on the "state of traffic safety" in Fairfax County.

Safety of all county residents is a priority, according to Ayers, be they drivers, cyclists or pedestrians, but the officer added that she and her colleague were particularly pleased to be invited to the FABB meeting to gain a better understanding of the concerns of the pedal-powered citizenry and to have an opportunity to discuss safe cycling practices and education.

According to Ayers, statistics show a decrease in cycling-related incidents, with only one fatality recently reported in 2015. Early figures for 2017 indicate 72 reportable bicycle incidents, although the fact that there

are no clearly defined categories for bicycle accidents in the statewide reporting system TREDs (Traffic Records Electronic Data System) and that "reportable" incidents must meet a \$1,500 damage or a reportable injury threshold in order to be included in the TREDs data, left some attendees somewhat in doubt as to the accuracy or usefulness of the information.

Jeff Anderson, president of FABB, Steve Ward, the organization's secretary, and board member Bruce Wright all indicated that advocating for more specific reporting tools might be on the FABB work menu in the future.

**SEVERAL QUESTIONS** were posed to the officers regarding how to stay safe as a cyclist on the road, and what to do when witnessing or experiencing interaction with aggressive drivers. Although the answers did not provide the cyclists with many solutions, Ayers and Gaizick both stressed that the first thing to do was "get out of the way and be safe." Even when the incident is not deemed "reportable," the officers still encouraged the riders to "be the best witness you can be and call it in." Calling in and providing as much detail about the alleged

## Cycling advocacy group hosts county law enforcement reps at monthly meeting.



**Sally Smallwood is the Safe Routes to School coordinator for the Fairfax County Public Schools. Smallwood brought the FABB members up to speed on school-related bicycling events and activities and encouraged people to nominate a School Crossing Guard of the Year by the Jan. 26 deadline.**

offender is still helpful, and could cause the police to issue a "look out" for the vehicle.

In addition to the presentation and conversation with Ayers and Gaizick, a report by Sally Smallwood, Safe Routes to School coordinator for Fairfax County Public Schools was on the agenda. Smallwood

brought the members up to speed on educational events scheduled for Fairfax County schools, a significant donation that would allow for a number of shareable bicycles to be purchased for several elementary and middle schools, and preparation for this year's "Bike to School Day" scheduled for May 18. Smallwood also wanted to spread the word that nominations for Outstanding Crossing Guard of the Year for 2017 were still wanted, with the deadline being Jan. 26 for the Feb. 14 announcement of the honorees on Crossing Guard Appreciation Day. Anyone can nominate a crossing guard by going to the Virginia Department of Transportation website at [www.virginiadot.org](http://www.virginiadot.org) and searching Safe Routes to School.

**FAAB** encourages all cycling enthusiasts of all levels of ability and cycling usage to join their organization to stay informed, to be better educated on cycling safety, and to participate in social rides and other FABB activities. FABB is on the web at [www.fabb-bikes.org](http://www.fabb-bikes.org) and has a Facebook page, as well. Its next meeting is Feb. 21 at 7:30 p.m. at the Patrick Henry Public Library in Vienna.

## Rep. Connolly Meets (D-11) Dulles Area Democrats

U.S. Rep. Gerry Connolly (D-11) stopped by Herndon on Monday, Jan. 22, and attended this month's Dulles Area Democrats Breakfast held at Amphora Diner Deluxe, 1151 Elden St.

While there, Connolly spoke to attendees about the 2018 midterm elections and the current Government shutdown 2018. Two days earlier, on Jan. 20, Connolly had released the

following statement on the shutdown: "Republicans control the White House, the House, and Senate and blame everyone but themselves for this government shutdown. This is reckless, irresponsible and a complete abrogation of their constitutional duty to provide a functioning government. This is a failure of leadership and governance that discredits their legitimacy as a party."

— MERCIA HOBSON



**U.S. Rep. Gerry Connolly (D-11) (center) pictured with Herndon Town Councilmembers Sheila Olem (left) and Grace Wolf Cunningham (right) at the Dulles Area Democrats breakfast held Monday, Jan. 22. While there he spoke about the Government shutdown 2018 and the 2018 midterm elections.**

PHOTO COURTESY OF GRACE WOLF CUNNINGHAM

# OPINION

## What's Wrong with This Picture?

**Male, 60 percent; female 40 percent;  
less than 2 percent poor; less than 2 percent  
African American; less than 2 percent Latino.**

If these are the demographics to something, you know it needs to be fixed, no matter what "it" is. Especially something paid for with public dollars.

Male, 60 percent; female 40 percent.  
Less than 2 percent poor.

Less than 2 percent African American.

Less than 2 percent Latino.

These are the demographics of this year's freshman class at our Governor's school, Thomas Jefferson High School for Science and Technology, known as TJ.

We also know that there are geographic disparities (some middle schools have many more students admitted than others; some have none).

State Sen. Scott Surovell represents a part of the county that tends to be under represented at Thomas Jefferson, and he is kicking off what no doubt will be a lively discussion

### EDITORIAL

by introducing SB787, Governor's Schools; enrollment, which would use both economics and geography to change the admissions dynamics at Jefferson.

Summary:  
"Requires any academic school Governor's School that has a focus on math, science, and technology and that has an overall enrollment of over 1,000 students to accept for enrollment (i) a sufficient number of students eligible to receive free or reduced price meals such that the total of such students is at least 50 percent of the weighted average of the participating divisions' percentage of such students in the previous school year and (ii) at least five students but no more than 15 students from each middle school in each school division eligible to matriculate students to such Governor's school who have completed at least two full years at such middle school."

The school divisions currently participating

in TJHSST are: Arlington County, Fairfax County (includes City of Fairfax), Falls Church City, Loudoun County, Prince William County.

We've said this before, because these demographics have been trending in this direction for more than a decade.

Fairfax County Public Schools has a single elite magnet school, Thomas Jefferson, and TJ is frequently referred to as the top high school in the country. Dramatic disparity in the makeup of admissions at TJ is an indicator of disparity in early identification of students as gifted and talented, of access to advanced classes and enrichment, and in the basic education that the Fairfax County Public school system offers to all of its students.

School leadership can't continue to act like there are things they can't do anything about. Surovell deserves credit for giving an incentive to get started.

Learn about the referral and screening and selection process for full-time (Level IV) and school-based (Levels II-III) Advanced Academic Programs at [www.fcps.edu/registration/advanced-academics-identification-and-placement](http://www.fcps.edu/registration/advanced-academics-identification-and-placement).

— MARY KIMM

KIMM.MARY@GMAIL.COM

### LETTERS

## Our American Story

To the Editor:

One hundred years ago, my grandparents left eastern Europe to take a chance in making it in America. They were poor, spoke no English, had little formal education and were probably not seen as particularly desirable immigrants.

They worked hard and started small businesses, a laundry and a candy store. Their sons fought in WWII and then they, our parents, got mostly blue-collar jobs. They, in turn worked hard, made sure we studied hard and we all got college educations.

Now, three and four (and beginning five!) generations into our American Story, we are teachers, social workers, engineers, counselors, and business people, working to improve our country and our communities.

Our family story has been repeated millions of times over. It may be your story, too.

All because America saw the value of allowing a large, diverse influx of people who were willing to work hard for the American Dream. The value of continuing that diversity is as true today as it was 100 years ago.

**Mark Menzer**

Reston

## A Matter of Style

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

The experiences of the Virginia colonists with King George III taught them a lesson not forgotten even until today. Executive authorities are not to be trusted. Monarchies are likely to try to take away the people's rights and property.

The assertions of the Declaration of Independence were to make it clear that the people of America had sworn off monarchical government. They were not about to replace a king with a president or a government who might try to exert the kind of absolute executive power they had under the king.

Instead, controls were incorporated in the U.S. Constitution as well as state constitutions to keep the executive authority in check. Virginia's limitations on the governor were especially limiting. For example, the governor's term was one year. He could run for re-election more than once, but likewise he could be turned out after just one year.

We have loosened up somewhat in modern times by extending the term to four years, but there is a limitation of one consecutive term. The governor can run for an additional term, but it cannot be consecutive with the first. I think the one-term limitation is unnecessarily restrictive and have voted on more than one time to allow the governor to run for a second consecutive term. One term may keep a governor under control, but it can also limit his or her effectiveness.

Governor Terry McAuliffe was a high-energy, strongly motivated, hard-charging governor whose accomplishments exceeded those of his predecessors. He accepted the fact he had just one term, and he



worked energetically to get all he could done in the relatively short four-year term.

He pushed the legislature to get things done, and he did not hesitate to use executive authority when necessary. He was taken to court by the Republicans for restoring citizenship rights to those who had been incarcerated, but he won and restored citizenship rights to 172,000 ex-felons. He brought about a New Virginia Economy of high employment, job growth, and attractiveness to those seeking to locate a company here.

Governor Ralph Northam who served under the shadow of Governor McAuliffe as lieutenant governor was always recognized as being extremely able but without the show of high-energy and flair of the Governor. No one questioned his ability, but it was widely concluded that he would bring a different style to the governorship. Most expected a mild-mannered, cordial leader who would govern more by consensus.

Clearly the styles are different, but there may have been a bit of selling short Governor Northam because of his easy Eastern Shore manner. His inauguration speech as well his first speech to the General Assembly was anything but mild or equivocal. It was as strong and as direct as any that Governor McAuliffe delivered.

Calling upon his background as a physician, he built a hard case for the expansion of health services to the people in need in the Commonwealth. He is as direct as anyone I have heard speak about the need for common-sense gun control measures. He is emphatic in his defense of women's reproductive rights.

We may not have a second term for the governor in Virginia, but we have a governor taking over who is going to continue the policies of the first. The difference in the two will simply be a matter of style.

## Oak Hill & Herndon CONNECTION

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**NEWS DEPARTMENT:**  
[herndon@connectionnewspapers.com](mailto:herndon@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  
[herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com)

**ADVERTISING:**  
For advertising information  
[sales@connectionnewspapers.com](mailto: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)



## NEWS

# Supporting Second Story

Love Herndon Virginia and Jade Philanthropy Society, organize and participate in the service opportunity.

BY MERCIA HOBSON  
THE CONNECTION

**E**arly Monday morning, Jan. 19, more than 30 families from Open Door Presbyterian Church located at 2999 Centreville Road, Herndon, helped donate and pack 350 dehydrated meals for Second Story. Second Story, formerly Alternative House, is a nonprofit organization that provides youth services and safe shelter. The organization has been helping teens in crisis, young mothers, and homeless youth since 1972. It has programs in Northern Virginia and serves young people in the Washington, D.C., area and beyond.

On its website, Second Story states the organization, "... transforms the lives of children and youth, helping them stay safe, make positive decisions, achieve educational success, and overcome personal crises. We offer children, youth and families hope for brighter futures by providing counseling, shelter and neighborhood-based support."

Two local civic groups, Love Herndon and Jade Philanthropy Society, organized the volunteer opportunity to celebrate the legacy of Dr. Martin Luther King, Jr. and his dedication to serving others. Children and parents participated in the service event, held on Martin Luther King Day 2018 by donating food and packing the meals.

Christine Bartell, director of Resource Management at Second Story said, "We are grateful for groups and organizations that provide snack packs to our programs so that they will be given out to our homeless and underprivileged youth."

Bartell described the snack packs as "dehydrated meals." Youth only need access to hot water to hydrate the contents.

Love Herndon, one of the two organizers of the volunteer event, is a bold outreach initiative of Open Door Presbyterian Church in Herndon. The church formed the initiative to connect people and build community in their neighborhood.

According to the church's website, Love Herndon aims to provide "Loving service for our neighbors throughout Herndon (and) radical hospitality for guests on our community campus." Love Herndon often performs service

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**From left: Founding members of Jade Philanthropy Society Jennifer Lee, Jenet Ahn, Grace Wolf Cunningham, Nina Un, Hong Pham and Smita Dutta gather at Open Door Presbyterian Church in Herndon, after helping to pack 350 meals there for the teen shelter, Second Story, formerly Alternative House in Vienna.**



**Thirty families from Open Door Presbyterian Church in Herndon help pack more than 350 meals for Second Story, formerly Alternative House in Vienna.**

projects to help the needy, feed the hungry, and show appreciation for first responders.

Jade Philanthropy Society, the second of the two volunteer service organizers, was founded in 2011. It is a not for profit civic organization. Its stated mission is: "...to encourage and facilitate local philanthropy by Asian Americans in the Washington, D.C. metropolitan area; and, to recognize, nurture, and promote current and future Asian American non-profit leaders and philanthropists."

## More Information

Need help? Call 1-800-SAY-TEEN or text "TEENHELP" to 855-11 to reach a live counselor.

For more information about Love Herndon, Jade Philanthropy Society, and Second Story, formerly Alternative House, visit [odpcec.org/students](http://odpcec.org/students), [jadephilanthropy.org](http://jadephilanthropy.org), and [second-story.org](http://second-story.org)



**From left: Martin Luther King Jr. Day 2018, Jade Philanthropy Founder, Jenet Ahn and Love Herndon VA Founder, Jackie Kwon fill bags of food for the teen shelter, Second Story, formerly Alternative House.**

PHOTOS COURTESY OF JADE PHILANTHROPY SOCIETY

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**NEWS**

## Fairfax-Loudoun Site Makes First Cut for Amazon HQ2

A site straddling Fairfax and Loudoun counties is one of the locations that has been selected for further consideration as Amazon's second headquarters. Fewer than 10 percent of the 238 sites proposed for "HQ2" are on the short list of locations that Amazon announced last week.

As part of the northern Virginia proposal, Loudoun and Fairfax counties collaborated with developer Open-Rebees to submit the largest non-developed site on Metro that checks all of the boxes that Amazon and other corporate users want and need. As home to a major backbone of the Internet, a top-notch workforce and Washington Dulles international Airport, the two counties are convinced that northern Virginia has all of the assets needed to merit serious consideration.

"We are very excited that northern Virginia is included on the short list as a potential location for Amazon's second headquarters. Fairfax and Loudoun counties are able to offer a great quality of life coupled with an innovative and business friendly culture for future Amazon corporate neighbors and employees. With our highly educated and talented workforce and a location close to Dulles International Airport and a new Silver Line train station, we hope we will have the opportunity to welcome Amazon HQ2 to Virginia," said Sharon Bulova, chairman of the Fairfax County Board of Supervisors.

Phyllis Randall, the chair of the Loudoun County Board of Supervisors, said, "This is a great example of how a region working together can tell a powerful story. The partnership between Loudoun and Fairfax County on a metro accessible site highlights our commitment to provide the best solution where Amazon and their employees can live, work, learn and play."

Gerald L. Gordon, Ph.D., president and CEO of the Fairfax County Economic Development Authority, noted that Amazon already has chosen Fairfax County for an east coast campus of Amazon Web Services (AWS). "We are excited to learn that Fairfax and Loudoun counties made the short list of sites that Amazon will consider for HQ2," Gordon said. "The Economic Development Authority, Loudoun County and partners stand ready to demonstrate to the company why our combination of business and quality-of-life assets make this a great location for HQ2 in addition to the mission-critical services AWS provides to the private and public sectors."

Buddy Rizer, executive director of Loudoun Economic Development, explained, "The site Amazon is considering is near Loudoun's Data Center Alley – the largest and fastest-growing data center market in the world. It will be more than fitting for an international e-commerce corporation of Amazon's stature to locate its second headquarters here."



**Peter Beeman of Oakton and his daughters Charlotte, a sixth grader at Waples Mill Elementary School and Grace, a senior at Oakton High School (and a Waples Mill alumni) make Valentine's Day cards during Volunteer Fairfax's Give Together 2018 event, held Monday, Jan. 15, 2018 at the Jewish Community Center of Northern Virginia in Annandale. The deadline for nominations for the 26th annual Fairfax County Volunteer Service Awards presented by Volunteer Fairfax is Thursday, Feb. 1, 2018, at 5 p.m.**

PHOTO BY ROB PAINE/RSVP NORTHERN VIRGINIA/VOLUNTEER FAIRFAX

## Deadline Nears for Volunteer Service Awards Nominations

The deadline for nominations for the 26th annual Fairfax County Volunteer Service Awards presented by Volunteer Fairfax is Thursday, Feb. 1, at 5 p.m.

If you know of a deserving volunteer or volunteer group that has made a positive impact on the Fairfax County community you are encouraged to visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org) and complete a service award nomination form today. The Fairfax County Volunteer Service Awards is a community-wide celebration of volunteerism that culminates in a breakfast hosted by Volunteer Fairfax, Friday, April 27, 2018, at The Waterford at Springfield.

There are now more than a dozen competitive categories open for nominations including for awards that recognize the top adult and youth volunteer groups; a lifetime achievement honor that recognizes an individual for his or her entire body of volunteer work and the RSVP Volunteer of the Year award that recognizes an outstanding RSVP Northern Virginia senior volunteer.

For a complete list of categories and guidelines and to access a short podcast that includes helpful tips on how to make a nomination shine, visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org) or call Kristen Moore at Volunteer Fairfax at 703-246-3531.

# 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.

## KINDERGARTEN REGISTRATION

**Child turning 5 years old by Sept.30?** If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit [www.fcps.edu/registration/kindergarten-registration](http://www.fcps.edu/registration/kindergarten-registration).

## THROUGH JAN. 26

### Coat Drive to Benefit Cornerstones.

Collection in building lobbies. Help us help those in need in our community stay warm this winter. Reston Town Center will be accepting new or gently used winter coats (in good condition and cleaned), and new hats, gloves and scarves. Items will be collected in boxes located in building lobbies for donation to Cornerstones. Visit [restontowncenter.com](http://restontowncenter.com).

## FY 2019 SCHOOLS BUDGET

FCPS Superintendent Scott S. Brabrand presented the **2018-19 school year (FY 2019) Proposed Budget** at the School Board meeting on Thursday, Jan. 11, at Jackson Middle School at 7 p.m. The School Board plans to hold a budget work session on Jan. 22, and a public hearing on the Proposed Budget on Jan. 29, with additional hearings on Jan. 30 and Jan. 31, if needed. Get more information on the FCPS budget at [www.fcps.edu/about-fcps/budget/fy2019](http://www.fcps.edu/about-fcps/budget/fy2019).

## WEDNESDAY/JAN. 24

**DMV2Go at the Pavilion.** 9 a.m.-4 p.m. at the Pavilion at Reston Town Center, 11900 Market St., Reston The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at [dmv.virginia.gov/general/#dmv\\_2go](http://dmv.virginia.gov/general/#dmv_2go).

**Public Hearing – Planning Commission.** 7:30 p.m. in the Board Auditorium of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Board of Supervisors authorized the consideration of a Comprehensive Plan amendment for the Sunset Hills Road realignment. The adopted plan for this area recommends three different options for how the intersection of Sunset Hills Road and Hunter Mill Road could be modified. The Board of Supervisors requested that staff consider a realignment of Sunset Hills Road to Crowell Road as a replacement to these three options. The proposed Plan Amendment recommends that Sunset Hills Road be realigned to Crowell Road and that a roundabout be considered as the intersection control. Visit [www.fairfaxcounty.gov/planning-zoning/plan-amendments/current/sunset-hills-realignment](http://www.fairfaxcounty.gov/planning-zoning/plan-amendments/current/sunset-hills-realignment) or [www.fairfaxcounty.gov/planningcommission/](http://www.fairfaxcounty.gov/planningcommission/).

## FRIDAY/JAN. 26

**Nomination Deadline.** Nominations are being accepted by the Virginia Department of Transportation for Virginia's 2017 Outstanding Crossing Guard of the Year. Parents, students, and teachers are welcome to submit a nomination and photo online. Visit [www.fcps.edu/news/nominations-open-2017-virginia-outstanding-crossing-guard](http://www.fcps.edu/news/nominations-open-2017-virginia-outstanding-crossing-guard) for more.

## SUNDAY/JAN. 28

**Preschool Information Sessions.** 8:45 a.m., 10:45 a.m. and 12:45 p.m. at St. John Neumann Catholic Church - room B1, 11900 Lawyers Road, Reston. St. John Neumann Catholic Church will be opening a half-day Preschool in the fall of 2018. Attend an information session to learn about classes offered, tuition, and curriculum. Free. Email [Preschool@saintjn.org](mailto:Preschool@saintjn.org), call 703-860-6158 or visit [www.saintjn.org/preschool](http://www.saintjn.org/preschool).

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## Lost in Space



By KENNETH B. LOURIE

Not a reference to the iconic television series of my youth, but there was “danger,” Ken Lourie, and it wasn’t caused by Dr. Zachary Smith nor by “robot,” (Robbie) either. And it wasn’t a conspiracy. It was simply a confluence of absenteeism by my health care providers. Both my oncologist and internal medicine doctor were absent with leave and yours truly was caught in the crossfire, so to speak. Let me provide some context to help you appreciate my dilemma.

I have chemotherapy every six weeks. Accordingly, I have lab work the Wednesday before the Friday to check for anomalies – anomalies which over the years have occasionally delayed my infusion by up to two weeks waiting for my body to settle. In the early days of treatment, my white blood cell count was crucial; too low and no treatment; too high, it was never too high. No treatment and the cancer was left unchecked. An incredibly stressful occurrence when your treatment is stopped. Whether or not a week or two delay ultimately mattered in checking the cancer, it certainly mattered – emotionally, to the patient. You feel adrift, sort of, which is exactly how I felt during the first two weeks of January.

Typically, what my current lab work presents is my creatinine level and the associated glomerular filtration rate, measuring kidney function/efficiency. After nearly nine years of infused toxicity, I have suffered some collateral damage to a major organ. My oncologist and internal medicine doctor are incredibly sensitive and concerned about this damage. Per these results, every medical decision made concerning me; from prescriptions approved to “normal” internal medicine stuff to whether I get “contrast” when I have my scans and MRIs to what chemotherapy drug I infuse and how frequently its infused, is decided with my kidneys in mind. Nothing happens medically until my kidneys sign off on it, if you know what I mean?

As it happened, my creatinine level for my Jan. 12 infusion was higher than usual. When this measure occurs, I know to call the Infusion Center and ask the head nurse if I should come in for treatment. She will contact my oncologist and with his direction, will advise me what to do, except for this week. My oncologist was away and though another oncologist – whom I’ve never met – was covering, I’m not really sure she knows enough about my situation. Specifically that I’m a bit of a special case, per my oncologist’s own characterization of me, and I’ve never gone seven weeks, let alone eight weeks without treatment. Delaying my infusion would break a multi-year precedent. In fact, around the holidays when I asked my oncologist if I could extend my infusion interval from six to seven weeks (to accommodate life), he emphatically said “No.” Moreover (to complicate a covering physician’s decision), my oncologist has also told me that if I were a new patient with creatinine levels as chronically high as mine, he wouldn’t/couldn’t treat me until those levels reduced.

So not only was I in the middle of an unprecedented one to possibly two-week delay in my infusion, but I also needed an oncologist – who I don’t know and who doesn’t know me – to decide/make an exception/maybe risk her medical license (if something were to happen to me), to authorize treatment for a patient whose creatinine levels fall outside of protocol, and me not having either of my two primary-care physicians available for consultation. And other than the default emails advising that both were out of town, I had nowhere to go and no one to turn to.

Heck, I might as well have been on another planet, given the limited choices I had.

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

# WINTER FUN & ENTERTAINMENT

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

## ONGOING

**“45 Plays for 45 Presidents.”** Through Feb. 4 at NextStop Theatre, 269 Sunset Park Drive, Herndon. NextStop Theatre Company opens a hysterical take on history with the play “45 Plays for 45 Presidents”. The play, which is already selling out performances, presents a series of 45 two-minute plays — one for each American President. In a female-forward twist to the amusing premise, NextStop’s production also casts five women as all the presidents. Performances are Thursdays through Sundays. General admission, \$20-\$55 at [www.NextStopTheatre.org](http://www.NextStopTheatre.org) or by calling 866-811-4111.

**Art Exhibit.** Through Feb. 17, various times at the Greater Reston Arts Center, 11900 Market St., Reston. Featuring the work of Paulina Peavy, namesake of “Paulina Peavy: A Message to Paulina,” the first exhibition to bring together a selection of Peavy’s works across disciplines including works on paper, paintings, films, texts, and numerous mixed media masks. Visit [www.restonarts.org](http://www.restonarts.org) for more.

**The Elden Street Tea Shop.** Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit [www.eldenstreettea.com](http://www.eldenstreettea.com).

**Small Business Support Sundays.** Visit independent stores and restaurants, and those that support small businesses at Reston Town Center, offering specials, discounts, tastings, and localized treats every Sunday. Visit [SmallBusinessSupportSundays.com](http://SmallBusinessSupportSundays.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.

## WEDNESDAY/JAN. 24

**Red Cross Blood Drive.** 10 a.m.-3 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Call 703-689-2700 for more.

**Meet Me at the Movies.** 10 a.m. at at Bow Tie Cinemas, Reston Town Center, 11940 Market St. Reston Association presents “LBJ.” Refreshments and door prizes provided prior to movie. Free to 55+. Email [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or call 703-435-6577.

## THURSDAY/JAN. 25

**Dollars and Sense.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Monthly group discussion focuses on business leaders and markets. The discussion will focus on “Boomerang: Travels in the New Third World” by Michael Lewis. Call 703-689-2700 for more.

**Creative Responses at GRACE.** 7-8 p.m. at Greater Reston Arts Center, 12001 Market St #103, Reston. Creative professionals respond to the work on view in the gallery. The short presentation will be followed by open conversation. Presenters may include poets, dancers, writers, musicians, visual artists, and more. All ages. Free and open to the public. Call 703-471-9242 or visit [restonarts.org](http://restonarts.org).

## FRIDAY/JAN. 26

**Harried Americans Roadshow.** 7-9 p.m. at Cafe Montmartre, 1625 Washington Plaza N., Reston. The Harried Americans will present their newest variety show and smarty-pants brand of Americana, Jazz, Blues and original songs. The show will feature musical guests, The Aloha Boys and their acoustic down-home, backyard-style Hawai’ian music. The show also includes poet Rod Deacey and comedian Jon Yeager. \$10 at [harriedamericans.com](http://harriedamericans.com) or the door.

**Swing Dance.** 8:30 at Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. Swing Dance with King Teddy. 8:30-9 p.m. drop-in beginner swing lesson; 9-midnight dance. \$15. Visit [www.gottaswing.com](http://www.gottaswing.com).

## SATURDAY/JAN. 27

**Reston Camp Expo.** 9 a.m.-noon at Reston Community Center Hunters Woods, 2310 Colts

## Harried Americans Roadshow

The Harried Americans will present their newest variety show and smarty-pants brand of Americana, Jazz, Blues and original songs, Friday, Jan. 26, 7-9 p.m. at Cafe Montmartre, 1625 Washington Plaza N., Reston.. The show will feature musical guests, The Aloha Boys and their acoustic down-home, backyard-style Hawai’ian music. The show also includes poet Rod Deacey and comedian Jon Yeager. \$10 at [harriedamericans.com](http://harriedamericans.com) or the door.



The Harried Americans



Aloha Boys



The “45 Plays for 45 Presidents” ensemble includes Caroline Kashner, Brittany Martz, Chloe Mikala, Mary Myers, and Sarah Anne Sillers.

## ‘45 Plays for 45 Presidents’

NextStop Theatre Company opens a hysterical take on history with the play “45 Plays for 45 Presidents.” The play, which is already selling out performances, presents a series of 45 two-minute plays — one for each American President. In a female-forward twist to the amusing premise,

Neck Road, Reston. The fifth annual Reston Camp Expo will bring together dozens of nonprofit groups to showcase summer opportunities for children and teens. The expo is also a good chance for teens and college students to inquire with camp providers about summer job opportunities. Free. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or call 703-476-4500.

**Post-Rock, Jazz Band .** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Featuring the Touch Combo band where pop, blues, and folk meld with classic melodies and rhythmic innovation. Visit [www.artspaceherndon.org/](http://www.artspaceherndon.org/) for more.

NextStop’s production also casts five women as all the presidents. Performances are Thursdays through Sundays from Jan. 11 to Feb. 4 at NextStop Theatre, 269 Sunset Park Drive, Herndon. General admission, \$20-\$55 at [www.NextStopTheatre.org](http://www.NextStopTheatre.org) or by calling 866-811-4111.

## SUNDAY/JAN. 28

**Groundhog’s Day Out.** 2-3:30 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Visit a groundhog burrow, learn cool groundhog facts, play games, make a groundhog friend to take home and enjoy some hot chocolate. This program is designed for family members age 2 to adult. \$8 per person, and children must be accompanied by a registered adult. Call 703-437-9101 or visit <https://www.fairfaxcounty.gov/parks/frying-pan-park>.

## THURSDAY/FEB. 1

**Millennials Book Club.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive,

Reston. Title is “Life After life” by Kate Atkinson. Check out Library copy or pick up a copy of one’s own. Adults from early 20s to early 30s. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## FRIDAY/FEB. 2

**Open Mic Poetry Night.** 7-9 p.m. at ArtSpace Herndon, ArtSpace Herndon, 750 Center St., Herndon. Featured members of the Poetry Society of Virginia will be present to share their poetry. An open mic will follow, allowing for anyone attending to have a moment on stage. Free and open to the public. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org).

**Swing Dance.** 8:30-9 p.m. beginner swing lesson; 9 p.m.-midnight dance at Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. The Hula Monsters have been performing since 1988. \$15. Visit [www.gottaswing.com](http://www.gottaswing.com).

## SATURDAY/FEB. 3

**Book To Movie “The Color Purple.”** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## SUNDAY/FEB. 4

**Soiree Chamber Music Series.** 4-5:30 p.m. at UCP Reston, 11508 North Shore Drive, Reston. An intimate salon style performance by members of the Pro Arte Chamber Orchestra of Greater Washington featuring works by: Albinoni, Menotti, Piazzolla, Rossini and Saglietti. Special performance by Dr. Hai-En Tsai, trombone. Reception to follow the performance. Adults, \$30; seniors, \$25; students, \$20; and children 12 and younger, free. Visit [bit.ly/2D2wEcL](http://bit.ly/2D2wEcL) for tickets. Call 571-483-8444 or visit [www.PACOdC.org](http://www.PACOdC.org) for more.

## WEDNESDAY/FEB. 7

**Embrace New Beginnings.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Gerry Gorman will lead this meditation practice. Registration opens Jan. 24. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Read and Sip.** 6-8 p.m. Scrawl Books readers will meet at The Tasting Room in Reston Town Center to discuss books over a glass of wine. Visit [www.scrawlbooks.com/event/wine-wednesday-book-chats](http://www.scrawlbooks.com/event/wine-wednesday-book-chats).

## SATURDAY/FEB. 10

**Meet the Artists.** 3-4 p.m. at the Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Members of the League of Reston Artists display paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hangings. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) for more.

## SUNDAY/FEB. 11,

**Author Event.** 4-6 p.m. at Scrawl Books, 11862 Market St., Reston. Author C. V. Wyk will be at the store to discuss her new YA fantasy novel Blood and Sand. Visit [www.scrawlbooks.com/event/blood-and-sand-c-v-wyk](http://www.scrawlbooks.com/event/blood-and-sand-c-v-wyk).

## FRIDAY/FEB. 16

**Application Deadline.** Greater Reston Arts Center invites artists to submit a proposal for new artwork in response to the prompt, “If you could do anything, what would that be?” Five artists will be selected by Guest Curator Don Russell and GRACE Associate Curator Erica Harrison to participate in the 2018 Mary B. Howard Invitational: STRETCH. Selected artists will receive a \$250 honorarium and \$1,000 for materials. Call 703-471-9242 or visit [restonarts.org](http://restonarts.org).

## MONDAY/FEB. 19

**Children’s Performing Arts Series.** 10:30-11:15 a.m. at Herndon Community Center, 814 Ferndale Ave., Herndon. Rocknoceros. Coach Cotton, Williebob, and Boogie Woogie Bennie perform wildly popular award-winning music for the whole family. Rocknoceros has dominated the DC children’s music scene for many years. Ages 1-10. \$4 in advance/\$5 at the door per person, per show. Children under the age of one are free. Call 703-787-7300 or visit [herndon-va.gov](http://herndon-va.gov).