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Nina Prytula and her daughter Elena von Zastrow enjoy an afternoon on the ice at the Reston Town Center Ice Skating Pavilion at 1818 Discovery St., Reston.

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Packed house to celebrate Jennifer Wexton's win in the 10th Congressional District.



Former Gov. Terry McAuliffe tells the crowd assembled at Tim Kaine's victory party that voters in Virginia rejected President Donald Trump's campaign of "fear, hatred and division."

Democrats Seize Control of Northern Virginia

Region once had its own brand of Republicanism; now that seems almost extinct.

BY MICHAEL LEE POPE
THE CONNECTION

The loss of two-term incumbent U.S. Rep. Barbara Comstock (D-10) means Republicans are down to one lone elected official in Northern Virginia, Del. Tim Hugo (R-40). The blue wave that started last year unseating Republicans like Del. Jim LeMunyon (R-67) and Del. Bob Marshall (R-13) continued this year, when state Sen. Jennifer Wexton (D-10) was able to flip a Congressional seat that had been in Republican hands since a young military lawyer named Frank Wolf beat incumbent Democrat Joe Fisher back in 1980.

For a region that once had Republican heavyweights like U.S. Rep. Tom Davis (R-11) and U.S. Sen. John Warner, the prospects for Republicans in Northern Virginia now seem pretty bleak.

"It's going to be a tough road ahead for Republicans in Northern Virginia. Essentially, it's gone," said Republican consultant Dan Scandling, who served as Wolf's chief of staff. "Redistricting is not going to help. The seats now in Northern Virginia are going to be Democratically controlled for a generation."

Although the controversy surrounding the nomination of Brett Kavanaugh to the U.S. Supreme Court helped some Republican candidates for Senate in places like North Dakota and Missouri, it provided a burden for Comstock. Kavanaugh and Comstock had been friends since they served together as young Republican staffers trying to impeach Bill Clinton in the 1990s. This year, Wexton was able to use sexual assault allegations as wedge to charge Comstock was guilty of an "unacceptable failure of leadership." In the closing days of the campaign, television ads branded the incumbent "Barbara Trumpstock."

Incumbent Sen. Tim Kaine easily beat back a challenge from Republican Corey Stewart, whose message of an invading



Jennifer Wexton

caravan of foreigners failed to resonate outside rural Virginia.

"Corey Stewart and Barbara Comstock followed President Trump's playbook. They stoked fear about immigrants. Both lost big," said Frank Sharry, founder and executive director of immigration-reform group America's Voice. "It seems evident the people of Virginia are just not interested in Trumpism, with or without Trump."

KAINE CELEBRATED an early victory Tuesday night, taking the stage at the Falls Church Marriott Fairview Park as one of the first Democrats to deliver a victory speech. He quoted scripture, thanked longtime supporters and cracked a few jokes about how the race was called one minute after the polls closed. The former fair-housing attorney got his start in Richmond politics before becoming lieutenant governor and governor. This year he faced a candidate who promised a "vicious" campaign and delivered by suggesting — without any evidence — that Kaine had somehow been charged with sexual misconduct. Kaine said voters rejected that approach.

"You rejected the politics of peddling lies to try to get ahead," said Kaine. "You rejected the politics and the economics of it's about a few and not about all."

Wexton celebrated victory at the Washington Dulles Airport Marriott, thanking

supporters and volunteers that helped her win in the most expensive congressional race in Virginia.

Democrats targeted the race and pumped millions of dollars into an effort to knock on doors and appear on television screens.

Comstock ended up raising more money, \$6 million in total from Northern Virginia business stalwarts like Northrop Grumman and Capital One. But national Democrats flooded the race with money, and Wexton tapped her experience as a Loudoun prosecutor to gain funding from law firms like Wilmer Hale and Jones Day. In the end, she said, suburban voters rejected the Trump playbook of racial division and economic nationalism.

"I have been saying from the beginning of this campaign that change is coming, and change came today," said Wexton. "That kind of change doesn't just happen, it happened because of you."

WITH DEMOCRATS seizing control of the House of Representatives, the Fairfax County delegation stands to gain a new sense of prominence on Capitol Hill. U.S. Rep. Gerry Connolly (D-11) is expected to take a key role on the House Oversight and Government Reform Committee, which is expected to start investigating the president's political involvement with Russia and economic ties to foreign leaders.

"Tonight we get a mandate for oversight and accountability," said Connolly during Kaine's victory party, which was in his district. "And I just want to say to all my friends in the Trump administration: You better put on your rollerblades because you're going to be skating to Capitol Hill a lot."

U.S. Rep. Don Beyer (D-8) also stands to gain a new sense of prominence, possibly

Results

U.S. SENATE

- ❖ Democrat Tim Kaine: 1.9 million votes, 57 percent
- ❖ Republican Corey Stewart: 1.4 million votes, 41 percent
- ❖ Libertarian Matt Waters: 62,000 votes, 2 percent

HOUSE DISTRICT 10

- ❖ Democrat Jennifer Wexton: 203,000 votes, 56 percent
- ❖ Republican Barbara Comstock: .. 158,000 votes, 44 percent

taking a position as chairman of a subcommittee on federal land or on space. Beyer says he would probably prefer

chairing a subcommittee on federal land because he is the only former park ranger in Congress. Beyer also says he also wants to play a role on a new Select Committee on Climate, which Democrats have been planning for some time.

"The centerpiece of my leadership these last five years has been trying to be the strongest and clearest voice to fight climate change as I can be," said Beyer. "So being on that select committee would make a lot of sense."

With two other Democratic women challengers defeating incumbents in Virginia Congressional Districts, Virginia's Congressional delegation shifts from seven Republicans and four Democrats to seven Democrats and four Republicans.

WEXTON'S VICTORY opens a cascading series of special elections in Northern Virginia that are going to keep consultants and volunteers busy for the next few months. Del. Jennifer Boysko (D-86) announced her run for that seat. Her House seat in Herndon would open if she were successful, initiating a rapid-paced series of special elections to install new members of the General Assembly ahead of the January session. State Sen. Adam Ebbin (D-30) says Boysko is "the overwhelming and obvious choice."

"She's known in Fairfax and has been spending a lot of time in Loudoun County, and she's got a really strong fundraising ability," said Ebbin. "She's got a great legislative ability, and she does a lot of community events in the area. So I think she'd be pretty formidable, and I'd be surprised if she didn't win."

OPINION

A Bloodless Revolution

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

Thomas Jefferson's election as President of the United States is referred to as a "bloodless revolution" because in the major shifts of power in world history it occurred without the violence that marked previous changes in who controlled government. While electing a president has caused some consternation over time, the rule of law has been followed rather than having a resort to physical engagement determine the outcome.

While I and others had hoped for a giant blue tsunami wave to occur with the outcome of the 2018 mid-terms elections, a more apt description of the outcome might be that a wave of blue change came upon the land.

Leading that change was the

first outcome announced by the media with the election of Democrat State Senator Jennifer Wexton to the U.S. House of Representatives defeating incumbent Republican Barbara Comstock by a landslide and flipped a district that had been Republican for nearly forty years. Not only did Congresswoman-elect Jennifer Wexton get an overwhelming share of the popular votes, but she assembled an army of volunteers like that seldom seen in elections. She won in the best tradition of the bloodless revolution with volunteers who carried her message door to door.

Downstate in Congressional District Seven an earlier voter revolution had swept the Republican House Majority leader out of office in a primary and replaced him with a true-blue Tea Party candidate. That candidate went on to



win the general election only to find himself defeated this year by a first-time Democratic candidate Abigail Spanberger. The incumbent Republican Dave Brat has spent most of the campaign seeming to

dodge any engagement with Spanberger who would challenge his right-wing economic theories that had left most people shaking their heads to understand him.

Joining Wexton and Spanberger as winning Democratic candidates was Elaine Luria who won in District Two in the Virginia Beach area against former Navy Seal and incumbent Scott Taylor. In a district that has a strong military presence, Luria was able to flip the district from red to blue.

At the end of the evening of vote counting, Democrats that had been outnumbered in Virginia's congressional delegation seven to

four found themselves in a majority of seven to four. A state that was once considered red has Democrats not only in all of its statewide offices but now as seven of its congressional representatives. A congressional delegation that had only one woman ended with three.

In the U.S. Senate, former Governor of Virginia Tim Kaine who represents Virginia along with Sen. Mark Warner in the United States Senate easily defeated a strong Trump advocate Corey Stewart by landslide numbers. The next step for Democratic gain comes with the state elections in 2019. With the State Senate and the House of Delegates being controlled by a single vote in each, it is reasonable to expect that the blue wave will continue throughout the state.

The shift in power in the U.S. House of Representatives was a bloodless revolution with a major shift in power. Looking ahead, the Senate seats up for election in 2020 could bring the tipping point.

Del. Plum's Climate Change Dodge

BY JON SOKOLOW

In two recent columns, Del Ken Plum issued a "dire warning" about climate change and called for an end to coal subsidies, intensive green job development, a carbon tax and more renewable energy. But as I pointed out recently, Virginia is poised to allow a \$12 billion

COMMENTARY investment in climate change inducing methane for the Atlantic Coast Pipeline and the Mountain Valley Pipelines. Plum seems to have a blind spot when it comes to the Atlantic Coast Pipeline, which is being proposed by Dominion Energy, Plum's largest campaign contributor.

Now Plum has a new target: his own constituents. Plum now tells us to take "personal responsibility for climate change" by planting more trees, riding a bike and driving less. Apparently, it's our fault.

In fact, 100 large corporations are responsible for more than 70 percent of the world's climate change. The "personal responsibility" mantra only diverts attention away from corporate culpability. In Virginia, which allows unlimited campaign donations, Plum and others love to talk about climate change but are silent when it comes to Dominion Energy, the Commonwealth's major climate change offender and the largest

donor to both political parties.

Their silence has consequences.

Just this past week, the Virginia Air Pollution Control Board held hearings on Dominion's request to build a massive pipeline compressor station in the historic 85 percent African American community of Union Hill, which was settled by freedmen after the Civil War. The Virginia State Conference of the NAACP and Governor Northam's own Advisory Council on Environmental Justice have

denounced the proposed Union Hill compressor station as environmental racism. Delegates Jennifer Carroll Foy and Elizabeth Guzman went to Richmond to join a chorus of social justice advocates to stop Dominion. Air Board members expressed concern about environmental racism and the pipeline's effect on climate change.

Ken Plum was nowhere to be found. If Ken Plum really wants to take "personal responsibility," he should denounce the environmen-

tal racism of Dominion's plans for Union Hill; urge Governor Northam to direct the Department of Environmental Quality to revoke certifications for the Atlantic Coast and Mountain Valley Pipelines; and join the growing list of legislators who refuse campaign contributions from Dominion Energy. Until then, Plum has no business telling the rest of us to take personal responsibility for climate change.

Jon Sokolow is an attorney, writer and activist who has lived in Reston for 25 years.

LETTER TO THE EDITOR

A Price of Sleep Deprivation

To the Editor:

For me, as a college student, the relevance of Marilyn Campbell's article ("A Good Night's Sleep": Connection, November 7-13, 2018) was strikingly impactful. I appreciate that you brought to light the ways sleep deprivation changes our everyday lives. It is crazy to think how something so simple can make such immense differences in our daily successes. This proves just how essential sleep is. Tasks that are often prioritized above sleep are important, but maybe not as important as long-term health. Our achievement-focused culture likely leads to limited choices for not only students but everyone

living a busy life. Our society puts so much pressure on success that when it comes to choosing between going to bed early or finishing an essay due at midnight, physical health is dismissed.

It is fascinating, and frankly disappointing, to learn that this pattern of sleep deprivation occurs in several age groups. It would be ideal for sleep deprivation to be minimized at a young age. It is also interesting that the long term effects of sleep deprivation lead to difficulty in social interactions. It saddens me to think that simply losing some sleep can cause people to completely disconnect from society. Social interactions are crucial to maintaining good mental health, and being sleep deprived

compromises that.

Although the snowball effect of sleep deprivation worsening physical and mental health is not intentional in our society, it is highly problematic. It makes me wonder if there's a way to change this social norm to improve our society's values and people's overall well-being. Addressing the significance of this issue, especially for students, is so important. I hope that one day, everyone will value physical health and tangible achievements equally.

Thank you for sharing this much needed information with our community.

Cayla Davis
McLean

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NEWS DEPARTMENT:
reston@connectionnewspapers.com

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

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

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

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

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

Classified & Employment Advertising
703-778-9431

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

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

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

CIRCULATION
circulation@connectionnewspapers.com





Reston Scouts Collect, Donate 1,048 Pounds of Food

Scout Troop 1970 collected 1,048 pounds of food donated by the Reston community during the annual Scouting for Food campaign. The food was donated to the South Lakes Pantry.

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Lighting Up the Season

Event teams young patients with designers and artists.

BY MARILYN CAMPBELL

Some of the area's most talented tastemakers are donating their time and creativity to benefit a local hospital. From feathers and yarn to seashells and tree branches, local interior designers and artists are creating holiday trees, mantel and table displays, wreaths, menorahs and artwork for the second annual Light Up the Season fundraising event for Children's National Medical Center on Dec. 16.

Designers were paired with children who are patients at Children's. Throughout the creative process, the artistic creations unfolded as the patient-designer relationships grew. "Our design was inspired by the warmth of the holiday season, the onset of winter, and the magical imagination of 7-year-old Johnny our patient ...," said Jeff Akseizer of Akseizer Design Group in Alexandria. "In our interview with him, his mind exploded with all the colors, textures, and characters he loves to see at the holiday season, his favorite being the Grinch."

Akseizer is creating a holiday tree with designer Jamie Brown, also with Akseizer Design Group. "Johnny is a true inspiration," said Brown. "He plays wheelchair basketball and sled hockey. We took much of the spirit from our interview with him and plugged it into our creative minds to come up with something that would surely wow."

The holiday decor will be created to reflect the personality and spirit of each child. "My patient artist, Savannah, inspired my wreath design for this year's event," said designer Mary Biletnikoff. "She is a sweet, 6-year-old girl who loves to draw, make snow angels and snowmen she celebrates Christmas and loves Christmas lights," she said. "My wreath is named 'Savannah the Snow Girl' and is a modern day take on the traditional snowman. I chose this theme because girls need to grow up knowing that they are strong, kind, smart and creative just like my patient artist."

"My patient partner loves fun, color and sparkle, so we created a vibrant wreath that reflects her personality," said Wendy Danziger of Danziger Design in Bethesda.

From traditional colors to hues that stretch the imagination, ideas for creating festive designs will abound at year's event, says Biletnikoff. "I hope that visitors will be inspired to incorporate some fun and lightheartedness in their own home," she said. "If you are decorating for the holidays, I want people to consider elements that make them smile and maybe even chuckle. Design is about incorporating what you like, not what you think you should have."

"When decorating for the holidays, let your imagination take over and don't be afraid to combine elements that may at first seem unlikely companions," said Sarah Hayes of Sarah Hayes Design, who created a console table display with her 17-year-old patient. "And, as Caoilinn and I would both agree, the more twinkle lights, the merrier."

"Also, make decorations together with and for your children so they can be a part of the fun," added Biletnikoff.

Offering hints at what awaits those who visit the



PHOTO COURTESY OF MARY BILETNIKOFF

A mixture of dark red and white flowers along with holiday greenery and black and white ribbon are elements that designer Mary Biletnikoff will use to create a wreath for Light Up the Season.



PHOTO COURTESY OF MARIKA MEYERS
Marika Meyer Textiles will be used to create the garland and tree skirt for a holiday tree that Meyer is designing for Light Up the Season.

displays, Ashley Greer of Atelier Ashley Flowers in Alexandria said, "I have teamed up with a sweet ... patient to create a classic, woodlands-inspired holiday tree Along with my crew of talented volunteers, we've designed dozens of handmade wreaths that will adorn the tree along with beautiful glass and felt ornaments This tree will bring our theme — Over the River and Through the Woods — to life."

"We're inspired by our É patient partner who loves horses, unicorns, magic, pink, and purple," added Rachel and Charles Gang of Helen Olivia Flowers, also in Alexandria. "She lives in the country with her family so being outdoors is a part of her life. We're incorporating nature, plants, and pastel colors into our enchanted design."

Metallic animals, feathers and other natural elements are what designer Marika Meyer of Marika Meyer Interiors and Marika Meyer Textiles in Bethesda is using to create a safari-themed tree. "We'll incorporate some my Marika Meyer Textiles to create the garland and tree skirt using a custom colorway," she said. "It will be a festive and fun way to celebrate the holidays."

Other designers participating in Light Up the Season who are in the area include Lauren and David Liess of Lauren Liess in Great Falls, Wendy Danziger of Danziger Design in Potomac, and Sascha Roth of Urban Country in Bethesda.

All of the holiday trees, mantelpieces, wreaths, menorahs and artwork on display will be available for purchase. Proceeds benefit Children's National. Light Up The Season will be on Sunday, Dec. 16, from 12-4 p.m. at Four Seasons Hotel Washington, D.C. Family activities include holiday cookie decorating, ornament making, musical performances and visits from Santa. Tickets for the event are \$50 per child 16 and under, \$85 per adult for the family and \$250 per family of four (two adults and two children 16 and under).

For more information, including how to purchase tickets and how to be a sponsor, go to childrensnational.org/lightuptheseason or email lightuptheseasondc@gmail.com.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

It's always nice to have friends around when slipping on the ice at the rink.

Winter Fun Begins At Reston Town Center

Decorations, ice skating, parade, and some free parking during the holidays.

By MERCIA HOBSON
THE CONNECTION

Reston Town Center is preparing for the holiday season. On Friday, the drizzle kept people away from the opening of the Reston Town Center Pavilion Ice Rink. But crews still got things ready for the holidays and decorations went up.

Large wreaths, giant ball cluster ornaments, lights on the fountain and lights in the pavilion. Saturday the skaters came. Teens, families and couples appeared, put on their skates and slid out onto the ice. Nina Prytula glided gracefully with her daughter Elena von Zastrow. Nina's husband Claus von Zastrow stood on the sidelines. "We are visiting family here in Reston," said von Zastrow "We are here every weekend because Nina's dad is here." As he talked, Nina and Elena skated effortlessly over the ice laughing and holding hands.

There's no need to bring or buy skates to use at the Pavilion. The skate shop reportedly is stocked with more than 500 pairs of skates, both figure and hockey styles. Skates range in size from 8 toddler's through 13 men's. Double-bladed, a flat edge and single bladed skates are available.

Pricing: Adult -\$10; Youth (under 12) / Senior (55+)/Military Admission- \$9; Skate Rentals- \$6.

Times: The rink opens every day at 11 a.m. It closes Sun.- Tues, at 7 p.m.; Wed and Thurs at 10 p.m and Fri. and Sat. at 11 p.m. For more information call 703-709-6300.

The parade comes to Reston Town Center next week, Nov. 23. The annual Reston Holiday Parade at 11 a.m. with Macy's-style balloons, musicians, dancers, antique cars,

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Jimmy Liebro of Choice Planting, Inc. has a little fun with the holiday wreath as his partner adjusts his safety harness before taking the wreath up on the lift and installing it at Reston Town Center.



Reston Town Center is offering free holiday parking during choice weeks, Nov. 17- 25 and Dec. 22-Jan. 1, as well as their regular free garage parking on weekends and after 5 p.m weekdays.

characters, community groups, dignitaries, special guest emcees, and much more. The one-hour, half-mile parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse-drawn carriage. <https://restontowncenter.com/holiday/reston-holiday-parade/>

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

ONGOING

Art Exhibit. Through Nov. 24, gallery hours at Greater Reston Arts Center, 12001 Market St., Suite #103, Reston. The Greater Reston Arts Center (GRACE) presents Green is the Secret Color to Make Gold, a solo exhibition exploring themes of daily routine and ritual featuring new work by DC-based artist Caitlin Teal Price. Visit restonarts.org.

Trout Fishing at Lake Fairfax. Through Nov. 25, dawn until dusk, at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Purchase daily passes for adults for \$13, seniors 65 and older at \$10 and children are \$8 per day. Only hook and line fishing is permitted. No trout size limit. Up to six trout per pass may be kept each day. All anglers must display their Virginia Fishing License prior to purchasing a trout pass. Call 703-471-5414.

Reston Farmers Market. Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

Crazy 8s Club. Through December at Reston Regional Library 11925 Bowman Towne Drive, Reston. Join Bedtime Math's Crazy 8s, where you build stuff, run and jump, make music and make a mess. Co-sponsored by the Friends of Reston Regional Library. Grades K-2. This STEM program will run on Mondays at 5 p.m. beginning Monday, Oct. 19. Register for each session separately, two weeks in advance, beginning Oct. 1. Visit www.fairfaxcounty.gov/library/ or call 703-689-2700.

Winter Wonderland Ice Skating. Public skating every day and extended hours for all Holidays, through March 10, hours vary at Reston Town Center Ice Skating Pavilion. The skate shop is stocked with over 500 pairs of skates ranging from size 8 toddler through men's size 13, in both figure and hockey styles. Visit restontowncenter.com/amenities/ice-skating.

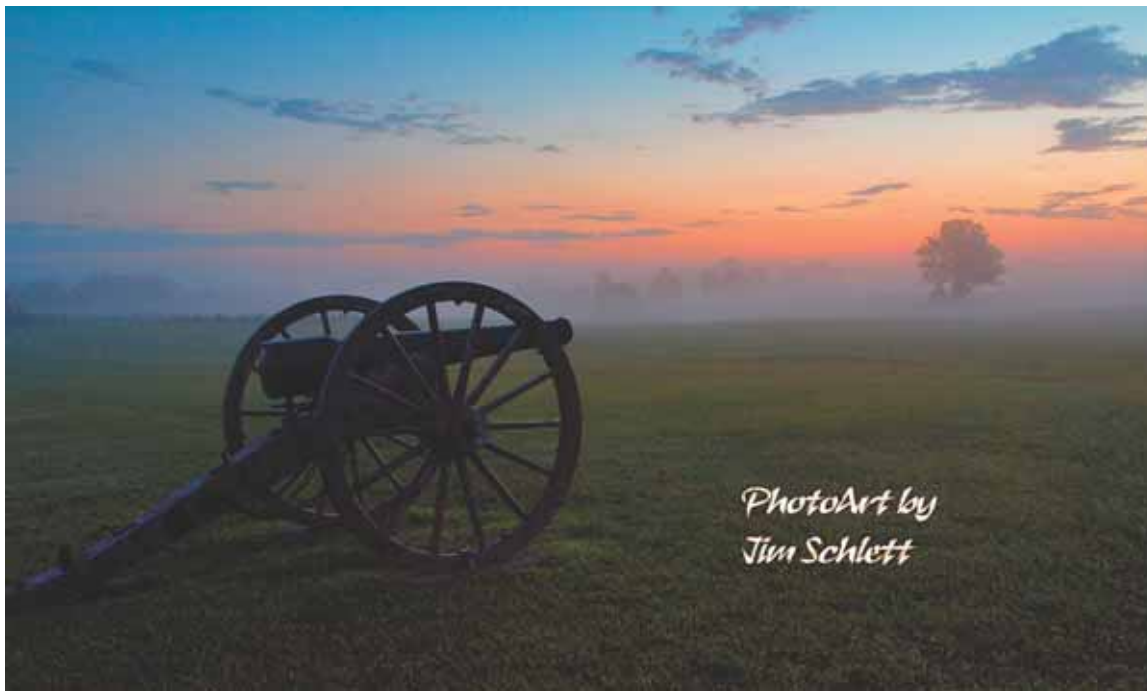
The Elden Street Tea Shop. Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.eldenstreettea.com.

FRIDAY/NOV. 16

Accidental Red Jazz. 6-9 p.m. at Cafe Montmartre, 1625 Washington Plaza Lake Anne, Reston. Accidental Red is a five-member band from Northern Virginia with a focus on jazz standards and includes a repertoire of popular songs, show tunes, and blues. Kathy Farmer (vocals), Karin Slawinski (sax and flute), Zenon Slawinski (piano/accordion), Charlie Olson (bass), and Ron Mangas (drums). \$10. Call 703-904-8080 or visit cafemontmartre.com/entertainmentevents.html.

FRIDAY-SUNDAY/NOV. 16-18

“The Diary of Anne Frank.” Friday-Saturday, 7-9 p.m.; Sunday, 2-4 p.m. at Herndon High School's Black Box Theater (Room #175), 700 Bennett St., Herndon. Join Herndon High's Advanced Theatre students as they present an intimate portrait of a young Jewish girl who comes of age during one of the most horrendous times in modern history — The



Battery Heights at Dawn, Manassas

Photography Exhibit: ‘National Parks and National Treasures’

Photographer Jim Schlett, selected as the Artist-In-Resident (AIR) at four locations of the National Park Service in 2018, will be having a solo exhibition called “National Parks and National Treasures.” Through Jan. 5, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. An opening reception is planned for Saturday, Dec. 8, 7-9 p.m. Visit www.artspaceherndon.org or call 703-956-6590.

Holocaust. Special guests will lead engaging discussion after performances. Parental guidance recommended, contains violence and mature themes. \$5/student; \$10/adult at herndonadrama.org.

SATURDAY/NOV. 17

Porcupine's Pie! 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Author Laura Renauld joins us for a Saturday morning story time to read her first children's book, Porcupine's Pie – a perfect read for the season. Free. Visit www.scrawlbooks.com or call 703-966-2111.

Lenin, Hitler and Me. 2 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Vera Kochansky presents the autobiography of her father, Boris, relaying the details of his experience in the Holocaust. Free. Visit www.scrawlbooks.com or call 703-966-2111.

Achievement Week Luncheon. 2 p.m. at The Waterford Fair Oaks, 12025 Lee Jackson Memorial Highway, Fairfax. Baltimore Ravens General Manager Ozzie Newsome will be the guest of honor for the Omicron Kappa Kappa (OKK) Chapter of Omega Psi Phi Fraternity's Achievement Week Luncheon to recognize individuals at the local and international level who have contributed to community uplift. OKK's 2018 award recipients are Virginia Lt. Gov. Justin Fairfax, who will be honored as Citizen of the Year; Westfield High School football coach Kyle Simmons, Sportsman of the Year, and Reston Chamber of Commerce President and CEO Mark Ingrao, who will receive the Community Service Award. Chapter award recipients are Gordon Person, Omega Man of the Year; Earl Smith, Superior Service, and Roscoe Nance, Founders Award. Visit www.okk-ques.org.

Insights: Dorothy Moss. 3-5 p.m. at Greater Reston Arts Center, 12001 Market St., Suite #103, Reston. Insights: Featuring Dorothy Moss, curator of painting and sculpture and curator of performance art at the National Portrait Gallery. Sponsored by Reston Community Center. Free and open to the public. Visit restonarts.org.

Herndon Turkey Trot 5K Race. 4 p.m. at Herndon Community Center, 814 Ferndale Ave., Herndon. Runners and walkers, conquer a fun 5K trail course, which winds around the Herndon Centennial Golf Course. Long-sleeved Sport Tek T-shirts guaranteed to the first 900 pre-registered runners. Shirts must be picked up the day of the race. Pre-registration: \$30 for Adults (19 & up) + can of food; \$20 for Youth (age 18 & under) + can of food; day-of registration plus \$5 for adults. Registration is currently available at the Herndon Community Center and online at herndon-va.gov/events and www.active.com.

SUNDAY/NOV. 18

Page to Screen Book Club. 4 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Readers are invited to join the first meeting of the Page to Screen Book Club to discuss the novel and movie version of The Hate U Give by Angie Thomas. Free. Visit www.scrawlbooks.com or call 703-966-2111.

MONDAY/NOV. 19

Reston Photographic Society. 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings. Nonmembers are welcome. Visit www.leagueofrestonartists.org.

TUESDAY/NOV. 20

Live Music: Spook Handy. 7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Spook Handy continues to bring the passion, purpose, and spirit of the songs of Pete Seeger, Woody Guthrie, and his own originals to audiences throughout the U.S. and Canada (and soon internationally) on his “Remembering Pete Seeger” and Album Release Tour. \$10 Members, \$11 non-members. Tickets at the door or contact Dave at DAHurdSr@cs.com. Call 703-435-2402 or visit www.restonherndonfolkclub.com.

THURSDAY/NOV. 21

Get Woke! Book Club. 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. This multi-media club will discuss books, films and podcasts related to social issues, and discuss ways to act on them. Check the Scrawl website for information on specific topics to be discussed at the meeting. Free. Visit scrawlbooks.com or call 703-966-2111.

SATURDAY/NOV. 23

Holiday Festivities. 10 a.m.-8 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Visit the store after the RTC Holiday Parade for story times at noon and 2 p.m. reading “Construction Site on Christmas Night” and other seasonal favorites. Crafts and activities throughout the day. Free. Visit scrawlbooks.com or call 703-966-2111.

Reston Holiday Parade. 11 a.m. Reston Town Center launches the festive season at the annual Reston Holiday Parade with Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, special guest emcees, and much more. The one-of-a-kind, one-hour, half-mile parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse-drawn carriage. The Clauses will return for the Fountain Square Tree Lighting and Sing Along at 6 p.m. Afterwards, on Market Street, horse-drawn carriage rides continue until 10 p.m. Proceeds from the photos and rides benefit local charities. Visit restontowncenter.com.

SATURDAY/NOV. 24

Small Business Saturday Celebration. 10 a.m.-8 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Special author presentation at 2 p.m. Authors will visit throughout the day to sign books; and make recommendations for great reads and gifts. Author Meg Keeshon McGovern will host a presentation and signing of her non-fiction book, We're Good: The Power of Faith, Hope and Determination, an inspiring story about a teenage athlete whose life changed instantly when he dove into

a sandbar at the beach and became paralyzed. Free. Visit www.scrawlbooks.com or call 703-966-2111.

WEDNESDAY/NOV. 28

The Wednesday Morning Book Club. 10 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. The Wednesday Morning Book Club focuses on the intersection of past and present. They will be discussing the novel, Desert Queen: The Extraordinary Life of Gertrude Bell by Janet Wallach. Free. Visit www.scrawlbooks.com or call 703-966-2111.

THURSDAY/NOV. 29

Girl Power! Book Club. 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Readers between the ages of 10-12 are invited to join author Katherine Marsh, for a discussion of her new novel, Nowhere Boy. Free. Visit www.scrawlbooks.com or call 703-966-2111.

SATURDAY/DEC. 1

Jingle on the Lake. 10 a.m.-2 p.m. at Lake Anne Plaza. Enjoy making an ornament, decorating a cookie, the Lake Anne ES choir and holiday music. Santa and his elves arrive by boat and paddle board at noon. Children can have their photo taken with Santa – he stays until every little child receives their turn. Call 703-582-6475.

Holiday Artisan Market. 10 a.m.-4 p.m. at ArtSpace Herndon, 750 Center St., Herndon. As part of the Homes Tour in Herndon ArtSpace Herndon presents some of the area's finest Artisans. Bring that holiday shopping list. Visit www.artspaceherndon.org or call 703-956-6590.

Monster Drawing Rally. 10-5 p.m. at GRACE, 12001 Market St., Suite 103, Reston. Join the Greater Reston Arts Center (GRACE) and artists from across Virginia, Maryland, and D.C. for a live drawing event and fundraiser. As the works are completed, they will be hung on the wall and available for purchase at \$75 each. If more than one person wants to purchase the same artwork there will be a draw of cards to determine the winner. Call 703-471-9242 or visit restonarts.org.

Holiday Gift Shopping Event & Reception. 11 a.m.-4 p.m. at RCC Lake Anne, 1609-A Washington Plaza N., Reston. During the 20th Annual Gifts from the HeART Exhibit, a benefit for Cornerstones, artists in the Jo Ann Rose Gallery will display and sell original works of art in mediums like watercolor, oil, acrylic, mixed media, collage, photography, and fiber from Nov. 26 to Jan. 7. Free admission. Visit www.restoncommunitycenter.com/attend-shows-events-exhibits/exhibits-and-galleries.

Winter Holiday Open House. 12:30-4:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. ArtSpace Herndon will provide free crafts and entertainment for the Herndon Fortnightly Winter Holiday Open House. Visit for music, children's crafts, light refreshments, and a visit with Santa. All ages. Free. Call 703-437-8855 or visit www.fairfaxcounty.gov/library/branches/herndon-fortnightly.

The Wonder of the Season. 4:30 and 7:30 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Experience The Wonder of the Season with musical offerings from The Reston Chorale, members of Washington Symphonic Brass and tenor Timothy King. Tickets at www.RestonChorale.org or 703-476-4500, ext. 3.

PEOPLE



PHOTO COURTESY OF ROBIN SCAMBATI PHOTOGRAPHY

Annabelle Eurich, along with Troy Persinger, dances in CrossRoads School of the Arts' 2017 production of "The Nutcracker."

Reston Ballerina to Dance as Clara in Ballet West's 'The Nutcracker'

For Annabelle Eurich of Reston a dream will come true as she prepares to dance the coveted role of Clara in Ballet West's production of "The Nutcracker" at the Kennedy Center this holiday season. The local ballerina landed the part after she auditioned for the starring role in one of the most beloved ballets. Annabelle studies dance part-time at Classical Ballet Theatre and full time at CrossRoads School of the Arts. Both dance schools are located in Herndon.



Public Meetings

Fall Transportation Meetings: Updated Schedule

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a public comment period. At the open house you can learn about various transportation initiatives, as well as Virginia's project prioritization process (SMART SCALE), Virginia's Statewide Transportation Improvement Program, and the VTrans Multimodal Transportation Plan. Representatives from the Office of Intermodal Planning and Investment and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, where you can provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Updated Schedule: Area Public Meetings will be held at the dates, locations and times listed below:

Wednesday, November 28, 2018 at 5:30 p.m.*
NOVA District Office
Potomac Conference Room
4975 Alliance Drive
Fairfax, VA 22030

Thursday, November 29, 2018 at 4 p.m.*
Fredericksburg District
Office Auditorium
86 Deacon Road
Fredericksburg, VA 22405

Fall meeting materials will be available at:
<http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2018.

*Please note that these dates have been changed from previous listings.

If you cannot attend a meeting, you may send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or Six-YearProgram@VDOT.Virginia.gov.

You may send comments on rail, public transportation, and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov.

Comments will be accepted until December 13, 2018.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

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News



PHOTO BY MERCIA HOBSON/THE CONNECTION

After taking down the American Flag following the Veterans Day display or if flown year-round in service of tribute take a second look at it. If worn, dispose of an unserviceable American Flag properly.



PHOTO COURTESY OF FAIRFAX COUNTY GOVERNMENT

Fairfax County announced the Fairfax Government Center located at 12000 Government Center Parkway, Fairfax, has a new flag disposal box located near the main information desk.

Is Your American Flag Worn?

Reston, Herndon and Fairfax County offer collection drop boxes for unserviceable flags.

BY MERCIA HOBSON
THE CONNECTION

After taking down the American Flag following a Veterans Day display or if flown year-round in service of tribute take a second look at it. This year's heavy rains and winds may have taken a toll on Old Glory, tattering its edges and fading colors. Bob Thompson, 1st Commander of the Wayne M. Kidwell American Legion Post # 184 Herndon/Reston shared how to dispose of an unserviceable American Flag properly. "What is recommended for folks seeking to destroy flags that are no longer serviceable is that they seek out an American Legion Post, VFW Post or their local Boy Scout Troops before doing anything themselves. Our Post, (the American Legion Wayne M. Kidwell Post #184 Herndon/Reston) has a collection box for folks to deposit non-usable flags, which we then burn at a

ceremony prescribed by The American Legion. We also have had several Eagle Scout Projects that center around the proper disposal of flags... In all flag disposal ceremonies, all flags are given the proper respect they deserve and are carefully handled throughout the process," said Thompson.

Local collection drop boxes for used American Flags:

- ❖ All Fairfax County Police stations including Reston District at 1801 Baron Glen Drive
- ❖ The Wayne M. Kidwell American Legion Post # 184 meeting at the Herndon Moose Lodge at 779 Center Street has a flag drop box out front.
- ❖ Fairfax Government Center located at 12000 Government Center Parkway, Fairfax, has a new flag disposal box located near the main information desk.
- ❖ Flag disposal boxes are now located at the I-66 Transfer Station and I-95 Landfill Complex and are available during residential hours.

The Closet Recognizes 25-Year Employees

On Oct. 8, The Closet of the Greater Herndon Area, Inc. recognized two employees for completing 25 years of service. Diem Tran and Lien Tran began working at The Closet on Sept. 15, 1993. Each of these staff members received a certificate, service pin, gift card, and letter of appreciation for their support, commitment and dedication to The Closet. President of the Closet's Board of Directors, Gene Wiley, thanked these employees for their hard work and dedication to The Closet. Having the support of committed staff and volunteers is what allows The Closet to serve the greater Herndon Community.

The Closet is a faith-based nonprofit thrift shop that annually gives away nearly \$50,000 in clothing and necessities to social service agency-referred clients. In addition, The Closet has donated more than \$3 million to the community in the form of grants and scholarships since its founding in 1974. For more information about The Closet, see the website, <http://www.theclosetofgreaterherndon.org/>



PHOTO CONTRIBUTED

From left, Diem Tran, Gene Wiley, and Lien Tran.

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

FOOD DRIVES

Food for Fines. Nov. 1-30. Fairfax County Public Library will be hosting a food drive called “Food for Fines.” Canned goods and other non-perishable items collected during the drive will be donated to Food for Others, a not-for-profit food pantry and food rescue operation that serves Fairfax County. Each item donated will erase \$1 from a patron’s overdue fines up to a maximum of \$15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines

THROUGH DECEMBER

White House Ornaments. Assistance League of Northern Virginia has begun its annual fundraising sale of White House Ornaments. The 2018 ornament honors Harry S. Truman, highlighting changes made to the White House during his administration. One side features the Truman Balcony and the reverse features the Blue Room. Assistance League is an all volunteer, non-profit organization. Proceeds benefit our community-based programs that support local low income children. \$22 (+ shipping if mail delivery required). Email burgessgl@verizon.net or visit www.alnv.org.

DONATION REQUEST

Support Reston Historic Trust & Museum.

The Reston Historic Trust & Museum has launched a GoFundMe campaign with the goal to raise \$15,000 to go towards the repair, cleaning, and reinstallation of icons on the façade of the former Lakeside Pharmacy, an original Lake Anne Plaza store, in a new permanent exhibit. The new exhibit will be unveiled during Reston's annual Founder's Day event, April 6th, 2019. Read more about their history and donate at www.gofundme.com/preserve-lakeside-pharmacy-icons to assist in their preservation. Thank you for your help!

WEDNESDAY/NOV. 14

Grants Workshop for Artists. 11:30 a.m.-1 p.m. at Tysons-Pimmit Library, 7585 Leesburg Pike, Falls Church. ARTSFAIRFAX will host a free workshop on how to apply for Artist Grants which support and encourage Fairfax County's artists in all disciplines. Artist Grants recognize professional working artists' achievements and their demonstrated history of accomplishments and they promote artists' continued pursuit of their creative work. RSVP by Monday, Nov. 12 to grants@artsfairfax.org.

THURSDAY/NOV. 15

Weekend Food for Kids. 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals during the school year at Title I schools in Fairfax and Prince William Counties and the City of Alexandria. Email philanthropy@alnv.org or visit www.alnv.org for more information.

FRIDAY/NOV. 16

Jack's Brain, Jill's Brain: Gender Differences and Why They Matter. 10 a.m.-noon at Dunn Loring Center for Parent Services, Entrance 1, Room 100, 2334 Gallows Road, Dunn Loring. This workshop will highlight the rapidly emerging research on how the brains of females and males are developmentally, structurally and functionally different. Learn how to provide behavioral and emotional interventions to both boys and girls. Call 703-204-3941 or visit

www.fcps.edu/resources/family-engagement/parent-resource-center.

MONDAY/NOV. 19

Ethics Day. 8 a.m.-3 p.m. at Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston. Reston Chamber is in its 26th year producing Ethics Day in conjunction with South Lakes High School. More than 70 volunteers from the business community will serve as table leaders facilitating a small group of 8-10 students through real life scenarios and promote vibrant discussion. Visit www.restonchamber.org/events/details/2018-ethics-day-5164 to register.

SEE BULLETIN, PAGE 12

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Reaching Southern Washington's Leading Households

Airing of a Grievance



By KENNETH B. LOURIE

Now that I'm back to every-three-week-chemotherapy infusions, getting through the "holiday" season becomes very tricky. One week delay due to unacceptable lab results can have a cascade effect on one's ability to spread any cheer.

And given that I'm scheduled to be infused rather aggressively, a direct result of tumor growth indicated on my most recent CT scan, delaying an infusion to accommodate my non-chemotherapy schedule seems like a non starter. After all, we're trying to keep me alive here.

Therefore, it seems counter-intuitive almost to push my treatment ahead one or two weeks just so I can enjoy a Thanksgiving turkey.

In the scheme of things, enjoying a meal pales in comparison to enjoying a life. And shrinking and/or stabilizing tumors trumps mashed potatoes and gravy. Missing a festive occasion/not being able to taste/eat anything is much less important than beating back my sworn enemy: cancer.

However, considering the unpredictability of my actually-receiving-chemotherapy on the two scheduled infusion dates before Christmas: 11/16/18 and 12/7/18, and the effect of rescheduling one or the other by one or two weeks, depending on lab results, gives pre-holiday chemotherapy infusions a bad name and an even worse connotation.

The patient (in this context, me), is either damned if you do (side effects) and/or damned if you don't (tumor growth, potentially). I need way more than a Festivus miracle.

To invoke Tiny Tim, I need to tiptoe through the tulips, so to speak; to have my chemotherapy infusions allow me to eat/satiate my meals, travel when necessary without having to double-back for chemotherapy (yes, my infusion center is open on Friday, Nov. 23, as well as the day before Christmas and the day after, with their schedule repeating itself for New Year's) and navigate an already challenging five-week turn of events. To be capped off by a Jan. 2 CT scan followed up by a Jan. 11 face-to-face appointment with my oncologist to discuss the results of the January scan.

I can hardly wait. Although I have to, and of course, think about the what-if constantly.

Nearly two months of scheduling twists and turns impacting one's quality of life during the most stressful time of the year: Thanksgiving through New Year's followed by learning one's fate: stay the course or as Yogi Berra said: "Come to the fork in the road and take it." And if I do take it (Immunotherapy), it won't simply be the road less traveled, it will be the road never traveled – by me. Although many other cancer patients have blazed the trail, the prospect of yours truly blazing the next trail (line) scares me, hopefully not to death.

It might not be so bad – and extremely personal, if my best friend's wife hadn't succumbed to her lung cancer within a year or so after being prescribed one of the drugs that my oncologist and I have discussed if my next scan continues to show tumor growth.

I get so emotional at the mere mention of the drug that I can't even pronounce it through my tears. So my oncologist knows my preference and he's content to respect my wishes especially considering that according to his experiences, the drugs are fairly similar in their effect/success.

And since mind definitely matters, keeping me in a positive frame of mind is the goal. But I'm getting way ahead of myself here; it's only November. This discussion won't occur for almost nine weeks, Jan. 11, 2019.

The only problem is, the next nine weeks present challenges unlike any similar period during the year. Throw in a few lab tests, a couple of chemotherapy infusions, a diagnostic scan and a few weeks to wait for all of it to shake out and what you're left with is your life hanging in the balance and death rearing its ugly head.

"Cancer sucks" – especially during the holidays.

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

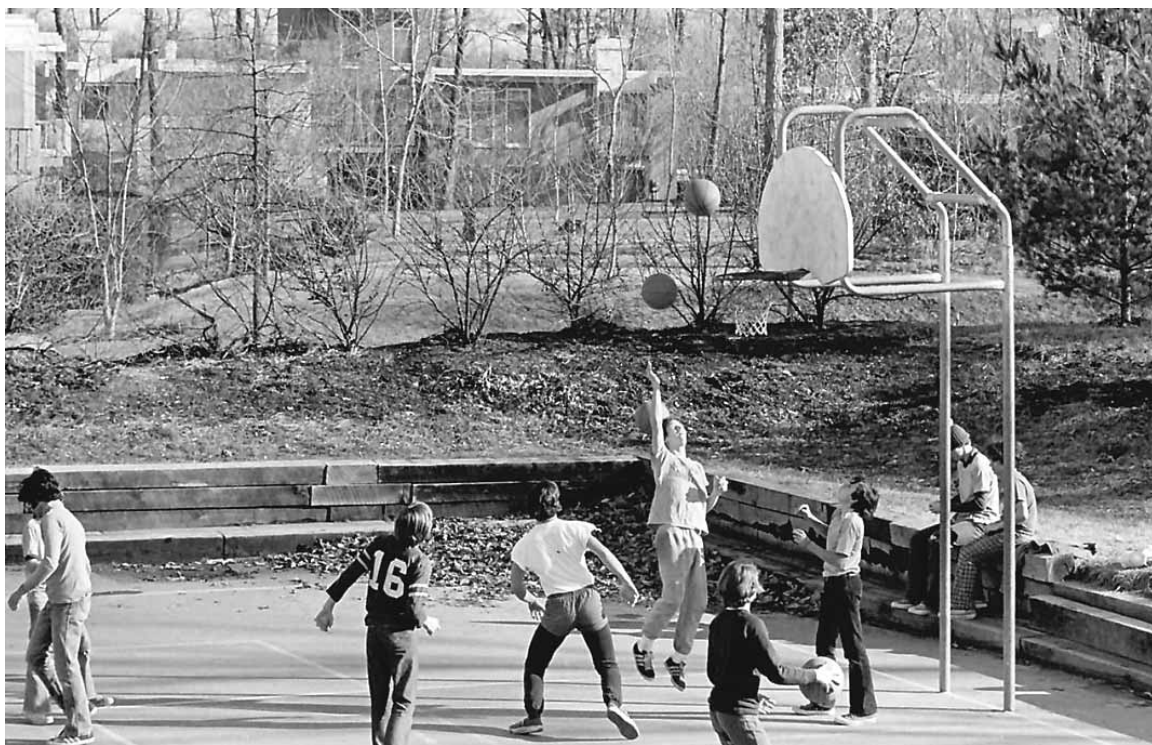


PHOTO BY ARVIL DANIELS

Basketball in the early days of Reston.

Bill Bouie Tells All

Reston Historic Trust & Museum hosts Bouie's presentation, 'The History of Reston Sports, Pioneers, Players and Playing Fields.'

BY MERCIA HOBSON
THE CONNECTION

The Reston Historic Trust & Museum hosted "The History of Reston Sports, Pioneers, Players and Playing Fields" on Thursday, Nov. 8 at 7 p.m. at the YMCA on Sunset Hills Road. Bill Bouie led the presentation. A noted sportsperson in his own right, Bouie served in various community athletic organizations including Reston Little League, Reston Youth Baseball, Reston's YMCA Board of Management, the United States Olympic Committee's Project Gold and others.

During his slide presentation, Bouie referenced Bob Simon's Vision of the New Town, that in the creation of Reston the widest choice of opportunities available was the goal. He told how in the beginning everyone got to play. There was swimming, biking, softball. Reston Youth baseball and basketball flourished. A lot of positive things came out Reston Youth basketball beyond benefits for the children, such as reversible jerseys, county funds to support scholarships for low-income families and League money to install glass backboards, Bouie said.

In the early 80s, tennis was wildly popular, Bouie said. RA of-



PHOTO BY MERCIA HOBSON/THE CONNECTION

Bill Bouie enjoys his presentation of "The History of Reston Sports, Pioneers, Players and Playing Fields" hosted by Reston Historic Trust & Museum on Thursday, Nov. 8, 2018.

ferred one of the most extensive tennis programs in the Washington D.C. region. One of the most fantastic triathlons is Amy's Amigos Be AMYazing youth triathlon. It has raised over \$75,000 for Childhood Brain Tumor Foundation since the race was founded in 2011. Another amazing happening is the Skate Park located within the confines of Lake Fairfax Park.

Bouie touched on some of the major sports controversies in Reston, lights at Stratton Woods Park, the elimination of the Reston Racquet Club and of course, "A Tale of Two Golf Courses." Hidden

Creek Country Club is a private club with its membership dropping. Reston National is a public course "stable and profitable in a tough market," said Bouie.

What's Next? Bouie outlined the potential of a major wellness center in Reston Town Center North, implementation of the Final Master Plan at Lake Fairfax, restoring middle school sports in Reston.

Finally, Bouie listed Bill Bouie's Top Reston Athletes:

Grant Hill, Alan Webb, Coach Christy Winters Scott, Eddie Royal, Brandon Guyer, Maame Biney, Michael Derek Jackson, Wyatt Torgas, Chris Royal, Joey Beard.

DINING

Another Reston Go-To Place

Review: Not Your Average Joe's.

BY ALEXANDRA GREELEY
THE CONNECTION

Gathering at a very popular eatery in Reston guarantees great eats, great drinks, and a chattering social time. That describes an experience at Not Your Average Joe's. Unclear who Joe may be but for sure kitchen creations are above average. Indeed, NYAJ seems to now be a Reston go-to place, especially at lunch. And dinner! Hint: make reservations.

What to expect? To start, attentive service with a staff member handing over a basket of hot bread slices with a ramekin of chopped garlic and a sprinkling of crushed red pepper bathed in olive oil. And drinks, of course, from ice water to whatever your choice for the meal.

Then spend time browsing through your menu of choice: dinner, happy hour, lunch, gluten-free, party, and Sunday brunch. And for lunch, wow, the choices are so extensive that picking the final two or three — or four — makes one head towards calorie heaven.

Starters run the gamut from ahi tuna wontons and buffalo Caribbean chicken tenders to delicious New England-style crab cakes (enough really for an entrée) and a forno-baked chicken quesadilla.

But if you are with a table of hungry friends, do consider the nachos composed of corn tortillas, chipotle-braised chicken and melted Pepper Jack cheese. Cumin sour cream heightens the Latino essence of this appetizer. Besides an appetizer, what about a bowl or cup of New

England clam chowder? Delish!

Faced with multiple entrée choices from beef, pork, pasta, chicken, and veggie main dishes, even the pickiest eater will be stumped. And that does not include the big salad entrées, burgers, sandwiches, and eight specialty pizzas — or you can create your own pizza, selecting from among such toppings as Italian sausage, bacon, roasted chicken, red onions, roasted peppers, fresh mozzarella, and many other options. What kind of pizza could you create with at least 10 of these toppings?

If you are looking to keep calories under control — sort of, especially if you have eaten your way through a basket of two of hot bread — consider a big salad, topped with your choice of grilled chicken, shrimp, or salmon. A real pleaser is the Cobb salad, loaded with crumbled blue cheese, a hard-boiled egg, country bacon, and avocado, topped with your choice of one of nine dressings. Looking for a heartier entrée? The shrimp tacos or the Sweet Blue burger makes a pleasing choice. Going even bigger includes one of the meat-based entrées or simply grilled meats with your choice of sides that include French fries and chipotle sweet potato mash.

Even the menu warns not to skip dessert, and those are words of good advice. The sticky toffee cake and their Peanut Butter Thing (whatever that is) may appeal, but do include an order of the Key Lime pie — an awesome rendition of this classic American fave.

Again: a note of advice: reservations, reservations, reservations. NYAJ gets might crowded....

Not Your Average Joe's, 1845 Fountain Dr., Reston, 571-234-8200. Hours: Sun.-Wed., 11 a.m. to 10 p.m.; Thurs.-Sat., 11 a.m. to 11 p.m.

BULLETIN BOARD

FROM PAGE 11

MONDAY/NOV. 26

Medicare 101. 10-11:30 a.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Learn the facts about health insurance for older adults. Registration required, call 703-531-2905, TTY 711. Find out more at www.fairfaxcounty.gov/

OlderAdults and click on Insurance Counseling-VICAP.

THURSDAY/NOV. 29

Dyslexia Open House. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

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