

# Reston CONNECTION

WELLBEING

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Santa arrives in the rain accompanied by his many helpers to "Jingle on the Lake" presented by Lake Anne Merchants, Reston, on Dec. 1, 2018.

# Jingle on the Lake 2018

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# NEWS

This rendering depicts the front of the new, seven-story, 308-unit apartment building at 1941 Roland Clarke Place owned by Woodfield Acquisitions. On Nov. 20, Fairfax County Board of Supervisors approved the new building located in the Planned Residential Community District according to Reston Land Development Tracker January 2017.



PHOTOS BY FAIRFAX COUNTY PUBLIC AFFAIRS



Aerial map of Woodfield Acquisitions' two-story office building at 1941 Roland Clarke Place. On Nov. 20, Fairfax County Board of Supervisors approved to replace it with a new 308-unit apartment building. Fairfax County Public Affairs termed the cul de-sac on which the property is located the hub for new, lower-density residential development in Reston." The Reston Land Development Tracker January 2017 identified the site as a PRC zoned property.

## A Tale of Two Actions by Board of Supervisors

Nov. 19 authorization sought to increase density in Reston's PRC; Nov. 20 - Approval received for new, lower-density project in Reston's PRC.

By MERCIA HOBSON  
THE CONNECTION

**N**ov. 19, 2018-Fairfax County Board of Supervisors Expected to Move Forward on Proposed Reston Zoning Changes

The first release dated Nov. 19, detailed that following 17 months of public engagement the Board of Supervisors is anticipated on Dec. 4 to authorize public hearings for

early in 2019 on proposed zoning changes to increase the maximum allowed 'population' density from 13-persons per acre to 15 in the Reston Planned Residential Community (PRC) District. The board also seeks to increase the limit of dwelling units in Reston's transit station areas planned for mixed-use development. Public Affairs stressed the Dec. 4 meeting "... will not be an opportunity for public input."

"There are approximately 12.46-persons per acre currently in the Reston PRC Dis-

trict based on the number of housing units built, under construction and approved to be built. County planners say the current 13-person cap may soon be exceeded based on development proposals that are under review now." Such reportedly is based on a formula for household size multiplied by the number of housing units divided by the 6,245 acres in the PRC zoning district for Reston. "A maximum, persons-per-acre density ... is uncommon elsewhere and not applicable to any other zoning districts in the county," stated Public Affairs.

**THE SECOND PROPOSED CHANGE** mainly affects the Reston Town Center Transit Station Area. It would increase the limit of 50 dwelling units per acre to 70 in the transit station areas planned for mixed use development. "County planning officials say the Reston PRC zoning change is needed to put into action Reston's Master Plan that accommodates the potential for future growth during the next 40 years, especially around its Silver Line Metrorail stations," stated the release.

SEE FOCUS, PAGE 6

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PHOTO BY CHARLOTTE GEARY/ [HTTPS://CHARLOTTEGEARY.COM](https://charlottegeary.com)

**Santa arrives in the rain accompanied by his many helpers to “Jingle on the Lake” presented by Lake Anne Merchants, Reston, on Dec. 1, 2018. The event is a time-honored Reston classic that families treasure and wait for year after year.**



PHOTOS BY MERCIA HOBSON/THE CONNECTION

**The Lake Anne Elementary School Chorus performs during the classic plaza event, “Jingle on the Lake,” held Saturday, Dec. 1, 2018, at Lake Anne, Reston, VA.**

# Jingle on the Lake 2018 Santa comes through for the children.

BY MERCIA HOBSON  
THE CONNECTION

**L**ake Anne Merchants hosted “Jingle on the Lake” at Lake Anne in Reston on Saturday, Dec. 1, 2018. The very heavy drizzle and rain did not deter parents and little ones. Instead, they came armed with umbrellas to enjoy the classic family-friendly attraction featuring a holiday shopping event, children crafts, choral and orchestra performances, Santa arriving by pontoon boat and more.

Out on Lake Anne Plaza, renowned artist, Pat Macintyre, dressed in a red cape and donning a long velvet stocking cap bent over a table crowded with colorful pom-poms, pipe cleaners, markers, bows and more. Little children squeezed close to the Pied Piper of Art who urged them to create whatever whimsy they wanted and then praised the children profusely. Alexis Craig assisted Macintyre. “Technically, I’m a volunteer,” Craig said. “We are

crafting ornaments.” Melanie Wall, 5, of Reston set about twisting red, white and green pipe cleaners to make a candy cane like one she had recently seen.

Standing on a higher area facing the plaza, the Lake Anne Elementary School Chorus & Orchestra performed a selection of holiday favorites. Chorus Director, Mallory Cave commented after the performance, “These kids, in particular, are a very positive and excited group. They love to sing.”

At the Reston Historic Trust & Museum located at 1639 Washington Plaza, Reston, longtime Reston residents, author/photographer Watt Hamlett and illustrator Jill Olinger Vinson stood ready to sign purchased copies of their children’s book, “Reston A-Z.” Proceeds benefited Reston Historic Trust & Museum.

In the Jo Ann Rose Gallery at the Lake Anne Community Center, 1609- A Washington Plaza, Reston, the buying audience found original fine art and artisan works in a variety of media and a wide range of sizes and price points by accom-



**Hazel Verardi-Cole, 4 of Reston, sits starry eye-ed on Santa’s lap during Jingle on the Lake produced by the lake Anne Merchants. Cole, her family, and Santa are snug and dry inside Reston’s Used Book Shop at Lake Anne Plaza. “This is the first time she sat and spoke to Santa,” said her dad Jon Cole.**

plished creators in the benefit art sale, Gifts from the HeART. Watercolor painter Lassie Corbett ex-

plained that during Gifts from the HeART, the artists themselves sell their works with a portion of the

proceeds going to benefit Cornerstones, the non-profit, Reston-based organization that offers “Hope for Tomorrow Today.”

At noon, Santa arrived in high style, aboard a pontoon boat coursing across Lake Anne accompanied by his paddleboard elves and friends. Santa docked near the bronze statue of Robert E. Simon and eventually made his way to Reston’s Used Book Shop.

Parents and children waited patiently in a long line for their opportunity to have a moment with the man from the North Pole. Santa settled himself in the literary living room of the cozy Reston Used Book Shop at 1623 Washington Plaza on historic Lake Anne. One of the first children to greet Santa was a small girl, Hazel Verardi-Cole 4, of Reston. She sat starry eye-ed on Santa’s lap and quietly talked with him.

“We appreciate Santa making it through the rain by paddle boat,” said Hazel’s dad, Jon Cole of Reston as he watched his daughter. “This is the first time she sat and spoke to Santa.”



**Artist Pat Macintyre, the owner of Reston Art Gallery & Studios, helps Melanie Wall, 5, of Reston learn hands-on how to craft her candy cane ornament made out of pipe cleaners while volunteer, Alexis Craig, 10, of Reston assists with the red bows.**



**Scott Cissel of Reston looks over the watercolors by acclaimed watercolorist and teacher, Lassie Corbett, a member of the Reston Art Gallery & Studios. “I’m looking for Christmas gifts,” said Cissel who added he was at Lake Anne for the Santa meet and greet.**

# OPINION

## Give Locally

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about helping others.

Northern Virginia is among the wealthiest areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence

of the needy families among us.

In Fairfax County Public Schools, more than 54,000 students (29 percent) are poor enough to receive subsidized meals.

Many are children living in families who may be on the brink of homelessness. Some of these are children who may not be sure that they will have a meal between the meals they get at school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts

and plenty that we associate with Christmas and the holiday season.

Many nonprofits in the region need your help to provide holiday meals around Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season, for humans in need, for animals in need, for an environment in need. Here are a few ideas. Please let us know what we have missed.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

### EDITORIAL

## Where to Give Locally

- ❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, [www.cornerstonesva.org](http://www.cornerstonesva.org). Providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Gifts for Kids and annual Coat Drive.  
Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.
- ❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis. Share of McLean will provide holiday assistance to hundreds of needy families this year. In December, Share's families will be welcomed to a festive party, served a light meal, and visit with Santa. Help Share help those in need by fulfilling a wish or donating gift cards. Contact [ShareWishes@gmail.com](mailto:ShareWishes@gmail.com) for more information. Visit [www.shareofmclean.org](http://www.shareofmclean.org) for more info about Share.
- ❖ **Herndon-Reston FISH** (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 [herndonrestonfish.org](http://herndonrestonfish.org). Herndon-Reston FISH has assisted local residents in short-term crises by since 1969. 703-437-0600.
- ❖ **The Community Foundation of Northern Virginia** [www.cfnova.org](http://www.cfnova.org). The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in our region. [www.cfnova.org/for-donors/donate-now](http://www.cfnova.org/for-donors/donate-now)
- ❖ **LINK**, serving Herndon, Chantilly, Loudoun and more. Every year the goal is to provide each family with a week's worth of non-perishable food in December. Children 16 and under receive gifts. [holiday@linkagainsthunger.org](mailto:holiday@linkagainsthunger.org). 703-437-1776 [www.linkagainsthunger.org](http://www.linkagainsthunger.org).
- ❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, [www.cho-va.com](http://www.cho-va.com)
- ❖ **Northern Virginia Family Service**. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. [www.nvfs.org](http://www.nvfs.org). Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500
- ❖ **Second Story** — Second Story (formerly Alternative House) provides shelter and services for

- homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. [second-story.org](http://second-story.org).
- ❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, [www.scov.org](http://www.scov.org)
- ❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. [www.touchingheart.com](http://www.touchingheart.com), 703-901-7355.
- ❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers 703-865-4251 or [volunteer@facetscares.org](mailto:volunteer@facetscares.org). [www.facetscares.org](http://www.facetscares.org). 10640 Page Ave., Suite 300, Fairfax VA 22030
- ❖ **Britepaths** Britepaths is working to assist 800 Fairfax County area families who might otherwise go without December holiday meals and gifts for their children. Sponsor a family or donate to provide a family with a holiday meal and/or gifts for their children. [britepaths.org](http://britepaths.org)
- ❖ **Centreville Labor Resource Center** (CLRC), a safe, organized center where residents and contractors can negotiate work arrangements with day laborers. Centreville Square Shopping Center, 5944 Centreville Crest Ln, Centreville, VA 20121. Phone: (703) 543-6272 Email: [Contact@CentrevilleLRC.org](mailto:Contact@CentrevilleLRC.org) [www.centreville-lrc.org/](http://www.centreville-lrc.org/)
- ❖ **Lorton Community Action Center** (LCAC) will provide holiday assistance to hundreds of families. Christmas food baskets along with fulfilling gift wishes for children and teens will help low-income families. See website for warm coat and Christmas donations and volunteer needs. [lortonaction.org/seasonal-assistance/](http://lortonaction.org/seasonal-assistance/).
- ❖ **Assistance League of Northern Virginia** is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship opportunities, contact [alnorthernva@gmail.com](mailto:alnorthernva@gmail.com) or visit [www.northernvirginia.assistanceleague.org](http://www.northernvirginia.assistanceleague.org)
- ❖ **Comfort for America's Uniformed Services** (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation

- for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, [cause-usa.org](http://cause-usa.org)
- ❖ **Shelter House** provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. It is our mission to get families back into stable housing in order to provide them the opportunity to continue their journey to self-sufficiency. [www.shelterhouse.org](http://www.shelterhouse.org)
- ❖ **Friends of the Fairfax County Animal Shelter**. For more than a decade, the Friends community has impacted thousands of pets; saving lives, easing pain and suffering, and enriching the lives of pets and their humans. (571) 212-9858 [www.facebook.com/pg/FFCAS/about/](http://www.facebook.com/pg/FFCAS/about/)
- ❖ **New Hope Housing**, founded in 1977, is a non-profit agency in Northern Virginia committed to finding creative and lasting solutions to end the cycle of homelessness by offering homeless men, women and children the services they need to change their lives and succeed. 8407E Richmond Hwy., Alexandria, VA 22309 [www.newhopehousing.org/how-to-help/donate/](http://www.newhopehousing.org/how-to-help/donate/)
- ❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. [www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)
- ❖ **Homestretch** is a provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email: [jhenderson@homestretchva.org](mailto:jhenderson@homestretchva.org); 703-237-2035 x125; [homestretchva.org/volunteer/](http://homestretchva.org/volunteer/)
- ❖ **Pathway Homes** providing non-time-limited housing and supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia. Founded in 1980, Pathways currently serves more than 400 adults in community-based homes in Northern Virginia. [www.pathwayhomes.org](http://www.pathwayhomes.org)
- ❖ **Boys and Girls Clubs of Greater Washington Fairfax Area** operates three clubs in the county, Culmore, Chantilly and Mount Vernon, focusing on character and academic success. [www.bgcgw.org/fairfax](http://www.bgcgw.org/fairfax)
- ❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, [info@friendsofguesthouse.org](mailto:info@friendsofguesthouse.org), [friendsofguesthouse.org/](http://friendsofguesthouse.org/)

- ❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at [www.habitatnova.org](http://www.habitatnova.org).
- ❖ **TAPS, Tragedy Assistance Program for Survivors**, 3033 Wilson Blvd., Third Floor, Arlington, VA 22201, Call 24/7 800-959-TAPS (8277) The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. Make a donation to support surviving military families and loved ones. You can also make a gift in honor or memory of a loved one. [www.taps.org/donate](http://www.taps.org/donate)
- ❖ **Neighborhood Health**, 6677 Richmond Highway, Alexandria, VA 22306. The organization partners with its patients to treat the whole person through medical, behavioral health and dental programs. It has 10 clinics throughout Arlington and Fairfax counties. Participating with all insurance including commercial, Medicare, Medicaid, 703-535-5568, [www.neighborhoodhealthva.org](http://www.neighborhoodhealthva.org)
- ❖ **OAR** rebuilds lives and breaks the cycle of crime with opportunities, alternatives, and resources for offenders and their families to create a safer community. 10640 Page Ave., Suite 250, Fairfax, VA 22030, 703-246-3033. OAR needs volunteers and financial donations. [oarnova.org/christmas](http://oarnova.org/christmas)
- ❖ **NAMI Northern Virginia** (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. [www.nami-northernvirginia.org/](http://www.nami-northernvirginia.org/) HelpLine: (571)458.7310, Email: [info@nami-nova.org](mailto:info@nami-nova.org)
- ❖ **PRS**, Inc. exists so that individuals living with mental illness, substance use disorders, and anyone who faces life crises can achieve safety, personal wellness, recovery and community integration. Crisis counseling and connection to supports CRISISLINK When crisis calls, we answer 24/7 Call: 800-273-TALK [8255] Text: "CONNECT" to 85511
- ❖ **Potomac Riverkeeper Network** works to protect the public's right to clean water in our rivers and streams; to stop pollution; to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment. (202) 888-2037 [www.potomacriverkeepernetwork.org](http://www.potomacriverkeepernetwork.org)
- ❖ **Potomac River Conservancy**, 301.608.1188 [potomac.org](http://potomac.org), seeks to improve the Potomac River's water quality by building an impassioned base of river advocates to impart change at the local level.

## Reston CONNECTION

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## COMMENTARY

# Inconvenient But Still True

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



Former Vice President Al Gore titled his book on climate change "An Inconvenient Truth." Many years have passed but the truth he put forth that the climate is changing and that human behavior is causing it may continue to be inconvenient for a few to acknowledge because of personal biases, ignorance or financial interests. But climate change is even more true today than when Gore first focused public attention on it and its causes.

Over the past several weeks I have written three columns in this space on the findings of the Intergovernmental Panel on Climate Change brought together by the United Nations. It issued a report last month, written and edited by 91 scientists from 40 countries and based on a review of more than 6,000 scientific reports, predicting much more dire consequences of climate change much earlier than previously had been expected. Some may see such predictions as inconvenient, but I and most of the world see them as "a warning too dire to ignore."

Last week the federal government came forth with its National Climate Assessment publication of over 1,000 pages produced by 13 federal departments and agencies overseen by the U.S. Global Change Research Program. The researchers found that climate change "is transforming where and how we live and presents growing challenges to human health and quality of life, the economy, and the natural systems that support us." This report that has been produced annually over the past four years

concludes that "humans must act aggressively to adapt to current impacts and mitigate future catastrophes to avoid substantial damages to the U.S. economy, environment, and human health and well-being over the coming decades."

The current federal executive branch continues to ignore this truth. Ideally a national response to climate change could ensure the effectiveness of mitigation and other responses to our country and the globe. Since that seems unlikely in the next few years, state governments must step up. I share the concern that the pace of state action seems too slow, but progress is being made.

Last year in Virginia we moved forward with grid transformation that will allow consumers and utilities to have the information needed to make informed decisions on their electricity usage. The best way to eliminate the need for more electricity is to reduce demand even as the population grows and the economy expands. Since 2015 the solar capacity in Virginia has increased by more than 700 times to 825 megawatts—still a small number, but we are clearly on our way.

What was once described as an inconvenient truth is well documented for all but a few skeptics and is recognized as an emergency by most. I plan to maintain my 100 percent voting record with the League of Conservation Voters and my commitment to making Virginia a leader in ending the behaviors of people and companies that lead to climate change.

given "dominion" over the earth and all its creatures, citing the first story of creation in Genesis 1:26. An alternative to "dominion" is described in Genesis 2:15: "The LORD God took the man and put him in the Garden of Eden to work it and take care of it." We must be gardeners, preservers of God's gifts.

The Faith Alliance for Climate Solutions, a nonpartisan 501c3 organization in Northern Virginia organizes people of faith from more than 70 congregations from nearly every denomination to work together to solve climate change. We do not doubt the overwhelming results of scientific research that climate change is real, that humans are causing it, that it's harming people right now, and it's going to get a lot worse unless we act urgently to be far better stewards, gardeners than we've been. We are called by simple morality and by the core beliefs of

SEE LETTERS, PAGE 10

## LETTERS TO THE EDITOR

### Needed: Action on Climate Change

To the Editor:

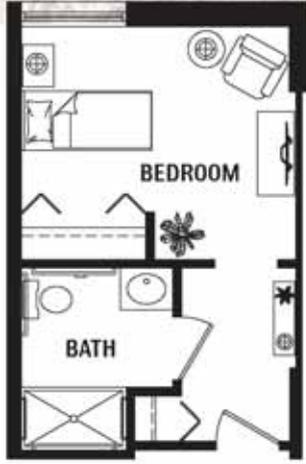
Ken Plum, state Delegate from Reston, wrote several opinion pieces in the Connection on the imperative to act on climate change. He rightly notes that all of us must take personal responsibility for actions to heal the Earth. But he recognizes the special responsibility and urgency that our elected officials in Washington, Richmond and Fairfax have to pass legislation and to enact regulation to avoid the catastrophic consequences projected by the recent report of the Intergovernmental Panel on Climate Change (IPCC).

In Plum's recent op-ed, he observed that some in the faith communities do not believe that God could allow creation to be trashed irreparably by humans who were

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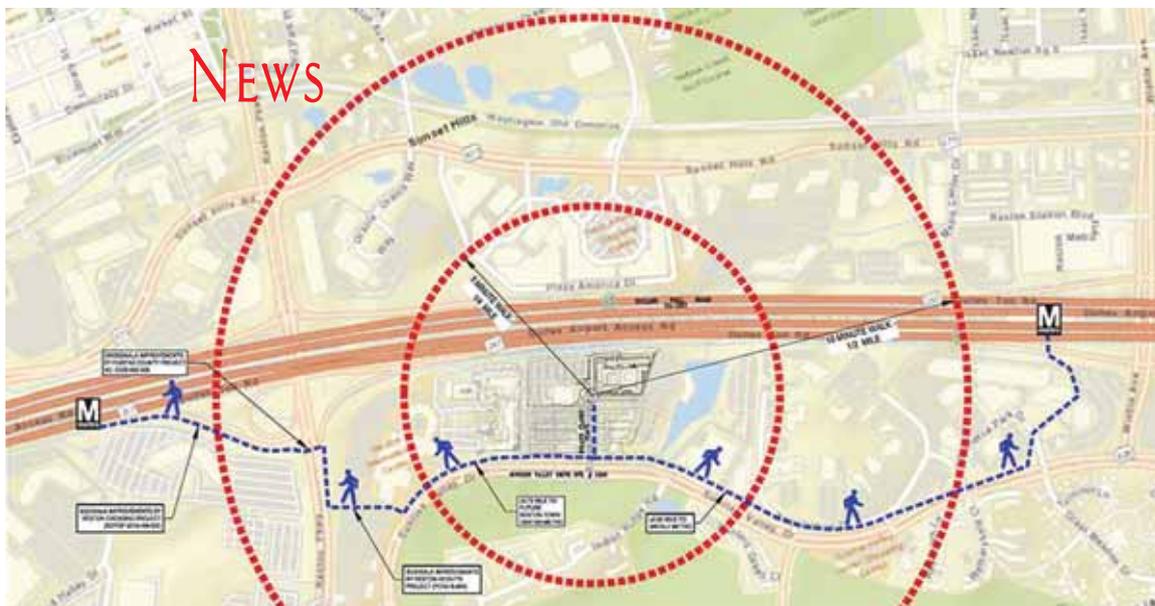


PHOTO BY FAIRFAX COUNTY PUBLIC AFFAIRS

The Woodfield project is located between the Wiehle-Reston East and Reston Town Center Metro stations.

## Focus on Density

FROM PAGE 2

Public Affairs cited officials warned, "If the update isn't ultimately adopted, Reston may lose its unique zoning designation that has shaped the community for the past 50 years... While some residents believe development in Reston would be halted if the zoning ordinance update isn't passed, county planning officials say this is unlikely... Developers may simply seek to rezone properties to other districts to build the development envisioned in the master plan. This could result in a patchwork of different zoning districts across Reston, ending the cohesive zoning that shapes most of the area today."

Nov. 20, 2018, Fairfax County Board of Supervisors approves a "new, lower-density residential development in Reston," in the PRC, the Woodfield Acquisitions Plan

A second press release dated Nov. 20 described the action by the Board of Supervisors in its approval to replace a vacant two-story office building at 1941 Roland Clarke Place, located between the Dulles Toll Road and Sunrise Valley Drive, with a new seven-story, 308-unit apartment building. Public Affairs described the cul-de-sac where the project is as "the hub for new, lower-density residential development in Reston." The Reston Land Development Tracker January 2017 identified the land as a PRC zoned property.

"The apartment's architecture will feature contem-

porary design with a rhythmic pattern of windows and balconies. The plans include a 409-space, eight-level parking garage behind the building, facing the Dulles Toll Road."

**THE WOODFIELD'S BUILDING** will be located between the Wiehle-Reston East and Reston Town Center Metro stations. It will join two other residential developments immediately to the south along Sunrise Valley Drive, Sekas Homes' 34 townhouse community, Sunrise Square on the east side of Roland Clarke Place and to the west of the cul-de-sac, Toll Brothers' 54 townhouses in its Valley and Park development. Woodfield has future proposed plans not yet approved by the Board of Supervisors to remake the adjacent, five-story office building at 1950 Roland Clarke Place.

Although Woodfield's two office buildings sit on a 6.5-acre site previously approved for more than a million square feet in new office and retail development, the Fairfax County Office of Public Affairs stated that according to the development application, "Woodfield pursued residential development because the site wouldn't support commercial uses due to its lack of visibility at the end of the cul-de-sac." The project did set aside a reported 31 percent of the site as open space with .84-acres of parks providing outdoor tables, terraced seating, a water wall, splash pad and reflecting pool.

## Buckingham Joins Richey Property Management Team

David Buckingham has joined the Richey Property Management team. He will be taking on the role of Director of Property Management Operations and will be focusing on expanding the services, improving customer service, and finding new ways to add value to clients. Buckingham was a property manager with McGrath Real Estate starting in 2005 until the company was sold to Long and Foster in 2017. As a member of the McGrath Real Estate for



PHOTO CONTRIBUTED

**David Buckingham**

more than 13 years he lead the repairs team, the inspection team, and eventual he took on a senior property management role. Buckingham has rented more than 400 properties and sold more than 40 properties since beginning his real estate career.

Buckingham has a wealth of knowledge of the Northern Virginia real estate market and the clientele that live here.

You can contact him by email at [David@RicheyPM.com](mailto:David@RicheyPM.com) or call him at 703-763-0679.

### WEEK IN RESTON

## Juvenile Arson & Vandalism Suspects Arrested

The Vienna Police and Fairfax County Police departments have charged two juveniles, a 14-year-old Vienna resident and 13-year-old Reston resident, with several felony and misdemeanor crimes, including arson and destruction of property. These arrests are the result of a cooperative investigation conducted by the Vienna Police Department, Fairfax County Police Department, and Fairfax County Fire Marshal's Office. The charges relate to the fire set Oct. 14 at the former Marco Polo restaurant at 245 Maple Avenue West in Vienna as well as the Sept. 9 vandalism of several buses in the rear parking lot of the same location. Other charges filed relate to the Nov. 4 vandalism of two historic government buildings near Lahey Lost Valley Park, which caused several thousand dollars in damage. The investigation into bomb threats in McLean and Reston is ongoing. The police departments would like to acknowledge the citizens who came forward to provide information about these cases and to thank residents for their patience during this investigation. Anyone who has additional information concerning these cases is asked to contact MPO Juan Vazquez at Vienna Police Department.

## Coalition Demands Consultation on Zoning Change

**Urges Supervisor Hudgins to provide additional data and dialogue.**

**C**oalition for a Planned Reston (CPR), a voluntary group of residents from the Reston Citizens Association, Reclaim Reston, and Reston 20/20 urges Supervisor Catherine Hudgins (D-Hunter Mill) to withdraw her request to place proposed Zoning Amendment on County Calendars. Amendment would enable zoning density up to 15 persons per acre. Numerous County actions agreed upon in small group meetings with Reston residents remain outstanding during the summer of 2018, County officials and represen-

tatives from the Reston Association and CPR met in four working groups to examine significant issues arising from the Revised Reston Master Plan and the proposed Zoning Ordinance Amendment. County officials and the community representatives agreed that additional data and dialogue was needed. Although CPR provided all requested information, the County has not completed its submissions, leaving some 23 open issues. Disregarding her commitment to continue to work collaboratively before moving forward with a zoning change, Supervisor Hudgins announced she has re-

quested County staff to present the proposed PRC Zoning Ordinance amendment to the Board of Supervisors on Dec. 4, 2018 for authorization to advertise public hearings. In its letter to Hudgins, CPR said, "We appreciate the hard work and dedication of our County employees and understand how heavy workloads and competing responsibilities can sometimes delay progress in specific areas. However, this cannot justify failing to conduct the needed research and consultations to which you and the County have committed. In light of this, it is premature and inappropriate to move forward

as you have requested."

Representative of CPR, Bruce Ramo, added, "Moving forward with advertising of the Zoning Ordinance Amendment before the completion of the exchange of information and opinions will undermine the opportunity for effective discourse on possible alternative approaches. To suggest that meaningful dialogue can continue despite having set in motion the official process for approval of the zoning amendment is disingenuous."

Members of the community can learn more about planning and zoning issues impacting Reston and surrounding communities by going to CPR's website <https://plannedreston.wordpress.com/>.

## WELLBEING

# Habits that Stick

## Key to making changing old habits and making new ones.

BY MARILYN CAMPBELL

Standing outside the glass doors of the studio, lit harshly by fluorescent bulbs, Annabelle VanLandingham admits that she is intimidated by a group of women standing in front of her — all model-thin and wearing cropped tank tops that reveal finely toned abs.

“I always feel like I don’t fit it and everybody is staring at me, but this time, I’m really going to stick with it,” she said, acknowledging her failed attempts to make regular exercise part of her daily life.

Vows to change habits are easy to make, but keeping them can seem nearly impossible. Commitments to cooking healthy weeknight dinners give way to the reality of packed schedules, while a morning meditation practice is overtaken by an inability to resist checking email right after getting out of bed. Local human behaviorists say that when it comes to creating habits, understanding how they develop is a first step.

## “If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you’ll definitely be free.”

— Lauren Puglisi, LCSW

“Essentially, a habit is turning a new behavior into something that is done automatically,” said Lauren Puglisi, LCSW. “For example, grabbing a cigarette after dinner or putting on your seatbelt when you get in the car are automatic. You don’t have to talk yourself into doing those things, you do them without even thinking.”

For those who want to make activities like exercising or meditating life-long habits, the key is to begin with realistic and attainable steps. “New habits are best formed in small, manageable increments,” said Jessica McLaughlin, Ph.D. assistant professor of psychology at Montgomery College. “For instance, if you want to develop the habit of exercising, start by taking 10-minute walks instead of promising to exercise for an hour every day. It is easier to form habits if the changes are similar to what you are already doing, as opposed to something that drastically alters your current day-to-day schedule.”

Develop a list specific actions to take, advises Puglisi. “For example, swapping out potato chips and a soda for hummus and whole wheat pita bread for an afternoon snack or taking a 30-minute walk three days each week can be attainable ways to get started,” she said. “Otherwise, you might get overwhelmed and give up.”

“Research supports that it can take approximately two months of daily repetition to develop a habit, but keep in mind that some habits aren’t as easy to make automatic, and may require more time,” added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. “For instance, developing a habit of walking 15 minutes every day may take eight to 10 weeks to become an automatic behavior, but running five miles every day could take much longer.”

## “Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control.”

— Joanne Bagshaw, Ph.D.,  
Montgomery College

Find ways to increase accountability. “Write down your goals and keep [the list] in a visible place where you have a constant reminder and can check off your accomplishments each day,” said McLaughlin. “Tell someone else what you are doing or, better yet, make the change with someone else, such as practicing mindfulness together or eliminating sugary drinks as a team.”

Setting up reminders can help one avoid backsliding, especially when habit formation is in its early stages,” said Puglisi. “If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you’ll definitely be free,” she said. “Set a realistic amount of time to spend meditating, and select a specific meditation. This will make it easy to do quickly and easily, so you’ll have fewer excuses not to do it.”

The company one keeps also plays a role in habit formation. “You’re likely to boost your willpower if you choose to spend time with someone who has strong willpower,” said Bagshaw. “Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control.”

Assess your progress regularly. “Self-monitoring adds to success,” said psychologist Stacie Isenberg, Psy.D. “Writing down what you’ve eaten each day can help you stay honest with yourself. That said, be realistic with your time frames and don’t cause yourself extra stress. If thinking about how you ate during the week on a Friday is less stressful than writing it every day, do that. But do choose a regular time to consider progress and impediments or you’ll be at 2020 without your new habit.”

“It helps to set up the environment to remind you to do the behavior and make it easy to follow through,” said Jerome Short, Ph.D., associate professor of psychology at George Mason University. “For example, put vegetables and fruits on the first shelf you see when you open the refrigerator. You are more likely to eat what you see than what you do not see.”

Don’t forget rewards, says McLaughlin. “Change won’t happen unless you are motivated to make the change,” she said. “This means you have to find what is rewarding for you. You might find that what you are doing is intrinsically rewarding, such as increasing your energy levels or seeing your scale number go down. Other times, you might need to create your own reward, such as getting a manicure when you’ve gone a week without biting your nails.”



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# HOLIDAY ENTERTAINMENT



**Michelle Arnhold as Sugar Plum Fairy in Conservatory Ballet's presentation of The Nutcracker.**



**Emma Sapp as Marie in Conservatory Ballet's presentation of The Nutcracker.**

## Conservatory Ballet's The Nutcracker

Based on the beloved performances by Marius Petipa and Lev Ivanov, Conservatory Ballet's all-children's cast performs The Nutcracker, including three Young Children's Matinee performances for aspiring dancers. Wednesday-Sunday, Dec. 5-9, full-length and abbreviated versions, various times at CenterStage, 2310 Colts Neck Road, Reston. \$17-25. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

### CALENDAR

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

[www.artspaceherndon.org](http://www.artspaceherndon.org) or call 703-956-6590.

#### ONGOING

**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/](http://www.fairfaxcounty.gov/library/) or call 703-689-2700.

**Red Cross Fundraiser.** Through Saturday, Dec. 15 at Craffhouse, 1888 Explorer St., Reston. All three Craffhouse locations in Northern Virginia are donating 10 percent of all bottled beer purchases to the American Red Cross - California Wildfires Fund to assist those affected by the wildfires in California. Call 571-926-9931 or visit [www.craffhouseusa.com](http://www.craffhouseusa.com).

**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. Special events throughout the weekend, join in: Thursdays for College Night, \$2 off admission with a valid ID; Fridays for Rock the Rink with a live DJ; and Saturdays for Cartoon Skate, glide around the ice with The Grinch and Scooby Doo. 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](http://restontowncenter.com/amenities/ice-skating).

#### DEC. 4-JAN. 5

**Photography Exhibit: "National Parks and National Treasures."** Gallery hours at ArtSpace Herndon, 750 Center St., Herndon. 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." Visit

#### WEDNESDAY/DEC. 5

**Holiday Open House.** 4-6 p.m. at the North County Governmental Center, 1801 Cameron Glen Drive, Reston. Join Supervisor Cathy Hudgins, staff, neighbors and friends for a cup of holiday cheer and a nibble of seasonal treats at the Hunter Mill Holiday Open House. Bring a non-perishable food item that will go to local food pantries. RSVP to [huntermill@fairfaxcounty.gov](mailto:huntermill@fairfaxcounty.gov), or call 703-478-0283.

#### WEDNESDAY-SUNDAY/DEC. 5-9

**Conservatory Ballet's The Nutcracker.** Full-length and abbreviated versions, various times at CenterStage, 2310 Colts Neck Road, Reston. Based on the beloved performances by Marius Petipa and Lev Ivanov, Conservatory Ballet's all-children's cast performs The Nutcracker, including three Young Children's Matinee performances for aspiring dancers. \$17-25. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

#### THURSDAY/DEC. 6

**Baby Lapsit.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy nursery rhymes and songs while building early literacy skills for your child. Age Birth to 11 months with adult. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Millennials Book Club.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Title is To Be Announced. Check out a library copy or buy a copy to own. Adults from early 20s to early 30s. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Selling Your Home.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Peggy Yee with Frankly Realty will present a seminar with tips on selling a home. Adults. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

#### THURSDAY-SUNDAY/DEC. 6-9

**Holiday Book Sale.** Thursday, 10

a.m.-8 p.m.; Friday, 10 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; Sunday, 1-3:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Start shopping early with the Reston Friends Holiday Book Sale; browse and buy lots of gift-quality books. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

#### FRIDAY/DEC. 7

**Gymboree Music I.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover melody pitch and rhythm while building a repertoire of joyful songs. Cosponsored by Friends of the Reston Regional Library (FRRL). Age 6-18 months with adult. Free. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Gymboree Music II.** 11:15 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dance and sing to a new musical style each month, including Latin, Rock 'n' Roll and Classical. Cosponsored by FRRL. Age 18-24 months with adult. Free. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Holiday Performance.** 6:30-7:30 p.m., Fountain Square, Reston Town Center. Enjoy live music on the plaza presented by River Bend Jazz and Raven Choir. Visit [restontowncenter.com/events](http://restontowncenter.com/events).

**Santa, Stars, & S'mores.** 6-7:30 p.m. at Runnymede Park. Follow the luminaries to the campfire and Santa. He'll be here to chat with each child, plus storytelling and holiday music. Dress for the outdoors. S'more kits available for sale. In case of inclement weather, event will be held Sunday, Dec. 9 at same time (call 703-435-6866). Free. Call 703-787-7300 or visit [www.herndon-va.gov/events](http://www.herndon-va.gov/events) to register.

#### FRIDAY-SUNDAY/DEC. 7-9

**"She Kills Monsters: Young Adventurers Edition."** Friday-Saturday, 7-9 p.m.; Sunday, 2-4 p.m. in the Herndon High School Auditorium, 700 Bennett St., Herndon. Herndon High presents "She Kills Monsters: Young Adventurers Edition," a contemporary dramatic comedy centered around Agnes Evans, a high

schooler who is longing to learn more about her recently-deceased sister, Tilly. Soon after discovering Tilly's Dungeons and Dragons notebook, Agnes finds herself propelled into a fantastical adventure complete with ominous ogres and bloodthirsty fairies, and she learns more about Tilly than she ever could have imagined. Parental guidance recommended—Contains adult humor and language, violence, and mature themes. \$9, student and \$12, adult in advance at [www.HerndonDrama.org](http://www.HerndonDrama.org) or \$10, student and \$15, adult at the box office.

#### SATURDAY/DEC. 8

**Sing! Books With Miss Emily.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Miss Emily for singing storytime with illustrated songs. Cosponsored by the FRRL Age 2-5 with adult. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Irish Dance.** Noon at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dancers with the Foley Academy of Irish Dance will give a dance performance and lesson. All ages. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Kendra Gives Back.** 1-4 p.m. at Kendra Scott, Reston Town Center, 11924 Market St., Reston. Paradigm Foundation is a faith-based nonprofit launched in 2014 that strives to address the physical needs of the very poor - those who lack the basic necessity of a shelter. 20 percent of sales will be donated to the Foundation. Call 571-599-7792 or visit [paradigmfoundation.org](http://paradigmfoundation.org) or [kendrascott.com/kendra-gives-back.html](http://kendrascott.com/kendra-gives-back.html).

**Introduction to Raspberry Pi.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore the world of microprocessors in this introduction to Raspberry Pi. Learn set-up basics and try out a few favorite retro games. Adults, teens. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Holiday Music Concert.** 4 p.m. at Washington Plaza Baptist Church, 1615 Washington Plaza, Lake Anne Center, Reston. Annual free

community holiday music. Presented by the church choir and professional artists and directed and produced by Ken Williamson. Refreshments following. Visit [washingtonplazachurch.com](http://washingtonplazachurch.com).

**Horse-Drawn Carriage Rides.** 4-9 p.m. departures on Market Street near Clyde's at Reston Town Center. Presented by Reston Town Center to benefit local charities. \$5 per person. Children under 5 ride free. Visit [restontowncenter.com/holidays](http://restontowncenter.com/holidays).

**Opening Reception: "National Parks and National Treasures."** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. 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." Light refreshments served. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) or call 703-956-6590.

**"A Kosher Christmas Cabaret."** 8 p.m. at NextStop Theatre, 269 Sunset Park Drive, Herndon. Funny and heartfelt songs and stories celebrating Jewish life and culture. Tickets: \$25; group (8+) discounts available. Call 866-811-4111 or visit [nextstoptheatre.org](http://nextstoptheatre.org).

#### SATURDAY-SUNDAY/DEC. 8-9

**Holiday Model Train Show.** 10 a.m.-4 p.m. at Herndon Municipal Center, 777 Lynn St., Herndon. Holiday Model train show and the W&OD caboose and Depot Museum will also be open for tours. Free. Call 703-437-5556.

#### SUNDAY/DEC. 9

**Mini-Train Rides.** Noon-4 p.m. departures on Market Street near Clyde's at Reston Town Center. Donated proceeds are all received by Friends of Reston. Presented by Reston Town Center to benefit local charities. Visit [restontowncenter.com/holidays](http://restontowncenter.com/holidays).

#### MONDAY/DEC. 10

**Crazy 8s Club.** 5 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Bedtime Math's Crazy 8s and build stuff, run

# HOLIDAY ENTERTAINMENT

and jump, make music and make a mess. Grades K-2. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## TUESDAY/DEC. 11

**Baby Play and Explore.** 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An hour of unstructured play and social time for babies. Age birth-18 months with adult. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Read to the Dog.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring a book or choose one from the Library. Call or sign up online for a 15 minute session. Age 5-11. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Spanchats.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join an ongoing monthly Spanish conversation group. All levels from beginner to fluent are welcome. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Live Music: The Honey Dewdrops.** 7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Laura Wortman and Kagey Parrish are celebrating their 9th year of touring full time as The Honey Dewdrops. \$10 Members, \$11 non-members at the door or email [DAHurdSr@cs.com](mailto:DAHurdSr@cs.com). Call 703-435-2402 or visit [www.restonherndonfolkclub.com](http://www.restonherndonfolkclub.com).

## WEDNESDAY/DEC. 12

**Wednesday Morning Book Club.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. This month's title is "Fahrenheit 451" by Ray Bradbury. Adults. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Jewelry Making.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Tania Ebrahimian will teach the basics of jewelry making and participants will create an original piece in this hands-on workshop. The library will provide the materials. Adults. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) beginning Nov. 28.

## THURSDAY/DEC. 13

**Baby Steps Story Time.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An interactive storytime for parent/guardian and child. Age 12-23 months with adult. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Holiday Performance.** 6-7:30 p.m., Fountain Square, Reston Town Center. Enjoy songs by the Sunrise Valley Elementary School Chorus, and their FUNdraiser at the Ice Skating Pavilion. Visit [restontowncenter.com](http://restontowncenter.com).

**Tinsel 'n Tinis Annual Holiday Celebration.** 6-9 p.m. at Signature at Reston Town Center, 11850 Freedom Drive, Reston. Join the Reston Chamber for food, martinis, casino entertainment, and un with Chamber friends and colleagues. A portion of the casino proceeds will benefit the chamber's INCspre 501(c)3 educational foundation. Cocktail or business attire. Members, \$75; future member/guests, \$90; \$15 more starting Dec. 8. Visit [www.restonchamber.org](http://www.restonchamber.org).

**Teen Advisory Board.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join TAB to gain leadership and volunteer experience and share ideas about how to make the library a wonderful place for teens. Volunteer hours granted. Age 13-18. Call 703-689-



**Ashleigh Watkinson, of Great Falls, will perform the role of Clara.**

2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## FRIDAY/DEC. 14

**Holiday Performance - Oak Hill ES Chorus.** 7 p.m. at Fountain Square, Reston Town Center. Enjoy live music on the plaza presented by the Oak Hill Elementary School Chorus. Visit [restontowncenter.com/events](http://restontowncenter.com/events).

## FRIDAY-SUNDAY/DEC. 14-16

**"She Kills Monsters: Young Adventurers Edition."** Friday-Saturday, 7-9 p.m.; Sunday, 2-4 p.m. in the Herndon High School Auditorium, 700 Bennett St., Herndon. Herndon High presents "She Kills Monsters: Young Adventurers Edition," a contemporary dramatic comedy centered around Agnes Evans, a high schooler who is longing to learn more about her recently-deceased sister, Tilly. Soon after discovering Tilly's Dungeons and Dragons notebook, Agnes finds herself propelled into a fantastical adventure complete with ominous ogres and bloodthirsty fairies. Contains adult humor and language, violence, and mature themes. \$9, student and \$12, adult in advance at [HerndonDrama.org](http://HerndonDrama.org) or \$10, student and \$15, adult at the box office.

## SATURDAY/DEC. 15

**Handmade Holiday Ornaments Workshop.** 9:30-11 a.m. at Greater Reston Arts Center, 12001 Market St., #103, Reston. Sign up the whole family for this fun workshop led by GRACE staff. Children must be accompanied and assisted by a participating adult. Adults may come on their own and do not need to be accompanied by a child. Registration and fee required at [restoncommunitycenter.com/register-for-classes-activities](http://restoncommunitycenter.com/register-for-classes-activities). Call 703-471-9242 or visit [restonarts.org](http://restonarts.org).

**Holiday Open House.** 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join library staff to celebrate the holiday season with light refreshment, music, entertainment and fun. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Illuminated Cards and Glowing Gifts.** 3:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Create a parallel circuit that illuminates LEDs on a seasonal card or a glowing gift of your own creation. All projects go

## Studio Bleu's The Nutcracker

This performance of The Nutcracker Ballet was choreographed by Troy D. Brown, who has been dancing professionally for over 20 years, and who attended the School of American Ballet in New York, under full scholarship, and is a graduate of the Duke Ellington School. Studio Bleu, located in Ashburn, is a nationally acclaimed dance center, owned by Kimberly Rishi, a resident of Reston. Studio Bleu has been partnering for almost 10 years with Brown's Art of Technique ballet conservatory program. Ashleigh Watkinson, of Great Falls, dances the role of Clara in Studio Bleu Dance Center's in the 2 p.m. performance. A portion of the proceeds will be donated to the Brad Kaminsky Foundation in support of their efforts to fight childhood cancer. Saturday, Dec. 15, 2 and 7 p.m. at Stone Bridge High School in Ashburn. Visit [www.tututix.com/client/studiobleu2018/](http://www.tututix.com/client/studiobleu2018/) for tickets.

home. Cosponsored by the FRRL. Age 12-18. Register at 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) beginning Dec. 1.

**Holiday Play/Sing Along.** 4-5:30 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Join the Reston Community Orchestra for a family-friendly sing-along/play-along of holiday favorites. The audience is invited to bring bells, kazoos or other favorite instruments, as well as their voices. There will be a raffle for gourmet food baskets. Tickets are \$5 or 5 for \$20. Must be present to win. Cookie reception following the concert. Free, donations are appreciated. Call 571-271-9189 or visit [restoncommunityorchestra.org](http://restoncommunityorchestra.org).

**Horse-Drawn Carriage Rides.** 4-9 p.m. departures on Market Street near Clyde's at Reston Town Center. Presented by Reston Town Center to benefit local charities. \$5 per person. Children under 5 ride free. Visit [restontowncenter.com/holidays](http://restontowncenter.com/holidays).

**Opening Reception at GRACE - Mary B. Howard Invitational: STRETCH.** 5-7 p.m. at Greater Reston Arts Center, 12001 Market St., #103, Reston. Five local artists were selected to create a new work responding to the prompt, "If you could do anything, what would that be?" Free, on exhibit through Feb. 9, 2019. Call 703-471-9242 or visit [restonarts.org](http://restonarts.org).

**A Christmas Carol: A Staged Reading Benefit.** 8 p.m. at NextStop Theatre, 269 Sunset Park Drive, Herndon. Fairfax County Public School teachers perform a one-night-only, special staged reading of Charles Dickens' beloved holiday tale. All proceeds benefit the NextStop Education programs and FCPS Theatre Teachers Association. Tickets: \$25; group (8+) discounts available. Call 866-811-4111 or visit [nextstoptheatre.org](http://nextstoptheatre.org).

## SUNDAY/DEC. 16

**Mini-Train Rides.** Noon-4 p.m. departures on Market Street near Clyde's at Reston Town Center. Donated proceeds are all received by Volunteer Fairfax. Presented by Reston Town Center to benefit local charities. Visit [restontowncenter.com/holidays](http://restontowncenter.com/holidays).

**Treble Clefs Holiday Sing-along.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. A night of holiday classics. Recommended donation of \$20. Call 703-956-6590 or visit [www.artspaceherndon.org](http://www.artspaceherndon.org).



COURTESY PHOTO

**Chef on Wheels Tacos & More restaurant is located at 1810 Michael Faraday Dr., Reston.**

# Tacos, Tacos, and More Tacos

## Restaurant Review: Chef on Wheels Tacos & More.

BY ALEXANDRA GREELEY  
THE CONNECTION

In November 2017, an orange food truck called Chef on Wheels that had been parked at a small business center on Sunset Hills Road off Michael Faraday Drive in Reston heralded something new, the opening of what has become a busy-busy eatery known as Chef on Wheels Tacos & More. This business took over the empty brick-and-mortar space of an earlier restaurant, a site that had remained empty for some time.

Suddenly, tacos became the in thing, something patrons understand who come by at lunch time. Jammed to the gills, the small eatery is feeding the hungry hoardes looking for just-cooked and reasonably priced Tex-Mex/Mexican fare. Patrons can even drop by between meal hours, and find a customer or two eating in or ordering out.

Living up to the restaurant's name, the taco is the big deal here, underscoring the importance of the eatery's business. Tacos, tacos, and more tacos, and the best options are for patrons to pick their own filling. Choices include chicken, barbecued chicken, steak, ground beef, fish, vegetables, chorizo, barbecued brisket, and for an extra \$1, shrimp. Two stuffed tacos cost \$7, three cost \$9. And adding the third is a real bargain for the hungry.

Customers can also select either a corn or a flour tortilla for their taco delight, and dig into a terrific meal. After all, tacos

are so important here because the website says this: "There is no love more sincere than the love of tacos." That about says it all.

Also on the menu the chef/owner Chef Basir Ahadi offers burritos, based on flour tortillas that are the base in a bowl topped with a filling or used to wrap around the filling with rice, black beans, corn, cheese, sour cream, salsa, and the choice of protein. For those who like a mild kick, try the chorizo filling. And the chef has added a new burrito called the California burrito that comes with French fries as part of the filling.

A robust salad with protein options, organic mixed greens, cucumber, black beans, corn, and chipotle ranch dressing is a beckoning option for folks who like their salads. Other menu choices include chimichangas (a large burrito typically deep-fried) with a choice of one of three meat fillings and refried beans and rice; and a quesadilla filled with cheese or a meat choice that adds \$3 to the basic charge.

If only the chef would add a sweet, like wedges of tres leches cake or Mexican wedding cakes (cookies). That would really wrap up the mealtime with an exclamation point. Note to newcomers: because of mealtime crowds, you may want to come before or after the biggest rush hours, or plan to take out your goodies.

*Chef on Wheels Tacos & More, 1810 Michael Faraday Dr., Reston. Phone: 571-665-5174. <https://www.chefonwheelsva.com>*

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## WEEK IN RESTON

### Juvenile Arson & Vandalism Suspects Arrested

The Vienna Police and Fairfax County Police departments have charged two juveniles, a 14-year-old Vienna resident and 13-year-old Reston resident, with several felony and misdemeanor crimes, including arson and destruction of property. These arrests are the result of a cooperative investigation conducted by the Vienna Police Department, Fairfax County Police Department, and Fairfax County Fire Marshal's Office. The charges relate to the fire set Oct. 14 at the former Marco Polo restaurant at 245 Maple Avenue West in Vienna as well as the Sept. 9 vandalism of several buses in the rear parking lot

of the same location. Other charges filed relate to the Nov. 4 vandalism of two historic government buildings near Lahey Lost Valley Park, which caused several thousand dollars in damage. The investigation into bomb threats in McLean and Reston is ongoing. The police departments would like to acknowledge the citizens who came forward to provide information about these cases and to thank residents for their patience during this investigation. Anyone who has additional information concerning these cases is asked to contact MPO Juan Vazquez at Vienna Police Department.

### Sun Dance to Present a Holiday Benefit

Sun Dance Performance Company is raising awareness of Lyme disease and funds for the Global Lyme Alliance through its song and dance benefit performance, "HollyDays & Mistletoes." The performance will be Saturday, Dec. 8, 7 p.m. at the Herndon Senior Center Performance Venue, 873 Grace Street, Herndon

The performance is free and open to the public, but a suggested \$15 donation for Global Lyme Alliance would be appreciated. Free parking, refreshments and raffle prizes from local businesses.

At 11 a.m., Friday, Dec. 7, Sun Dance is performing "HollyDays & Mistletoes" at the Herndon Senior Center exclusively for Fairfax County senior citizen group members. The concert is free to attend for members who have reserved their seating in advance through their respective town's senior center, or by calling Herndon Senior Center directly at 703-464-6200. There will be door prizes and refreshments.

Lyme disease is one of the most controversial illnesses in the medical community which makes navigating the entire process much more difficult for those affected with it. Most insurance companies only cover the cost of antibiotics for 14-30 days as Lyme has been officially deemed a "short-term illness."

However, there are many long-term patients with disabling complications involving the functionality of the brain, heart and joints. Elena Dolores, a vocalist with Sun Dance Performance Company, was diagnosed with Lyme disease at the age of 11. She is now 23 and has been living with the debilitating conditions of chronic Lyme disease for more than half of her life.

Global Lyme Alliance (GLA) - funded projects have led to unprecedented advances in such areas as prevention, diagnosis and treatment of tick-borne illnesses. <https://globallymealliance.org/>

### Girls on the Run Named FCPS Community Partner of the Year

Girls on the Run of NOVA (GOTR NOVA), a program aimed to inspire girls to be joyful, healthy, and confident, was awarded the 2018 FCPS Community Partner of the Year award. This award was presented to GOTR NOVA at the last week's The Foundation for Fairfax County Public Schools 2nd Annual The State of Education Luncheon. The Foundation's Community Partner of the Year award honors a non-profit community organization that has demonstrated outstanding leadership and service to Fairfax County Public Schools.

Last year, Girls on the Run of NOVA offered its program at more than 60 Fairfax County Public Schools, where 2,200 girls participated and 330 of them received financial aid directly from Girls on the Run of NOVA. GOTR NOVA envisions a world where every girl knows she has the ultimate power to be her best.

"This award is such an honor. We value our long-standing partnership with FCPS because they understand that Girls on the Run is so much more than

just a running program. Together with FCPS we've been able to provide a space for girls to gain a better understanding of how powerful they are and what's important to them, the value of teamwork and healthy relationships and how they can have a positive impact on the world," says Katey Comerford, GOTR NOVA Executive Director.

GOTR NOVA is now preparing for their Spring 2019 season with teams forming throughout the region. Visit their website, [www.gotrnova.org](http://www.gotrnova.org), for more information on starting a team. GOTR NOVA works to engage the entire community to positively impact the health and well being of the girls of Northern Virginia, their families and communities, and the volunteer coaches who serve them. GOTR NOVA is a 501(c)(3) non-profit organization serving more than 65,000 girls since 2000 and an Independent Council of Girls on the Run International, a network of more than 200 councils across 50 states and the District of Columbia.

## LETTERS

FROM PAGE 5

our faiths to be stewards and servants of creation, not exploiters and polluters.

It's essential that Delegate Plum and his colleagues in the House of Delegates and Senate press enactment of legislation to promote alternatives to fossil fuel extraction and burning, reduce single use plastic and other waste streams, and strengthen the sustainability and resilience of our communities to the public health threat of ex-

treme weather. Air pollution in Virginia, such as the million tons of greenhouse gases coming from the Covanta trash incinerator and the 300,000 tons of incinerator ash every year piled up on the I-95 landfill sickens children and elderly, lengthening and heightening the asthma season. Heat waves in Virginia sicken and kill people who work outside — construction, agriculture, landscaping workers. We need action in Richmond, Delegate Plum.

**Eric Goplerud**  
Reston

## Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.

By e-mail:  
[north@connectionnewspapers.com](mailto:north@connectionnewspapers.com)

## 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.

### HOLIDAY DONATIONS

**Toys for Tots Drive.** Through Friday, Dec. 7, U.S. Marine Corps Reserve's annual campaign, donations of unwrapped toys are being collected in Reston Town Center building lobby boxes until their Donation Day event on Friday, Dec. 7. Visit [restontowncenter.com](http://restontowncenter.com) for more.

**Blanket and Coat Drive.** Through Dec. 8. Organized by NOVA Relief Center, blankets and coats will be sent to refugees in three camps in Jordan this winter. Blankets and coats should be new or gently worn. Monetary donations are also needed and may be made to NOVA Relief Center online and at some drop-off locations. For drop-off sites or to make a tax-deductible donation, visit [novareliefc.com](http://novareliefc.com).

**Toys for Tots Drive.** Through Dec. 10. Area Sheehy Auto Stores will collect new and unwrapped toys to benefit the U.S. Marine Corps Reserve Toys for Tots Program, which will distribute those toys as gifts to less fortunate children in the community in which the campaign is conducted. Sheehy's Toys for Tots drop-off locations include:

♦ Sheehy INFINITI of Chantilly, 4145 Auto Park Circle, Chantilly

**Toys for Tots Drop Off.** Through Dec. 12 at National Realty, 11890 Sunrise Valley Drive, Reston. Stop by any weekday from 9-4 and drop a new, unwrapped toy in the donation box in the lobby. All toys will be distributed to needy children within Loudoun County and to Herndon & Reston children via the non-profit Herndon-Reston FISH, Inc. Toys should be for the ages of newborn to 16. Call 571-205-8874 for more.

**Toy Drive.** Through Friday, Dec. 14 at local Weichert, Realtors offices. Members of the community are invited to drop off new, unwrapped toys at the company's sales offices. The toys will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. To find a local office, go to [www.weichert.com/offices/](http://www.weichert.com/offices/).

### 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](mailto:burgessgl@verizon.net) or visit [www.alnv.org](http://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](http://www.gofundme.com/preserve-lakeside-pharmacy-icons) to assist in their preservation. Thank you for your help!

### WEBINAR

**Online Salary Negotiation Workshop.** AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](http://salary.aauw.org).

### WEDNESDAY/DEC. 5

**Adoption Information Meeting.** 7-8:30 p.m. at Reston Regional Library Meeting Room, 11925 Bowman Towne Drive, Reston. ABC Adoption Services and Carolina Adoption Services will provide information about domestic adoption in Virginia and international adoption from South Korea, China, Uganda, Ghana, Moldova, Bulgaria, Armenia and Haiti. Free. Call 703-608-4494 or visit [www.carolinaadoption.org](http://www.carolinaadoption.org) for more.

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## Scared to ...



By KENNETH B. LOURIE

And that's what worries me. There's a part of me (too big a part, I'll admit), that rationalizes not going to the doctor as a means of preventing an untimely death.

Oh, don't get me wrong. I go to the doctor as often as needed. In fact, I've been commended as being a very "compliant" patient, meaning I show up for my appointments (apparently some patients don't). And I will continue to do so.

However, this column is not about the appointments I do make, it's about the ones I don't make.

Huh?  
 Let me clarify. I am referring to the voluntary-type appointments that I schedule myself – at my discretion, when some symptom or other, relating to cancer or not, manifests itself. The symptom which forces me to consider my own mortality because it's "presenting" at a time and place at which my oncologist is unaware.

The kind of symptom which, were I not a cancer patient, I wouldn't give a second thought (let alone a first thought). But since I am a cancer patient, whatever the symptom is – and I mean any and all symptoms: small, medium or large, it must be "the cancer" as "Forrest, Forrest Gump" characterized his mother's cause of death, and therefore, can't be minimized. In point of alternative fact, it must be maximized, and in that maximization comes anxiety and fear and every other stress-related emotion you can imagine.

Nevertheless, just as George advised Jerry in a long-ago "Seinfeld" episode on how to beat a lie detector test: "It's not a lie if you believe it," so too do I employ a similar strategy: if I don't go to the doctor and get evaluated then the symptoms I'm experiencing can't be confirmed as cancer. And if my symptoms can't be confirmed as cancer then I have much to less to worry about than if they were. The symptoms are simply the same kind and frequency as non-cancer patients experience and do not represent a slippery slope for yours truly.

I suppose there's a part of me (the irrational, unreasonable and illogical part) that believes if I don't make any extra-curricular-type visits to any of my doctors then my cancer can't get worse and I can continue to go on living as if I've not been diagnosed with a terminal disease: non-small cell lung cancer, stage IV.

It reminds me of my late father's philosophy concerning automobile maintenance. If he never takes the car in for service, the mechanics will never find anything wrong with it. It's a version of what you don't know can't hurt you.

Well, in the cancer world in which I live 24/7, it all can hurt you and it can do so on its own timetable; when you least expect it and when you most fear it.

As yet another attempt to explain why this column has been written. For the past three weeks I've had persistent cold symptoms.

Since the symptoms never got any worse (though my fear did), I went along, tissue in hand, until my voice got so hoarse and weak that my wife, Dina – to her credit – insisted that I visit my internal medicine doctor and email my status as well to my oncologist. All of which I've done.

So far, nothing conclusive to report.

I've been prescribed some pre-pneumonia pills, have had a CT scan of the neck (per my oncologist's direction), results for which have not YET been received, am seeing an ENT doctor next week and am puffing Flonase into each nostril twice a day. My symptoms have not totally subsided but neither have they gotten worse – unlike my anxiety.

I really don't think there's anything wrong with me medically; mentally however, is another matter.

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

**Photographed: Jeff Bentley, Northwest Federal President & CEO and members of the credit union staff presented the donation to Cornerstones CEO Kerrie Wilson and members of the Cornerstones staff on Friday November 16<sup>th</sup>.**



PHOTO CONTRIBUTED

## Northwest Federal Donates \$2,500 to Cornerstones for 50 Thanksgiving Meals

Northwest Federal Credit Union recently donated \$2,500 in food and grocery store gift cards to Cornerstones to support their Thanksgiving Basket Food Drive. The donation will feed fifty local families. Northwest Federal employees helped collect food during the drive as part of their ongoing partnership with Cornerstones. “We are honored to continue our support for Cornerstones and those with food inse-

curity in our local community by participating in the Thanksgiving food drive,” said President and CEO of Northwest Federal, Jeff Bentley. “By providing families with ingredients for side dishes and dessert and empowering them to use gift cards to choose their main dish, Cornerstones strikes the right balance in making Thanksgiving dinner a reality for families in need.”

### LETTER

## Farewell to the Patrons of the Reston Regional Library

To the Editor:

After 35 years in children’s services and 20 years at the Reston Regional Library, on Nov. 13, 2018, my treasured sidekick of 32 Years, Busia Bear (Some older children may call him a three handed puppet who can wave, hug and blow kisses, but he has always and always will be real to me.) and I hibernated into retirement!

From our monthly evening Family Story Times together to outreach programs at the Greater Reston Arts Center and the Embury Rucker Shelter; from Busia Bear’s Annual Film Festival and “Noon” Year’s Eve Extravaganza to his Bewitching Halloween Ball, and everyone’s eager participation in his Jingle Bell Orchestra, oh, wasn’t it wondrous?

Wasn’t it fun?

Every story time is great but sometimes they are magic! Thank you, dear parents and children for sharing in the magic for all these years!

It has been my privilege, my honor and above all, my great joy



**Hibernating Into Retirement**

to present to you what I considered to be the best in children’s books and stories and song and, yes, enthusiastic reader’s advisory.

I was humbled by your continuous support and want you to know that as Busia Bear and I settle down for a long winter’s nap, we shall be warmed by the memory of our times together.

Let us end with a poem that often ended many of our story times. Written almost 100 years ago by Strickland Gillilan, it will always speak to each new generation:

“You may have tangible wealth untold: Caskets of jewels and cof-

fers of gold.

Richer than I you can never be, I had a mother (I had a father; I had parents) who read to me.”

And just when you think that great books are no longer being written, well they most certainly are and continue to be found at the Reston Regional Library!

So, Read On, my dear library patrons and friends!

A Wonder-FALL to you all!

Love,

**Busia Bear and Marcia Wines**  
Monrovia, Md.

## The Source of Light

BY RABBI LEIBEL FAJNLAND,  
DIRECTOR OF CHABAD OF RESTON-HERNDON



PHOTO CONTRIBUTED

**Rabbi Leibel Fajnlend**

In the span of life there are times when we experience great joy and optimism. We are surrounded by friends and a healthy support network, successful in our relationships, and satisfied with our personal and professional progress. During these times, we find ourselves coasting along with nary a worry or concern.

But what of those times when we are beset by doubt and insecurity? When friendships dry out, and professionally we are stagnating. How do we pull ourselves together when we fall into a funk at home and at work, encountering failure and unhappiness, perhaps even rejection and abandonment? Where do we find light, when we feel as though our own light has been snuffed out, and we are left groping in the darkness?

This isn’t a new question. It has been asked since the dawn of time. Some say that in these moments of weakness we must seek our strength in G-d, others suggest we create it within ourselves, and yet others say the answers are to be found in the universe or nature.

Judaism has a unique and novel approach. The Torah teaches that our light need not be kindled from an outside source, it is already burning within. And so long as man lives it is never extinguished. We call this eternal and inimitable spark the soul.

King Solomon wrote “The light of G-d is the soul of man.” When you seek strength in times of weakness, do not look for G-d outside of yourself. Look for G-d within, because that is where He is, and will always be found. Your soul always shines, it always burns. It continues to radiate even when it isn’t visible.

This is the message of Chanukah. When the writing on the wall seems to tell you that you have failed, and that you may as well resign yourself to the ensuing despondency, reject the script.

Your adversary may be “mightier than you, more numerous, and better trained”, but that is not a guaranty of their victory. Know that the wellspring of resilience and the bottomless reserve of spirit that is at the core of your being, can push you passed the finish line. You have G-d’s light within. That is what brought victory to the Maccabees of old. And it will do the same for us in our days.

## Community Chanukah Events

### LATKE & MOVIE NIGHT

Join us for a great night of Chanukah enjoyment. In the warm glow of the Menorah, enjoy a full Latke bar adorned with tasty toppings, and watch the screening of a great film “Above & Beyond” produced by Nancy Spielberg. A tale of heart, heroism, and high flying Chutzpa.

Date: Thursday Dec. 6, 7 p.m.

Fee: Gratis

### CHANUKAH ON ICE & OUTDOOR MENORAH LIGHTING.

Join us and enjoy, ice-skating to lively Chanukah music with family and friends. Grand Menorah lighting with special guest Menorah lighters.. Hot latkes and donuts.

Dreidels and Chocolate Gelt for all. Grand Raffle and more.

At the Reston Town Center Ice Skating Rink.

11900 Market Street, Reston, VA 20190

Sunday Dec. 9th 4:30-6 p.m.

Admission: FREE. \$12 skating fee.

Visit [www.chabadrh.org](http://www.chabadrh.org) for information on all our events or to reserve.

For more information on the above events, call Rabbi Leibel Fajnlend at 703-476-1829, visit [www.chabadrh.org](http://www.chabadrh.org), or write to Rabbi@chabadrh.org.