

Reston CONNECTION

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Santa's elf, (Imani O'Neal, a Fairfax County Park Authority employee) holds her lantern shining a light on one of the wooden elves created through a Park Authority-wide effort for the winter light show, Starlight Express at Lake Fairfax.

Board Starlight Express at Lake Fairfax

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It's s'mores time for the Drake family of Reston, Dan and Jessica with children Nolan, 3, Elliott, 2, before they settle in for a ride on the Starlight Express at Lake Fairfax.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Board Starlight Express at Lake Fairfax

It's a magical winter light show and more.

BY MERCIA HOBSON
THE CONNECTION

Fairfax County Park Authority presented its new magical winter light show, "Starlight Express at Lake Fairfax," Saturday evening, Dec. 7. Families got in the holiday spirit as they climbed aboard tractor-driven wagons. Riding in comfort, they viewed a section of the park decked out with illuminated stars, original handcrafted wooden forms such as the colorful tall toy soldiers created through a Park Authority-wide effort and inflatables. Holiday-themed characters greeted viewers.

"My parents, (Cindy and Chip Paris) are in town from Ohio," said attendee April Schroeder of Springfield as her husband Shane held daughter, Harper, 2. "Fairfax County has so many activities. It was hard narrowing down which park event to go to tonight." Wiggling in dad's arms, Harper stretched her arms out toward the tractor illuminated in strings of green lights and called out, "I'm ready to go on the tractor."

The Park Authority offered additional holiday cheer at the light show beyond the much-anticipated wagon ride. Dan and Joanna Drake of Reston helped their children, Elliott, 2, and Nolan, 3, prepare s'mores. They showed their children how to rotate the skewered marshmallows over the campfire fire, slow and low. The couple let the cubes of gooey mess catch on fire for a crispy outside, followed by a quick blow and placement between graham crackers bedded with a chocolate bar.

After wiping off sticky fingers, Joanna Drake explained why she picked the light show at Lake Fairfax. "We saw the event online, and it seemed like fun. There are marshmallows and tractors too... The boys love both. It was a win-win," said Drake.

While families gathered at the campfire and awaited the return of the wagons that arrived back every 20 minutes or so that would take them through the winter wonderland of lights, they warmed up with hot cocoa and took time to visit with Santa who sat near the campfire.



Ally Paruti and Chrissie Baaklini, both 13 and of Vienna, visit with Santa (aka Jason Bruno), Fairfax County Park Authority staff, at the Starlight Express at Lake Fairfax in Reston.

With no long lines like at the mall, parents overheard real conversations between their children and the man from the North Pole. Even teens settled in beside Santa. Vienna friends Ally Paruti, 13, and Chrissie Baaklini, 13, sat beside Santa for a chat. Ally's, dad Mike captured the moment in a photo.

Park Manager Dan Grulke looked over the setting. Asked about the event and being out in the woods under the starlit sky Grulke said, "The staff at Lake Fairfax Park always enjoys putting on festive events for the public of all ages."

Santa agreed. "I love being at the "Starlight Express at Lake Fairfax."

The event recurs weekly on Fridays and Saturdays through Dec. 15 from 5- 8:40 p.m., 1400 Lake Fairfax Drive, Reston. Space is limited; register in advance at Fairfax County Partakes or call 703-222-4664 or 703-471-5415 x 0.



PHOTO COURTESY RESTON ASSOCIATION

Harry P. "Hank" Lynch.

Lynch Named Reston Association CEO

Harry P. "Hank" Lynch has been named Chief Executive Officer for Reston Association. The Board of Directors unanimously voted in favor of hiring Lynch after a 9-month search to fill the vacant position — according to Association's announcement on Tuesday, Dec. 11.

Lynch is a resident of Norfolk. He most recently held the position of CEO for Farm Sanctuary, which is the nation's oldest and largest farmed animal welfare, education and advocacy non-profit organization with operations across the country and offices and farms in New York, New Jersey and California. Lynch's previous executive experience includes the top positions at The National Maritime Center in Norfolk and at Stan Hywet Hall & Gardens in northeast Ohio. Lynch holds undergraduate and graduate degrees in horticulture, including design, public administration and museum management. He began his career as a horticulturist and ISA certified arborist. His degrees are from the University of Maryland and the University of Delaware where he was selected into the celebrated Longwood Gardens Fellowship program.

"We are thrilled to have found what we believe is a great match for Reston Association," said RA Board President Andy Sigle. "Hank is passionate about the concepts that make up our Reston Essential Elements; environmental stewardship, recreational amenities, design excellence, appreciation of the arts, diverse housing opportunities

and accessibility. He is a proven leader. We look forward to working together to guide our community forward."

"I am so very pleased to have earned the trust of the Reston Association Board of Directors and been given the opportunity to serve this unique and inspiring community," said Lynch. "I am excited to be joining a highly professional staff and accomplished Board in protecting Robert Simon's revolutionary vision for Reston and to provide the leadership necessary to keep its brilliance shining."

During his 25-year career, Lynch has partnered with government officials on complex public/private projects. He has been active in fundraising efforts and in promoting diversity and inclusion within the organizations he has helped grow.

Lynch is currently a volunteer for the USO of Hampton Roads and Central Virginia and has been active in various other volunteer efforts since 1996. He has also completed additional advanced executive leadership and management training at both Harvard University and the University of Pennsylvania.

Lynch replaces Cate Fulkerson, who resigned from RA in February after serving as CEO since 2013. Lynch will be moving to Reston and begin work at RA in January 2019. He will report to the nine-member RA board. Larry Butler, the association's Senior Director for Land Use and Planning, has been serving as acting CEO.

OPINION

Holidays Speed By

Every year is Election Year in Virginia; sometimes every month ...

Our last live newspapers of 2018 will come out next Tuesday and Wednesday, Dec. 18 and Dec. 19. Editors are already working on hundreds of submissions for our Children's Connections, which will come out in the days between Christmas and New Year's. Our first regular newspapers will come out in the first week of January, 2019.

Don't miss our holiday calendars in these weeks, with so many local things to do.

Among things to do is to watch for a Special Election Day on Tuesday, Jan. 8, to fill the unexpired term of the 33rd District seat in the

Virginia State Senate, as Jennifer Wexton vacates that seat to head to U.S. Congress in Virginia's 10th District.

On Election Day polls are open from 6 a.m. until 7 p.m. Joe T. May (R) faces Jennifer B. Boysko (D). If Boysko should win, another Special Election will be scheduled to fill her seat in the Virginia House of Delegates. www.fairfaxcounty.gov/elections/upcoming

And later in 2019, every seat on the Fairfax County Board of Supervisors, every seat on the School Board, every seat in the Virginia House of Delegates and Virginia Senate, and more are

up for election. We already know that there will be significant turnover, with many new candidates to get to know. Primaries will likely be in June.

The 2019 session of Virginia's General Assembly begins Wednesday, Jan. 9, 2019.

For families, we can point you back to holiday happenings; breathe and enjoy some hot chocolate with your children and neighbors.

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EDITORIAL

What Is Your Opinion?

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



COMMENTARY

that event.

The opening of the 2019 session of the General Assembly is rapidly approaching, just a little over a month away! This session, held during the 400th anniversary of the founding of a representative legislative body in Jamestown in 1619, is shaping up likely to be a transitional if not transformative one. The heightened awareness of the public on issues and the widened interest in public participation in civic matters add to the importance and significance of the General Assembly meeting this coming year beginning on Jan. 9.

While I gather information on issues of public concern throughout the year from talking with individuals and groups, I have found that leading up to the legislative session is a time when others want to step up and make their opinions known. That's why Sen. Janet Howell and I sponsor a community meeting twice each year and encourage public testimony. As has been announced in my newsletter and on social media, we will be meeting with constituents Wednesday evening, Dec. 12 from 7:30 to 9 p.m. at the Reston Community Center at Lake Anne. All are welcome. No advanced registration is required.

Likewise, you can make your views known to the entire Northern Virginia delegation on Jan. 5. Pre-registration is recommended as there are many people who offer testimony at

the survey through my website, www.kenplum.com and click on Legislative Session Survey (top right). The information gathered through the survey is helpful to me not as a poll, but as an opportunity for anyone to express an opinion.

Polling information is valuable to get the overall pulse of the community. The most recent poll of Virginia voters on issues that primarily affect the Commonwealth was conducted by the Wason Center for Public Policy at Christopher Newport University. The poll found that 81 percent of Virginians sampled support ratification of the Equal Rights Amendment. There is a strong advocacy effort underway throughout the state to make Virginia the 38th and final state needed to ratify the amendment. As a supporter of the ERA throughout my legislative career, I look forward to the amendment getting out of committee and being voted on by the entire legislature.

My effort going back to the beginning of my legislative career to establish a nonpartisan redistricting process to draw legislative boundaries has the best chance of approval ever. Nonpartisan redistricting has the approval of 78 percent of voters. Amending the constitution requires legislative ap-

SEE PLUM, PAGE 7

Election Drama in Reston

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/
HOST



INDEPENDENT
PROGRESSIVE

There are storms brewing in Reston. Long-time Hunter Mill District Supervisor Cathy Hudgins has generated a great deal of unrest by attempting to force a zoning density change that could put Reston on a path to a tripling of its population. Imagine a Reston with 180,000 inhabitants instead of our current 62,000. In addition, there is concern among Fairfax County's large immigrant population and their supporters about County law enforcement cooperation with ICE and over 12,000 Fairfax residents being processed for deportation. Ms. Hudgins is said to be sympathetic to their plight but unwilling to support further action to reduce cooperation with ICE.

With 2019 Supervisor elections just around the corner and several incumbent Supervisors announcing their departures (including Democrats Sharon Bulova and Linda Smyth, and Republican John Cook so far), potential candidates are surfacing among Democrats to replace Ms. Hudgins. She, however, is being coy, refusing to disclose whether or not she will run for re-election. I suspect the last thing she wants to do is announce retirement and be seen as a lame duck for nearly a year. Her dithering makes it tough for a couple of possible candidates who would like her blessing before launching campaigns to replace her. One of them is a former Fairfax County planning commissioner very interested in running. The other is a long-time incumbent political appointee on another Fairfax County commission.

I am also aware of three aspir-

ing candidates who oppose Hudgins' positions, e.g., on zoning density and immigration and could well challenge her in a Democratic Primary.

These folks just might take advantage of Hudgins' vacillation. That is, one or more of them could announce they are running, even before the new year, and go on the offensive on the zoning and /or immigration issues, thus building name recognition and support before Hudgins anoints an heir. One of the three would-be insurgents is a proven Reston Association Board leader and may have a leg up on the others in civic work experience and name recognition.

We have a long way to go to primary season, likely June 2019, and even further to the November 2019 general election when all state legislators will be up for election as well.

It seems to me, however, that the suspense and action will be in the Supervisor scrap as there is little doubt that incumbent Restonians Del. Ken Plum and State Sen. Janet Howell again will run for and cruise to re-election. But it is quite conceivable that the big picture in Virginia could include Democrats taking control of both the Senate and House of Delegates. All they have to do is add a total of five seats to capture both chambers.

Meanwhile, the turmoil continues at Lake Anne. In addition to the ongoing dispute and talk of legal action between a dissident group of Plaza merchants and the condominium leadership, there is now a major election controversy.

SEE LOVAAS, PAGE 7

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CONNECTION

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Getting a Bathroom Ready for Holiday Guests

Sprucing-up a bathroom without a renovation.

BY MARILYN CAMPBELL

Amid the tree-trimming, wreath hanging and stocking stuffing in an effort to deck the halls in anticipation of holiday guests, there's one space that can be forgotten: the humble bathroom. While not as festive as hanging garland, a few simple tweaks can transform a bathroom from glum to guest ready.

"Hands-down, the easiest way to spruce up a bathroom with little or no expense is to de-clutter," said Anne M. Walker of Anne Walker Design. "You'll be amazed how beautiful your bathroom looks if you clear away all of the items sitting on the countertop and around the room."

To help with that effort, Walker suggests investing organizational items such as Lucite or bamboo trays and drawer inserts so that personal items can be kept out of sight.

For those with a budget and time to allow for it, Walker suggests a fresh coat of paint or new wallpaper. "That can make a huge visual impact in a bathroom," she said. "Since the space is so small, and it's a room where you don't spend long periods of time, you can have fun with interesting colors and patterns."

Also think about painting just one wall as an accent or the ceiling," said Todd Martz of Home on Cameron in Alexandria. "[Add a new] mirror, such as a decorative or colorfully framed mirror or one that runs from floor to ceiling, for a fresh look."

He also suggests updating a bathroom's lighting to make the space feel bright and airy.

Another practical tip that Walker offers is a good, old-fashioned scrub-down. "Clean like you've never cleaned before, she said. "Use a surface cleaner with bleach, like Krud Kutter, which is my personal favorite, a strong brush, and your elbow grease to remove dust, grime and dirt from tile grout, caulk, and corners of the room."

Among the more mundane tasks is to visually inspect the bathroom's grout to check for cracks and stubborn, unsightly mold. Regrouting might be necessary, says Chuck Khiel, vice president of Fred Home Improvement. "When making a repair, it is very important to remove all of the cracked grout in the joint so that the full edge of the tile is exposed," he said. "The new grout can then bond to the full thickness of the tile edge. Simply smearing a thin layer of new grout over old grout will not work."

Once the room is sparkling clean and to-



PHOTO BY HOME ON CAMERON

Todd Martz of Home on Cameron in Old Town Alexandria suggests adding a decorative mirrors for a quick bathroom update.

tally decluttered, Walker suggests adding display on a countertop or in a shower niche. "A vase full of bamboo, pretty soaps in a rattan basket or a Lucite tray filled with beautiful guest towels are just a few suggestions for fresh objects that will lend an

air of tranquility to your bathroom."

For guests who might cringe at the thought of shared guests towels, Martz suggests adding a tray of disposable hand towels. He also encourages engaging one's sense of smell by, "adding some scented candles like those by Rigaud's Cypres and Cythere."

Another simple fix is to buy fresh new bath linens, says Walker. "No matter how hard you try, towels and shower curtains get dingy over time," she said. "There are so many places to buy lovely linens, and many of them are very low cost."

With the right accessories, even the most modest spaces can be made to feel like a spa, suggests Walker, recalling a bathroom in which she added added a Turkish towel, striped shower curtain which became transformative. "Even though the bathroom, itself, is modest, the beautiful shower curtain makes it feel like a resort," she said. "By adding just a couple of colorful accessories on the countertop, it pulls the whole room together."

Installing new fixtures such as a shower head can quickly transform a bathroom from outdated to updated. "There are many types of shower heads on the market these days," said "Some offer a variety of water streams and different features, [and] most manufacturers make it so that changing a shower head is fairly simply."

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HOLIDAY ENTERTAINMENT

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

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.

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.

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.

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 703-689-2700 or visit 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.

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. Call 703-471-9242 or visit 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.

Holiday Performance - Gottaswing. 12-12:30 p.m. at Fountain Square, Reston Town Center. Dancers will jitterbug, jive and swing with a holiday twist. Visit restontowncenter.com.

RTC Winterfest. 12 - 5 p.m. at Fountain Square, Reston Town Center. Carousel rides, plus treats, kids' activities, and more in front of the Ice Skating Pavilion. Free. Visit restontowncenter.com.

Holiday Performances at The Promenade. 12:30 and 1:30 p.m. at Reston Town Center. The Reston Chorale. Enjoy professional local musicians and singers presented by Reston Community Center. Free. Visit restontowncenter.com.

Holiday Performances at The Promenade. 3 and 4 p.m. at Reston Town Center. The Northern Virginia Ukulele Ensemble. Enjoy professional



Holiday Rides

Celebrate the season with horse-drawn carriage rides or mini-train rides at Reston Town Center, departing on Market Street near Clyde's. Horse-drawn carriage rides take place Saturday, Dec. 15 and 22, 4-9 p.m. \$5 per person, children under 5 ride free. Mini-train rides take place Sunday, Dec. 16, noon-4 p.m. Visit restontowncenter.com/holidays.

local musicians and singers presented by Reston Community Center. Free. Visit restontowncenter.com.

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 home. Age 12-18. Register at librarycalendar.fairfaxcounty.gov.

Studio Bleu's The Nutcracker. 2 and 7 p.m. at Stone Bridge High School in Ashburn. Studio Bleu is owned by Kimberly Rishi, a resident of Reston. Visit www.tututix.com/client/studiobleu2018/ for tickets.

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, kazoo's 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.

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.

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.

SUNDAY/DEC. 16
Holiday Performance at The Promenade. 1-3 p.m. at Reston Town Center. Classic Strings, violin and bass duo, presented by Reston Community Center. Visit restontowncenter.com.

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.

MONDAY/DEC. 17
Nose to Toes Yoga. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore yoga poses and movement while enjoying books and songs with a children's yoga instructor. Age 3-5 with adult. Register at librarycalendar.fairfaxcounty.gov.

TUESDAY/DEC. 18

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.

Spanchats. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join an ongoing monthly Spanish conversation group. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

WEDNESDAY/DEC. 19

Meet Me at the Movies - Senior Movie Day. 10 a.m. (doors open 9:15 a.m.) at Bow Tie Cinemas, Reston. Reston Association presents the feature film "Mamma Mia! Here We Go Again." Refreshments and door prizes provided prior to movie. Free to 55+. Call 703-435-6577 or visit reston.org.

Reading Nook by Valerieanne. 10:30-11:30 a.m. at ArtSpace Herndon, 750 Center St., Herndon. Arts Herndon celebrates the Literary Arts with Snowmen All Year by Caralyn Buehner with a Snowman project. The Reading Nook Events reading activities and crafts are appropriate for children up to 5 years old. \$10 per family. Call 703-956-6590 or visit artspaceherndon.org.

THURSDAY/DEC. 20

Girl Power! Book Club. 7 p.m. at at Scrawl Books, 11911 Freedom Drive, Reston. Middle grade readers (ages 10-13) gather to discuss and review favorite books that are written by or about women and girls. New members are always welcome. Visit www.scrawlbooks.com or call 703-966-2111 for the book.

SATURDAY/DEC. 22

Holiday Performance at The Promenade. 1-3 p.m. at Reston Town Center. Zee, keyboard and vocals, presented by Reston Community Center. Visit restontowncenter.com.

Fantastic Films: You've Got Mail. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Warm up with hot cocoa and a literary movie: You've Got Mail, set in wintertime NYC and starring Meg Ryan and Tom Hanks (1998, PG). Adults, teens. Visit librarycalendar.fairfaxcounty.gov.

WEDNESDAY/DEC. 26

INOVA Blood Drive. 1-6 p.m. beside the Pavilion at Reston Town Center. Schedule Bloodmobile appointments at 1-866-256-6372 or inova.org/donateblood. On-site registration available.

Holiday Concert. 6-7:30 at The John F. Kennedy Center for the Performing Arts, 2700 F St. NW, Washington, D.C. Featuring Encore Chorale groups from Alexandria, Arlington, Fairfax, and Reston. Free, the public is invited and no tickets are required. Visit www.encorecreativity.org.

BULLETIN BOARD

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

SOBER-RIDE FOR THE HOLIDAYS

Free Sober Rides. 8 p.m.-4 a.m. daily, Dec. 14-Jan. 1. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home (limited quantities available). WRAP's Holiday SoberRide promo code will be posted at www.SoberRide.com.

HOLIDAY DONATIONS

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/.

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.

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.

Lovaas

FROM PAGE 4

A candidate in the recent Condo Board election was said to have lost the election by one single vote as discontent has apparently spread among the Condo's membership. Now, some are demanding a recount, suggesting possible irregularities! My goodness, Lake Anne is starting to sound like North Carolina or Georgia. More to come as this drama unfolds ...

Plum

FROM PAGE 4

proval of two sessions of the General Assembly and a referendum of the voters in order to pass. Passage of an amendment this year is critical to having a process in place for redrawing district lines based on the 2020 census.

The poll found that 49 percent of Virginians sampled support an across-the-board tax cut. At the same time there is support for increasing funding for education programs at all levels.

Please let me know your opinion on issues of importance to you.

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Still Scared to ...



By KENNETH B. LOURIE

As a follow up to last week's column: "Scared to ...," let me provide a bit more context for the fear and anxiety I wrote about; as well as some history for you readers to appreciate the emotional challenges some of us cancer patients experience.

It all began with the initial Team Lourie meeting on Feb. 27, 2009 when we met my oncologist for the first time.

After exchanging pleasantries, such as they could be, I was examined by my oncologist in an adjacent room. After he completed his exam, we all re-assembled in his office where he reviewed the results of my most recent medical history dating back to Jan. 1, 2010 when I first showed up at the Emergency Room complaining of shortness of breath.

Subsequently, there were two sets of X-Rays, one CT scan, one P.E.T. scan and then a surgical biopsy to confirm the previous findings. It was nearly eight weeks to the day that I learned my diagnosis: non-small cell lung cancer, stage IV. And so my oncologist began to talk. I'm semi-quoting, but clearly remembering the substance:

I can treat you, but I can't cure you. Your prognosis is 13 months to two years. The percentage of patients who live beyond two years is 2 percent. Could you be the one who lives beyond two years? Absolutely. This is extremely serious. You should begin chemotherapy as soon as possible. Next week if possible.

Then our questions began - after we gathered our composure that is. I mean, hearing these words directed at you is as surreal as it gets, and with limited knowledge on the subject and the circumstances, we had difficulty starting a conversation.

This is as much as I remember hearing that day. Could there have been more? I'm sure. Unfortunately, we were ill-prepared for the occasion.

Though there were three of us: my wife, Dina, my brother, Richard, and myself - collectively, what went in all of our ears went out in different directions.

What was said, what was heard, what was understood, what was remembered, was all a jumble. No one thought to take notes or bring in a recording device, two suggestions which have been subsequently made and that I now pass on to you.

My oncologist answered our questions about surgery, radiation, treatment, drugs, side effects, schedule, etc., all of which was difficult to absorb.

He then attempted to describe what my life would be like going forward, offering no guarantees of anything particularly hopeful, which now explains the reasons for these two columns: death and progression from dying/symptoms getting worse. He used a staircase as an example.

My health would steadily decline, as if walking down a flight of stairs. As my health deteriorated/symptoms manifested (down a couple of steps), he could stabilize me there by trying new treatment. But he could never bring my health back to its previous place. Then after a while the new treatment would become unsuccessful (down a few more steps), and again, he could stabilize me but he couldn't bring me back. And on and on until ... I think I can remember another visual he offered: playing with a yo-yo as I descended the stairs; down, down, down.

Amazingly, this has not happened to me despite a week's long hospitalization five-plus years ago.

HOWEVER, per my understanding of my condition (I wasn't diagnosed as "terminal" for nothing), I anticipate stepping down at some point. And any time - every time - I experience symptoms uncharacteristic of my semi-normal existence, I ALWAYS wonder if this is the beginning of my end.

And as much as I want to stay one step ahead, it's hard for me (practically impossible) to not think that when new symptoms occur, cancer is stepping up its attack.

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



Carl Jenkins addressed the crowd of attendees at the Thursday evening, Dec. 6, fundraiser for Fellowship Square hosted by Hunters Woods at Trails Edge.



Del. Ken Plum (D-36) looks over the plans for units at Hunters Woods Trails Edge during the fundraiser for Fellowship Square hosted by Hunters Woods at Trails Edge, Thursday, Dec. 6, 2018.

Fundraiser to Support Fellowship Square

Event raises awareness and \$5,000 to benefit underprivileged seniors.

BY MERCIA HOBSON
THE CONNECTION

It's amazing the effort of one individual to make a difference. This group is made up of amazing people," said Cissy Nickel, Community Integration Director, Hunters Woods at Trails Edge.

The senior living community, Hunters Woods at Trails Edge set to open spring 2019, held its first fundraiser on Thursday, Dec. 6, 2018, for Fellowship Square, home to older adults and those with disabilities living on minimal incomes and resources. The purpose of the event was to raise funds and awareness.

Nickel said that Hunters Woods at Trails Edge community knew early on there was an underserved senior population in the local community that they would not be able to assist directly. So, they contacted Fellowship Square and began collaborating to assist the underserved populations. Nickel said that while the cost of housing for individuals at Fellowship House is subsidized, for some there is little left and the holidays are a time for giving to those less fortunate.

Carl Jenkins, President of Fellowship Square Foundation (FSF) Board of Directors, spoke at the evening fundraising. "I know you are opening your hearts and your wallets," Jenkins said to attendees. He explained that although the U.S. Department of Housing and Urban Development subsidizes rent payments for residents at the Fellowship Houses, FSF tries to assist with other things such as residents' medical services, food and items not covered by supporting services.

Christy Zeitz, Executive Director, Fellowship Square Foundation said, "This is our first spirit of giving event; its purpose is to raise awareness." Zeitz described two recent Fellowships projects. "Currently we are undertaking a \$70 million new development project of 240 units of our Lake Anne Fellowship House. We are also renovating our Hunters Woods Fellowship House with a \$10 million investment space."

"We are spending money like it's water, and we need some," Jenkins told the crowd of attendees. "Actions speak louder than words."

"This is a marvelous event for so many people to come out to help low-income

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Cissy Nickel, Community Integration Director, Hunters Woods at Trails Edge stands next to the supporters' acknowledgment sign for Fellowship Square Fundraiser.



Annamarie Mariani-Huehn, Executive Operations Officer Hunters Woods at Trails Edge shows off the kitchen cabinetry installed at Hunters Woods at Trails Edge Pre-Opening Showroom located at 2254B Hunters Woods Village Shopping Center (next to Ledo's Pizza) during the fundraiser the company hosted for Fellowship Square.



Jorn Dalboa, President Hunters Woods Fellowship House Board of Directors, samples wine during the fundraiser for Fellowship Square hosted by Hunters Woods at Trails Edge, Thursday, Dec. 6, 2018.



Caren Anton tries her luck at the Silent Auction to benefit Fellowship Square during a fundraiser hosted by Hunters Woods at Trails Edge.

people have dignity in their lives. They have so very little; for some, it's only \$700 a month," said Jorn Dalboa, President Hunters Woods Fellowship House Board of Directors in an interview.

On Monday, Dec. 10, Nickel reported that the first fundraiser for Fellowship Square raised \$5,000. What's even more exciting though, Nickel wrote in an email "is that it raised awareness about the Fellowship Square mission which will have benefits for underprivileged seniors that will be far reaching."