

# Oak Hill Herndon CONNECTION

WELLBEING

PAGE 6



## Holocaust Survivor Shares More Than History

NEWS, PAGE 3

## Democrats Likely To Call Firehouse Primary For 86th District Seat

NEWS, PAGE 4

## Sharing New Year's Resolutions in Herndon

NEWS, PAGE 4

At Herndon High School, Irene Hill hands the microphone over to Rubin Sztajer, a 92-year-old Holocaust survivor, as he prepares to share his first-hand account.

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OPINION, PAGE 2 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 6

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# OPINION

## What to Look Forward to in 2019?

**Silver Line Phase Two nears completion; libraries offer programs for young and old; search continues for affordable housing; the goal of preserving the place called Reston ...**

BY SUPERVISOR  
CATHERINE M.  
HUDGINS  
HUNTER MILL DISTRICT



**A**s I reflect over the last year serving as the Hunter Mill District supervisor, I am proud of what we have accomplished and look forward to bringing to fruition several projects next year. With your community involvement, our 2018 strategic planning efforts have been remarkable; 2019 will be our year to finalize the objectives with realized goals. Let's take a look at what we might expect.

In Fairfax County, there is still a buzz generating new organizational vigor with new County Executive Bryan Hill, new Deputy County Executive for Human Service Tisha Deeghan, and new Fire & Rescue Chief John Butler. On the horizon, revitalized energy flows between the Board of Supervisors and the Fairfax County School Board. We are working together on matters of budget and community programming to unify services delivery rather than piecemeal implementation.

Great expectations at the Park Authority: Work will wrap up on the Sugarland Run Stream Valley Park trail improvements. This project has involved repaving of 12,000 linear feet, or nearly 2.1 miles of trail beginning at Kingstream Circle to Dranesville Road. Even more, the Park Authority is investigating improvements or restoration to the stream crossing that had been washed out in this section.

For seventeen years, my office, partnering with formerly Reston Interfaith, now Cornerstones, has successfully run the Coat Closet. The 2018/2019 winter coat drive is currently in progress. It runs until to March 14, 2019. The overwhelming support by individuals, companies, organizations, and congregations is responsible for its success of serving the needs of our community.

**WITH THE OPENING** of Phase Two of the Silver Line drawing closer daily, both the Reston Town Center and Herndon-Monroe stations are nearly complete. Even if

weather may delay the opening celebration of Phase Two, it is near. The addition of two stations in the community will give everyone a more convenient, green way to travel while giving our visitors the chance to stop by without a car. The presence of the Silver Line stimulates a vibrant economic foundation, making Reston and Tysons very attractive residential and business opportunities. The extension of the Silver Line through Reston Town Center will help alleviate traffic while reinforcing Reston's reputation as a place where people can work, live, and play.

Let's not forget the Library events and highlights for the coming year. While some of the libraries' programs respond to new trends, others help people to keep up and catch up. At all times the programs target the public as a whole ... in job searches, language instruction, teen and school age students and continuing early literacy programs. Once the initial introduction period concludes, the programs continue and become regular offerings.

In this list I have targeted the adult programs, but all the children's programs, so well attended and counted on, continue.º

❖ Knitting programs at Reston and Patrick Henry teach knitting skills and share projects.

❖ Author events, like the Reston-hosted author David Baldacci in December, sponsored by the Friends of the Reston Library, continue in February with crime fiction novelist Walter Mosley speaking.

❖ Continuing programs for all ages at Reston Regional and Patrick Henry with ESL, Computerºcoding STEM (Science-Technology-Engineering-Mathematics), STEAM (Science-Technology-Engineering-Arts-Mathematics), Book Clubs, Story Times

❖ You might want to consider a fascinating new program. The Memory Depot is a do-it-yourself (DIY) station, which enables you to digitize material, including VHS video cassettes; photographic prints, negatives and slides; scrapbooks and other documents, and audio cassettes are coming soon.



ARCHIVE PHOTO/COURTESY OF WINTER COAT CLOSET PROJECT

**Neatly organized, coats in all sizes for children and adults are ready for those in need – just in time for the early cold spells.**

Please note all library programs are free and timely. We have an incredible staff of professionals assure good times ahead for the reading public.

In a different vein, think about a plan for the entire Fairfax community addressing housing needs over the next 15 years. The Communitywide Housing Strategic Plan evolved from a partnership between the Fairfax County Department of Housing and Community Development (HCD) and the Affordable Housing Advisory Committee (AHAC). Together, county staff, nonprofit leaders, stakeholders, members of the business community, and the real estate industry developed 25 specific strategies to address the coming housing needs.

In Phase 1, these 25 short-term strategies have been implemented without major policy changes or significant sources of new revenue.

Phase 2 includes longer-term strategies for developing new tools, policies, and resources to support the production, preservation and access to affordable housing. Since October 2018, a Phase 2 Affordable Housing Resources Panel has been reviewing existing housing needs projections for 2033

**IN THE FIRST QUARTER** of 2019 and in time to be included in the Fiscal Year 2020 budget guidance, the panel reports to the Board of Supervisors and recommends realistic affordable housing goals regarding future housing needs.

After a host of community meetings and small group work sessions, the Board of Supervisors authorized the public hearings for

the proposed Planned Residential Community (PRC) Zoning Ordinance Amendment. Existing language has governed the development in Reston for more than 40 years. With the approval of the Comprehensive Plan amendment in 2015, there has been a need to synch both documents to sustain our evolving community. The goal is to guide community maturation over the next 40 years to continue the initial vision for the special place called Reston.

Fairfax County, partnering with Inova Health Care Services (Inova), is looking to create a transit-oriented development adjacent to Reston Town Center.ºThe Comprehensive Plan has identified eight parcels among the entities for redevelopment. The County has identified several benefits for the proposed redevelopment including the expansion of the Reston Regional Library, upgrading the delivery of human services and the provision of affordable housing for the workforce. Currently, there is a proposed rezoning pending to establish the grid of streets, with future planning and procurement options under evaluation.

One final point, may I remind us that in this era of rapid changes, all of us are affected. In the last 19 years Reston has grown remarkably to more than 62,500 residents. There have been extensive changes in the policy and legislative arena, the environment, technology, and local business that we must acknowledge and embrace.

Borrowing from Mr. Shakespeare, the past is prolog; simply put, we have a lot of work to do ahead in 2019. Frankly, I am looking forward to the next adventure.

Oak Hill & Herndon  
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# Holocaust Survivor Shares More Than History

By MERCIA HOBSON  
THE CONNECTION

**W**ith the Herndon High School Band selected to represent the United States in Normandy, France for the 75th Anniversary of D-Day June 2019, Rubin Sztajer, a 92-year-old Holocaust survivor and guest speaker, entered the high school auditorium on Tuesday, Dec. 13, 2018. Irene Hill, who organized the event, wanted to educate the students about the Holocaust through a first-hand source. "I thought it'd be helpful to envision the face of someone on the other end, a reason why our troops fought so hard, (for those) whose only hope in the world was to be rescued," she said. The audience, mostly band members, crowded the front row seats.

While the students possessed the book-knowledge that the success of D-Day was the beginning of the end of World War II, what they heard that afternoon from Sztajer was something different. It began with what they knew would be a first-hand historical account of the war years, liberation and life afterward for a Polish Jew but ended with an unexpected lifeline of hope for students in despair and an action plan. Sztajer asked, "that all of the students listening would take his life story as inspiration and motive to never lose hope...what a beautiful life he has been able to create," said Jordan Meyer 17, HHS band member, Clarinet, Wind Ensemble in an email to the Connection.

Sztajer did not speak from the stage. Instead, he chose to set up the microphone within feet of the first couple of rows where the students sat, creating an intimate setting. From there Sztajer recounted life before during and after the war, ending with his life in the United States. On occasion, he asked the students for a moment. "Let me gather my thoughts." At times, he cried.

**SZTAJER** spoke about his early years. "Christian children would throw stones that hit our faces," he said. He recounted that anyone Jewish over twelve had to wear the Star of David, and his family was forced to move to the Klobuck Ghetto when he was 14. The biggest problem he explained was there were no businesses, no jobs there. The family had to scavenge for food on a daily basis.

"We could not buy anything. ... My childhood disappeared ... In the summertime we used to smuggle out at night; steal the farmers' food," said Sztajer.

Sztajer spoke about April 12, 1941, the roundup of Jews for slave labor and extermination. He shared when his father and older siblings, Gussie and Sam left home to hide; the Nazis entered his home searching for them. Not wanting to go back empty-handed, they grabbed him by the arm. Sztajer was 16. "They pulled me away from my mother crying."

Sztajer recalled his years at Markstadt, a forced slave labor camp. "We marched. We moved mountains of bodies. ... We had no



**During his presentation to Herndon High School band members, Holocaust survivor Rubin Sztajer shows them photos of his parents, younger brother and two younger sisters he never saw again after the Nazis took him away from his family at the age of 16 and sent him to the Markstadt Concentration Camp.**



**Rubin Sztajer, the 92-year-old Holocaust survivor, tries on his new U.S.S. Herndon DD-638 cap. The ship nicknamed "The Lucky Herndon" was selected to lead the destroyer division during the Normandy Invasion and suffered no loss of life.**



**Mathew Steil, 17, and Zoey Birman, 16, Herndon High School Band members, thank Rubin Sztajer, Holocaust survivor for coming to speak to The Pride of Herndon before the students' upcoming spring trip to Normandy for the 75th Anniversary of D-Day.**

coats, hats ...Then we'd march back. It was worse than Hell. Working to death; starving to death." He told how he eventually changed camps to Bergen-Belsen. "They were the worst. I don't want to call them people. They were animals. Every day it got worse as the war was coming to an end... our job was to tie up the dead people."

In a crystal clear description, Sztajer recounted one specific day at Bergen-Belsen when he saw a group of women walk by

and someone softly called his name. "I saw my sister there, but could not go to her."

Finally, Sztajer told about the liberation and aftermath; he was now 19 years old. "I don't remember, he said. "I was in a coma. After we were liberated, people looked for their loved ones. My sister found me. My mother gave birth to me. My sister gave life to me." It took him three years of treatment to recover his health, he said.

"Mr. Sztajer surprised me by sharing such

**"He is an advocate for hope."**

**—Jordan Meyer, 17, HHS band member**

painful details about his life and turning them into a powerful message," said Zoey Birman, 16, tenor sax, HHS Band member after the presentation.

"Why do I tell this story?" asked Sztajer. "I know how some of you feel. I was told I was not fit to live." Sztajer said, "You can do whatever you want. Feel confident in yourself. This country gives opportunity to all, and don't let anyone tell you otherwise... there is hope. I can be your example."

"When he spoke," Meyer said, "it felt as if he knew the hidden struggles each and every one of the audience members was going through. He wanted his time with us to not just be about history, but rather about our future."

Sztajer urged the students, "Go to vote. Study the issues. Not what's good for you but good for the country ... I couldn't have picked a better country."

Give confidence, it's more valuable than money."

**AFTER THE PRESENTATION**, Birman said: "Having grown up in a Jewish home, the Holocaust has always been a source of sadness and fear ... I really enjoyed getting to thank him for spreading his optimism and hearing his advice for continuing to embrace Judaism proudly and without fear."

PHOTOS BY MERCIA HOBSON/THE CONNECTION





PHOTO CONTRIBUTED

**Mike O'Reilly, former Town of Herndon mayor, announces that he will run for Virginia State Delegate in 86th District, pending its open seat after the Tuesday, Jan. 8 Special Election for the Virginia Senate seat in the 33rd District.**



PHOTO VIA FACEBOOK.COM

**Chad Thomas of the Floris community of Herndon wants to make sure the people's voices are heard down in Richmond, and that starts with "Leading by Listening," he says.**



PHOTO VIA CROWDPAC.COM

**Kofi Annan, president of the Fairfax County NAACP. His children attend Herndon High School. "There has never been a time in recent history when the voice of a civil rights leader, who is also an immigrant, could provide more value added in Richmond," Annan says.**



PHOTO VIA SAMIRAH4DELEGATE.COM

**Ibraheem Samirah writes on his campaign website that he is running for Virginia Delegate, "...to give back—by helping families stay healthy, with more opportunities to succeed, and more time to spend together."**

## Democrats May Call Firehouse Primary for 86th District Seat

**Four contenders  
lineup ready to vie for  
the possible vacancy.**

BY MERCIA HOBSON  
THE CONNECTION

**D**emocrats may soon schedule a firehouse primary to pick a nominee to compete for the 86th District of Virginia State House of Delegates seat.

The vacancy depends on results in the special election for Virginia State Senate District 33 on Jan. 8, 2019. In the Senate special election, Democratic nominee and current state Del. Jennifer B. Boysko (D-86) faces Republican nominee, former Del. Joe T. May (R) to fill the seat to be vacated by Jennifer Wexton (D) who won election to Virginia's 10th Congressional District.

If Boysko wins the seat representing the 33rd, a special election must be conducted to fill the vacant seat she will leave behind in the Virginia General Assembly. The Democratic firehouse primary for Virginia State Delegate 86th District would be Saturday, Jan. 12, 2019, between 10 a.m.- 4 p.m.

**FOUR DEMOCRATS** so far announced their intentions to run for the possible vacancy. Former Herndon Mayor Mike O'Reilly, Chad Thompson, Kofi Annan and Ibraheem Samirah announced their intentions to run given Boysko's win.

O'Reilly cites healthcare, transportation, women's rights, protection from gun violence and the environment as critical issues. "Healthcare is a right, not a privilege. Last year the legislature approved an expansion of Medicaid, which has allowed up to 400,000 people to receive health care. We can't stop there. All Virginians should be able to have affordable, comprehensive healthcare," says O'Reilly on his campaign website.

Chad Thompson announced he would seek the seat for the 86th during the Public Comment portion of the Dec. 11, 2018, Herndon Town Council Meeting. According to the candidate's website, Thompson is a director at a D.C.-based grassroots and public affairs

firm. Thompson cited education, investing in students; transportation and finding traffic solutions; the environment including renewable energy; ratifying the Equal Rights Amendment; independent, non-partisan redistricting; and healthcare as top issues.

Another contender, Kofi Annan, civil rights activist, and president of the Fairfax County NAACP, veteran and small business owner, Annan says he is running because he loves the community and wants "to make sure it remains a place where all are welcome, and where all can thrive." He adds: "Despite the economic growth our region has experienced in the past decade, little attention is being paid to ensure that this growth is sustainable, that it is generating equitable outcomes, or that it is happening in a manner that is responsible to our environment."

"There has never been a time in recent history when the voice of a civil rights leader, who is also an immigrant, could provide more value added in Richmond," he said.

Ibraheem Samirah, a dentist who commutes daily from Herndon to D.C. writes on his campaign website that he is running for Virginia Delegate, "to give back—by helping families stay healthy, with more opportunities to succeed, and more time to spend together." Samirah states transportation, education, jobs and economy, healthcare, drug policy reform and protecting the environment are his priorities. "As a Delegate, I will fight to make our commutes better by decreasing travel times, lowering toll costs, expanding our public transportation systems, and encouraging public partnerships with the private sector to make sure that all Northern Virginians benefit from our area's rapid development."

**DISTRICT 86** encompasses precincts in Fairfax County and Loudoun County. The District voters may cast a ballot for Democratic nominee at one of two voting locations on Jan. 12, Dranesville Elementary School, 1515 Powells Tavern Place, Herndon, and Franklin Middle School, 3300 Lees Corner Road, Chantilly, VA. 20151.

Given a Democratic nominee is elected in the Primary Vote, a special election would be conducted to fill the vacant seat for 86th District of Virginia State House of Delegates that Boysko would leave behind in the Virginia General Assembly.

## The Year Ahead in the Herndon, Dranesville District

BY SUPERVISOR JOHN W. FOUST  
DRANESVILLE DISTRICT



**E**ach year, there are many projects, studies, and developments in the works in the Dranesville District. It is exciting to look back each year at what has been accomplished and to look forward to what is ahead. It is my honor to serve as your representative to the Fairfax County Board of Supervisors and share updates and information about what's going on in the Herndon area of the Dranesville District. I wish you all the best in 2019.

### Repaving of Sugarland Run Trail

The Sugarland Run Stream Valley Trail is part of the countywide trail system, running from Sugarland Road to the Town of Herndon line.

The Fairfax County Park Authority is milling and repaving approximately 12,000 linear feet of trail in Sugarland Run Stream Valley Park in Herndon. Both the northern section from Wiehle Avenue to Dranesville Road and the southern section from the existing bridge near Kingstream Circle to Wiehle Avenue will be paved. Culverts along the trail were replaced before paving could begin. The project is expected to be completed in spring 2019.

### Development around Innovation Station

The County continues to see significant commercial and residential development near the Metro stations along the Silver Line. This is welcome news given the investment the County has made in extending the Silver Line and is a testament to how attractive Fairfax County is to employers and jobseekers. In December, the Board approved changes to the Comprehensive Plan to add a new rail transit option for the area immediately north of Innovation Station in Herndon. This change brings the development potential at Innovation Center in-line with its neighboring stations. A task force of Herndon-area residents focused on Plan guidance to address opportunities for amenities and to ensure public infrastructure will keep pace with new development, including roads, pedestrian/bike facilities, public facilities, and open spaces. In addition, the Plan reaffirms the commitment for a bridge across the Toll Road between Sunrise Valley Drive and Innovation Avenue.

On the south side of the Toll Road, a strong residential development pattern is emerging due in large part to the conversion of outdated commercial uses. This change will provide much needed housing in the Herndon area, but investment in providing infrastructure in the form of public facilities and community uses for these new residents is needed. Over the past three years, I have worked with the development community to secure more than \$3M in funding for parks and have negotiated additional commitments for school needs.

Dulles Station Park, located at 13707 Sayward Boulevard, is a great example of the County's efforts to guarantee that we are not just creating housing developments but are also creating communities. The park was constructed as part of a proffer associated with the Greystar's Station on Silver apartments near Innovation Station. The 2.6-acre park, which includes playgrounds for preschoolers and elementary-aged children, a seating area, a fitness area, a walking trail, a multi-use court, and a dog park with a shade pavilion, was completed in fall 2017 and serves as an amazing public gathering space.



# NEW YEAR'S RESOLUTIONS

## One Goal, One Number, This Year

— MERCIA HOBSON

### Gene Wiley, President of the Board of Directors of The Closet in Herndon

The Closet's big goal for 2019 is to add an addition to the back of the store to protect our intake staff from the elements while they are receiving donations from the public. It is going to be 550 square feet. There's a step-by-step process involved, town and county approval, bidding for a contractor, temporary alternate donation receiving area, construction, and "Grand Re-opening."



PHOTO BY LAURA GREENSPAN

### Gwyn Whittaker, vendor at Reston Farmers Market

I am organizing the first Fairfax Veg Fest, planned this year on Sunday, April 14, from 10 a.m. to 5 p.m. at the Northwest Federal Credit Union parking area in Herndon... They were kind enough to offer this space for the Fairfax Veg Fest, which will be focused on the benefits of whole food, plant-based (vegan) lifestyle from a health, environment and compassion perspective. My goal this year is to host more than 5,000 people at this event to spread the awareness of the benefits of this lifestyle for people and the planet. There is no charge to attend this event, and we are currently seeking additional sponsors and vendors.



PHOTO CONTRIBUTED

### Chris Devine of Herndon

My resolution/story is a combination of personal and community-based if I do it right. I left a lucrative career in the defense business in late 2017 to open my own live music venue. Just one venue, thus the number "1." I resolve to be open before 2019 ends. This venue will re-imagine the performing and listening experience for the artist and audience, striving to create a strong emotional connection and sense of community for both. I like to say, "Both the artist and audience deserve this!" Further, I want to create the underlying company as a "Benefit Corporation" with equal responsibilities to the community as stakeholders, via mission statements and measured results, and the investors as shareholders, via profitability. The venue will be a community asset. Wait, a community treasure.



PHOTO CONTRIBUTED

### Beth Meyer of Herndon

I resolve to ride at least 1500 miles this year in spite of my never-ending battle against pulmonary sarcoidosis. #willnotbedefeated #weneedacure.



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## JANUARY 12<sup>TH</sup> REMODELING + DESIGN SEMINARS

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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SEE RESOLUTIONS, PAGE 8



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**NEWS**

# Thinking Outside the Box

**Ideas for original and  
attainable goals for  
New Year's resolutions.**

BY MARILYN CAMPBELL

**W**ith a new year often come new resolutions, be they six-pack abs by spring or giving up carnivore's diet and going vegan, but setting drastic or unrealistic goals can lead to failure. For New Years resolutions that can bring change in overall wellbeing, whether physical, emotional or financial, local innovators say think outside the box and they offer unorthodox resolutions and minor actions that can have a major impact.

While spending a week or even a day without one's smartphone or tablet might be unrealistic given the constantly connected world in which we live, a digital dial-down might be more attainable. "How about spending five minutes each morning meditating or reading or doing stretches?" said Jen Pape, yoga iRest Level II teacher and studio manager at Circle Yoga.

"One simple and realistic thing to try in the New Year is right when you wake up, instead of ... reaching for your phone to scroll for the news of the day or checking how many likes to your Instagram, take a moment to identify something you are grateful for and a one word intention for the day," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. "A word such as peace, centered, integrity or abundance can be returned to throughout the day. The research on gratitude and intention is strong and doing it just as you start your day can set the tone for the rest of the day."

Whether beginning or completing an undergraduate or graduate degree for professional advancement or simply taking a class that piques one's interest, consider education-centered goals. "I'm sure others can relate to this one," said Jacqueline W. Lee, director of the Inventive Awards Program at the University of Maryland. "Make a timeline and then set weekly or monthly goals." Examples of those goals might be resolving to complete and submit applications or scheduling informational interviews with three people in an area of one's interest.

From rough, dry hands to unsightly acne, skincare is important to one's overall wellbeing says Jaclyn Madden of Rodan + Fields who suggests resolving to take care of one's outer layer. "For a resolution that might be manageable ... I would suggest trying to commit to exfoliating your skin two to three times a week with a facial scrub to rid it of the old, dead skin and bring up the new skin and see a healthy glow," she said. "It also allows your skincare products to work deeper and more effectively."

A scroll through the pictures on most smartphones might reveal that many people have more snapshots than they'll ever be able to use. Resolve to organize those photos by taking small actions, suggests professional photo organizer Jody Al-Saigh of Picture Perfect Organizing. "Five minutes in a doctor's waiting room or in line at the grocery store is enough time to delete a few unwanted photos and dupli-



PHOTO CONTRIBUTED

**Resolving to put an empty bag near your closet and filling it with unwanted clothing items as you come across them is a simple alternative to a complete overhaul all at once, says professional organizer Jodie Jacobs.**

cates from your phone," she said. "Try to remember to do this during your idle moments instead of scrolling social media or news sites."

"Resolve to plan a weekly or monthly time on your calendar to organize photos and backup your collection," added Al-Saigh. "Set reminder alarms to jog your memory. Always set a time after a big vacation or important event to offload photos as well."

While bringing order to chaos is a goal that many hope to achieve, getting to the bottom of the mound of paper on one's desk or cleaning out an overstuffed closet can feel insurmountable. "Resolve to put an empty bag in the bottom of every closet in your home and fill it with unwanted clothing as you come across them instead of waiting until you find time to go through your entire closet," said professional organizer Jodie Jacobs, of SOUPerior Organizing. "Set a date and actually go to a charity to drop off the bags of clothing you already decided to donate."

"Resolve to start shredding your unwanted or sensitive papers once a week instead of waiting and creating an overwhelming amount that you then have to take somewhere and pay to shred," continued Jacobs. "Recycle your junk mail every evening so that it doesn't pile up."

Finding ways to add joy to one's life is a suggestion from therapist Carol Barnaby, MSW, LCSW-C. "I tell people to think not about giving things up, but about what would bring happiness to them in the New Year," she said. "For example, dating, taking up a new hobby, cultivating more friendships or creating less stress. Then set up actionable ideas to achieve those goals. Be kind to yourself and remind yourself that you are human and expected to make mistakes."



# BULLETIN

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.

## 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.

## SATURDAY/JAN. 5

**Dementia Care Support.** 10-11 a.m. at Hunters Woods at Trails Edge Showroom, 2254B Nunters Woods Plaza, Reston. Dementia Care Support Group - 1st Saturday of the month. Distinguish between normal aging and dementia, understand different types of dementia, the impact of changes to the brain and how family caregivers can best cope with these changes. Free. Call 703-708-4047 or visit [www.integracare.com](http://www.integracare.com).

## TUESDAY/JAN. 8

**Home Selling Class.** 1 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Mark Sierakowski, Realtor with Long and Foster Real Estate, Inc., will present a workshop on selling a home. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## TUESDAY/JAN. 8-FEB. 19

**Workshop Series: Mind in the Making.** 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

- ❖ Tuesday, Jan. 8 – Focus and Self Control (part 1)
- ❖ Tuesday, Jan. 15 – Perspective Taking (part 2)
- ❖ Tuesday, Jan. 22 – Communicating (part 3)
- ❖ Tuesday, Jan. 29 – Making Connections (part 4)
- ❖ Tuesday, Feb. 5 – Critical Thinking (part 5)
- ❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

## WEDNESDAY/JAN. 9

**Retirement Planning and Social Security.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn about options to plan for a secure retirement in this workshop presented by Nuria Gabitova of OneCommonwealth Advisors. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Grant Application Deadline.** More than 50 artists have been recognized by ARTSFAIRFAX with an Artist Grant over the past decade. Artist Grants recognize outstanding achievement for work that has already been completed, the artist's commitment to an artistic discipline, their professional activity in Fairfax County and their contributions to the quality of life in Fairfax County. Learn more at [ARTSFAIRFAX.org](http://ARTSFAIRFAX.org).

## THURSDAY/JAN. 10

**Brain Health.** 11:30 a.m.-1:30 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Steve Simmons, MD and William Mansbach, MD will discuss myths vs. realities and achievable actions you can take to reduce your risk of brain function decline, accurate information about identifying problems, and real solutions. Free. RSVP at 703-429-1130.

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## You're In My Thoughts



By KENNETH B. LOURIE

Though this column will have been written before Christmas, its content will be about Christmas (as you'll soon read), and because of early deadlines as well for our Jan. 2 edition, it needs to be submitted sooner rather than later anyway.

As you regular readers may remember the timing conflict – and concern – I had involving my pre-Thanksgiving infusion in addition to the impact of this last quarter's every-three-week-in-fusion schedule would have on the holiday season, fortunately, Christmas was not to be affected.

As scheduled, my last chemotherapy infused on Dec. 7 so by the time Dec. 24/25 arrives, there will be no side or straight-on effects. No problem sleeping. No problem getting up. No problem eating. And no problem driving the two-plus hours up and back to our holiday destination.

However, this column wouldn't be written if there weren't a situation of some substance I felt worthy of 600 words or so.

Because my last infusion occurred when it did, the next infusion is scheduled for Dec. 28. That Friday date means I'll have to contribute blood (lab work) and a collection of the previous 24 hours of urine on Wednesday, Dec. 26 (I'll be back home so that's not the problem). The problem is that I will have had to collect and keep cold urine beginning first thing-ish on Tuesday, Christmas day, a day when for the next 8+ hours I will be in someone else's house eating, drinking and making merry – and more importantly, be away from the privacy of my own bathroom and the at-home convenience of collecting urine in a bottle and keeping it cold.

Not that I intend on making a big production of it on Christmas Day, but I will be bringing a cooler with me and likely needing to place it in a very public bathroom in the house or another less obvious place that I'll be visiting half a dozen times throughout the day.

Moreover, to make sure I can provide a sufficient volume, I'll need to bring along a gallon of Turkey Hill Diet Green Tea because it goes through me – unlike water and enables me to fill the specimen bottle to the top.

Which if my last few creatinine levels are any indication, and I want those levels to measure within an acceptable-for-infusion range, I need to drink as much of the tea as possible and visit that hopefully inconspicuous place as much as possible as well.

However, as I think about the transportation/storage of the urine and tea situation, I'm thinking I'm going to need two coolers; one for the urine bottle and one for my tea. Because I certainly don't want the two bottles in the same cooler or God forbid, touching one another. I may not be a germaphobe, but I really don't think I'll be able to drink my tea if it's stored in the same cooler.

And I certainly don't want to impose on my host's hospitality by asking her to store either of these bottles in her refrigerator likely already packed-to-the-gills with dinner prep.

As much as I can, somehow, I want to keep a low profile and not be interjected into any of the proceedings/conversation. (Not that I'd be embarrassed since everyone in the house is family and familiar with my diagnosis/general circumstances.)

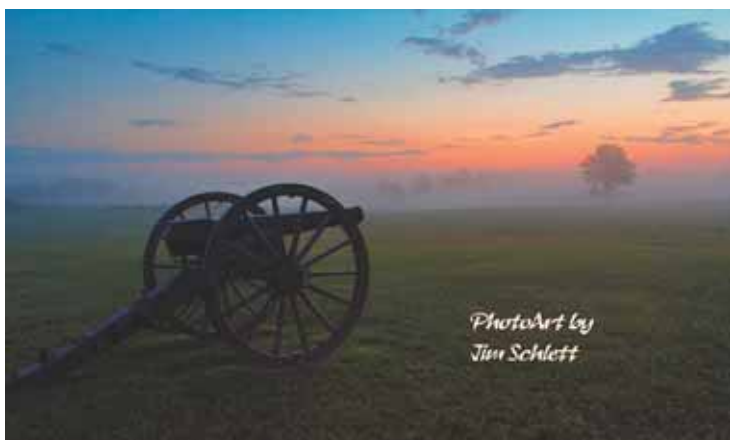
When the dinner/visit is over, we'll be driving home, coolers in trunk. If I need a rest stop, I'll have to pull over to use my bottle since I'm contributing until Wednesday morning, Dec. 26, after I'll have spent the night back at home. So Christmas won't be a total loss, as Thanksgiving nearly was, but it will be impacted nonetheless.

Still, if my creatinine level is low enough to once again enable me to be infused on Friday, Dec. 28, the awkwardness of the occasion/task will have been worth the trouble. (Besides, it was fodder for a column.)

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



# ENTERTAINMENT



## Photography Exhibit: 'National Parks and National Treasures'

Photographer Jim Schlett, selected as the Artist-In-Resident at four locations of the National Park Service in 2018, will have a solo exhibition called "National Parks and National Treasures." Through Jan. 5, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) or call 703-956-6590.

## Battery Heights at Dawn, Manassas

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

### ONGOING

#### The Elden Street Tea Shop.

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

### WEDNESDAY/JAN. 2

**Photo Contest: First Hike Fairfax 2019.** Visit any Fairfax County Park Authority trail on Jan. 1, 2019. Take lots of photos. Pick a favorite photo to enter into the Fairfax County Park Authority's First Hike Photo Contest by Jan. 2. The contest is open to amateur and professional photographers. Limit one photo entry per person. Visit the First Hike Fairfax at [www.fairfaxcounty.gov/parks/first-hike](http://www.fairfaxcounty.gov/parks/first-hike) for more info.

### FRIDAY/JAN. 4

**Entry Deadline.** Arts Herndon invites photographers to enter in its 10th Annual Fine Art Photography Competition. The competition is open to photographers aged 18 or older working in any medium (digital or analog, color or monochrome) and using any printing technique. Any subject is welcome; there is no required theme for entries. Visit [tinyurl.com/y7ul5oes](http://tinyurl.com/y7ul5oes) for more information or to enter the competition.

### FRIDAY/JAN. 7

**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 now. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Open Mic Poetry.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Join ArtSpace Herndon for their open mic series on the first Friday of each month. The first hour is devoted to featured poets and the second hour is open to anyone. Call 703-956-6590 or visit [www.artspaceherndon.org](http://www.artspaceherndon.org).

### MONDAY/JAN. 7 & 28

**Family History Research Concepts & Resources.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn about the fundamentals of genealogy research and dig deep into the U.S. Census. Adults, teens. Register now. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

### TUESDAY/JAN. 8

**Toddler Story Time.** 10:30 a.m. at Reston Regional Library, 11925

Bowman Towne Drive, Reston. Join us for fun stories, songs and finger plays. Age 2 with adult. Register now. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Bollywood Dance Fitness.** 6:30-7:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join the Reston Regional Library for a fun Bollywood dance fitness class for the new year, led by local instructor Aparna Rao. Adults, teens. Free. Call 703-689-2700 or visit [www.fairfaxcounty.gov/library/events](http://www.fairfaxcounty.gov/library/events).

### WEDNESDAY/JAN. 9

#### Wednesday Morning Book Club.

10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. This month's title is "The Mermaid Chair" by Sue Monk Kidd. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Creative Printmaking.** 6-8 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Learn how to carve and create your own prints from handmade plates, carved blocks and more with Meaghan Busch. Four classes, Wednesdays in January. \$160, 8 students max. Email to register and questions to [Meag.Busch@gmail.com](mailto:Meag.Busch@gmail.com).

### THURSDAY/JAN. 10

**Storytime For 3-5.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An early literacy program with stories and activities. Age 3-5 with adult. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

### FRIDAY/JAN. 11

**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. Age 6-18 months with adult. Register now. Call 703-689-2700 or visit [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. Age 18-24 months with adult. Register now. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

### SATURDAY/JAN. 12

**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. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Basic Fundamentals of Figure Drawing.** 2:30-4:30 at ArtSpace Herndon, 750 Center St., Herndon.

Basic Fundamentals of drawing will be taught and demonstrated, to include the principal application of contour line, gesture and shade while performing exercises in drawing from life. With John Koebert. \$175 for eight-week session. Call 703-956-6590 or visit [www.artspaceherndon.org](http://www.artspaceherndon.org).

### MONDAY/JAN. 14

**Baby Steps Story Time.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An interactive storytime for adult and child. Age 12-23 months with adult. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

#### E-book Help on Mondays.

2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Get assistance downloading library e-books onto an electronic device? Come on by and library staff can help. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Book Match Kids Book Club.** 6:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Grades 2-4 looking for a good book can join the book match event to try, test, and choose a next favorite book. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

### TUESDAY/JAN. 15

**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. Cosponsored by FRRL. Age birth-18 months with adult. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Sam's Book Club.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join former FCPL library director Sam Clay for a lively book discussion. This month's title is "Sing, Unburied, Sing" by Jessamyn West. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Live Music.** 7 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Shawna Caspi, a singer-songwriter and fingerstyle guitarist based in Toronto, Canada will appear in the World Folk Music Association Showcase. Also featuring Zak Trojano and Eryn Michel. \$10 members, \$11 general. Call 703-925-0900 or visit [www.restonherndonfolkclub.com](http://www.restonherndonfolkclub.com).

### TUESDAY/JAN. 15-MARCH 5

**FuzzieTales with Amanda Jasper.** 4:45-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. FuzzieTales is a read-aloud book club for 5-7 year olds exploring high quality, age-appropriate stories through hands-on activities. \$150 for the eight-week session. Call 703-956-6590 or visit [www.artspaceherndon.org](http://www.artspaceherndon.org).

## NEW YEAR'S RESOLUTIONS

# One Goal, One Number, This Year

— MERCIA HOBSON

### Jason Sickels of Herndon

Number 50 represents the number of families that a new nonprofit organization would like to help in 2019 with their basic cycling transportation needs. The foundation aims to introduce cycling to all in the community, including children and people who rely on cycling for transportation, adaptive sports and therapy. The foundation will repair or replace as needed bicycles and safety equipment to provide the best and safest cycling experience.



### Tim Field of Herndon

230 is the number of miles to pedal from Richmond to Charlottesville to Washington D.C. on the 2019 Police Unity Tour, Chapter IV that I will be riding in this year.



PHOTO BY MERCIA HOBSON/THE CONNECTION

**Ray Lonnett, Principal Hutchison E.S., Herndon** 200 is the number of computers Hutchison E.S., a Title One School in Herndon needs so all students have one. The computer that FCPS uses for kids is a Dell 3380. People and organizations can donate them to the school. Each computer is approximately \$400. Monetary donations can also be made to the school to support the technology acquisition.