

## Dulles Rail Hits 60 Percent

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## Keeping New Year's Resolutions

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# A Year of Planning

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Reston Founder Robert Simon gives a tour of the Lake Anne Village Center. Lake Anne, as well as many other commercial centers in Reston, will be the subject of Phase Two of the Reston Master Plan Special Study Task Force, which seeks to adapt Simon's founding principles for future Reston development.

PHOTO BY ALEX McVEIGH/THE CONNECTION  
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# 2012 MLK

*Are We Keeping the Promise?*

Reston Dr. Martin Luther King, Jr. Birthday Celebration

*“Life’s most persistent and urgent question is: What are you doing for others?”*

- Dr. Martin Luther King, Jr.



## MLK EVENTS

**SATURDAY, JANUARY 14**

**Reston Community Orchestra, 6th Annual Memorial Tribute to Dr. Martin Luther King, Jr.**

6:00 p.m. - 7:30 p.m. • RCC Hunters Woods

**SUNDAY, JANUARY 15**

**Voices of Inspiration**

4:00 p.m. • Northern Virginia Hebrew Congregation  
1441 Wiehle Ave

## MONDAY, JANUARY 16



### Keynote Speaker Nnenna Freelon

A six-time GRAMMY Award nominee, hailed as the “international voice of Jazz,” she

has an impressive music background and contributes to educational efforts that make her a sought-after spokesperson and motivational speaker.

### Commemorative March

9:00 a.m. • Southgate Community Center  
12125 Pinecrest Road

### Community Service Projects

10:00 a.m. - 12:30 p.m. • RCC Hunters Woods  
Registration # 704717-2B

### Especially for Youth - 1st - 6th Grade

10:00 a.m. - 1:00 p.m. • RCC Hunters Woods  
Registration # 704717-1A

### Community Service Awards, Keynote Address & Community Lunch

12:30 p.m. - 2:00 p.m. • RCC Hunters Woods

### Performance by Nnenna Freelon

Joined by members of the South Lakes High School Chorus

8:00 p.m. • RCC Hunters Woods-the CenterStage

Tickets: \$15/Reston \$30/Non-Reston

### Art by Reston Elementary Schools

Artwork that is based on the history of Dr. King will hang in the Community Room from mid-January through the end of the month. Come out on January 16th to help

the community vote for the “People’s Choice” winner.

Reception - 2:30 p.m. - RCC Hunters Woods



Please check out our website [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) for an up-to-date schedule of events or contact Kevin Danaher, Community Events Director, at 703-476-4500 for more information.



Reston Community Center  
2310 Colts Neck Road, Reston VA 20191



To request reasonable ADA accommodations, call 703-476-4500 • 800-828-1120 (TTY).





PHOTO BY CHUCK SAMUELSON/DULLES CORRIDOR METRORAIL PROJECT

The station canopy is visible at Wiehle Avenue.

## Phase 1 Hits 60 Percent

### Airport Authority prepares for Phase 2 of the Dulles Rail project.

BY MARCIA McALLISTER

Looking back on construction accomplishments that pushed Phase 1 of the Dulles Corridor Metrorail Project to 60 percent last year, project officials are looking forward to 2012 and envisioning completion of aerial structures to support tracks in Tysons Corner, station construction and laying track in the tunnels that connect two stations in Tysons Corner.

And, the rail team is preparing for critical steps that will lead to the start of construction of Phase 2 of the 23-mile extension of Metro's Orange Line. The project is owned and managed by the Metropolitan Washington Airports Authority.

As Executive Project Director Pat Nowakowski told attendees at a recent meeting of the Dulles Corner Advisory Committee, there has been major progress from East Falls Church to Reston. He used the latest construction photos to illustrate successes at the tie-in for the Silver Line to Metro's existing Orange Line near the junction of I-66 and the Dulles Connector Road, expansions at the West Falls Church Rail Yard, bridge construction and track work along the connector road, completions of tunnel mining in Tysons, aerial

guideway construction in the Tysons area and traction power substations all along the 11.7-mile Phase 1 corridor.

Construction is well underway at all five stations. The Tysons East Station at Route 123 and Colshire Drive in Tysons and the Wiehle Avenue Station on the eastern edge of Reston, the temporary terminus of the extension, are the stations furthest along. The station canopy is visible at Wiehle Avenue and escalators have been installed.

**SPECIFIC HIGHLIGHTS** of the year's work included:

- ❖ Construction of the aerial guideway for track across I-495 and the near-completion of aerial guideway along Route 123. This work is being done using horizontal cranes, 366-ton pieces of specialized bridge-building equipment. In Summer 2011, three trusses were in commission simultaneously, a con

SEE DULLES RAIL, PAGE 15



Escalators being installed at Wiehle Avenue station.

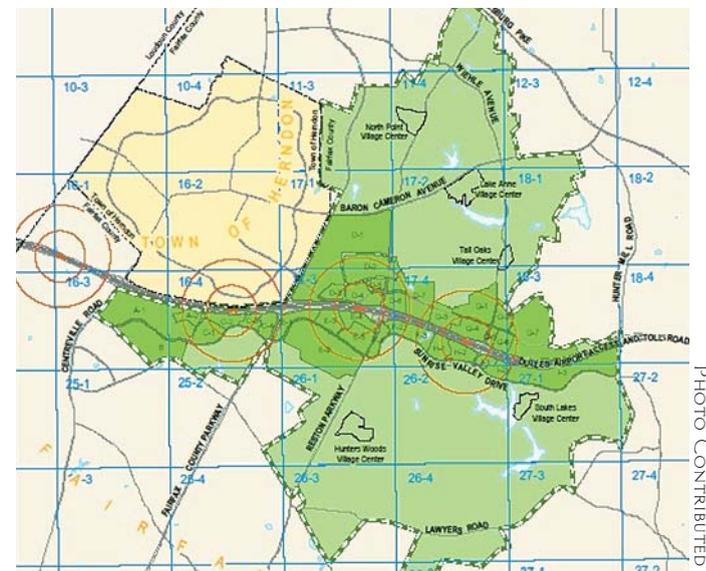


PHOTO CONTRIBUTED

The Reston Master Plan Special Study Task Force will begin Phase Two this year, which will examine the future of several of Reston's commercial centers.

## A Year of Planning

### Village Center, Metrorail station development planning to take place throughout the year.

BY ALEX McVEIGH  
THE CONNECTION

As Reston plans for the future, 2012 will be a crucial year. Planning for the arrival of Metrorail, as well as the continuation of the Reston Master Plan Special Study Task Force into its second phase will be a major part of this year's events.

The second phase of the task force work will examine the future of the five official village centers, as well as the Home Depot shopping center on Baron Cameron Avenue and two small commercial developments.

Heidi Merkel of the Fairfax County Department of Planning and Development says the task force hopes to build on Reston's successful past planning.

"We're not planning from scratch, we're not saying we're going to take the existing plan and put it on a shelf," she said. "We're building on a fine foundation we have in place."

Phase One of the task force examined the areas around the Wiehle Avenue, Reston Parkway and Herndon-Monroe, and those subcommittees have submitted their reports, and so has the Vision subcommittee. The task force will make its recommendation to the Fairfax County Planning Commission in the Spring, after which Phase Two can officially begin.

Supervisor Cathy Hudgins (D-Hunter Mill) says the main goal of the task force is to "look at all the elements we feel are critical needs in our community

that must be met and planned properly."

The process will incorporate feedback from professional planners and designers, as well as people who live and work in the areas covered by the study.

Planning is also underway for the Wiehle Avenue station, which is expected to be up and running by the end of 2013, and will be the final stop in Phase One of Dulles Metrorail.

Ground for the Reston Station development, an effort from Fairfax County and Comstock Partners, was broken in April 2011, and will include retail, residential and 2,300 commuter parking spaces.

The development is expected to be open shortly after the opening of the Wiehle Station.

According to Pat Nowakowski, project executive for the Metropolitan Washington Airports Authority, the design of Phase One is 99 percent complete and construction is 60 percent complete.

Nowakowski also said preliminary engineering for Phase Two is expected to be completed by February, and that he hopes construction will begin "in early 2013 and be a four or five year project."

The Fairfax County Board of Supervisors passed a new memorandum of agreement on Phase Two Dec. 6, following similar decisions by the MWA board and the Loudoun County Board of Supervisors.

The memorandum was meant to cut around \$750 million in costs.



Surveillance photo of the suspect.

## Burglary Suspect Sought

Fairfax County Crime Solvers is seeking the public's assistance in identifying the man responsible for a series of burglaries in the Reston Police District. Since April, the suspect has entered at least 11 occupied homes in the early morning hours through unlocked doors or open garages. He steals purses and electronics then travels to Maryland and uses the credit cards.

The burglaries have occurred in the following neighborhoods:

- ❖ Friday, April 1 in the 10000 block of Scenic View Terrace
- ❖ Sunday, April 17 in the 1300 block of Hunter Mill Road
- ❖ Thursday, Aug. 18 in the 300 block of Springvale Road
- ❖ Thursday, Sept. 29 in the 12000 block of Sandy Court
- ❖ Thursday, Sept. 29 in the 10200 block of Browns Mill Road
- ❖ Thursday, Sept. 29 in the 1200 block of Shaker Woods Road
- ❖ Thursday, Sept. 29 in the 1200 block of Rowland Drive
- ❖ Friday, Oct. 7 in the 7200 block of Churchill Road

- ❖ Thursday, Oct. 13 in the 10500 block of Brevity Drive

- ❖ Thursday, Oct. 13 in the 11100 block of Chessington Place

- ❖ Monday, Dec. 19 in the 2100 block of Statute Lane

Detectives have obtained surveillance photos from stores in Maryland and they are hopeful someone will recognize this man. He is described as black, 5-foot-6-inches to 5-foot-8-inches tall and 160 to 180 pounds. He has short, black hair, a mustache and a round face. He has worn a black, button-up, short sleeve shirt and aviator-style sunglasses. He may be driving an early 2000, silver or light blue BMW 5 Series car. Residents are reminded to close and lock garage doors and secure their homes during overnight hours and when they are away.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS (8477), e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES (274637). A \$100 to \$1,000 cash reward will be paid for information that leads to an arrest. As always, callers never have to give their names or appear in court. Find us on Facebook.

### CRIME REPORT

Activities reported by the Reston police department through Dec. 30.

#### LARCENIES

- 2400 block of Corn Crib Court.** Bicycle stolen from business.
- 1100 block of Dranesville Road.** Purse stolen from vehicle.
- 12000 block of New Dominion Parkway.** iPhone stolen from business.
- 13100 block of Parcher Ave.** Beer stolen from business.

- 1100 block of Round Pebble Lane.** Diamond ring stolen from residence.
- 12500 block of Summer Place.** Wallet stolen from vehicle.
- 11400 block of Washington Plaza.** Cash stolen from business.
- 900 block of Locust St.** Video camera stolen from school.
- 11000 block of Saffold Way.** Tools stolen from vehicle.
- 12100 block of Sunset Hills Road.** Wine stolen from business.

- 13500 block of Virginia Randolph Ave.** Purse stolen from residence.

#### BURGLARY

- Gods Love International Church** at 2127 Cabots Point Lane was burglarized between 7:15-11:45 p.m. on Thursday, Dec. 22. An investigation determined electronics, money and jewelry were missing.

- 13100 block of Poplar Tree Road.** Tools stolen from vehicle.
- 5300 block of Poplar Valley Court.** ATM card stolen from residence.
- 12500 block of Fair Lakes Circle.** Apparel stolen from business.
- 11700 block of Fair Oaks Shopping Center.** Purse stolen from business.
- 12300 block of Falkirk Drive.** License plate stolen from vehicle.

#### BURGLARY/ ARREST

- Police detained a 14-year-old and a 16-year-old boy** for their alleged involvement in an attempted burglary around 2:30 a.m. on Saturday, Dec. 24 at a home in the 5600 block of Willow Valley Road. Both juveniles were released to their parents. Charges are pending further investigation.

- LARCENIES**
- 13900 block of Lee Jackson Memorial Highway.** Alcohol stolen from business.
- 4200 block of Ridge Top Road.** Prescription medication stolen from residence.
- 10200 block of Martinhoe Drive.** Gold bracelet stolen from residence.

## Nnenna Freelon Keynote Speaker at Martin Luther King Celebration

The 2012 Dr. Martin Luther King Jr. Birthday Celebration Planning Committee announces six-time Grammy Award nominee and "international voice of Jazz" Nnenna Freelon as the keynote speaker at the Reston 27th Annual Dr. Martin Luther King Jr. Birthday Celebration on Jan. 16, 2012.

Freelon, who will also perform a concert on the CenterStage later that same evening, will reflect on the celebration's theme, "Are We Keeping the Promise?"

Freelon has shared the stage or recordings with Jessye Norman, Herbie Hancock, Aretha Franklin, Ray Charles, Take 6, Al Jarreau, the Count Basie Orchestra and more. She has performed at Carnegie Hall, the Monterey Jazz Festival, the Newport Jazz Festival, and all over the globe, and just a few months ago in September 2011 she joined T.S. Monk and other guests on the CenterStage for a discussion about Music in Community. A dedicated supporter of young people and the arts, Freelon also brought her September discussion to Reston's South Lakes High School.

This year's celebration will also feature service projects designed to support the Reston community. RCC will partner with Reston Interfaith, Southgate Community Center, and Reston Association on projects to include making lunches for the Embry Rucker Shelter, sorting donations for the nonprofit thrift shop The Closet, organizing a community

library, painting shelves and walls, and, weather permitting, removing invasive plant species, marking storm drains, and cleaning up trash.

The Weekend Celebration begins with a performance by the Reston Community Orchestra at RCC Hunters Woods at 6 p.m. on Saturday, Jan. 14. The celebration continues with the "Voices of Inspiration" concert at the Northern Virginia Hebrew Congregation at 4 p.m. on Sunday, Jan. 15. The commemorative celebration on Dr. Martin Luther King Jr. Day will be held on Monday, Jan. 16 at Reston Community Center Hunters Woods from 9 a.m. – 2 p.m.

Following the daytime events and community service projects, Freelon will perform on RCC's the CenterStage at 8 p.m. Members of the South Lakes High School Chorus will join Freelon on stage for one memorable number.

The Reston 27th Annual Martin Luther King Jr. Birthday Celebration weekend is presented by the Reston Community Center in cooperation with Martin Luther King Jr. Christian Church, the Office of Fairfax County Supervisor Catherine M. Hudgins, Reston Community Orchestra, and Reston Interfaith, with the support of many other religious and civic organizations, business groups, and schools.

For more information contact Kevin Danaher, Community Events Director, at 703-476-4500, extension 6166 or email [kevin.danaher@fairfaxcounty.gov](mailto:kevin.danaher@fairfaxcounty.gov).

## Presentation on Early History of Reston Area

Reston Historic Trust and Reston Museum are exploring the history of the times before the successful planned community of Reston began in 1964. Reston Museum is producing another free program in January, to be presented at the JoAnn Rose Gallery at Reston Community Center-Lake Anne, "Before Reston: Colonial and Early History of the Reston Area." For more information, call Reston Museum at 703-709-7700, email [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com), and visit [www.restonmuseum.org](http://www.restonmuseum.org).

"Before Reston: Colonial and Early History of the Reston Area" will be presented on Thursday, Jan. 19, from 7-9 p.m. at the Reston Community Center-Lake Anne, 1609 Washington Plaza in Reston. Award-winning local historian Karen Washburn and Assistant Professor Ted McCord of George Mason University will present the program that includes a discussion of King Charles II and the Northern Neck proprietary grants, how they limited settlement in comparison with the rest of Colonial Virginia, and how the land transferred from the

Culpeper family to the Fairfax family. Learn about the creation of Fairfax County and the critical role of Thomas, the sixth Lord Fairfax, had in keeping the land intact. The creation of Great Falls Manor, the land purchased by Benjamin Thornton, and the building of Alexandria, Loudoun & Hampshire railroad (now the W&OD), along with the Thornton station will be discussed, as well as what happened to the Thornton property after the Civil War. All are welcome to the presentation, and admission is free. Donations to Reston Museum are appreciated. 703-709-7700, [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com)

Karen Washburn is the past Chair of the Fairfax History Commission. She was the second President of the Great Falls Historical Society and has a passion for taking oral histories to uncover the everyday life of the past. McCord is an assistant professor of history at GMU specializing in colonial America and Virginia history with a concentration on the formation of our country before and after the Revolutionary War period (1740-1810).

## NEWS

# A Look Back – A Look Forward

## Sharon Bulova's picks, predictions & resolutions.

*Editor's Note: We asked community leaders and elected officials to tell us what they would consider the top five stories, events and developments in our area in 2011. We also asked them to do some predicting. What do they think - or hope - are the top five stories, events and developments in 2012? What are their personal New Year's resolutions?*



**Chairman Sharon Bulova, (D-at-large), Fairfax County Board of Supervisors**

### 2011 Top Stories

- ❖ Re-election of all 10 Board of Supervisors members (November)
- ❖ First redevelopment approved for Tysons Corner under new plan (September)
- ❖ Budget implements full-day kindergarten at all County elementary schools (April)
- ❖ County employees get first pay raise in three years (April/October)
- ❖ Agreement reached on strategy to fund Dulles Rail (December approved by BOS)
- ❖ I-495 HOT Lanes reach 50 percent completion (mid-year)
- ❖ New I-95 HOT Lanes project announced (February)
- ❖ Tragic flooding in Huntington, Vienna and Reston (September)
- ❖ Relocation of Northrup Grumman and announced relocation of Bechtel Global HQ to Fairfax County (September/November)
- ❖ BRAC moves begun at Mark Center, completed at Ft. Belvoir South and National Geospatial Intelligence Agency

### 2012 Top Stories

- ❖ County Executive Tony Griffin steps down from the top post in Fairfax County - community gives him high grade for responsible stewardship and community engagement
- ❖ New County Executive chosen as top administrator for Fairfax County
- ❖ Construction begins on I-95 HOT Lanes in Springfield
- ❖ Construction completed on Beltway HOT Lanes (possible late 2012)
- ❖ More redevelopment plans for Tysons Corner approved
- ❖ Construction begins on Phase II of Dulles Rail
- ❖ New, stronger partnership between School Board of Board of Supervisors is forged
- ❖ Agreement on revenue source for conference center
- ❖ Slow and steady economic recovery

### SCHOOL NOTES

Navy Seaman Recruit **Jessica Javor** has completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. During the eight-week program, Javor completed a variety of training which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis was also placed on physical fitness. The 2006 graduate of South Lakes High School is the daughter of Martha L. Gendron of Reston.

**Stefanie Brown** of Reston has been named to the spring 2011 dean's list at the University of South Carolina. The South Lakes High School graduate is studying music education.

**Melissa Tran** of Reston has been named to the 2012 Who's Who Among Students in American Universities and Colleges. Tran is majoring in quantitative economics at Providence College, Providence, R.I.

**Gailin Clinton** of Reston has been named a member of the Marching Virginians at Virginia Tech.

**Julia Springfield** of Reston has been named as a member of Sigma Alpha Lambda, National Leadership and Honors Organization at the University of Virginia. Springfield is a 2010 IB Diploma graduate of South Lakes High School.



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# OPINION

## Resolved: Pick One Way to Get Involved

New Year's resolutions? Go ahead, let's pledge to lose weight, exercise regularly, spend less, recycle, save and read more. The turn of the calendar really does provide an impetus to make small and large changes in the way we live.

One item to add to the list of resolutions is to get involved locally. Volunteer one time for one day, or give a few hours a week to something that interests you. Pick one place where you can make a difference. The

experience will enrich you (and your family) as well, connecting you to the community in new ways. Making time for even a single volunteer effort communicates an invaluable message about your values to your children in a powerful way that words cannot match.

Most local nonprofits and church groups that provide emergency food and services for families in need are overwhelmed right now by the dramatic increase in demand for food, emergency help with rent to prevent homelessness and much more. See sidebar for some suggestions.

Volunteer Fairfax connects volunteers of all kinds to organizations in need of help, providing flexible weekend and evening opportunities including packing emergency food kits for families in crisis, tutoring adults in alternative learning programs, reading to elementary school children after school, socializing with seniors or planting trees to prevent erosion. Volunteer Fairfax will hold its annual Give Together: A Family Volunteer Day on Monday, Jan. 16, Martin Luther King Jr. Day, with focused events at the Herndon Senior Center, the Gum Springs Community Center, and at George Mason University. See [www.volunteerfairfax.org](http://www.volunteerfairfax.org).

The Arlington County Volunteer Office promotes civic engagement and active volunteer participation, coordinating volunteer opportunities from hundreds of non-profit and government agencies. Visit [www.co.arlington.va.us](http://www.co.arlington.va.us) and type "volunteer" into the search box.

### Where To Help

- ❖ Volunteer Fairfax, [www.volunteerfairfax.org](http://www.volunteerfairfax.org)
- ❖ Our Daily Bread has been serving needy families in Fairfax County for 25 years. [www.odbfairfax.com](http://www.odbfairfax.com).
- ❖ Food for Others provides free food directly to people in need in Northern Virginia. The non-profit provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse. 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. [www.foodforothers.com](http://www.foodforothers.com)
- ❖ The Jeanie Schmidt Free Clinic, 13525 Dulles Technology Drive, Herndon, VA 20171, 571-235-3577. Last year, 139 community volunteers — nurses, nurse practitioners, and physicians. [jsfreeclinic.org](http://jsfreeclinic.org).
- ❖ Habitat for Humanity of Northern Virginia, 703-521-9890
- ❖ Alternative House — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182, 703-506-9191. [www.thealternativehouse.org](http://www.thealternativehouse.org).
- ❖ Reston Interfaith, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, [www.restoninterfaith.org](http://www.restoninterfaith.org). Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program
- ❖ SHARE of McLean seeks volunteers and donations. Checks and gift cards can be sent to: Share, Inc. PO Box 210, McLean, VA 22101. 703-284-2179. [www.SHAREofMcLean.org](http://www.SHAREofMcLean.org)
- ❖ LINK, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats, plus volunteers. Email Lisa Lombardo at [LisaLombo@signaturecos.com](mailto:LisaLombo@signaturecos.com). 703-437-1776 [www.linkagainsthunger.org](http://www.linkagainsthunger.org)
- ❖ FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. People who are interested in volunteering can contact 703-865-4251 or [volunteer@facetscares.org](mailto:volunteer@facetscares.org).
- ❖ Committee for Helping Others (CHO), Vienna 703-281-7614
- ❖ Fairfax City Area FISH (For Immediate Sympathetic Help), 703-222-0880
- ❖ Herndon-Reston FISH (For Immediate Sympathetic Help), 703-391-0105
- ❖ Northern Virginia Family Service, Oakton, 703-385-3267

The Alexandria Volunteer Bureau recruits and coordinates volunteers and matches their interests, skills and availability with the needs of service-providing nonprofit organizations and public agencies. Visit [www.volunteeralexandria.org](http://www.volunteeralexandria.org).

The Literacy Council Northern Virginia is in need of volunteers who will devote several hours a week to helping adults master reading and writing skills; visit [www.lcnv.org](http://www.lcnv.org).

A Court Appointed Special Advocate (CASA) volunteer is a trained citizen who is appointed by a judge to represent the best interests of a child in court. CASA volunteers help children who will have their home placement determined in juvenile court. See [www.casafairfax.org](http://www.casafairfax.org).

The Alexandria/Arlington Court Appointed Special Advocate (CASA) Program has helped hundreds of children have a voice within the court system. See <http://www.scanva.org/casa.htm>

Some other suggestions:

Get involved in state and national political campaigns. If the coming campaign season is

anything like four years ago, presidential candidates will be crisscrossing Northern Virginia on a weekly basis soon. George Allen and Tim Kaine will be engaged in a very lively contest for Senate. Our U.S. representatives are also up for reelection. Volunteer for a candidate, with the League of Women Voters or with your local electoral board.

The public school or library closest to your house is also in need of volunteers. Homeowners associations need activists to learn about a variety of local issues and coordinate neighborhood response. Your church or house of worship could use a hand. In addition to their usual work, animal shelters and animal rescue groups are also over extended with families giving up pets due to the economy. Environmental groups like Audubon Naturalist Society and the Nature Conservancy offer many kinds of volunteer opportunities, as do local parks.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## General Assembly 2012 Preview

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

A representative group of colonists met in the church on Jamestown Island in 1619 establishing a form of government for the new settlement and giving Virginia the distinction of having the oldest, continuous representative legislative body in the western hemisphere. Its successor, the General Assembly, will convene next week on January 11 for its 2012 session. As the person to whom the voters of the 36th district have delegated the responsibility to represent their interest, I would like to hear from you.

There will be many issues to resolve: Should a 30-year ban on mining uranium in the state be lifted? A recent study raises some serious doubts.

Should the use of hand-held cell phones be outlawed while driving? The distracted driver



causes serious accidents.

Should life be defined to begin at conception? The first bill introduced, House Bill 1, says it should be.

Should the governor be allowed to serve a second term in succession? Such a change in the law would not apply to the current governor.

Should Virginia set up a health insurance exchange to lower the cost of health insurance and make it more accessible? Some want to wait for a federal mandate.

Should Governor McDonnell's \$85 billion budget for the biennium be passed as presented? Many of us do not like the cuts to education.

Should Virginia take action to reduce traffic

congestion? Many are scared away by the price tag that continues to get higher.

Do we really need the more than 3,000 bills and resolutions that will be introduced? All will be heard by a committee on the subject and only about half will pass.

**ON WEDNESDAY EVENING, Jan. 4, I will be using an established technology of the telephone to call voters in the district. At 8 p.m. you should receive a call from me on your home telephone unless your number is unlisted. For the first few seconds you will hear my recorded voice, and then I will come on the line to talk about the legislative session and respond to your questions.**

If you want to talk with me in person, come to the Public Hearing I am having with State Sen. Janet Howell on Thursday, Jan. 5, 7:30 to 9 p.m. at the Reston Community Center at Hunters Woods.

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## Reston CONNECTION

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# Another False Start?

BY JACK KENNY  
PAST PRESIDENT, REPUBLICAN CLUB OF GREATER  
RESTON

Once again, the Reston Association Board of Directors appears to be considering a year-round tennis facility. The idea of an all-weather facility is being proposed once again.

After the last abortive proposal to construct a \$56 million facility to meet the demands for meeting rooms, a food facility, tennis courts, another indoor swimming pool, exercise room, etc. while destroying Browns Chapel, some Little League playing fields and the need to move the RA headquarters to another location, ran aground on costs, ambitions of a few and aroused the objections of the many. It was predictably DOA.

Once again, the RA staff appears to just be adding to that stack of studies that propose expanding our recreational facilities that have gone the way of overly ambitious plans.

After years of benign neglect, the "play" part of Reston is once again endangered by the less than realistic evaluation of what we can or are willing to mortgage our association. The most recent proposal for an indoor tennis facility calls for replacing the six-court, outdoor facility with an indoor monstrosity offering the same capacity with all the frills.

What should be the criteria for an indoor facility? What will be our annual operating and maintenance costs? Do we need a full time staff to schedule court times, provide security and daily, as well as annual

maintenance? Do we need showers and lockers or can we get along with rest rooms? Can we do with soft-drink vending machines? Just how much will be spent on making the facility an architectural wonder or a modest facility to meet the needs of RA members. How many indoor tournaments a year — every weekend?

Should there be a fee structure for use of the courts? Should RA members play for free? What about non-members? We will soon be facing as much as a 40 percent population growth in RA's physical boundaries. There have already been discussions and proposals on what will be the status of those new residents seeking convenient access to the Silver Line that may or may not be RA dues-paying members.

This writer can support a modest facility of six courts if placed in the wooded area between Baron Cameron Rd and the parking lot. Yes, Courts #5 and 6 would become indoor courts. We may lose a very small piece of our open space, a half dozen parking spaces and a bunch of mature trees. However, there is room: the trees can be replaced. We might consider the all-weather facility about a mile away at Hidden Creek Country Club as an example of a modest, no frills fully functional two-indoor court facility. Let's think outside the box and get the most for our money.

In any event, while the naysayers may point to the national economic recession as not the time to mortgage, Northern Virginia residents appear to have suffered little unemployment and may well be considered recession-proof. Now is the time to move forward and reverse that trend of closing our "play" facilities.

Delight in our *HomeLifeStyle* sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our *A-plus: Education, Learning, Fun* pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com

Suggestions? E-mail mkimm@connectionnewspapers.com



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Also, beginning January 10 - "Keeping Good Marriages Healthy"  
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led by Becky Albritton of Pastoral Counseling of Northern Virginia  
Register at [Office@cof-umc.org](mailto:Office@cof-umc.org)  
13224 Franklin Farm Road, Herndon, VA 20171

## OPINION

### Plum

FROM PAGE 6

Virginia's House Appropriations and Senate Finance Committees will hold a regional Public Hearing on Friday, Jan. 6, at George Mason University's Fairfax Campus, Dewberry Hall, in the Johnson Center at 10 a.m. The purpose of the hearings is to receive comments on the Governor's proposed 2012-14 biennial state budget. Those wishing to speak may register at the hearing site no earlier than one hour prior to the start of the hearing; speakers will be taken in order of registration. Those unable to attend may comment in writing to Del. Lacey E. Putney, P.O. Box 406, Richmond, VA 23218, or to Sen. Charles J. Colgan, 10th Floor General Assembly Building, Richmond, VA 23219.

Fairfax County Delegation's Pre-General Assembly Public Hearing will be held on Saturday, Jan. 7 at 9 a.m., in the Board Auditorium at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Individuals wishing to speak should call the Office of the Clerk to the Board of Supervisors at 703-324-3151 by noon on Friday, Jan. 6. Point of contact for other questions is Katie Boyle at 703-324-2649.

Constituents should have received a printed newsletter from me last week. Please complete the survey in it or go to [www.kenplum.com](http://www.kenplum.com) to complete it online. If you did not receive a newsletter, call 703-758-9733 or e-mail [kenplum@aol.com](mailto:kenplum@aol.com), and one will be mailed to you. Throughout the legislative session you can continue to call me at 703-758-9733, and your call will be forwarded to my Richmond office without cost to you. Continue to use [kenplum@aol.com](mailto:kenplum@aol.com) for e-mails to me during the session. I look forward to hearing from you.

#### FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday.

**St. Anne's Episcopal Church**, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday School and Adult Education available. Morning Prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or [www.stannes-reston.org](http://www.stannes-reston.org).

**The Baha'i community of McLean** holds a weekly fireside, a meeting of discussion, devotion and fellowship, at 7500 Box Elder Court in McLean, at 8 p.m. every Friday. An opportunity to learn about the Baha'i faith. 703-556-3400.

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# Reflections and Resolutions

**A**ndrew DeLillio, 7th grade student at the Langston Hughes Middle School in Reston, responded to the call to reflect on community happenings in 2011 and New Year's resolutions:

"One of the most significant happenings for me in 2011 was when I laid wreaths at the Arlington Cemetery on Dec. 10, 2011 with my Reston Boy Scout Troop 1313. About 50 volunteers from my troop participated. We mostly laid wreaths in the section of the cemetery where veterans had recently passed. I noticed that there were many veterans that fought in World War II and several that had earned the Purple Heart. I felt that this was an important event because these veterans served our country and helped support our country as good citizens.

Another significant happening in my life and community in 2011 was when I volunteered at the Reston Nature Center with my family on Arbor Day. My family and I planted many small trees, flowers and shrubs. I learned how to use several gardening tools to loosen the hard clay soil. Arbor Day at the Reston Nature Center was significant to the community because it made the Reston Nature Center look nice and allows the Center's programs to be carried on in a natural environ-

ment. When I am riding my bike or taking a walk in my community with my family we often visit the Nature Center to see the trees, shrubs and flowers we planted.

The last significant event in my life in 2011 was when I participated as a boy scout in a Troop 1313 Eagle Scout project. I helped paint three apartments belonging to a shelter in the community. The project helped make the environment within the shelter nice and clean looking for the shelter's programs. I also learned how to paint which will be a life-long skill I can use.

I think the readers should look forward to more information on the status of the Wiehle Avenue Metro. My family and I often drive by and would like to read more about the progress in our community paper. I also think the readers would like more information on volunteer opportunities in the community. Boy scouts and kids in middle school are required to perform service hours. I also think readers would like to keep up to date on disagreements in Congress in passing important bills and laws.

My 2012 New Year's Resolution is to try to get to bed on time and improve playing Linus and Lucy on the piano."



Andrew DeLillio

## BULLETIN BOARD

To have community events listed in the Connection, send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Friday.

### WEDNESDAY/JAN. 4

**Spiritual Development and Study Group.** 7:30 p.m. Hunan East, 2533 John Milton Drive, Herndon. Every Wednesday. 703-620-3018.

**Lupus Support Group.** 6:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. The Lupus Foundation of America DC/MD/VA Chapter offers a free support group for lupus patients and their families the first Wednesday of the month. 1-888-787-5390 or [info@lupusdmv.org](mailto:info@lupusdmv.org).

### THURSDAY/JAN. 12

**Reston Historic Trust Annual Meeting, Art Show and Sale.** 6-8 p.m. Reston Museum, Reston Historic Trust, 1639 Washington Plaza, Lake Anne Village Center, Reston. Review of the past year and election of board members. Art show and sale exhibit reception will follow the meeting. [www.RestonMuseum.org](http://www.RestonMuseum.org).

### FRIDAY/JAN. 13

**Friday Forum Business Networking.** 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

### MONDAY/JAN. 16

**Assistance League of Northern Virginia.** 11 a.m. Fairfax County Police Department-Sully District Station, 4900 Stonecroft Blvd., Chantilly. Martin Luther King, Jr. day of service Operation School Bell Weekend Food for Kids, packing 1,000 food bags for 3 Title one schools in Northern Virginia. Preceded by the regular monthly meeting at 9:30 a.m. for members and those interested in joining the organization. [www.northernvirginia.assistanceleague.org](http://www.northernvirginia.assistanceleague.org)

or 703-591-2312.

### FRIDAY/FEB. 10

**Friday Forum Business Networking.** 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

### FRIDAY/MARCH 9

**Friday Forum Business Networking.** 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

### FRIDAY/APRIL 13

**Friday Forum Business Networking.** 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

### FRIDAY/MAY 11

**Friday Forum Business Networking.** 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

## WEEK IN RESTON

### Blood Drive Saturday at Reston Town Center

Reston Runners will partner with Inova Blood Donor Services to bring the Bloodmobile to Reston Town Center on Saturday, Jan. 7, from 8:30 a.m. to 12:30 p.m.

The Bloodmobile will be parked next to the ice rink on Market Street in Reston Town Center. According to Dr. Pete Bruno, who spearheads the drive for Reston Runners, donors can pre-register on the Reston Runners website ([www.RestonRunners.org](http://www.RestonRunners.org)) or simply come to the Bloodmobile on Jan. 7.

This is the sixth annual effort by Reston Runners to raise consciousness and to collect blood donations. In past years the Reston Runners blood drive has been a successful part of Inova Blood Donor Services effort to collect 200 units every day to meet the ongoing need in the community.

There are 12 donor slots available each hour. Potential donors can sign up for a specific appointment time on the Reston Runners website, or simply come to Reston Town Center on Saturday, Jan. 7, for a total of 48 potential units of blood to be collected.

Reston Runners is the largest physical fitness club in Reston, with more than 800 members who enjoy running, walking, biking and other ways to get fit and stay healthy. Visit the club's website at [www.RestonRunners.org](http://www.RestonRunners.org)

### Reston Limousine Employee Named Chauffeur of Year

Reston Limousine and Travel Service, Inc. professional driver Robert Erby was recently named Chauffeur of the Year during the limousine and chauffeured ground transportation industry's premier international event, the annual Limo Digest Show. Erby was selected for his professionalism and safety practices to the trade and presented the prestigious honor during the achievement awards gala at the Nov. 6-9 livery conference in Atlantic City, N.J.

A five-year employee of Reston Limousine, Erby has received numerous internal awards from his employer as well as being the recipient of many accolades from clients.

Founded in 1990, Reston Limousine strives toward enhancement of its service quality, as well as being recognized for its innovative ways to grow its customer base and portfolio of services. The company's revenues have increased (\$16.5 million in 2010), more than doubling since 2003, and for the fourth consecutive year Reston Limousine was named to *Inc. Magazine's* 500/5000 ranking for revenue growth.



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# Keeping New Year's Resolutions

A detailed plan could make all the difference, experts say.

BY MARILYN CAMPBELL  
THE CONNECTION

A recent poll by the Marist Institute for Public Opinion shows that increasing exercise, losing weight, quitting smoking and improving one's financial situation are among the most common New Year's resolutions, but more than 60 percent of people who make these promises fail to keep them. Mental health experts say impractical or undefined targets are among the top causes of resolutions without staying power.

"People set unrealistic and unattainable goals, get demoralized and give up," said Thomas N. Wise, M.D., director of behavioral services at Inova Health Systems and chairman, Department of Psychiatry at Inova Fairfax Hospital in Falls Church. Wise has studied addiction, habit change and obesity. "Often, the bar is set way too

high. You didn't become overweight overnight, so you're not going to lose the weight overnight," said Lisa Calusic, M.D., a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria.

A lack of specificity can derail ambitions. "People set abstract goals. [They say] 'I want to be healthier. I want to be thinner. I want to work out more.' But they don't have implementation plans," said Todd Kashdan, Ph.D., professor of psychology at George Mason University.

**DONNA GRAMM** practices Pilates regularly as part of her effort to stay in shape.

"I've been working out since college. It makes me feel good," said Gramm, a Potomac resident.

This month, however, she has more company in the exercise room. Each January, people who've resolved to get in shape or lose



Reina Offutt Pratt teaches a Pilates class to Donna Gramm, Cyndi Hann, Carly Yoo and Nicole Krug. Increasing physical exercise is a New Year's resolution that is often made and broken.

weight flock to gyms and health clubs. Gramm is not worried about the influx of fitness aspirants. She knows most will soon be gone. Her instructor, Reina Offutt Pratt, owner of Potomac Pilates, agrees.

"In January we see the largest spike [in class attendance], but a lot of the people we see come in January don't come back in February," said Offutt Pratt. "The gung-ho nature of their New Year's resolu-

tion starts to dissipate." So what are the secrets to making New Year's resolutions a permanent lifestyle change? "Set small, realistic and concrete steps towards making or improv-



Thomas N. Wise, M.D., of McLean, director of behavioral services at Inova Health Systems, believes that impractical or undefined goals lead to New Year's resolutions that fail.



Lisa Calusic, M.D., of Arlington, a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria, says that behavior changes require the admission of a problem.



Maria Londono, of Chantilly, a mental health therapist with Molina Healthcare, Fairfax County Health Care Network in Alexandria, Reston and Falls Church says that setting small, realistic goals is key to making permanent lifestyle changes.

ing a behavior," said Maria Londono, of Chantilly, a mental health therapist with Molina Healthcare, Fairfax County Health Care Network in Alexandria, Reston and Falls Church. "For example, lose weight by eating a healthy break-

fast in the morning and exercising three times a week. [Begin] with 15-minute routines and increase to 30 minutes when [your] body is more used to exercise."

regular schedule where you rarely miss it is the way to keep up with any kind of behavior modification.

Develop a support network. "Choose friends who respect the fact that you want to change. Choose people who look like what you want to become," said Kashdan who lives in Centreville.

Find ways to make behavioral changes enjoyable. "We encourage clients to exercise with friends," said Offutt Pratt. "Make it about friendship and socializing."

Create a plan that fits one's lifestyle. "Find something that is convenient and that you can do on a regular basis," said Wise. "If you work long hours, a complicated workout probably makes no sense, but jogging around [your neighborhood] might make sense."

Set up reminders and measure progress regularly. "Post notes for yourself," said Wise. "Let's say there is an outfit you want to fit into. Don't put it in the closet behind your other clothes. You put it in front to remind you."

Set short-term goals. "I encourage clients to set weekly goals rather than monthly or yearly goals

and make themselves accountable on a weekly basis," said Offutt Pratt. "For example, 'I'm going to attend two classes on a weekly basis rather than saying, 'I'm going to attend 10 classes next month.'"

Shifts such as spending less money, decreasing debt, giving up smoking or limiting alcohol intake require the admission of a problem. "You can't change what you don't acknowledge," said Calusic, who lives in Arlington. "Unless someone decides for themselves that they have an addiction or habit that they want to change, it is not going to happen. Other people wanting them to change doesn't work."

Find substitutions for unhealthy habits. "If someone is used to drinking every day, there is a reason why," said Calusic. "Alcohol is providing a crutch. You can't take it away unless you have something to replace it with [like] a hobby [such as] art, tennis or anything that can distract from the negative habit that they are trying to break."



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Barbara Balsamo  
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# HOME SALES

In November 2011, 61 Reston homes sold between \$1,099,000-\$109,000.

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
11990 MARKET ST #1002	3	3	0	RESTON	\$1,099,000	Hi-Rise 9+ Floors	.....	20190	MIDTOWN@RESTON TOWN CTR
2074 BEACON HEIGHTS DR	3	2	1	RESTON	\$860,000	Townhouse	0.06	20191	BEACON HILL
11302 WEDGE DR	5	3	0	RESTON	\$751,000	Detached	0.28	20190	RESTON
12147 STIRRUP RD	5	3	2	RESTON	\$725,000	Detached	0.31	20191	RESTON
11210 CENTER POST CT	4	3	1	RESTON	\$721,000	Detached	0.12	20194	RESTON
11938 RIDERS LN	4	2	2	RESTON	\$660,000	Detached	0.35	20191	FOX MILL WOODS
11432 HOLLOW TIMBER CT	4	3	1	RESTON	\$655,000	Townhouse	0.06	20194	RESTON
11776 STRATFORD HOUSE PL #1108	2	2	0	RESTON	\$653,000	Hi-Rise 9+ Floors	.....	20190	STRATFORD
11922 RIDERS LN	4	3	2	RESTON	\$628,000	Detached	0.41	20191	FOX MILL WOODS
11439 GREAT MEADOW DR	5	3	0	RESTON	\$610,000	Detached	0.55	20191	RESTON
11125 LITTLE COMPTON DR	3	3	1	RESTON	\$590,000	Townhouse	0.07	20191	RESTON
2228 HALTER LN	5	3	1	RESTON	\$547,000	Detached	0.30	20191	POLO FIELDS
2406 SUGARBERRY CT	5	3	0	RESTON	\$525,000	Detached	0.42	20191	RESTON
2330 CLUB POND LN	5	3	1	RESTON	\$525,000	Detached	0.23	20191	POLO FIELDS
11219 LEATHERWOOD DR	4	3	0	RESTON	\$519,900	Detached	0.36	20191	RESTON
12140 QUORN LN	4	2	1	RESTON	\$515,000	Detached	0.16	20191	RESTON
11428 LINKS DR	4	2	2	RESTON	\$500,000	Townhouse	0.07	20190	RESTON
1358 HERITAGE OAK WAY	2	2	2	RESTON	\$500,000	Townhouse	0.06	20194	RESTON
11776 STRATFORD HOUSE PL #301	2	2	0	RESTON	\$490,000	Hi-Rise 9+ Floors	.....	20190	STRATFORD
2128 GOLF COURSE DR	5	3	1	RESTON	\$460,000	Townhouse	0.07	20191	RESTON
1830 FOUNTAIN DR #1103	2	2	0	RESTON	\$455,000	Hi-Rise 9+ Floors	.....	20190	PARAMOUNT
1275 WEATHERSTONE CT	3	3	1	RESTON	\$435,000	Townhouse	0.07	20194	RESTON
11782 INDIAN RIDGE RD	4	2	1	RESTON	\$426,000	Townhouse	0.05	20191	RESTON
2038 CHADDS FORD DR	3	2	2	RESTON	\$425,000	Townhouse	0.04	20191	RESTON
11316 DOCKSIDE CIR	4	3	1	RESTON	\$420,000	Townhouse	0.05	20191	RESTON
1875 CRESCENT PARK DR	2	2	1	RESTON	\$415,000	Townhouse	.....	20190	LINCOLN PARK
11185 SAFFOLD WAY	4	3	1	RESTON	\$411,000	Townhouse	0.04	20190	RESTON
1851 STRATFORD PARK PL #102	2	2	0	RESTON	\$407,000	Garden 1-4 Floors	.....	20190	STRATFORD
11518 LINKS DR	3	2	1	RESTON	\$385,000	Townhouse	0.05	20190	RESTON
11190 HARBOR CT #11190	2	2	0	RESTON	\$380,000	Garden 1-4 Floors	.....	20191	HARBOR POINT
2016 WINGED FOOT CT	3	2	1	RESTON	\$375,000	Townhouse	0.04	20191	RESTON
1978 WINTERPORT CL	2	2	2	RESTON	\$363,000	Townhouse	0.03	20191	RESTON
12001 MARKET ST #353	2	2	0	RESTON	\$357,500	Garden 1-4 Floors	.....	20190	MARKET STREET TOWN CENTR
1652 BARNSTEAD DR	3	1	2	RESTON	\$339,900	Townhouse	0.03	20194	RESTON
2346 BRANLEIGH PARK CT	3	2	1	RESTON	\$335,000	Townhouse	0.03	20191	HUNTERS SQUARE
11910 BRETON CT #3B	2	2	1	RESTON	\$325,000	Townhouse	.....	20191	GLADE AT HUNTERS WOODS
1304 GARDEN WALL CIR #107	2	2	1	RESTON	\$325,000	Garden 1-4 Floors	.....	20194	BALDWIN GROVE
11511 BUTTWOOD CT	2	2	2	RESTON	\$323,000	Townhouse	0.02	20191	RESTON
2021 APPROACH LN	3	2	1	RESTON	\$322,000	Townhouse	0.04	20191	RESTON
2163 WHISPER WAY	3	2	1	RESTON	\$300,000	Townhouse	0.02	20191	RESTON
2301 EMERALD HEIGHTS CT	4	3	0	RESTON	\$299,000	Townhouse	0.04	20191	RESTON
2450 RIDGEHAMPTON CT	2	2	0	RESTON	\$285,000	Townhouse	0.02	20191	HUNTERS SQUARE
1539 WOODCREST DR	2	2	0	RESTON	\$285,000	Townhouse	0.02	20194	RESTON
1724 LAKE SHORE CREST DR #13	2	1	1	RESTON	\$278,000	Garden 1-4 Floors	.....	20190	EDGEWATER AT TOWN CNTR
1505 CHATHAM COLONY CT	3	2	1	RESTON	\$260,000	Townhouse	0.04	20190	RESTON
11760 SUNRISE VALLEY DR #604	2	2	0	RESTON	\$259,000	Hi-Rise 9+ Floors	.....	20191	MERCER
12000 MARKET ST #128	1	1	0	RESTON	\$256,000	Garden 1-4 Floors	.....	20190	SAVOY AT RESTON TWN CNTR
2229J LOVEDALE LN #306B	2	1	0	RESTON	\$240,000	Garden 1-4 Floors	.....	20191	BRISTOL HOUSE
11715 OLD ENGLISH DR #E	2	2	0	RESTON	\$238,000	Garden 1-4 Floors	.....	20190	PARCRESTON
11760 SUNRISE VALLEY DR #212	1	1	0	RESTON	\$225,000	Hi-Rise 9+ Floors	.....	20191	MERCER
11760 SUNRISE VALLEY DR #907	1	1	0	RESTON	\$207,000	Hi-Rise 9+ Floors	.....	20191	MERCER
2335 EMERALD HEIGHTS CT	2	2	0	RESTON	\$206,200	Townhouse	0.03	20191	RESTON
12024 TALIESIN PL #11	1	1	0	RESTON	\$200,000	Garden 1-4 Floors	.....	20190	OAK PARK
1424 NORTHGATE SQ #11B	2	2	0	RESTON	\$185,000	Garden 1-4 Floors	.....	20190	NORTHGATE
11701 OLDE ENGLISH DR #A	2	1	0	RESTON	\$182,000	Garden 1-4 Floors	.....	20190	PARCRESTON
1703 ASCOT WAY #1703L	1	1	0	RESTON	\$175,000	Garden 1-4 Floors	.....	20190	PARCRESTON
1552 NORTHGATE SQ #11B	2	1	0	RESTON	\$165,000	Garden 1-4 Floors	.....	20190	NORTHGATE
11710 OLDE ENGLISH DR #11710-E	1	1	0	RESTON	\$165,000	Garden 1-4 Floors	.....	20190	PARCRESTON
1951 SAGEWOOD LN #615	2	2	0	RESTON	\$165,000	Mid-Rise 5-8 Floors	.....	20191	THOREAU PLACE
11652 STONEVIEW SQ #92/2B	2	2	0	RESTON	\$125,000	Garden 1-4 Floors	.....	20191	SHADOWOOD
1951 SAGEWOOD LN #10	1	1	0	RESTON	\$109,000	Garden 1-4 Floors	.....	20191	THOREAU PLACE

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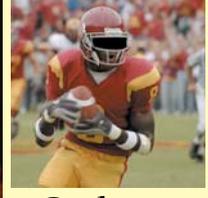
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# ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

## THURSDAY/JAN. 5

**Preschool Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories and activities. Age 4-5 with adult. 703-689-2700.

**One-on-One Computer Tutoring.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

**eBook/eReader Instruction.** 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for appointment. Adults. 703-242-4020.

## FRIDAY/JAN. 6

**VIP Reston.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Support group for visually impaired adults. 703-689-2700.

## SATURDAY/JAN. 7

**Reston Contra Dance.** 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Music by the June Apple Band. Beginners' workshop 7:15 p.m. Partner not required. Admission \$9. [anote20@gmail.com](mailto:anote20@gmail.com).

## SUNDAY/JAN. 8

**United States Marine Band.** 8 p.m. George Mason University's Center for

the Arts Concert Hall, 4400 University Drive, Fairfax. Free, non-ticketed. [www.gmu.edu](http://www.gmu.edu).

## MONDAY/JAN. 9

**Game On! Afternoon Edition.** 3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Wii gaming, Mario Kart and Super Smash Brothers. Age 8-14. 703-689-2700.

**English Conversation.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-native speakers. Adults. 703-242-4020.

**Brain Games.** 3:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. After-school drop-in program. Play chess, Blokus, Battleship, Rush Hour and other strategy games. Age 6 and up. 703-242-4020.

## TUESDAY/JAN. 10

**Great Decisions Roundtable Discussion.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discussion of U.S. and International issues. This month's topic is Middle East Realignment. Adults. 703-689-2700.

**Read to the Dog.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Call or sign up online for a 15-minute session. Age 6-12. 703-689-2700.

**One-on-One Computer Tutoring.** 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

**Money Matters.** 7:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Monthly group discussion on personal finance and investing. Adults. 703-242-4020.

## WEDNESDAY/JAN. 11

**Speakers Forum with Dr. David Applegate.** 10 a.m. Ernst Cultural Center, NVCC Annandale Campus, 8333 Little River Turnpike, Annandale. The latest scientific research on earthquakes, volcanoes, tsunamis and floods with Dr. David Applegate, associate director for natural hazards at the United States Geological Survey. Social hour 9:30 a.m. Sponsored by Lifetime Learning Institute of Northern Virginia for adults over 55. Free admission, garage parking \$1 per hour. <http://lli.nova.org> or 703-503-0600.

**Toddler Storytime.** 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories, songs and activities. Age 2-3 with adult. 703-437-8855.

**Reston Book Club.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Call for title. Adults. 703-689-2700.

**Small Wonders.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Short stories. Age 13-23 months with adult. 703-242-4020.

## THURSDAY/JAN. 12

**Toddler Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories, songs and fingerplays. Age 2-3 with adult. 703-689-2700.

**Book Discussion Group.** 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Keepers of the House by Shirley Ann Grau. Ask at circulation desk for copy. Adults. 703-689-2700.

**One-on-One Computer Tutoring.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and

Excel. Call for appointment. Adults. 703-242-4020.

**eBook/eReader Instruction.** 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for appointment. Adults. 703-242-4020.

## SATURDAY/JAN. 14

**Reston Community Orchestra: Tribute to Dr. King.** 6 p.m. Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. With singer Beverly Cosham. Featuring music by African-American composers and vocal selections inspired by the Civil Rights movement. Free, donations accepted. [www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org).

**Fairfax Symphony Orchestra.** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. With cellist Sergey Antonov. Glazunov's Chant du Ménéstrel, Haydn's Cello Concerto in C Major, and Shostakovich's Symphony No. 11, "The Year 1905." Free pre-concert discussion for ticketholders at 7 p.m. Tickets \$25-\$55. [info@fairfaxsymphony.org](mailto:info@fairfaxsymphony.org).

**All4Hym.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A family bluegrass gospel group. \$12. 703-435-8377.

**Discover eBooks.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. How to find and download library eBooks. Bring your Kindles, iPads and Nooks. Hands-on assistance provided. Adults. 703-689-2700.

## TUESDAY/JAN. 17

**Toddler Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Storytime, songs and fingerplays. Age 2-3 with adult. 703-689-2700.

**Director's Choice Book Club.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Confederacy of Dunces by John Kennedy Toole. Adults. 703-689-2700.

**One-on-One Computer Tutoring.** 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

## WEDNESDAY/JAN. 18

**International Guitar Night.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Acoustic guitarists Adrian Legg, Lulo Reinhardt, Marco Pereira, and Brian Gore. \$25. 1-877-965-3872 or [www.wolftrap.org](http://www.wolftrap.org).

**Preschool Storytime.** 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories, songs, and rhymes. Age 3-5 with adult. 703-437-8855.

**Toddler Music Time.** 3:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Experience the melodies, rhythms, and rhymes of music. 2-3 with adult. 703-437-8855.

**Toddler Tales.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities. Age 2-3 with adult. 703-242-4020.

## THURSDAY/JAN. 19

**Baby Steps Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime. Age 12-23 months with adult. 703-689-2700.

# CALL FOR BOARD CANDIDATES

Interested in guiding the direction of the Reston community?

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Candidacy Forms and other election information can be found online at [www.reston.org](http://www.reston.org).

Residential property owners and renters are eligible to run for a seat and vote in the election.

**Details or Questions:**

Cate Fulkerson [cate@reston.org](mailto:cate@reston.org) or 703-435-6512.



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PHOTO BY CHUCK SAMUELSON/DULLES CORRIDOR METRO RAIL PROJECT

**Inside a Silver Line tunnel: Crews have mined and waterproofed the inbound and outbound tunnels that connect the Tysons Central 123 Station and the Tysons Central 7 station. Crews will begin laying track in early 2013 in the tunnels.**

## Dulles Rail Moving to Phase 2

FROM PAGE 3

struction feat that is believed to have been accomplished nowhere else in North America. It was impossible to miss any of them as they perched atop pier structures along Route 123 near Capital One and over the beltway. In early 2012, additional bridge work will be completed near Capital One.

❖ Start of aerial guideway work on Route 7, a highlight of which is the current construction of bridges across the Gosnell/Westpark and Spring Hill Road intersections. This work will continue in 2012, with a concentration on building bridges to carry trains from Route 7 to the median of the Dulles International Airport Access Highway.

❖ The completion of the twin tunnels beneath the highest natural point in Fairfax County at the intersection of Routes 7 and 123 in the heart of Tysons Corner occurred this past fall. Both tunnels are approximately 2,400 feet in length, just shy of a half-mile. During mining operations, this team successfully excavated more than 100,000 cubic yards of dirt, which was carried by truck to Washington Dulles International Airport grounds, according to Dulles Transit Partners, the design-build contractor for Phase 1.

❖ The project's first Traction Power Substation and Train Control Rooms were moved to sites along the Dulles Connector Road and bridges were built across Pimmit Run, Difficult Run and the Washington and Old Dominion Trail. In 2012, additional facilities will be located on sites in Reston, Wolf Trap, Tysons and in the Connector Road corridor.

### Looking toward Phase 2

Phase 2 of the Dulles Rail Project will run from the Wiehle Avenue Station to Route 772 in Loudoun County, with stations in the median of the Dulles Toll Road/Airport Access Highway and the Dulles

Greenway corridor at Reston Parkway, Herndon/Monroe, Route 28, Route 606 and at Ashburn/Route 772.

The board of directors of the Airports Authority has approved building the airport station above rather than below ground and preliminary engineering is expected to be completed in February 2012, according to information supplied to those attending the advisory committee meeting.

The authority recently issued a formal request for information, seeking to find out if there are potential Phase 2 contractors who would be interested and capable of helping providing some financing for Phase 2. The authority is reviewing those options. The authority will issue a request for qualifications in January and expects to solicit bids in the spring and award a contract later this year.

There are still some environmental reviews on the horizon along with evaluations by project partners, including Loudoun and Fairfax counties.

As Nowakowski said, "this is a very complicated project."

*The writer is the Communications Manager for Dulles Corridor Metrorail Project.*



**Escalators being installed at Wiehle Avenue station.**

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PHOTOS BY JOE ROMEO

The new Route 7 overpasses take shape over the Capital Beltway.

Looking north from Tysons Corner, the Westpark Drive access ramp and the Dulles Metrorail dominate the scene.

# A Hot Year for HOT Lanes

Many overpasses completed, work continues in 2012.

BY MIKE SALMON

Last year was a big hurdle for the I-495 High Occupancy Toll (HOT) Lanes. Throughout 2011, drivers and residents along the highway saw many of the overpasses completed and traffic shifted over to the new spans.

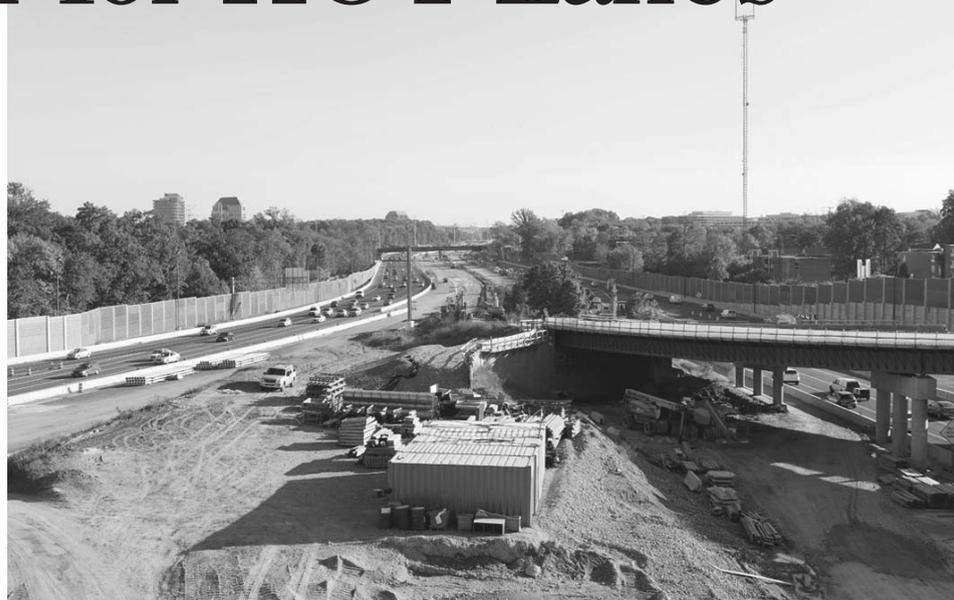
This occurred at Lewinsville Road, Leesburg Pike, Idylwood Road, I-66, Gallows Road, Little River Turnpike and Braddock Road. These new overpasses are wider, with sidewalks and bike lanes that the old overpasses lacked, so it was a welcome addition to many Fairfax County residents.

At the Dulles Toll Road and I-495 interchange more than 17 bridges are under construction and last summer crews closed the far left lane on the eastbound Dulles Toll Road to complete pier work. After the initial congestion increased, crews restriped the area to provide smoother traffic flow before the left lane was restored completely in late December.

At Route 123 in the Tysons Corner area, all the lanes of the beltway that were routed on one overpass in 2010 were rerouted back to the original highway path across a new bridge span over Route 123. Plus the left lanes along Route 123 were reopened along with the exit from Route 123 north to I-495 north. Wider beltway overpasses were also built at Arlington Boulevard.

Motorists are now traveling on newly paved lanes in many areas along the beltway as well. These lanes are outside of the original configuration so crews can work on the actual HOT Lanes in the middle of the beltway.

At I-66, the left exit from the northbound lanes of the beltway to I-66 west was closed permanently. That exit has been a congestion point in years past, so it was closed and motorists heading to I-66 west are now using the two-lane, right exit. That left exit will be a HOT Lanes exit in the future. Also at I-66, a new flyover ramp was opened in late December from I-66 east to I-495 north bringing northbound traffic down to the



PHOTOS BY JOE ROMEO

Looking south from the I-66 ramp, the HOT Lanes configuration takes shape.



PHOTO BY MIKE SALMON/VIRGINIA MEGAPROJECTS

From the new, unopened section of Rolling Road, the ramps to the Franconia-Springfield Parkway are part of the Fairfax County Parkway's last phase.

right side on the beltway eliminating the left merge across the roadway to access Routes 7 and 123.

## Other Megaprojects

Other Megaprojects underway include the Telegraph Road interchange with I-95/495 in Alexandria and the Fairfax County Parkway extension through the Fort Belvoir North area, formerly known as the Engineer Proving Ground.

The Telegraph Road interchange is the last part of the Woodrow Wilson Bridge project. By the end of 2011, all the new ramps were completed and in use. In the coming year, the through lanes in the center of the beltway will be completed and bridges over Cameron Run and the railroad tracks in Alexandria will be open. The project is expected to be completed in the late 2012-early 2013 timeframe.

The Fairfax County Parkway passed a milestone in July 2011 with the opening of the Boudinot Drive loop, providing a direct connection to Fullerton Road. A few months later, parts of Rolling Road were restored and the intersection at Donegal Lane was partially closed.

In spring 2012, the Rolling Road overpass will be completed and the Donegal Lane intersection will be completely closed. This overpass is the last part of the Fairfax County Parkway extension, although a commuter lot is planned for a space near the Barta Road-Rolling Road intersection. This 535-space lot is being added as a suggestion by the Fairfax County Department of Transportation, and is scheduled to open in September 2012.

Last July, the ribbon was cut on the I-95 Widening Project, which was the first Megaproject that is officially completed. This project added another lane on both sides of I-95 through a six-mile stretch of highway from the Fairfax County Parkway overpass to Occoquan.

*The writer is a Public/Community Outreach Specialist for Virginia Megaprojects.*



PHOTO COURTESY OF SOUTH LAKES VOLLEYBALL

**Cheri Hostetler's South Lakes' volleyball team enjoyed an outstanding 15-win season this past fall.**



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Coach Greg Miller's Herndon High baseball team experienced a winning season for the second consecutive year in 2011.**

## Area Coaches Discuss Their New Year's Resolutions

**Amanda Bates**, head coach girls' basketball, Langley High School

New Year's Resolution: "My New Year's resolution is to communicate better with my players. Sometimes I forget that this group has gone through several coaching changes during their high school careers, so they are still adjusting to having someone new in charge. I want to do a better job making sure that the girls understand what I'm asking of them, and my staff and I are doing all that we can to bring the best out in them."

### NEW YEAR IN SPORTS

Most significant happenings of 2011: "For the team, one of the most significant happenings would be the South Lakes game [in mid-December]. It was the first game we scored over 40 points, and it was the closest we've been to playing a complete game. We learned a lot from that game on the importance of taking care of the ball and valuing every possession, and that it takes 32 minutes of solid play to win."

Looking ahead to 2012: "Some key things that our team will look to improve on in 2012 is becoming a stronger offensive team. We dedicated a great deal of time early on developing our defense, but now it's time to balance out our game and put more points on the board. We will work on perfecting our offenses and getting lots of shots up at practice."

**Greg Miller**, head baseball coach, Herndon High School

New Year's Resolution: "To win a [Concorde] District Championship and get our team back to the regional playoffs."

Most significant happenings of 2011: "Having our second winning season in a row, especially with such a young team. We only started one senior."

Looking ahead to 2012: "We return eight

starters from last year's team so we are expecting big things. We have a group of hard working kids who want to be successful and who are working hard in the offseason. I think we are all excited for the season to get underway."

**Cheri Hostetler**, head girls' volleyball coach, South Lakes High School

New Year's Resolution: "Our New Year's Resolution for the South Lakes volleyball program is to make it to regionals in 2012! We plan to work hard in the pre-season through workouts and camps. We have always done off-season workouts but due to the new VHSL rule, the coaching staff can have some contact with the athletes which is exciting."

"All players will have the opportunity to get court time, not just the players that play club volleyball."

Most significant happenings of 2011: "The highlight of the 2011 season was improving the team's regular [season] record to 15-10! It was a great year because they worked well as a team. The team spirit was at an all-time high mainly because they were all so supportive of each other."

Looking ahead to 2012: "The 2012 season looks promising. The team will have a lot of returning players because we only graduated four seniors. There is a lot of talent coming up from the JV and freshmen teams also. We expect a lot of exciting play from the team in 2012 to build on the momentum from 2011. There is a group of three players that has been on the team for a couple of years so we look for Cloe Traylor, Annemarie Bresson and Dory DeWeese to really lead the team. They will all be seniors and have had a lot of impact on the program during their tenure."

**Kevin Simonds**, head football coach,

Fairfax High School

New Year's Resolution:

"It's hard to keep resolutions so I try to see what I can improve on or continue to do better at. For the coming year I hope to continue building on a strong football program by attending coaching clinics and working with my staff and players in the weight room in order to be a force in the Liberty District/Northern Region."

Most significant happenings of 2011:

"Just building on the success from 2010 was great. We started the season 4-0 and for the first time in our history we faced the mighty Westfield Bulldogs with the same record at the midpoint of the season. We also won our first game of the season, homecoming and we secured a spot in the regional playoffs before the final game of the regular season. The Rebel football program is growing and we are getting better each season. I am excited to see what we will do over the next three years as our freshman team shared in the Liberty District title."

Looking ahead to 2012:

"We are challenging them to finish. Often we battled but in the games we lost we were not able to play a solid four quarters. We did not finish drives and we did not finish tackling. This year we aim to finish what we start. We will have a solid core group of seniors with a solid group of juniors that will make for a very competitive team in 2012."

**Mike Barbee**, head boys' basketball coach, Fairfax High School

New Year's Resolution: My personal New Year's Resolution is to find more time to go to the gym to work out in basketball sea-

son. As a coach it is always hard to find the time to do it with everything that goes into the work with the team.

Most significant happenings of 2011: Most significant events of 2011 for me were getting named the boys' basketball coach at Fairfax High School and leaving Woodson High School after being there for seven years. This completely changed my life and I have enjoyed every moment of it.

Looking ahead to 2012: Key things to look for from the Fairfax boys' basketball team in 2012 are how we grow into our offensive system as a program. I feel we have become a tough team on the defensive end of the floor with our man to man defense but we have plenty of room to grow on the offensive end. I expect to see a team much more familiar and comfortable with the new sets that we are running in 2012 than we have seen so far in 2011.

**Jim Poythress**, head football coach, Lake Braddock Secondary

New Year's Resolution: My focus is on health - lose 30 pounds, stretch more often.

Most significant happenings of 2011: We played one of the toughest schedules in the state. We could not run the ball [but] we did not collapse. We won a share of the [Patriot] District. We continued to improve. We were a final four team for the third straight year.

Looking ahead to 2012: Can we find offensive balance? Will our underclass play at a high level? Will we stay healthy? Can we continue to improve week to week, and will we play as a team? If the answer to these questions are yes, we could be a contender. Somebody needs to step up as a leader.

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## "Scanxiety"



By KENNETH B. LOURIE

(With attribution to Ember Garrett from the San Diego, California Weber Shandwick satellite office.) The meaning being: the anxiety one feels waiting for, and awaiting the results of, a diagnostic scan. My particular cycle now occurs every four months for the CT Scan (of my upper torso/lungs) and every 12 months for both the full body Bone Scan (lung cancer spreads to the bones) and MRI of the brain (where the highest percentage of lung cancers' spread, 30 percent, most often goes).

Perhaps I don't know what I'm supposed to be feeling or am too clueless or naive about what symptoms I'm experiencing – or lack thereof, but diagnosis-to-date, I have felt very little that ever gave me pause. However, given the fact that I was basically asymptomatic immediately preceding my biopsy and subsequent diagnosis/prognosis, and a life-long nonsmoker to boot born into a family with no cancer history; not feeling anything one might consider worrisome: coughing, shortness of breath, difficulty breathing, etc. has not been as reassuring as some might think. In my case, nothing actually turned into something (my philosophy in life has always been: "It's nothing until it's something"). Ergo my discomfort. The less I feel, the more I worry. That's how this all started. Why/how can I expect it to finish any differently?

Now don't let me lead you completely astray; feeling something would be worse, presumably. But having felt very little so far, I can't say for sure how feeling something would compare. Maybe feeling something would provide an odd sense of comfort – and possibly even a sense of cause and effect. Feeling nothing however, contributes very little to the understanding of why and how an otherwise healthy, middle-aged male who never smoked a cigarette, cigar or pipe, never chewed tobacco, inhaled secondhand smoke or was exposed to asbestos or radon, was diagnosed with stage IV lung cancer, the leading cause of cancer deaths, with nearly 160,000 annually, 85-percent-plus of which are attributable to these causes.

So whatever is, or is not happening to me, becomes diagnostically clear only when a radiologist reads my scan and issues a report. Until I know those results, approximately two to three days after the actual scan occurs (and weekends don't seem to count), anxiety is the emotion of the day – and night, too. In this context, what you don't know does in fact hurt you – emotionally. And unfortunately, the longer you (I) live and the more frequently you experience this interminable wait, the easier it does not get. Familiar? Yes. But this kind of familiarity does not exactly provide comfort or relief. Nor does it – for me, breed contempt, as the old saying goes. It is what it is. I accept my circumstances. I accept the process. I understand there's no fault involved. It's simply what patients have to endure.

Ironically though, you want to endure this process for a long time. Because it means you're still alive – and kicking. But to think it gets any easier over that time would be, at least in my three years of living it, wrong. "Scanxiety" will be with you for the rest of your scan-taking life (women waiting for the results of their mammograms are well-acquainted with this feeling). I may get used to it, but I'll never get over it. Life-changing events are funny that way.

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

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