South Lakes High School had many participants in the 2014 Reston Holiday Parade including members of the South Lakes High School Army JROTC Seahawk Battalion.
Tell Teens ‘Things Will Get Better’

Fairfax High hosts meeting about youth suicide.

By Bonnie Hobbs
The Connection

In light of recent suicides by students from Fairfax, Woodson and Langley high schools, Fairfax High hosted a meeting Nov. 19 to discuss the problem and search for solutions. The idea was to begin an ongoing exchange between parents, students, staff, community members and mental-health professionals.

“Now in my sixth year as principal, I’m focused on finding ways to foster a culture where people look out for one another,” said Fairfax High’s leader, Dave Goldfarb. “We want this school to be a place where people ask for help and build resiliency. For me, hosting a community dialogue on mental health and wellness is a big part of this work.”

He said that, over the years, he’s become aware of many students struggling with mental distress. And he’s realized that mental health is an issue that significantly impacts the students and school.

Therefore, said Goldfarb, “We have to work together to make it visible. The inner pains our adolescents feel often limit them more than any physical injuries. We have to talk to each other to make it an open topic for discussion. Anxiety, depression, feeling out of control, suicide – we have to understand that these are all part of our teenagers’ world, and we have to talk openly about them if we want to connect with and support our children.”

He also stressed that the meeting was just a first step. “Beyond tonight, we need to make brave choices as students, parents and educators to speak out and put our young people’s well-being first, over everything else,” said Goldfarb. “Success cannot come at the expense of happiness. We must summon the courage in our hearts to put balance, happiness and inner peace above instant gratification.”

Then Fairfax High’s director of student services, Laura Rotella, and school counselor Tracy Hartley shared some results from the FCPS 2013 Youth Survey on mental health. On average, in the last three years, 29.6 percent of FCPS students in grades eight, 10 and 12 reported feeling sad during the year. In the Fairfax High Pyramid, it was 32.1 percent.

The percent who considered suicide during the past year was 17 percent countywide and 19.1 in the Fairfax Pyramid. “In 2013, 22.3 percent of females and 11.2 percent of males in FCPS considered suicide,” said Hartley. “But the social stigma attached to it makes it under-reported.”

Those same figures for students in the Fairfax Pyramid were 25 percent of females and 12.3 percent of males. “It peaks in 10th grade,” said Hartley. “And females report considering suicide twice as much as males, across all grade levels, but males tend to under-report.”

She and Rotella also discussed the “Three to Succeed” concept. Analysis of the Youth Survey revealed that having just three assets dramatically reduces teens’ risk behaviors and promotes thriving youth. Assets are strengths in young people, their families, friends, schools and communities that benefit them emotionally. The more assets a person has, the fewer risk behaviors they report – and every asset makes a difference.

Assets are: Possessing high personal integrity, performing community service, having teachers recognize good work, having trusted adults to talk to, participating in extracurricular activities and having parents available for help.

“When a student said they had none of those, 50 percent of males have considered suicide and 80 percent of females,” said Rotella. “Having four or more assets reduces suicidal attempts from upwards of 10 percent to nearly zero.”

“Female adolescents are twice as likely to commit suicide as boys are,” added Hartley. “But boys tend to use more lethal means, such as guns and gas.”

Another finding of the survey was that, by age 13, more than twice as many girls as boys are depressed – and this ratio continues into adulthood. And it also exists regardless of racial or ethnic background.

Applied psychologist Heather Tedesco also spoke. She’s in private practice in McLean and helps parents address their concerns about their teenagers. At the meeting, she discussed the burden teens face today and how parents can help them deal with these things.

“Course loads in school are far more rigorous than in previous generations, and teens are involved in more extracurricular activities,” she said. “And because of social media, teens are always aware of what other teens are doing, and vice versa. So it puts more pressure on them and they have less face-to-face interaction.”

As a result, said Tedesco, “We need to de-stigmatize stress and talk about what we can do about it. We need to send healthy messages about failure and realize that teens need free time and psychological space to develop a strong sense of self.”

“We want our kids to have positive coping methods that they’ve practiced so, when they’re under stress, they can use them,” she explained. “And we must help them recognize and express their emotions.”

To thrive, said Tedesco, teens must be resilient and able to handle challenges. “Tell them that bouncing back is more important than not messing up,” she said. “Give them a message of hope that things will get better, and tell them failure can be an opportunity for growth.”

She said parents should examine their own attitudes about failure. “Parents must provide an unconditionally loving bond,” said Tedesco. “It’s a critical, protective factor in their mental health. And ask open-ended questions about their goals and values, and listen to their answers.”

Teenagers should be given increasing freedoms and responsibilities, she said, but they should also be responsible for their own successes and failures. “Avoid micro-managing and over-parenting, and encourage identity development,” said Tedesco. “Parents need to value psychological health as much as academic and extracurricular achievement. We really have to ask ourselves what really matters to us for our kids’ long-term happiness and success.”

She also told parents to “teach kids there are multiple paths to a successful adulthood. Character traits related to happiness and success include resilience, self-control, curiosity, enthusiasm, zest, self-efficacy and gratitude.” Bottom line, said Tedesco, “It’s not what your teen accomplishes that matters, but who they are.”
Homelessness, A Year-Round Issue

Gov. McAuliffe serves Thanksgiving lunch at Shelter House.

By Abigail Constantino
The Connection

“A couple of month’s rent, a security deposit and they’re off and running,” she said. But there are those whose needs require more than financial help. “Thanksgiving, you’re supposed to be with your friends but right now, I cannot be with my family and friends,” said “Lee” (name changed for security). Lee fled from domestic violence and her husband does not know where she is staying. “He kind of knows I’m in a shelter. He knows I have no friends, no relatives. He pushed me out. Where am I supposed to go?” Lee never called the police because her husband does not know where she is. “Since I got married, I kind of lost myself. I used to be very confident...go to work. But I have been a housewife for eight years. I don’t know what I can do.” Lee left her children with her husband, while she regains her independence and learns to be self-sufficient. “I want to get custody of them. I want to fight for them,” she said.

McAuliffe visited the tables of the families he served and took photographs with them. Jennifer Erazo posed with him and nervously forgot to ask her question about housing for people with disabilities. “There’s a lot of housing for low funds, domestic violence. There should be more for people with mental disabilities,” she said. She is dealing with mental health issues and domestic violence.

LAST SEPTEMBER, McAuliffe announced his measure to expand healthcare services to over 200,000 Virginians. Through a series of executive actions, the plan includes care and coverage for people with mental illness. The plan was a reduction from a more ambitious one that was thwarted by the General Assembly when it shut down the expansion of Medicaid in the commonwealth. He said that about $26 billion of Virginia taxpayer money has gone to Washington, D.C. and the commonwealth has a right to bring that money back. “It’s unconscionable that we’re not doing that,” he said.

About 26.2 percent of sheltered homeless persons have a severe mental illness, according to the Substance Abuse and Mental Health Services Administration. But although mental illness may contribute to homelessness, the lack of low-income housing is the predominant cause of homelessness, according to a 1994 study by Shinn and Gillespie published in American Behavioral Scientist.

November is homelessness awareness month. Shelter House executive director Joe Meyer said that homelessness is not just a holiday or a seasonal issue. “It’s a year-round issue that we need to address.”

Gov. McAuliffe (D-Va):
“We need to make sure that this winter, which is expected to be a very tough winter, that we have the shelter for folks to make sure they can [have] shelter, they can have food, they can have healthcare. We need to do our part to provide for those individuals who need help today.”

Brian Ricks, director, Katherine K. Hanley Family Shelter:
“The biggest issue is affordable housing in Fairfax County. We are a rapid re-housing program. However, though, rents are really high in Fairfax and we have a lot of families that are low-income that may need additional support in housing. The biggest need is fair market housing in Fairfax.”

― Abigail Constantino

Photos by Abigail Constantino/The Connection

Gov. Terry McAuliffe carves the turkey served to families at Shelter House on Thursday, Nov. 27, in Fairfax.

What are the needs and priorities of the homeless in Fairfax County this winter?

Jolie Smith, director of development, Shelter House:
“Housing. Affordable housing. We always need hygiene products. One thing people don’t realize is that with food stamps you can’t buy any hygiene products. So, we always ask people to give shampoo, conditioner, toothpaste, toothbrush. Gift cards. A gift card from CVS can help people buy medications they may need. Gift cards are always in need. Think about what you need and those are the needs of our families.”

Joe Meyer, executive director, Shelter House:
“This is a community that really cares about the issue that we have—homelessness and domestic violence. For a community to come together is one of the biggest things that I want to see this winter.”

Scott Covino, board member, Shelter House, and daughter Lauren, 10, of Leesburg:
“It’s getting the folks who need the help, help. It’s usually trying to identify folks and make sure that they are in the system, that they’re being recognized and make sure that they are not just out there on their own. And communicating that there are places they can go and things that they can do to help themselves. And we can help them do that.”

Joe Meyer said Mo’s situation is very complex, you know, you are somebody who really needs help. The other night, before he arrived at the family shelter the night before. He was working two full time jobs when he got hurt at work. He lost one job and started falling behind on his bills. “It was just me providing for my family and I couldn’t do it anymore,” he said. He has been in the U.S. for 15 years, emigrating from West Africa. “I’ve never been in the shelter. Most of the time people talk about the shelter, and it’s, like, you know, you are somebody who doesn’t want to work. And, I’m not like that.”

DIRECTOR OF DEVELOPMENT Jolie Smith said Mo’s situation is very common. “Really, all they need is a hand up not a handout.” With the help they receive, she has witnessed people bounce back. “A couple of month’s rent, a security deposit and they’re off and running,” she said. But there are those whose needs require more than financial help. “Thanksgiving, you’re supposed to be with your friends but right now, I cannot be with my family and friends,” said “Lee” (name changed for security). Lee fled from domestic violence and her husband does not know where she is staying. “He kind of knows I’m in a shelter. He knows I have no friends, no relatives. He pushed me out. Where am I supposed to go?” Lee never called the police because her husband does not know where she is. “Since I got married, I kind of lost myself. I used to be very confident...go to work. But I have been a housewife for eight years. I don’t know what I can do.” Lee left her children with her husband, while she regains her independence and learns to be self-sufficient. “I want to get custody of them. I want to fight for them,” she said.

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― Abigail Constantino
Days before the traditional loosening of belts for Thanksgiving, Fairfax County officials discussed the need for tightening theirs.

The Board of Supervisors and Fairfax County School Board met jointly Nov. 25 to talk about budget forecasts, prior to Governor Terry McAuliffe’s (D) state budget proposal expected in mid-December.

County Executive Ed Long delivered the grim estimate of a just over $100 million shortfall for fiscal year 2016. That’s versus the estimate in the FY2015 adopted budget of around $37 million.

Long cited lingering effects of the recession, including slow job growth, at 0.4 percent in Northern Virginia versus 2.4 percent in Northern Virginia versus 2.4 percent before the downturn, as well as 10.8 percent drop year-to-date in home sales. Federal procurement spending has been trended down, and Long is expecting a 3.4 percent decline for FY 2014.

Residential and non-residential real estate values have also been decreasing, 3.3 percent since 2008 and 5.2 percent since 2009, respectively, accounting for tens of millions of dollars of lost revenue for the county.

Even with a projected $84 million in new funds from revenues, it doesn’t cover the expected increases in disbursements of about $185 million over the previous year. Those include county employee pay increases and benefits, public safety and human services, and for schools a 3 percent operating increase, capital support, debt service and Full-Day Mondays support.

“There are a lot of challenges going forward to the spring,” Long said. “Uncertainty remains in the economy, we don’t know what’s going to happen with the Seques
tor.”

Since FY2009, the county has cut around $269 million by cutting positions and programs, but it just isn’t keeping up.

“Looking back, there’s nothing easy left to cut,” said Long. “We’re down to the meat of county programs. Cuts are going to be hard, there’s no two ways about it.”

Board of Supervisors Chairman Sharon Bulova commented that additional county reserve funds shouldn’t be looked to as a resource to cover the shortfall.

“Our reserves are too low for comfort,” Bulova said, “and compared to other jurisdictions, we’re dangerously low.”

FCPS Superintendent Karen Garza followed Long to further explain the challenges facing the vast school system regarded as one of the top in the country.

“sometimes our challenges get masked by looking at the overall percentage of our size,” said Garza. “Forty-nine schools have 50 percent free or reduced lunch or higher. There are some parts of our county where that population and the needs of our students are certainly growing.”

Garza referenced growths of 2-3,000 students in the system over the last several years, as well as jumps in the percentage of students who take English for Speakers of Other Languages and are eligible for free reduced price meals. Total enrollment is now over 186,000 students.

“The real cost of growth exceeds $190 million,” Garza said. “And of the cuts over the last six years, one-quarter were just the last year. There are 2,175 fewer people, but at the same time we grew by 20,000 students. That’s significant for our system.”

Echoing Long, Garza said the cuts are not allowing schools in the county to keep up with needs and in particular for schools, the needs of teachers.

“We’re very concerned with competitive compensation,” said Garza, “Our bread and butter is the quality of teachers in classrooms, employed throughout our school system. We’re losing our competitive edge and I’m very concerned with where we stack up compared to our surrounding jurisdictions.”

She showed starting teachers’ salaries hovering around the middle of surrounding jurisdictions, above Loudoun and Manassas Park City for 10 years experience and a master’s degree, and just above Prince George’s Maryland for maximum salary.

Even with $53.1 million in a transfer from the county, Garza is still projecting a $63.9 million deficit for FY2016, something she and the supervisors agree should garner some attention from the state.

“We recognize and believe the state has to do something more to help us,” said Garza. Lee District Supervisor Jeff McKay weighed in as well. “We’re funding 70.6 percent of the FCPS budget. It is significantly higher than almost everywhere else in the state,” he said. “If we received adequate funding from the state, we wouldn’t have this conversation. It’s a huge emphasis moving forward. If we’re not looking at the long-term, these issues will continue to compound.”

Garza and Long will spend the next few months finalizing their budget plans. Garza’s proposal for FY2016 should be released Jan. 8, 2015 and Long’s plan for FY2016-2017 should be up at the Feb. 17, 2015 Board of Supervisors meeting.

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**Fairfax County Facing More Budget Strain**

County Executive and FCPS Superintendent present adverse forecasts.

*By Tim Peterson*

The Connection

Fairfax County Public Schools Superintendent Karen Garza speaks Nov. 25 at a joint meeting of the FCPS School Board and Board of Supervisors.

*Photo by Tim Peterson/ The Connection*

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**Reston Citizens Association Reacts to Golf Course Appeal**

RCA wants Reston National Golf Course preserved as open space.

The owner of the Reston National Golf Course (RNGC), RN Golf Management, LLC (RN Golf) is reactivating its appeal for rezoning the golf course. Reston Citizens Association (RCA) reiterates its position that the use of RNGC land must be preserved as a golf course.

In response to RN Golf’s bid in Summer 2012 to explore rezoning of RNGC land for non-open space uses including residential development, RCA passed a resolution on Aug. 27, 2012 rejecting the use of the land for anything other than its current use as open space, specifically its current use as golf course or as open space dedicated to parks and recreation.

RN Golf requested an indefinite deferral of its hearing before the Fairfax County Board of Zoning Appeals in July, 2013. That hearing was in regards to RN Golf’s appeal of the Fairfax County Zoning Administrator’s determination that the golf course could not be developed without an amendment to the Fairfax County Comprehensive Plan. With more development contemplated in Reston due to the adoption of the Reston Transit Areas Master Plan Amendment to the Fairfax County Comprehensive Plan, preserving open space dedicated to parks and recreation is critically important, and RNGC is integral to Reston’s longstanding vision and plan as a diverse “planned” community in which people are able to live, work and play.

The planning principles as envisaged in the currently ongoing Reston Master Plan Phase II planning process (Reston Master Plan Phase II Working Draft Document) are explicit in stating that Reston continue to have two golf courses (RNGC and Hidden Creek Country Club). Sridhar Ganesan, President, RCA said: Just as in 2012, Reston organizations such as Reston Association (RA), Rescue Reston (RR) and RCA are aligned in their opposition to any potential rezoning of the land. Fairfax County Supervisor Ms. Cathy Hudgins, Hunter Mill District (which covers RNGC land), has also said that she continues to support the Fairfax County Zoning Administrator’s determination with regards to RNGC and RCA thanks her for publicly stating her support for the original zoning determination. RCA continues to support RR’s efforts (RR RNGC Release) to defend Reston’s open spaces and encourages Restonians to actively support its efforts during the public hearings on RN Golf’s appeal. RCA also strongly endorses RA’s opposition to any redevelopment (RA’s RNGC Release) and like RA, RCA believes that RNGC can remain as it is today and operate profitably. RCA also supports RA’s willingness to consider purchasing the golf course if needed to continue to maintain it as a Reston recreational asset. RCA will continue to follow the developments with regard to RN Golf’s appeal and work with RR, RA and Fairfax County government leaders and agencies to ensure that RNGC land is preserved as open space and as a golf course. We encourage Restonians to remain actively engaged and attend the public hearing at 9 a.m. on Nov. 25 to express their support for this important Reston recreational asset. For more information on RCA: www.RCAreston.com
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The “T” Word
By Kenneth R. “Ken” Plum
State Delegate (D-36)

Governor Terry McAuliffe will address the House Appropriations and Senate Finance Committees on Dec. 17 in a statutorily required report on the state’s finances. The news will not be good nor will it be surprising. For the last two years the state has seen a steady erosion of its revenue base. Already significant cuts have been made in the budget, and the state has dipped into its rainy day fund. The problem has not been significant new spending programs; to the contrary the state has been reducing its spending over the last couple of years even though the state’s economy and employment levels have seen modest growth. Representatives of local government and colleges and universities can attest to the budget reductions. A significant part of the revenue shortfall experienced in Virginia and in other states that have an income tax was the change in taxpayer behavior to accelerate gains into tax year 2012 in advance of federal rate increases on high-income taxpayers. Payments were high in the spring of 2013 but dropped dramatically in FY2014 because of the accelerated gains. With adjustments that were made to the forecast by this and other factors there was a need to make up a $2.4 billion shortfall for the biennium. Most of the reductions have been made with about $272 million cuts still needed in FY2016. Clearly there will not be any additional money under the current budget structure for higher education, preschool, mental health, or state employees who have had few raises in recent years. The legislators on the money committee already know much of what the Governor will say. Money is short for the state as it is for many individuals. We will need to tighten our belts even further. According to press accounts some members of the Senate Finance Committee even used the “T” word, suggesting that rather than further cut critically important programs, we consider raising revenue. There is no way that a Tea Party dominated House of Delegates would pass a tax bill, especially during 2015 when all 140 members of the General Assembly are up for election. The reported discussion was more about tax preferences or loopholes that might be changed to increase revenue.

Nearly one billion dollars of the state’s $18 billion of general fund monies go to pay a portion of a taxpayer’s car tax obligation to local government. The campaign against the car tax once elected a governor to office and despite the fact that it only partially pays the local car tax is not likely to be revisited. Ironically, Fairfax County and Northern Virginia taxpayers make out well with the car tax program taking money that might otherwise go to poorer communities. If the state expanded Medicaid it could pick up over $200 million for the budget. Tax preferences related to the estate tax repeal, coal severance tax, and film production tax credits may be examined. The 2015 session is not supposed to focus on the budget, but the topic is likely to dominate the term. Even the “T” word may be whispered—but not likely acted upon.

OPINION
Be Part of Children’s Connection 2014
Annual edition showcases youth art and writing.

D uring the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

We welcome student’s original ideas. Here are some suggestions:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn’t cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you’ve ever given? Ever received?

❖ Your opinion (50 to 100 words) about news, traffic, sports, restaurants, video games, toys, trends, politics, etc.

❖ Poetry or other creative writing.

❖ News stories from school newspapers.

❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers.

Identify each piece of writing or art, including the student’s full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location.

Email submissions for the Children’s Connection to editors@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail to Children’s Connection, 1606 King Street, Alexandria, VA 22314. Please send all submissions by Dec. 10. The Children’s Connection will publish the week of Dec. 27, 2014.

— MARY KIMM, mkimm@connectionnewspapers.com

LETTER TO THE EDITOR
Fairy Tale on Medicare Money
To the Editor:

Virginia voters are not stupid. However, Delegate Ken Plum continues to espouse the Jonathan Gruber, purported architect of the Affordable Care Act (ObamaCare), fairy tale that Virginia is somehow losing money (“Protracted Legislative Session,” Reston Connection, November 19-25, 2014). Virginia voters continue to send conservative delegates to represent them in the General Assembly. The same is true at the Federal level. Somehow, the logic goes that by not accepting Federal dollars, Virginia is losing out. First, we all know that the Federal Government doesn’t have the money to spend. It will need to borrow more money to pay Virginia Medicare expenses for a couple of years: then the axe falls on us Virginians whether it be the Federal debt or the Virginia debt. Borrow from whom? Why tax the wealthy? If the wealthy (and our IRAs and 401ks) surrender their money to the state government (and by extension, the Federal Government), there is less money to invest and build commercial businesses; i.e., jobs creators. We are seeing it already. With a socialist, progressive Governor in office less than a year, Virginia has slipped from a Number 1 Business-Friendly state to Number 4! That we have a General Assembly that is working “overtime,” e.g., Special Sessions to meet the needs of all Virginians, is a tribute to the legislators who take the time to find the better solution. No Virginia voters are not stupid.

Jack Kenny
Reston Republican

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2013
A Show With Great Heart
“Charlie Brown Christmas” at Industrial Strength Theatre.

By David Siegel
The Connection

It’s that time of year. Time to “try to catch snowflakes on your tongue” as a live edition of that animated favorite, “A Charlie Brown Christmas” comes to the Industrial Strength Theater by way of Herndon’s NextStop Theatre.

A show with great heart, “A Charlie Brown Christmas” will spring to life through the efforts of 25 children and youthful actors. In the almost 50 years since first premiering on television, “A Charlie Brown Christmas” has been broadcast yearly. Now kids of all ages can see this perennial holiday tradition staged live.

“It brings me so much pride and joy to be able to provide the opportunity for a new generation of kids to feel the rush of performing in a top notch production,” said Evan Hoffmann, artistic director, NextStop Theatre. The NextStop Theatre production will also introduce new generations to the capacity of theatre to beguile.

“A Charlie Brown Christmas” will be a full-scale production under the direction of award-winning Jennifer Lambert. The show includes all the characters remembered from comics and animated features such as the endearing Charlie Brown, a bossy Lucy, humorous Snoopy, and all the others. There will be plenty of music, singing and dancing. All with the Holiday Spirit.

“There is a special insight that kids can provide about characters that sometimes adults simply can’t. These kids really get the brilliantly created characters Shultz has given to us and they bring them to life like only youngsters can,” said Lambert. The show has such “joy you want to hold onto during the holidays.”

Lambert wants audiences to have a “the same joyful smile that comes to my face every time I watch these children perform this show and listen to the peaceful score that goes with it.”

There are also many other values of being in a live theatre production. Speaking for many of the parents, Lori Gaskill (parent of Owen Gaskill) said “Acting in this is such a great opportunity for Owen. Building his confidence and presence is such a phenomenal opportunity. I am thrilled with the positive and upbeat attitude everyone involved maintains and expects.” Margo Osborne (parent of Hudson Osborne) noted that beyond honing “acting, communications and listening skills” the rehearsal process has been “an absolute ball.” So, relive your own youth, or bring someone new to visit the world of Charlie Brown and friends right in your own neighborhood.

Where and When

NextStop Theatre presents “A Charlie Brown Christmas” at the Industrial Strength Theatre, 269 Sunset Drive Park, Herndon. Performances are Dec. 12-21. Friday, Dec. 12 – 8 p.m., Saturday, Dec. 13 at 12, 4, and 8 p.m. Sunday, Dec. 14 at 12 and 4 p.m., Friday, Dec. 19 at 8 p.m., Saturday, Dec. 20 at 12 and 4 p.m., Saturday, Dec. 20 at 8 p.m., Sunday, Dec. 21 at 12 and 4 p.m. Tickets: Adults $20, Children (12 and under): $16. Call 866-811-4111 or visit www.nextstoptheatre.org. Note: There are two separate casts performing on different days/times for this production; the Peace Cast and the Joy Cast. Go to www.nextstoptheatre.org for details.

Reston Connection ❖ December 3-9, 2014 ❖ 7
The Reston Holiday Parade closed with the arrival of Santa and Mrs. Claus in a horse drawn carriage. Horse drawn carriage rides will be offered at Reston Town Center in December from 4 to 9 p.m.

The Reston Holiday Parade is a family friendly event for the entire community. Many of the participants were from local organizations and community events.

The parade is a welcome to members of the military and their families.

The South Lakes High School marching band was one of the many participants in the 2014 Reston Holiday Parade held on Friday, Nov. 28.

The Reston Holiday Parade launches festive season.

Shine Your Light

By Rabbi Lielah Fujland

Director of Chazzanut of Chabad

Rabbi Lielah Fujland is the Director of Chazzanut of Chabad of Reston. The Chanukah Lights remind us to a more obvious way that illumination begins at home, within oneself and one’s family by increasing and intensifying the light of decency and respect, and good deeds in the everyday experience, even as the Chanukah lights are kindled in growing numbers from day to day. Though it begins at home, it does not stop there. Such is the nature of light that when one kindles the Chanukah lights we are expressly meant to illuminate the “voids,” symbolically alluding to the duty to bring light also to those who, for one reason or another, still walk in darkness. What is true of the individual is true of a nation, that in the same way this great United States is united under G-d, and generously blessed by G-d with material as well as spiritual riches it is our duty and privilege of this nation to promote the forces of light both at home and abroad, and in a steadily growing manner.

Let us pray that the message of the Chanukah Lights will illuminate the everyday life of everyone personally, and of the society at large, for a brighter light in every respect, both materially and spiritually.

Rabbi Lielah Fujland is the Director of Chazzanut of Chabad of Reston. For more information, you can reach her at Rabbi@ChabadofReston.com.

Great thanks to可怕, and other great prices. Chance the world with your good, whole fried chicken kind of food all day, and ask for the Menorah to be donated to the Homeless.

The Menorah Sponsors:

- Macabee Sponsor $180
- Dreidle Sponsor $50
- Giant Outdoor Food Cans Menorah - to later be donated to feed the homeless, arts and crafts, Chanukah chocolate making, face painting and a Chanukah Party at Lake Anne Waterfront. It is a timely and reassuring message, for the forces of darkness are ever present. Moreover, the danger does not come exclusively from outside; it often leaks down to home, in the form of mindless crimes of time-honored values and principles that are at the foundation of any decent human society. Needles to say, darkness is not chased away by brooms and sticks, but by illumination. Our sage sought, “Light little elves” in the world. The purpose of this is to light up the lives of everyone personally, and of the society at large, for a brighter light in every respect, both materially and spiritually.

In the Reston Holiday Parade was Walker the Woodpecker, the new mascot for Reston. This year, the Woodpecker received the most votes to be named the official Bird of Reston.

The South Lakes High School marching band was one of many participants in the 2014 Reston Holiday Parade held on Friday, Nov. 28.

Shine Your Light
**Calendar**

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week’s paper. Photos/artwork encouraged.

**THROUGH SATURDAY/JAN. 3, 2015**


**MONDAY/DEC. 1-WEDNESDAY/DEC. 31**


**MONDAY/DEC. 1-MONDAY/Jan. 5**

Annual “Gifts from the HeART” to Benefit Cornerstones. 703-476-4500.

**MONDAY/DEC. 1-THURSDAY/DEC. 4**


**FRIDAY/DEC. 5**

Annual Santa’s Workshop. 9 a.m.-9 p.m. W. Ann. Rose Gallery, 1609 Washington Plaza, Reston. Sales of original works of art in many mediums will benefit Cornerstones. 703-476-4500.

**THURSDAY/DEC. 4**

2014 Annual Holiday Book Sale. 10 a.m.-8 p.m. Reston Regional Library, 11925 Bowman Towne Center, Reston. Books, gifts, and surprises to delight readers of all ages—children and teens included. A special bonus—you’re helping support the library too.

**FRIDAY/DEC. 5**

Towne Square Singers. 7:30-9 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Annual holiday concert with cider, cookies and sing-along carols. $12. 703-435-6809.

**2014 Annual Holiday Book Sale.** 10 a.m.-5 p.m. Reston Regional Library, 11925 Bowman Towne Center, Reston. Books, gifts, and surprises to delight readers of all ages—children and teens included. A special bonus—you’re helping support the library too.

**SATURDAY/DEC. 6**

Don’t miss the Jingle on Lake Anne on Dec. 6 at 11 a.m. at Lake Anne Plaza, 1609 Washington Plaza, Reston. Community organizers and plaza retailers will host a variety of festive activities ranging from the ever popular special visit from Santa (arriving on a lake barge), strolling carolers, a petting zoo, music, wine tastings, merchant specials, children’s crafts, cookie and ornament decorating, holiday arts and crafts market, holiday entertainment and much more.

**2014 Annual Holiday Book Sale.** 10 a.m.-4 p.m. Herndon Regional Library, 11925 Bowman Towne Drive, Reston. For more information call 703-437-5154.

**FRIDAY-SUNDAY/DEC. 5-7**

Reston Lions Club Annual Citrus Sale. 8 a.m.-5 p.m. Lake Anne Plaza, 11401 North Shore Drive, Reston. Fresh Florida naval oranges, red grapefruit and chocolate peanut clusters available. All proceeds benefit sight and hearing programs and other club charities. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

**SAVINGS EDITION**

**10 a.m. - Dec. 19**

Sugaloaf Crafts Festival. Dec. 12, 13, 14, 2014. Dulles Expo Center, Chantilly, VA • RT 28 at Willard Rd. Tickets $10 enf. $10 at door - good 3 days Children under 12 and parking free.

**FRI 10-6**

SAT 10-6

SUN 10-5

**TICKETS - www.SugaloafCrafts.com**
Great Falls Celebration of Lights on Saturday

The 24th Annual Celebration of Lights will be held on Saturday, Dec. 6, 5:30-8 p.m. at the Great Falls Village Centre Hill (behind the Post Office). The schedule of events includes:

- 5:30 p.m. - Refreshments available (coffee, hot cider, popcorn and new this year, Mike & Glenn’s table).
- 6 p.m. - Santa & Mrs. Claus arrive to light the Christmas Tree.
- 6:15 p.m. - Village Green Day School sings, Petting Zoo and Pony rides begin.
- 6:35 p.m. - Great Falls Elementary Chorus.
- 6:55 p.m. - Forestville Elementary Chorus.
- 7:15 p.m. - Sing-a-Long: Singing some old-time favorites.
- 7:30 p.m. - Live Nativity Scene.

There is another free event for the Great Falls community: For adults - the Great Falls Shopping Center is hosting a red craft to take home. Reservations required by Dec. 8. Fee: $10/person RA members, $9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

SUNDAY/DEC. 14

A Storybook Holiday Brunch. 11 a.m. Herndon Community Center.

South Campus choristers. Season Subscription Tickets: $16 for Adults, $8 for Students Advanced Tickets: $20 for Adults, $10 for Students Door Tickets: $25 for Adults, $10 for Students. 703-642-3277.
Aghayere Leads South Lakes Girls’ Hoops into 2014-15 Season

Seahawks last season won first conference/district title since 1997.

By Jon Roetman
The Connection

South Lakes girls’ basketball coach Christy Winters Scott was driving by an outdoor court in Reston recently when she noticed her star player putting in work.

“It was a warm evening following a two-hour practice, but rather than relax or get something to eat, there was South Lakes senior Princess Aghayere, still in her practice gear, working on her shot,” Winters Scott smiled.

“She’s out there on her own after we had practice for a couple hours, and she’s out there getting shots up.”

— South Lakes girls’ basketball coach Christy Winters Scott about Princess Aghayere

Aghayere, seen last season, is the South Lakes girls’ basketball team’s top returning player.

“Aghayere is a 6-foot-1 double-double machine who is committed to play at the University of Pennsylvania. She’s the top returning player from a 2013-14 South Lakes team that won the program’s first conference/district championship since 1997. But there she was, trying to improve her game.

“She’s out there on her own after we had practice for a couple hours,” Winters Scott said, “and she’s out there getting shots up.”

With the graduation of eight seniors, including college-bound standouts Abigail Rendle (William & Mary) and Caitlin Jensen (Mary Washington), Aghayere’s talent and leadership will be vital for the Seahawks during the 2014-15 campaign.

“She’s mature beyond her years,” Winters Scott said.

Aghayere, a team captain, spent a lot of time in the paint last year, but could look to score more from the perimeter as a senior.

With the graduation of 6-foot-4 Rendle, Winters Scott said teams could focus more on stopping Aghayere on the block, but the senior has the outside game to keep opponents honest.

Fellow senior captains Brenda Kamga (5-9) and Alivia Damper (5-7) are also expected to be key contributors.

“[Kamga will] be a tremendous asset,” Winters Scott said. “… She’s pretty agile [in the paint] and finishes strong. She’ll definitely be a great piece for us.”

Sophomore guards Taylor Newman (5-9) and Alivia Damper (5-7) are also expected to be key contributors.

“[Damper has] got the ‘Wow’ factor to her game,” Winters Scott said. “She’ll make a crossover [move] and sometime people will fall. I can’t describe what she just did. She’ll lull you to sleep and then make this insane move.”

South Lakes opened the season with a home game against Stone Bridge on Dec. 2, after The Connection’s deadline. The Seahawks will travel to face Wakefield at 7 p.m. on Thursday, Dec. 4.

Oakton Girls’ XC Places 4th at Nike SE Regional

Madison harriers compete at Foot Locker South.

The Oakton girls’ cross country team, which captured its second straight VHSL 6A state championship on Nov. 15, finished fourth at the Nike Southeast regional meet on Nov. 29 in Cary, N.C.

The Cougars posted a score of 176. Blacksburg (Va.) won the event with a score of 86, followed by Western Cary (N.C., 106) and Lake Braddock (143), which placed runner-up in 6A at the VHSL state meet.

The top two teams and the top five unattached individuals qualified for the national meet on Dec. 6 in Portland, Ore.

Sophomore Casey Kendall led the way for Oakton, finishing 15th with a time of 18:07.7. Sophomore Leya Salis finished 24th for the Cougars with a time of 18:16.7. Senior Allie Klimkiewicz finished 35th (18:30.4), freshman Kira Buttrey was 80th (19:01.7) and junior Jill Bracaglia finished 97th (19:19.3).

Patriot High School sophomore and VHSL state champion Rachel McArthur won the individual competition with a time of 17:16. Klimkiewicz (third), Kendall (fourth), Salis (11th) and Buttrey (15th) earned all-state honors at the VHSL state meet.

Members of the Madison girls’ cross country team competed at the Foot Locker South regional meet on Nov. 29 in Charlotte, N.C.

Madison sophomore Devon Williams finished 24th with a time of 17:57. Senior Amanda Swaak came in 28th (17:59), junior Morgan Wittrock finished 36th (18:08), senior Laura Sullivan took 93rd (18:48) and junior Catherine Stone finished 136th (19:31).

Ryen Frazier, a senior at Ravenscroft School in Raleigh, N.C., won the event with a time of 16:27.

The Madison Warhawks placed third at the state meet. Williams (eighth), Swaak (10th) and Wittrock (13th) earned all-state honors.
Local experts offer suggestions on how to diffuse family tensions.

By Marilyn Campbell
The Connection

Last month, Linda and Tom Bullen traveled from Boston to Arlington, to celebrate Thanksgiving with their son Matt, daughter Rachel and her partner Grace Knight. But Rachel Bullen, who spent weeks creating a menu and coordinating a table setting that would please even Martha Stewart, was deflated by one question from her mother.

"Do you think you might be eating too many carbs?" Linda Bullen asked as her daughter scooped up a second helping of potatoes.

"What I eat is none of your business," Rachel Bullen responded. She spent the rest of meal fuming in silence and feeling humiliated in front of her partner and brother.

Family dynamics — and the drama that often ensues — are often unwelcome, but frequent guests at family gatherings during the holiday season. While spending time with family can be a source of comfort, it can also be fraught with anxiety. And the more people and dynamics involved, the more effort it takes to create or maintain harmony.

"During the holidays, people who live far apart and are not part of one another’s daily lives often come together," said Stacie B. Isenberg, Psy.D. "As a result … people cover a lot of territory, catching up in a short amount of time, instead of gradually as things naturally happen through the year. People give opinions without understanding all of the details.”

Being aware of the feelings and emotions of others can help minimize family conflicts, however. "Sensitivity allows us to tune in to what others might be feeling at a particular moment or in a particular situation," said Katherine Knapp, Ph.D., a marriage and family therapist based in Burke. "It helps us make wise decisions about things that we might say or decide not to say.”

For example, Linda Bullen was concerned about her daughter’s weight.

"Rachel recently lost about 25 pounds," she said. "As a teenager she’d been overweight and had self-esteem issues." She thought she was being a supportive and helpful mother.

Knapp says this is where sensitivity can reduce interpersonal tension, particularly during the holidays.

"When family members are sensitive to each other’s feelings, they think before they speak about how what they say might affect another person’s feelings," she said. "Even innocent comments or questions can damage a relationship. It is helpful for us to understand the intention of our own perspective and don’t consider what another person might be feeling.”

The pressure to create a perfect holiday can exacerbate pre-existing difficulties as well.

"People are often stressed during the holidays, especially those preparing meals, having out of town guests staying in their homes," said Isenberg. "Guests can be stressed too, as they are staying in someone else's home, don’t have their own space, and are operating according to someone else’s agenda. So tensions are already higher, and patience is shorter.”

The ability to be flexible and recognize that even the most organized plans can fall apart, will reduce pressure as well, said Pamela Daniels, a licensed clinical social worker and psychotherapist based in Lorton. "Flexibility allows us to roll with the punches," she said. "Rigidity can be a recipe for disaster, especially during the holidays.”

FAMILY MEMBERS can help ease tension by expressing their needs up front.

"Some people just have a need to feel appreciated," said Knapp. "Everyone has different needs, but others, including family members won’t know those needs unless we tell them.”

Rachel Bullen needed her mother to recognize and validate the effort that she’d put into preparing a healthy Thanksgiving dinner and an aesthetically appealing table, and to maintaining a lifestyle that had kept her fit.

"I’ve always seen my mother as thin, beautiful and the perfect hostess," said Rachel Bullen. "And she can always find something wrong with everything that I do, but she can find no wrong with my brother.”

Recognizing that such old patterns and dynamics may be rekindled during big gatherings can help family members navigate difficult relationships.

"Even though there may be months or even years between visits, people's triggers and sensitivities are the same unless they’ve previously worked through them with their family members and reached an understanding about the best ways for them to interact," said Isenberg. "The judgmental parent or uncle will still be judgmental and the inquisitive grandmother who pushes boundaries will still do so.”

Prior to spending time with family, she suggested, it’s a good idea to think about the actions, words or situations that ignite tensions and decide how they can be avoided.

"Consider topics to discuss with certain family members and how you will politely steer away from topics you’d rather not discuss," Isenberg explained. "If you anticipate that there will be a topic or way of interacting that is too difficult to be avoided with subtlety, you may want to consider gently approaching it prior to the holidays. For example, tell your parents you don’t feel comfortable discussing your relationship with your significant other in front of the extended family and ask them not to mention it during dinner, and provide them with an answer to give when relatives inquire.”

Rachel decided to begin seeing a therapist to help strengthen her relationship with her family. "Hopefully Christmas will be less tense," she said. "If not this Christmas, then next.”

FAMILY MEMBERS can help ease tension by expressing their needs up front. Some people just have a need to feel appreciated, said Knapp. Everyone has different needs, but others, including family members won’t know those needs unless we tell them. Rachel Bullen needed her mother to recognize and validate the effort that she’d put into preparing a healthy Thanksgiving dinner and an aesthetically appealing table, and to maintaining a lifestyle that had kept her fit. “I’ve always seen my mother as thin, beautiful and the perfect hostess,” said Rachel Bullen. “And she can always find something wrong with everything that I do, but she can find no wrong with my brother.” Recognizing that such old patterns and dynamics may be rekindled during big gatherings can help family members navigate difficult relationships. “Even though there may be months or even years between visits, people’s triggers and sensitivities are the same unless they’ve previously worked through them with their family members and reached an understanding about the best ways for them to interact,” said Isenberg. “The judgmental parent or uncle will still be judgmental and the inquisitive grandmother who pushes boundaries will still do so.” Prior to spending time with family, she suggested, it’s a good idea to think about the actions, words or situations that ignite tensions and decide how they can be avoided. “Consider topics to discuss with certain family members and how you will politely steer away from topics you’d rather not discuss,” Isenberg explained. “If you anticipate that there will be a topic or way of interacting that is too difficult to be avoided with subtlety, you may want to consider gently approaching it prior to the holidays. For example, tell your parents you don’t feel comfortable discussing your relationship with your significant other in front of the extended family and ask them not to mention it during dinner, and provide them with an answer to give when relatives inquire.” Rachel decided to begin seeing a therapist to help strengthen her relationship with her family. “Hopefully Christmas will be less tense,” she said. “If not this Christmas, then next.”
Since It Ain’t Broken...

By KENNETH B. LOURIE

Appropriately, at least in the near term, we’re meaning our oncologist not going to fix it. And by fix it; I am referring to my chemotherapy infusion, which will continue to be every three weeks, as it has been for almost six years; save for a year or so when I was able to take pills at home, and on-site infusions were not necessary. Last week, at my most recent face-to-face appointment with my oncologist, given my higher-than-expected for creatinine levels, (which led to a one-week’s delay in my regularly scheduled infusion), I had inquired about extending my infusion interval to four weeks to give my kidneys a break. Considering the ongoing damage these vital organs have suffered after six years of non-stop chemotherapy, I thought – to quote my deceased father, “that the idea had merit.” And it does have merit and my oncologist concurred and characterized my treatment as absolutely necessary.

Nevertheless, it is cause for concern. The kidney is a major organ. As it goes, so might yours truly go, and consequently its affect has been an ongoing theme of awareness during my six years of treatment. Fortunately, miraculously maybe (for all I know), a week later the second/rescheduled lab work showed that my creatinine levels had returned to its previous high normal and thus chemotherapy went on as semi usual. And that’s what we’ve done and I’ve not been back to see her since.

But what we did discuss at this last appointment was my future, a little bit. Considering the “drainage” written about in last week’s column, my oncologist was very encouraged and characterized my treatment going forward as something we’re going to be doing for awhile. But he said it so matter-of-fact, that we sort of took it for granted. He didn’t really fuss about it and we didn’t either. He said it. He didn’t really emphasize it. It was all good, that’s for sure.

On the way home, my wife, Dina and I reviewed what my oncologist had said and we became even more giddy at what had transpired. It was certainly news with which we could live and that’s what we intend to do. I’m not about to look a gift oncologist in the mouth. Since nothing seems intend to do. I’m not about to look a gift oncologist in the mouth. Since nothing seems.
21 Announcements

VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer/Liquor Restaurants Premises license to sell or manufacture alcoholic beverages.

Rababy, member
NOTE: Objectors to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

FALLS CHURCH ANTIQUES
Best Kept Secret Of The Metro Area! Unique collection of antiques and collectibles, including furniture, jewelry, glassware, pottery, sterling silver, paintings, prints and more! Fun for home and gift ideas! Christmas Shop Now Open!

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

26 Antiques

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Reston Connection
December 3, 2014

Getting together...and getting going! 2014 Week in Herndon

26 Antiques

The biggest things are always the easiest to do because there is no competition.
-William Van Horn

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26 Antiques

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26 Antiques

3 RE for Rent

26 Antiques

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Winter is coming. Are you ready? This year the Town of Herndon in partnership with the Herndon Woman’s Club will join Wreaths Across America to honor our veterans who are laid to rest at Chestnut Grove Cemetery. On Dec.13, the club will remember the fallen heroes of war, the missing in action and those who have served and are serving this great nation with a short ceremony. Volunteers, including Eagle Scouts and Boy Scouts from Herndon Troop 1577 will place commemorative wreaths on all the stone pillars surrounding Chestnut Grove Cemetery.

Officially established in 1872, Herndon’s Chestnut Grove Cemetery is the final resting place of veterans, dating back to the Civil War.

ENJOYING HERNDON

Community Meeting on Bus Operating Facility

The Fairfax County Department of Public Works and Environmental Services is holding a community meeting on Dec. 10, to present the proposed design for the Reston-Herndon Bus Operating Facility located at 268 Spring Street, Herndon. The meeting will be held in the Council Chambers of the Herndon Community Center, 814 Ferndale Ave, Herndon, from 7 – 9 p.m.

The Reston-Herndon Bus Operating Facility project will be a renovation of the existing 21,400-square-foot building, located on a 5.3-acre site at 268 Spring Street, Herndon.

The renovation will increase efficiency of the interior and exterior, provide additional building square footage, and upgrade building systems. Construction is planned to start in late 2016 and be completed in the summer of 2017.

Wreaths Across America to Honor Herndon Veterans

On Dec. 13, National Wreaths Across America Day, live, balsam remembrance wreaths will be placed at the headstones of fallen veterans at nearly 1,000 locations across the country and overseas.

In Herndon, a remembrance ceremony will be held at Chestnut Grove Cemetery on Saturday, Dec. 13, at noon to ensure that the over 300 veteran graves, who served to protect the freedoms of our country, will never be forgotten, and will be remembered. The ceremony is open to all people.

The Wreaths Across America organization is dedicated to spreading the message about the importance of remembering our fallen heroes, honoring those who served, and teaching our children about the sacrifices made by veterans and their families to preserve our freedoms. One way they do this is to coordinate wreath laying ceremonies at Arlington, as well as other locations in all 50 states.

This year the Town of Herndon in partnership with the Herndon Woman’s Club will join Wreaths Across America to honor our veterans who are laid to rest at Chestnut Grove Cemetery. On Dec.13, the club will remember the fallen heroes of war, the missing in action and those who have served and are serving this great nation with a short ceremony. Volunteers, including Eagle Scouts and Boy Scouts from Herndon Troop 1577 will place commemorative wreaths on all the stone pillars surrounding Chestnut Grove Cemetery.

Officially established in 1872, Herndon’s Chestnut Grove Cemetery is the final resting place of veterans, dating back to the Civil War.

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week’s paper.

WEDNESDAY/DEC. 3

Human Rights Defenders: Relevant International Law and Strategies. 7-15:9 p.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. A presentation by David Padilla, international human rights consultant. How lawyers and other activists try to defend victims of human rights violations around the world. www.uucf.org

FRIDAY-SUNDAY/DEC. 5-7

Reston Lions Club Annual Citrus Sale, 8 a.m. – 3 p.m., Lake Anne Plaza, 11400 North Shore Drive, Reston. Fresh Florida naval oranges, red grapefruit and chocolate peanut clusters available. All proceeds benefit sight and hearing programs and other club charities. Eyeglasses and hearing aids accepted at the trailer for recycling. www.RestonLions.org

SATURDAY/DEC. 6

Region 1 Listening Tour. 9 a.m. Hunters Woods Elementary, 2405 Gillett Neck Road, Reston. Superintendent Karen Garza invites students, parents, employees, and community members to join her at the Region 1 Listening Tour Meeting. Garza will discuss school issues and the priorities for Fairfax County schools and listen to ideas, comments, and questions from the audience. Those planning to attend the meeting are asked to please register at https://www.surveymonkey.com/s/ListeningTour2014-

WEDNESDAY/DEC. 10

Herdon Bus Operations Facility Meeting. 7 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. A meeting held to present the proposed renovations to the Herndon Bus Operations Facility.

League of Women Voters Meeting on Fairfax Schools. 7:30-9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. Later school board start times and full-day Mondays: what do these mean for the rest of the Fairfax school calendar and schedules for students and parents? Free, open to the public (men and women), call 703-757-5893. Background papers at www.fhs Fairfax.org

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 791-922-6380 or www.foodaddicts.org

Fairfax County’s Meals on Wheels urgently needs drivers in the Annandale, Franconia/ Kingstowne, Reston, Mount Vernon and Mclean areas. 703-324-5496, TTY 711 or www.fairfaxcounty.gov/olderadults

Knitting Enthusiasts, Needled: Needled. 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic techniques. Musicians to play soothing music on weekend mornings also needed. 703-324-5496, TTY 711 or www.fairfaxcounty.gov/olderadults

Habitat Heroes Project: The fourth Saturday of each month. Join the Habitat Heroes in protecting the forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants and gloves. To find out more, and to find out more, and to find more information, contact habrock@reston.org or 703-422-7896

For more information, go to wletra.com or call 800-551-3588.

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