

Reston CONNECTION

WELLBEING
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Santa & Mrs. Claus arrive at Reston Town Center Holiday Parade 2018 on Friday, Nov. 23. This Parade has been voted one of "10 Best" in nation for third year in a row.

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OPINION

What to Look Forward to in 2019?

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

BY SUPERVISOR
CATHERINE M.
HUDGINS
HUNTER MILL DISTRICT



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

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

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

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

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

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

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

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

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

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

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

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



ARCHIVE PHOTO/COURTESY OF WINTER COAT CLOSET PROJECT

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

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

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

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

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

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

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

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

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

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

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

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RTC parade 2018: Dancers & balloon on Market Street kick off the holiday festivities at Reston Town Center.



PHOTOS COURTESY OF MYERS PUBLIC RELATIONS

A 14-year-old actress Sissy Sheridan of Reston served as the Grand Marshal.

Reston Holiday Parade Remains Among Ten Best in the Nation

Reston Town Center has announced that Reston Holiday Parade has been voted as one of USA Today's "10 Best" for the third year in a row. After four weeks of Readers' Choice voting that ended on Dec. 10, USA Today has now revealed the top ten Best Holiday Parades with Reston Holiday Parade at #5 in the list of impressive parades around the nation. See the 2018 results at <https://www.10best.com/awards/travel/best-holiday-parade/>

The 28th annual Reston Holiday Parade was presented on Friday, Nov. 23 with a

theme of "Winter Wonderland" as a highlight of a full day of cheer and charity to launch the season. Spectators came from near and far to see Macy's-style balloons, dancers, cars, characters, community groups, marching bands, dignitaries, Santa and Mrs. Claus in a horse-drawn carriage, and much more in a one-hour, half-mile, one-of-a-kind procession along Market Street. Before the 11 a.m. start of the parade, 10,000 commemorative jingle bells were handed out to children along the route. Angie Goff and Doug Kammerer of NBC News4 were Masters of Ceremony at

two VIP grandstand locations, and 14-year-old nationally-known actress Sissy Sheridan of Reston served as the Grand Marshal.

The 2018 Reston Holiday Parade was recorded by Fairfax Public Access and can be [viewed here](#) on YouTube via Reston Channel 28 Comcast. Reston Community Center provided major support for the Reston Holiday Parade as a Community Partner and additional support was provided by balloon sponsor, Reston Town Center Association. This community event is a success also thanks to the assistance of hundreds of volunteers who help with staging, serve as line

marshals, handle the huge balloons and more, and all those who take part in the procession of 1,400 participants. This community tradition has grown since 1991 when Reston Town Center presented the first Reston Holiday Parade, which is held annually on the Friday after Thanksgiving. Reston Town Center Ice Skating Pavilion: The glass-sheltered outdoor ice rink is open for public skating every day, including all holidays, from November until March. Ice Skating Pavilion rates, rentals, and more information: 703-709-6300; www.restontowncenter.com/skating.

Dulles Toll Rates Increase Jan. 1

Primarily for financing Phase 2 of the Silver Line.

BY MERCIA HOBSON
THE CONNECTION

The cost to drive the Dulles Toll Road goes up Jan. 1, 2019. For a two-axle vehicle, it will change to \$3.25 at the Main Toll Plaza, a seventy-five cent increase; and it will increase to \$1.50 on the ramps, a fifty-cent increase.

The toll rate adjustment is the first since 2014, according to the Metropolitan Washington Airports Authority (MWAA), which operates and maintains the Dulles Toll Road (DTR), and the Dulles Airport Access Road. MWAA also manages construction of the Silver Line project.

The 2019 toll adjustments are primarily for financing Phase 2 of the Silver Line construction project, stated Airports Authority Board Chairman Warner Session in a statement released by MWAA.

The report adds the decision came "after careful consideration of public input received at the three toll rate public hearings held this summer, the public comments received on-line and the recommendation of the Dulles Corridor Advisory Committee."

The official "Dulles Toll Road Proposed Toll Rate Increases Report on Public Comments" cites that during the public comment period, 181 individuals and three or-

Toll Rate Increases				
Vehicle Class	Main Line Toll Plaza		Tolled Ramp Entrances/Exits	
	From	To	From	To
2-axle	\$2.50	\$3.25	\$1.00	\$1.50
3-axle	\$5.00	\$6.50	\$2.00	\$3.00
4-axle	\$6.25	\$7.75	\$2.50	\$3.50
5-axle	\$7.50	\$9.00	\$3.00	\$4.00
6 or more axles	\$8.75	\$10.25	\$3.50	\$4.50

2019/2014 toll rate comparisons per vehicle class at the main toll plaza and tolled ramp entrances/exits.

COURTESY OF MWAA



The primary use of the Dulles tolls is for financing Phase 2 of the Silver Line construction project.

ganizations submitted a total of 190 comments to the Authority. In response to the then proposed toll rates, 23 comments ad-

dressed the unfairness of the rate increase, 109 comments discussed the impact on them personally, and 28 presented ideas for

alternative sources of funding instead of rate increases.

In addition, 20 comments expressed general opposition to the rate increase. A total of 7 comments agreed with the rate increases as proposed.

The report states comments cited that unfairness stemmed, "from the burden that the toll rates place on users of the DTR in that they are funding almost half of the construction cost of the Silver Line project. A significant part of that burden, the comments stated, should be allocated to residents and businesses throughout the entire metropolitan area who will benefit from the new Silver Line but are not being asked to fund its construction."

As for the impact of the rate increases, the report stated some commenters mentioned they were on fixed incomes, the increases would make the road unaffordable for their use and they'd need to use other roads. Residents north of the DTR shared, "that the toll at the mainline toll plaza is a major disincentive for drivers traveling between Interstate 495 or Route 123 and Route 7 to use the DTR and that these drivers, instead of using the DTR, are using their local streets."

MWAA states the next planned toll rate increase is not until 2023.

COMMENTARY

Politics and Policies in 2019

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

Four hundred years ago colonists representing each of the twenty or so plantations in Virginia met together in the church at Jamestown Island to take care of the business of the new colony. The upcoming meeting of the General Assembly which will convene in the Jefferson-designed Capitol in Richmond at noon on Jan. 9 is likely to be historic as well with the enormity of the issues before it. These issues will be taken up in view of the election in November of this year when all members of the House of Delegates and State Senate will be on the ballot.

Ratification of the Equal Rights Amendment illustrates what I mean. For forty years the Virginia General Assembly has refused to pass a resolution supporting the ERA. This year is different in that Virginia would be the 38th state to ratify the amendment and barring court challenges would be the final state needed for making the ERA a part of the Constitution. Some public opinion polls show popular support of the amendment as high as 80 percent, and supporters of the amendment have never been better organized. A large demonstration of supporters has been planned for the opening day of the session.

A recent story posted on www.fauquier.com about three delegates who spoke before the Fauquier Chamber of Commerce about the issues in the upcoming session illustrates the challenges facing the legislature. The story reported the ERA score as "one for, one against, and one undecided."



The one against is Del. Mark Cole who chairs the Privileges and Election Committee to which the bill has been assigned and which has defeated or refused to hear the resolution in past legislative sessions. There is little surprise that Cole who is one of the most conservative members of the House would continue his opposition. Whether he can refuse to have the resolution taken up to keep vulnerable delegates from having to vote on it will be part of the drama of the session.

Supporting passage of the ERA is Del. Elizabeth Guzman who is in her first term and who was part of the defeat of 15 Republicans in the last election. She has shown herself to be a progressive and effective leader who will not allow opponents a way to duck the issue.

Attempting to stand in the middle as undecided is Del. Michael Webert who in the past would have been counted as an opponent.

The report says, "he needs to study the proposed ratifying legislation." More likely is that he needs to study the changing demographic of his district to see if he could be re-elected after voting against the ERA. Webert also has a record of helping defeat commonsense bills to prevent gun violence as part of a subcommittee that defeats all such bills. He will need to explain his votes to the new constituents in his changing district.

All 140 members of the legislature will be measuring their re-election prospects after voting on the ERA. Constituents need to continue to let legislators know their support of the ERA. As for me, I will be supporting the ERA as I always have in the past.

NEW YEAR'S RESOLUTIONS

One Goal, One Number, This Year

Terry Maynard

The number is "13" — as in "13 persons per acre," the current density cap for the Reston Planned Residential Community (PRC) zoning area. Number "13" is the current cap on PRC-wide density for the PRC, a number the county and specifically Supervisor Hudgins wants to increase to 15 p/ac. My New Year's goal is to preserve the 13-p/ac value to sustain Reston as a planned community rather than a morass of high-density housing.



Lynne Mulston

My goal: Protect Reston's two golf courses which have land use designations of private recreation use, more specifically to remain as golf courses. As Chairperson of Rescue Reston's North Course Committee and Vice President of Reston Citizens Association, I will: Continue to work to maintain Reston's PRC cap at 13 persons per acre. An increase will embolden developers who want to put housing on these open spaces. Stay vigilant in watching the actions of the owners of these two parcels and communicate alerts to the community as needed. Take steps to ensure that all who are running for election as Fairfax County District Supervisors and the Chair of the Board of Supervisors take a very clear stand that they support and respect the existing land use designation of Reston's two golf courses.



Postcards from Heaven!

To the Editor:

My name is David Nebinski. And, I got the best Christmas present this year.

Backstory - I lost my Dad, Stan Nebinski, on my birthday in 2006. I had to grow up very quickly. #Team Nebinski eventually gave me and family an outlet. Special thanks to the O'Neill family.

Christmas Eve and now Christmas Day have been particularly special for the last three years. In 2015, I visited the local cemetery by myself on Christmas Eve.

While standing in front of my Dad, I smelled cigar smoke wafting from two people a few hundred feet away. I. Know. That. Smell.

And it immediately reminded me of my Dad — known as the cigar guy in Great Falls.

I felt engulfed in unexpected joy by this. So, I walked over to the two people and started talking. A vibrant bond and connection was formed.

It happened to be a teacher from my high school. At home, I told my family. They couldn't believe it. My brother-in-law's parents immediately said "that's.... a postcard from heaven!"

Each Christmas year since, David and the new friends either unexpectedly meet or visit each other's mourned grave site.

This year, in walking up to my Dad's grave after Christmas Mass, I saw an image from a distance. A cigar laid on my Dad's headstone. My jaw dropped.

These friends had left it for me, my Dad, and family. They wanted to leave this gift in case I came today - the day after they were there.



It sure was a gift ... a postcard from heaven. After each gathering, we say — "let's stay in touch and try to email." But to no avail. So, here I am to say "thanks." Thank you Dr. Michelle Norell and John Norell.

To more postcards from heaven.

David Nebinski
Reston (Where Mom Lives)

Kevin Barbera of Reston

One of my goals this year is to organize various charitable initiatives to gather 10,000 handwritten notes for people who are less fortunate. These notes can be for disabled veterans, children in hospitals, active duty military, etc. A simple note can go a long way in making someone's day, and I look forward to accomplishing this goal in 2019.



Gwyn Whittaker, vendor at Reston Farmers Market

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



PHOTOS
CONTRIBUTED

SEE RESOLUTIONS, PAGE 5
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NEW YEAR'S RESOLUTIONS

One Goal, One Number, This Year

Jason Sickels of Herndon

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

PHOTO BY MERCIA HOBSON/THE CONNECTION



Gene Wiley, President of the Board of Directors of The Closet

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

PHOTO BY LAURA GREENSPAN
—MERCIA HOBSON



WEEK IN RESTON

Fatal Pedestrian Hit-and-Run Crash in Reston

Fairfax County Police Crash Reconstruction Unit detectives are asking for the public's assistance in identifying a vehicle and its driver involved in a crash that killed a 16-year-old pedestrian. Saturday night at about 5:40, officers responded to the report of a pedestrian hit-and-run crash on South Lakes Drive and Castle Rock Square in Reston. The teen was attempting to cross South Lakes Drive towards Castle Rock Square when he was hit by a vehicle. He was pronounced dead at the scene. There is a crosswalk at the intersection and detectives are still conducting their investigation to determine if the teen was using the crosswalk. At this point, detectives believe the involved vehicle was a sedan, but an exact model or color is unclear. The car would have heavy front-end damage. Anyone with information about this incident is asked to contact the Crash Reconstruction Unit witness phone line: 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by visiting www.fairfaxcrimesolvers.org, or calling 1-866-411-TIPS (8477). Tips can also be sent in via text by texting "TIP187" plus the message to CRIMES (274637). Text STOP to 274637 to cancel, or HELP to 274637 for help. Message and data rates may apply. Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 if their information leads to an arrest.

Reston Association Seeks Board Candidates

There are five seats open in the 2019 Board of Directors election. The Reston Association Elections Committee is asking RA members to consider running for a seat on the board. Interested members should fill out a candidacy statement form and return it by 5 p.m., Jan. 25.

The committee will then validate candidates by the end of the month. The 2019 Open Seats are: At-Large, 3-year term; Apartment Owners, 1-year term; Hunters Woods/Dogwood, 1-year term; North Point, 3-year term; and Lake Anne/Tall Oaks, 3-year term. A one-year terms are due to prior mid-term resignations and the appointment of interim replacements in 2018. An information session for prospective candidates will be held Jan. 3, 7 p.m. at Reston Association headquarters, 12001 Sunrise Valley Drive.

The month-long election begins March 4. Ballots will be mailed to members. Online voting will be available with the link provided on www.reston.org, RA social media and in the RA News weekly email. Results of the election are announced at the Annual Members' Meeting in April. For more information and to download a candidate form, visit www.reston.org.

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Obituary

Daniel Laurent, M.D., died at home on Tuesday, November 27, 2018. He is survived by his wife, Peggy Laurent; sons Phillip and Julian Laurent; brother Bertrand Laurent; sister Carell Laurent; sister-in-law Julie Thorndsgaard; brother-in-law Matthew Anderson and many nephews and nieces.

The son of a United Nations diplomat, he grew up in Haiti, Ghana, Madagascar, and New York. He was a graduate of The United Nations International School, Brown University, and The University of Pennsylvania Perelman School of Medicine. He did his internship and residency in Washington, DC, at the Georgetown University Medical Center and The George Washington University Hospital. After completing his residency, he opened his urology practice at Reston Hospital in 1987 where he practiced for 31 years. Dr. Laurent served on the Reston Hospital Board of Trustees for 23 years and was board chair for 8 years.

He had a tremendous sense of adventure and a wonderful sense of humor. He loved music of all types, cooking, driving fast cars, and traveling. He was a kind, compassionate person who was dedicated to his family, friends, patients, and colleagues.

Obituary

It is with great sadness that the family of **Bruce Reed Lipin** announces his passing after a brief illness, on December 19th 2018, at the age of 71 years. A native of New York City, Bruce attended undergrad at the City College of NY and attained a doctorate from Pennsylvania State University in Geology. In 1974 Bruce and his wife Cookie moved to Reston, Virginia and started a 39 year career at the United States Geological Survey serving as Chief of the Branch of Eastern Mineral Resources from 1988 to 1993. Bruce will be lovingly remembered by his wife of 47 years, Cookie, his sons Adam and Jonah and their spouses Lynn and Cassandra. Bruce will also be fondly remembered by his three grandchildren, Noah, Zack, & Sloane, by his sister, Randi and nieces Tracy and Kaitlyn. A Celebration of Life in memory of Bruce will be held on Sunday, January 20th, from 1:00 – 4:00 p.m., at Midtown Reston 11990 Market Street, Reston, VA. In lieu of flowers, donations may be made in memory of Bruce to the St. Jude's Children's Hospital at www.stjude.org

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

News

Thinking Outside the Box

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

BY MARILYN CAMPBELL

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

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

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

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

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

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

"I tell people to think not about giving things up, but about what would bring happiness to them in the New Year."

— Carol Barnaby, MSW, LCSW-C



PHOTO CONTRIBUTED

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

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

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

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

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

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

BULLETIN

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

DONATION REQUEST

Support Reston Historic Trust & Museum.

The Reston Historic Trust & Museum has launched a GoFundMe campaign with the goal to raise \$15,000 to go towards the repair, cleaning, and reinstallation of icons on the façade of the former Lakeside Pharmacy, an original Lake Anne Plaza store, in a new permanent exhibit. The new exhibit will be unveiled during Reston's annual Founder's Day event, April 6th, 2019. Read more about their history and donate at www.gofundme.com/preserve-lakeside-pharmacy-icons to assist in their preservation.

SATURDAY/JAN. 5

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

TUESDAY/JAN. 8

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

TUESDAY/JAN. 8-FEB. 19

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

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

WEDNESDAY/JAN. 9

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

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

THURSDAY/JAN. 10

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

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You're In My Thoughts



By KENNETH B. LOURIE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ENTERTAINMENT

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

ONGOING

Gingerbread Village. Through Jan. 3 at Hyatt Regency Reston, Reston Town Center. Visit the hotel lobby to see the annual Gingerbread Village display. Call 703-709-1234 or visit reston.hyatt.com.

Photography Exhibit: “National Parks and National Treasures.” Through Jan. 5, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. Photographer Jim Schlett, selected as the Artist-In-Resident at four locations of the National Park Service in 2018, will be having a solo exhibition called “National Parks and National Treasures.” Visit artspaceherndon.org or call 703-956-6590.

Winter Wonderland Ice Skating. Public skating every day and extended hours for all Holidays, through March 10, hours vary at Reston Town Center Ice Skating Pavilion. Special events throughout the weekend, join in: Thursdays for College Night, \$2 off admission with a valid ID; Fridays for Rock the Rink with a live DJ; and Saturdays for Cartoon Skate, glide around the ice with The Grinch and Scooby Doo. Visit restontowncenter.com/amenities/ice-skating.

Trivia Night at Crafthouse. Tuesdays, 8-10 p.m. at Crafthouse, 1888 Explorer St., Reston. Call 571-926-9931 or visit crafthouseusa.com.

WEDNESDAY/JAN. 2

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

FRIDAY/JAN. 4

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

SATURDAY/JAN. 5

RECenter Swim Classes Start. The Fairfax County Park Authority offers youth swim instruction for babies to teens at nine RECenters throughout the county. Adults join their children in the pool in the early years. Kids go solo and advance through different instruction levels as they get older. For more information about the Park Authority's swim programs, call 703-222-4664 or visit fairfaxcounty.gov/parks/recenter/swimming.

FRIDAY/JAN. 7

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

Open Mic Poetry. 7-9 p.m. at ArtSpace Herndon, 750 Center St.,



Herndon. Join ArtSpace Herndon for their open mic series on the first Friday of each month. The first hour is devoted to featured poets and the second hour is open to anyone. Call 703-956-6590 or visit www.artspaceherndon.org.

MONDAY/JAN. 7 & 28

Family History Research Concepts & Resources. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn about the fundamentals of genealogy research and dig deep into the U.S. Census. Get the most from Ancestry and explore courthouse, vital, immigration and military records. Look into atlases and gazetteers and discover the Virginia Room at Fairfax Library. Adults, teens. Register now. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

TUESDAY/JAN. 8

Toddler Story Time. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for fun stories, songs and finger plays. Age 2 with adult. Register now. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

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

Read To The Dog. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring a book or choose one from the Library. Call or sign up online for a 15-minute session. Age 5-11. Register now. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

WEDNESDAY/JAN. 9

Wednesday Morning Book Club. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. This month's title is “The Mermaid Chair” by Sue Monk Kidd. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

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

THURSDAY/JAN. 10

Storytime For 3-5. 10:30 a.m. at Reston Regional Library, 11925

‘Invisible Listeners’

Virginia-based photographer Rahshia Sawyer depicts figures floating in water draped in gossamer silks to represent weightlessness bound. In her new body of work, What I Haven't Told You, the artist endeavors to illustrate the tension between emotions expressed and emotions repressed. Through Jan. 8, at Greater Reston Arts Center at Signature, 11850 Freedom Drive, Reston. Visit restonarts.org/exhibition/rahshia-sawyer/.

Bowman Towne Drive, Reston. An early literacy program with stories and activities. Age 3-5 with adult. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

FRIDAY/JAN. 11

Gymboree Music I. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover melody pitch and rhythm while building a repertoire of joyful songs. Age 6-18 months with adult. Register now. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Gymboree Music II. 11:15 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dance and sing to a new musical style each month, including Latin, Rock 'n' Roll and Classical. Age 18-24 months with adult. Register now. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

SATURDAY/JAN. 12

Sing! Books With Miss Emily. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Miss Emily for singing storytime with illustrated songs. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Basic Fundamentals of Figure Drawing. 2:30-4:30 at ArtSpace Herndon, 750 Center St., Herndon. Basic Fundamentals of drawing will be taught and demonstrated, to include the principal application of contour line, gesture and shade while performing exercises in drawing from life. With John Koebert. \$175 for eight-week session. Call 703-956-6590 or visit www.artspaceherndon.org.

MONDAY/JAN. 14

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

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

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



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Artist Melanie Kehoss explains her work to patron Jennifer Biehl as Kaveh Jorab looks on during the opening of the exhibit, “Mary B. Howard Invitational: Stretch,” now through Feb. 9, 2019.

GRACE Presents ‘Mary B. Howard Invitational: Stretch’

BY MERCIA HOBSON
THE CONNECTION

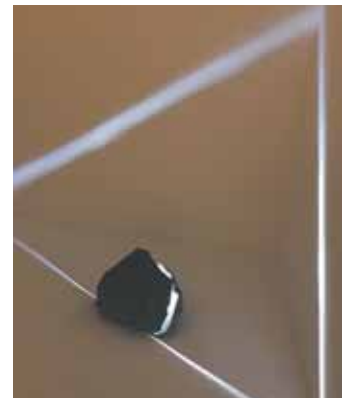
Given an unprecedented bequest by longtime GRACE board member, the late Mary B. Howard of Reston, the Greater Reston Arts Center (GRACE), created an invitational to promote new works by artists in the community. Artists were asked, “If you could do anything, what would that be?”

Five artists stretched their imaginations, resources and materials to create the current exhibit that runs through Feb. 9, 2019. Howard also recognized diversity in the voices of curators so for this exhibit, GRACE invited Don Russell, university curator and director of the Provisions Research Center for Art & Social Change at George Mason University to help the students.

Five artists, James Huckenpahler, Monroe Isenberg, Katie Kehoe, Melanie Kehoss and Harry Mayer, stretched the boundaries of their art to create works dealing with endurance, humor and intellectual curiosity for the “Mary B. Howard Invitational: Stretch.”

Melanie Kehoss created colorful light boxes displaying intricately cut paper, plexiglas, wood, gouache and LEDs. “Each box depicts an era in the history of sugar,” said Kehoss. The detail work and unusual presentation draw the viewer in questioning what one is seeing.

Harry Mayer used common building materials such as steel bars, PVC piping and concrete and even whimsical rubber finger puppets to as he said, “make something that was a hassle.” In the catalog, Mayer encapsulates the meaning of his art in



In “Stone” by Monroe Isenberg, the artist allowed the materials to guide him in the sculpture making.

these words, “endurance, fortitude, acceptance and tolerance ... The pieces serve as silent markers of problem solving and struggles.”

A third artist, Monroe Isenberg, presented a stone and woodwork illuminated sculpture that sits on the floor. Light radiates out of a sandwich-like split in the stone, beaming across the floor from both sides and up into one corner of the room forming a triangle — the minimal and abstract shape framing the space, altering it.

Two other artists exhibited their works. Katie Kehoe showed a documentary from her series of 18 performance actions that involved her wearing a wetsuit, carrying a boogie board and walking 91 miles through areas that would, “be flooded if the sea level was to rise above six feet,” as she described.

The fifth artist, James Huckenpahler produced contrasting, black and white digital prints on Dibond.

GRACE is located in Reston Town Center at 12001 Market Street, Reston.