

Hadeed
ORIENTAL RUG CLEANING
AND IN-HOME SERVICES

**GET A JUMP ON
THE HOLIDAYS!**
We will help make your home sparkle in time for the holidays!

IN-PLANT RUG CLEANING

15% OFF!

Valid on Our Signature Washing of Your
Fine Rugs Or the Hadeed One Week
Express Service for Rugs that Qualify! -
A Trusted Resource Since 1929!

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY! Hurry Offer expires 11/25/18. Not valid w/any other offers. †Some restrictions apply.

PHOTO BY MERCIA HOBSON/THE CONNECTION
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

A+
PAGE 6

Reston CONNECTION



Caring Community

NEWS, PAGE 2

Reston Community Orchestra Kicks Off New Season

NEWS, PAGE 9

Helping Keep Homeless Warm

NEWS, PAGE 3

Northwest Federal Credit Union employees Stephanie Smith, Stefany Zambrano and Hap Peterson volunteer for the Cornerstones' 2018 Thanksgiving Food Drive at St. John Neumann Catholic Church in Reston, one of six distribution sites throughout the area supporting this season's drive.

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 11-22-18

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

Notice of Public Hearing

NOTICE OF BUDGET AND WATER RATE PUBLIC HEARING

December 13, 2018 at 6:30 p.m.

At 6:30 p.m. on Thursday, December 13, 2018, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2019, include the following:

1. An increase in the Availability Charge from \$4,150 to \$4,260¹.
2. An increase in the Local Facilities Charge from \$13,420 to \$15,285.
3. An increase in the Service Connection Charge from \$1,260 to \$1,300¹.
4. An increase in the Base Commodity Charge from \$2.94 to \$3.07 per 1,000 gallons of water.
5. An increase in the Quarterly Billing Service Charge for meters larger than a standard 5/8" residential meter¹.
6. An increase in the Turn Off / Turn On Charge from \$45 to \$48.
7. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge.
8. An increase in the Installation of Sewer Use Meter Charge from \$36 to \$38.

¹Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is also proposing a \$183.2 million budget for calendar year 2019¹. Revenues are expected to be \$183.2 million in 2019. Water sales are expected to provide \$158.3 million. Approximately \$24.9 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-\$1,000s-	
	2018	2019
Personal Services and Employee Benefits	\$55,934	\$57,584
Power and Utilities	10,755	11,102
Chemicals	6,958	7,532
Purchased Water	7,810	7,155
Supplies and Materials	5,261	5,444
Insurance	955	1,075
Fuel	700	728
Postage	603	612
Contractual Services	12,481	12,974
Professional Services	1,001	1,065
Other	2,428	2,505
Sub-Total	104,886	107,776
Transfer to Improvement Fund	(10,248)	(10,380)
Total	\$94,638	\$97,396

Net revenues are expected to be appropriated as follows:

Debt Payment	\$42,988,000
Improvement Fund	\$11,000,000
General Fund	\$31,337,000

¹ Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes to the rates can be viewed on our website at www.fairfaxwater.org/rates. A copy of the proposed budget can be found at www.fairfaxwater.org. Those wishing to speak or receive a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017.

Interested parties may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 12, 2018, to be included in the record of the public hearing.

NEWS

NWFCU Supports Cornerstones' Thanksgiving Food Drive, St. John Neumann Catholic Church

Northwest Federal Credit Union employees Stephanie Smith, Stefany Zambrano and Hap Peterson volunteer for the Cornerstones' 2018 Thanksgiving Food Drive at St. John Neumann Catholic Church in Reston, one of six distribution sites throughout the area supporting this season's drive. The giving attitude of the volunteers in the local area will help make Thanksgiving dinner a reality for the 1,000 families Cornerstones expects to serve.

"The typical family is one that makes far less than the area's median income. A lot are visitors to our pantries and this is an incredibly expensive area to live," said Nate King of Cornerstones. "Eighty percent of our clients are below the national poverty level," said Anne-Lise Quinn of Cornerstones.

"When donating food in the future, please be sure to check the expiration date because



PHOTO BY MERCIA HOBSON/THE CONNECTION

we cannot use expired food," urged Susan Alger of Cornerstones.

Feeding Hearts, Warming Bodies The spirit of the season lives in Reston.

BY MERCIA HOBSON
THE CONNECTION

Coats, shoes, blankets and food are a few of the essential resources everyone in Reston needs. For many in this community where it appears most people meet their basic needs and beyond, there are those individuals who

work two and three minimum paying jobs and are faced daily with choices on which basic need to buy with their limited dollars — food, coat, shoes for their children or themselves, heat, bus fare, rent. For those financially fragile, there isn't enough money to make ends meet, let alone spend on gifts.

There are many ways to help in Reston right now.

RCC & GRCC Support Cornerstones' Thanksgiving Food Drive—**Reston Community Center, Greater Reston Chamber of Commerce and Cornerstones collected non-perishable food and essential items to assist the needy during the annual Thanksgiving Food Drive held Nov. 1-19 at several drop-off points in the area such as this one at RCC Lake Anne 1609-A Washington Plaza, Reston.**



BY MERCIA HOBSON/THE CONNECTION



SCREENSHOT @ BARBERAFoundation.ORG (FILE PHOTO OF PREVIOUS FEAST)

Barbera Foundation Serves Thanksgiving Feast to 300 Elderly

On Thursday, Nov. 22, the Barbera Foundation in Reston is serving a home-cooked Thanksgiving Feast to 300 elderly at the Reston Hunters Woods Fellowship House, part of the Fellowship Square Foundation which provides affordable housing and supportive services to low-income seniors and people with disabilities in Northern VA and DC.

SEE CARING COMMUNITY, PAGE 12

WWW.CONNECTIONNEWSPAPERS.COM

Helping Keep Homeless Warm

BY ANDREA WORKER
THE CONNECTION

This month, residents in the area were taken somewhat by surprise at the record-for-November snowfall on Nov. 15. For most in the region, the negative effects of the nor'easter meant hazardous commutes at the worst, or being annoyingly housebound on the less dramatic side of the scale.

For some people experiencing homelessness, however, that snowfall brought potentially life-threatening consequences, and the forecasts for a more snow-filled winter than in years past means the dangers they face will only escalate as winter wears on.

The Hypothermia Prevention Program is an integral part of Fairfax County's battle to combat homelessness and keep this vulnerable population safe during the coldest months. Nonprofit organizations operate shelters for individuals and families year-round, but when winter arrives, the efforts of nonprofits, faith communities, civic organizations, businesses and volunteers — in collaboration with a number of government agencies — kick in to an even higher gear. The Office to Prevent and End Homelessness, the Community Services Board, the Police Department and the Sheriff's Office, the Fire Marshal's Office and the county's Land Development Services all work together with these partners to support the program and address the clients' needs for service and safety throughout the season.

The hypothermia season runs from approximately Dec. 1 – March 1, activating a no-turn-away policy at shelters and adding additional venues where the homeless can shelter, find food, clothing, other basic needs and resources aimed at helping to lift them out of their situations.

This year, a number of those venues have already opened their doors, such as the Falls Church Homeless Shelter on Gordon Road, which operates in partnership with New Hope Housing.

Fairfax County has been waging a war against homelessness since they first officially took up the challenge in 2007. In the 10 years between 2008 and 2018, the annual "Point in Time" census, conducted by dozens of staff and volunteers throughout the Metro region in accordance with guidelines from the U.S. Department of Housing and Urban Development, shows a decrease of almost 50 percent in the number of people who are homeless in the county. Those same statistics, however, show a slight uptick in the last 12-month period.

When the last Point-in-Time survey was done, on the night of Jan. 24, 2018, 987 people were counted among the county's homeless, up from 964 at the same time in 2017. Of those, 488 were people in families and 499 were single individuals. Homeless persons in families increased by 3 per-



PHOTO CONTRIBUTED

The county already operates six shelters for both individuals and families, but during the coldest times more homeless people need assistance to stay safe and warm. The Hypothermia Prevention Program kicks in to offer this needed support.

CONTACT INFORMATION

To make contact to receive assistance or to find out how to offer assistance, here are some contact details:

Region 1 – South County:

Contact Sherry Edelkamp at sedelkamp@yahoo.com, or Chandra Beander at cbeander@newhopehousing.org by calling 703-799-0200.

In the City of Falls Church, contact Jeff Lisanick at 703-854-1400 or via email at jlisanick@newhopehousing.org or again, Chandra Beander.

In Region 2 – Central/Annandale and Seven Corners:

Contact Alfred Grant at 703-820-7621, agrant@newhopehousing.org, or Khristina Koontz at kkoontz@newhopehousing.org.

Region 3 – Reston, Herndon:

Cornerstones Outreach Missy Norquest at missy.norquest@cornerstonesva.org, or Cass Hyatt at cass.hyatt@cornerstonesva.org 703-437-1975.

Region 4 – Fairfax and Centreville:

Visit the FACETS website at www.facetscares.org/programs/hypothermia-prevention-and-response-program or call 703-352-5090 ext. 302 for English and ext. 303 for information in Spanish. Maria Avila at Mavila@facetscares.org can also provide more information.

The county operates a total of six year-round shelters for both adults and families. Their locations and contact information are available on the county's website. For families with children, to schedule shelter, the adults need to contact the Human Services Coordinated Services Planning office at 703-222-0880 during regular business hours. After hours, families with children can present themselves directly to one of the emergency shelters.

cent compared to 2017. The number of homeless families also increased, by 6 percent over last year, while the number of single adults increased by 2 percent since the 2017 count.

THE NUMBERS also inched up for families in emergency shelters and in transitional housing. One of the largest increases over 2017 figures was the 18 percent increase in families whose homelessness was due to domestic violence.

Part of the study showed that 44 percent of single adults who were classified as "chronically homeless" suffered from serious mental health and/or substance abuse, a number identical to the last year. Also unchanged was the number of homeless children (298) under the age of 18.

The point-in-time statistics and some discussion about root causes and steps to take to further the cause are available on the county's website www.fairfaxcounty.gov by searching Office to Prevent and End Homelessness.

But right now, as the weather turns colder,

the challenge and the immediate efforts are focused on keeping people who are unsheltered alive and safe and surrounded by welcoming neighbors willing to assist.

That safe welcome is available throughout the area, with the county divided into regions offering a variety of services.

New Hope Housing operates its Winter Seasonal program in Region I – the South County Route 1 area – out of the Eleanor U. Kennedy Shelter at 9155 Richmond Highway. Guests are welcomed to enter the shelter after 4:30 p.m. where they are provided with showers and laundry service, self-care supplies, dinner, and breakfast and bagged lunches the next morning.

Starting Dec. 1, New Hope Housing starts operation of its Hypothermia Prevention Program through Ventures in Community Hypothermia Outreach Program at the Rising Hope United Methodist Mission Church at 8220 Russell Road in Alexandria. That hypothermia shelter operates from 6:30 p.m. – 7 a.m., offering shelter, meals and other supplies. Both shelters also allow New Hope case management staff to assist with em-

ployment skills and housing assistance.

Within the City of Falls Church, the Friends of Falls Church Homeless Shelter partner with New Hope Housing to operate the Gordon Road facility, seven days a week from 6 p.m. to 8 the following morning. This shelter is already operational, and will remain open until March 31, 2019 to handle the winter homeless crisis. At the Falls Church shelter, guests have the opportunity to reserve their bed in advance, offering a sense of security for persons who often lack that basic need.

Region 2 is the Central area for the program, and includes Annandale and Seven Corners. New Hope Housing is at work in this area, as well, operating out of the Bailey's Crossroads Community Shelter (BCCS), located at 3525 Moncure Ave. in Falls Church. Because of the partnership of many neighboring faith communities, the BCCS can handle a larger number of guests by welcoming them first at their own location, and then transporting them to a faith community facility. These overnight hosts rotate throughout the season and offer meals, supplies and fellowship in addition to a warm, safe bed. Again, outreach case managers offer other life skills and housing assistance.

In the North County's Region 3, which includes Herndon and Reston, Cornerstones operates its winter seasonal efforts from the Embry Rucker Community Shelter, located at 11975 Bowman Towne Drive in Reston.

THE EXPANDED SERVICES are offered as part of the Hypothermia Prevention Program's move to the nearby North County Human Services Building at 1850 Cameron Glen Dr. in Reston, where guests are directed after checking in at the Embry Rucker facility.

Nonprofit FACETS takes point in Region 4 – the western and central areas that cover Fairfax and Centreville. The location of its shelters rotates among many of the area's various faith communities. It starts with the first four weeks at one location, and then the program operates from two faith community sites each week, beginning on Dec. 23, 2018. Potential guests or those wishing to volunteer, can learn where the program will be hosted at any given period by visiting the FACETS website, or contacting them at 703-352-5090, ext. 302 (or ext. 303 for the information in Spanish.)

In addition to providing shelter, food, supplies and other resources, the Fairfax County Health Department's Homeless Healthcare Program also deploys nurse practitioners to visit all of the Homeless Healthcare Program venues and the regular shelters at least once per week. The nurse practitioners see to basic medical needs during their visits and can offer no cost flu shots as needed. Medical outreach workers also visit, assisting clients in enrollment into the Community Health Care Network's free clinic.

OPINION

Give Locally

For tens of thousands of poor children and families in our area, uncertainty and need are distant from the celebrations and plenty that so many of us associate with this holiday period.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence of the needy families among us.

EDITORIAL

In Fairfax County Public Schools, more than 54,000 students (29 percent) are poor enough to receive subsidized meals.

Many are children living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Thanksgiv-

ing and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

Many nonprofits in the county need your help to provide a holiday meal for Thanksgiving or Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again after Thanksgiving, so please let us know what we have missed.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

List of Nonprofits in Fairfax County

❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.cornerstonesva.org.

Nonprofit providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Thanksgiving Food Drive, Gifts for Kids and annual Coat Drive.

For families in need, often there isn't enough money to spend on gifts. To register for the Gifts for Kids drive, visit <https://www.cornerstonesva.org/gifts-for-kids-donation-form/>. Personalized wish lists will be distributed within two business days of your submission.

Gifts will be collected at Cornerstones' main office, 11150 Sunset Hills Road, Suite 210, Reston, VA 20190, during the following times:

Thursday, Dec. 6 and Friday, Dec. 7: 9 a.m. – 6 p.m.

Saturday, Dec. 8: 9 a.m. – 12 p.m.

Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.

❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis. Share of McLean will provide holiday assistance to hundreds of needy families this year. In December, Share's families will be welcomed to a festive party, served a light meal, and Santa will travel all the way from the North Pole to take photographs with the children. Help Share help those in need by fulfilling a wish or donating Walmart, Target, Giant, or Safeway gift cards. Contact ShareWishes@gmail.com for more information. Visit www.shareofmclean.org for more info about Share.

❖ **Herndon-Reston FISH** (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 herndonrestonfish.org Herndon-Reston FISH has assisted local residents in short-term crises by since 1969. 703-437-0600.

❖ **LINK**, serving Herndon, Chantilly, Loudoun and more. Every year the goal is to provide each family with a week's worth of non-perishable food in November and again in December. When funds allow, grocery gift cards are also included. In November, clients also receive a voucher for coats and warm clothing. In December, children 16 and under receive gifts. holiday@linkagainsthunger.org. 703-437-1776 www.linkagainsthunger.org.

❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, www.cho-va.com

❖ **Our Neighbor's Child** (ONC) volunteers are preparing for delivery of holiday gifts for children from financially struggling families in western

Fairfax County – predominantly in Centreville and Chantilly. www.ourneighborschild.org/

❖ **Northern Virginia Family Service**. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. Every year, it empowers 35,000 individuals to achieve self-sufficiency. www.nvfs.org Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500

❖ **Second Story** — Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. second-story.org.

❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, www.scov.org

❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. www.touchingheart.com, 703-901-7355.

❖ **Western Fairfax Christian Ministries** — food pantry at 13981 Metrotech Drive in Chantilly. For more information or to sponsor a family, call 703-988-9656, ext. 105. To mail gift cards or send donations by check, add a note saying "food basket program" and send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. 703-988-9656.

❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or volunteer@facetscares.org. www.facetscares.org. 10640 Page Ave., Suite 300, Fairfax VA 22030

❖ **Britepaths** Britepaths is working to assist 800 Fairfax County area families who might otherwise go without with Thanksgiving meals, December holiday meals and gifts for their children in December. Sponsor a family or donate to provide a family with a holiday meal and/or gifts for their children. britepaths.org

❖ **Fairfax City Area FISH** (For Immediate Sympathetic Help) FISH provides funds and volunteers to serve the needy and elderly in the greater Fairfax City area of Fairfax County. FISH responds to requests for life's necessities: food, clothing, financial assistance for delinquent rent, mortgage, utility bills, gasoline, and prescriptions. Requests for assistance are passed on to FISH by the

Reston
CONNECTION

www.ConnectionNewspapers.com

@RestonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

**1606 King Street
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly, Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



NEWS

RA Board Approves 2019 Budget

Assessment rate set at \$693; members to pay WebTrac credit card fees.

BY MERCIA HOBSON
THE CONNECTION



PHOTO BY MERCIA HOBSON/THE CONNECTION
Reston Association Board directors listen to a member's comments during the Thursday, Nov. 8, 2018, Special Meeting-Public Hearing. On Thursday, Nov. 15, 2018 the Board approved the 2019 Budget at \$17.9 M and set the Assessment Rate at \$623, \$11 more than last year's fee.

The Reston Association announced on its website Nov. 15, 2018, that its Board of Directors approved the second year of the 2018/2019 biennial budget that night.

With a \$17.9 million 2019 budget, the board set the annual assessment rate for members at \$693. The board also approved a measure to pass credit card fees to members beginning Jan. 1, 2019 for purchases made through WebTrac.

"The credit card service fees would be charged to members who purchase pool and tennis passes, activity registrations and other items sold through the website,

thereby reducing costs for the association," reports RA on its website.

In addition, beginning in 2020, assessment-related credit card transaction fees will be passed through to the cardholder, states RA.

RA will mail Assessment packets to members Dec. 7, 2018. Payment is due Jan. 1, 2019. Six-month installment plans are available. To avoid late fees, assessment payments must be made by March 1, 2019.

Payments can be made online on www.reston.org. Contact the RA Member Services team at 703-435-6530 or via email at member_services@reston.org with questions about payment options.



RESTON TOWN CENTER

Friday, November 23

28th Annual Reston Holiday Parade

Tree Lighting and Sing Along Extravaganza

Gingerbread Man Mile for Kids

Holiday Performances

All Holiday Season

Ice Skating Pavilion

Horse-Drawn Carriage Rides

Mini-Train Rides

Holiday Carolers



Connect with Us!




RESTONTOWNCENTER.COM/HOLIDAYS
11900 Market Street, Reston, VA 20190

Raking in the Savings

Affordable Junior Studio Assisted Living
Apartments Starting at Only **\$3,995!**



approx. 283 square feet

Quality Assisted Living Care
+ Countless Amenities
= *The Best Value of the Year*

*Pricing includes Level I Care.

Contact our friendly team today.
Call **703-834-9800** and
discover just how wonderful
worry-free senior living can be!

703.834.9800
www.TallOaksAL.com
12052 N Shore Drive
Reston, VA 20190

 A Family Company

Tall Oaks

ASSISTED LIVING

RISING TO NEW HEIGHTS

Coordinated Services Management, Inc. Professional Management of Retirement Communities since 1981.

Teaching Gratitude, Giving

Child development experts share suggestions for helping children develop a sense of altruism.

BY MARILYN CAMPBELL

When teaching their three young children about gratitude and benevolence, Marcus Rosano and his wife Laura began with what they consider the basics: treating others with kindness.

“After leaving a sports practice, we tell them to go back and say, ‘goodbye’ and ‘thank-you’ to their coach,” he said. “My wife and I have focused on the way we treat others. Part of kindness is understanding that there are people in our community who can’t afford presents at Christmas and who aren’t going to have a Thanksgiving turkey with all the trimmings.”

The Rosanos’ method of instruction is an effective one, according to researchers who say that parents are their children’s most influential teachers. “The best thing a parent can do to promote altruistic behavior is to model the behavior themselves,” said Jessica McLaughlin, Ph.D., assistant professor of psychology at Montgomery College. “Kids imitate their parents and they are more likely to engage in altruistic behavior if we show them how to treat others with kindness and empathy.”

Parents can choose to partake in simple, random acts of kindness, while they are with their children, added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. “For example, paying for someone in line behind you in the grocery store, or helping an elderly person carry their grocery bags to the car, or helping a neighbor shovel snow or clear ice from their walkway.”

Use that opportunity to initiate a dialogue, continued Bagshaw. “Then afterwards, talk with your child about how it made you feel to help someone else. Through that discussion, brainstorm with your child how it might have made the person you helped feel. [This will] help develop empathy in your child.”

“I would suggest that parents discuss with kids what circumstances other kids and families may be in over the holidays and how it may differ from their own,” said child psychologist Stacie Isenberg, Psy.D. “For example, there are families who have limited food and those who rely on shelters. They could also discuss ways to acknowledge and express gratitude for specific things they have, from food to heat to their personal belongings, like saying something from their day that they are grateful for; not just at Thanksgiving dinner, but every day at dinner or before bed.”

It is important that parents tailor their dialogue and lessons on gratitude and altruism to a child’s age and level of development, advises Linda Gulyn, Ph.D., professor of psychology at Marymount University.



PHOTO COURTESY OF MARCUS ROSANO

Lesson on gratitude and giving during the holidays should be age-appropriate say psychologists.

“Preschool-aged kids need to see the immediate and tangible effects of helping and giving to others,” she said. “For example, ‘See how much grandpa likes it when you help him carry the holiday decorations?’ Or ‘Because you shared your train tracks, now [your playmate] can get his train over the hill.’”

School-aged children learn best by seeing the social benefits and being part of group activities associated with giving and helping, suggests Gulyn. “[This is] because peers and people outside immediate family are more interesting to them,” she said. “For example the Girl Scout troop helped the elderly people decorate the senior living rec center.”

Teenaged children, on the other hand, are idealistic and interested in social justice issues, says Gulyn. “They care about pop culture, too,” said said. “My teens enjoyed shopping for holiday gifts for other kids who were socioeconomically disadvantaged. They bought sports team gear for fel-

low teen boys. “

Identify issues that are important to a child and provide opportunities for them practice altruism around those topics, suggests Carolyn Cass Lorente, Ph.D., professor of psychology at Northern Virginia Community College. “For instance if your child is interested in animals you might help them collect old towels and blankets in the neighborhood to take to a shelter,” she said. “This helps build a sense of agency and responsibility and shows them that we each can make a difference.”

“During the holidays, parents should share their family histories and traditions and note their good fortune in living today with many daily comforts and conveniences that their grandparents did not have,” said Short, Ph.D., professor of psychology at George Mason University. “Gift giving encourages empathy and perspective-taking to consider what others might like and it brings people closer together.”

Herndon Holiday Arts & Crafts Show

FREE
Admission & Parking

Sunday, December 2
10am-4pm

Over 90 vendors. Unique gifts, holiday decorations and homemade items.

Herndon Community Center
814 Ferndale Ave. Herndon, VA 20170
herndon-va.gov/events
703-787-7300

TOWN OF Herndon
Parks & Recreation

HADEED SINCE 1955

Oriental Rug Cleaning & In-Home Services

Grand Opening of New Montgomery County Location!
330 North Stonestreet Ave. Suite A, Rockville, MD

FREE PICKUP & DELIVERY!
Includes: Furniture Moving & Rolling & Laying the Rugs!†

GET A JUMP ON THE HOLIDAYS!
You Have a Lot on Your Plate, Hadeed Will Help Make Your Home Sparkle in Time for the Holidays!

ANY TYPE OF RUG, ANY PRICE LEVEL, WE HAVE A SOLUTION FOR YOU!

Hadeed, The People You've Trusted for Over 63 Years, Now Bring the Same Quality Cleaning to Everyone!

Now Servicing Every Type of Rug from Machine Made Synthetic to the Finest Handmade Silk. We Bring the Same Quality to Everyone with Our Multi-Pricing Level Menu that will Match Your Rug.

In-Plant Rug Cleaning <small>Express or Signature Services. Expires 11/25/18. Not valid w/any other offers.</small>	15% off
In-Plant Rug Restoration <small>Expires 11/25/18. Not valid w/any other offers.</small>	10% off
Wall-to-Wall Carpet Steam Cleaning or Hardwood Floor Cleaning & Polishing <small>Expires 11/25/18. Not valid w/any other offers.</small>	20% off

535 W. Maple Avenue Vienna, VA | 4918 Wisconsin Ave. DC/MD | 3206 Duke Street Alexandria, VA | 6628 Electronic Dr. Springfield VA | 3116 W. Moore Street Richmond VA

Grand Opening! • 330 North Stonestreet Ave., Suite A, Rockville, MD

703-836-1111 | JoeHadeed.com

†Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

COMMENTARY

Happy Thanksgiving 2018

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

Festivals of thanksgiving have been celebrated throughout history with most centered around a time of harvest of food. Communities came together to support each other in the work of harvesting crops and to celebrate together the bounty of the fields. Early forms of religion gave significance to the harvesting process and to the gifts of their gods in providing sustenance to the people.

The official holiday of Thanksgiving as celebrated in America today has little resemblance to the early feasts. There are certainly foods that are associated with the holiday, but the attention to Thanksgiving today is divided among consumer sales specials, football games, and a prelude to the bigger holidays that follow later in the year.

President George Washington issued the first Thanksgiving Proclamation to bring attention to the blessings the new country enjoyed. President Thomas Jefferson did not follow through probably believing it was too much like a religious act with which the government should not be involved. It was not until President Abraham Lincoln issued a proclamation to bring attention to the blessings the country had even during Civil War that the tradition was revived and continues with some small tweaks to today.

The tradition of celebrating the harvest as a custom continued in many cultures and communities apart from the government naming it a holiday. The Commonwealth of Virginia celebrating its red-letter year of 1619 when the

first representative assembly met in the new world and women and Africans were brought to the Virginia colony also points out that in 1619 an act of thanksgiving took place at Berkeley Plantation on the James River when a new group of colonizers arrived. For many, what happened at Berkeley was the first English thanksgiving in America and should be recognized as such. After all, the English on the James River in Virginia were celebrating a thanksgiving before the Puritans left England for Massachusetts.

To learn more about Virginia's plans to celebrate the "first" Thanksgiving and the other very significant events in a quadricentennial celebration of 1619, go to <https://www.americanrevolution2019.com/about/>.

Recognizing the long and multifaceted celebrations of thanksgiving, how can we cut through the commercialism of the holiday and give it meaning in today's complex world? There is much that causes me and others a great deal of distress from our government's loss of a moral compass to the rise in acts of hate to the hunger and poverty around the world. Within that, however, there are many wonderful people doing great deeds and communities of diverse people living together and looking out for each other in harmony and mutual respect.

Sharing foods as part of the tradition of Thanksgiving is good but should not be the end result. Thanksgiving offers a time for reflection. It can be less a time of acquiring or wishing for what we don't have and more a time of appreciating what we do have. Find time to be grateful today. I am thankful for you!

BULLETIN BOARD

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

HOLIDAY DONATIONS

Food for Fines. Through Nov. 30. Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others, a not-for-profit food pantry and food rescue operation that serves Fairfax County. Each item donated will erase \$1 from a patron's overdue fines up to a maximum of \$15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

Blanket and Coat Drive. Through Dec. 8. Organized by NOVA Relief Center, blankets and coats will be sent to refugees in three camps in Jordan this winter. Blankets and

coats should be new or gently worn. Monetary donations are also needed and may be made to NOVA Relief Center online and at some drop-off locations. For drop-off sites or to make a tax-deductible donation, visit novareliefcenr.org.

Toys for Tots Drive. Through Dec. 10. Area Sheehy Auto Stores will collect new and unwrapped toys to benefit the U.S. Marine Corps Reserve Toys for Tots Program, which will distribute those toys as gifts to less fortunate children in the community in which the campaign is conducted. Sheehy's Toys for Tots drop-off locations include: Sheehy INFINITI of Chantilly, 4145 Auto Park Circle, Chantilly

SEE BULLETIN, PAGE 11



NVHG ART & CRAFT SHOW
AT VIENNA COMMUNITY CENTER
120 CHERRY STREET, SE
VIENNA, VA 22180
THANKSGIVING WEEKEND
NOVEMBER 23-25, 2018
FRIDAY 10AM - 5PM
SATURDAY 10AM - 5PM
SUNDAY 11AM - 4PM

\$5 ADMISSION

PRESENT THIS AD FOR A \$2 DISCOUNT ON \$5 ADMISSION



Public Meetings

Fall Transportation Meetings: Updated Schedule

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a public comment period. At the open house you can learn about various transportation initiatives, as well as Virginia's project prioritization process (SMART SCALE), Virginia's Statewide Transportation Improvement Program, and the VTrans Multimodal Transportation Plan. Representatives from the Office of Intermodal Planning and Investment and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, where you can provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Updated Schedule: Area Public Meetings will be held at the dates, locations and times listed below:

Wednesday, November 28, 2018 at 5:30 p.m.* NOVA District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030	Thursday, November 29, 2018 at 4 p.m.* Fredericksburg District Office Auditorium 86 Deacon Road Fredericksburg, VA 22405
--	---

Fall meeting materials will be available at:
<http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2018.

*Please note that these dates have been changed from previous listings.

If you cannot attend a meeting, you may send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or Six-YearProgram@VDOT.Virginia.gov .	You may send comments on rail, public transportation, and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov .
--	--

Comments will be accepted until December 13, 2018.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

ENTERTAINMENT

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

ONGOING

Art Exhibit. Through Nov. 24, gallery hours at Greater Reston Arts Center, 12001 Market St., Suite #103, Reston. The Greater Reston Arts Center (GRACE) presents *Green is the Secret Color to Make Gold*, a solo exhibition exploring themes of daily routine and ritual featuring new work by DC-based artist Caitlin Teal Price. Visit restonarts.org.

Trout Fishing at Lake Fairfax. Through Nov. 25, dawn until dusk, at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Purchase daily passes for adults for \$13, seniors 65 and older at \$10 and children are \$8 per day. Only hook and line fishing is permitted. No trout size limit. Up to six trout per pass may be kept each day. All anglers must display their Virginia Fishing License prior to purchasing a trout pass. Call 703-471-5414.

Reston Farmers Market. Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

Art Exhibit: BLUE. Through Saturday, Dec. 1 at ArtSpace Herndon, 750 Center St., Herndon. The painters who have called ArtSpace their weekly studio home for several years, have resolved to have a common theme to tie their work together and have decided to focus on color as inspired by Color Field Theory. The theme of the show therefore will be “Blue” which also leaves room for individual interpretation which might include: mood, music such as “Blues”, and reflection. The interaction of the color blue with other colors in line, shape, and pattern will also be exhibited. Visit www.artspaceherndon.org or call 703-956-6590.



Reston Parade & Tree Lighting

Reston Town Center launches the festive season at the annual Reston Holiday Parade, Friday, Nov. 23, 11 a.m., with Macy’s-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, special guest emcees, and much more. The one-of-a-kind, one-hour, half-mile parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse-drawn carriage. The Clauses will return for the Fountain Square Tree Lighting and Sing Along at 6 p.m. Afterwards, on Market Street, horse-drawn carriage rides continue until 10 p.m. Proceeds for the photos and rides benefit local charities. Visit restontowncenter.com/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 with The Grinch and Scooby Doo. Skates ranging from size 8 toddler through men’s size 13, in both figure and hockey styles. Visit restontowncenter.com/amenities/ice-skating.

Night” and other seasonal favorites. Crafts and activities throughout the day. Free. Visit www.scrwlbooks.com or call 703-966-2111.

SATURDAY/NOV. 24

Small Business Saturday Celebration. 10 a.m.-8 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Special author presentation at 2 p.m. Authors will visit throughout the day to sign books; and make recommendations for great reads and gifts. Author Meg Keeshon McGovern will host a presentation and signing of her non-fiction book, *We’re Good: The Power of Faith, Hope and Determination*, an inspiring story about a teenage athlete whose life changed instantly when he dove into a sandbar at the beach and became paralyzed. Free. Visit www.scrwlbooks.com or call 703-966-2111.

TUESDAY/NOV. 27

INOVA Blood Drive. 1-6 p.m. At Reston Town Center, beside the Pavilion. On-site registration. Schedule Bloodmobile appointments at 1-866.256-6372 or inova.org/donateblood. On-site registration.

WEDNESDAY/NOV. 28

Meet Me at the Movies – Senior Movie Day. 10 a.m. (doors open 9:15) at Bow Tie Cinemas, Reston Town Center. Reston Association presents the feature film, *Won’t You Be My Neighbor*. Refreshments and door prizes provided prior to movie. Free to 55+. Email Ashleigh@reston.org, call 703-435-6577 or visit reston.org.

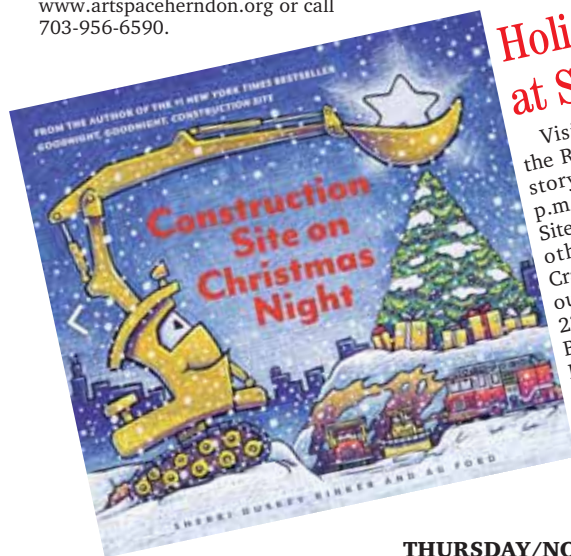
The Wednesday Morning Book Club. 10 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. The Wednesday Morning Book Club focuses on the intersection of past and present. They will be discussing the novel, *Desert Queen: The Extraordinary Life of Gertrude Bell* by Janet Wallach. Free. Visit www.scrwlbooks.com or call 703-966-2111.

THURSDAY/NOV. 21

Get Woke! Book Club. 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. This multi-media club will discuss books, films and podcasts related to social issues, and discuss ways to act on them. Check the Scrawl website for information on specific topics to be discussed at the meeting. Free. Visit www.scrwlbooks.com or call 703-966-2111.

SATURDAY/NOV. 23

Holiday Festivities. 10 a.m.-8 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Visit the store after the RTC Holiday Parade for story times at noon and 2 p.m. reading “Construction Site on Christmas



Holiday Fun at Scrawl

Visit Scrawl Books after the RTC Holiday Parade for story times at noon and 2 p.m. reading “Construction Site on Christmas Night” and other seasonal favorites. Crafts and activities throughout the day. Saturday, Nov. 23, 10 a.m.-8 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Free. Visit www.scrwlbooks.com or call 703-966-2111.

Crazy 8s Club. Through December at Reston Regional Library 11925 Bowman Towne Drive, Reston. Join Bedtime Math’s Crazy 8s, where you build stuff, run and jump, make music and make a mess. Co-sponsored by the Friends of Reston Regional Library. Grades K-2. This STEM program will run on Mondays at 5 p.m. beginning Monday, Oct. 19. Register for each session separately, two weeks in advance, beginning Oct. 1. Visit www.fairfaxcounty.gov/library/ or call 703-689-2700.

Winter Wonderland Ice Skating. Public skating every day and extended hours for all Holidays,

cards to determine the winner. New this year: Jessica Stafford Davis and the team at STABLE helped select and invite participating artists. Call 703-471-9242 or visit restonarts.org.

Holiday Gift Shopping Event & Reception. 11 a.m.-4 p.m. at RCC Lake Anne, 1609-A Washington Plaza N., Reston. During the 20th Annual Gifts from the HeART Exhibit, artists in the Jo Ann Rose Gallery will display and sell original works of art in mediums like watercolor, oil, acrylic, mixed media, collage, photography, and fiber from Nov. 26 to Jan. 7. All entry fees and 10 percent of sales are donated to Cornerstones. Free admission. Visit www.restoncommunitycenter.com/attend-shows-events-exhibits/exhibits-and-galleries.

Winter Holiday Open House. 12:30-4:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. ArtSpace Herndon will provide free crafts and entertainment for the Herndon Fortnightly Winter Holiday Open House. Visit for music, children’s crafts, light refreshments, and a visit with Santa. All ages. Free. Call 703-437-8855 or visit www.fairfaxcounty.gov/library/branches/herndon-fortnightly.

The Wonder of the Season. 4:30 and 7:30 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Experience The Wonder of the Season with musical offerings from The Reston Chorale, members of Washington Symphonic Brass and tenor Timothy King. A musical holiday treat for the entire family, featuring popular favorites and timeless treasures. Tickets at www.RestonChorale.org or 703-476-4500, ext. 3.

Holiday Tree Lighting & Sing-along. 5-6 p.m. at the corner of Lynn and Elden streets. Carols, tree lighting and a visit from Santa. Free. Call 571-323-5304 or visit www.dullesregionalchamber.org.

SUNDAY/DEC. 2

Holiday Arts and Crafts Show. 10 a.m.-4 p.m. at Herndon Community Center, 814 Ferndale Ave., Herndon. Over 90 artisans and craftspeople will exhibit and sell their work at this annual arts and crafts show sponsored by the Town of Herndon Department of Parks and Recreation. A variety of handcrafted items and fine art will be on sale. Free admission and parking. Additional parking at the Herndon Centennial Golf Course. Visit www.herndon-va.gov/recreation/special-events/holiday-arts-and-crafts-show.

TUESDAY/DEC. 4

Reston Sings! Handel’s Messiah. 7:30-9 p.m. at Saint John Neumann Catholic Church, 11900 Lawyers Road, Reston. Join in singing G.F. Handel’s Messiah, with Guest Conductor Luke Frazier and Organist and Artistic Director David B. Lang, and Guest Soloists Madeline Kushan, James M. Brown, Allan Palacios Chan and Kevin Frey. Reception to follow. Individuals who bring a new or gently used coat to benefit Cornerstones’ Coat Closet will receive a \$5 discount on admission. \$10-\$15. Tickets at www.RestonChorale.org.

DEC. 4-JAN. 5

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

NEWS

Reston Community Orchestra Kicks Off New Season

The first concert of the season was dedicated to Reston's United Christian Parish.

BY LAVERNE GILL

On Saturday, Nov. 3, with the aroma of hot apple cider, sweet bread and spices in the air, the Reston Community Orchestra (RCO) launched its first concert of the 2018-19 season with the theme "Symphonic Flavors to Savor." Maestro Dingwall Fleary gave the audience a "Gourmet Sampler" that he said "included compositions that would whet the appetite" and make the audience want more. Fleary opened the performance with Johannes Brahms solemn and melancholy Tragic Overture Opus 81 and after a sampling of Erik Satie, Heinrich Carl Reinecke and Serge Alexandrovich Koussevitzky, he concluded with a short composition of Sicilienne by French composer Gabriel Faure.

The orchestra's guest artist, Juilliard-trained double bass player Barbara Fitzgerald received a standing ovation for her performance.

Fitzgerald has performed in Australia, Eastern Europe, Mexico and is now a freelance bassist in the Northern Virginia area.

She is a founder of the Main Street Chamber Players in Fairfax.

This first concert of the season was dedicated to Reston's United

Christian Parish (UCP). Beverly Cosham, the RCO president, presented Rev. Dr. Marcus Leathers, UCP's pastor with a plaque as a token of appreciation for its support of the orchestra over the past three decades and for UCP's commitment to the Reston community and interfaith outreach.

"As we enter our thirty-first year, we want to show our appreciation to organizations that have supported us over the years," said Cosham as she presented the plaque to Rev. Leathers.

More information about the Reston community orchestra can be found at www.restoncommunityorchestra.org

LaVerne Gil is Reston Community Orchestra Board of Directors Member at Large.



PHOTO BY MIKE OLSON

During a pause between selections, Beverly Cosham, president Reston Community Orchestra Board of Directors and LaVerne Gill, Reston Community Orchestra Board of Directors Member at Large present Reverend Doctor Marcus Leathers, Pastor United Christian Parish with an award recognizing the parish for its long-standing community commitment to Reston and interfaith activities.



PHOTO BY MERCIA HOBSON/THE CONNECTION

The Reston Community Orchestra opened its 2018-2019 season, "Symphonic Flavors to Savor" under the leadership of Music Director Maestro Dingwall Fleary who has been with the orchestra since its founding in 1971.



**Go for two!
Combine
Home & Auto**

Kyle Knight Ins Agcy Inc
Kyle Knight, Agent
11736 Bowman Green Drive
Reston, VA 20190

Great call! Save time and money when you combine your home and auto policies. Just another way I'm here to help life go right.®

ACROSS FROM RESTON TOWN CTR.
WWW.KYLEKNIGHT.ORG
703-435-2300

CALL ME TODAY.



State Farm, Home Office, Bloomington, IL.

Black Friday. Cyber Monday.

#GIVINGTUESDAY

November 27, 2018

MAKE A DIFFERENCE IN OUR COMMUNITY THIS HOLIDAY SEASON!

Support families throughout Northern Virginia by donating to **NORTHERN VIRGINIA FAMILY SERVICE** on Giving Tuesday.

You can help provide the essential building blocks for our neighbors' financial, emotional and physical well-being, and empower 35,000+ individuals every year to achieve self-sufficiency.

Thanks to Stanley Martin Homes for partnering with us.

STANLEY MARTIN

DONATE NOW! NVFS.ORG/2018-GIVING-TUESDAY

THE CONNECTION
Newspapers & Online

Reaching 15 Markets throughout Northern Virginia and Potomac, Md

Available in print and digital PDFs online, through email and social media





visit connectionnewspapers.com/PDFs to subscribe for free

LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Charlottesville Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hills/Hamilton Connection
- Potomac/Albanac
- Reston Connection
- Springfield Connection
- Vienna/Dulles Connection

Home of the \$6,850 Bathroom Remodel

From Now to WOW in 5 Days Guarantee

TWO POOR TEACHERS
Kitchen and Bathroom Remodeling

10% down
nothing until the job is complete for the past 17 years




Free Estimates
703-999-2928

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999



Visit our website: www.twopoorteachers.com

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM
TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

**We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.**
Schefer Antiques
703-241-0790
theschefer@cox.net

**Find us on Facebook
and become a fan!**
[www.Facebook.com/
connectionnewspapers](http://www.Facebook.com/connectionnewspapers)
THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Announcements

Employment

**Forget Daily
Commuting**
Print and digital media
sales consultant for area's
most popular and trusted
local news source

Manage your own hours from home
Enjoy flexible schedule
plus no daily commute
Help local businesses grow
Unique opportunity to be a
voice in your community
Competitive compensation

Call Jerry Vernon
703-549-0004
Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Announcements

**Donate A Boat
or Car Today!**

Boat Angel

"2-Night Free Vacation!"

800-700-BOAT
(2628)

www.boatangel.com

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN



**Sign up for
FREE DIGITAL
SUBSCRIPTION
to any or all of our 15 papers**
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE

NEWS

Providing Thanksgiving Meal to 84 Families in Need

For the second year in a row, the community came together in the spirit of Thanksgiving for those in need. More than 50 "Wish List Angels" purchased food for a complete Thanksgiving dinner basket for 84 families struggling to put a meal on the table this holiday. The group also collected grocery gift cards of \$2400 to distribute to families and help refill diminished charity food pantries. Wish List Project coordinators, Christie Shumadine and Lissa Perez, worked with the staff at Hutchison and Buzz Aldrin elementary schools and Second Story Shelter to identify families. Shumadine said, "As always, we are overwhelmed by the generosity of our wonderful community and are thankful to have their continued support to give food baskets to 84 families this year."

The Wish List Project was created 18 years ago by Ginger Mahon and her "Wish List Angels" to purchase individual gifts from a wish list made by individuals and families during the holidays. More individuals in need were added to the list, bringing the number of individuals served to more than 300 including youth in foster care, alternative housing, domestic abuse shelter homes, and families in local elementary schools. Having a desire to do more, in 2017, Shumadine and Perez expanded the project to collect Thanksgiving Meal Baskets for families who could not afford a special holiday meal. With that success, the Wish List Project added a Spring Break Food Drive and Toiletry Collection in 2018.

The 2018 Holiday Wish List was released Nov. 19. To pick an individual or family to support this year, go to The Wish List Project website at www.wishlistangels.org.



Wish List Project Coordinators Christie Shumadine and Lissa Perez and their Angels collect Thanksgiving Meal Baskets and gift cards to give to area families in need.



Local teen volunteers (left to right) Lexie Perez, Caitlyn Shumadine, Alexa Gianoplus and Avery Perez, unload Thanksgiving Meal Baskets from cars of donors at the Nov. 11 drop off day.

Where to Give Locally

FROM PAGE 4

- ❖ **United Community Ministries**, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor. UCM provides housing programs as well as a Workforce Development Center. Last year, for the holidays, donations of nearly 10,000 toys, books, games, clothing, and other gifts ensured a joy-filled holiday for hundreds of children. 7511 Fordson Road, Alexandria VA 22306. www.ucmagency.org Donations of cash/checks and gift cards are also welcome.
- ❖ **Mount Vernon At Home**, 703-303-4060, www.moutnvernonathome.org. From practical help to social, wellness, educational and cultural activities, Mount Vernon At Home membership helps connect senior members of our community. Neighbors helping neighbors with volunteer support is the power of Mount Vernon At Home. Mount Vernon At Home is a 501(c)(3) nonprofit organization working to meet the needs of its older members. The group fundraises all year to make this possible and count on the generosity of the community.
- ❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. www.capitalareafoodbank.org
- ❖ **Homestretch** is a provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email: jhenderson@homestretchva.org; 703-237-2035 x125; homestretchva.org/volunteer/
- ❖ **Pathway Homes** providing non-time-limited housing and supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia. Founded in 1980, Pathways currently serves more than 400 adults in community-based homes in Northern Virginia. www.pathwayhomes.org
- ❖ **Good Shepherd Housing and Family Services**, 8305-17B Richmond Highway, PO Box 15096, Alexandria, VA, 22039. 703-768-9419, www.goodhousing.org/ The mission of Good Shepherd Housing (GSH) is to reduce homelessness, increase

community support, and promote self-sufficiency. GSH housing manages more than 70 housing units.

- ❖ **Boys and Girls Clubs of Greater Washington Fairfax Area** operates clubs in two of the neediest areas of the county, Culmore and Mount Vernon/ Route 1 corridor, focusing on character and academic success. www.bgcgw.org/fairfax
- ❖ **Christian Relief Services**, 8301 Richmond Highway, Suite 900, Alexandria, VA 22309, 703-317-9086, 703-317-9690 christianrelief.org/
- ❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/
- ❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at www.habitatnova.org.
- ❖ **Alice's Kids** (@alicewillhelp) aliceskids.org P.O. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When there is no food in the refrigerator, no electricity nor heat, these are hardships that they can keep hidden from their peers. But, when that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. It helps children from all over the Mount Vernon area through small acts of kindness.
- ❖ **Neighborhood Health**, 6677 Richmond Highway, Alexandria, VA 22306. The organization partners with its patients to treat the whole person through medical, behavioral health and dental programs. It has 10 clinics throughout Arlington and Fairfax counties. Participating with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, www.neighborhoodhealthva.org

PHOTOS CONTRIBUTED

BULLETIN BOARD

FROM PAGE 7

THROUGH DECEMBER

White House Ornaments. Assistance League of Northern Virginia has begun its annual fundraising sale of White House Ornaments. The 2018 ornament honors Harry S. Truman, highlighting changes made to the White House during his administration. One side features the Truman Balcony and the reverse features the Blue Room. Assistance League is an all volunteer, non-profit organization. Proceeds benefit our community-based programs that support local low income children. \$22 (+ shipping if mail delivery required). Email burgessgl@verizon.net or visit www.alnv.org.

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.

FRIDAY/NOV. 23

Blood Donation Drive. Inova wants ensure a steady supply of blood is available for patients in the hospitals we serve during the holiday season. Donors will receive a \$10 gift card (One gift per donor, while supplies last. Donors must complete screening process on the day of the event.) of their choice. Snacks provided. Less than 38 percent of the U.S. population is eligible to donate and less than 10 percent of the eligible population actually makes time to donate. All blood transfused in hospitals comes from volunteer blood donors. Blood donations take less than an hour and can help save up to three patients. Photo ID Required. Participating Center Locations:

- ❖ CentreMed Donor Center, 6 a.m.-4 p.m. (special hours)
- ❖ Dulles Donor Center, 6 a.m.-4 p.m. (regular hours)
- ❖ Woodburn Donor Center, 6 a.m.- 4 p.m. (special hours)

Visit inovablood.org and click on Upcoming Events, or visit www.inovablood.org/blackfriday-2018, or call 1-866-BLOODSAVES (1-866-256-6372).

MONDAY/NOV. 26

Medicare 101. 10-11:30 a.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Learn the facts about health insurance for older adults. Registration required, call 703-531-2905, TTY 711. Find out more at www.fairfaxcounty.gov/OlderAdults and click on Insurance Counseling-VICAP.

THURSDAY/NOV. 29

Dyslexia Open House. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Join the FCPS Office of Special Education Instruction and the Parent Resource Center for the 4th Annual Dyslexia Open House. Meet Carrie Leestma, FCPS dyslexia specialist, browse exhibit tables, and learn about next steps for FCPS students with dyslexia. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

Victims in Media. 7-8:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Dr. Karen Bune of GMU discusses crime victims in the media and ways to disseminate news without negatively impacting victims, survivors, confidentiality, and the course of an ongoing investigation. Free. Call 703-437-8855 or visit www.fairfaxcounty.gov/library/events for more.

FRIDAY/NOV. 30

Portrait of an ADHD Graduate. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. This workshop will highlight the strengths and challenges of students with Attention-Deficit/Hyperactivity Disorder, the effectiveness of parenting as a consultant, and more. Information and ideas for parents of children of ALL ages. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

WWW.CONNECTIONNEWSPAPERS.COM

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not better is expected. -Thomas Fuller	
ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500	
ELECTRICAL J.E.S. Services Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> Planting & Landscaping Design Drainage & Water Problems Concrete Driveways, Replacement or New Patios and Walks • Masonry Work or Dry Laid Paver, Flagstone, Brick, any style you choose Retaining walls of all types All work Guaranteed		LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500	
GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email jamil@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		TILE / MARBLE Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Fall Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service	
IMPROVEMENTS Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoia voilation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net Single Family \$155 703-987-5096 Townhouse \$125		PAVING GOLDY BRICK CONSTRUCTION Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231	
A&S Landscaping <ul style="list-style-type: none"> All Concrete work Retaining Walls • Patios Decks • Porches (incl. screened) • Erosion & Grading Solutions French Drains • Sump Pumps Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		ATTENTION ADVERTISERS: expand your audience beyond our weekly print edition with THE CONNECTION DIGITAL <ul style="list-style-type: none"> Email Marketing Social Media Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING	
RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com		CONNECTION Reaching Suburban Washington's Leading Households Newspapers & Online 703-778-9431 www.ConnectionNewspapers.com	

Indeed, A Festivus Miracle



By KENNETH B. LOURIE

For those readers still following me after reading last week's column: "Airing of a Grievance," when I moaned and groaned about my anxiety and fear concerning the impact of my possibly having to delay the first of my three holiday-season infusions due to unacceptable lab results, let me real-time you: chemotherapy went ahead Friday, Nov. 16, as regularly scheduled.

Now, there will be no need to drive back from Pennsylvania to Maryland on the Friday after Thanksgiving – after arriving there the preceding afternoon, only to have to drive back to Pennsylvania Friday after my morning infusion, in order to resume our holiday weekend; and then drive back home again on Sunday during one of the busiest driving weekends of the year.

Given that there's no delay, this means I'll be sitting down for Thanksgiving dinner on Thursday afternoon. Unfortunately, the eating side effects typical of my treatment will have not subsided as yet so enjoying my favorite meal of the year will be impaired. Still, given the alternatives discussed, no delay in treatment is an altogether better outcome. I will be able to enjoy leftover turkey sandwiches on Friday though.

And so, perhaps you can imagine the relief I felt when I called the Infusion Center on Friday morning, Nov. 16, to confirm my appointment.

It has happened previously when I've made this pre-appointment confirmation call, that I've been told not to come and to reschedule. Moreover, it has also happened – once, that after making this call, receiving approval to come in, driving 45 minutes, checking in at reception and then getting hooked up to an IV, that I was told after further review by my oncologist, that I had to go home.

Disappointing, as you can imagine, but had it happened last week, the Friday before Thanksgiving, as has been well-blathered about in two columns, it would have been particularly discouraging and extremely disheartening.

It really wasn't until 10:30 a.m., after my oncology nurse set up my IV and ordered my drug (alimta) that I had the nerve to ask if I was 100 percent getting my drugs today. Enthusiastically, Nora said: "Oh. You're getting your drugs today. I've checked everything."

After hearing her response, my eyes welled up with tears and I heaved a sigh of relief, the likes of which I've never heaved before.

In addition to writing about this scheduling 'heave,' I've been worried for a few months now based on the finding of my most recent CT scan during my last post-scan appointment with my oncologist on Oct. 5. This scan confirmed an enlarged tumor under my Adam's Apple.

This every-three-week infusion schedule was implemented specifically to determine if this new growth was old growth recently impeded or new growth indicating my treatment has stopped working. If my treatment has stopped working, and I believe I have written about it previously, I might not be living the life going forward that I want to.

And so, when Nora confirmed my infusion mid morning on Friday, the pent-up emotion, the worry, the fear, the holiday hassle all faded away and I began to breathe more normally and easily as I had in six weeks or so anticipating this day. At least the first hurdle has been passed.

My next scheduled infusion is Dec. 7. Three weeks later is another infusion on Dec. 28. Followed up by a CT scan on Jan. 2, 2019. I would love to receive both infusions before that next scan to maximize the medicine I will be receiving.

Certainly there will be anxiety and fear worrying about those results, but absent the holiday season, I think I can manage it. More of a mindset than a miracle at that point.

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

Caring Community

FROM PAGE 2

2018 Santa's Ride, Fairfax County Police Motor Squad

The Reston District- Fairfax County Police Department at 1801 Cameron Glen Dr. Reston, select community schools and other sites are supporting the 17th Annual Santa's Ride presented by the Fairfax County Police Motor Squad. Toys, games, books and gifts are being collected to be distributed to children at Fairfax Hospital, Georgetown Lombardi Cancer Center, and children in need. The officers are accepting unwrapped donations at all district police stations including the Reston District Police Station, at the following schools- Colin, Greenbrier East, Spring Hill, Groveton, Terraset, Holy Spirit, St. Ambrose, Oakwood and Pender, and the lobby of the Pennino and Herrity Office Buildings and the Government Center no later than Monday, Dec. 10, 2018, 9



PHOTOS BY MERCIA HOBSON/THE CONNECTION

a.m. Fairfax County Police say online, if you see Santa and his helpers on motorcycles riding throughout the County visiting elementary schools, spreading holiday cheer, give them a wave and honk your horn.

Winter Coat Drive and Distribution, Hunter Mill District Supervisor's Office

A coat drive and distribution are underway by the Office of Catherine M. Hudgins, Hunter Mill District Supervisor, through a partnership with Cornerstones. Donations and distributions are Tuesdays and Thursdays. from 4-7 p.m. through Jan. 17, 2019. Bring to the community room at the Hunter Mill District Supervisor's Office, 1801 Cameron Glen Drive, Reston or receive from there new or gently used, clean coats and jackets and new hats, gloves, mittens and scarves for all ages.



SCREENSHOT @ BARBERAFUNDATION.ORG

1000 Christmas Care Packages & Christmas Cards, Barbera Foundation of Reston

On Sat., Dec. 1, 2-3 p.m., the Barbera Foundation of Reston will meet at the clubhouse 1713 Ascot Way, Reston to kick off its 1000 Christmas Care Packages & Card Drive. The nonprofit organization is seeking non-perishable food, winter clothing, "Hot Hands" warmers, dental supplies and Christmas cards to be distributed to the homeless in D.C. Because, as written on the organization's website, "there are many people in our community that are less fortunate and do not have these essential things in their lives. No one should have to spend Christmas alone in the cold on the streets." Dec. 8, 2-5 p.m.-Help write Christmas cards for the packages. Dec. 15, 3-4 p.m.-Bring supplies or assemble the 1000 care packages. Dec. 22, 1:30-4 p.m.- Deliver the Care Packages. All are welcome to participate. To register for the events, donate items or make a contribution, of which 100 percent will go to the program, not to administration and marketing expenses, visit www.barberafoundation.org. (File photo by Barbera Foundation of a previous Christmas Care Package Drive.)

Marine Corp Toys for Tots, Reston-Dulles Section, National Council of Negro Women, Inc. (RCNCNW).

The RCNCNW is supporting the Marine Corps Toys for Tots Drive. Individuals can bring new, unwrapped children's toys to the Bungalow Lakehouse, 46116 Lake Center Plaza, Sterling, Sunday, Dec. 9, 3:30- 6 p.m. where the Marines will collect the toys for distribution or contact Cypriana McCray, Pres. at ncnwrestondulles.org for additional drop-off information. (Photo for illustrative purposes.)



Wreaths Across America.

On Thursday evening, Nov. 15, previous host of the Tommy Morning Show! on CBS 94.7 FRESH FM in Washington DC. Kelly Collins, Tommy McFly and Jen Richer gather with Lisa C. Merkel, Mayor Town of Herndon (center) and Jimmy Cirrito, owner of Jimmy's Old Town Tavern (back) during "A Gathering of Gratitude" to benefit a local "Wreaths Across America" campaign. Over 770 Veterans from the Reston/Herndon areas and beyond are buried at Chestnut Grove Cemetery in Herndon. It is an official "Wreaths Across America" site. Within one hour, the 50/50 raffle brought in \$1000. By night's end, the event raised a reported \$1347. If you are interested in purchasing a wreath for Veteran as general support or as a tribute to a Veteran you knew or volunteering to help distribute wreaths on Sat., Dec 10, visit www.herndonwomansclub.org for more information.



Blankets & Coats for Syrian Refugees, NOVA Relief Center- Fairfax County Board of Supervisors Chairman Sharon Bulova announced gently-used blankets and coats are being collected now through Dec. 8 and will be sent to refugees currently in Jordan. Reston Sites- Office of Supervisor Cathy Hudgins, North County Governmental Center, 1801 Cameron Glen Drive: The Church of Jesus Christ of Latter-day Saints, Reston building, 1515 Poplar Grove Dr. (Sundays only) and Congregation Beth Emeth 12523 Lawyers Road. novareliecenter.org/