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Legos
Around
The World

NEWS, PAGE 13

WELLBEING
PAGE 10

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Metro Development, Golf Course Key in 2013

Wiehle Station set for December opening, county to hear golf course appeal Jan. 30.

BY ALEX McVEIGH
THE CONNECTION

Reston residents, while excited in principal about the changes coming to their community in the calendar year 2013, are also concerned about aspects of their day-to-day existence that might be forever changed with the opening of Metrorail.

Rose Osman, who lives off North Shore Drive, says she is very worried about getting out of her neighborhood when the Wiehle Avenue Station opens in December 2013.

"I see the Reston Station development being built, and I've read about new bus stops and service in the area, but I'm worried about everyone from Herndon, Sterling and Ashburn, as well as people who live between here and Tysons, will be dropping people off at the new station, and clog up every road for miles, which will delay people getting on and off the toll road as well," she said. "I think of how crazy that McDonald's drive through and the gas station get now in the mornings, and I think of hundreds or thousands more lining up before the trains in the morning."

THE WIEHLE AVENUE STATION will be the terminus of Phase One of the Silver Line, which also includes four stops in Tysons Corner before running along the Orange Line starting at East Falls Church.

The Reston Station development will feature 1.3 million square feet of mixed use office, residential, retail and hotel space in the area just north of the toll road and Wiehle Avenue Station. It also contains 2,300 parking spaces in an underground garage.

"I know people are excited about the parking spaces, but to me all that means is 2,300 cars that wouldn't be in the area that are now heading there between 5 and 9 a.m. and leaving between 5 and 7 p.m.," said David Slate, who lives south of the toll road, but commutes along Wiehle Avenue to north Reston. "It will be interesting to see how it all works out, maybe my friends who work in Tysons Corner or the city will have better commutes than me."

The Reston Citizens Association is hosting an online survey about what issues are of primary concern to the community. As of Dec. 19, 147 people had responded, and development and transportation issues were named the top two concerns.

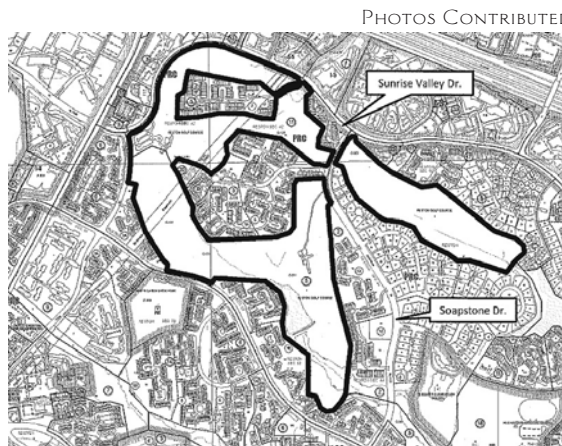
Also to be decided in 2013 is the future of the Reston National Golf Course, which has been subject to debate about whether or not it should be developed.

In April of last year, the owners of the course began inquiries about development possibilities on the golf course. The community quickly responded over the summer and fall, with the Reston Association Board voting in September to retain legal counsel to advocate against any changes to the golf course.

A GROUP CALLED RESCUE RESTON was also formed, which retained legal counsel in an attempt



The Wiehle Avenue Metrorail station, currently under construction, will be up and ready by December 2013.



The property of the Reston National Golf Course will be the subject of a Fairfax County Board of Zoning Appeals meeting Wednesday, Jan. 30.

to maintain the course as is. They will take to the site of Reston's other golf course, at Hidden Creek Country Club, for a winter fundraising gala Saturday, Jan. 26. The event will raise funds for Rescue Reston's efforts, such as hiring land use attorneys, to keep the golf course as open space.

"It would be a major blow to this community if somehow we just turn this gem of a property into another apartments complex or other development," said Evan Sheehan of Reston. "Not to sound too dramatic, but it would be a slap in the face to Robert Simon's ideas of nature, recreation and open space."

The county's Board of Zoning Appeals was scheduled to hear the owners' appeal at their Oct. 24 meeting, but instead requested a delay. Now, their case is scheduled to be heard at the Jan. 30 meeting.

The Board of Zoning Appeals meeting will be Wednesday, Jan. 30 at 9 a.m., at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax.

More information can be found at www.rescuereston.org.



In August, cars are lined up on the Westpark Drive connector in Tysons Corner to test the new 495 Express Lanes.

Express Lanes Completed, Metrorail Arrives in 2013

Something to celebrate for area motorists.

In 2012, the completion of the 495 Express Lanes and progress made on Phase One of the Dulles Metrorail were something to celebrate for area motorists faced with lane closures and detours for the past few years.

The opening of the 495 Express Lanes was the biggest transportation development in 2012. Most of the 50 overpasses were completed in 2011, and in the final year of construction, the Braddock Road and Leesburg Pike (Route 7) access ramps were completed. The Braddock Road ramp is an access point for cars heading north on the express lanes. At Route 7, the ramp provides a southbound access only. Both ramps feature 500-ton box beams that required multiple cranes and full road closures of I-495. Pavement was laid for the new lanes throughout the corridor that are now general purpose lanes. Over the summer, the electronic tolling system was tested and tweaks were ironed out in the control center off Edsall Road in Alexandria. The lanes opened just

before Thanksgiving, earlier than scheduled.

The 23-mile Dulles Corridor Metrorail Project is a two-phased rail project that will give users a one-seat ride from Washington, D.C. to Dulles Airport. Phase One extends Metrorail service through five new stations, four in Tysons Corner and one at Wiehle Avenue on the eastern edge of Reston. Phase Two includes six additional stations from Wiehle Avenue to Route 772 (Ashburn), serving Reston Parkway, Herndon, Dulles Airport and eastern Loudoun County. The Metropolitan Washington Airports Authority (MWAA) is building and managing the project. Phase One is scheduled to open in fall 2013, and Phase Two in the following years.

Also in 2012, the I-66 Pavement Rehabilitation Project was completed. This project reconstructed 6.5 miles of deteriorated pavement between Route 50 and I-495. In Merrifield, Route 29 was widened to three lanes between Merilee Drive and I-495, and Gallows Road was widened to three lanes from Gatehouse Road to Prosperity Avenue. Away from the Tysons Corner area, VDOT was also working to rehabilitate the structurally deficient Beulah Road bridge over Wolftrap Run in Fairfax County.



Rt 29: From the air looking at Lee Highway, the express lanes southbound ramp gives motorists options to Merrifield.

THE COUNTY LINE

Coming in From The Cold



PHOTOS BY VICTORIA ROSS/THE CONNECTION

Musa, Braddock Supervisor John Cook, and Bill Murray at the check-in area for the hypothermia prevention shelter provided by Burke United Methodist Church on Friday, Dec. 21.

A night at Burke United Methodist Church's hypothermia prevention shelter.

BY VICTORIA ROSS
THE CONNECTION

Musa L. gently draped a blanket over his wife, and promised her the new year would be better for both of them. She was sleeping on a foam pallet at the Burke United Methodist Church. Musa and his wife were among nearly 40 homeless adults seeking shelter from the frigid temperatures at the church on Friday, Dec. 21.

An immigrant from Senegal, Musa said he and his wife, who is originally from Florida, are homeless for the first time in their lives. He said both have jobs in Fairfax County, but they fled their apartment in November when a roommate threatened their safety. Since then, they have been staying at The Lamb Center during the day, a daytime drop-in center for the poor and homeless in central Fairfax County.

"We slept in our car the last few nights, but it was just too cold tonight," Musa said. "This church provides a wonderful service. We are able to get a meal and a safe, warm place to sleep. They also give you gift cards for food. They make you feel welcome, like you are still a person."

After his wife went to sleep, Musa

chatted with Supervisor John Cook (R-Braddock) who attends the church and helped organize its hypothermia prevention program.

"No one should have to sleep in the cold and risk hypothermia," Cook said.

EACH YEAR hundreds of individuals living on the streets, in cars, and abandoned buildings in Fairfax County search for shelter from the bitter winter weather, said Amanda Andere, executive director of FACETS, a local nonprofit organization coordinating the county's hypothermia prevention efforts.

Beginning in late November, FACETS works with more than 40 faith communities to offer safe places to sleep and nutritious meals to men and women who are homeless through its Hypothermia Prevention and Response Program. FACETS program is one of five operated across Fairfax and Falls Church in partnership with the Fairfax County government.

Barbara Nowak, a realtor with Long & Foster, was a key organizer of BUMC's program, which provided hypothermia relief from Dec. 16 to Dec. 23.

"I make a living helping people find homes, and I've done pretty well," Nowak said "This is not just about how much money is in your

account. This program has made me more aware of the lack of affordable housing, and the effects of foreclosures and short sales, and how people are suffering as a result of the downturn in the economy."

Nowak and her husband, Gerry Staudt, helped recruit more than 130 church members for the church's program and organized training sessions that helped volunteers learn more about FACETS and ways to help the homeless. "We want to make sure our guests are safe and feel welcomed," Nowak said.

During its program, the church opened its doors at 5:30 p.m., and provided transportation to and from Fair Oaks Mall in the morning and late afternoon. Several volunteers, as well as a FACETS staff person, checked guests in to the shelter, and helped them find bedding, clothes and other necessities, as well as serving a hot meal and dessert. Alcohol, drugs and weapons are prohibited and lights are out at 10 p.m.

Nowak, who has lived in Fairfax County since 1976, said she is grateful for the opportunity to help others. "During the first night, when all the volunteers were getting the church ready for our guests, I truly felt like God was giving us patience, kindness and gentleness... we were physically

How You Can Help

❖During the 2010-2011 winter season, approximately 1,025 residents sought shelter through Fairfax County's Hypothermia Prevention Program, in partnership with other agencies.

❖FACETS' Hypothermia Prevention Season is Nov. 21 through March 17. FACETS served more than 219 clients last season.

❖Volunteers of America Chesapeake (VOA) Baileys Crossroad's Hypothermia Program served more than 442 clients last season and an additional 84 clients in their other winter seasonal programs for a total of 526 clients.

❖Reston Interfaith's Embury Rucker Community Shelter (ERCS) operates three separate winter programs. The ERCS Winter North County Program and winter seasonal programs served over 298 clients last season.

❖The Homeless Healthcare Program (HHP) has four nurse practitioners from the Fairfax County Health Department providing free flu shots during Hypothermia Prevention season.

❖For more information on Fairfax County's Hypothermia Prevention Program, go to <http://www.fairfaxcounty.gov/homeless/partnerupdate/partnership-highlights-hyposeason2011-12.htm>.

❖For FACETS weekly hypothermia prevention shelter updates, go to www.facetcares.org or call FACETS at 703-352-5090 Ext. 302.

❖To learn more about FACETS Hypothermia Prevention and Response Program, or to donate to the program, contact Jerriane Anthony at 703-865-4252 or email at JAnthony@FacetsCares.org.

❖What should you do if you see a homeless person at night?

"If you see an unsheltered person at night, and you think they could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711. County emergency personnel will determine which shelter option is best in the situation," said Dean Klein, director of the Fairfax County's Office to Prevent and End Homelessness.



Barbara Nowak, a volunteer organizer for Burke United Methodist Church's Hypothermia Prevention Shelter, sorts sleeping pallets in the church's library on Friday, Dec. 21.

exhausted but mentally exuberant as we transformed the church," she said.

LAST SPRING, Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large)—along with non-profit leaders and other county officials—held a series of information sessions to address rumors and concerns that the county would shut down its hypothermia shelters this winter and shut out many homeless residents—because of fire code violations.

Bulova said Fairfax County was "committed to serving the homeless population in a way that is compassionate and ensures their safety."

Cook said only two churches—instead of the rumored 18—were deemed unsafe to host hypother-



Arthur Garret, 29, a client at the hypothermia prevention shelter provided by Burke United Methodist Church on Friday, Dec. 21, said his goal is to become a boxer. "I have goals. I want to make the Olympic boxing team... It's never too late."

mia prevention programs.

"Most of the issues were simple ones that could be easily remedied, like installing smoke detectors," Cook said. "Everyone had to take deep breath. There's a significant commitment on the county's part to work through these issues."

Last year, there were no hypothermia-related deaths in Fairfax County. But as temperatures continued to drop below freezing during the last week of 2012, the first cold weather-related death of the winter season was reported by Maryland state health officials. On Dec. 24, an elderly homeless man in Frederick County, Md., died of hypothermia.

"It's a tragedy when it happens anywhere. That's what Fairfax County, our faith communities and non-profit partners are working hard to prevent," Cook said.

WWW.CONNECTIONNEWSPAPERS.COM

COMMENTARY

Shots Heard Around the World

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

Newtown, Conn., joined a list topped by Blacksburg, Va., of the scenes of the most tragic mass murders in our history. This list contributes to the United States having 80 percent of all firearm deaths among the 23 populous, high-income countries in the world. Over a million people have been killed with guns in the United States since 1968 when Dr. Martin Luther King, Jr. and Robert Kennedy were assassinated. In one year, 31,593 people died from gun violence and 66,769 people survived gun injuries. These statistics are from the Brady Campaign that has even more shocking numbers with documentation at its website, www.bradiycampaign.org. According to data compiled by the United Nations and reported in daily newspapers, the United States has by far the highest per capita rate of fire-arm related murders of all developed countries. The United States has four times as many gun-related homicides per capita as do Turkey and Switzerland which are tied for third. Americans are 20 times more likely to be killed by a gun than is someone from another developed country.

Guns and cars have long been among the leading causes of non-medical deaths in the United States. According to a report by Bloomberg, firearm fatalities will probably exceed traffic fatalities



for the first time in 2015. The number of traffic deaths dropped 22 percent from 2005 to 2010 as a result of safer vehicles, seat-belt usage required and enforced, and tougher laws on the driving of motor vehicles. Comparing the laws related to cars and guns, Garen Wintemute, director of the Violence Prevention Research Program at the University of California at Davis, found with gun laws, "we've made policy decisions that have had the widest array of firearms available to the widest array people under the widest array of conditions." At the same time car deaths have been declining, the number of gun deaths has been increasing since 2000. About 85 Americans are shot dead daily—53 of them suicides, and at least one person shot is 14 years old or younger.

As we are often reminded, guns do not kill people but clearly people who kill others are most likely to do so with a gun. There are five times as many deaths from gun assaults as from knife assaults. The shots heard from these guns clearly cry out for an adequate public policy response. The Congress should reinstate the ban on assault weapons that previously was in place. Congress should fund the gun buy-back program proposed by Congressman Gerald

SEE PLUM, PAGE 6



PHOTO BY CERRY WASHBURN

Reston Lions Induct New Members

James Ryan, vice district governor of District 24-A, inducted five new members into the Reston Lions Club at its holiday party held at the Hidden Creek Country Club, Wednesday evening, Dec. 19. From left, Sue Beffel, club president, Kathy Gold, Ryan, Sema Ozalp (Herndon Branch), Robert Gustin, Noelle Karas, Greg Armstrong and Anne Ryan, District 24-A, chairman, Global Membership Team.

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OPINION

Happy New Year, Keep in Touch

Reflecting and reinforcing the sense of community.

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To succeed at any of that, we need your help. If you know of a person or an organization doing important work, something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. E-mail us a photo and a note about the event. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome.

To have an event included in our calendars, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos. Events for our calendars should be free or at nominal cost and open to the public.

EDITORIAL

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, two editions of the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including

the Virginia Press Association Award for Integrity and Community Service last year.

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— MARY KIMM,

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2013—Year With a Silver Lining?

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

As I sit looking out on Lake Anne on a gray post-Christmas day, I look back on 2012 and begin to feel optimistic about 2013. But, unlike past years, when my prognostications tended to be overly optimistic—e.g., predicting Reston's achieving town status (as originally intended by Robert Simon) and escaping the oppression of Fairfax County. This year I'm sticking to cold, hard, objective analysis.

First, Reston's big happening in 2013, one which will have major ripple effects: the arrival of the Silver Line at Wiehle. Service should begin late 2013. It won't actually be rail to Dulles. Initially and for several years, it will be rail to Tysons Corner and eventually (after four stops) onward towards Washington, D.C. It will be a long ride to D.C., but a comfortable one. For three to five years, the Wiehle Avenue station will be the end of the line, and traffic in Reston will be a nightmare from just about the day the station opens. Fairfax County and VDOT have combined to make zero major supporting road infrastructure improvements to support rail. The

first, a bridge at Soapstone, is due in about 20 years—yep, 20 years. So, until "Phase 2" is completed and train service actually goes to Dulles, thousands will flock to the Wiehle Station from the west and south. Gridlock will own us for those three to five years.

Another positive is that we can expect a rebirth at the ghost town Tall Oaks area. And, the long-awaited Lake Anne "revitalization" will actually take place, albeit at the county's glacial pace. Hopefully, our soon-to-be 99-year-old Founder Robert Simon will live to see construction on the latter project he fought so hard for. If done right, both developments could be very positive for Reston.

A more negative ripple effect of rail to Tysons is the likely redevelopment of what is now 166 acres of green space in the heart of Reston called Reston National Golf Club. It is hard to imagine that our Fairfax overlords will not ultimately cave to the corporate powers. I really hope I'm wrong on this one. Go, Rescue Reston! Also in



INDEPENDENT PROGRESSIVE

2013, we Virginians elect a whole new House of 100 Delegates. Not really. What actually happens is that 90 percent or more of those who run for re-election will win in tailor made districts—

no doubt due to the fantastic job they're doing making repro-

ductive decisions for women and such. There are currently 68 Republicans or Republican sympathizing Independents and 32 Democrats in the House. Republicans may lose a net couple of seats, but not much more. Democrats failed to even challenge the majority of Republican incumbents last time.

What should be really exciting are the statewide 2013 races for governor, lt. governor, and attorney general. Terry McAuliffe, the pro-business and a bit-too-centrist for me Democratic candidate for the top job, will beat knuckle-dragging Ken Cuccinelli and will become governor. While Cooch will pretend he's not the rightwing nut his record shows, I don't think he will fool enough Virginians to ooze

into the job. And, it is likely the Republicans' convention will be controlled by Cooch's frothing friends and will nominate Cooch clones for lt. governor and attorney general, opening the way for a Democratic sweep.

Plum

FROM PAGE 5

Connolly and others, and local governments need to be incentive to start such programs. In Virginia, we need to reverse the trend of weakening the laws we already have on gun control. I voted against repeal of the one handgun per month law last session and other bills that weakened our laws. I will support a bill to close the gun show loophole and require background checks for all gun purchases. I will also support full funding of the mental health services proposed after the Virginia Tech shootings. I will not support guns in our schools. As Virginians for Responsible Gun Laws concluded, "The solution to protecting our children is not to place them in the middle of shootouts between 'good guys' and 'bad guys.' The goal of this policy discussion should be to prevent the first shot from ever being fired."

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NEWS

RA Votes on \$50,000 for Turf Field

Board OKs contribution of no more than \$50,000 for South Lakes turf field initiative.

BY ALEX McVEIGH
THE CONNECTION

The Reston Association Board of Directors voted Thursday, Dec. 13 to contribute no more than \$50,000 toward a synthetic turf field at South Lakes High School. If the proposed field goes through, the RA will be one of several community groups to pledge money for a new turf field.

South Lakes had previously applied for a turf field grant in December 2011, but was not awarded the grant. In January, the RA board authorized CEO Milton Matthews to utilize \$100,000 to contribute, but Thursday's motion reduced that commitment by half.

The fields being considered for turf are those in the large multi-purpose field between Langston Hughes Middle School and South Lakes. The South Lakes football field has also been discussed.

Rick Uhrig of the Reston Soccer Association says the field would probably cost anywhere from \$1.3 to \$1.5 million, and that several youth sports organizations will contribute.

"Reston soccer is ready to make a very substantive commitment, and we will come up with a number at our January meeting," he said. "This will be a huge improvement on the facilities, and we're not asking RA to do it all, just to participate."

Uhrig said that the current fields are susceptible to damage during rainy events, which often takes away from playing time. A turf field, he said, would allow them to get more field time and avoid sending teams to other fields to practice.

The South Lakes High School Athletic Boosters announced Dec. 9 that they reached their first financial deadline of raising \$100,000.

"We need a field like this to keep Reston's best players here in Reston. Otherwise they're more tempted to join other leagues with better facilities," said William Ferzoco, a teacher at South Lakes and father of a football player.

Bruce Belt of the Reston Youth Association said the opportunity to get a turf field will go a long way toward making a better field.

"There are no lights at the field, and in late fall the kids are walking to the field and practicing in the dark," he said. "We've kicked the can down the road on this issue for three years, and every time we go to the county asking about lights, they tell us they'll do lights when they do the turf."

During the rest of December, the partner organizations will draft a memorandum of understanding about finding and field time allocation. The partners aim to have fund information submitted by Jan. 15, and by March 1 all contributions must be transferred to Fairfax County Public Schools.

If adequate funds are not raised, the possibility of doing one field will be discussed, or the project could be postponed until summer 2015.



Community sports groups hope to turn the field between South Lakes High School and Langston Hughes Middle School into an artificial turf field.

PHOTOS BY ALEX McVEIGH/THE CONNECTION



The South Lakes High School football field, which the school's athletic boosters and other groups are hoping to turn into an artificial turf field.

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The panel members, all of whom were heavily involved in Reston's original development and efforts, with the town's founder, Robert Simon. From left, John Sidall, Chuck Veatch, Robert Simon, Peter McCandless and Houston Park.

PHOTOS BY
JENNIFER BENITZ/
THE CONNECTION



Selling the Idea of Reston

Panel discusses the marketing and progress of early Reston.

On Thursday, Nov. 29, community members piled into the Reston Community Center to listen to a panel discuss the marketing and progress of early Reston as a part of a series of discussions relating to the town's 50th anniversary. With an audience of about 50 members, including Reston Founder Robert Simon, the discussion was in full-force after opening statements were made by Chuck Veatch at 7 p.m.

The panel consisted of four speakers: Chuck Veatch, Peter McCandless, Houston Park and John Sidall. The speakers, most of whom were part of the ongoing efforts during Reston's early days, discussed the challenges and successes of starting out in the early 60s.

"This was a tremendous opportunity to meet people from all over the world," said McCandless, who arrived in Reston in 1963 as the town's 25th employer and a member of the town's original Public Relations team, following the opening statements. "The joy of Reston is its universality."



Chuck Veatch gives the opening statements at the Reston Community Center on Nov. 29.



Houston Park stands in front of the audience speaking on his recounts of the early days in Reston.

community where families and business could call home for generations to come. While the first couple years proved to be a very difficult start for Simon Enterprises, growth and stability began to prosper in the late 1970s and early 1980s, particularly after gaining access to Dulles Toll Road, which provided a direct link between Interstate-495 and Reston—a major breakthrough.

With 2,500 residents by 1967, growth was slow. From 1965-1967, real estate consultants faced criticism for Reston, a town often envisioned—a town that emphasized a welcoming sense of



Peter McCandless speaks about his experiences as a part of Reston's original Public Relations efforts.



John Sidall speaks in front of the audience on Nov. 29.

Veatch said. "The early days were testy and things were tough," said Veatch, who came to Reston in 1964 and joined the development efforts from the beginning, fresh out of the University of Virginia. "It was very expensive getting Reston started, but we had a unique plan."

By January 1969, Park, who managed graphic design and advertising services, implemented a target goal of moving in 1,000 families into Reston per year. By the end of the year, 1,139 families had moved in—the first year the goal was met. The community continued to grow and with time, Reston's PR team was able to slowly but surely sell the concept of a community. It hit major suc-

cess after opening a Bloomingdale's House in the early 70s and again in the early 80s. Reston also had the benefits of open space, nature and a lake nearby to draw residents in.

"People had to pay a little more per square foot in Reston, but there was more open space," said Sidall. "Not a lot of people understood that. We lived here, we did as we advertised. As the market grew more people came. For the people who understood Reston's value, it was easy to sell."

Sidall was the first outsider to join Reston's original team, joining in 1972 from Richmond as an external consultant. "They were extraordinary people following extraordinary things."

WITH A FOCUS on diversity of product, Reston's developers and Public Relations team showcased more diversity in housing types than most nearby areas, which gradually worked in their favor as the market expanded.

"As a family community, we were young, most in their 30s to 40s with young kids and on their way up," said Park. "We were lucky that we struck a nerve with young families; that they knew [Reston] is how we should live, how a community should be."

The panel concluded the discussion just after 8 p.m., leaving ample time for questions and comments from audience members. One audience member in particular, Simon, was all smiles after a night of reminiscing with long-time colleagues.

"People appreciate community," said Simon, in regards to its success. "We are still working on the future of Reston."

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

SATURDAY/JAN. 5
Weekend Bluegrass Concert
Series: Danny Paisley. 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Paisley's high lonesome voice fronts the band his father used to lead and the band remains a hallmark of traditional bluegrass since decades past. \$15, adults; children 12-and-under, free. 703-435-8377 or kd4fue@verizon.net.

SUNDAY/JAN. 6
Used Book Shop 35th Anniversary Celebration. 1-4 p.m., at 1623 Washington Plaza North, Lake Anne, Reston. The used bookshop celebrates 35 years with an open house complete with live music, refreshments and store-wide discounts. www.restonusedbookshop.com.

WEDNESDAY/JAN. 9
Meet The Artist: Keith Naquin and Chesapeake Bay Vistas. 5:30 p.m., at O'Sullivan's Irish Pub, 754 Elden Street, Suite 102, Herndon. Meet the artist, Herndon's own Keith Naquin, and view the exquisite detail of this mural; includes hors d'oeuvres and cash bar. www.herndonarts.org.

SATURDAY/JAN. 12
Reston Contra Dance. 8-10:45 p.m., at the Reston Community Center, 2310 Colts Neck Rd., Reston. Come to the Reston Contra Dance, music by the June Apple Band, teaching by Janine Smith; snacks to share are welcome. \$9. 703-476-4500.

WEDNESDAY/JAN. 16
Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

SATURDAY/JAN. 19
Salute to Dr. Martin Luther King Jr. 4 p.m., at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. An annual musical concert in honor of Dr. King featuring the works of Reston composer Brian Scarbrough with performances by the Mykle Lyons Trio and Beverly Cosham. www.restoncommunityorchestra.org.
Fairfax Symphony Orchestra: Masterworks IV. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman and flautist Christina Jennings perform Mozart's Overture to The Magic Flute, Leshnoff's Flute Concerto, Ives' The Unanswered Question and Brahms' Symphony No. 1 in C minor, Op. 68. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

SATURDAY/JAN. 26
Weekend Bluegrass Concert
Series: Sunrise. 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A gospel bluegrass quartet from Fredericksburg brings harmonies a cappella and masterful instruments to match. \$12; children 12-and-under, free. 703-435-8377 or kd4fue2@verizon.net.

WEDNESDAY/FEB. 6
Public Art in the Windows at ArtSpace Herndon, 750 Center Street. "Public Art in the Windows" is a community effort to promote outdoor public art in the Town of Herndon; artists and photographers are invited to submit original works of art in any medium. 703-956-6590 or www.artspaceherndon.org.

WEDNESDAY/FEB. 13
Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

WEDNESDAY/MARCH 13
Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

SATURDAY/MARCH 16
Fairfax Symphony Orchestra: Masterworks V. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman performs J. Strauss' Emperor Waltz and Tick Tack, Pizzicato, Trisch-Tratsch Polkas and Overture to Die Fledermaus; R. Strauss' Suite from Der Rosenkavalier, Till Eulenspiegel's Merry Pranks and Salomé's Dance. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.



Hot Anger Stained Glass, by Mary Ellen Mogee

Color: Bold & Vibrant

Andrea Cybyk, Mary Ellen Mogee and M. Jane Johnson, local abstract artist who make vibrant, energetic abstract works of art are exhibiting together. Their show runs through Saturday, Jan. 20 at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. 703-956-6590 or www.artspaceherndon.org.

SATURDAY/MAY 11
Fairfax Symphony Orchestra: Masterworks VI. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman, tenor Brennen Guillery and soprano



Danny Paisley

Weekend Bluegrass Concert Series: Danny Paisley

Paisley's high lonesome voice fronts the band his father used to lead, which has remained a hallmark of bluegrass music since decades past. Come on Saturday, Jan. 5 at 7:30 p.m. to Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$15, adults; children 12-and-under, free. 703-435-8377 or kd4fue@verizon.net.

Joni Henson perform Wagner's "Prelude and Liebestod," Tristan und Isolde and Prelude to Act 3, Lohengrin; Verdi's Overture to La Forza del Destino, Overture to I vespri siciliani, Love Duet Finale Act I Otello, "Dio ti giocondi, O Sposo"

Otello, "Dio mi potevi, scagliar" Otello, Willow Song Otello and "Libiamo," La Traviata. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

CALL FOR BOARD CANDIDATES 2013 Reston Association Board of Directors



PHOTO BY JIM AIRBY

Interested in guiding the direction of the Reston community?

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Three seats will be open in the spring:

Lake Anne/Tall Oaks District Director
North Point District Director
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To qualify you must:

- Be a Member of the Reston Association — either a renter or property owner.
- Complete a Candidate Statement and a Petition of Candidacy.
- If you run for a district seat, you must live in that district.

Forms must be filed by 5 p.m., Feb. 1, 2013. Candidacy Forms and other election information can be found online at www.reston.org.

The election is open to property owners and renters within Reston Association.

Details or questions: e-mail electionscommittee@reston.org or call 703-435-6512.



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The Quest for Youth and Beauty

Spending billions of dollars to improve one's appearance.

BY MARILYN CAMPBELL
THE CONNECTION

Hiba Hakki reclines on an exam table as a physician picks up a syringe with his latex-gloved hand and points it at her face. He inserts the needle into the flesh around her eyes. She cringes slightly. This is a Botox injection, just one of the cosmetic procedures Hakki undergoes for the sake of beauty.

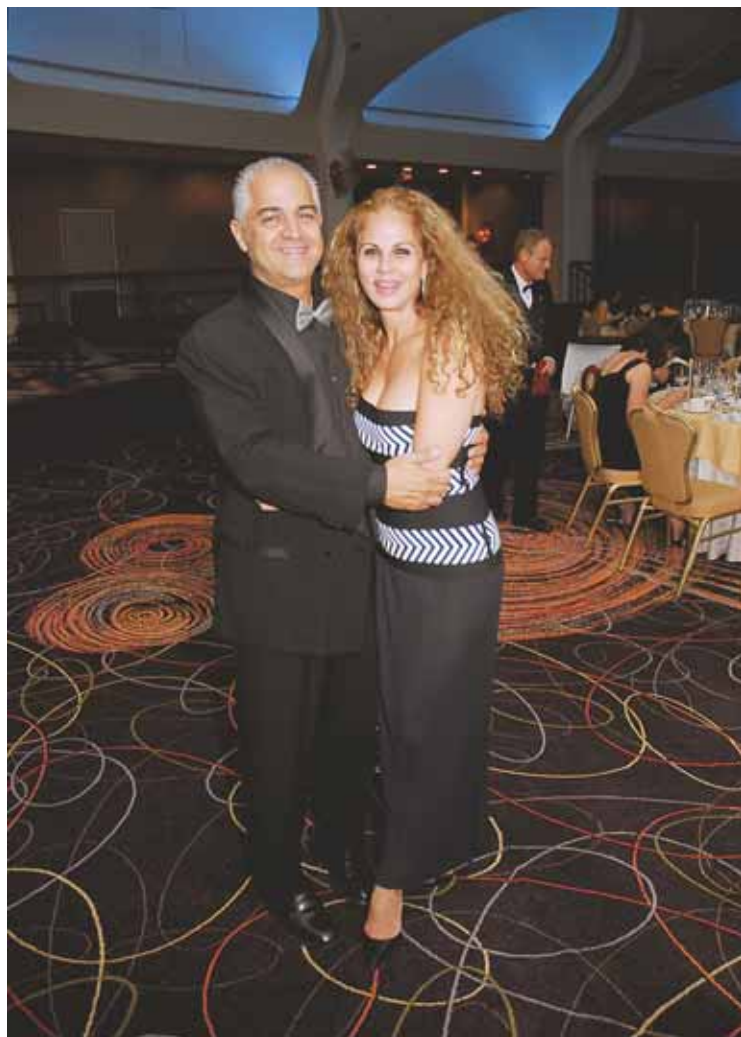
"There is a slight burning sensation," said Hakki, who is 58. "But it's like anything else that we women do for our appearance that we dread. The needles are very fine so it's not too bad."

Hakki is devoted to maintaining a polished appearance, which doesn't include "crow's feet," frown lines, enlarged pores, sagging breasts, discolored teeth or even chipped nail polish. She is not alone in her desire to look her best. A recent survey by the American Society of Aesthetic Plastic Surgery (ASAPS) shows that more than half of all Americans, regardless of income, approve of cosmetic plastic surgery, and spent nearly \$10 billion on cosmetic procedures last year. ASAPS says that Botox (Botulinum Toxin Type A) injections top the list of the most popular non-surgical cosmetic procedures, followed by hyaluronic acid, laser hair removal, microdermabrasion, and IPL (intense pulsed light) laser treatment.

"There is a societal pressure to look young and beautiful," explained Arlington resident Linda Gulyn, Ph.D., a Marymount University psychologist who teaches about the natural process of aging from a social-psychological perspective. "Some people have a tougher time growing older than others, and they look for ways to slow down the natural change."

Candice Early, a spokesperson for the Arlington and Reston offices of plastic surgeon and McLean resident Dr. Wendy Gottlieb, M.D., says that laser hair removal is one of the treatments most commonly requested by patients in her practice. "The laser focuses on the hair bulb under the skin and kills it so that it will not grow back," said Early. "I did it on my underarms seven years ago and I still don't have underarm hair."

Hakki, whose husband is plastic surgeon Dr. Ayman Hakki, M.D., admits that the procedure is not pain-free. "If you can imagine snapping rubber bands on your



Hiba Hakki, pictured with her husband plastic surgeon Ayman Hakki, M.D., is among those who use cosmetic procedures to help keep the signs of aging at bay.

skin, that is what it feels like," she said. "Laser hair removal is not a one time treatment. Multiple treatments are needed for it to be effective. You need a lot of money and a lot of time."

For those seeking to rid their face of wrinkles, age spots and acne scars, microdermabrasion is an option. During the procedure, an esthetician uses a hand-held device that emits crystals onto the skin's surface and polishes it. "It peels off the top layers of skin to reveal new skin cells," said Early. "It temporarily damages skin and takes about a week to heal. At first, it looks like really bad sunburn on your face."

During an IPL laser treatment, an esthetician uses a hand-held device to administer the bright-light treatment. "It's like laser resurfacing for the face," said Early. "It tightens and rejuvenates the skin, but you need several treatments. It helps with age spots and makes the face firmer and more youthful."

Fillers like Restylane and Hylaform are sought-after weapons for those seeking fuller lips or wrinkle-free skin. Hyaluronic acid,

the key ingredient in these fillers, is produced naturally in the body, but decreases as one gets older.

"I've had fillers distributed all over my face. If you use just a little bit, others will never know it was done," said Hakki. "I have used fillers to plump my lips, but I have to be careful not to get too much because I don't want to look like Donald Duck."

Using cosmetic procedures in moderation is the key, say experts, to maintaining a natural look. "The overuse of Botox, for example, can make a person look like a lion," said Early. "We can spot people who are addicted to cosmetic procedures and we turn those people away. If we look at you and feel that you don't need a procedure, we won't give it to you."

Gulyn adds, "Our society equates youth with beauty, but there is a line between doing things that freshen your appearance and putting yourself at risk. You have to determine whether or not you're putting yourself at physical risk, disrupting your family or preventing yourself from adapting to the natural changes of aging."

PHOTO COURTESY OF GEORGE MASON UNIVERSITY



George Mason University students get a cardiovascular workout on the school's Fairfax campus. Joel Martin, PhD, professor of kinesiology at George Mason University suggests that those embarking on an exercise routine start at a low level of intensity.

Developing a Cardio Workout Plan

Experts say benefits include weight loss and decreased heart disease risk.

BY MARILYN CAMPBELL
THE CONNECTION

During Martin McKay's annual physical examination shortly before the holidays, his doctor suggested that he consider intensifying his cardiovascular exercise routine.

"It was kind of funny because there's nothing to intensify. I don't do cardio workouts," said McKay, who lives in North Potomac, Md. "I don't work out at all for that matter."

The Centers for Disease Control and Prevention recommends that healthy adults get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week. The benefits include weight control and a decreased risk of heart disease.

For those like McKay who aren't engaged in cardio exercises, experts say begin slowly. "The person should plan on starting slow, and gradually increasing the number of minutes per week or days per week," said Joel Martin, PhD, professor of kinesiology at George Mason University. "During the initial weeks they should plan on exercising at a low intensity level until their body adapts to the new stress it is being exposed to. Many people make the mistake of pushing themselves way too hard in the beginning and end up getting hurt."

Martin says that those who

are not currently engaged in formal exercise should begin by limiting themselves to walking 20-30 minutes each day for two weeks. "The next step would be to mix in some short jogs with their walking regimen," he said. "After that, they can move on to doing several short runs per week. Once they are able to run two to three miles at least three times per week at an easy pace then they can start worrying about increasing the intensity of their runs."

THIS STRATEGY APPLIES not only to running but also cycling, swimming, and other forms of cardio exercise. In fact, Martin recommends that people not limit themselves to one form of exercise.

"Running two days a week and swimming one day would also be a good idea," said Martin.

Experts acknowledge that getting aerobic exercise might be more challenging during winter months. "You may not be able to go running or swimming during the cold winter season, but you can do other physical activities like dancing [or] ice skating," said Rosa Ganey, Burke resident and nurse health educator for Fairfax County Health Network. "If you're a member of a gym, try taking classes."

Stay motivated by setting small goals. "Once a person reaches [the first] goal they should set a new one," said Martin.

WELLBEING

Advice for Seniors on Fitness in the New Year

Suggestions for making and keeping exercise resolutions.

BY MARILYN CAMPBELL
THE CONNECTION

Mary Garner's New Year's resolution is to increase the intensity of her workout routine. The 69-year-old retiree plans to seek the advice of a fitness trainer to create a plan to achieve her goal.

"Over the last three months, I've hit a plateau with my workouts," said Garner, who spent more than 40 years working as a math teacher for Alexandria County Public Schools. "During the holidays I ate too many cookies. I'd like to lose at least 10 pounds, but I don't want to put too much pressure on myself."

In December of 2011, Clint and Vickie Lambert resolved to shed extra pounds in 2012. The decision was promoted by a conversation with the couple's cardiologist who suggested weight loss. As they said goodbye to 2012, Clint, who is 68, had lost 45 pounds, while Vickie, who is 69, had lost 35 pounds. The Lamberts, who live at Greenspring retirement community in Springfield, say they accomplished their goal through behavioral changes that included regular exercise and healthy eating habits.

"The biggest change has been minimizing the quantity of food intake," said Clint Lambert, a retired psychiatric mental health clinical nurse specialist. "We were just eating too much."

Vickie Lambert, former Dean and Professor Emerita of the Georgia Health Sciences University, College of Nursing said, "It is nice to finally feel comfortable in our clothes and enjoy the positive comments from our friends."

Local fitness experts say the New Year is an ideal time to set and begin working to achieve fitness goals. Even those seniors with mobility issues can benefit from physical activities done in an upright position. "The activities must be done regularly and with a gradual increase in the amount of challenge, as you improve," said Rita Wong, P.T., professor of physical therapy at Marymount University. "Therefore, upright activities that are fun and will keep your interest are ideal."

To maximize success, experts say goals should be measurable, detailed and attainable. "Set small, realistic and concrete steps," said

Maria Londono, a Chantilly resident and mental health therapist with Fairfax County Health Network in Alexandria, Reston and Falls Church.

Create a plan that includes strategies for dealing with the temptation to get off track. Boredom is a common detractor when it comes to exercise. Adding variety helps combat workout doldrums. "Switch up to include other activities like cycling, swimming or an aerobics-based class," said Michelle Walters-Edwards, Ph.D., professor of health and human performance at Marymount University in Arlington.

Develop a detailed strategy for achieving one's goal. The plan should include a method of tracking progress and recording successes as well as rewards for small achievements. "Once the resolution has been identified the first step is to consider ways to turn that good intention into action," said Springfield-based social worker Sue Franke, LCSW. "The next step is to do the habit consistently by setting goals, thinking about past successes, choosing a role model and above all staying positive."

Franke said that changing a habit requires doing it consistently for at least six months. "While six months seems like a long time, it takes that amount of stick-to-itiveness to really make the resolution a regular habit," she said.

Local fitness experts say the New Year is an ideal time to set and begin working to achieve fitness goals. "Consult your physician [and a] senior personal trainer before beginning an exercise program," said Juanita Kuntz, a Springfield-based wellness coordinator who specializes in fitness for the elderly. "Physicians will give you needed recommendations and restrictions to be used for your personal exercise program. A senior fitness professional is knowledgeable in functional limitations and possible chronic health conditions or impairments that senior adults may need to look out for."

To maximize success, experts say goals should be measurable, detailed and attainable. "Start slow, set reasonable goals and choose an activity you enjoy," said Kuntz, "If you actually enjoy something you are much more likely to get out of bed and do it. Don't expect to reach your goals instantly. Be patient with yourself."



PHOTO CONTRIBUTED

Senior citizens at Greenspring retirement community take Zumba, a Latin-inspired dance-fitness class.

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SPORTS

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



The McLean girls' basketball team won the 2012 Pohanka Chantilly Basketball Classic on Dec. 29 at Chantilly High School.

McLean Girls' Basketball Wins Chantilly Tournament

Murphy named MVP, Lee makes all-tournament team.

BY JON ROETMAN
THE CONNECTION

The McLean girls' basketball team entered Saturday's Pohanka Chantilly Basketball Classic championship contest riding a five-game winning streak.

The Highlanders quickly showed they had no interest in slowing down.

McLean jumped out to a 16-2 lead against George Mason and cruised to a 59-32 victory on Dec. 29 at Chantilly High School, giving the Highlanders their first Pohanka Classic title.

McLean beat Georgetown Visitation, 40-35, in the semifinals on Dec. 28 and defeated Mills Godwin, 41-30, on Dec. 27.

"It feels great to have this big win going into district play," McLean senior Lisa Murphy said, "... and to win this tournament gives us a lot of momentum going into the rest of the season."

MURPHY, a 6-foot-1 forward, was named tournament Most Valuable Player. She scored 13 points and grabbed four rebounds against George Mason, and averaged 14.7 points and 5.3 rebounds per contest for the three-day event.

Murphy and 6-foot-2 junior Maia Lee provide McLean with a formidable duo in the paint. Lee, who was named to the all-tournament team, averaged 9.3 points and 8.3 rebounds per game during the tournament, including a 13-point, eight-rebound effort against George Mason.

"Lisa knows whenever I pass her the ball she'll make it, so I trust her," Lee said. "And then she trusts me to make shots whenever she passes to me, so we're always on the same page."

Murphy and Lee combined for 10 points during



McLean junior Maia Lee was named to the Pohanka Chantilly Basketball Classic all-tournament team.

McLean's 16-2 run to open the game, and scored 20 of the Highlanders' 28 first-half points.

"The tandem of those two working together and starting to learn how to work together was very apparent today," McLean head coach Mike O'Brien said, "and is going to be a foundation of what we build off of."

After falling behind by 14 early, George Mason battled back with an 11-2 run that stretched into the second quarter. McLean answered with an 18-3 run, capped by a Shellie Kaniut bucket in the third quarter, giving the Highlanders a 36-16 lead. McLean led by as many as 29 points in the second half.

Kaniut scored 10 points against the Mustangs. Elena Karakozoff and Melanie Becher each scored five points and Cami Prock added four.

"That's what's great about our team; we have so many threats—we have threats in the post, we have threats in our guards," Murphy said. "Definitely, we always want to try to exploit what we have."

George Mason senior Stephanie Cheney scored 15 points and grabbed 13 rebounds.

MCLEAN WON its season opener against Woodson, 50-40, on Nov. 29, but lost Lee to a left knee injury. With Lee sidelined, the Highlanders dropped their next three contests. With Lee back on the court, McLean has won six in a row and enters 2013 with a 7-3 record, including 1-1 in the Liberty District. The Highlanders will travel to face Madison at 7:30 p.m. on Wednesday, Jan. 2.

"When we lost those three games, I think we were all pretty down," Murphy said. "But we've gone on a winning streak right now and winning this tournament I think brings a lot of confidence to everyone on the team."

SPORTS ROUNDUPS

SOUTH LAKES GIRLS' BASKETBALL WINS IAABO INVITE

The South Lakes girls' basketball team defeated previously unbeaten West Springfield, 42-34, to win the IAABO Invitational on Dec. 28 at Prince George's Community College. South Lakes junior center Abigail Rendle scored 16 points on 8-of-9 shooting, grabbed eight rebounds, blocked four shots and had two steals against West Springfield, which is ranked No. 18 in the Washington Post's top 20. Caitlin Jensen had nine points, four assists and four steals for the Seahawks. Rendle was named tournament Most Valuable Player and Jensen made the all-tournament team.

After beating Westfield in its season opener, South Lakes lost to West Springfield, 44-43, on Nov. 29. South Lakes responded by winning 10 in a row and posted a 4-0 record in the Liberty District. The Seahawks (11-1) will travel to face Fairfax at 7:30 p.m. on Friday, Jan. 4.

HERNDON BOYS' BASKETBALL FINISHES RUNNER-UP

The Herndon boys' basketball team finished second at the Ronald Curry Holiday Classic in Hampton, losing to Woodson, 63-61, in the championship game on Dec. 29.

Herndon beat Lake Taylor, 66-62, on Dec. 27 and Edison, 67-59, on Dec. 28 to advance to the championship game.

The Hornets enter 2013 with a 7-2 record. Herndon will travel to face Oakton at 7:30 p.m. on Friday, Jan. 4.

OAKTON GIRLS' BASKETBALL HAS WINNING STREAK SNAPPED

The Oakton girls' basketball team lost to Pinewood Prep on the final day of a tournament in Charleston, S.C., on Dec. 29, snapping the Cougars' seven-game winning streak.

Oakton lost to Pinewood Prep, 52-48. The Cougars started the tournament with a 59-40 win against Bishop England on Dec. 27 and beat Wade-Hampton, 55-44, on Dec. 28.

Oakton, the defending AAA state champion, concluded the 2012 part of its schedule with a 10-2 record. The Cougars will open Concorde District play on the road

against Herndon at 7:30 p.m. on Friday, Jan. 4.

OAKTON BOYS' BASKETBALL WINS 1 OF 3 AT MT. VERNON

The Oakton boys' basketball team enters 2013 with a 6-5 record after winning one of three at the Mount Vernon holiday tournament Dec. 27-29.

Oakton lost to Glenelg, 55-44, on Dec. 27, beat Grace Brethren, 60-43, on Dec. 28 and lost to St. James, 75-55, on Dec. 29.

The Cougars will open Concorde District play at home against Herndon at 7:30 p.m. on Friday, Jan. 4.

OAKTON SWIM AND DIVE CONQUERS CHANTILLY CHARGERS

Oakton High School's Varsity Swim and Dive teams went head-to-head with Chantilly High School at Cub Run RECenter. Both Oakton's boys and girls won for the second week in a row, with the girls' team scoring 195 points over Chantilly girls with 120 points. The boys scored a total of 176 points over Chantilly's 139.

The Cougars started off the meet with consistently solid dives. Freshman Bennett Fagan took second place for the boys with a region-qualifying score, and Joey Barbaris took third place. On the girls' side, Julia Powell, also a freshman, took first place with Hana Burkly in second.

The meet continued with strong swims from Oakton. In both the boys and girls 200 yard, Medley Relay, Oakton placed first. John Shebat, Nathan Chen, Denny Nguyen and Gregory DeRosa swam for the boys. Megan Byrnes, Melissa Shebat, Gabriela Galvez and Nicki Powell swam for the girls.

Kendall Lawhorn received first place in both of her individual events—200 yard freestyle and 500 yard freestyle. Megan Byrnes also placed first in her two individual events—100 yard Freestyle and 100 yard Backstroke.

Gregory DeRosa placed first in 50 yard Freestyle and second in 100 yard Freestyle. Denny Nguyen placed first in 100 yard Butterfly and second in 200 yard Freestyle. John Shebat scored second place in both of his individual events—200 yard Individual Medley and 100 yard Backstroke.



PHOTO CONTRIBUTED

The Cellar Dwellers of Vienna and Reston placed first, overall, in the state of Virginia in Division 1.

Legos Take Reston, Vienna Children Worldwide

Local students represent Virginia and Washington, D.C. in international FIRST Lego League competition.

This year the state champs at the Division 1 FIRST Lego League (FLL) tournament at James Madison University were elementary school students from Reston and Vienna.

The Cellar Dwellers, whose team members include Lake Anne Elementary School students Sara Leong, Andy Schauer, and Jack Barrett and LAES alumni Nico Lagendyk and Andrew Barrett, made a name for themselves as Division 1 State Champions. Together with Max Butler, from Vienna Elementary, the team placed first, overall, in the state of Virginia in Division 1.

FLL is a world-wide robotics competition for elementary and middle school-age children and this year, 610 teams competed across the state including more than 360 Division 1 teams.

The Cellar Dwellers were judged in four categories, how their robot performed, robot design, teamwork, and the thoroughness of their research project, which is focused on using technology to help seniors

take their medications as prescribed.

The Cellar Dwellers qualified for the state tournament with a robot design victory at the George Mason University regional tournament held in November. At the state tournament, they received top scores in all four categories in order to earn the first place Champion's Award.

The Cellar Dwellers are coached by LAES alum and current South Lakes High School sophomore Natalie Schauer, as well as current LAES parents John Barrett and Kim Schauer.

The Cellar Dwellers have been invited to represent the state of Virginia and Washington DC in one of the FLL Open Invitionals to be held in the spring. They will have their choice of competing in California, Florida, or Germany. Videos of their robot performance and research project presentations can be found at <http://www.youtube.com/channel/UCftruU9XkkGtqGHli41m1mw>. For additional information, please contact John Barrett, john@industrialmedium.com, 703-231-5094.

Bite Me Cancer Kickoff Jan. 3

While still in high school, Nikki Ferraro was diagnosed with a rare form of thyroid cancer. But that didn't slow her down; instead, while receiving treatment, she organized a Relay for Life team and raised \$20,000 for the American Cancer Society.

She's now a survivor, but this 2011 Chantilly High grad is still caring for others battling the disease. She and her parents formed the nonprofit Bite Me Cancer Foundation, www.bitemecancer.org, to help teens with cancer to fight thyroid cancer. Ferraro distributes support bags she's filled with music, a



Nikki Ferraro

special message from her and other items to help and inspire teens going through what she did.

This Thursday, Jan. 3, from 5:30-7:30 p.m., Bite Me Cancer will hold its 2013 kick-off reception at the Greater Reston Chamber of Commerce office, 1763 Fountain Drive in Reston. Ferraro and others will talk about the foundation and their goals for it this year. The event is free, but seating is limited, so those planning to attend must register in advance at <http://bmckickoff.eventbrite.com>.

— BONNIE HOBBS



From left—Becky Oswalt, Abby Studen, Tatevik Markaryan and Nicole Rappaport represented South Lakes High in the first-ever White House Codeathon.

PHOTOS CONTRIBUTED

South Lakes Girls Participate in the 'White House Codeathon'

On Monday afternoon, Dec. 17, South Lakes High School seniors Nicole Rappaport, Abby Studen, Becky Oswalt and Tatevik Markaryan went to the White House to participate in what Todd Park, assistant to the president and U.S. chief technology officer, called the "first codeathon in White House history."

At the "codeathon" organized by the White House Council on Women and Girls, more than 30 girls from D.C. area middle and high schools were matched up with professional developers and coders to brainstorm an app creation that promotes civic education and/or inspires girls to serve as leaders in democracy.

Political experts from organizations focused on increasing female political leadership kicked off the event by describing the challenges women leaders face in running for office.

"We need girls at the leadership table and we need to support them early and often," said Jessica Grounds, executive director of Running Start.

Nicole Rappaport, South Lakes High School senior class president, and her group

worked on an app to link girls to female role models.

"It was inspiring hearing from White House staffers and other professionals who are so passionate about making changes to help girls participate," she said.

When asked if she might run for office again some day, her answer was an emphatic "yes!"

This App Challenge is part of the Equal Futures Partnership that President Obama launched in September 2011 at the United Nations General Assembly. More than a dozen countries have signed on to this international effort to politically and economically empower women.

South Lakes students were invited to represent the Mid-Atlantic Girls Collaborative (MAGiC) and the National Girls Collaborative Project at the White House Codeathon.

(The app challenge is currently open for more student entries until Jan. 12, 2013. More information is available at <http://www.whitehouse.gov/blog/2012/09/24/white-house-equal-futures-app-challenge-promote-civic-education-and-public-leadership>).



Four South Lakes High School female leaders attended the White House for its first-ever codeathon. The event was part of the "Equal Futures App Challenge" to create apps that inspire young women to become leaders in our democracy.

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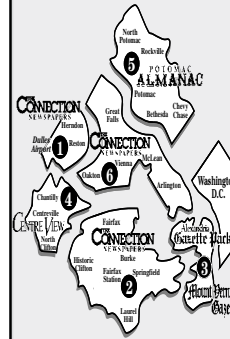
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Lines of My Life



By KENNETH B. LOURIE

Like most people, I have material – so to speak, that I use repeatedly (ad nauseam, some might say). Most are lines from “The Three Stooges,” “M*A*S*H,” “Star Trek” (the original) and “Seinfeld.” As I entered into the cancer world, I continued to use this material – where/when appropriate, as many of you regular readers know. However, as my time in the cancer conundrum has continued (thank God!) and evolved, I have found myself uttering and muttering à la “Popeye the Sailor Man,” amusing myself, mostly, but always with the best of intentions: my survival. A few examples follow. (My answers are in quotes.)

See you again. “Let’s hope so.”

Nice to see you. “Nice to be seen.”

Glad you could be here. “Glad I could be anywhere.”

How are you doing? (#1) “I’d be crazy to complain.”

See you next week. “From your mouth to God’s ears.”

How are you feeling? “Fine. You mean I’m not?”

You look good. “Really? Have you had your eyes checked recently? Chemotherapy doesn’t usually enhance one’s appearance.”

How are you doing? (#2) “I’m holding my own. (“Whose else would I be holding?”)

Happy to have you here. “Nice to be had.”

I’ve been thinking about you lately. “I’ve been thinking about me, too.”

You look in pretty good shape. “I’m in pretty good shape for the shape I’m in.”

Have you seen your doctor lately?

“Yeah. And he’s seen me, too.”

What’s up? “My weight. Thank God!”

Would you like to buy any “Forever” stamps? They’re good for as long as you live. “Um. OK.”

What are you doing here? “I won’t be here tomorrow. I’ll be attending a funeral (hopefully not my own).”

How are you holding up? “I’m holding my own. (“Whose else would I be holding?”)

Occasionally, even when I initiate the conversation, I find myself “cancering” wise. “How are you doing?” Hanging in there. “Tell me about it.”

And finally, a well-meaning greeting to my wife, Dina, from one of her girlfriends: “So nice Kenny is getting to celebrate another birthday.”

Content/words that we couldn’t have imagined finding the least bit problematic pre-cancer diagnosis back in February, 2009, we (mostly I, if truth be told) find as fodder for self-preservation. I see the lightness, not the darkness. I see the best of intentions, not the worst of omissions. Somehow, some way, we have made the best of a bad situation. Whether it’s been friends, family, co-workers; or readers reaching out, health care professionals helping out or my speaking out (in print), our life has gone on and as I’ve said many times before – and once already in this column: “I’d be crazy to complain” (and I’m not crazy, by the way).

I’m not exactly Lou Gehrig – or a Yankee fan for that matter, and I don’t know about the “face of the Earth,” but this Bostonian still feels pretty lucky.

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



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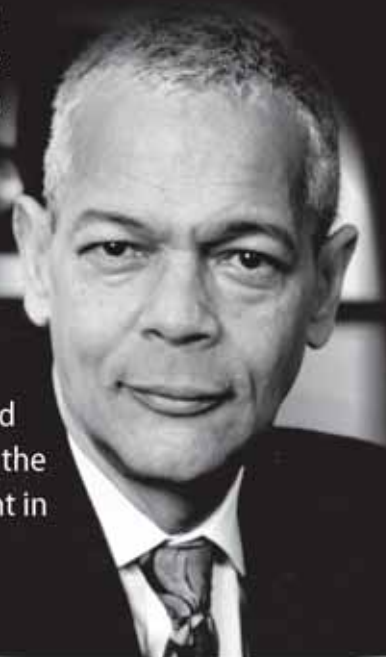
Reston Dr. Martin Luther King, Jr. Birthday Celebration

Space is Limited. Registration required for keynote address.

SUNDAY, JANUARY 20

KEYNOTE SPEAKER JULIAN BOND

Beginning with his pivotal role in the Civil Rights Movement, Julian Bond - an expert on diversity in the law - has always been on the cutting edge of social change and leadership. Legendary as the first black US vice presidential nominee and former Chairman of the NAACP, Bond continues to deliver a powerful message of greater equality, freedom, and justice with a renewed sense of relevance to the Civil Rights Movement in our present times.



SUNDAY, JANUARY 6

Art by Reston Schools Reception

2:00 p.m. - 3:00 p.m. • RCC Hunters Woods

The creativity of Reston students will be celebrated at this reception.
The exhibit will be displayed all month.

SATURDAY, JANUARY 19

Community Service Projects & Volunteer Lunch

9:00 a.m. - 1:00 p.m.

Southgate Community Center • 12125 Pinecrest Road

Contact Ha Brock Reston Association's Community Outreach Specialist at 703-435-7986 or habrock@reston.org to volunteer. Please check out our website for a complete list of projects. Afterwards, volunteers will gather to share lunch.

Reston Community Orchestra

4:00 p.m. • RCC Hunters Woods

A 90-minute musical tribute to Dr. King.

SUNDAY, JANUARY 20

Keynote Address - Julian Bond & Community Lunch

1:00 p.m. - 2:30 p.m. • RCC Hunters Woods

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Especially for Youth

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

Registration Required • #704717-3B

School age children in 1st - 6th grade will rotate through a series of activities based on the history of MLK and the civil rights movement. Lunch is provided.

Commemorative March

3:15 p.m. • Lake Anne Plaza

Participants will march to the Northern Virginia Hebrew Congregation. A shuttle bus will run between the two sites from 3:00 p.m. until after the Voices of Inspiration program concludes.

Voices of Inspiration

4:00 p.m.

Northern Virginia Hebrew Congregation • 1441 Wiehle Avenue

Sponsored by the Martin Luther King Jr. Christian Church and includes many faith communities.

All events are FREE; due to space limitations registration for some events is required. Attendance at the events requiring registration will be limited to registered participants.

Please check out our website www.restoncommunitycenter.com or contact Kevin Danaher, Community Events Director, at 703-476-4500 for more information.



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