

# South Lakes Swimmers Dominate Meet

SPORTS, PAGE 12

Santa (AKA South Lakes Coach Brown) stopped by warm-ups before the South Lakes vs. Stone Bridge meet on Dec. 19 to check out the teams.

## Looking Forward: Reston 2015

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## Bank Robberies in Reston and Herndon

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**January 10th**  
(Snow Date: January 17th  
Please call to confirm!)

**12:00 to 4:00pm**

**REMODELER'S  
CHARITY  
HOME TOUR  
OAKTON**

**Presented by**  
**SUN DESIGN**  
Design. Remodel. Relationships.

Join Sun Design to **tour design trends of this renovated home and learn more about the Northern Virginia Therapeutic Riding Program (NVTRP)**, headquartered in Clifton, VA. **It's FREE.**



**2529 Hunter Mill Road, Oakton, VA 22124**

**Project Features:**

- Uniquely designed kitchen with dual islands for cooking and entertaining, complete with a separate beverage center
- Open floor plan, enhancing the function and flow between the kitchen and adjoining rooms
- Contrasting kitchen islands made of cherry wood with a molasses finish
- Enhanced cathedral ceiling with newly added skylights

**ABOUT  
THE TOUR**

Visit the website for more details:  
[RemodelersCharityHomeTour.com](http://RemodelersCharityHomeTour.com)

What do a remodeling company and the Northern Virginia Therapeutic Riding Program (NVTRP) have in common? The simple answer is this; a desire to help families enhance quality of life today and in the years to come.



NVTRP offers a wide range of programs and services to children and adults who live with disabilities in the Washington Metropolitan Area. *Come out and show your support by taking a tour and visiting with volunteers of the Northern Virginia Therapeutic Riding Program.* The chance to donate or learn about volunteering will be made available.



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## NEWS

# The 'Dream' Lives On

Dr. Martin Luther King Jr. holiday birthday events to be held at Reston Community Center.

BY DAVID SIEGEL  
THE CONNECTION

**F**or this year's 30th annual Reston Community Dr. Martin Luther King Jr. holiday birthday celebration the renowned Anna Deavere Smith will be the keynote speaker at the Monday, Jan. 19 community event. Her address, "Reclaiming Grace in the Face of Adversity," will aim "to highlight the issues of community, character, and diversity in America."

In her remarks actor, playwright and professor Smith is expected to celebrate the resilience of the human spirit, the power of kindness, the strength of imagination and hope while calling attention to the noticeable winner take all society of current days.

In an interview, Smith noted the influence Dr. King had on her own life's work. Dr. King influenced her to be proactive in life; to take action to make change possible. She cited the Dr. King's April 1963 "Letter from Birmingham Jail" in which he wrote about the necessity to confront injustice. Smith was in college when Dr. King was assassinated in 1968.

Smith said she is constantly fueled by what she called her "own curiosity since growing up." Smith indicated that great inspiration came from her grandfather who told her, "if you say a word often enough, it becomes you."

In a special Sunday evening Jan. 18 theatrical performance, Smith will present her one-woman, journalistic "Snapshots: Portraits of a World in Transition." It is a fictionalized world based upon her real-life travels across the United States. Before the audience's eyes, Smith will slip in and out of multiple-characters bringing to life those with often overlooked or unheard points of view on a variety of topical social issues.

The MacArthur Foundation awarded Smith a prestigious fellowship, the so-called "genius grant," for her unique theatrical style. The Foundation cited her for the manner in which "Smith has blended theatrical art, social commentary, journalism and intimate reflections to create a new form of theater...that explores the conflicts and searing questions that are



**Anna Deavere Smith**

PHOTO COURTESY OF RESTON COMMUNITY CENTER AND ROYCE CARLTON, INC.

## Where and When

Anna Deavere Smith, Reston Community Dr. Martin Luther King, Jr. holiday birthday celebration at the Reston Community Center, 2310 Colts Neck Road, Hunters Woods, Reston. Events are Sunday, Jan. 18 and Monday, Jan. 19.

\*Anna Deavere Smith performance of the one-woman show, "Snapshots: Portraits of a World in Transition" Reston Community Center, CenterStage. Performance: Sunday, Jan. 18, 2015 at 8 p.m. Tickets: \$25 for Reston resident, Non-Reston ticket: \$50. For tickets call 703-476-4500 or visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)

\*Anna Deavere Smith Keynote Address at the annual Reston Community Dr. Martin Luther King Jr. Holiday Birthday celebration and community lunch, "Reclaiming Grace in the Face of Adversity," Reston Community Center. Event: Monday, Jan. 19, 2015 at noon. Tickets: \$5 for Reston residents, Non-Reston ticket: \$10. The address will be followed by the traditional Reston Community Lunch.

For tickets call 703-476-4500 or visit: [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)

transforming American identity and American theater."

Paul Douglas Michnewicz, Reston Community Center, Arts and Events Director noted that "by bringing Anna Deavere Smith to Reston, we are bringing that very conversation to our community." He added that "Robert E. Simon founded Reston on the principles of diversity and racial equality in 1964...The ideas that Dr. King so eloquently expressed and the movement that he inspired are not diminished over these last 50 years."

## Overnight I-66 Closures in January

All lanes of Interstate 66 in one direction will close intermittently between midnight and 5 a.m. on several dates in January for the installation of gantries. Each closure will last up to 30 minutes.

The scheduled closures on I-66 are as follows:

❖ **Tuesday, Jan. 6 into Wednesday, Jan. 7:** Westbound immediately beyond the Route 28 overpass (Exit 53)

❖ **Thursday, Jan. 8 into Friday, Jan. 9:** Eastbound between Route 28 (Exit 53) and Fairfax County Parkway (Exit 55)

❖ **Monday, Jan. 12 into Tuesday, Jan. 13:** Eastbound between Route 123 (Exit 60) and

Nutley Street (Exit 62)

❖ **Wednesday, Jan. 14 into Thursday, Jan. 15:** Westbound just beyond Nutley Street (Exit 62) at the Vaden Drive overpass

❖ **Monday, Jan. 19 into Tuesday, Jan. 20:** Eastbound just beyond the Fairfax County Parkway underpass (Exit 55)

❖ **Wednesday, Jan. 21 into Thursday, Jan. 22:** Westbound just before the Fairfax County Parkway underpass (Exit 55)

❖ **Monday, Jan. 26 into Tuesday, Jan. 27:** Eastbound just before the Fairfax County Parkway underpass (Exit 55)

❖ **Wednesday, Jan. 28 into Thursday, Jan. 29:** Westbound just

beyond the Fairfax County Parkway underpass (Exit 55)

Message signs will be posted in advance of the work so that motorists can use alternate routes.

The closures are part of the Virginia Department of Transportation's ongoing effort to install 36 new gantries as part of the I-66 Active Traffic Management System (ATMS).

The traffic system is scheduled to begin operating between Route 29 in Centreville and the Capital Beltway in early 2015.

For more information, visit [http://www.virginiadot.org/projects/northernvirginia/i-66\\_atms.asp](http://www.virginiadot.org/projects/northernvirginia/i-66_atms.asp)



## Looking Forward: Reston 2015

### Village Center updates planned.

BY REENA SINGH  
THE CONNECTION

**A**fter an eventful year, Reston may see their ideas become resolutions on paper.

Community leaders are looking forward to new village center plans, the beginnings of a new Lake Anne Village Center and a new district government center this year.

For Hunter Mill Supervisor Cathy Hudgins - and the Reston unit of the Fairfax County Police force - this means a newly renovated office.

"The building, built during the time of my predecessor, Martha Pennino, has outlived its capacity for our police, the supervisor's office and the community," she said.

She said the North County Government Center at 1801 Cameron Glen Drive will be done soon. While she did not mention a completion date, she hinted that it will be ready "early" in the year.

"Soon as we unpack the boxes, we look forward to inviting you to that Open House. Until then, we will keep packing," she said.

**A LOT OF** community meetings took place last year between county Planning and Zoning representatives and Reston residents to determine how Phase II of Reston's Master Plan - which focuses on all the village centers except Lake Anne - will look in the future. This month, the community will meet with the county representatives again - this time to be presented a working draft of the plan. A date for this meeting has not been announced as of Jan. 5.

That draft, released in December, can be found at <http://www.fairfaxcounty.gov/dpz/reston/documents.htm>.



PHOTO BY ALEX MCVEIGH

### Lake Anne Village Center may see construction begin this year.

All other updates on community meetings concerning the master plan can be found at <http://www.fairfaxcounty.gov/huntermill/>.

Some have spoken out against how quickly the county hopes to bring Phase II of the master plan to life. However, Reston founder Robert Simon - the man who the community is named after - felt the opposite.

"The major factor in all of this is speed," said Robert Simon at the last community meeting in November. "Everything takes much longer than it used to. What you get now is an eight to 10 year gap, like with Lake Anne, for example."

Lake Anne is going through its own

changes with Lake Anne Redevelopment Partners, LLC to breathe life into the community's original village center. According to the developer's website, Phase I of construction, which includes the redevelopment of Crescent Apartments and creation of affordable housing, is scheduled to begin this summer.

**THE FIVE PHASES** of the village center's construction are expected to last up to 12 years.

Ken Knueven, Reston Association president, said the organization, which represents the community's citizens, plans to fight for the best interest for the residents. This includes sustainability in neighbor-



PHOTO CONTRIBUTED

### Cathy Hudgins

hoods and the new village centers.

"We want to make sure any new developments are aligned to our sustainability principles," he said.

However, he noted that any changes, whether a hinderance of growth, can be met with hesitance from the community.

"There's a lot of trepidation in our community that sees this growth," he said.

Another area of growth he hopes to see is with transportation. 2014 brought the Silver Line Metro to the community, but he wants to see public transportation better serve Reston residents - not just those coming in from D.C.

More specifically, he wants to make sure residents have better access to the Metro and the village centers.

"We're going to have to make sure any redevelopment that takes place is in alignment with our guiding principles," he said.



### Collecting Toys for Tots, Donations for FISH

Reston's National Realty was again an official drop-off for the annual Toys for Tots campaign as well as donations to Herndon-Reston FISH. Both provide toys to local children. Paul and Keith Hartke of National Realty were pleased with the quantity of toys and even brand new bicycles, stating, "We really appreciate the generosity of the local community."



# Bank Robberies in Reston and Herndon

Winter a busy season for bank robberies.

BY RYAN DUNN  
THE CONNECTION

For the second time in two weeks, a supermarket bank in Reston was robbed in the late afternoon. Fairfax County Police report the PNC Bank inside the Giant at North Point Village Center was robbed at 5 p.m. on Monday, Dec. 29. This spike in winter bank robberies continues a trend which occurred last year, when banks including the BB&T on Chain Bridge Road in Oakton were robbed. The FBI reported 17 bank robberies occurred in Northern Virginia in December 2013. Thirteen suspects in the incidents were apprehended.

Northern Virginia Police Chiefs and Sheriffs Committee as well as regional robbery detectives received a briefing back in November from the FBI about bank robbery statistics for the region this time of year. They were advised December is typically the month where the most bank robberies occur. Although police have tried to keep watch on local banks, it has not always been possible to prevent bank robbery incidents.

**THE SUSPECT** at the Reston PNC Bank told a teller he had a weapon and got away with an undisclosed amount of money, Fairfax County Police spokesman Lucy Caldwell said. Police say the suspect is black, around 5 feet 11 inches tall, 170 pounds and unshaven. He wore a red Nike hoodie and the hood was on his head during the crime. This is the fourth bank robbery in Reston in the last several weeks. In recent



PHOTO BY RYAN DUNN/THE CONNECTION

**Friday, Dec. 26, at close to 1:30 p.m., there was a bank robbery at the BB&T at 230 Herndon Parkway in Herndon. Police report the suspect as a black male, approximately 5 feet 9 inches with a medium build.**

years both Reston and Herndon have been able to maintain a peaceful environment, with most criminal activity consisting of “nuisance crimes” such as public intoxication, panhandling and public urination.

On Tuesday, Dec. 16, 2014, the SunTrust inside the Safeway at Hunters Woods Village Center was robbed. On Dec. 10, 2014, there was a robbery at the Wells Fargo Branch at Reston Town Center. On Nov. 26, 2014, the Presidential Bank at 1675 Reston Parkway was robbed. Police said a man entered the Presidential Bank on Wednesday about 2:46 p.m., threatened an employee



FAIRFAX COUNTY POLICE PHOTO

**Image of suspect for the December robbery of the PNC Bank located inside of a Giant grocery store at 1450 North Point Village Center in Reston.**

and demanded money. The suspect took cash and fled. There were no injuries. The suspect was described as black, 20s, about 5 feet 9 inches tall.

On Friday, Dec. 26, 2014, at close to 1:30 p.m., there was a bank robbery at the BB&T at 230 Herndon Parkway in Herndon. Police report a black male, approximately 5 feet 9 inches with a medium build, wearing a dark green jacket, faded blue jeans, light colored sneakers and a black knit hat entered the main lobby of the bank. The man implied he had weapon and demanded cash from a teller. After receiving an undisclosed amount of cash, police say he left the bank and fled toward Herndon Park-

way. “We feel confident that the recent robbery from the BB&T in Herndon will eventually be solved,” said Colonel Maggie A. DeBoard, Chief of Police Town of Herndon Police Department. “We have great investigative cooperation and support from both the FBI and the Fairfax County Police Department.”

“Regarding the bank robbery, it’s a shame that Herndon has been affected by what looks to be a seasonal increase in bank robberies,” said Town of Herndon councilmember Grace Wolf. “I am grateful that no one was injured during this robbery and I know our police department will work with their local colleagues to solve the cases!”

**THE FBI** has teamed up with Fairfax County and Herndon police to counteract December bank robberies, sharing information with banks and the public about the trend, putting marked police cars outside banks. Punishment for bank robbery varies depending upon the value of money and property taken. If the amount taken is more than \$100, the penalty is a fine and a maximum sentence is 10 years. In the event of a victim’s death, the punishment is life in prison or death.

In a news release issued Dec. 14, 2014, the FBI listed 14 bank robberies since Oct. 31, 2014, they are investigating throughout Northern Virginia. The FBI is offering a reward of up to \$5,000 for information that leads to the identification, arrest and conviction of any bank robber. Contact your local police department if you have any information to share about any of these robberies. The Herndon Police Department can be reached at 703-435-6846. The Fairfax County Police can be reached at 703-691-8888 or 1-866-411-TIPS.

## Fairfax Cops Block Geer Killing Investigations

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

Finally some of the smoke is clearing. Sixteen months after unarmed John Geer was killed standing in his doorway by an unidentified Fairfax County Police officer we are getting an explanation of the wall of silence surrounding his death. In response to an inquiry by U.S. Senator Chuck Grassley, R-Iowa, the Fairfax Commonwealth Attorney (prosecutor) Raymond Morrogh revealed why he failed to complete his investigation into Mr. Geer’s killing and took the unusual step of passing the case to the U.S. Attorney (U.S. Justice Dept.) a year ago. The Fairfax prosecutor typically works closely with police investigators looking into possible abuse or criminal acts by police officers. He depends on their detective work in deciding whether to recommend

charges or empanel a grand jury (as in Ferguson, Mo. or New York City) to seek indictment. In the case of John Geer’s death, Mr. Morrogh told Senator Grassley that “the decision by the Chief of Police...to withhold requested materials effectively prevented me from completing the investigation and rendering a decision.” Morrogh said that Chief Roessler, who is appointed by and in theory accountable to Fairfax County Board of Supervisors, was supported by County Attorney David Bobzien, also a subordinate of the Chairman and Board of Supervisors in refusing to hand over evidence. Furthermore, Roessler also refused to cooperate in providing evidence requested by the Justice Department. Finally, the Justice Department took the County and Police to court, and a judge ordered Fairfax County Police to provide the evidence sought. Only now, under

court order, have the cops agreed to cooperate to some extent with the U.S. Attorney’s investigation. We shall see.

What on earth is going on here? Why have we heard nothing from the people who the Police Chief works for—Fairfax Board Chairman Sharon Bulova and the nine silent District Supervisors? On Fairfax County’s organization chart, it is clear that the Police Department—just like the Departments of Community Services, Planning and Zoning, and Information Technology, for example—reports to, takes direction from and has its policies set by the Chairman and Board of Supervisors. Department chiefs can also be removed by the Board.

Why have Bulova and the Board not directed FCPD to drop the shroud of secrecy so inappropriate in an open society, and to cooperate fully with the Commonwealth Attorney and Justice Department? Indeed, who is in charge?

Perhaps Chairman Bulova and the Supes

have not noticed the growing agitation here and around the USA about the lack of accountability of police forces often resembling military units. In view of the Geer killing and several others here under questionable circumstances—including Dr. Salvatore Culosi, Randal Leroy Collins, David Masters, Hailu Brooks—and FCPD’s 72-year history of no officer ever being charged, Fairfax County may be the impunity capitol of the country. Other jurisdictions the size of Fairfax County have created independent citizen oversight panels to assure transparency and open communication on matters of police abuse and use of lethal force. It is time this County did so as well. Tragically, Fairfax County’s lack of accountability encourages a small number of trigger-happy bad actors within the force to abuse their power, and lose for all the confidence of those they are supposed to protect.



IT'S ABOUT

**17 Weeks**

TO GRASS ALLERGY SEASON\*



**GRASTEK®**  
Timothy Grass Pollen Allergen Extract  
Tablet for Sublingual Use 2800 BAU

**GRASTEK should be started at least 12 weeks before the season. Talk to an allergy specialist now about whether GRASTEK is right for you.**

\*Date is approximate, depending on your region.



Not actual size

GRASTEK is grass allergy immunotherapy in a tablet. It may help you gradually build tolerance so you become less sensitive to grass pollen.



Made from small amounts of natural Timothy grass pollen, GRASTEK treats the grass allergies that cause eye and nose symptoms. Starting treatment early may give your body time to become less sensitive to grass pollen in preparation for the allergy season. It's recommended that you start taking GRASTEK at least 12 weeks before the grass pollen season. Make an appointment with an allergy specialist soon. **To find a doctor near you, go to [grastek.com/thinkspring](http://grastek.com/thinkspring).**

GRASTEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat Timothy and related grass pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. GRASTEK may be prescribed for persons 5 through 65 years of age who are allergic to grass pollen.

GRASTEK is taken for about 12 weeks before grass pollen season and throughout grass pollen season. GRASTEK may also be taken daily for 3 years to provide a sustained effect for a fourth year in which you do not have to take GRASTEK.

GRASTEK is NOT a medication that gives immediate relief for symptoms of grass allergy.

## Important Safety Information about GRASTEK

- GRASTEK can cause severe allergic reactions that may be life-threatening. Stop taking GRASTEK and get immediate medical treatment right away if you or your child has any of the following symptoms after taking GRASTEK: trouble breathing; throat tightness or swelling; trouble swallowing or speaking; dizziness or fainting; rapid or weak heartbeat; severe stomach cramps or pain, vomiting, or diarrhea; severe flushing or itching of the skin.
- Do not take GRASTEK if you or your child has severe unstable, or uncontrolled asthma; had a severe allergic reaction in the past that included trouble breathing, dizziness or fainting, or rapid or weak heartbeat; had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before; has ever been diagnosed with eosinophilic esophagitis or is allergic to any of the inactive ingredients contained in GRASTEK.
- For home use of GRASTEK, your doctor will prescribe epinephrine if you or your child has a severe allergic reaction after taking GRASTEK. Talk to your doctor or read the epinephrine patient information.
- The first dose of GRASTEK must be taken in the doctor's office. After taking the first dose, you or your child will be watched for at least 30 minutes by a healthcare professional for symptoms of a serious allergic reaction.
- Children should be given each tablet of GRASTEK by an adult.
- You should tell your doctor about any medicines you or your child take.
- Stop GRASTEK and contact your doctor if you or your child has any of the following after taking GRASTEK: Any type of a serious allergic reaction; heartburn, difficulty swallowing or pain with swallowing, or chest pain that does not go away or worsens; any mouth surgery procedures (such as tooth removal), develop any mouth infections, ulcers or cuts in the mouth or throat.
- The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please read the Brief Summary on the following page for more detailed information.

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## Brief Summary



# GRASTEK®

Timothy Grass Pollen Allergen Extract  
Tablet for Sublingual Use 2800 BAU

Carefully read the Medication Guide before you or your child start taking GRASTEK and each time you get a refill. This Brief Summary does not take the place of talking to your doctor about your medical condition or treatment. Talk with your doctor or pharmacist if there is something you do not understand or you want to learn more about GRASTEK.

### What is the most important information I should know about GRASTEK?

GRASTEK can cause severe allergic reactions that may be life-threatening. Stop taking GRASTEK and get medical treatment right away if you or your child has any of the following symptoms after taking GRASTEK:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For home administration of GRASTEK, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you or your child has a severe allergic reaction after taking GRASTEK. Your doctor will train and instruct you on the proper use of auto-injectable epinephrine. Talk to your doctor or read the epinephrine patient information if you have any questions about the use of auto-injectable epinephrine.

### What is GRASTEK?

GRASTEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat Timothy and related grass pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. GRASTEK may be prescribed for persons 5 through 65 years of age who are allergic to grass pollen.

GRASTEK is taken for about 12 weeks before grass pollen season and throughout grass pollen season. GRASTEK may also be taken daily for 3 years to provide a sustained effect for a fourth year in which you do not have to take GRASTEK. GRASTEK is NOT a medication that gives immediate relief for symptoms of grass allergy.

### Who should not take GRASTEK?

You or your child should not take GRASTEK if:

- You or your child has severe, unstable or uncontrolled asthma
- You or your child had a severe allergic reaction in the past that included any of these symptoms:
  - o Trouble breathing
  - o Dizziness or fainting
  - o Rapid or weak heartbeat
- You or your child has ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before.
- You or your child has ever been diagnosed with eosinophilic esophagitis.
- You or your child is allergic to any of the inactive ingredients contained in GRASTEK. The inactive ingredients contained in GRASTEK are: gelatin, mannitol and sodium hydroxide.

### What should I tell my doctor before taking GRASTEK?

Your doctor may decide that GRASTEK is not the best treatment if:

- You or your child has asthma, depending on how severe it is.
- You or your child suffers from lung disease such as chronic obstructive pulmonary disease (COPD).
- You or your child suffers from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.
- You or your daughter is pregnant, plans to become pregnant during the time you will be taking GRASTEK, or is breast-feeding.
- You or your child is unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to GRASTEK.
- You or your child is taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction. These medicines include:
  - o beta blockers and alpha-blockers (prescribed for high blood pressure)
  - o cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
  - o diuretics (prescribed for heart conditions and high blood pressure)
  - o ergot alkaloids (prescribed for migraine headache)
  - o monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
  - o thyroid hormone (prescribed for low thyroid activity).

You should tell your doctor if you or your child is taking or has recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of GRASTEK. Ask your doctor or pharmacist for advice before taking GRASTEK.

### Are there any reasons to stop taking GRASTEK?

Stop GRASTEK and contact your doctor if you or your child has any of the following after taking GRASTEK:

- Any type of a serious allergic reaction
- Throat tightness that worsens or swelling of the tongue or throat that causes trouble speaking, breathing or swallowing
- Asthma or any other breathing condition that gets worse
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin
- Heartburn, difficulty swallowing, pain with swallowing, or chest pain that does not go away or worsens

Also, stop taking GRASTEK following: mouth surgery procedures (such as tooth removal), or if you develop any mouth infections, ulcers or cuts in the mouth or throat.

### How should I take GRASTEK?

Take GRASTEK exactly as your doctor tells you. GRASTEK is a prescription medicine that is placed under the tongue.

- Take the tablet from the blister package after carefully removing the foil with dry hands.
  - Place the tablet immediately under the tongue. Allow it to remain there until completely dissolved. Do not swallow for at least 1 minute.
  - Do not take GRASTEK with food or beverage. Food and beverage should not be taken for the following 5 minutes.
  - Wash hands after taking the tablet.
- Take the first tablet of GRASTEK in your doctor's office. After taking the first tablet, you or your child will be watched for at least 30 minutes for

symptoms of a serious allergic reaction.

If you tolerate the first dose of GRASTEK, you or your child will continue GRASTEK therapy at home by taking one tablet every day. Children should be given each tablet of GRASTEK by an adult who will watch for any symptoms of a serious allergic reaction.

Take GRASTEK as prescribed by your doctor until the end of the treatment course. If you forget to take GRASTEK, do not take a double dose. Take the next dose at your normal scheduled time the next day. If you miss more than one dose of GRASTEK, contact your healthcare provider before restarting.

### What are the possible side effects of GRASTEK?

In children and adults, the most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

GRASTEK can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to GRASTEK include:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For additional information on the possible side effects of GRASTEK, talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

This Brief Summary summarizes the most important information about GRASTEK. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about GRASTEK that was written for healthcare professionals. For more information go to [www.grastek.com](http://www.grastek.com) or call toll-free at 1-800-622-4477.

**The Medication Guide has been approved by the U.S. Food and Drug Administration.**

Manufactured for: Merck Sharp & Dohme Corp., a subsidiary of **Merck & Co., Inc.**, Whitehouse Station, NJ 08889, USA

Manufactured by: Catalent Pharma Solutions Limited, Blagrove, Swindon, Wiltshire, SN5 8RU UK

**For more detailed information, please read the Prescribing Information.**

usmg-mk7243-sb-1404r000  
Revised: 04/2014

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# OPINION

## Happy New Year

**H**appy New Year. We need your help in 2015.

As local, weekly newspapers, the Connection's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

If you know people or organizations doing important work, something newsworthy or 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.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. Send a photo and tell us about it in 200 words or so to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Events generally must be open to the public and either free or at nominal cost to be included in calendars.

After your events, email us a photo and a note so we can consider including it in our

coverage. 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, anniversaries are welcome.

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, 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 for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions, with more than 200,000 readers across the region. If you or your organization appreciate the Connection publications, please support them by patronizing our advertisers and by spending a portion of your marketing budget with us. For information about advertising, contact [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com),

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— MARY KIMM,

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

## LETTERS TO THE EDITOR

### A Wonderful Article

To the Editor:

What a wonderful article you wrote, Kareese ("How I Left..." by Kareese Akinloba, grade 8, Irving Middle School, Children's Connection, January 1-7, 2015). Your writing ability is beyond your years. And reading it brought back so many memories. For someone at the beginning of life to someone at the other end, let me tell you to rejoice in what lies ahead. I was a happy 7-year-old when my father walked into the house in Berkeley, Calif., some 60 years ago...and announced that my mother and I were going to join him in a small town called Puerto Ordaz, Venezuela. I was not old enough to develop the ties to Berkeley that you had to Southern California but I had the 7-year-old's equivalent. This led me to a wonderful life in a new place, a new language, new friends, new experiences and while I still think at this late stage that Berkeley was "home" I know it is hardly that. The best part of every new experience is that so much of it stays

with you. And so many of your friends will become friends for life. So rejoice, young lady, for before you lies a great new world with people, ideas, values and customs that you can pick and choose from. A veritable buffet of life at your fingertips. And when you reach the other end of the journey, as have I, you will have a wonderful book of memories and a great host of friends to live with. I have only two pieces of advice. Keep in touch with your friends for when they are gone that opportunity is forever lost. And see as much of this wonderful world as you possibly can. It is full of wonder and will write your pages of life that you will read and reread many years from now.

**Michael Valentine**  
Fairfax Station

You can read Kareese's story on page 4 at <http://connectionarchives.com/PDF/2014/123114/Springfield.pdf>



# 497

days since a still-unnamed Fairfax County police officer shot unarmed John Geer standing in the doorway of Geer's home in Springfield, then let him bleed to death on Aug. 29, 2013. No information has been released about the incident, officers involved not named, no explanation, no grand jury, no charges. (as of Jan. 7, 2015)

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**NEWS DEPARTMENT:**  
**reston@connectionnewspapers.com**

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

**Reena Singh**  
Community Reporter  
757-619-7584  
[rsingh@connectionnewspapers.com](mailto:rsingh@connectionnewspapers.com)

**Jon Roetman**  
Sports Editor ♦ 703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
[@jonroetman](https://twitter.com/jonroetman)

**Ryan Dunn**  
Contributing Writer

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

**Trisha Hamilton**  
Display Advertising  
703-778-9419  
[trisha@connectionnewspapers.com](mailto:trisha@connectionnewspapers.com)

**Andrea Smith**  
Classified Advertising, 703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunc@connectionnewspapers.com](mailto:debfunc@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://twitter.com/MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Louise Krafft,  
Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](https://twitter.com/TheismannMedia)

**CIRCULATION: 703-778-9426**  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





# Top Fitness Trends for 2015

BY MARILYN CAMPBELL  
THE CONNECTION

The beginning of a new year is often a time when many resolve to begin a fitness plan or to ramp up their current routine. Officials at the American College of Sports Medicine rang in the New Year by releasing the organization's annual survey of the top fitness trends for 2015.

From push-ups to plank, bodyweight training tops ACSM's list of fitness trends. Low cost and mobile, this routine takes exercise back to the basics: think pull-ups and squats. "You really don't need equipment or a gym membership, and there's almost no cost involved," said Katrina Salum, a personal trainer based in Arlington. "It's effective because you can build muscle and burn fat simply by using your own body weight for resistance."

The popularity of bodyweight moves are due to the ease in which they can be incorporated into your daily routine, said Salum. "You can do three sets of eight squats while you're brushing your teeth and 10 pushups while you're waiting for your coffee to brew."

**THE PRACTICE** of alternating intense periods of aerobic activity with low intensity exercises, known as high-intensity interval training (HIIT), is number two on the list of trends. Varying exercises can stave off boredom, a factor that leads many people to abandon their fitness practice," said Scott Goldberg, a personal trainer in Potomac, Md. "Most HIIT routines can be done in 30 minutes," he said. "One simple routine is warming up by walking on a treadmill, then doing 10 squats, 10 push ups and 10 planks followed by a 30-second fast-paced sprint. Then walk slowly in place for four minutes to rest then repeat the entire routine five times."

Taking classes or training sessions from licensed, certified and educated fitness professionals is number three on the list. Traditional weight training is number four, followed by enlisting the help of a personal trainer and combining exercise and nutrition into a fitness plan, which are numbers five and six respectively.

"To be healthy you need to exercise, but also eat foods that are good for you," said Gretchen Juliano, a dietician in Old Town Alexandria. "Eating foods that are low in

carbs and high in protein before working out forces your body to burn fat and gives you energy."

Fitness industry pros say yoga is number seven. "The practice of yoga gives you muscular flexibility through the stretching involved in the yoga poses," said Dawn Curtis, East Meets West Yoga Center in Vienna.

**"It is like vitamins. The real affect is doing it over time and incorporating it into your life rather than just doing it once."**

— Sara VanderGoot

"Yoga also provides immune strengthening. A regular yoga practice will also help with your healthy tissue maintenance and healthy growth of new muscles, bones, tendons, and ligaments, which are essential body components for fighting disease."

Curtis points to the detoxifying effects

of yoga.

"A regular yoga practice will increase your blood circulation, which in turn helps flush out toxins from your body," she said. "As your body flushes out these toxins, to be released by the stretches of the muscle movement, they are replaced with new nourishing nutrients for a healthier body and mind...Students with a regular practice...report [having] long lasting results both physically and mentally, especially with reducing stress."

A commitment of practicing two to three times each week is necessary for noticeable results.

"Consistency is the key in yoga," said Sara VanderGoot of Mind the Mat Yoga and Pilates in Arlington and Alexandria. "It is like vitamins. The real effect is doing it over time, and incorporating it into your life rather than just doing it once."

Yoga is not a quick fix, but a very powerful transformative practice if done regularly over time."

Fitness programs for seniors make the list at number eight. "Even 30-minutes of strength training and 20 minutes of aerobics 2 or 4 times a week can help us fight



PHOTO BY MARILYN CAMPBELL

**Bodyweight training, which includes exercises such as plank, is the top fitness trend for 2015 according to the American College of Sports Medicine.**

diseases like diabetes and heart disease as we age," said Goldberg.

**FUNCTIONAL FITNESS EXERCISES**, those that make your body stronger for everyday activities like doing laundry, lifting small children or simply using good posture

when sitting at a desk, come in at number nine on the ACSM list while group personal training sessions are number ten.

"One of the benefits of working out with a group is accountability," said Salum. "It's also less expensive than hiring a personal training and can be more fun."

## VOLUNTEER OPPORTUNITIES

**Volunteer Solutions of Fairfax County Division of Adult and Aging Services** provides meaningful volunteer opportunities to improve the lives of older adults and adults with disabilities in Fairfax County. To volunteer for any of the following positions, please complete an online registration form at <http://www.fairfaxcounty.gov/dfs/volunteer/VolReg/VolunteerRegistration.aspx>. For more information please call 703-324-5406, TTY 711, email [VolunteerSolutions@FairfaxCounty.gov](mailto:VolunteerSolutions@FairfaxCounty.gov) or visit <http://fairfaxcounty.gov/olderadults> and follow the link to "Volunteer Solutions".

♦ **The Lewinsville Senior Center in McLean** needs an office assistant on Tuesdays and Thursday from 10 a.m. to 2 p.m. and instructors for the following classes: Current Events, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom Dance, Square Dance, and Tai Chi.

♦ **The Kingstowne Center for Active Adults in Alexandria** needs a Van Driver to take participants on outings and instructors for the following classes: Mosaic Art or Jewelry Making and Belly Dancing.

♦ **The Gum Springs Senior Center in Alexandria** needs a Spanish teacher for a beginner's class one hour on Tuesday, Wednesday, or Thursday between the hours of 10 a.m. to 1 p.m.

♦ **Korean Meals on Wheels** needs Korean-speaking volunteers to deliver meals 11 a.m. to 1 p.m. Monday, Wednesday and Friday in Centreville, Reston and Annandale.

♦ **Meals on Wheels** - Transport meals to older adults or adults with disabilities Monday, Wednesday and Friday, midday. Program also needs driver coordinators and group coordinators. Commitment: two hours/month and longer. Volunteer opportunities are available near where you work or live. Employee groups are welcome to share a delivery commitment. Check us out on YouTube now!

♦ **The Annandale Adult Day Health Care Center** in Annandale needs Spanish-

speaking social companions Monday-Friday from 3 p.m. to 5 p.m.

♦ **Fairfax County** needs volunteers to drive older adults to medical appointments and wellness programs; urgent need in Reston area.

♦ **The Hollin Hall Senior Center in Alexandria** needs a DJ to provide a wide array of music from ballroom to line dancing, Wednesdays from 2 p.m. to 4 p.m., a Ballroom Dance Instructor to teach a class on Thursday afternoons and an Italian Instructor.

♦ **The Wakefield Senior Center** in Annandale needs Bilingual English/Spanish Activity Leaders, Tuesday-Friday, 10 a.m. to 2 p.m. to assist in engaging Spanish-speaking and English-speaking participants in center activities. They also need certified instructors for classes in Ballroom Dance, Pilates, Chair Exercise and Ballroom Dance. Volunteer instructor positions could lead to part-time employment.

♦ **The Sully Senior Center** in Centreville needs a certified personal trainer, preferably with experience working with older adults, for one hour, twice a week.

♦ **Volunteers, who are fluent in American Sign Language**, are needed in Reston, Herndon and Vienna to provide clients with direct assistance (not interpretation) with computers, grocery shopping, or social visiting.

♦ **Respite Care volunteers** give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Emmy Thompson at 703-324-7404, TTY 711, or [Maura.Thompson@fairfaxcounty.gov](mailto:Maura.Thompson@fairfaxcounty.gov).

♦ **Adult Day Health Care and Senior Centers** - Visit centers to assist with fitness activities, arts and crafts, meal time, entertainment and much more.

♦ **Grocery Shopping** - Shop for an older adult or accompany them to the grocery store. Commitment: two hours every other week.

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## CALENDAR

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

### THROUGH SATURDAY/JAN. 31

**Exhibit of Colorful Nutcrackers.** 11 a.m. - 4 p.m. Closed on Tuesdays. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an amazing array of nutcrackers, both old and new, in a colorful case exhibit. Did you ever wonder where the craze for collecting nutcracker dolls came from? Nutcrackers have a fascinating history. The first nutcrackers were produced to crack nuts more effectively and the oldest known metal example, on exhibit in Tarent, Italy, is from the third or fourth century B.C. The Leavenworth Nutcracker Museum in Leavenworth, Washington, shows a bronze Roman nutcracker dated between 200 B.C. and 200 A.D. German nutcrackers, made as decorative pieces, were developed around 1500. Early nutcrackers were in the shapes of animals, birds and people. Later, they were made in the likeness of kings, soldiers, church leaders and ruling class figures. Fine wood carved nutcrackers were created across Europe, especially in France and England by the 15th and 16th centuries. Admission: \$7/adult, \$6/student, \$5/senior or child.

### THROUGH MONDAY/MARCH 16

**Ice Skating at Reston Town Center.** 11 a.m. - 7 p.m. Reston Town Center, 11900 Market Street, Reston. From early November through the early March, the Pavilion floor is transformed into a gleaming ice skating rink. Ice skates and other supplies are available inside the Skate Shop directly beside the Pavilion (behind Clyde's). Admission: \$10 per adult; \$9 for children under 12; \$5 per skate rental.

### THURSDAY/JAN. 8

**A Bee's Eye View of Native Plants.** 7 - 8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Sam Droege, a biologist with the USGS Patuxent Wildlife Research Center, will be our guest speaker. He conducts research on native bees and will be discussing native plants from the perspective of bees. Regionally, there are over 400 species of native bees and many are only found on the flowers of specific plants. Learn what is happening to our native bee populations and why what we plant is important to these native pollinators. Reservations required by Jan. 5. Fee: \$5/person RA members, \$7/person Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

**Storytime for Threes to Fives.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. An early literacy program with stories and activities. Age 3-5 with adult. 703-689-2700.

**Reading Buddies.** 4, 4:15, 4:30, 4:45 p.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Children read in a fun, low-stress environment. Bring your own book or choose a book from the library. Call to sign-up for a 15 minute session. Age 6-9. 703-689-2700.

**Crazy 8's Math Club.** 4:30 p.m. Herndon Fortnightly, 768 Center St., Herndon. New after-school club that will get kids fired up about math. Eight sessions of hands-on, mischief-making activities. Register for each program. Grades K-2. 703-437-8855.

### MONDAY-TUESDAY/JAN. 12-13

**Cunning Coyotes.** 10 - 11 a.m.



PHOTO COURTESY OF RESTON COMMUNITY CENTER AND ROYCE CARLTON, INC

### Anna Deavere Smith

## Anna Deavere Smith to Highlight MLK Birthday Celebration

Anna Deavere Smith will highlight Reston Community Dr. Martin Luther King, Jr. Holiday Birthday celebration at the Reston Community Center, 2310 Colts Neck Road, Hunters Woods, Reston. Events are Sunday, Jan. 18 and Monday, Jan. 19.

❖ Anna Deavere Smith performance of the one-woman show, "Snapshots: Portraits of a World in Transition" Reston Community Center, CenterStage. Performance: Sunday, Jan. 18 at 8 p.m. Tickets: \$25 for Reston resident, Non-Reston ticket: \$50. For tickets call 703-476-4500 or visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)

❖ Anna Deavere Smith Keynote Address at the annual Reston Community Dr. Martin Luther King Jr. Holiday Birthday celebration and community lunch, "Reclaiming Grace in the Face of Adversity," Reston Community Center. Event: Monday, Jan. 19 at noon. Tickets: \$5 for Reston residents, Non-Reston ticket: \$10. The address will be followed by the traditional Reston Community Lunch.

For tickets call 703-476-4500 or visit: [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)

Walker Nature Center, 11450 Glade Drive, Reston. Ages 18 months to 35 months. Who is the noisiest wild dog? The smartest? The biggest in Reston? The coyote, of course. Learn about coyotes, howl in a coyote chorus, feel real coyote fur and make a coyote mask to wear home. Reservations required by Jan. 8. Fee: \$7/child RA members, \$9/child Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

### MONDAY/JAN. 12

**Terrific Twos.** 11 a.m. Herndon Fortnightly, 768 Center St., Herndon. Start the new year with a bang. Join us for noisy stories, songs and rhymes. Age 2 with adult. 703-434-8855.

**Writers Group.** 7 p.m. Herndon Fortnightly, 768 Center St., Herndon. All levels of writing experience are welcome to join our group to receive support and feedback. Adults. 703-437-8855.

### TUESDAY/JAN. 13

**Read to the Dog.** 7, 7:15, 7:30, 7:45 p.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Read aloud to a trained therapy dog. Bring

your own book or choose a book from the library. Call to sign up for a 15-minute session. 703-689-2700.

### WEDNESDAY/JAN. 14

**Wednesday Morning Book Club.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Book discussion group. Adult. 703-689-2700.

**Start the New Year with Meditation.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Begin the New Year with meditation with Gerry Gorman. Gerry is a long-time meditator who leads popular workshops and seminars on meditation throughout Virginia and the Greater DC region. Adults. 703-689-2700.

**Preschool Storytime.** 11 a.m. Herndon Fortnightly, 768 Center St., Herndon. Penguins and polar bears. Stories and songs about animals from opposite ends of the earth. Age 3-5 with adult. 703-437-8855.

### THURSDAY/JAN. 15

**Kid's Graphic Novel Book Club.** 4 p.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. This month's title is "Zita the spacegirl" by Ben Hatke. Age 8-10. 703-689-2700.

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# Redistricting Remains an Issue

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



Although the drawing of legislative district lines is supposed to take place each decade after the federal census, the controversy over where and how lines are drawn keeps the issues alive every year. Most recently a federal court declared the current Congressional district lines in Virginia invalid because the way the lines are drawn discriminates against minorities being able to get elected. Essentially the black population is packed into one district. The 2015 session of the General Assembly will have to redraw the lines. Just last week about a dozen black citizens brought suit against the current House of Delegates districts contending that they are drawn in a way that discriminates against minorities.

The purpose of the redistricting process is to ensure that persons are equally represented in the legislature. As population shifts with some area growing and others declining, district lines are redrawn based

on the federal census. A numeric equality of the numbers of persons in a district is achieved and has been enforced by the federal courts to be within a couple of percentage points. But going back to the earliest years of our republic there has been recognition that the way in which lines are drawn can determine the likely outcome of an election

in a district. In 1812 Governor Elbridge Gerry of Massachusetts signed a redistricting bill so favorable to his political party that the newspapers pointed out that one of the districts looked like a salamander, hence the term "gerrymandering."

There is no doubt that both parties have taken part in gerrymandering districts to their political advantage. The party in power attempts to continue its dominance by drawing lines that are likely to elect more of their party members to the legislature. The result in Virginia and in other states is to reduce the number of contested elections. Candidates are less likely to run in a district where the numbers are stacked against them. Elected officials who represent these

"safe" seats may be less responsive to constituents concerns and adhere to stronger political party dictates. The real electoral contests in these districts tend to be in the primaries selecting candidates. Some of the districts heavily stacked with Republicans in Virginia are seeing increased challenges from Tea Party activists in primaries. Even the Speaker of the House has a Tea Party challenger in a primary this year.

Just last month a panel appointed by Governor Terry McAuliffe to look at ethical issues in state government recommended that Virginia establish an independent redistricting commission to draw legislative district lines. Such commissions have proven effective in reducing political influences in how district lines are drawn. This is not a new idea. In 1982 I introduced a bill to establish an independent redistricting commission and have reintroduced the bill many times since then. While it was rejected by Democrats when they were in the majority and by the Republicans now they control the majority, it is the right thing to do. As some advocates maintain, citizens should elect their representatives, not the representatives select their constituents.

## Taking Exception

To the Editor:

An article was recently published in your newspaper discussing the new I-95 express lanes (95 Express Lanes Open, The Connection, Dec. 18-24, 2014). One statement in the article read, "Construction manager for the project John Morse, of VDOT, said that the addition of a third lane will solve a number of problems and give people options other than waiting in traffic." Creating the express lanes, however, does not resolve a primary underlying issue. Along vast stretches of heavily congested I-95, including in Prince William County, there are only three lanes for traffic. The express lanes are just a partial solution. I-95 is the busiest highway on the East Coast. Tens of thousands of out-of-town travelers use this highway daily. These travelers likely will not know to have an EZ-Pass Flex to access these lanes, much less pay a potentially high dollar figure to use them. Local travelers also have to incur a substantial daily fee unless they manage to have three passengers. Plus, the toll lanes end after the I-495 interchange, leaving those without three passengers subject to driving in the main line of I-395.

**Abigail Ross**  
Woodbridge

## Hateful Tweets Call for Action

To the Editor:

I would like to applaud the Reston Connection for its coverage of FCPS Superintendent Garza's meeting with concerned parents on Dec. 3 ("County Superintendent Listens to Reston," Connection, December 10-16, 2014).

One issue raised by several parents, myself included, was the Twitter cyberbullying which took place in November, and was directed at SLHS students. We were shocked at the level of vitriol in the tweets, which included a list of students who should kill themselves.

We have been unsuccessful in our attempts to learn the identity of the person behind the tweets. The tweet mentioned in the article on Dec. 17-23, "got in trouble with the police" is not in reference to the police actually identifying anyone. We are still waiting for someone - the Fairfax County Police, the School, the School Board, or The Commonwealth's Attorney - to move forward in that regard. We believe the tweets are harassment and need to be treated as such. We do not want to punish anyone; rather, it is clear that whoever posted the tweets needs mental health care.

Is it going to take something far worse than hateful tweets for FCPS to wake up and take action? I hope not.

**Marguerite Leishman**  
Reston

## Fairness for All – the Lake Anne RELAC Decision

To the Editor:

As we turn the calendar to a new year, some of our Reston neighbors will be facing an important vote in January that affects their summertime comfort. Covenant 15 of the Reston Association Deed requires 343 households to use the 50+ year old Reston Lake Anne Air-Conditioning Corporation cooling system (RELAC), unless they receive an annual medical exemption — a nightmare when the unit goes up for resale.

These 343 households will have the opportunity to revoke (or not) Covenant 15 by a referendum vote. A yes vote will allow choice without ending RELAC. This system works adequately for many, but not all.

The Reston Citizens Association (RCA) supports revoking Covenant 15 (commonly called RELAC). Sridhar Ganesan, President of RCA stated: "While clearly many people around Lake Anne still like and want RELAC because it seems to serve their purposes, it is also clear that a number of people have not been happy with the system, the costs and other burdens that they feel it imposes on them. RELAC is a system as old as the Lake Anne community. Not only would the investment in that system have been fully paid for, today's technologies have surely far surpassed RELAC's. Many of us on the RCA Board as well as members sympathize and feel that after all these decades of using and paying for the operation of that system, those that would like to opt out of RELAC and pursue other alternatives should have the choice to do so."

None of us on the current RCA board live where RELAC is mandated, but we listen to Restonians who do and who live on the sunny side of Lake Anne. From a website created about the issue

www.freefrom15.org: "A number of residents have been dissatisfied for many years with the poor quality of the service available and would like to install their own units. Some people experience high temperatures and humidity which requires them to run dehumidifiers and fans 24 hours a day to keep cool and to stop mold growth. Since the covenant states that it may only be amended or revoked by members of the residential clusters which have air-conditioning service to the lot line, the only way to resolve these problems is to revoke the covenant."

Let us be clear – voting yes to revoke the covenant is a vote for choice. It does not end RELAC.

When RELAC was installed, it was state of the art technology. In the intervening 5 decades, technology has vastly improved, and HVAC (Heating/Ventilation/Air Conditioning) systems have undergone several major iterations of improvements. New systems are energy efficient, quiet, cost effective and allow maximum flexibility by individual homeowners for how cool/dry/warm they want their homes to be on any given day. They do not pollute our atmosphere like the older Freon-using RELAC behemoth. More on this in John Lovaas' article RELAC—A Museum and Environmental Problem.

In speaking to unhappy Lake Anne area RELAC subscribers, we have learned that their quality of service is dismal, the air is moist requiring the running of dehumidifiers constantly, and costs exorbitant. You can view the RELAC cost by address at the "Reference Documents and Links" tab of freefrom15.org. As our weather becomes more extreme and the water levels of Lake

Anne vary depending on Hidden Creek Golf Course's needs and drought conditions, the quality of RELAC's product is anything but constant for all users.

If the referendum passes then everyone will get a fair choice. It is a matter of fairness in allowing choice in the important area of comfort. This will require that 2/3 of those voting will agree to choice for RELAC's involuntary subscribers by voting yes. Vote yes even if YOU are happy with your summer cooling. Consider your neighbor across the street/lake/cul-de-sac who may not have the same experience.

Mass exodus from RELAC is highly unlikely as conversion costs are a major factor, but to imprison anyone in a system that does not work for them is ... well, unkind. Kindness and fairness is crucial to maintaining the fabric of our community. Forcing bondage to an antiquated monopoly is not kind, fair or necessary.

**Connie Hartke**  
Reston Citizens Association

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor  
The Connection  
1606 King St., Alexandria VA 22314  
Call: 703-917-6444.  
By e-mail:  
reston@connectionnewspapers.com



# South Lakes Swimmers Dominate Meet with Stone Bridge

**S**outh Lakes High School's Varsity Swim teams set 12 regional-qualifying times on their way to a victory over Stone Bridge on Dec. 19 at Ida Lee Park in Leesburg.

The South Lakes boys won with 193 points over Stone Bridge's 93, while the girls won with 180 points to Stone Bridge's 106.

South Lakes' boys won all three of the night's relay events with regional-qualifying times. The team of Johnny Micka, Benjamin Gryski, Mac Sogandares, and Tyler Ellis started the meet with a win in the 200-yard medley relay in 1:43.09. In the 200-yard freestyle relay, Dylan Hawley, Gianmichel D'Alessandro, Solomon Blackmon, and Conner Hutson, finished first with a time of 1:34.88. In the 400-yard freestyle relay, Sogandares, Ellis, Hawley, and D'Alessandro brought in the victory in a time of 3:23.38. In addition to the win in the 200-yard freestyle relay, South Lakes also took second and third with Gryski, Jack Edgemon, Samuel Oh, and Benjamin Barbee placing second, and James Crosby, Ethan Evans, Kevin Vintimilla, and Robby Cordts taking third.

Outside of the relays, the boys won all but one of their events. Highlights included:

- ❖ Regional-qualifying first-place finishes for Sogandares in the 200 freestyle and 500 freestyle and for Gryski in the 200 indi-



**Benjamin Gryski (white cap) edges past his Stone Bridge opponent during the breaststroke leg of the 200-yard individual medley to finish with a regionals-qualifying time.**

PHOTO CONTRIBUTED

vidual medley and the 100 breaststroke.

- ❖ A sweep of the 500 freestyle for Sogandares (first), Matthew Beach (second), and Barbee (third).

- ❖ A sweep of the 100 backstroke for

Micka (first), Joseph Hosi (second), and Grant Tremaine (third).

- ❖ A sweep of the 100 breaststroke for Gryski (first), D'Alessandro (second), and Max Onozuka (third).

- ❖ A one-two finish in the 50 freestyle for Blackmon (first) and Hutson (second).

The South Lakes girls also started and ended the meet with regionals-qualifying times for their relay teams. The team of Natalie Obando, Megan Carney, Sabrina Groves, and Natalie Pritz started off with a win in the 200 medley relay at 1:55.17. In the 400 freestyle relay, Emily Landeryou, Malina Stassinis, Caitlyn King, and Groves won with a time of 3:44.29.

In between were other strong performances including:

- ❖ Regional-qualifying first place finish for Groves in the 200yd individual medley.

- ❖ Regional-qualifying finishes in the 100 butterfly for Groves (second) and Landeryou (third).

- ❖ A sweep of the 200 freestyle for Landeryou (first), Grace Obando (second), and King (third).

- ❖ A one-two finish in the 50 freestyle for Natalie Obando (first) and Pritz (second).

- ❖ First-place finishes for Grace Obando in the 500 freestyle and the 100 backstroke.

- ❖ First-place finish for Carney in the 100 breaststroke.

South Lakes entered the winter break with 3-1 records for the boys' and girls' teams. They will return to the pool to face Madison High School at 6:30 p.m. Friday, Jan. 9, at Spring Hill RECenter.



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CONNECTION FILE PHOTO

**The Oakton girls' cross country team won its second consecutive state championship in 2014.**

## Oakton girls' XC Repeats as State Champs

The Oakton girls' cross country team in 2014 won its second consecutive state championship.

The Cougars posted a score of 44 at the VHSL state meet on Nov. 15 at Great Meadow, holding off an up-and-coming Lake Braddock squad for first place.

"I'm really ecstatic about [winning back-to-back state titles]," senior Allie Klimkiewicz said after the race. "I'm really proud of my team. It was a really close race. We came in knowing that there would be at least three teams right with us, so I was really happy to find out that we won."

Klimkiewicz was one of four Oakton harriers to earn all-state honors with a top-15 finish. Klimkiewicz placed third, sophomore Casey Kendall was fourth, Leya Salis finished 11th and Kira Buttrey placed 15th.





PHOTOS BY TRACI J. BROOKS STUDIOS/COURTESY OF RESTON COMMUNITY PLAYERS

From left — Christine Carter, Kathy Ohlhaber and Wilson Paine in Reston Community Players' production of "Rehearsal for Murder."

## Murder Mystery at Reston Stage

### Reston Community Players to present thriller "Rehearsal for Murder."

BY DAVID SIEGEL  
THE CONNECTION

#### When and Where

**"B**e ready for a suspenseful murder mystery," said cast member Wilson Paine (Reston) describing the Reston Community Players next show, "Rehearsal for Murder." Mystery, love and being led in the wrong direction are central to what happens in this story about the search for the truth.

"Audiences will be caught totally unaware when the culprit is finally revealed," said Jessie Roberts (Great Falls), director of "Rehearsal for Murder." "If you like mysteries, detective stories and a good love story, join us."

This thriller is based upon the 1982 film featuring Robert Preston and Lynn Redgrave written by Richard Levinson and William Link who wrote hit television shows as "Columbo" and "Murder She Wrote."

"Rehearsal" is set in a theater. It is about a playwright who invites actors, a producer, and a director for a reading of his newest play. Interestingly, these are the same people who were together for the playwright's previous play when the leading lady and the playwright's fiancée died of an apparent suicide. Or did she? It is for the audience to discover what the "truth" is, as things twist and turn until "who dunnit" is exposed.

In the RCP ensemble, newcomer Kathy Ohlhaber (Reston) plays the key character of the "passionate, soul-mate" fiancée named Monica who dies in a rather un-

timely manner. Northern Virginia community theater veteran, Ian Brown (Herndon) is playwright Alex and the devoted "head over heels in love" fiancée seeking out the truth about why Monica died.

A fascinating tidbit from Ohlhaber and Brown. To delve more deeply into their characters and motivations, they established social media accounts for their characters to further plunge into their characters' motivations.

Cast members Steven Palkovitz (Vienna) and Christine Carter (Herndon) noted the hard work involved in putting on a successful production. "Everyone puts their hearts and skills into rehearsals. We want to keep the audience's attention throughout the production," said Palkovitz. For Joan Susan Zeigler (Tysons) "not only does this show have a shocking 'Oh My' twist but it includes romance, laughter, havoc and naturally a murderer or maybe murderers? An evening of entertainment awaits one and all." RCP actor Jay Stein (Vienna) added "Whodunit? You'll have to come see the show to find out. I can almost guarantee that whatever your theory is, it will be wrong."

Shhh, don't tell anyone how it ends after you see "Rehearsal for Murder." Don't spoil it for others.

Shhh, don't tell anyone how it ends after you see "Rehearsal for Murder." Don't spoil it for others.

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## Down and Not Out, Yet

By KENNETH B. LOURIE



Thankfully (so far as I know, which isn't very far), after a five-week interval between infusions, which included two additional weeks of pre-chemotherapy lab work and an out-of-the-ordinary 24-hour urine collection ("creatinine clearance") to boot – to more accurately measure my kidney function in hopes of meeting a 1.6 threshold – muster was finally passed, and I was subsequently infused without any further adieu. Planning forward, Ron, my oncology nurse, said that we should return to our usual-and-customary three-week interval for chemotherapy as well as the normal pre-chemotherapy lab work – with no "creatinine clearance." And given that I'm alive and reasonably well six years post-diagnosis by following a similar protocol, I'd be hesitant to get off the horse I've been riding so successfully – mostly – since early 2009, so I'm prepared to saddle up once again.

However, I do wonder if this five-week interval, which ultimately showed my creatinine level/kidney function returning to normal, might suggest that a rest-for-the-chemotherapy-weary might not be all bad. My Certified Holistic Health and Fitness Coach, Rebecca, feels that after six years of nearly non-stop chemotherapy, its toxicity has probably caused enough internal organ damage; "shrinkage" and all notwithstanding. Chemotherapy is hardly a non-corrosive additive. It does what it does, but there are consequences/side effects to be sure, many of which are not pretty and hardly worth waiting for. The question is: Is stopping and/or delaying any kind of conventional treatment, with which I have become most familiar during my six years of treatment, a new beginning or a tragic end? Generally speaking, I feel fine. Still, I'm not Alfred E. Neuman from Mad Magazine, so "What, Me Worry?" Yes. Cancer is not for the faint of heart, so challenges persist, whether the circumstances are good, bad or indifferent. It is impossible to leave well enough alone – for me, anyway.

As a result, I have a present that in the past was a future not promised. Initially I was told by my oncologist that he could treat me but that he couldn't cure me. Oddly, at the time, I didn't really grasp the obviousness of his statement, nor I imagine, did team Lourie. They were words with which we were familiar certainly, but their meaning sort of escaped us. Soon thereafter however, we learned what it all meant, and over the proceeding years, have become a little bit better at comprehending what the medical staff has been telling us. Now, our regular and seemingly recurring conversation is about creatinine and kidney function. It's likely my body is indeed under stress – after six years of chemotherapy. Nevertheless, given my most recent CT Scan result, as well as my eventually-reducing-to-normal creatinine level, I am going to continue to roll the dice. Perhaps I'm being penny-wise/pound foolish or just plain foolish and not too wise. Unfortunately, nobody really knows for sure, and besides, when you're life hangs in the balance, it's seems whatever decisions are to be made, should be made by the patient. So I will continue to employ Rebecca's advice in hopes that the supplements and all that she has advised I take over the last six years continue to strengthen my immune system enough to offset the likely damage the chemotherapy is causing along its cancer-cell-killing way. I realize it's not perfect, but it's a living. THANK GOD.

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

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### OBITUARY



#### Violet Kaleb Carmona Bateman 1923-2014

Violet "Vi" Kaleb Carmona Bateman died on December 30, 2014 at home in Bealeton, VA with both her daughter and granddaughter by her side. Violet was ninety-one years old. Violet had been a long time resident of Herndon until three years ago, when health concerns required her to move in with her daughter and son-in-law at their family farm in Bealeton, VA.

At the tender age of ninety-one, Violet as vivacious as ever, was still enchanting every person she met with her beautiful smile and infectious laugh. Her poise and grace carried her faithfully throughout the years, and anyone who had met Vi, knew that she was a special woman. She will be missed greatly, and her memory cherished for years to come.

Violet worked tirelessly in her hometown of Herndon to execute the building of the Herndon Community Center, and was a member of the initial committee to accomplish the development of the "Herndon Harbor House" housing project for the elderly. She was also an active member of the Herndon Chamber of Commerce, and volunteered in her church as well as many other organizations.

She is survived by three children; Richard Carmona of Jefferson, VA, Gregory Carmona of Houston, TX, and Carla Jean Carmona-Chapman of Bealeton, VA. As well as ten grandchildren; Kaleb Carmona Booker, Krista Lynn Booker, Kyle Michael Booker, Daniel Carmona, Elisha, Matthew Carmona, Noel Carmona, Michael Carmona, Richard Carmona, and Nathan Carmona. She was also blessed with three great grandchildren; Isabella Skye Booker, Katerina Rayne Booker and Juliet Ella Carmona.

The family will receive friends and relatives on Friday, the 9th of January from 2-4PM and 6-8PM at Adams-Green Funeral Home in Herndon, VA. The funeral will be held the next day, Saturday the 10th of January at 11:00AM at St. Timothy's Episcopal Church: 432 Van Buren St. Herndon, VA 20170. The interment will be held at the Chestnut Grove Cemetery in Herndon, VA, following with a reception at St. Timothy's beginning around 1:00PM.

Memorial contributions can be made to The Holy Land Christian Ecumenical Foundation: 6935 Wisconsin Ave, Suite 518, Bethesda, MD 20815 or on their website <http://www.hcef.org>. In addition to St. Timothy's Episcopal Church; memo "Reserve Fund." Flower arrangements can be sent from the Herndon Florist, which can be reached at 703-437-4990.

And as Vi always said, "Don't forget to keep smiling"

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## AREA ROUNDUPS

## Art Show to Honor Reston's Official Bird

Friends of Reston is hosting a Children's Art Show at the Walker Nature Center in celebration of the new Official Bird of Reston, the Pileated Woodpecker. Deadline for art is Saturday, Jan. 31 by 1 p.m. All submitted art will be displayed inside the Walker Nature Center's Nature House from Sunday, Feb. 1 until Saturday, Feb. 7, and posted on its Facebook page.

Children of all ages are welcome to submit drawings and paintings in pencil, crayon, watercolor, or other media. Art submissions can be mailed to Walker Nature Center, 11450 Glade Drive, Reston, 20191, or delivered during the open hours of Monday and Wednesday-Friday 9 a.m. until 5 p.m., Saturday 10 a.m. until 1 p.m., Sunday 1 p.m. until 4 p.m. For more information, call 703-476-9689, or email naturecenter@reston.org.

The Pileated Woodpecker was voted as the Official Bird of Reston in an election held by Friends of Reston in honor of Reston's 50<sup>th</sup> anniversary in 2014. For inspiration, more information, and images of the Pileated Woodpecker, see the latest issue of "Branching Out," published by Walker Nature Center, available in print and online at [http://issuu.com/restonassociation/docs/branching\\_out\\_winter\\_2014-2015/0](http://issuu.com/restonassociation/docs/branching_out_winter_2014-2015/0)

member-centric site designed to deliver a high-tech, high-touch user experience. With an opening date slated for Jan. 31, the new Village Center branch is located at 2545 Centreville Road in Herndon. It is Northwest Federal's first "high-tech" branch, and will feature state-of-the-art equipment and interactive displays, including:

\**The Discovery Zone* featuring videos and digital brochures, and a tablet check-out center;

\**A WI-FI Bar and hotspot* with charging station, Wi-Fi access and boards with news and weather; and

\**A product and services wall*, where members discover the latest events, promotions, and current savings and loan rates.

In the next few weeks, Northwest Federal will send members an announcement of the new branch, as well as information on special events and promotions to mark the grand opening. The Credit Union will also offer \$25 for all new members and those who refer new members.

The Credit Union selected the Village Center site to enhance service with more in-person banking options for members in Northern Virginia, explained Chris McDonald, president/CEO of Northwest Federal.

For more information, visit [www.nwfcu.org](http://www.nwfcu.org).

## Correction

In the Dec. 24, 2014 Connection article "How Does She Do It?" the current executive director of The Foundation for Fairfax County Public Schools should be listed as Mike Infurnari.

## BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com) by the Friday prior to the following week's paper.

### THURSDAY/JAN. 8

**ESL Speak and Write for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston.

### TUESDAY/JAN. 13

**ESL Speak and Write for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston.

### WEDNESDAY/JAN. 14

**Wednesday Morning Book Club.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Book discussion group.  
**Start the New Year with Meditation.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Begin the New Year with meditation with Gerry Gorman. Gerry is a long-time meditator who leads popular workshops and seminars on meditation throughout Virginia and the Greater DC region.

## FAITH NOTES

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

**Meditation in Our Daily Lives.** Participants will learn the basic principles of meditation and how to carry the experience of meditation into their daily life. Weekly on Thursdays starting Jan. 15; 7:30-8:30 p.m. at Unitarian Universalist Church, 1625 Wiehle Ave. Reston with teacher Gen Kelsang Varahi, an American Buddhist nun. \$10 (\$5 unemployed, full time students, 65 and older). More at [www.meditation-dc.org](http://www.meditation-dc.org)

Trinity Presbyterian Church, 651

Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or [www.meditation-dc.org](http://www.meditation-dc.org).





*Are We Keeping  
the Promise?*

**RESTON DR. MARTIN  
LUTHER KING, JR.**

# BIRTHDAY CELEBRATION

**January 17 – 19, 2015**



The 30th Annual Reston Dr. Martin Luther King, Jr. Birthday Celebration features Keynote Anna Deavere Smith.

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

- Dr. Martin Luther King, Jr.

Please check out our website [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) for an up-to-date schedule of events, or contact Kevin Danaher, Community Events Director, at 703-390-6166 for more information.

Tickets can be purchased at the CenterStage Box Office. All events are for all ages, unless otherwise noted.

**Saturday, January 17**

## COMMUNITY SERVICE PROJECTS

**9:00 a.m. - 1:00 p.m. • Free**

Southgate Community Center

Contact Ha Brock, Reston Association’s Community Outreach Specialist, 703-435-7986 or habrock@reston.org, to volunteer.

## RESTON COMMUNITY ORCHESTRA

**4:00 p.m. • Free**

RCC Hunters Woods

**Sunday, January 18**

## ART BY RESTON SCHOOLS RECEPTION

**1:30 p.m. • Free**

RCC Hunters Woods

## COMMEMORATIVE MARCH

**3:00 p.m. • Free**

Lake Anne Plaza

## VOICES OF INSPIRATION

**4:00 p.m. • Free**

Northern Virginia Hebrew Congregation  
1441 Wiehle Avenue, Reston

## ANNA DEAVERE SMITH

*Snapshots: Portraits of a World in Transition*

**8:00 p.m. • \$25 Reston/\$50 Non-Reston**

RCC Hunters Woods • the CenterStage

**Monday, January 19**

## ANNA DEAVERE SMITH

*Reclaiming Grace in the Face of Adversity*

## Keynote & Community Lunch

**12:00 p.m. • \$5 Reston/\$10 Non-Reston**

RCC Community Room & the CenterStage

## ESPECIALLY FOR YOUTH

**11:30 a.m. • Free**

RCC Hunters Woods

**Ages 6 - 12 • Reg. Required • #704750-5A**



## RESTON COMMUNITY CENTER

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

