

NoVa Mini Maker Faire Returns to Reston

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NEWS

Bulova Releases 2015 State of the County Address

Despite a projected shortfall of nearly \$100 million facing Fairfax County going into the FY 2016 budget, Board of Supervisors chairman Sharon Bulova remains encouraged by a 2014 that she said was full of accomplishments.

"We can't stop pedaling," she said in a question-and-answer session following a screening of her 2015 State of the County address video. "It becomes increasingly harder, with reduced revenue stream from past years. It just continues to be not easy."

The chairman's half-hour address, released Wednesday Jan. 14, highlights transportation improvements around the county, including the opening Phase I of the Metro Silver Line, two new VRE stations, the Bus Rapid Transit and Metro extension hybrid option being looked at for the U.S. Route 1 corridor and the December opening of the I-95 Express Lanes.

"With our current population at over 1.1 million residents and growing," Bulova said in the address, "Fairfax County is planning ahead when it comes to county services, redevelopment opportunities and transportation options in our community."

Bulova noted the effort to revitalize the housing market through mixed-use urban centers like Tysons Corner, the Mosaic District, Reston Town Center and the new Springfield Town Center.

When asked if the growth has yielded a similar growth in non-residential revenue for the county, Bulova responded that they are seeing "some increase." While some new development buildings aren't full yet, she didn't express a concern for overbuilding.

Fairfax County Public Schools superintendent Dr. Karen Garza appears in the video,



Board of Supervisors chairman Sharon Bulova speaks at the 2015 State of the County Address.

By TIM PETERSON/THE CONNECTION

highlighting the projected growth of the school system to over 200,000 students by 2020, its growing special needs population and academic achievements that "continue to exceed their counterparts in the state."

Garza also noted the adoption of the FCPS "Portrait of a Graduate" set of ideals as part of a long-term strategic plan for the school system that's under development.

"Graduates should leave FCPS knowing how to be a communicator, collaborator, ethical and global citizen, creative and critical thinker, and goal-directed and resilient individual," she said.

FCPS is facing a significant deficit of its own, as Garza outlined in the recent release of her 2015-2016 school year budget.

The county's budget process will advance in February when the county executive Edward Long brings forward an Advertised Budget. Whether residents can expect a property tax increase to cover the county's shortfall, Bulova said, "We'll see what he puts on the table."

The full video of the State of the County address has aired on Channel 16 and can be viewed on the chairman's homepage at <http://www.fairfaxcounty.gov/chairman/>.

WEEK IN RESTON

Human Trafficking: Discussion of the Global Issue

On Saturday, Jan. 24, the American Association of University Women, the National Council of Negro Women, the Giving Circle of Hope and Reston Lions Youth will host a presentation and discussion of an issue affecting our community and, indeed, our planet. The event will be held at the Reston Community Center—Lake Anne. This session follows a presentation last year by Detective Mike Mackey and will focus on specific local as well as global implications of this still growing problem. The program will begin at 10 a.m.

The program will feature a brief documentary, "Not My Life" depicting the dehumanizing practices of trafficking and modern slavery. Susan Conway, of the International Justice Mission who is featured in the film, will address the global dimensions of trafficking. Next, Suzanne Pigg from Shelter House/Artemis in Herndon will briefly address helping local victims. Note: A frequently asked question is "what can I do to help?" Shelter House has a pressing need for new or gently used twin-size sheets, blankets, pillow, towels as well as kitchen or bathroom appliances. Such donations will be greatly appreciated. There will be a closing presentation by the Reston Lions Club on their local activities in the Herndon-Reston area.

Refreshments will be served. All are welcome.



PHOTOS BY REENA SINGH / THE CONNECTION

Fairfax County School Board member Pat Hynes, Hunter Mill District Supervisor Cathy Hudgins and U.S. Rep. Gerry Connolly (D-11) speak at the Dr. Martin Luther King Jr. birthday celebration at Reston Community Center.

The Dream is Alive

Reston Community Center holds annual celebration for MLK holiday.

BY REENA SINGH
THE CONNECTION

Reston Community Center is keeping the dream alive. RCC's annual Hunters Woods luncheon program to celebrate Dr. Martin Luther King Jr. and analyze current issues in racism was held on Monday, Jan. 20, with keynote speaker Anna Deavere Smith's series of monologues showing Restonians how Americans have reclaimed grace in the face of adversity.

"It is an incredible honor to be in a community with a vision like this," said Smith. "There is this idea that we can all be together in a healthy way - like you do in Reston. That's how we keep Dr. King's dream alive."

Smith uses a singular brand of theater to voice - utterance for utterance - monologues she recorded from more than 1,000 Americans that range a variety of topics. For her

performance Monday, she focused on the monologues that show how the speakers reclaimed themselves despite the odds.

She claimed that racism is more complicated today than when segregation was being battled in the 1960s.

"Now we have a different situation today," she said.

One powerful monologue depicts a freshman at Stanford University that remembered losing almost all of her family members during the genocides in Rwanda in a story about two tribes who pitted themselves against each other in the deadliest way. Another depicts Charlayne Hunter-Gault, one of the first two African-Americans enrolled at the University of Georgia, during the riots that followed desegregation.

Her last speech, however, came from Dr. King's "Letter from a Birmingham Jail."

"Some people think that the 'I Have a Dream' speech was his best work," said

Smith.

She noted that the current education system has a long way to go to lessen the gap between the wealthy and the economically disadvantaged.

Fairfax County School Board member Pat Hynes - Hunter Mill - spoke at the lunch about this issue.

"We are a segregated county," she said. "I don't think anyone is doing this on purpose."

She continued, noting that the poorest areas in the county are those that, historically, have been separated for African-American residents.

However, she said education is the best way to pull families out of intergenerational poverty.

"In education, there is hope," she said.

Hunter Mill District Supervisor Cathy Hudgins said the county has made progress but also recognizes the inequities that exist.

"It's in the school system, it's in the number of students not diverted from the justice system," she said. "It's in the poverty we have."

Board of Supervisors Chairman Sharon Bulova talked about her youth during the days Dr. King was starting to make waves. She said before he started making white residents "uncomfortable," she was completely unaware of the community of black residents just down the street from her.

"Is the world a better place than when Dr. Martin Luther King was alive?" she asked. "Absolutely."

However, she said her greatest fear would be the day the Board of Supervisors stops "pedaling," stops moving forward and trying to right wrongs.

U.S. Rep. Gerry Connolly (D-11) said that Dr. King risked everything for his cause.

"He had the moral clarity to understand you cannot silence yourself against a system that is evil," he said.

Reston Phase II Working Draft to be Presented

BY REENA SINGH
THE CONNECTION

The working draft for phase two of Reston's master plan will be presented on Jan. 29.

The second phase focuses on improving residential neighborhoods and village centers.

"I think this is an opportunity to get the feedback that is needed," said Hunter Mill Supervisor Cathy Hudgins.

Community members have been meeting with county Planning and Zoning representatives for the past several months to talk about their hopes and wishes for the village centers that once served as community gathering spaces.

"The amount of time we're spending on it is much simpler than the first half of the master plan," said Hudgins. "We wanted to make sure there was comfort and guidance for the neighborhoods and the village centers."

The meeting will be at the one village center that is not a part of the master plan: Reston Community Center at Lake Anne at 7 p.m.

"We're assuming most of the people have been to other meetings," said Planning and Zoning representative Richard Lambert. "We'll spend most of the time explaining the changes of the working draft."

Questions submitted before the meeting will be addressed. There will also be a question and answer session following the presentation of the working draft.

"The previous meetings were interactive and localized in small groups," he said.

While that method won't be used at the Jan. 29 meeting, he is encouraging community members to continue to submit feedback until the second week in February. Because the staff report for the planning commission needs to be submitted two weeks in advance of the meeting, the community will have only two weeks to send in their feedback about the working draft.



PHOTO CONTRIBUTED

Residents listen to a presentation by the county Department of Planning and Zoning at the Phase II Master Plan meeting in November.

"We hope that we've had enough conversations that the changes won't be significant," said Lambert. Information about the

working draft can be found at <http://www.fairfaxcounty.gov/dpz/reston/documents.htm>.



A sign displaying the logo of Nova Labs at the first inaugural NoVA Mini Maker Faire at Reston South Lakes High School. Last year was the first NoVa Mini Maker Faire, which sold over 3,000 tickets, and helped guide visitors to displays related to technology and engineering.



PHOTO PROVIDED BY NOVA LABS.

The current location of Nova Labs at 1916 Issac Newton Sq. West in Reston. Members of Nova Labs are helping coordinate the upcoming March 15 second annual NoVa Mini Maker Faire which will be held at South Lakes High School and Langston Hughes Middle School.

NoVa Mini Maker Faire Returns To Reston

Tickets available for NoVa Mini Maker Faire at Reston South Lakes High School.

BY RYAN DUNN
THE CONNECTION

A family-friendly showcase of invention and creativity will return to Reston on March 15. Tech enthusiasts and innovators will gather March 15, in Reston as the second annual NoVa Mini Maker Faire meets at South Lakes High School and Langston Hughes Middle School. The original Maker Faire event was

held in San Mateo, Calif., and has since been held in other cities. "We anticipate to have more makers and longer hours," said Jeanne Loveland, one of the coordinators of this year's show.

Last year was the first NoVa Mini Maker Faire, which sold over 3,000 tickets, and more than 300 volunteers helped guide visitors to various displays related to technology and engineering. The success of last year's show has helped in

preparation for the NoVa Mini Maker Faire in March.

According to Brian Jacoby, one of the Faire organizers, the Faire is a showcase of invention, creativity and resourcefulness and a celebration of the Maker movement, the tech-influenced DIY community that is generating new products and services. Faire-goers can participate in workshops, food, performances, and a series of short talks. Attending again this year

will be the D.C. Area Drone User Group, which is dedicated to teaching people to build and operate their own flying robots and promoting positive social applications of civilian drone technology. "Northern Virginia has long been a hotbed for technology, innovation, creativity, and the entrepreneurial spirit," Jacoby said. "The NoVa Mini Maker Faire will bring together a diverse audience of all ages interested in technology, engineering, arts, crafts, food, music, science and sustainability." Last year, faire volunteers gave basic soldering instructing, information on 3D printers, and displayed art made of fiber optic cables. Visitors to last year's faire included Fairfax County Public School faculty, U.S. Rep. Gerry Connolly (D-11), Fairfax County School board member Pat Hynes (Hunter Mill), and Reston founder Robert E. Simon Jr.

be held around the Northern Virginia area. Tickets are available online now. Early bird tickets are available at \$10 for adults and \$2 for children through Jan. 23. Regular tickets are \$15 for adults and \$5 for children through March 14. Tickets at the door are \$20 for adults and \$8 for children. NoVa Mini Maker Faire is independently organized by Nova Labs and is operated under license from Maker Media, Inc. Recently, Nova Labs relocated to a facility at Sunset Hills Road to 1916 Issac Newton Sq West in Reston. The move marks the culmination of three years of continued growth for the non profit organization, which with support from Veatch Commercial Real Estate was founded by 14 makers in 2011 and bootstrapped with no capital.

Sponsors and community partners for this year's Maker's Faire include the Community Foundation of Northern Virginia, Fairfax County Public Schools, Reston Community Center, GEMS, Workhouse Arts Center and Merrill Lynch. Additional sponsorship opportunities for the Faire are still available.

THE 2015 CALL FOR MAKERS is open through Jan. 23 at <http://makerfairenova.com/call-for-makers/>. Makers of all kinds are encouraged to apply. There will be a series of informational meetings for both makers and attendees to

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In 2014 at the Reston NoVa Mini Maker Faire Wind tunnels were set up at the South Lakes cafeteria, and folks demonstrated customized Minecraft programs for kids.

PHOTOS BY
RYAN DUNN/
THE CONNECTION



OBITUARIES

Theresa K. Robinson of Reston Dies

Theresa K. Robinson of Reston, passed away Jan. 3, 2015. She is survived by her daughters Lisa Robinson and Wendy Fox; brother Raymond Konisky Jr.; sister-in-law Lorraine Konisky; nephew Raymond Konisky III; nieces Cindy Konisky and Kathy Mitsin; great-niece Alexandra Konisky and great-nephew Brian Konisky.

Born in 1930, to Raymond Konisky Sr. and his wife Viola, Terry was raised around the family business, Greenwood Dairy in Millbury, Mass., which was founded and operated by her grandfather Anthony Kosciuszko and passed down to two additional generations, during which time the family name was changed to Konisky.

After graduating from Clark University with a BA in English in 1951 she worked throughout the 70s as a substitute teacher at Herndon High and other Fairfax County Public Schools. More re-

cently Terry worked as a Meeting Planner at ASA (American Society of Appraisers) coordinating and attending many meetings around the country from 1988 through 1993.

She was an avid traveler and enjoyed frequent international and domestic travels with friends to the Greek Islands, Egypt, Europe, Majorca, Malta, and Australia to name a few. Terry was an organizer of L.A.R.C. (Lake Anne Readers Club) in Reston for several years as well as a frequent attendee of adult education classes through Osher Lifelong Learning Institute.

Family will receive guests Friday, Jan. 23, 2015 from 5 p.m. until memorial service at 6 p.m. at Adams-Green Funeral Home, 721 Elden St, Herndon.

In lieu of flowers donations may be made to the Arthritis Foundation®(www.arthritis.org).

Information and condolences at www.adamsgreen.com

Sue W. Erickson, 79, Dies

Sue W. Erickson, age 79, of Ashburn, formerly of Reston passed Jan. 14, 2015. Beloved wife of late Robert D. Erickson. Loving mother of Michael (Karen) Erickson of Mont Vernon, N.H., Donna (Ricki) Erickson, of Reston. She is also survived by grandchildren, Devin, Whitney, Maria, Ryan, Mikey as well as four siblings, numerous

nieces and nephews, other relatives and friends. Preceded by eldest daughter Patricia A. Erickson. A service will be held at Culpeper National Cemetery, Culpeper, Va., on Thursday, Jan. 22, 2015 at 11 a.m. Memorial donations are suggested to Herndon-Reston FISH, Inc. (www.herndonrestonfish.org). Information and condolences at www.adamsgreen.com.

Vilma L. Musk, 77, of Reston, Dies

Vilma L. Musk, age 77, died Dec. 7, 2014, in her home in Reston.

She has been a Reston resident for 13 years and is missed by her many friends.

BULLETIN BOARD

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

MONDAY/JAN. 26

NARFE Dulles Chapter 1241

Meeting. 11:30 a.m. Amphora Diner, 1151 Elden Street, Herndon. Speaker: Bill Shackelford, accompanied by Ellie Fusaro, Fairfax County Commission on Aging. Bill Shackelford is currently NARFE's Region 10 Vice President. Ellie Fusaro is an active member of the Dulles Chapter and Outgoing Sunshine Committee Chair. The luncheon entree cost is \$18. This includes tax and gratuity. Make checks payable to NARFE Dulles Chapter 1241 or have exact cash ready. Cash is preferred.

TUESDAY/JAN. 27

INOVA Blood Drive. 12-7 p.m. Reston Town Center, 11900

Market Street, Reston. Schedule appointments at 1.866.256.6372 or inova.org/donateblood. Onsite registration.

ONGOING

Food Addicts in Recovery.

Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

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Baby Steps, Not Enough

Supervisors should take action, not defer to “outside expert,” on absurd and outrageous behavior of police department.

Finally, now that the Fairfax County Police Department has taken stonewalling into the arena of the absurd, the Fairfax County Board of Supervisors has at least said it is time for change. It is a step, but a step that continues the appearance of obfuscation if not outright obstruction. John Geer of Springfield was shot dead inside the doorway of his own home in Springfield on Aug. 29, 2013. Following an argument with his longtime partner, police arrived at Geer’s home and spoke with him for more than half an hour while he stood in his doorway, unarmed, with his hands raised and resting on the frame. As he began to lower his hands, by all accounts still at shoulder level, he was shot in the chest and died in his house without receiving medical attention.

It took more than 16 months, a \$12 million civil suit by Geer’s family and a court order to get the first tiny bit of information on the shooting, which came earlier this month. Police named the police officer who fired the shot that killed John Geer.

The short written statement by Police Chief Edwin C. Roessler Jr. included some very troubling references that appear to blame the

shooting on the fact that Geer was a known gun owner. At least 35 percent of Virginia residents are gun owners; are they all more vulnerable if for some reason police are called to their homes?

Now Board of Supervisors Chairman Sharon Bulova has asked the County Executive to locate “independent expertise in the field of police department operations and, specifically, in the area of policies and procedures with respect to information disclosures in the case of police-involved shootings.”

We agree with Supervisor Pat Herrity, who says: “As elected officials it is our job to make policy, not hire an ‘outside expert’ to do our job for us. ... We currently have the resources of a professional staff at our disposal.” Herrity also notes that the proposal does not contain a provision for public input, and that many county residents have researched this topic and qualify as experts.

A few minutes of research shows, for example, that the National Association of Police Chiefs, for example, has extensive documentation about best practices in a variety of police shooting incidents. (Naming the officer involved after 48 hours is among the recom-

mendations.)

The problem goes beyond Fairfax County, and beyond police shootings.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records “shall be presumed open.” But the legislation includes an exemption that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should, whether the case is open or closed, whether they are about a “police-involved shooting” or information requested by a family about a homicide victim, or even about routine police activity in a neighborhood. Not even defense attorneys or victims of crimes can gain access to actual police reports.

This is about lack of accountability and denying the public access to information that must be made public.

Leaders of police departments here are engaged in serious and significant abuse of power. It’s time for elected officials to represent the public and impose change on those who would hide behind a culture of secrecy.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Building a New Virginia Economy

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

Candidate Terry McAuliffe campaigned on a platform of “building a new Virginia economy.” His theme clearly resonated with voters who elected him and with those who were concerned with Virginia’s sluggish recovery from the Great Recession. Following his campaign closely, I

was impressed with his grasp of the issues and his commitment to resolving them. With his usual exuberance, the Candidate and now Governor made clear that he broadly defines the elements of a new economy. If there was any question remaining about what the Governor views as the new economy, those questions were likely answered in his speech to

a joint session of the General Assembly last week.

Certainly a new economy is about bringing in new business and diversifying the state’s economic interests, especially in light of federal sequestration. In his first year in office the Governor has brought \$5.58 billion in capital investment to the Commonwealth—over twice as much as any previous administration. Sometimes referred to derogatorily during the campaign as a “deal-maker,” his skills are proving invaluable in attracting new and expanded business to the state. He clearly relishes his role as chief salesman for the Commonwealth. As the Governor made clear in his speech, a new economy needs a world-class workforce to support it. He proposed to the legislature that funding for workforce programs be increased and that



the complex and confusing structure of job training programs be streamlined and simplified with more attention to apprenticeship programs and greater transparency and accountability in the system. To ensure that young people are prepared to enter the workforce, the Governor requested that K-12 and colleges and universities be spared from further cuts as the budget is balanced. He also proposed legislation to make daycare safe, to expand preschool education, and to reduce the number of children who go hungry at school. He will give special emphasis to seeing that veterans get jobs.

The Governor describes the new economy as a place where no Virginian would go without access to quality, affordable healthcare. While his definition is supported by policy in about half the states, it is controversial in Virginia where

the General Assembly has refused to accept more than two billion dollars in federal funds to expand Medicaid to cover healthcare needs of the working poor.

Other elements of the governor’s vision of a new economy that I support include diversifying the state’s fuel mix through solar, wind and nuclear power; ensuring the public’s safety with commonsense, reasonable laws to reduce gun violence, sexual violence and domestic abuse; and ending discrimination based on race, gender, religion or sexual orientation. He wants women to be paid equally for equal work and to have their rights protected to make their own healthcare decisions.

Many of his proposals may be threatening to the old establishment in Virginia, but that is alright. Virginia in so many regards needs to move into the 21st century and embrace the global new economy.

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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.

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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, 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.

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 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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RESP-1132773-0013 11/14



OPINION

Ethics Reform Tough in Virginia—Despite McDonnell

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

There is a lot of talk in the media that serious ethics reform could happen in this session of the Virginia General Assembly. Don't count on it! Too many legislators regard special interest gifts as entitlements. While they profess to support limiting "tangible" gifts to a minimal value and more reporting, they fiercely guard their rights to certain gifts which supplement their incomes. I've communicated with some delegates and state senators claiming to favor reform, including Reston Delegate Ken Plum and State Senator Janet Howell, both Democrats. Together they've served over 50 years. Both are respected and are generally progressive, especially Plum. So, what is the problem? Both insist that meals and trips be protected from reform. They indicate no willingness to limit these exceptions. I guess I don't have a problem if, e.g., Dominion Power (Virginia's biggest corporate gifter and major campaign funder to both) wants to take Ken or Janet to an occasional meal at Clydes and spend \$25 or \$30. But, they are more likely to spend \$100 or \$200/person in much fancier settings. And, let's be serious for a minute. Dominion and other corporates who stand to benefit by Virginia legislative action do NOT wine and dine our legislators for humanitarian reasons or to further good government. They do it to curry favor, and influence actions favoring their interests. The only defense I have heard to date is that legislators are so busy they have little time to talk with folks with interest in legislation unless they dine together. If that is the case, why not dine at a Clydes or the Montmartre, and report it. The other gifting

our legislators want to protect is travel. They argue that trips to Turkey or the Far East, for example, can serve a legitimate legislative purpose. Thus, they argue, it should be OK if the benefitting interest pays their travel and associated costs—including meals, of course. I don't think so. If travel serves a legitimate legislative purpose, then it should be justified as such and paid from the legislature's budget. If a trip serves the public interest, it should be paid for by public funds, not by

special interests whose purpose is their own benefit. On occasion, legislators I talk with bemoan their low salaries in the context of conversations about ethics reform and exceptions for meals and travel. Indeed their salaries are very low for the time they really put in: as a Senator, Howell makes only \$18,000/year; and, as a Delegate, Plum makes just \$17,640. These amounts are in the lower one-third for all state legislators. They do make up some lost ground with per diems of \$180 and \$170 respectively—sixth highest in the U.S.

Linking valid complaints about low salaries to discussion of gifts and wanting to protect meal and travel gifting is where the sense of entitlement comes in. The suggestion seems to be that since senator or delegate pay is less than it should be, it is somehow OK to make it up with meals and travel paid for by folks seeking influence. When I suggest instead they take action to research fairer salaries and raise them appropriately, the response is that to do so is to risk jeopardizing all important re-election by voting themselves a raise. Better to be partially indebted to special interests?! This thinking can undermine democracy's foundation. Let your reps know what you think. They need and want your input.

Becoming an Eagle Scout

BY MICHAEL DELILLIO

Andrew DeLillio, a sophomore at South Lakes High School, earned his Eagle Scout on Aug. 13, 2014. Andrew's final Eagle service project, completed March 2014, benefited Mended Hearts Chapter 200 of Northern Virginia. Andrew led a group of community and Troop 1313 volunteers to create more than 110 heart-shaped pillows to be used in Mended Hearts' hospital visiting program. Andrew enjoys learning music by ear and creating rearrangements of music on the piano. He plays soccer and basketball, swims on the summer Reston Glade Swim Team, is a member of Troop 1313, Order of the Arrow, South Lakes High School Science Olympiad and National Society of High School Scholars.

I hope to follow my brother Andrew's path to earn my Eagle Scout. To earn the rank of Eagle Scout, scouts are required to complete 21 merit badges, of which 13 are required merit badges, in addition to completing service hours and projects, being an active member of a Troop, participating in camping trips, holding leadership positions, earning ranks of Scout, Tenderfoot, Second Class, First Class, Star and Life leading to Eagle, board of reviews for each rank and completing a final



PHOTO CONTRIBUTED

Brothers Michael and Andrew DeLillio at their Reston home.

Eagle Scout service project. Earning the rank of Eagle Scout is a significant accomplishment and something to be proud of but most importantly a scout should have fun along the way.

Michael DeLillio is a seventh grade student at Langston Hughes Middle School and a member of Boy Scout Troop 1313 in Reston.

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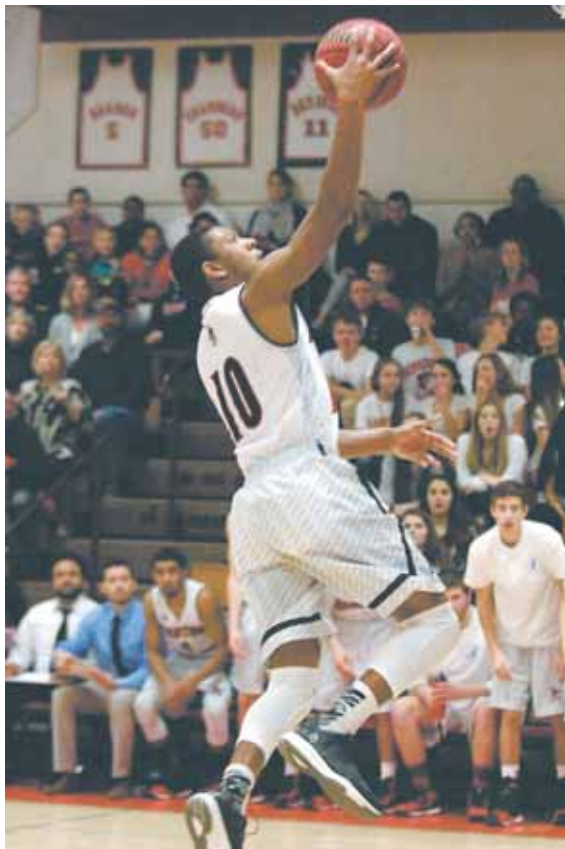


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SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION
Herndon's Keyshawn Hamlin soars toward the basket on Jan. 16 against Westfield.



Herndon sophomore Michael Griffin knocked down five 3-pointers and scored 19 points for the Hornets during a loss to Westfield on Jan. 16.

Turnovers Spell Trouble for Herndon

Hornets fall to Westfield despite 19 points from sophomore Griffin.

BY JON ROETMAN
THE CONNECTION

Michael Griffin apologized to Herndon boys' basketball coach Gary Hall following Friday's game against Westfield.

Griffin, a sophomore guard, shot the lights out for three quarters, knocking down five 3-pointers on his way to a team-high 19 points. However, Griffin felt his contribution to Herndon's 22 turnovers proved costly.

"I would trade all those 3s for [not] turning the ball over," Hall said that Griffin told him after the game. "I felt like my turnovers really cost us the game."

Westfield defeated Herndon 69-56 on Jan. 16 at Herndon High School. However, between Griffin's postgame presentation of maturity and the fact the Hornets trailed by just one point two minutes into the fourth quarter, Hall said he felt good about his team's performance against a Westfield squad that improved to 13-1 and is considered one of the best in the region.

"We're right there," said Hall, whose Hornets fell to 8-6. "If that's the second-best team in the state, the best team in the region, I like where we are. They knew they were in a game and last I checked there was no award ceremony going on out there."

Herndon graduated several key players from last year's Conference 5 championship team that finished one win shy of reaching the state tournament, including Dorian Johnson, Brandon Alston and Kent Auslander. On Friday, it was the sophomore Griffin leading the way for the Hornets.

Griffin knocked down a pair of 3-pointers in the third quarter, with the second tying the score at 38 with 4:42 remaining in the period. However, Griffin did not score in the fourth quarter.

Hall said Griffin will continue to get better as he adds size and strength to his 6-foot-2 frame.

"He did what we expect him to do and what he's capable of doing," Hall said. "He's a real talented player."

When asked what Herndon did well against Westfield, Griffin said: "We did a good job shooting the ball. That was pretty good."

Herndon kept itself in the game with perimeter shooting for three-plus quarters. A 3-pointer by Fawad Rahimyar pulled the Hornets within one at 49-48 with 6:27 remaining. After a Westfield bucket, Herndon's Dupree Monk scored to pull Herndon within one, this time the score was 51-50 with 6:07 left on the clock.

That's where things started to unravel for the Hornets.

Westfield pulled away with a 16-2 run that lasted longer than four minutes, including a stretch of 10 consecutive points. Bulldog guard Blake Francis scored seven points during the run, including a move that shook a Herndon defender so bad he fell to the ground, allowing Francis to drop in a layup.

Francis and Tyler Scanlon each scored 17 for Westfield. Jacob Williams finished with 12 points and Patrick Lawless added 11.

Chris Kucik scored nine points for Herndon. Keyshawn Hamlin and Amit Gattadahalli each scored eight points, and Trevon Wright and Monk each had six.

Herndon connected on nine 3-point attempts.

Herndon faced Centreville on Tuesday, after The Connection's deadline. The Hornets will travel to face Oakton at 7:30 p.m. on Friday, Jan. 23.

"We allowed one turnover to turn into another turnover, into another turnover," Hall said.

It's tough to stop that."



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Junior guard Marty Gryski, left, and the South Lakes boys' basketball team lost to Fairfax on Jan. 15.

South Lakes Boys', Girls' Basketball Fall to Fairfax

The South Lakes boys' and girls' basketball teams each lost to Fairfax during a home double-header on Jan. 15.

The South Lakes boys' team fell by the score of 66-50, giving the Seahawks three losses in a five-game stretch following a 6-1 start. The following night, standout guard and Northeastern commit Brandon Kamga returned to the lineup and scored 20 points during a win against Langley.

The South Lakes girls' team lost to Fairfax, 52-38, and fell to Langley, 53-39, the following night, giving the Seahawks a three-game losing streak. South Lakes, led by Penn commit Princess Aghayere, won the Conference 6 title last season.

The South Lakes teams faced McLean on Tuesday, after The Connection's deadline. The teams will face Washington-Lee at 7:30 p.m. on Friday, Jan. 23 — the boys' team at home and the girls on the road.



South Lakes senior captain Princess Aghayere shoots against Fairfax on Jan. 15.

Herndon's Stone, Palacios, Duke Earn All-State Honors

Herndon field hockey players Taylor Stone, Sofia Palacios and Alexis Duke earned VHSL all-state honors for Group 6A following the 2014 season.

Stone, a senior midfielder, and Palacios, a senior forward, were named first-team all-state. Duke, a senior defender, earned second-team honors.

The trio helped Herndon win the Conference 5 championship and reached the 6A North region semifinals, falling one win shy of the state tournament.

Squash Tournament Coming to McLean

A junior squash tournament will be held at The McLean Racquet and Health Club Feb. 13-15.

Registration deadline is Feb. 10.

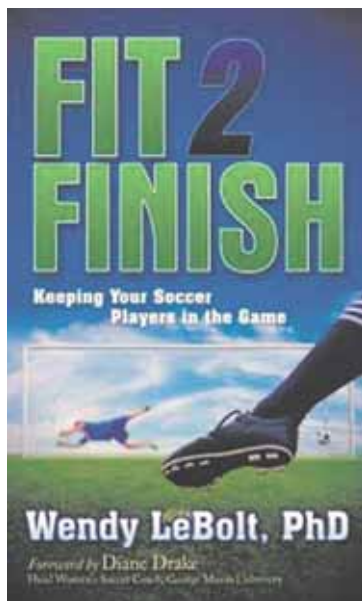
It's a silver tournament, which is recommended for those players who have finished in the upper half of a bronze tournament.

Age groups for boys and girls include U11, U13, U15, U17 and U19.

Early registration fee is \$95. Registration after the deadline is \$110. Register online at ussquash.com/tournaments or contact Hunt Richardson at hunt@jahangirsquash.com or by calling 202-365-1526 for more information.



PHOTOS CONTRIBUTED



“Fit 2 Finish” author, coach, consultant and speaker Wendy LeBolt gives some instruction to a girls youth soccer team.

Fit 2 Finish

Herndon woman ups her game with book on proper training for young athletes.

BY ANDREA WORKER
THE CONNECTION

According to Wendy LeBolt, Ph.D., in her new book “Fit 2 Finish – Keeping Your Soccer Players in the Game” the cycle of success boils down to “Develop – Balance – Observe – and repeat” to keep our young athletes fit and on the field, and taking their sport as far as their interest and skill can take them. Herndon resident LeBolt has some real skin in the game of soccer – literally. She’s played it at several levels. She’s coached it – holding the E and F coaching licenses through U.S. Youth Soccer. She’s studied it. Her daughters play it. But even with all that life experience, LeBolt (like many others, who perhaps still do), used to believe that young soccer players could become fit by simply playing the game. After all, she reasoned, “the game puts all the right demands on them. It’s the most specific training they can get, right?”

THEN SHE STARTED noticing all of the injuries. All of the knee braces, kids on the sidelines with crutches and kids limping about on the pitch. More research and she discovered that the rate of injuries, especially for girls and in particular anterior cruciate ligament (ACL) injuries was being called epidemic. Parents from some of those teams that she observed started asking her to help. Why ask LeBolt? Well, aside from all that personal experience and vested interest in the health and

safety of her own young daughter-players, she also brings more credentials to the field than any coach has strategies in his or her playbook.

Starting with a bachelor’s in Biology from The College of William and Mary, adding an MEd in Exercise Science from The George Washington University (GWU), then impressively topping off with a Ph.D. in Physiology from the Medical College of Virginia, LeBolt has also been on the GWU faculty, teaching Human Anatomy and Physiology, Kinesiology and Exercise Physiology there from 1991 to 1999. She also practices privately as an Exercise Physiologist. So it should come as no surprise that she accepted this next challenge. She started what she calls her “rescue mission” by asking a few basic, but far-reaching questions: Why are so many kids getting injured? Why are so many dropping out of sports? How do you get and keep all kids playing? What can you do to help those who want to play hard and compete further? How can you prepare kids, whole body and mind, for what the game – or any sport – asks of them? Those questions, and the answers that LeBolt continues to develop, led to the formation of her company, Fit2Finish, LLC, incorporated in 2005.

The company specializes in designing sport-specific, age-appropriate and engaging training to improve the young athletes’ performance, and more importantly, help prepare their bodies for the demands of their sport and reduce

the risk of potentially debilitating injuries. For years, LeBolt has been working with coaches, parents and youngsters in group and individual settings and presenting seminars and workshops from injury prevention to proper nutrition for the athlete, conditioning, and even tips for parenting the champion athlete and how to incorporate fitness into the lives of today’s busy families. There is even a “Gap Care” program designed to help the sidelined athlete return from serious injury. The training programs, seminars, workshops and individual assistance evolved to include a weekly blog, an informative website, a Facebook page, and links to videos demonstrating some of the training techniques and exercises that LeBolt recommends or has developed to meet specific needs and circumstances. Considering that she has hundreds of articles and columns with her by-line, and writes weekly for Soccerwire.com, it seemed the natural next step to condense a wealth of information into the handbook “Fit 2 Finish – Keeping Your Soccer Players in the Game.” Published in late 2014, LeBolt’s “trainer’s manual” just had its official launch. But don’t expect any fanfare to accompany its arrival. As LeBolt said, “It’s not about the book, but what’s in it. That’s what’s really important.”

THE SCIENCE AND THE METHODOLOGY outlined in the book and practiced as part of the Fit2Finish mantra, have earned numerous ringing endorsements, including that of the author of the book’s foreword, Diane Drake, head women’s soccer coach. Fit2Finish, LLC, serves the greater D.C. Metro area, specializing in soccer, basketball, volleyball and lacrosse training. On the website Fit2Finish.com there is LeBolt’s book, blog, training videos and links to additional resources.

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Friday, March 6, 2015

The Ritz-Carlton, Tysons Corner



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CALENDAR

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

THROUGH SATURDAY/JAN. 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. 22

Meditation in Our Daily Lives. 7:30 p.m. Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Participants will learn the basic principles of meditation and how to carry the experience of meditation into their daily life. \$10 (\$5 unemployed, fulltime students, 65 and older). www.meditation-dc.org

FRIDAY/JAN. 23

Friday Night Rock 'n' Skate. 8 - 10 p.m. Reston Town Center, 11900 Market Street, Reston. Live DJ & music, games & prizes. restontowncenter.com/skating

Environmental Film: The City Dark. 7 - 9 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. After moving to New York City from rural Maine, filmmaker Ian Cheney asks: "Do we need the dark?" Exploring the threat of killer asteroids in Hawaii, tracking hatching turtles on the Florida coast, and rescuing injured



Christine Carter, Kathy Olhaber and Wilson Paine in Reston Community Players' whodunit "Rehearsal for Murder," running Jan. 16-31 at Reston Community Center, 2310 Colt Neck Road, Reston. Audiences are invited to test their wits as they enter a world of backstage drama where nothing is as it appears - or is it?

birds on Chicago streets, Cheney unravels the implications of a globe glittering with lights. Co-sponsored by Friends of Reston. Reservations required by Jan. 20. \$5 suggested donation. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

SATURDAY/JAN. 24

No Leaves, No Secrets. 11 a.m. - Noon Walker Nature Center, 11450 Glade Drive, Reston. All ages. With leaves off the trees and the forest plants dormant, many of the secrets of the forest are revealed. Take a short hike in search of bird and squirrel nests, fox dens, snow fleas, and other forest secrets that you can only glimpse during the winter. Reservations required by Jan. 21. \$5/person RA members, \$7/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Rock 'n' Skate. 11 a.m. - 1 p.m. Reston Town Center, 11900 Market Street, Reston. Live DJ & music, games & prizes. restontowncenter.com/skating

SUNDAY/JAN. 25

World War I Centennial Lecture Series: "War without End: The Postwar Years."

2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Presented by Dr. Harry Butowsky.

TUESDAY/JAN. 27

Zoe Mulford and Brad Yoder. 6 p.m. Amphora Diner Deluxe, 1151 Elden Street, Herndon. Zoe Mulford is an American songwriter that presents evocative, beautifully crafted and endlessly varied music. She backs her clear voice with guitar or claw-hammer banjo and intersperses her own songs with American and British folk ballads and Appalachian banjo tunes. Brad Yoder's unique mix of humorous, poetic, political, and edgy original songs covers a musical range from folk to indie rock (with unexpected musical and lyrical twists) and has earned him a loyal following of all ages. These two talented singer-songwriters perform magnificently independently, yet know each others' work and will bring to Reston-Herndon an evening that promises to delight the audience.

Tickets: DAHurdSr@cs.com
\$10 Members, \$11 Non-members.
restonherndonfolkclub.com.

THURSDAY/JAN. 29

Meditation in Our Daily Lives. 7:30 p.m.

Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Participants will learn the basic principles of meditation and how to carry the experience of meditation into their daily life. \$10 (\$5 unemployed, fulltime students, 65 and older). www.meditation-dc.org

FRIDAY/JAN. 30

Paper Making. 10:30 - 11:30 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 to 12. Since ancient Egyptian times, people have been making paper for both artistic and practical purposes. Discover how to make your own recycled paper and learn how to use it in future craft projects. This is a perfect way to enjoy your day off from school. Reservations required by January 27. Fee: \$7/child RA members · \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

ONGOING

LRA Displays "Changing Colors." Through Friday, Jan. 9. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art, and photography. Free. www.leagueofrestonartists.org.

Free Comedy Showcase. Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston.

Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

Family Fun Entertainment Series. Saturdays 10-10:45 a.m., at Reston Town

Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.

Movies and Mimosas. Saturday and Sunday 11 a.m., at Reston Town Center, 11940 Market St., Reston. Showings in the morning; look up showings online. www.bowtiecinemas.com.

Smart Markets. Wednesdays 3-7 p.m., Smart Markets at 12001 Sunrise Valley Drive, Reston. Smart Markets is a producer-only farmers' market that offers food and live music from local jazz group, devoted to supporting local economy and a healthier environment. For more information visit, facebook.com/smartmarketsreston, twitter.com/smartmarkets and www.smartmarkets.org.

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

TGIF Free Fridays. 5-7 p.m., at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. An evening of family art making and storytelling. 703-471-9242 or www.restonarts.com.

Insomnia Theater. Friday and Saturday 11:30 p.m., at Reston Town Center, 11940 Market St., Reston. Look up showings online. www.bowtiecinemas.com.

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Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is February 18.

Four Reston Scouts Earn Eagle Rank

Four local boys who became Cub Scouts together 11 years ago were recognized recently for achieving the rank of Eagle Scout, the highest advancement award the Boy Scouts of America offers to Scouts. Troop 1313, chartered by Sunrise Valley Elementary School PTA in Reston, held a quadruple Eagle Court of Honor to recognize seniors Vijay Iyer, Tom Joyner, Jonathan Lee, and Charlie Quinn on Jan. 7.

The Eagle Scout rank is a performance-based achievement that requires the Scout to earn at least 21 merit badges and demonstrate ideals of character, service, and leadership, including organizing and leading an extensive service project. Fewer than five percent of Boy Scouts nationwide attain this illustrious rank.

On their way to achieving the Eagle rank, the boys collectively performed more than 466 hours of service to the community:

Iyer, a senior at South Lakes High School, led the construction and placement of three turtle basking platforms in Lake Audubon. The turtles now have a safe place to bask and can be seen there regularly on sunny days. His project beneficiary was the Reston Association. Iyer is the son of Ravi and Anu Iyer.

Joyner, a senior at Thomas Jefferson High School, led the construction of a compost bin and installation of deer fencing around a community garden being built at his church. His project beneficiary was Trinity Presbyterian Church in Herndon. Joyner is the son of Vernon and Kathy Joyner.

Lee, a senior at South Lakes High School, led the repair of pathways in one of the Reston community gardens. His project beneficiary was the Reston As-



Powhatan District Eagle Advisor Stephen Housley (left) joins Troop 1313 Scoutmaster Vernon Joyner (right) to congratulate Eagle Scouts (from left) Vijay Iyer, Charlie Quinn, Tom Joyner, and Jonathan Lee.

sociation. Lee is the son of John and Jean Lee.

Quinn, a senior at South Lakes High School, led the removal of kudzu from the banks of the W&OD Trail at its intersection with Gallows Road. In addition to removing an invasive plant, this also improved sight lines and led to a safer environment for trail users and vehicular traffic at that point. His beneficiary was the W&OD Regional Park. Quinn is the son of Beth Sabbath and Tim Quinn.

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetime by instilling in them the values of the Scout Oath and Law. Since its chartering in the late 1980s, Troop 1313 has had 80 Scouts earn the rank of Eagle. While Sunrise Valley Elementary is undergoing renovations, the troop meets at Langston Hughes Middle School on Wednesdays at 7:30 p.m. For more information, visit www.troop1313.org or email troop1313information@gmail.com.

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CALL FOR BOARD CANDIDATES

2015 Reston Association Board of Directors Election

Are you interested in making an impact on the future of Reston? Then consider running for the Reston Association (RA) Board of Directors.

Four seats on the Board of Directors will be open in April 2015:

- Two At-Large Directors
- North Point District Director (one year term)
- South Lakes District Director

Candidacy forms must be filed by 5 p.m., Friday Jan. 30, 2015. Forms and other election information can be found online at www.reston.org.

Details or questions, send an email to ElectionsCommittee@reston.org or call 703-435-6570.



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Seasonal Seven Dwarfs

By KENNETH B. LOURIE



Sneezy, Coughy, Phlegmy, Stuffy, Achy. No-Sleepy and Post-Nasal Drippy; and no Doc, which is possibly what led to this column being written. To tell you the truth – and I always do – if I didn't have stage IV, non-small cell lung cancer, I wouldn't have given these symptoms a first thought, let alone a second one. But since I do have cancer and it's mostly all I think about; as much as I tried to pretend otherwise and consider these symptoms unrelated, my lungs/breathing did seem to be affected.

And so after 10 days or so of coughing, then full-blown "colding" and back to coughing again, I acquiesced and scheduled an appointment with my Primary Care physician. After asking me the usual and customary how-I-feel questions – which did not prompt an OMG-type reaction from my doctor, he next unwrapped his stethoscope from around his neck and approached me to listen and presumably learn. He placed his stethoscope on my upper back and then on my chest and of course asked me to "breathe in," and "breathe out," repeatedly. Apparently, he heard nothing of consequence. No indications to warrant a chest X-ray, he said; no suspicious sights or sounds to further investigate. As he summarized his assessment: "It's winter," which I correctly understood to mean my symptoms were not cancer-related, I exhaled in relief, smiled widely and thanked him for the reassurance. Then he put his hand on my shoulder and said: "Nothing to worry about." A few minutes later, I left his office with a precautionary prescription for cough medicine and four days of antibiotics; completely normal protocol, lung cancer notwithstanding. But it didn't stop me from worrying. Cancer sort of has an intent of its own.

And that's the problem, underlying and overlaying. Everything I say or do or think or write is filtered – unconsciously anymore, through the prism of my being originally diagnosed with a "terminal" form of cancer. If ever there was a disconnect between symptoms, feelings, mortality, etc.; well, there isn't anymore. We're (cancer and I) not exactly one big happy family, but we are all living together under one roof, residing in one head; mine, mostly. I've had better roommates, that's for sure. Unfortunately, this is one I can't simply ask to leave.

Usually, I can manage, except when there's a blip, something not typically seen or felt on my emotional radar. This most recent bout with the symptoms I've described, completely normal and expected almost at this time of the year, probably should not have been neglected by yours truly for as long as they were (seven to 10 days). Sometimes, fear has a way of affecting your better judgment, though. In retrospect, I certainly should have acted sooner. Hopefully, I've learned my lesson. Next time, I won't ignore the "seasonal seven dwarfs." I was lucky this time. Life is not a fairy tale. Pretending otherwise could be grim.

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

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OBITUARY

Sue W. Erickson, age 79, of Ashburn, formerly of Reston passed January 14, 2015. Beloved wife of late Robert D. Erickson. Loving mother of Michael (Karen) Erickson of Mont Vernon, NH, Donna (Ricki) Church of Ashburn, Jerry (Nancy) Erickson, of Reston. She is also survived by grandchildren, Devin, Whitney, Maria, Ryan, Mikey as well as four siblings, numerous nieces and nephews, other relatives and friends. Preceded by eldest daughter Patricia A. Erickson. A service will be held at Culpeper National Cemetery, Culpeper, VA on Thursday, January 22, 2015 at 11:00 a.m. Memorial donations are suggested to Herndon-Reston FISH, Inc. (www.herndon-restonfish.org) Information and condolences at www.adams-green.com

OBITUARY



Theresa K. Robinson

Of Reston, VA, passed away January 3, 2015. She is survived by her daughters Lisa Robinson and Wendy Fox; brother Raymond Konisky Jr.; sister-in-law Lorraine Konisky; nephew Raymond Konisky III; nieces Cindy Konisky and Kathy Mitsin; great-niece Alexandra Konisky and great-nephew Brian Konisky. Born in 1930, to Raymond Konisky Sr. and his wife Viola, Terry was raised around the family business, Greenwood Dairy in Millbury, MA which was founded and operated by her grandfather Anthony Kosciuszko and passed down to two additional generations, during which time the family name was changed to Konisky. After graduating from Clark University with a BA in English in 1951 she worked throughout the 70's as a substitute teacher at Herndon High and other Fairfax County Public Schools. More recently Terry worked as a Meeting Planner at ASA (American Society of Appraisers) coordinating and attending many meetings around the country from 1988 through 1993. She was an avid traveler and enjoyed frequent international and domestic travels with friends to the Greek Islands, Egypt, Europe, Majorca, Malta, and Australia to name a few. Terry was an organizer of L.A.R.C. (Lake Anne Readers Club) in Reston for several years as well as a frequent attendee of adult education classes through Osher Lifelong Learning Institute. Family will receive guests Friday, January 23, 2015 from 5:00 p.m. until memorial service at 6:00 p.m. at Adams-Green Funeral Home, 721 Elden St, Herndon, VA. In lieu of flowers donations may be made to the Arthritis Foundation (www.arthritis.org). Information and condolences at www.adamsgreen.com

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This pain-free, non-surgical approach works by stimulating the body's natural healing processes, providing pain relief and

reducing injury damage. This leading edge technology has an impressive success rate of returning patients to work, sports and competitive activities, as well as everyday life.

Patients treated with the Cold Laser often show a higher level of function, both during and after the treatment period. The therapeutic laser provides a tremendous alternative for those facing surgery.

Could This Non-Invasive, Natural Treatment Be The Answer To Your Knee Pain?

For the First 25 Callers Only, I'm running a very special offer where you can find out if you are a candidate for Cold Laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call and here's what you'll get...

- An in-depth consultation about your problem where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

The First 25 Callers Only can get everything I've listed here for only \$35. The normal price for this type of evaluation is including x-ray \$250, so you're saving a considerable amount by taking me up on this offer.

Remember what it was like before you had knee problems; when you were pain free and could enjoy everything life had to offer? It can be that way again. Don't neglect your problem any longer – don't wait until it's too late.

Here's what to do now:

Due to the expected demand for this special offer, I urge you to call our office at once. The phone number is 703-444-4141.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Tell the receptionist you'd like to come in for the Knee Evaluation.

Our office is located at 20 Pidgeon Hill Dr., Ste. 102, in Sterling, VA.



**Yours in Good Health,
Dr. Charles Arndt, D.C.**

**P.S. Now you might be wondering...
"Is this safe? Are there any side effects or dangers to this?"**

The FDA cleared the first Cold Laser in 2002. This was after their study found 76% improvement in patients with pain. Their only warning – don't shine it in your eyes. Of course at our office, the laser is never anywhere near your eyes and we'll give you a comfortable pair of goggles for safety. Don't wait and let your knee problems get worse, disabling you for life. Take me up on my offer and call today, 703-444-4141.

Here's What One of Our Patients Had to Say...

"I first visited Dr. Arndt because...I was virtually immobile. I have since regained fully mobility. I can do housework, yard work and exercise with zero pain/discomfort, and with full confidence that...(I'm) now strong and stable! Thanks!" -F.



**A Non-Surgical,
Non-Invasive
Knee Pain
Treatment
Now
Available!**

CALL TODAY TO SCHEDULE YOUR \$35

**KNEE PAIN EVALUATION
(\$250 VALUE) AVAILABLE TO THE FIRST 25 CALLERS!**

www.ChiropracticAndWellness.com | 703-444-4141

**Chiropractic Health & Wellness Center
20 Pidgeon Hill Dr., Ste. 102, Sterling, VA**

FEDERAL AND MEDICARE RESTRICTIONS APPLY.