

South Lakes Wins Conference Championship

SPORTS,
PAGE 12

South Lakes High School's 4x400 girls relay team, from left: Devyn Jones, Claire Nieusma, Jessica Lister and Golden Kumi-Darfour.



Lake Anne
Proposal Deferred
NEWS, PAGE 3

Fairfax Connector
To Connect
Even Better?
NEWS, PAGE 7

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Lake Anne Proposal Deferred

**New public hearing
for apartment
redevelopment
set for Feb. 17.**

BY REENA SINGH
THE CONNECTION

The county Board of Supervisors hearing on the zoning for the future Lake Anne Crescent Apartments was deferred last week.

Because of a problem with Lake Anne Development Partners LLC's affidavit, the public hearing was moved to Feb. 17.

"We will have a public hearing on the case," said Hunter Mill Supervisor Cathy Hudgins. "I hope we have had enough thoroughness with the plan."

She said the zoning case - including the parking waiver - will move forward from the public hearing.

Lake Anne Plaza was the first community that founder Robert Simon built under his New Town concept. More recently, businesses have been struggling and moving out due to the lack of foot traffic in the colder months.

Lake Anne Development Partners LLC is

a group comprising more than a dozen companies to create a vision of a Lake Anne that would thrive. The Crescent Apartments are a part of Phase I of the project that is expected to be redeveloped later this year.

"A portion of the existing Crescent Apartment will be redeveloped with two mid-rise buildings housing 165 affordable housing units. There will also be 11 traditional townhomes and 44 back-to-back townhomes during this phase," according to the LADP LLC website.

"The Lake Anne redevelopment has been many, many years in the making," said Reston Association Board of Directors President Ken Knueven. "Reston Association and its members have been involved since the beginning in the planning and design of the application, and while not without some controversy, RA fully supports the effort. This support is obviously conditioned on acceptance of the proffers between LADP and RA."

He said the work between LADP and RA was a test case of a new process RA hopes flourishes - making sure there is an internal process companies go through when changing aspects of Reston's landscape. Knueven said the developers committed to many meetings, listened to the community's suggestions and incorporated those suggestions in their plans.

"The Reston Association supports this revitalization plan for Lake Anne - the place



PHOTO BY REENA SINGH / THE CONNECTION

The county Board of Supervisors quickly deferred the public hearing for the Lake Anne Crescent Apartments during the last portion of the all-day Jan. 27 meeting.

where it all started, and as Reston gets poised for its second round of growth, the place where it will start again," he said.

More information closer to the Feb. 17

meeting will be available at <http://www.fairfaxcounty.gov/government/board/meetings>. The proposal can be currently found in the Jan. 27 board package.

Referendum for Land Purchase

**Former Reston
Visitor Center
property could be
bought back.**

BY REENA SINGH
THE CONNECTION

A referendum for a parcel of land north of the Dulles Toll Road is being put forth by Reston Association.

The parcel, owned by Tetra Properties, will be sold to Reston Association after a voting process that ends in May.

"It seems to be a good way to get control of a property that, over time, can be subjected to a lot of pressure as the surrounding areas around it develop," said Lake Anne-Tall Oaks Director Eve Thompson.

The vote to have the parcel of land, located at 11450 Baron Cameron Ave., decided by a referendum was passed unanimously at the Jan. 22 Board of



PHOTO BY SEAN BAHAMAM

Reston Association Board of Directors will give Reston property owners a chance to vote - via referendum - on the purchase of land north of the Dulles Toll Road.

Directors meeting.

The land, before owned by Tetra and used as an office area, was the former site of the Reston visitor center. Cate Fulkerson said the green space surrounding the building on site would be useful - and that RA can find a use for the building itself.

The current cost of the land is undetermined. "What we seek is a comprehensive plan designation which is the same that the property was used for," said Attorney John McBride, Odin, Feldman & Pittleman.

Only property owners can vote in the referendum.

According to Fulkerson, RA CEO, the schedule for the public hearings and information follows:

• Feb. 9: Special meeting for board to vote on the referendum and fact sheet wording. Notices for public hearings will be posted.

• Feb. 26: Public hearing at the RA meeting room.

• March 16: Finalize record eligibility list for those who can vote in the referendum.

• March 26: Public hearing at the RA meeting room.

• April 13: Ballots to be mailed to property owners.

• May 8: Latest ballots can be returned to RA office.

• May 11: Results of referendum posted.

Board member and treasurer John Higgins said the schedule is ambitious but doable.

"Let's put as much information out there to the membership as we possibly can," he said.

For updated information on meetings, visit <http://www.reston.org>.

OBITUARY

Aphrodite S. Hero, 87. Dies

Aphrodite S. Hero, 87, a Washington, D.C. arts and education activist since settling in this area in the 1950s, died peacefully on Feb. 1, 2015 in Charlotte, N.C. She was a 45-year resident of Alexandria and a 10-year resident of Reston.

Mrs. Hero, a native of New York City, graduated from Columbia University and pursued graduate studies at NYU and George Mason



Aphrodite S. Hero

Board of Directors of the National

University.

After moving to the Washington area, Mrs. Hero became very active in the local communities. Mrs. Hero was a member of the

Symphony, Wolf Trap Associates, Virginia Chamber Orchestra, and the George Mason University Board for the Center for the Arts. She was past president of the Women's Committee for the NSO, and past vice-president of the American Association of University Women, Mount Vernon Branch. Mrs. Hero was also a member of the Capital Speaker Club, Salvation Army Women's Auxiliary, Tri

Delta Alumnae Association and the Arts League of Washington.

Mrs. Hero is preceded in death by her husband of 48 years, The Hon. Sophocles A. Hero.

She is survived by her son Gregory (Susan) of Cornelius, N.C., four grandchildren (Andreas, Nicole, Devon and Keenan), and brother, James Santos (Ruth) of Stowe, Vt.

In lieu of flowers, contributions

may be made to the National Symphony Orchestra Education Scholarship Fund, the Wolf Trap Education Fund or the Lombardi Cancer Center.

The funeral service will be held at the Saint Katherine Greek Orthodox Church in Falls Church, on Monday, Feb. 9, 2015, at 11 a.m. with a burial service to be followed, at the Columbia Gardens Cemetery in Arlington.

Reston International Center Changes Hands

American Real Estate Partners and Square Mile Capital Management LLC announced on Feb. 2 they acquired the Reston International Center, a 15-story building from JBG Companies. The property is a 179,000 square foot office building located at 11800 Sunrise Valley Drive. In recent years, mixed-use development has taken place around the office tower, including JBG's Reston Heights. AREP acquired the 179,000-square-foot building from JBG affiliate RIC LLC for \$35 million, or about \$195 per square foot.

Reston Heights includes The Mercer Condos, The Westin Reston Heights Hotel and office space. The area is about to undergo an expansion that will add about 400 more residential units and 95,000 square feet of retail to the development.

The International Center and Reston Heights is within walking distance of the new Wiehle-Reston East Metro station and the future Reston Parkway Metro station. In the deal with AREP, JBG retains its stake in the rest of that planned development, which is slated to include 400 multifamily units and 95,000 square feet of retail space. The Reston Parkway Metro station is scheduled to begin operating in 2018.



PHOTO COURTESY OF AMERICAN REAL ESTATE PARTNERS

Reston International Center, a 15-story building has been acquired by American Real Estate Partners and Square Mile Capital Management LLC in February.

"Reston International Center presents American Real Estate Partners with a remarkable opportunity to renovate and reposition an iconic asset at the epicenter of one of the most vital mixed-use communities being developed along the Toll Road," American Real Estate Partners President Brian Katz said in a statement. "Reston, fueled by the coming completion of the Silver Line stations through Fairfax and Loudoun Counties, will continue to be a magnet for growing companies that value access to highly educated employees, exceptional transportation options and all of the amenities and infrastructure of Reston Heights and nearby Reston Town Center."

— RYAN DUNN

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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.**

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, 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.

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For more detailed information, please read the Prescribing Information.

usmg-mk7243-sb-1404r000

Revised: 04/2014

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Fairfax Connector to Connect Even Better?

Proposal promises better connections with route changes.

By REENA SINGH
THE CONNECTION

Fairfax County Department of Transportation is working on a better system of buses for the Reston and Herndon area.

Representatives from the county transportation team held a public hearing on route changes for the Fairfax Connector on Jan. 28 for a small audience at the Reston Community Center in Lake Anne.

"We need to improve on-time performance," said presenter Nick Perfili. "We understand that. We're grateful for everyone's patience."

He said bus ridership to the new Wiehle-Reston East Metro Station will be available earlier in the day so commuters can get to work on time.

Additionally, RIBS 5 and Route 937 will be combined to improve

connections while reducing duplication.

Improved connections and simplified service will also be available on Route 937.

RIBS 5, a bus route that extends to Herndon, will offer new daily service between Reston Town Center and Harbor House. Additionally, earlier weekday eastbound service will bring commuters to the Silver Line Metrorail station even earlier.

"This is the route that goes into Herndon, but got split from RIBS 4 in 2009," said Perfili.

Several of the changes were to simplify routes. Some stops switched route numbers depending on the day of the week and the time, but Perfili said it just caused confusion and brought lower numbers of commuters to those routes.

For one neighborhood, however, the changes would mean the residents would not be able to catch the bus near their house.

"I see you're trying to improve service," said Reston resident Shirley Lee. "I catch the bus on Lake Newport, and people in that branch will be impacted by non-service on rush hour weekdays and

nonservice on the weekends. I'm not happy for me and my neighbors."

She said because of the change of the route's hours, her neighbors may experience less convenience and a dropped value - possibly - on their homes.

"For the people that ride, our needs are being minimized," she said. "We feel like stepchildren. It's not a good feeling."

Another Reston resident, Curtis Clinton, mentioned he was a bus driver for New York City and most recently for Fairfax County Public Schools. He said a "spaghetti map" like the ones done for the Metro stations, should be made in order to reduce confusion for commuters who do not use the service often.

"We don't know where the buses go," he said.

Tom Biesiadny, FCDOT Director, said the changes will not require additional resources or funds - they will be reallocated if approved by the county Board of Supervisors around late spring. Once approved, he said implementation could begin as early as late May.



PHOTO BY REENA SINGH / THE CONNECTION

Nick Perfili and Tom Biesiadny with Fairfax Department of Transportation presented information during a public hearing about new Fairfax Connector proposals on Jan 28.

"Periodically, we like to look at our buses and services," he said. "We want to make these proposals to provide more reliable ser-

vice."

Comments about the plan can be made by emailing fairfaxconnector@fairfaxcounty.gov.

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OPINION

No Justification for Secrecy, Delay on Geer Shooting

Everything about this case erodes public trust and demonstrates police departments should not be allowed to apply “blanket” exemptions to release of information.

After waiting 17 months for any information about the investigation into the shooting death of John Geer, the information released last week is deeply troubling.

Fairfax County Police officer Adam D. Torres shot and killed John Geer of Springfield inside the doorway of his own home in Springfield on Aug. 29, 2013. Police were called to Geer's home following Geer's argument with his longtime partner. Police 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 when police named the officer who fired the shot that killed Geer.

On Friday, Jan. 30, 2015, in response to a court order, Fairfax County released more than 10,000 pages of documents about the shooting and the investigation.

We now know that investigators learned on

the same day Geer died, Aug. 29, 2013, that at least five witnesses including the police officer actually talking to Geer at the instant he was shot, disputed Torres's version of events. Torres said Geer suddenly dropped his hands to his waist; none of the other witnesses saw Geer's hands move below his head.

EDITORIAL

On the day of the shooting, investigators and prosecutors had compelling information to take to a grand jury. Instead, after a long period of silence, obstruction and obfuscation, the investigation was turned over to the Justice Department, where there is no timetable for resolution (and no adequate explanation for punting the investigation to the feds).

Without the Geer family lawsuit and the court order to turn over documents as part of discovery, the public might never know what really happened that day.

The question of accountability for what happened remains.

As we have said many times, the problem goes beyond Fairfax County, and beyond police shootings.



520 days

It took a court order and 520 days after Fairfax County police officer Adam D. Torres shot and killed John Geer of Springfield for basic information about what happened that day to be released. The public now knows what investigators learned on the same day Geer died, Aug. 29, 2013, that at least five witnesses including the police officer actually talking to Geer at the instant he was shot, disputed Torres's version of events. Torres said Geer suddenly dropped his hands to his waist; none of the other witnesses saw Geer's hands move below his head.

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.

It's past time for change.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

COMMENTARY

Clash of Ideas and Ideals

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

As the General Assembly nears its midpoint for consideration of proposed legislation, the fissures of differences among the many stakeholders who have interests before the law-making body become evident. The clash of interests is much more complex than House v. Senate, Republicans v. Democrats, or rural v. suburban. Differences in ideas and ideals make compromise challenging.

Last week advocates of an Article V constitutional convention to rein in the power of the federal government descended on Richmond to make their case before receptive legislators who like to bash Washington with regularity. Calling on the words of the founding fathers, the advocates of a constitutional convention called by the states promised a balanced federal budget and strict limitations on the powers of Congress

and the presidency in their new constitution. The evening before the hearing on the proposed constitutional convention the members of the Rules Committee of which I am a member received a flurry of emails from 2nd Amendment gun rights advocates asking that the proposal for a constitutional convention be defeated for “such a convention would surely be a threat to the 2nd Amendment's rights.” Interesting that the gun rights advocates who like to complain about the power of government fear that a debate on the 2nd Amendment today might limit their rights. The resolution for the convention passed with my nay vote because of my general concerns about turning over the redefining of our government to those who oppose many personal liberties.

There are many examples of the balancing of ideas and ideals that can lead to meaningful discussion and hopefully better solutions. At

the same time a discussion of issues can lead to misunderstandings. In a recent opinion column it was suggested that I insisted “meals and trips be protected from reform” of ethics laws. Nothing could be further from the truth. In a discussion about the complexities of writing an ethics reform law that defines inappropriate behavior I raised a question about invitations to legislators to speak at luncheon or dinner meetings of business or community leaders or trips that were truly educational. I do not want anything left out; I want the grey areas addressed in a way that will not reduce legitimate interaction among legislators and people they represent while sharply defining ethical behavior. I am confident that such a bill will be passed.

In a recent letter to the editor, questions were raised about a member of the House who took an Alford plea to involvement with a 17-year-old girl. I was part of a unanimous Democratic Caucus that expelled him from the caucus

and called for his resignation or removal from the House. He subsequently resigned, ran as an Independent, and was re-elected. Ideally it seems that he should be removed from the House, but there has been reluctance to remove a member who was just duly elected. Further criminal charges related to that individual since his re-election could lead to his removal.

Tough issues come to the legislature for resolution. Too often environmental protections are cast as being bad for business, but they do not have to be in conflict. There are many green job opportunities. New technology with new business models, like Uber, are threatening to the traditional taxicab industry, but there is room for both to succeed.

Ideas and ideals clash in the legislature. That makes the job interesting and at the same time challenging. I am always available to discuss my position on issues or my votes with anyone, kenplum@aol.com.

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OPINION

Supervisors Priority No. 1- Pay Hike

BY JOHN LOVAAS
RESTON IMPACT
PRODUCER/HOST



Last Tuesday I drove to the Fairfax County Government Center (the Taj Mahal to friends) to attend a well-advertised Board of Supervisors hearing on the agreement for Crescent Apartments and Lake Anne redevelopment. I was prepared to testify in support of the plan if needed. Instead, it turned out to be a brief, *pro forma* hearing. The Board's other agenda proved more interesting. There were minor rezoning requests—a proposal to relocate a model airplane flying site and two to increase capacities of in-home daycare centers from 7 to 12 children each—all passed unanimously with little discussion. Then came a hearing I had not seen advertised. It seemed very few others had either. The subject was straightforward. It was the Board's own proposal to increase their own salaries from \$75,000 per year to \$95,000 for nine District Supervisors and to \$100,000 for the Chairman, increases of 27 percent and 33 percent respectively.

In December the Supes had decided to have a possible increase studied, but I had no idea it had moved from study to the approval stage at warp speed, below the radar! Only two speakers popped up, both friends of Board members it appeared (in fact, I knew one of them!), to sing brief praises of the hardworking Board needing a raise. No one rose to speak in opposition. Three Supervisors noted they had received little input or comment from the public, i.e., "only 4 or 5 emails, all favorable;" "just a few calls;" and "a few more, but not many!" The Supes took this as nigh on unanimous public approval. The ball went to Sully Supervisor Mike Frey (R), who recently announced he will not run for re-election, to make the motion to increase the salaries, effective January 2016. Chairman Bulova quickly asked for the AYES. Then there was an awful oops! Supervisor Pat Herrity (R) reminded his onrushing colleagues that the Board had in fact committed to keeping the matter open for public comment until March 3. Drat, muttered Supervisors McKay and our own Cathy Hudgins, noting

the raises were clearly justified to attract such good people. Bulova hurriedly looked through her notes, and asked Herrity if he was certain they had agreed to that distant March 3 date. Herrity as-

sured her that it was so, and he moved for deferral of the vote to that date. A barely audible vote of the ayes ended the discussion. Herrity's objection had sucked the air of joy out of those up on the dais. Under different circumstances, I might be unlikely to question a pay raise for Supervisors whose jobs can be important and demanding. I'd rather we pay them more, and perhaps reduce temptation to supplement modest pay with tips or loose campaign money from those seeking favorable treatment (see Michael Pope's 2014 historical "Wicked Northern Virginia," Chapter 6, entitled "Supervisors for Sale: Zoning Scandal Rocks Fairfax County"). However, the County faces another tight budget year and the Board is telling all departments to suck it up, and telling those who teach our kids they'll be lucky to get a 2 percent raise after years of pay freezes. Budget discipline only for the workforce, not the Supes!?

And, talk about cuts for others—county libraries are being decimated by the Board's downsizing staff and destroying literally hundreds of thousands of books. Money is tight, you know. At the present time it is also hard to make the case for a performance-based pay raise. The County Police, whose Chief is appointed by and nominally accountable to the Chairman and the Board, has become a heavily armed group employing masked SWAT tactics and lethal force on unarmed citizens guilty of misdemeanor-level offenses at worst. Under this Board of Supervisors, the force is totally non-transparent and accountable to no one but themselves in cases like the apparent murder of unarmed John Geer of Springfield by a policeman in August 2013. It took a court ruling 17 months after the fact to get any information on this killing from the Fairfax County Police. Meanwhile, Chairman Bulova and nine Supervisors remained silent. Such dereliction of duty is hardly the underpinning for a major pay increase.

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Maggie Stewart: Lake Trip



Claudia Samper: Witnesses

'Little Gems,' 'Colors of Nature' on Exhibit at Lake Anne Plaza

Reston Art Gallery and Studios (RAGS) presents "Little Gems" on exhibit from Feb. 2 until March 5, and all are welcome to the artists' reception on Sunday, Feb. 8 from 2 until 4 p.m., at 11400 Washington Plaza West, Reston, at Lake Anne Plaza.

The "Little Gems" exhibit features works no larger than 12" x 12", created by the RAGS artists. RAGS is open every weekend from 10 a.m. until 5 p.m. on Saturdays, 12 until 5 p.m. on Sundays, and other times by chance or appointment.

For information call RAGS at 703-481-8156, find it on Facebook, and visit www.RestonArtGallery.com.

Art aficionados can enjoy two receptions in one day at Lake Anne Plaza. In addition to "Little Gems," just steps away at Reston Community Center, 1639 Washington Plaza, the JoAnn Rose Gallery is featuring "Colors of Nature", an exhibit of fine art photography by Kathy Kautter of RAGS. Meet Kautter at the "Colors of Nature" reception from 2 until 4 p.m. on Sunday, Feb. 8 and see her exhibit on display through March 2. Recognized for her "good eye," Kautter's photography captures colors and textures in her favorite topics of flora, leaves, trees, and water. The JoAnn Rose Gallery is open daily, call 703-476-4500, extension 3000 for more information.



Linda Fuller, owner of Lake Anne Florist, showing off her wares in December.

PHOTO BY REENA SINGH/
THE CONNECTION

Chesapeake Chocolates to Take Over Lake Anne Florist Shop

BY REENA SINGH
THE CONNECTION

Longtime Lake Anne business owner Linda Fuller retired both herself and her shop, Lake Anne Florist, last week.

The shop will reopen Saturday, Feb. 7 as an expanded Chesapeake Chocolates.

"She had talked about it for a while and I had thought about it for a while," said Chesapeake Chocolates owner Doris Tyler.

Visitors from Reston and beyond who have been to Lake Anne Florist would have met Tyler - or smelled the chocolate - in a nook of the space. Fuller rented the space and subleased it to Tyler.

Tyler is both "excited and apprehensive" about the change.

"We're not just expanding the chocolate shop," she said. "We're also expanding other items."

Like Lake Anne Florist, Chesapeake Chocolates will offer giftables throughout the year.

Saturday is the same day as the annual Camp Sunshine Freezing for a Reason polar dip in the frigid Lake Anne waters. Tyler said 10 percent of the proceeds from grand opening sales that day will go to Camp Sunshine, a year-round camp dedicated to children with life-threatening diseases. The camp also offers bereavement sessions for families who have lost their children due to these illnesses. The new Chesapeake Chocolates can be reached by phone at 703-620-0082. More information can also be found at <http://cheschoc.com>.

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South Lakes Wins Conference Championship

Both boys and girls win indoor track and field Liberty Conference championship.

Multiple event victories by sophomore Devyn Jones and domination of the relays, led the South Lakes High School indoor track teams to Liberty Conference championships in both the boys and girls divisions Thursday, Jan. 30 at the Prince George's County Sports and Learning Complex Landover, Md.

SLHS girls team scored 147 points for its fourth consecutive title. James Madison was second with 86 while Langley and McLean tied for third with 54.50 points each. The Seahawks boys team won its seventh consecutive title, massing 195 points with McLean second (68) and James Madison and Washington-Lee tied at third (48).

Jones teamed with fellow sophomore Jessica Lister, junior Golden Kumi-Darfour and senior Claire Niesma in winning the girls 4x400 relay in 4:09.63. Jones finished fourth in the triple jump (33-07.00) and sixth in the 500 meters (1:23.64). On Day 1 of the championship (Jan. 22), she led a SLHS sweep of the girls 55 meter hurdles, winning the event in 8.85. Seniors Maya Rodriguez (9.44) and Niesma (9.88) finished second and third, respectively, Jones also won the long jump (16-08.50).

Senior Comfort Reed, who finished third in the long jump (16-03.50) won the triple jump with a leap of 34-11.25. Reed and seniors Ozioma Chinaka, Samantha Webb and sophomore Nikayla Hoyte finished third



From left — Claire Niesma, Maya Rodriguez, Devyn Jones.

in the girls 4x200 meter relay (1:48.83). Chinaka also finished third in the pole vault (8-03.00).

Senior Delaney Wickman finished second in both the 300 meters (41.96) and 500 meters (1:18.52). Kumi-Darfour was third in the 1,000 meters (3:07.82).

SLHS juniors, led by Eric Kirlaw, dominated the boys triple jump. Kirlaw won the event with a jump of 44-06.50. Skander Ballard was second (41-08.75), Anas Fain finished third (41-06.00) and Alex Rudison took fourth (39-10.00). Kirlaw also led the SLHS boys' long jumpers on Day 1 with a winning distance of 19-10.00. Ballard was second (19-06.00) and Fain finished third (19-05.00). Fain also contributed to the boys' championship finishing tied for second in the high jump (5-11) and winning the 55 meter hurdles in 7.94 on Day 1.

Kirlaw, third in the 55 meters (6.84), sophomore Timiebi Ogobri, who was second (6.68) on the first day of competition, teamed with Ballard and Rudison on Day 2 to win the boys 4x200 relay in 1:35.66.

The 4x400 team of senior Sam Arpee, juniors John LeBerre, Nikolai Waithe and Ballard won the event in 3:35.59. Arpee also won the 500 meters in 1:08.81 and Waithe was second 1:09.58 in that event. In the 300 meters, Ballard finished second (36.73), Arpee was third (37.21) and Waithe finished fourth (38.21).

Highlights from Day 1 of the competition include:

• Senior Nathan Stone, second in the 55 meter hurdles (8.01).

• Senior Jordan Lozama won the 55 meters (7.45) and finished fourth in the shot (27-01.50).



PHOTOS BY VALERIE LISTER

Timiebi Ogobri and Eric Kirlaw.

• Senior Ozioma Chinaka won the shot put with a throw of 28-04.50. Senior Natalie Schauer was second (28-01.50).

• In the boys 3,200 meters, senior Andrew McCool ran a 10:04.65 for second and teammate Sean Miller, also a senior, took third (10:11.99).

• Sophomores John Swecker, Ashton Reinhold, juniors Connor Smith and LeBerre finished second in the 4x800 meter relay (8:33.16).

• Freshman Olivia Beckner, Kumi-Darfour, junior Monica Lannen and senior Augusta Durham were third in that event with a 10:00.09.

The top six finishers in each event and the top three relays advance to the Northern 6A Regional Championship Feb. 19 at the Prince George's County Sports and Learning Complex in Landover, Md.

McLean Gymnastics Wins 4th Straight District/Conference Title

Green places second in all-around, Brown-Kaiser third.

BY JON ROETMAN
THE CONNECTION

McLean gymnast Lizzy Brown-Kaiser dismounted from the uneven bars, stuck the landing and celebrated with a smile toward head coach Courtney Lesson.

During Monday's ultra-competitive Conference 6 championship meet, which one of the region's top teams was guaranteed to leave empty handed, Brown-Kaiser kept her cool and came up clutch, placing in the top eight in three of four events.

AT THE CONCLUSION of the meet, Brown-Kaiser celebrated by hugging a

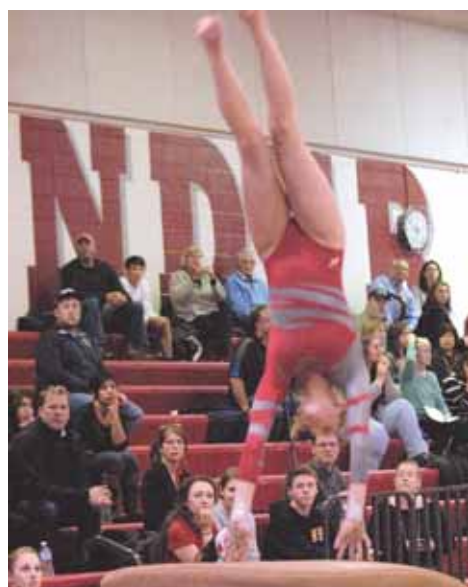


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

McLean posted a meet-best team vault score of 37.8 during the Conference 6 gymnastics championships on Monday at McLean High School.

teammate, reacting when Washington-Lee was announced as runner-up, meaning McLean captured its fourth consecutive Liberty District/Conference 6 championship. The Highlanders held off W-L and Yorktown in a tightly-contested three-team battle.

McLean earned the title with a score of 143. W-L finished runner-up and earned the conference's second and final regional berth with a score of 142.225. Yorktown, a talented team that performed well at times during the regular season, produced a score of 141, leaving the Patriots on the outside looking in at the 6A North region championship meet, scheduled for Feb. 11 at Lake Braddock Secondary School.

"It's a really great feeling because this is our senior year and there was a lot of pressure to keep our conference championship title [streak]," Brown-Kaiser said, "so it feels great to fulfill that."

Fellow senior Jacqueline Green said: "It's great to do it for the fourth year in a row."

Green placed second in the all-around with a total score of 36.625. She tied for

third on vault (9.6), placed fourth on bars (9), finished fifth on floor (9.125) and tied for sixth on beam (8.9).

Brown-Kaiser placed third in the all-around (36.425). She placed third on bars (9.225), tied for third on vault (9.6), tied for seventh on floor (8.8) and tied for ninth on beam (8.8).

Both qualified for regionals in the all-around.

McLean's Calista Pardue (fourth, 8.95) and Jennie Korb (sixth, 8.9) both qualified for regionals on beam (top eight or 9.0). Carolyn Brown-Kaiser finished sixth on vault (9.45). Mathilde Larose tied for ninth on vault with a score of 9.15.

McLean sets its sights on regionals, where the Highlanders have finished runner-up to Washington-Lee each of the last three seasons. Last year, McLean went on to finish second in the state. "They've beaten us the past few years at regionals," Green said, "so we hope to come back this year and take it."

WELLBEING

Free and Low-Cost Dental Care for Children

Special programs available as part of National Children's Dental Health Month.

BY MARILYN CAMPBELL
THE CONNECTION

Dental hygiene should start even before a baby's first tooth emerges. That is one of the messages that dental professionals are hoping to convey this month.

February is designated National Children's Dental Health Month, organized by the American Dental Association, along with the ADA Foundation, to raise awareness about the benefits of good oral health for children. Dental professionals stress children should brush for two minutes twice per day, floss and rinse daily, eat healthy meals, limit snacks and visit the dentist regularly.

"To get babies comfortable with oral hygiene, begin cleaning the baby's mouth by wiping the gums and tongue with a moist washcloth or gauze shortly after birth until teeth erupt into the mouth," said Jeanne Yang, DDS, a public health dentist at the Joseph Willard Health Center's dental clinic in the City of Fairfax. "It is recommended that parents bring children to their first dentist appointment preferably within 6 months of when the first tooth appears, but no later than their first birthday. And, always, always, always use a soft toothbrush, whether you are 1 or 100. A soft toothbrush should be used by all ages."

Local health departments want the public to know that a child's dental care need not depend on a family's ability to afford such services. Many Northern Virginia dental clinics offer free or low-cost dental examinations, cleanings, fluoride applications, restorative services including fillings and even limited oral surgeries.

"We have three children's dental clinics in Fairfax County," said Tina Dale of the Fairfax County Health Department. The county's clinics are in Mount Vernon, Fairfax and Reston. "Our dental program is just for children. Their family's income has to be at a level where they meet Medicaid criteria."

The Northern Virginia Dental Society is also hosting a "Give a Kids a Smile Project" on Saturday, Feb. 6 at the Northern Virginia Community College (NOVA) Medical Education Campus in Springfield. The project will join dentists and dental hygiene students from NOVA with other community volunteers to offer dental services to underserved children, including pre-school students in Arlington County's Head Start program.

"A huge number of children have dental disease earlier and earlier," said Kathy A. Thompson of Northern Virginia Community College. "This is an opportunity to get them excited about dental care and give



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Dr. Howard Ngo works on a young patient at Northern Virginia Community College's Medical Education Campus in Springfield, as part of the Give Kids a Smile Program.

Dental Service Programs

Fairfax County Health Department

- ♦ Joseph Willard Health Center: 3750 Old Lee Highway, Fairfax; 703-246-7100.
- ♦ Herndon/Reston Office: 1850 Cameron Glen Drive, Suite 100, Reston; 703-481-4242.
- ♦ Mount Vernon Office: 8350 Richmond Highway, Suite 233, Alexandria; 703-704-6181.

"We're working with parents from the times the kids are born to talk about the importance of hygiene, nutrition, tooth brushing."

— Kurt Larrick of the Arlington County Health Department

them information on how to take care of their teeth, and introduce them to what it's like to go the dentist."

The slogan for the 2015 campaign is "Defeat Monster Mouth." It's plastered on posters that depict dental superheroes fighting to defeat "Plaqster the Monster" for good oral health. Dental providers are hoping to teach children and parents about the timing of a first dental visit, how to brush and floss properly, the effect of thumb sucking on teeth and the importance of regular dental examinations. Although

the observance is a month long, health department officials keep up the effort year-round.

"We work with Arlington families on the importance of dental care from day one," said Kurt Larrick of the Arlington County Health Department. "We're working with parents from the times the kids are born to talk about the importance of hygiene, nutrition, tooth brushing."

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- 2/4/2015 Wellbeing – National Children's Dental Health Month
- 2/11/2015 HomeLifeStyle
- 2/11/2015 Valentine's Dining & Gifts II
- 2/11/2015 Valentine's Day is Feb. 14 • Presidents Day is Feb. 16
- 2/18/2015 A+ Camps & Schools
- 2/25/2015 Pet Connection Pullout

MARCH

- 3/4/2015 Wellbeing
- 3/11/2015 HomeLifeStyle Real Estate Pullout
- 3/18/2015 A+ Camps & Schools
- 3/25/2015 Spring Fun, Food, Arts & Entertainment
- FCPS Spring Break 3/30-4/3

APRIL

- 4/1/2015 Wellbeing – Senior Living Pullout
- Easter Sunday is April 5
- 4/8/2015 HomeLifeStyle
- 4/15/2015 A+ Camps & Schools
- 4/22/2015 Real Estate Pullout – New Homes
- 4/29/2015 A+ Camps & Schools Pullout
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NOTICE TO NONCUSTODIAL PARENT OF NAME CHANGE
HEARING: In the Matter of the Petition of Sophia Rose Shafi
(nka Sophia Rose Arjana) for Minor Child, Saira Rose Shafi, to
change the child's name to Saira Rose Arjana. District Court,
Boulder County, Colorado Case No. 2014CV31267.

Notice is given that a hearing is scheduled for March 3, 2015
commencing at 1:30 p.m. in Division M of the Boulder County
District Court, 1777 Sixth Street, Boulder, Colorado 80302.
The purpose of the hearing is to request a change of name for
Saira Rose Shafi. At this hearing the Court may enter an order
changing the name of the minor child. To support or voice ob-
jection to the proposed name change, you must appear at the
hearing. ATTORNEY FOR PETITIONER Christopher Tom-
chuck, Stevens, Littman, Biddison, Tharp & Weinberg, LLC,
250 Arapahoe Ave., Suite 301, Boulder, CO 80302.

21 Announcements

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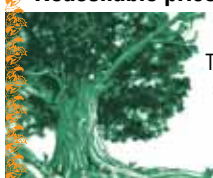
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The Past Future is Now Present

By KENNETH B. LOURIE



Presumably, maybe even obviously, nearly six years into a "terminal" diagnosis, arrangements for a smooth transition of power should have been made already. But they haven't. Not being a parent, and with no real extenuating-type circumstances to consider, despite the rather precarious existence in which I find myself I've never felt strongly about taking the steps necessary to arrange for a future which didn't involve yours truly.

Selfish, stupid, stubborn or any number of other characterizations which don't begin with the letter "s," I've never put down anywhere on paper – literally or figuratively – what would, in the event of my death, need to happen, how any of it should happen, and/or why it would even happen. So far, as concerns my wife, Dina, should I in fact predecease her, I've pretty much left it to happenstance. Moreover, given her interests, it seems unfair of me to not assist her somehow in a post-Kenny world.

Still, I've always felt that doing so, however prudent and practical – and considerate – was bad luck, sort of; a version of negative reinforcement. By not thinking of death/planning for it, somehow I was preventing its occurrence, dare I say (given my original "13-month-to-two-year prognosis"), its inevitability. And though I don't specifically know why this uneasy feeling has manifested itself of late (I've not received any discouraging medical news of late), it has; and ignoring the consequences of my continuing neglect seems ill-advised.

In addition, throughout this cancer experience, it has been suggested that managing stress (among other anecdotal-type advisories: keeping a positive attitude, maintaining a sense of humor, being a compliant patient) would be beneficial in the short, medium and long term battle royal that all cancer patients endure. But diagnosis-to-date, I've not addressed this most stressful, what-to-do/what-needs-to-be-done problem. And though a properly executed will would certainly be a start, it would not be a finish. There are more mundane instructions and organizational details, tedious as they may be, which would likely drastically reduce a level of stress which unbeknownst to me and my conscious, has probably invaded my subconscious, with predictable effect. I don't imagine solving this problem would put a bounce in my step; however, it would definitely eliminate a potential drag on my coefficient. And if my life is going to be lived, the less drag on it, the better.

Whatever I can do to lighten the load should be priority number one. I don't want to be spinning my emotional wheels over here. Cancer imposes enough pressure externally; I don't need to add to it internally.

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

News

Brutsché and Heron Earn National Certification for Parks and Recreation

RCC staff members Karen Brutsché and Debbie Heron recently attained the status of Certified Park and Recreation Professionals (CPRP) as governed by the National Certification Board (NCB) and the National Recreation and Park Association (NRPA).

The CPRP certification is granted to individuals employed in the recreation, park resources and leisure services professions who meet the eligibility requirements - including a combination of higher education and/or work experience - and who successfully complete the national CPRP examination. The examination tests knowledge in all aspects of general administration, programming and operations management for parks and recreation.

Brutsché joined RCC as the 55+ Program Director in 2011 and is responsible for facilitating enrichment activities, social events and day trips for Reston patrons who are 55 years and older. Heron has been RCC's Youth Director since 2005 and develops all social, enrichment and summer camp pro-



Karen Brutsché



Debbie Heron

grams for children from infancy through sixth grade.

Brutsché and Heron join three other RCC staff members who have previously earned this distinction:

Cheri Danaher, Arts Education Director (2006), Brian Gannon, Facility Booking Manager (2010) and Eileen Boone, Leisure & Learning Director (2010).

To find the programs or events that are right for you, visit www.restoncommunitycenter.com or call 703-476-4500.

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.

SUNDAY/FEB. 8

Dog Training Seminar: "How to Change Your Dog's Bad Habits," 3:30 p.m. PetMAC Reston. Founder of Kissable Canine, Lisa Tudor, CPDT, will present the four steps to changing how your dog behaves. This is an owner-only workshop; please leave your pups at home. Price: \$10. Registration link: <https://kissablecanine.dogbizpro.com/Public/Registration/Index.aspx?tab=events>

MONDAY/FEB. 9

Reston Association Board of Directors Meeting. 6 p.m. Reston Association, 12001 Sunrise Valley Dr., Reston.

THURSDAY/FEB. 12

Meditations for a Meaningful Life. 7:30-8:30 p.m. Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Meditations and Teachings that will enable us to appreciate our life and make it truly meaningful. \$10 (\$5 unemployed, fulltime students, 65 and older). www.meditation-dc.org or <http://meditation-dc.org/reston/>

THURSDAY/FEB. 19

Meditations for a Meaningful Life. 7:30-8:30 p.m. Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Meditations and Teachings that will enable us to appreciate our life and make it truly meaningful. \$10 (\$5 unemployed, fulltime students, 65 and older). www.meditation-dc.org or <http://meditation-dc.org/reston/>

THURSDAY/FEB. 26

Meditations for a Meaningful Life. 7:30-8:30 p.m. Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Meditations and Teachings that will enable us to appreciate our life and make it truly meaningful. \$10 (\$5 unemployed, fulltime students, 65 and older). www.meditation-dc.org or <http://meditation-dc.org/reston/>

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.

Knitting Enthusiasts, Musicians Needed.

10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, www.fairfaxcounty.gov/olderadult or VolunteerSolutions@fairfaxcounty.gov.

Habitat Heroes Project.

The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

Arabic-speaking Older Adult Social

Visits. Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

Long-Term Care Volunteer Ombudsman Program Needs Volunteers.

Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.

Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers.

Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to homebound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.

RESTON COMMUNITY CENTER



WE WANT TO HEAR FROM YOU! **Community Relations and Program/ Policy Joint Committee Meeting**

Monday, February 9 • 6:30 p.m.

RCC Hunters Woods - 2310 Colts Neck Road, Reston, VA 20191

Do you have ideas and opinions about RCC programs, services and facilities? Patrons and partners are invited to attend the Community Relations and Program/Policy Joint Committee Meeting to share your thoughts.

If you plan to attend, please RSVP by Friday, February 6 at 4:00 p.m. Can't make it? You may also email your suggestions and comments to us.
RCCcontact@fairfaxcounty.gov.

DRESS DRIVE FOR PROM



Drop Off Donations: January 2 – March 6

RCC is collecting the following for Diva Central:
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Please drop off items at RCC Hunters Woods, 2310 Colts Neck Road, Reston.

All donations are appreciated, however, we ask that donations are in good condition, no older than five years old (circa 2010), and dry cleaned before they are donated. If dry cleaning is not possible, please inform us at the time of drop off. Dress donations will benefit students in Reston and surrounding areas. Donations are tax-deductible.



www.restoncommunitycenter.com

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

