

In Memory Of
Mathias Giordano



Home LifeStyle

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Jumping into 33 degree water at Lake Anne in Reston garnered more than \$111,000 for Camp Sunshine, a national year-round retreat for families with children suffering from life-threatening illnesses.

Freezin' for a Reason at Lake Anne

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Valentine's with
Classical Ballet

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NEWS

Combining Health and Mental Health

Community Services Board provides emergency services, prevention and treatment.

BY KENNETH MOORE
THE CONNECTION

One teenager who attempted suicide revealed that if anyone had asked him before hand whether he was thinking of hurting himself, he would have said yes.

That message rang loud and clear to Teresa Gallahan, school nurse at a Catholic school in Chantilly. The teen was part of a training video for a course on Youth Mental Health First Aid, offered by the Fairfax-Falls Church Community Services Board.

Gallahan, from Herndon, was impressed that the instructor urged her to enter the phone number for the CSB Crisis Hotline into her cell phone on the spot.

"I'm trained to look for resources," said Gallahan, a Herndon resident, who has worked at St. Veronica School for approximately 7 years. Gallahan and her principal have now organized all teachers and staff to take the CSB training.

"Most parents appreciate that we keep an eye on their children," Gallahan said.

Since 2012, 1,750 have taken the CSB First Aid Mental Health Training. More than 10,000 people have taken the CSB online youth suicide prevention program.

Mental Health First Aid is one of the ways the Community Services Board serves all residents in the community.

TRACEY PHILLIPS was 24 weeks pregnant when her labor began.

She had three premature triplets; her second baby didn't survive, and her son and daughter spent five and four months in the neonatal intensive care unit.

"I had to recover from a C-section, we had to plan for my son's funeral, and we had two very sick children in the NICU," she said. "The human spirit finds a way."

Phillips' family was immediately helped by the CSB's Infant and Toddler Connection, which provides evaluations and early intervention services for infants and toddlers who might have developmental or in-



Fairfax County Community Services' Board opened its new facility in Merrifield.

tellectual disabilities or developmental delay.

"We would be looking at a very different picture had my family not been given early intervention," Phillips said. "When my daughter started to walk I was sure she was on the right track."

Phillips' children, now six, both have special needs. Phillips now works for the Infant and Toddler program and is grateful she can give back to other families who are beginning their special needs journey.

"There's a whole movement of people with lived experience who have something to offer," said CSB Executive Director Tisha Deeghan, of hiring people like Phillips. "That voice is absolutely magical in helping."

"Even with all that happened to us, I have found other families that have been through much worse," Phillips said. "We have been through the worst of it, we can see a future."

During FY 2014, the CSB served 3,164 children through the Infant and Toddler Connection.

THE COMMUNITY Services Board plans, organizes and provides services for people who have mental illness, substance use disorders, and/or intellectual disability. The CSB served 21,249 residents during last year's fiscal year.

Most CSB services are primarily for people whose conditions seriously impact their daily functioning. But anyone with a related concern may contact the CSB for help in finding appropriate treatment and resources.

"We are here for everybody," said Deeghan, who moved to Fairfax for her new job in September. "We are the agency that deals with the most difficult and complex situations."

Deeghan took the helm at the Community Services Board in September 2014, coming from Michigan with 33 years of experience in mental health and substance use disorder treatment and prevention. Most recently, Deeghan was the senior vice president and chief operating officer for Genesee Health System in Michigan for 13 years.

Deeghan replaces George Braunstein who retired in 2014 after serving as executive director since 2008.

"I'm learning the Fairfax way, the Virginia way. There is so much wealth here, but there are two Fairfaxes," said Deeghan of her new home. "There is the wealth and the resources and the tremendous support from the Board of Supervisors. But there's another Fairfax, where people are very vulnerable, people who cannot find jobs, people who can't access services."

CSB'S NEW MERRIFIELD CENTER opened late last month at 8221 Willow Oaks Corporate Drive, and offers an integrated system of care, allowing people who are receiving services for mental health issues, substance abuse to receive other medical care at the same time.

"It's state of the art," Deeghan said. "It's the best example that I know of of an opportunity to bring integrated-care services to people."

Primary health care, pharmacy, dental clinic are available at the same location, as well as emergency services, entry and referral services, and more.

As one example, having a pharmacy onsite so patients are certain to receive their

Sign Up for Mental Health First Aid

www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm



Tisha Deeghan, a Fairfax resident, became executive director of the Fairfax County Community Services Board in September 2014.

What Is the CSB?

The Fairfax-Falls Church Community Services Board is the public agency that provides services for people who have mental illness, substance use disorders, and/or intellectual disability. The CSB also provides crisis intervention and suicide prevention services.

The Community Services Board serves three major populations: people with mental illness, people with substance abuse disorder, and people with intellectual disability and/or developmental disability. <http://www.fairfaxcounty.gov/csb/>

medications as soon as they are prescribed is a major advantage.

"It's exciting to me to see this system and all the creative community-based services in place," said Deeghan. "We're seeing much less need for high-end or restrictive services, such as hospitalization or residential placement, because we are getting so good at providing community-based services."

Providing integrated services is a national movement, Deeghan said. She cited a study a few years ago that showed that people with serious mental health issues often die 25 years or more earlier than others from treatable illnesses, because they didn't have access to health care.

Of the people served at the CSB last year, only 40 percent said they had a primary health care provider.

One in every five people live with a mental health problem, according to CSB documents. Two-thirds go without treatment. "Mental illness and substance abuse disorders impact every single layer of economics," said Belinda Buescher, of the CSB.

"The human spirit finds a way."

— Tracey Phillips

Who To Call for Help

In emergency situations (24/7)
❖ CSB Emergency Services, 703-573-5679, TTY 711
❖ Fairfax Detoxification Center, 703-502-7000, TTY 703-322-9080
❖ CrisisLink suicide hotline, 703-527-4077
❖ CrisisLink suicide text hotline, 703-940-0888
❖ Call 911 for a life-threatening emergency
During business hours:
❖ CSB Entry & Referral Services, 703-383-8500, TTY 711
❖ Infant & Toddler Connection, 703-246-7121, TTY 703-324-4495
For basic needs: food, housing, medical care, etc., 703-222-0880, TTY 711
Staff at all of the numbers listed above can take calls in English and Spanish and can access other languages when needed.



The day before, organizers used chainsaws to cut through the ice. On Saturday, divers in special suits clear the ice chunks to create space for jumpers.



Team Mathias raised more than \$11,000 in memory of Mathias Giordano who died in December at the age of 13.

Freezin' for a Reason at Lake Anne

Some flipped. Some jumped. Some flopped. Many yawped. Most shivered. And all 400 jumpers braved Lake Anne's 33 degree icy water Saturday, Feb. 7, to raise money for Camp Sunshine, a national year-round retreat for families with children suffering from life-threatening illnesses.

The annual Reston event attracted hundreds of onlookers from Lake Anne Plaza and nearby decks and balconies.

Participants helped raise more than \$111,000 at the 8th Annual Freezin' for a Reason, Virginia Polar Dip. More than a half million dollars has been raised overall since the first jumper 8 years ago when Reston witnessed 33 jumpers raise \$6,800 by jump-

ing into Lake Anne.

Camp Sunshine organizers announced Saturday that Reston's event was the largest plunge in Camp Sunshine's history.

See www.freezinforareason.com, www.campsunshine.org, and www.lakeanneplaza.com.

Social Media: @LakeAnnePlaza @GoCampSunshine #VirginiaPolarDip

The creation of the Virginia Polar Dip started in 2008 by Vienna's Toth family. They first attended Camp Sunshine as a participating family in 1996 when their daughter Jennifer was a cancer patient at age 3. The Toths have returned as volunteers every summer since.

- KEN MOORE



The Reston YMCA garnered the best looking outfit and name, "Wet N Wilted." Eva Bologna was the youngest member of the team, which included: Colleen LaFrance from Great Falls, Claire Tracey from Herndon, Jada Lansing from Arlington, Leeanne Bishop from Reston, Christine Ibarguen from Great Falls, Kathy Tracey from Herndon, and Lisa Lansing, from Arlington. Suzie Bologna and Emily Daugherty are not pictured but participated.



Reston YMCA garnered the best looking outfit and name, "Wet N Wilted." Eva Bologna was the youngest member of the team in Freezin' for a Reason, at Lake Anne in Reston which raised more than \$111,000 for Camp Sunshine.



Julie and Adam of Team Reston Used Book Store. "True love," race organizers called taking the plunge together.

One, two, three, and ... the two men helped the woman in the middle jump in, then jumped in after.

PHOTOS BY
KEN MOORE
THE CONNECTION



One jumper's face shows the shock of the 33-degree water on Saturday, Feb. 7.



OPINION

Not the First or Only Time

Secrecy around police shootings has been a problem for at least a decade.

The official position of the Fairfax County Board of Supervisors on the need for changes in policy after the shooting of John Geer by police in Springfield in August of 2013 appears to be that this is the first time police policies have been a problem:

"Policies for handling police-involved incidents, which served us well for decades, were inadequate in this complicated situation."

Police-involved shootings have resulted in excruciating obfuscation and delay by Fairfax County Police dating back more than a decade. In this editorial, we refer to two high-profile cases, but these are not the only cases where police secrecy had caused incalculable pain to families while damaging the credibility of the police and other county officials. And this issue is not limited to Fairfax County. Alexandria and Arlington use similar approaches to limit public access to information.

Most Northern Virginia residents think very highly of their police. We are very safe here. People understand that sometimes mistakes happen, that sometimes force is needed, and that sometimes police will exercise deadly force. What they are unlikely to accept is secrecy that shrouds mistakes, and failure to take responsibility for explaining events of deadly force.

We'll quote the father of David Masters who wrote a letter to the Mount Vernon Gazette (a Connection Newspaper) in June, 2013, two months before John Geer was shot:

"I am the father of David Masters. David was shot to death by a Fairfax County police officer on Nov. 13, 2009 while sitting in his truck at a stop at the intersection of Route 1 and Fort Hunt Road. I don't know any more about the circumstances of this grim fatality now than I did then and now, as then, the records of this tragedy are not available to anyone outside the

police department. The officer who shot my son was ultimately and I must say secretly fired by the then police chief, David Rohrer. But even that was done without any admission of culpability by anyone in the county. ... I don't understand why the Virginia Freedom of Information Act gives blanket exemption to police matters. ... As it is now, the police department can, and seemingly does, operate in a culture of complete autonomy without fear that its actions will be held up to any kind of scrutiny."

The Connection reported in 2006 about the accidental shooting of an unarmed Salvatore J. "Sal" Culosi Jr. during his arrest on gambling charges:

"With red-rimmed eyes and her voice crackling, Anita Culosi expressed outrage Thursday evening [March 30, 2006] that a Fairfax County police officer will not be charged with a crime for accidentally killing her 37-year-old son. 'My son is laying in a cemetery,' she said, surrounded by family members holding framed pictures of her son. 'That man pulled a trigger and shot my son dead.'"

Anita Culosi's son, Salvatore J. "Sal" Culosi Jr., was accidentally shot to death by a Fairfax County SWAT team officer on Jan. 24 outside his Fair Oaks townhouse. He had been under investigation for illegal sports gambling for the previous three months, accepting at least \$28,000 in bets from an undercover Fairfax County detective.

In July, 2012, more than a year before John Geer was shot and killed, a group of citizens identified four cases, including Masters and Culosi, where police secrecy continued to block questions about shooting deaths. Citizens Coalition for Police Accountability characterized "questionable circumstances" around the shootings, noted that no one, including the families of the deceased victims, had been able to obtain a police incident report despite the fact that the four cases are closed.

CCPA Executive Director Nicholas Beltrante sent letters asking for the release of documents, "to find out what happened in the shooting deaths, why deadly force was used instead of a taser gun or beanbag gun, and to find out if police misconduct took place."

Beltrante said: "Our letters will highlight to the public the importance of amending the Virginia FOIA to require the release of police

incident reports, and the value of improving police accountability by creating an independent police citizen oversight panel made up of Fairfax county citizens Unnecessary use of deadly force by the police, if it is occurring, will undermine the integrity and confidence of the public in our police and our elected officials." The revelations about the shooting of John Geer as a result of a civil lawsuit seriously undermine the credibility of the investigation process.

Aside from the officer who shot Geer, four other officers on the scene told investigators that same day that they were shocked by the shot that killed Geer and thought the shooting was unnecessary. (One officer described his first reaction: "WTF.") There was no weapon in view, although Geer was a gun owner and had a holstered gun nearby. Geer made great effort to be predictable in his actions, asking permission to scratch his nose, otherwise keeping his hands up on the doorframe.

But a day after the shooting, police released the following update:

"The preliminary investigation indicates that when officers arrived on the scene, they were met by an individual who displayed what appeared to be a weapon in a threatening manner and was subsequently shot."

And last month, before the statements of the other officers were released, the police released this update with the name of the officer:

"Geer was reported as having multiple firearms inside the home, displaying a firearm that he threatened to use against the police, and refused the officers' requests that he remain outside and speak to them. Officers, including a trained negotiator, attempted to peacefully resolve the situation. They spoke with Geer for more than 30 minutes as he stood in the doorway of his home. When Geer began lowering his hands at one point during the negotiations, PFC Adam Torres fired a single shot that struck Geer."

But investigators knew that the negotiator had not seen Geer holding a weapon.

We don't agree with this statement by Bulova: "The Board of Supervisors has taken the steps needed to ensure its policies allow for justice to be fairly and swiftly served."

This is not an isolated case. The Board of Supervisors must demand transparency from the police.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

At the Half

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

The General Assembly has reached "crossover," the point on the legislative calendar when each house must have completed work on bills introduced into its respective chamber. That point

was Tuesday for all bills except for adjustments to the budget that will be considered on Thursday. For the rest of the session until the ex-

pected adjournment on Feb. 28, each house will consider legislation passed by the other house. Should legislation on the same subject be passed differently by both houses, a conference committee will be empaneled to attempt to resolve differences between the House and Senate.

The status of legislation described here is at the time of writing this column. There will be no gun safety legislation that will have passed in either house, but a



bill passed to make it easier to get a concealed weapons permit if you have one from another state. A bill to limit access to a gun for someone for whom a restraining order has been issued may pass the Senate, but such a bill has already been defeated in the House. My bill and several like it for universal background checks for gun purchases were defeated in both houses.

Concerns about sexual assault on college campuses will be ad-

ressed by both houses with important details needing to be resolved. A delicate balance between having someone report an assault to a counselor at the institution and having the police involved is being weighed. There is a commitment to respond to the issue and to do it in a careful way. Two different versions of a bill to legalize the use of marijuana to treat seizures have passed and will be reconciled before the end of the session. A resolution to ratify the

SEE PLUM, PAGE 14

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TO GRASS ALLERGY SEASON*



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

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

*Date is approximate, depending on your region.



Not actual size

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



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

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.

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WEEK IN RESTON

Nominations Open For Citizen of the Year

Reston Citizens Association has opened nominations for the 2014 Reston Citizen of the Year Award.

The tradition of honoring the Reston Citizen of the Year began in 1976, and was reintroduced in 2008 as a way to spotlight the work of dedicated citizen volunteers and civic activists who work tirelessly behind the scenes, providing them the recognition and appreciation they have earned through their hard work and dedication to the Reston community.

Each year, the Reston Citizens Association Board selects one person from the pool of nominations submitted by Reston citizens. Nominations are open until Friday, Feb. 20.

Nominations may be submitted online or by downloading the nomination form and submitting via postal mail or email as indicated on the nomination form. The Reston Citizen of the Year will be honored at a special reception in the spring of 2015.

Past RCA Citizen of the Year honorees include Janet Howell, Embry Rucker, Jim Allred, Dave Edwards, Cate Fulkerson and 2013 honoree, Kathy Kaplan.

For more information call 202-288-5213 or visit the website at <http://www.rcareston.com/>.

Fair Housing Contest Announced

The Fairfax County Student Human Rights Commission is hosting its 5th Annual Fair Housing Art/Poster and Essay Contest with a \$150 prize.

See the web address below for contest details.
http://www.fairfaxcounty.gov/ohrep/hrd/pdf/2015_fh_contest_flyer.pdf (or visit www.fairfaxcounty.gov/ohrep/hrd)



**Be Part of The
Pet Connection
in February**

Send Your Photos & Stories Now to reston@connectionnewspapers.com or complete our online form at reston-connection.com

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



reston celebrates

FOUNDING OF RESTON 1964 50 YEARS 100 YEARS BIRTH OF ITS FOUNDER 1914

Reston's civic and community organizations will be celebrating anniversaries all year. Check out all the fun in store for the community at www.restoncelebrates.org. For information about how to add your organization's anniversary-themed event, please email restoncelebrates@myerspr.com.

PARTICIPATING ORGANIZATIONS:

Reston Association, Reston Town Center, Reston Hospital Center, Cornerstones, Myer's Public Relations, Reston Citizens Association, Reston Chamber of Commerce, Reston Economic Development, Reston Fire Department, Reston Police Department, Reston Fire Station, Reston Fire Station 2, Reston Fire Station 3, Reston Fire Station 4, Reston Fire Station 5, Reston Fire Station 6, Reston Fire Station 7, Reston Fire Station 8, Reston Fire Station 9, Reston Fire Station 10, Reston Fire Station 11, Reston Fire Station 12, Reston Fire Station 13, Reston Fire Station 14, Reston Fire Station 15, Reston Fire Station 16, Reston Fire Station 17, Reston Fire Station 18, Reston Fire Station 19, Reston Fire Station 20, Reston Fire Station 21, Reston Fire Station 22, Reston Fire Station 23, Reston Fire Station 24, Reston Fire Station 25, Reston Fire Station 26, Reston Fire Station 27, Reston Fire Station 28, Reston Fire Station 29, Reston Fire Station 30, Reston Fire Station 31, Reston Fire Station 32, Reston Fire Station 33, Reston Fire Station 34, Reston Fire Station 35, Reston Fire Station 36, Reston Fire Station 37, Reston Fire Station 38, Reston Fire Station 39, Reston Fire Station 40, Reston Fire Station 41, Reston Fire Station 42, Reston Fire Station 43, Reston Fire Station 44, Reston Fire Station 45, Reston Fire Station 46, Reston Fire Station 47, Reston Fire Station 48, Reston Fire Station 49, Reston Fire Station 50, Reston Fire Station 51, Reston Fire Station 52, Reston Fire Station 53, Reston Fire Station 54, Reston Fire Station 55, Reston Fire Station 56, Reston Fire Station 57, Reston Fire Station 58, Reston Fire Station 59, Reston Fire Station 60, Reston Fire Station 61, Reston Fire Station 62, Reston Fire Station 63, Reston Fire Station 64, Reston Fire Station 65, Reston Fire Station 66, Reston Fire Station 67, Reston Fire Station 68, Reston Fire Station 69, Reston Fire Station 70, Reston Fire Station 71, Reston Fire Station 72, Reston Fire Station 73, Reston Fire Station 74, Reston Fire Station 75, Reston Fire Station 76, Reston Fire Station 77, Reston Fire Station 78, Reston Fire Station 79, Reston Fire Station 80, Reston Fire Station 81, Reston Fire Station 82, Reston Fire Station 83, Reston Fire Station 84, Reston Fire Station 85, Reston Fire Station 86, Reston Fire Station 87, Reston Fire Station 88, Reston Fire Station 89, Reston Fire Station 90, Reston Fire Station 91, Reston Fire Station 92, Reston Fire Station 93, Reston Fire Station 94, Reston Fire Station 95, Reston Fire Station 96, Reston Fire Station 97, Reston Fire Station 98, Reston Fire Station 99, Reston Fire Station 100.

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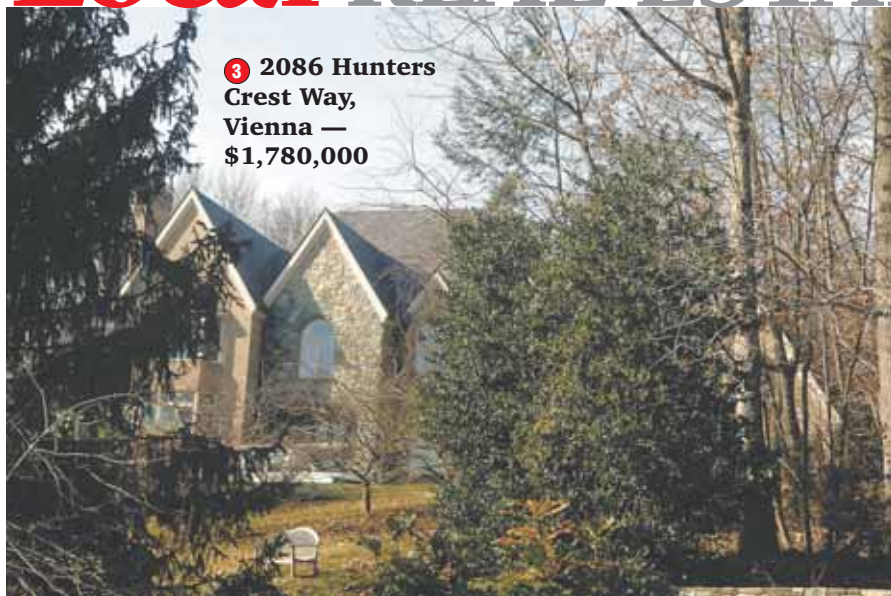
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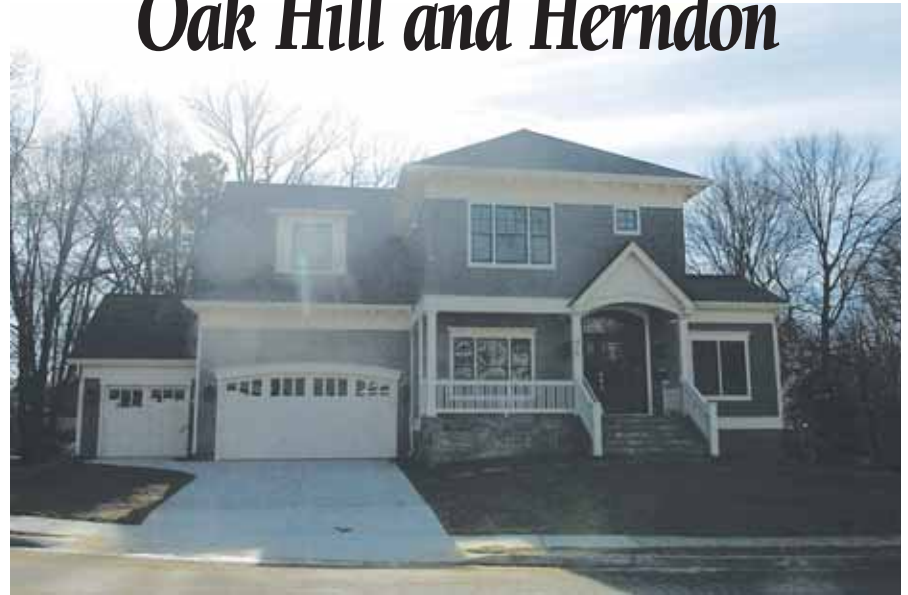
Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



3 2086 Hunters Crest Way, Vienna — \$1,780,000

December, 2014 Top Sales in Vienna, Oakton, Reston, Oak Hill and Herndon



5 906 Olympian Circle SW, Vienna — \$1,542,333

9 11990 Market Street #1002, Reston — \$1,220,000



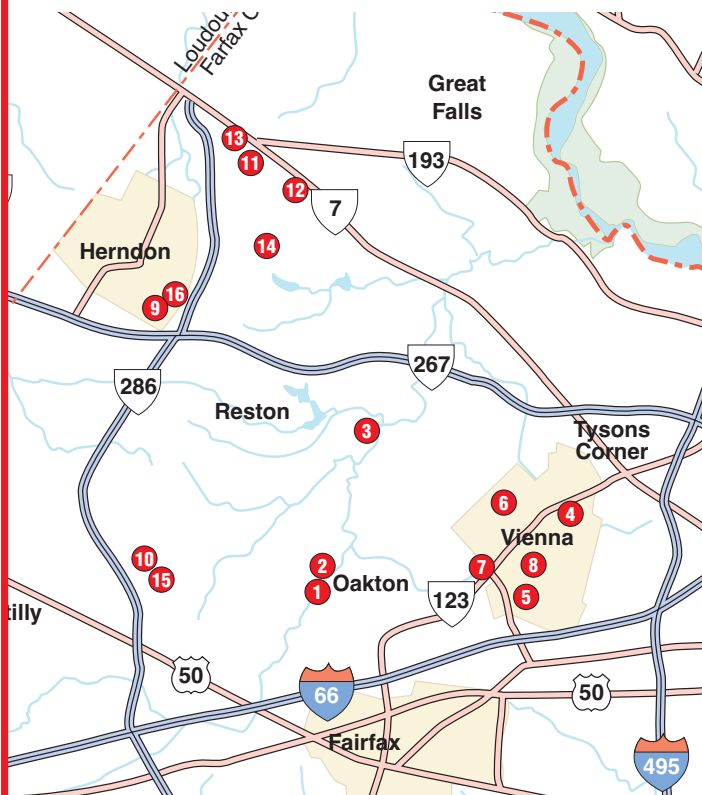
13 11629 Cedar Chase Road, Herndon — \$1,017,000



12 1162 Meadowlook Court, Reston — \$1,032,000



11 11601 Tori Glen Court, Herndon — \$1,175,000



Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 2747 STREAM VISTA CT	4	4	2	OAKTON	\$1,954,870	Detached	1.72	22124	THE RESERVE AT TIMBER LAKE	12/23/14
2 11591 EMBREE CT	5	4	1	OAKTON	\$1,941,125	Detached	0.88	22124	RESERVE AT WAPLES MILL	12/16/14
3 2086 HUNTERS CREST WAY	6	7	2	VIENNA	\$1,780,000	Detached	3.82	22181	HUNTERS CREST	12/01/14
4 303 NIBLICK DR SE	5	5	1	VIENNA	\$1,595,000	Detached	0.37	22180	WESTBRIAR CC MANOR	12/30/14
5 906 OLYMPIAN CIR SW	5	4	1	VIENNA	\$1,542,333	Detached	0.31	22180	VIENNA WOODS	12/31/14
6 302 JOHN MARSHALL DR NE	5	4	1	VIENNA	\$1,454,720	Detached	0.31	22180	VIENNA	12/19/14
7 501 WINDOVER AVE NW	6	6	1	VIENNA	\$1,415,000	Detached	0.41	22180	WINDOVER	12/30/14
8 112 DOGWOOD ST SW	5	4	1	VIENNA	\$1,407,515	Detached	0.27	22180	WEST VIENNA WOODS	12/02/14
9 11990 MARKET ST #1002	3	3	0	RESTON	\$1,220,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	12/01/14
10 12402 ENGLISH GARDEN CT	6	5	2	OAK HILL	\$1,220,000	Detached	0.98	20171	COPPER CREEK	12/11/14
11 11601 TORI GLEN CT	5	4	1	HERNDON	\$1,175,000	Detached	0.84	20170	OAK CREST ESTATES	12/10/14
12 1162 MEADOWLOOK CT	5	4	1	RESTON	\$1,032,000	Detached	0.84	20194	PINEY RUN MEADOW	12/11/14
13 11629 CEDAR CHASE RD	7	4	1	HERNDON	\$1,017,000	Detached	0.40	20170	CEDAR CHASE	12/29/14
14 1447 WATERFRONT RD	5	4	0	RESTON	\$965,000	Detached	0.16	20194	RESTON	12/10/14
15 3223 NAVY DR	5	4	1	OAK HILL	\$912,500	Detached	0.76	20171	DARTMOOR WOODS	12/12/14
16 1830 FOUNTAIN DR #808	3	3	0	RESTON	\$900,000	Hi-Rise 9+ Floors		20190	PARAMOUNT	12/24/14

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Couples Who Work Together Stay Together

Local couples offer advice about keeping a relationship healthy at home and on the job.

BY MARILYN CAMPBELL
THE CONNECTION

Going into business with one's spouse can bring both joy and challenges. As Valentine's Day approaches, three local husband and wife real estate partners share their experiences and offer advice to other couples.

Min and Jimmy O'Burns of Long and Foster in Reston, have been in business together for 15 years. The two met when they were neighbors with identical condos. They started dating after six months "and have been joined at the hip ever since," according to Min O'Burns.

"I burned out on selling new homes and wanted to join Jimmy," Min O'Burns, who originally worked for a builder, continued. "I had to convince him that I would be an asset rather than a ball and chain. Pretty soon we became what is our motto, 'The power of two.'"

Working as a team allows them to spend a significant amount of time together. "It's not suited for everyone," said Min O'Burns, adding that the nature of real estate makes it ideal for couples, with flexible appointments and the ability to enjoy lunch together. "You both need to be of the same kind of mindset. You have to have the same work ethic and diligence."

Understanding your own personality as well as your spouse's is key to working together successfully as a married couple. "You have to identify each other's strengths and figure out who's good at what," said Min O'Burns. "The two of us together make a pretty good team."

"Jimmy is a strong negotiator and strategist," she continued. "I'm a good writer, I'm organized and I'm good at marketing. I'm also a little bit of a hand holder."



PHOTO COURTESY OF MIN AND JIMMY O'BURNS

Reston-based real estate agents Min and Jimmy O'Burns of Long and Foster have been in business together for 15 years. They say one of the keys to their long-lasting business relationship is understanding each other's strengths.



COURTESY OF DEBBIE AND DAMON NICHOLAS

Husband and wife real estate team Debbie and Damon Nicholas met while they were students at the University of Virginia.

"We still enjoy it after all the years we've been in business together. In my mind there is no downside," added Jimmy O'Burns. "We're serious about our business and we think that business should come with a little bit of humor."

Deborah and Lenny Manarin of the Arlington office of McEneaney Associates Inc,



COURTESY OF DEBORAH AND LENNY MANARIN

Husband and wife real estate team Deborah and Lenny Manarin of the Arlington office of McEneaney Associates Inc, have a combined total of more than 65 years of experience in the real estate industry.

Realtors, have been married for 10 years. They met through their work in the real estate business. In fact, Deborah, an Alexandria native, has 25 years of experience and Lenny more than 40.

"We tell clients 'You're paying one commission, but you're getting the experience

and knowledge of two people,'" said Deborah Manarin.

She added that one big asset of working with a spouse is a shared knowledge of the industry. "We both understand the business and the stresses of dealing with people 24-7. Each of us is a good sounding board for the other on issues you're dealing with," Deborah Manarin.

Debbie and Damon Nicholas of Coldwell Banker Residential Brokerage in Fairfax met as students at the University of Virginia and have been married for 32 years.

Debbie was a real estate agent and Damon was a full-time federal employee when they had their first child, who was born with severe disabilities. Two other sons quickly followed.

"We found ourselves going to two to three doctor's appointments per week," said Debbie Nicholas.

After a promotion took away all of Damon Nicholas' flexibility, he switched to real estate full time. The move meant Debbie Nicholas could stay home, Damon could go to doctors' appointments and they could get more involved at school. The couple also developed a Special Olympics program at Willow Springs Elementary School in Fairfax and coached their younger sons in youth leagues.

Working together offers both pleasures and challenges.

"It's difficult and easy at the same time," said Damon Nicholas. "It's difficult to shut off work at times because we have a passion for helping our clients and we love what we do. The good news is that we see each other a lot more than other couples. And we like each other so that's good."

The Nicholas' three sons are now adults. In 2013, their middle son joined their real estate team.

Debbie and Damon Nicholas offer simple advice to other couples considering going into business together.

"It's always important to respect your spouse," said Debbie Nicholas. "Above all we want to demonstrate to people that we love each other and respect each other. Working together is not something that you commit to if you can't respect each other in public and in private."

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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 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/ FEB. 12

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

Baby Lapsit. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Enjoy nursery rhymes. Build an early literacy foundation for your child while enjoying time together. Birth to 11 months with adult.

FRIDAY/FEB. 13

Aguado Guitar Concerts. 6:30 p.m. Café Montmartre, 1625 Washington Plaza, Lake Anne Village Center, Reston. The evening will begin with a gourmet dinner in a romantic setting with live background music provided

by AGC members, it will continue with a silent auction, and conclude with a concert of romantic music featuring some of the area's finest classical guitarists, João Figueirôa, and the Klasinc&Lonar Guitar Duo. Tickets are \$80/person and can be purchased by contacting Aguado Guitar Concerts by email: concerts1@aguadoguitar.org or by calling Café Montmartre at 703-904-8080. Space is limited, so reserve your tickets today.

Parents' Night Out. 7-9:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 to 12. Parents, get a head start on your Valentine's Day celebration while your children have a fun-filled night at the nature center. Kids: Play nature games and go on a night hike (weather permitting). Design your own Valentine's card and make a yummy red-themed snack. Finish the night watching classic cartoons, starring our favorite animal characters. Drop off begins at 6:45 p.m. Reservations required by February 10. Fee: \$15/child RA members, \$20/child Non-members.

For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

An Evening with Classical Ballet Theatre. 7:30 p.m. CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Celebrate the joy of movement with Classical Ballet Theatre (CBT) as it presents an exciting evening of classical and cutting-edge contemporary choreography! This tribute to the art of dance includes complimentary cocktails and many audience favorites. Tickets: \$22 per Adult; \$18 per Senior/Student. For more information call 703-471-0750 or

visit www.cbtnva.org/evening.

SATURDAY/FEB. 14

Frying Pan Farm at Reston Regional Library. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Learn all about groundhogs and other ways to forecast the weather. Enjoy crafts and games. Co-sponsored by Friends of Reston Regional Library. Ages 6-11.

TUESDAY/FEB. 17

The Folk Club of Reston-Herndon. 7:15 p.m. Amphora Diner Deluxe, 1151 Elden Street, Herndon. Doug Everton looks like a cross between Jackie Gleason and Zero Mostel — and is just as funny. A unique performing act unlike any you've ever seen, Everton not only impersonates a raft of original performers but also mimics an arsenal of orchestral instruments — with his voice no less! Everton and his band, The Hot Buttered Nuggets, play traditional American Roots music and have won more than 25 WAMA Awards.

Tickets: DAHurdSr@cs.com. \$12 Non-Members, \$11 Members

Director's Choice Book Club. 7 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Sam Clay, Director of Fairfax County Public Library, leads a monthly book discussion. The title this month is *The Orchardist* by Amanda Coplin. Adults.

Toddler Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join us for fun stories, songs and fingerplays. Age 2 with adult.

WEDNESDAY/FEB. 18

Wonderful Ones. 11 a.m. Herndon Fortnightly Library, 768 Center St. Herndon. Lullaby and Goodnight. Join us for bedtime and nighttime stories, songs and games. Ages 12-23 months with an adult.

Poetry Readers Roundtable. 7 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. An informal discussion group for poetry lovers. February's topic is the life times and poetry of Langston Hughes.

THURSDAY/FEB. 19

Kids' Graphic Novel Book Club. 4 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join us for lively discussions of the best in graphic novels. This month's title is "A Sam's Friends Mystery: Dracula Madness" by Mary Labatt. Books are available for checkout at children's desk. Ages 8-10.

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

FRIDAY/FEB. 20

Great Decisions Series. 2 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. A roundtable discussion on the U.S. foreign policy process. February's topic is Privacy in the Digital Age. Discussion materials will be available two weeks before the event.

SATURDAY/FEB. 21

The Clay Hess Band. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Clay Hess has been a staple at Dollywood as well as

traveling as a member of Ricky Skaggs & Kentucky Thunder for three years before forming his own band. Clay is one of the very best guitar flat-pickers around today with a soulful bluegrass voice to match. Traditional and contemporary bluegrass music as it was meant to be - superb harmony and magic on the strings. Tickets: \$15.

SUNDAY/FEB. 22

Price of Glory: Verdun 1916 Book Discussion. 2 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. A book discussion on Sir Alistair Horne's *The Price of Glory: Verdun 1916*. Led by George Mason History Professor Dr. Harry Butowsky.

Worm Composting. 2-3:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Ever thought about composting but just don't have the space? Worm composting is a natural method of recycling food waste. It's so simple and odor free that it can be done anywhere. See an established bin and make one to take home. Learn how to turn your kitchen scraps into rich organic soil and compost tea. Co-sponsored by Reston Community Center. Reservations required by Feb. 19. Fee: \$30/bin RA members, \$35/bin Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

MONDAY/FEB. 23

NARFE Dulles Chapter Luncheon. 11:30 a.m. Amphora Diner, 1151 Elden Street, Herndon. Please call your reservation and choice of entree to Louise Rooney at 703-435-3523 no later than Feb. 19.



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Photo by Kenneth M. Wyner

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Committee Members Needed

Are you interested in making an impact on the future of your community? Apply for an appointment to Reston Association's Design Review Board (DRB).

Starting March 2015, there will be three vacancies on the DRB: two design professionals (architect, land planner, or landscape architect) and one lay member are needed to serve three-year terms. The DRB interprets, administers, and renders decisions involving the design covenants in accordance with the design guidelines of Reston Association.

Please fill out the Volunteer Committee Member Application Form (www.reston.org) by 5 p.m. March 6, 2015 and submit it via email to stadele@reston.org.



www.reston.org

Celebrating Valentine's with Classical Ballet

On Feb. 13, at the Reston Community Center, Classical Ballet Theatre (CBT) will be presenting "An Evening with Classical Ballet Theatre." For the last 25 years, CBT has been educating and inspiring children through the art of classical ballet in Northern Virginia, thanks to the vision, commitment, and dedication of its founder and Executive Director, Cynthia Donavin. This established organization seeks to strengthen its links with its community by presenting innovative dance outside of the classical repertoire, and, on Friday, Feb. 13, the community can enjoy a taste of this work – just in time to celebrate Valentine's Day.

With a group of volunteers and the addition of Dubraskha Arrivillaga and Gillmer Duran to its faculty, CBT is taking a new turn towards a more relevant and balanced dance experience for young and contemporary adults.

"Going forward, our students not only will learn to love the classical repertoire, but also they will

learn to love, move, and perform different choreographic styles that make them more competitive and in-tune with what is happening in the global dance world today..." said Duran.

Along with other works, "An Evening with Classical Ballet Theatre" will feature pieces created by Meghan Rudorfer and Tara Henderson and performed in Philadelphia for the Youth America Grand Prix (YAGP). The evening also will include the Pas de Deux of Paquita staged by Ballet Mistress Dubraskha Arrivillaga as well as three brand new pieces by Artist in Residence Gillmer Duran.

"We want people to talk about dance while having a good time. Come to see us, ask us questions, tweet about the experience, and grab a cocktail while you're at it."

Complimentary cocktails begin at 6:30 p.m., followed by performances at 7:30 p.m.

For more information, please visit <http://www.cbtnva.org/evening>. Purchase tickets at: <http://purchase.tickets.com/buy/TicketPurchase?orgid=31908&pid=7952578>



Classical Ballet Theatre alumna Isabel Robles.

PHOTO COURTESY OF KATIE AND TONY DE LA PAZ

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	RESTON Hidden Creek Country Club 1711 Clubhouse Road Tuesday, February 17 th ~ 4 to 5:15 pm	STERLING Hampton Inn Cascades 46331 McClellan Way Tuesday, February 17 th ~ 6:30 to 7:45 pm

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SPORTS

Herndon Gymnast Bradley Wins Conference 5 All-Around Title

Sophomore leads Hornets to second-place finish, regional berth.

BY JON ROETMAN

THE CONNECTION
Herndon gymnast Alexa Bradley won the all-around title by a comfortable

margin during the Conference 5 championship meet, finishing more than two points ahead of the competition.

Herndon's place in the team standings wasn't as clear-cut, but the result left the Hornets in a pleasant state of shock.

Bradley's individual effort helped Herndon earn second place and one of the conference's two regional berths on Feb. 5 at Centreville High School. Robinson repeated as conference champs with a score of 136.55. Herndon

finished with a total of 131.925, edging Oakton (130.225) for second place.

"We knew it was going to be close ... but I was shocked," Bradley said. "I thought Oakton was going to beat us."

The top two teams advanced to the 6A North region championship meet to be held at 4 p.m. on Wednesday, Feb. 11 at Lake Braddock Secondary School.

Herndon entered the meet as the conference's No. 3 seed behind Robinson and Oakton, and had finished behind the Cougars at a recent meet. "We showed steady improvement from the first meet to where we are now," Herndon head coach Keith Naquin said. "It was gradual with each meet. Everybody was kind of stepping up and it showed tonight."

Bradley lead the way for Herndon. The sophomore won the all-around with a score of 36.175. Robinson's Caroline Burda finished runner-up with a total of 34.05, followed by Oakton's Natalie Weaver (34) and

"We knew it was going to be close ... but I was shocked. I thought Oakton was going to beat us."

— Herndon sophomore Alexa Bradley

Robinson's Bailey Young (33.975). The top four all-around finishers advance to regionals.

"I was surprised by some of my scores," Bradley said. "I thought I was going to get lower than I got."

Bradley won three events, highlighted by a score of 9.575 on floor. She also finished first on bars (9) and beam (8.5).

Bradley tied for third on vault (9.1).

"She's a hard worker and it showed tonight," Naquin said. "... To be that consistent in all four events" is a strong overall performance.

Herndon's Alyse Johnson placed



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Herndon gymnast Alexa Bradley won the all-around at the Conference 5 gymnastics meet on Feb. 5 at Centreville High School.

second on floor (9.25), sixth on beam (8.1) and tied for sixth on vault (8.9). Bailey Hubble finished seventh on bars (7.825). Johnson tied for fifth in the all-around with a score of 32.65.



PHOTO CONTRIBUTED

Herndon sophomore Jessica Keys won the girls' pole vault with a height of 9 feet, 3 inches (a new personal record) at the Conference 5 track meet, which also qualifies her for the state track & field championships. Herndon teammate LeClare Beres earned third place with a height of 8-9. Both girls will compete at the regional championship on Feb. 19 and in the state championship on Feb. 28.

SPORTS ROUNDUPS

Herndon Wrestling Places 5th at Conference 5 Tournament

The Herndon wrestling team finished fifth at the Conference 5 championship tournament on Feb. 6 at Westfield High School.

Robinson won the event with a score of 214.5, followed by Chantilly (185.5), Centreville (162.5), Westfield (158), Herndon (79.5) and Oakton (33).

Herndon had seven grapplers qualify for regionals: Andrew Synnott (4th 113), Bo Shull (4th 120), Jacob Moberly (4th 126), H.T. Elstot (3rd 138), Sam Milligan (3rd 152), Tommy Carnogursky (2nd 170) and Arbaz Hussain (2nd 220).

The 6A North region tournament is scheduled for Friday and Saturday at Centreville High School.

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COMMUNITY

Supporting Cornerstones

On Sunday, Jan. 18, the Women's Club of Greater Reston celebrated its 45th anniversary. WCGR president Susan Ragland presented a check in the amount of \$450 to Gail Greenberg of Cornerstones.



Children Collect Food For Cornerstone Food Bank

Lake Anne Elementary donated over 20 boxes of food to Cornerstone Food Bank/Cornerstones Housing Corporation. The school selected this food drive because of the Cornerstone work with Reston Interfaith that helps the school community. In three weeks of a food drive, Lake Anne students filled most of Cornerstone's van.



Lopez Studios Students Shine at the Junior Theater Festival

The Lopez Studios, Inc. Performing Arts School students at the festival.

PHOTOS BY JAMES BARKER



Students from Lopez Studios, Inc. Performing Arts School in Reston earned high praise at the 2015 Junior Theater Festival, held Jan. 16, 17 and 18 at the Cobb Galleria Centre in Atlanta, Ga. The 17 students, ages 8-16, presented selections from "Once On This Island JR." for Karen Sharp, education director at Seattle Children's Theatre; and director, composer, music director, and performer Rob Rokicki ("Hairspray," "Love, NY").

The students will present their full production of "Once On This Island JR." on May 1st at 7 pm and May 2nd at 2 pm and 7 pm. For more information, visit <http://www.lopezstudiosinc.com/box-office-ticket-sales.html>. Lopez Studios student Manu Onteeru was one of the 110 performers who made it to the final call-back for future Broadway

Junior shoots for "how-to" choreography videos for soon-to-be released Broadway Junior musicals.

Additionally, students Jason Itkin and Samantha Hilario were named to the Junior Theater Festival All-Stars, made up of two outstanding performers from each group attending the festival. The All-Stars performed a song during the closing ceremony for all 4,500 festival attendees.

The students who traveled to the 2015 Junior Theater Festival on behalf of Lopez Studios, Inc. Performing Arts School are: Ashby Florence, Cynthia Gomez-Quintero, Ansley Gullion, Samantha Hilario, Meagan Hosker, Jason Itkin, Tess Jannery-Barney, Lindsey Newberg, Blake O'Brien, Manu Onteeru, Keenan Parker, Rachel Rubin, Sissy Sheridan, Hanna Shwitzer, Keiko Tani, Jillian Upshaw, and Alyssa Vanlandingham.

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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.

THURSDAY/FEB. 12

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Sandy's Thursday weekly class.
ESL for Advanced Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join Richard's Thursday conversational group. Adults.

FRIDAY/FEB. 13

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Elayne's Friday conversational group. Adults.
Let's Talk - ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Richard's Friday conversational group. Adults.

SATURDAY/FEB. 14

One-to-One Technology Help. 11 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Need help with eBooks, smartphones or tablets? Gather up your devices and login info and come to a Saturday session with a technology volunteer. Call branch for times. Adults.

FAITH NOTES

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

Meditations for a Meaningful Life. Vajrayogini Buddhist Center offers classes for the general public weekly in Reston. Meditations and Teachings that will enable us to appreciate our life and make it truly meaningful.

Weekly on Thursdays 7:30-8:30 p.m. - Feb, 5, 12, 19 and 26, at Unitarian Universalist Church, 1625 Wiehle Ave. Reston. Teacher: Gen Kelsang Varahi, An American Buddhist nun. Cost: \$10 (\$5 unemployed, full time students, 65 and older). More details: www.meditation-dc.org or <http://meditation-dc.org/reston/>

COMMENTARY

Plum

FROM PAGE 4

Equal Rights Amendment passed the Senate but is likely to be defeated in the House.

Both houses have been adamant about not expanding Medicaid although it seems that state monies will be appropriated to cover some needs such as in mental health even though Medicaid expansion would have provided money to meet these needs. Both houses have presented revisions to the biennial budget, but many more needs could have been met if the \$5 million per day of federal monies had been accepted.

The House refused to pass any legislation for nonpartisan redistricting, and a bill coming over from the Senate is likely to be defeated in the House. There is still time to change the process before the redistricting that will happen after the 2020 federal census. In the meantime, a federal court has invalidated Virginia's congressional district lines, and the boundaries of the House of Delegates districts are being challenged in court.

Major revisions are being made in the public-private partnership agreement process to enhance transparency and accountability. The Governor's bill on transportation has passed to make monies available for local roads. Ethics bills will pass both houses, but both need to be strengthened before final passage.

If you want to check on the fate of a particular bill or read the language of a bill, go to <http://lis.virginia.gov/cgi-bin/legp604.exe?151+men+BIL>.

"Scantsy"



By KENNETH B. LOURIE

It's becoming increasingly difficult to characterize the feelings I regularly experience during the final few weeks leading up to my every-three-month CT Scan, and even more so the feelings I experience waiting the following week or so to see my oncologist to discuss the results. "Scanxiety," "scanxious," "ascance," "scanticipation," "scancer," "scantastic," "scanning the horizon," are all descriptions I've made up to try and "humorize" an incredibly difficult set of circumstances. How else should I react to news on which my life depends? If the scan shows growth and/or movement - which it hasn't for 18 months or so - it will be, as they say in Boston, "Katie bar the door," which means: look out, trouble ahead. However, if my luck continues and the scan shows "stable" (a new favorite word), or even better, "shrinkage," then I can semi-relax for the next three months until we scan again.

This is the cyclical axis on which my life churns. And though I've become accustomed to this life cycle, to say it has become easier as well is a bit of an oversimplification. Familiar? Certainly. Regularly scheduled? Of course. Expected? Naturally. Used to? Sort of. Stressful? Need I say? Just because I know the drill doesn't mean I don't fear the bit. Some things are out of one's control. Cancer might be at the top of that list. After all, I was originally given a "terminal" diagnosis: stage IV, non-small cell lung cancer, with a rather discouraging "13-month to two-year" prognosis to boot. And though I've survived nearly six years from that fateful day when Team Lourie first met with my oncologist, I don't feel particularly confident about my future. I know where I've been; still, I don't know where I'm going (figuratively speaking; if only there were a GPS for such problems). At this point, I'm glad to be going anywhere, figuratively or literally. The guarantees have long since left the building.

Wednesday, I'll be driving to Gaithersburg, Maryland for my next CT Scan. And given the excellent results I've been amazingly fortunate to receive these last few years, I am happy return to this same location and hopefully be tended to by the same technicians. They're my good luck charms, and every appointment/scan, I tell them so, and thank them for my above-average results and encourage them as well to keep up the good work.

At the end of the day; heck, at the beginning of the day too, who knows what matters in this fight against cancer? And though I'm sure I've left a few stones unturned, I have turned over a few rocks. I've made some changes, as you regular readers know, and I suppose I'm living proof that all is not as lost as sometimes it might initially appear to be. My life has gone on much longer than I was led to believe, and a great deal more favorably than I had a right to expect.

Every scan reminds me of who I am, what I have and the statistical anomaly which I have become. As much as I'd like to minimize the significance of this quarterly CT Scan, I can't. When one's life might be hanging in the balance, it's difficult to maintain your equilibrium.

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

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The biggest things are always the easiest to do because there is no competition.

-William Van Horne

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