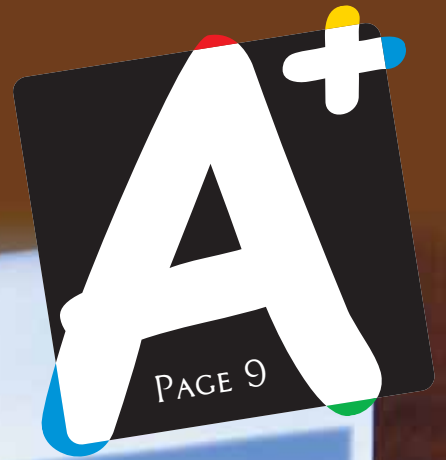
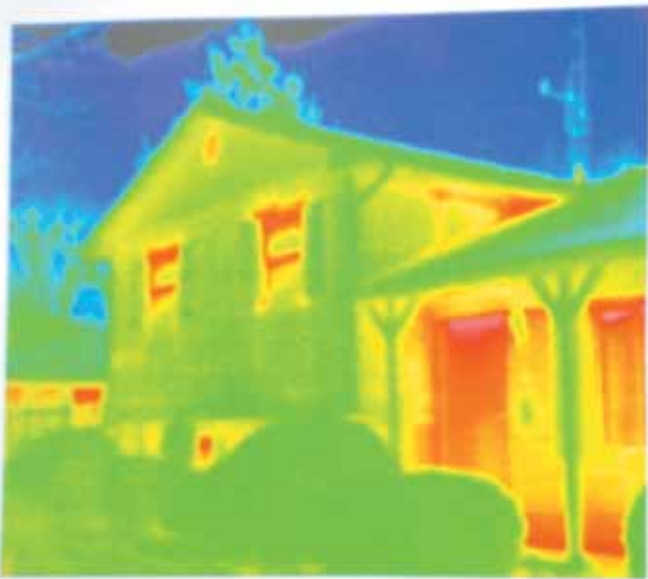


Architect Peter Henry was the event's guest speaker and helped educate the audience on just how energy is lost in a typical home. Henry offered suggestions on how to improve the situation and showed photos and drawings of the Passive energy home that he and his company, Peter Henry Architecture, just designed.



## How buildings lose thermal energy

- Heat loss through envelope due to temperature differential
- Loss of conditioned air through cracks and gaps



# Super-Insulation Talk Attracts Homeowners

NEWS, PAGE 16

## A Powerful Musical on Reston Stage

ENTERTAINMENT, PAGE 10

A Time to Hunt  
NEWS, PAGE 3



# Could This Get Rid Of Knee Pain Once And For All...Without Drugs, Shots, or Surgery?

*Now, in Sterling, VA, one doctor is helping local residents with knee pain live more active, pain-free lives.*

## Do You Have Any of the Following Conditions?

- Arthritis
- Knee pain
- Cartilage damage
- 'Bone-on-bone'
- Tendonitis
- Bursitis
- Crunching & popping sounds

Living with knee pain can feel like a crippling experience. Let's face it, your knees aren't as young as they used to be, and playing with the kids or grandkids isn't any easier either. Maybe your knee pain keeps you from walking short distances or playing golf like you used to.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your knee hurts and the pain just won't go away!



My name is Dr. Charles Arndt, of Chiropractic Health & Wellness Center. Since we opened, we've seen many people with knee problems leave the office pain free.

If you're suffering from these conditions, a new breakthrough in medical technology may completely eliminate your pain and help restore normal function to your knees.

## Finally, An Option Other Than Drugs or Surgery

The **Cold Laser** is an outpatient, non-surgical procedure, often used in physical therapy and sports medicine to accelerate the healing process. It offers non-invasive treatment to promote healing for those who suffer from pain in muscles, nerves, and joints, like that associated with chronic knee pain.

This same laser is used by professional sports teams including the New York Yankees and Cincinnati Bengals.

## It Promotes Rapid Healing Of The Injured Tissues

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

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

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

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

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

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

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

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

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

## Here's what to do now:

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

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

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



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

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

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

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

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



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

**CALL TODAY TO SCHEDULE YOUR \$35**

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

**www.ChiropracticAndWellness.com | 703-444-4141**

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

FEDERAL AND MEDICARE RESTRICTIONS APPLY.





PHOTO BY JOAN BRADY PHOTOGRAPHY/CONTRIBUTED

**One reason the deer population is out of control is that most does give birth to twins, and sometimes triplets, every year from the time they are one year of age for as many as 10 years. This pair was photographed in Great Falls in the Spring.**



PHOTO BY GERALD PETERS/CONTRIBUTED

**This photo from the back of Gerald Peters's home in Great Falls shows a buck very close to his house, with his neighbor's house in the background.**

## Oh Deer! What Can the Matter Be?

**Support for archery hunting increases with deer population.**

BY KEN MOORE  
THE CONNECTION

*First in an occasional series on deer and deer management.*

Joan Brady added to the tally of deer-vehicle collisions a few days after she received notice of the Great Falls Citizens Association's deer survey results.

"I don't think I've even hit a squirrel before," the Great Falls resident said. "It was awful to see it coming and to know I wasn't going to be able to do anything to stop in time."

Deer-vehicle collisions are almost commonplace; an average of 4,000 to 5,000 Fairfax County residents hit a deer with their vehicle each year.

Nobody stopped to see if Brady or the deer was all right, she said, although many responded to her message on social media that night.

"I just hit a deer, and it sucked," Brady wrote on Facebook.

Brady didn't weigh in on deer management problems and solutions, but she didn't like her role. "There's got to be a better way to kill the deer than the car," Brady said the next day. "I'm just hopeful I didn't kill him."

Great Falls and McLean, with large lots and many parks, can be seen as the bullseye in the exploding deer population and the debate on what to do about it. Before the beginning of a county program to "manage"

### Deer and Airplanes

The county Park Authority used aerial infrared surveys via fixed-wing airplanes to count the number of deer inside parks and within a small distance in the surrounding neighborhoods on Feb. 6, 2014 and Dec. 27, 2013, according to the 2014 Annual Report on the Environment for Fairfax County. To get the estimated population densities, authorities divided the counts by the number of square miles surveyed.

Deer management methods at the parks have included archery, sharpshooting, and management hunting, occasionally in combination.

"While many of the data are limited, taken collectively, the observations of professional park staff, poor health of evaluated deer and high deer densities indicate that deer are overabundant and are negatively impacting the ecology of sizeable areas of Fairfax County," according to the report.

### 2014 Aerial Infrared Surveys

Park	Est. Deer Per Square Mile	First Year of Deer Management
Riverbend	32	1999
Scotts Run Nature Preserve	40	2012
Lake Fairfax	43	2007
Fred Crabtree	92	2013
Old Colchester	13	2013
Laurel Hill	107	2010
Burke Lake	66	2002
Lake Accotink and Accotink Stream Valley	46	2012
Wakefield	60	2012
Frying Pan Farm	18	N/A
Ellanor C. Lawrence	15	2001
Sully Woodlands	35	2006

SOURCE: FAIRFAX COUNTY PARK AUTHORITY

the deer population in parks, Riverbend Park in Great Falls had a deer population estimated at 213 deer per square mile, more than 10 times what is considered healthy.

Deer management, by way of sharpshooting and bowhunting, which began in 1999 in Riverbend, has helped reduce the deer

density to 32 per square mile. Nearby in Scotts Run Nature Preserve in McLean, that number is 40.

**DEER DENSITY** is still at least two times greater than it should be in the Great Falls/

### Archery Hunting in 27 Fairfax County Park Areas in 2015

Park(s)	Town(s)	Acres
Riverbend Park, Scotts Run Nature Preserve	Great Falls, McLean	785 acres
Colvin Run SV, Difficult Run SV	Great Falls	220 acres
Fred Crabtree Park, Little Difficult Run SV, Garnchayne, Waples Mill Meadow	Reston, Herndon, Oak Hill	603 acres
Sugarland Run SV, Shaker Woods Park, Folly Lick SV	Herndon	214 acres
Difficult Run SV, Clark's Crossing & Lahey Lost Valley Parks, Tamarack Park, Eudora Park	Vienna	419 acres
Accotink Stream Valley South	Springfield	490 acres
Patriot Park, Popes Head Park, Piney Branch SV, Fairfax Villa Park	Fairfax Station	371 acres
Fountainhead Regional Park, Sandy Run Regional Park	Fairfax Station	1156 acres
Laurel Hill Park, Laurel Hill Golf Course, Newington Heights Park, Old Colchester Park*	Lorton	904 acres
Pohick Bay Regional Park	Lorton	998 acres
Sandy Run Regional Park	Fairfax Station	307 acres
South Run SV, Lake Mercer Park, South Run District Park, Burke Lake Park	Springfield, Burke, Fairfax Station	579 acres
Pohick SV, Burke Station Park, Shannon Station Park, West Springfield Village Park	Burke, Springfield	579 acres
Bull Run Marina	Clifton	
Johnny Moore Stream Valley	Clifton	492 acres
Cub Run SV, Ellanor C. Lawrence Park*	Chantilly	626 acres
Elklick Preserve, Mountain Road Park, Sappington Tract	Centreville	802 acres
Bull Run Regional Park	Centreville	871 acres
Poplar Ford Park, Hickory Forrest Park	Centreville	460 acres
Sully Historic Site	Chantilly	113 acres
Huntley Meadows	Mount Vernon	537 acres
Lee District Park, Island Creek Park, Amberleigh Park	Mount Vernon	258 acres

SV=Stream Valley

\* 3 month season 9/6-12/6; otherwise 9/6-14-2/21/15

SOURCES: FAIRFAX COUNTY ARCHERY PROGRAM; FAIRFAX COUNTY 2014 ANNUAL REPORT ON THE ENVIRONMENT

McLean area, said Fairfax County Wildlife Biologist Dr. Katherine Edwards, citing a number between 15-20 deer per square mile as healthy for deer and the environment.

SEE SUPPORT, PAGE 4



# Increased Support for Archery Hunting

FROM PAGE 3

Fairfax County recently used aerial and infrared technology to study deer population in county parks, she said, including Scotts Run Nature Preserve, Riverbend and other parks around the county.

Other parts of the county have even more deer. Lake Fairfax Park in Reston has 43 deer per square mile while Fred Crabtree Park in Reston has 92 deer per square mile. Burke Lake Park in Fairfax Station has 66 deer per square mile. Laurel Hill Park has 107 deer per square mile.

At those densities, 4,000-plus deer-vehicle collisions a year are only part of the problem in Fairfax County. Lyme disease, agricultural damage and damage to suburban landscaping are rampant. Deer also damage the environment and other species by decimating the understory in the forests. Young trees can't grow up to replace older trees. Birds and other species that need cover decline because of lost habitat.

The county began the deer management program in 1998, and while there was considerable negative public response to archery hunting and other methods at first, a lot of concerns have died down, said Dranesville Supervisor John Foust, who represents Great Falls, McLean and Herndon.

"We initially had a lot of concerns about deer management when we started in the parks," said Foust. "There is some opposition, but not really as much as there used to be. ... We run a very very tight ship. Our hunters are very well monitored."

While the management efforts in the parks have reduced the number of deer, (the FY2014 "harvest yield" was 848 deer from 27 park sites) many believe that it's not enough. Most of the deer habitat is private property, and deer management will need to move onto private property to be effective, they argue.

"I've accepted we've got to do more," Foust said. "I think we will get the same results on private property because the hunters have conducted themselves with professionalism."

**THE GREAT FALLS** Citizens Association recently took the unusual step of surveying its residents about experiences with deer and opinions of what to do about it.

Part of the mission of the Great Falls Citizens Association is to preserve the semi-rural nature of Great Falls. The Committee on Environment Parks and Trails, "observed that the next generation of our forests has in many places disappeared under pressure from deer herds, raising questions about the sustainability of our highly-prized natural environment. ... The objective was to seek residents' views so that the GFCA could evaluate support for new initiatives to protect local woodlands and streams."

Jerry Peters, a retired ecologist who lives in Great Falls, is spearheading a program in Great Falls to connect licensed, professional archers to homeowners who permit archery on their land.



PHOTO CONTRIBUTED

**Christine Sullivan, Bill Canis, Matt Allison and Jerry Peters spoke to Great Falls Citizens Association in January about deer.**

## Great Falls Deer Survey Results

Strongly oppose	Oppose	Open (if sensible)	In favor	Strongly in favor	Total
Monitoring of deer activity on private property					
52	41	176	125	202	596
Trained and licensed archers activity culling deer on private property					
96	52	87	89	291	615
Hunter training program for local residents					
129	92	136	67	174	598
Use of non-lethal methods such as sterilization or birth control drugs					
43	57	154	91	267	612
Enforcing current laws against feeding wild deer					
33	33	100	119	320	605
Trained and licensed firearm marksman culling deer on private property					
119	64	124	79	231	617

"This is really deer heaven, and we have made it that way," said Peters. "We took away their predators." Deer used to be hunted in Virginia by bobcats, black bears, eastern gray wolves and eastern mountain lions.

For the past seven years, Peters has studied the deer grazing the understory of forests, the overabundance of deer in the Great Falls and Northern Virginia area, and the declining deer health because of the inability for the habitat to support the growing population.

A 125-pound deer requires approximately 6.5 pounds of forage per day, or some 2,370 pounds of vegetation per year, according to the Fairfax County Park Authority. Multiply more than a ton of vegetation by as many as 100 deer per square mile, and the resulting decimation of forest understory and suburban landscaping is not surprising.

About 95 percent of respondents to the Great Falls Citizens Association's Deer Survey have seen deer feeding on their property; 45 percent see deer multiple times each day in their yard and 27 percent more see deer daily on their land.

Bill Canis reported results of the citizens association's survey.

"The car is the only predator and that's

not very humane to the deer," said Canis.

The citizens association is studying and learning all sorts of options to educate Great Falls residents, said Canis. "Hunting is an effective way to control the herd."

**HOMEOWNERS OF** any size property in Fairfax County can give permission to hunt to qualified, licensed archery hunters. Archery hunting is permitted from the last Saturday in September through the last Saturday in March. The county encourages homeowners to notify their neighbors "as a courtesy," but that is not required.

Matt Allison moved to Great Falls two-and-a-half years ago.

"One of the first things that stuck out was the number of deer. ... There were too many deer for the habitat to support. I was energized to do something about it," he said.

Allison, an archer, grew up in Pennsylvania. His father hunted, his grandfather hunted, they hunted all together. The school system gave students a day off on the first day of deer hunting season.

Allison was surprised at first by anti-hunting sentiment, even at home. "My wife doesn't understand how I can kill them," he said.

"I love watching deer. I love seeing deer

## Prior to Deer Management Program

Deer Density	Estimated Deer/Square Mile
Huntley Meadow Park	90-114
Riverbend Park	213
Meadowbrook Gardens Park	90-115
Bull Run Regional Park	419
Fort Belvoir	90

SOURCE: VIRGINIA DEPARTMENT OF GAME AND INLAND FISHERIES

in my yard, but I want the habitat to support the deer. When I see deer coming up to the flowers right by the front door, I know they are starving."

The impact on shrinking understory in the woods and forest impacts more than pretty views, said Allison; it impacts birds and migratory patterns of birds as well as other wildlife.

Archery season is an effective way to reduce the herds, he said.

And archery is safe, according to Peters, Allison, and all data kept by Fairfax County, the state, and the state of Maryland.

No injuries have occurred to non-hunters because of bow-hunting, according to Fairfax and Montgomery counties. There are occasional injuries to bow hunters who fall from deer stands.

**ALLISON AND PETERS** have joined forces to try to institute Peters's program called Green Fire to cull deer in Great Falls.

Allison is gathering archers, and Peters is working to set up a database to track deer throughout Great Falls where landowners can add data, and a database that permits archers to know which landowners permit hunting on their properties.

"I'm going to set up a pilot program. ... It's been an obsession. It's almost like an intellectual puzzle," said Peters. "It's not about hunting and killing deer. I've come to really enjoy the challenge."

Christine Sullivan of Great Falls has made use of Green Fire's services.

"Seeing deer was nice initially, but then I noticed that all the foundation plants were being eaten," said Sullivan. "I was primarily using recommended lists of supposedly deer-resistant plants. ... Local landscape nurseries told me that there's hardly anything the deer would not eat if there are too many, or food is scarce."

Sullivan contacted Peters and Allison about hunting the deer in her yard.

"They showed me the well-worn deer trails and how the deer had completely eaten the understory of the forest. I started monitoring when and where I saw the deer to let Matt know where to best place his deer stand." Some of Sullivan's neighbors also gave Allison permission to hunt on their land.

"What is not acceptable is to do nothing," said Canis. "Great Falls is a heavily wooded area, but in 20 to 25 years, the understory will be gone. That's not the legacy we want to leave behind."



IT'S ABOUT

~~14~~~~15~~ Weeks

TO GRASS ALLERGY SEASON\*



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

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

\*Date is approximate, depending on your region.



Not actual size

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



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

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

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

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

## Important Safety Information about GRASTEK

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

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

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

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## Brief Summary



# GRASTEK®

Timothy Grass Pollen Allergen Extract  
Tablet for Sublingual Use 2800 BAU

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

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

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

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

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

### What is GRASTEK?

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

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

### Who should not take GRASTEK?

You or your child should not take GRASTEK if:

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

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

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

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

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

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

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

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

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

### How should I take GRASTEK?

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

- Take the tablet from the blister package after carefully removing the foil with dry hands.
- Place the tablet immediately under the tongue. Allow it to remain there until completely dissolved. Do not swallow for at least 1 minute.
- Do not take GRASTEK with food or beverage. Food and beverage should not be taken for the following 5 minutes.
- Wash hands after taking the tablet.

Take the first tablet of GRASTEK in your doctor's office. After taking the first tablet, you or your child will be watched for at least 30 minutes for

symptoms of a serious allergic reaction.

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

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

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

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

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

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

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

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

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

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

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

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

usmg-mk7243-sb-1404r000

Revised: 04/2014

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RESP-1132773-0021 11/14





## Come to the NoVA Mini Maker Faire March 15

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

Recently I had the great pleasure of meeting several people who are energizers and organizers of the NoVA Mini Maker Faire coming to Reston on March 15. The first question many of you may have is likely: What is a Mini Maker Faire? I've heard it best explained as a bringing together of "an amazing collection of tech enthusiasts, engineers, woodworkers, artists, ...craftspeople" and would-be inventors to show and tell what they are making. It has a bit of science fair feel, but with much, much more. In Reston and Northern Virginia, it is a "Mini" maker faire because the maker movement is just getting started here compared to other parts of the country and the world. Last year was the first such faire in NoVA with scores of makers attracting 4,000 participants. One in California last year featured 900 makers and 120,000 viewers. One in New York drew around 90,000. Events in Italy, France, and England draw many thousands. Thus, we are still "Mini."

Makers are diverse and vary from the very young to seniors. Some are elementary school students like those who participated in a recent GEMS (Girls Excelling in Math and Science) take-apart session at Nova Labs "Makerspace" at Isaac Newton Square. A take-apart session is like an informal primer for makers. The organizers invite youngsters to come and disassemble all manner of appliances and gadgets, using simple tools and their hands. I saw young girls and boys taking apart coffeemakers, TVs, stereo equipment, computers, and such with enthusiasm and a gleam in their eyes. Next they'll learn how to



### INDEPENDENT PROGRESSIVE

make simple things and go from there. Having a "makerspace" with space, resources and mentorship fosters empowerment of all who want to discover or rediscover the joy of making things. In another room of Nova Labs that morning, I found a more advanced maker group—a group of 15 males ranging in age from middle or high school to my own geezer end of the spectrum. They were deeply involved in making drones—from modest helicopter types you could put in a shoebox to ones with maybe a 3-foot wingspan. The take-apart group and the other makers I'd seen seemed to have about as many girls as boys. I was told that indeed there are female drone makers, but generally the guys still far outnumber them. I am betting not for long!

The maker movement is growing fast, attracting makers and followers all over the U.S. and indeed the world. Also, a new industry is growing up to manufacture the raw materials, parts, and tools for the maker population. They already produce arduinos—single board microcontrollers which are basic for everything from small flashing light panels to robots, and the stuff you would need to get started making whatever you can imagine. You might look at [blog.makezine.com](http://blog.makezine.com) for news and project ideas, or google Maker Shed to see what starter kits and books are available. Best of all, make sure you attend the NoVA Mini Maker Faire at South Lakes High and Langston Hughes Middle School, on Sunday, March 15 from 10 a.m. to 5 p.m. Go to <http://makerfairenova.com> for all the information.

## Bradford C. Smith Of Oak Hill Dies

Bradford C. Smith of Oak Hill passed away unexpectedly on Feb. 4, 2015. He was the beloved husband of Maria E. Smith and devoted father of Melina Smith and Silvana Smith. Brad was born in 1956 in Amityville, N.Y. He later moved to Falls Church, where he graduated from George C. Marshall High School. He attended George Mason University and worked as a systems engineering contractor in the government sector.



Bradford C. Smith

Brad married the love of his life, Maria, in 1992. He was a kind, loving husband who adored his wife and enjoyed sharing his passion for music, biking and life with her. Their home together has always been a revolving door as Brad loved hosting friends for outdoor barbecues and social gatherings. As a loving father, Brad spent many years coaching his daughters' soccer teams, taking

them to music and play practices, and truly enjoying watching them blossom. He was so proud of his girls. In lieu of flowers, donations to an educational fund for Brad's children may be made to Maria E. Smith and mailed to: Northwest Federal Credit Union, Attn: Nicolette Watkins, 9730 Liberia Ave., Manassas, VA 20110.

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- Copy editing, fact checking, familiarity with AP Style.

- Design and paginate weekly entertainment, calendar and notes pages for multiple papers.

- Update websites daily, post to social media.

- Stay on top of local breaking news, work with editor and reporters to update.

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# OPINION

## Staying Ahead of the Feds

**The federal government is not always wrong. At the same time, the state government is not always right.**

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

**T**he Virginia House and the Senate have penned similar but competing mid-point versions to the 2014-2016 biennial budget. These budgets will now go to a conference committee to work out differences in time for a Feb. 28 adjournment of the annual legislative session. With both houses being under the same political party control, the differences are not great and will likely be easily reconciled.

Governor McAuliffe had proposed revisions to the Commonwealth's budget, but his recommendations were ignored in one significant way: his budget proposal included the expansion of Medicaid for the working poor, but the majority party in both houses adamantly oppose it. Had Medicaid expansion been approved, the state would have saved \$107,000,000 in state spending in FY 2016



### COMMENTARY

alone and would have picked up \$482,300,000 in new federal money. The issue of this column is not Medicaid expansion, however, for which I have made my position known in several columns. Instead, I want to focus on the paranoia in Richmond over the actions of the Federal government that the opposition to Medicaid expansion reflects. That paranoia was reflected among other places

in a budget amendment in the House that provided that "no general or non-general funds shall be appropriated or expended for such costs as may be intended to implement any federal program or Presidential executive action calling for 'free' tuition at institutions of higher education." The amendment passed with my speaking against it, suggesting that we should at least see the new program before we decided to oppose it.

Virginia has a long history of opposing federal action. Going back to 1798, James Madi-

son introduced the concept of interposition – that the state could interpose itself between the federal government and the people when it deemed federal laws to be unconstitutional. Interposition or nullification has been used by many states to oppose federal actions on many issues. The Civil War was the most dramatic statement at attempted interposition.

In the 1950's, Virginia attempted to interpose itself against federal action to desegregate the schools. Its efforts through more than 40 lawsuits became known as "massive resistance", which of course ultimately failed.

The call has gone out once again for the need to protect ourselves against the federal government, particularly the Obama administration. Several bills, for example, were introduced this session to nullify actions of the Environmental Protection Agency in air and water quality regulations. Our Federal system with its checks and balances have worked well for many years to protect citizens from a run-away government. At the same time, it creates challenges for smooth operation. This continuing power struggle diverts attention from the real issues of our economy and society and leads to the frustrations that many feel with the operation or gridlock of government. The federal government is not always wrong. At the same time, the state government is not always right. The public expects that leaders work through these differences and that issues be resolved.

### LETTERS TO THE EDITOR

## Outstanding Article, Outstanding Services

To the Editor:

Mr. (Kenneth) Moore's feature article ("Combining Health and Mental Health," Connection, February 11-17, 2015), which provided information concerning the Community Services Board (CBS) services to the Fairfax community was outstanding.

Prior to reading his article, I did not know such an organization existed. The CBS services, described in the article, provided by the leadership and staff are to be commended for helping so many people in need these last few years.

Having been involved on the staff of a state's Mental Health and Disabilities department in the midwest prior to moving to Fairfax County, mental health needs were ever growing in numbers. As pointed out in the article, "One in every five people live with a mental health problem...and two-thirds go without treatment." This is alarming and most disturbing in today's society. From where I

came from, the state's budget for Mental Health and Drug Abuse could not keep up with the demand and needs of its citizen, and this was back in the 70s.

Fairfax County is well known for outstanding services provided in our schools.

It is also encouraging to learn the county, under the directorship of Tisha Deeghan and her staff commits themselves in providing mental health services by letting us know "we are here (to serve) everybody." Thank you.

**Ronald L. Baker**  
Springfield

*The writer is retired and was a former Budget officer for the State of Illinois, Dept of Mental Health & Disabilities including the Illinois Drug Abuse Program during the years, 1972-1976.*

## Lack of Responsibility

To the Editor:

The Connection's editorial last week ("Not the First or Only Time") about the FC police's decades' long refusal to allow the public access to internal investigations is timely and to the point.

Why has this posture been allowed to continue over the years? Because of the craven evasiveness of the FC Chairman and Board of Supervisors (FCBOS), with one or two honorable exceptions.

The obstructive Chief of Police has only been able continuously to obfuscate and to deny the public access to any of the internal reviews of the killing of unarmed civilians because the FCBOS has willfully and consistently avoided facing up to their responsibilities. Let us also remember that the Chief of Police reports to and is employed by the FCBOS. You would hardly think this was the case, given the vapid tone and content of Chairman Bulova's recent letter to the Washington Post mentioned in the Connection editorial, which somehow succeeds in placing her and her colleagues at a complete remove from events. Sadly, they are made to appear to be passive observers, not active participants, going along with the way the wind blows..

There are words for this. Lack of leadership.

This is not to take an adversarial position against the FC police (except perhaps in the eyes of the Chief).

All most people want is to have basic accountability for actions

taken by them. Asking for that is not to accuse or condemn. Indeed, it is something that I hope the huge majority of officers professionally and decently protecting the public every day and night would support.

Let's see Chairman Bulova and her Board finally step up to the plate in a responsible way. Handing everything over to a Senator and the Federal authorities is no way to run Fairfax County

**John Hanley**  
Reston

## Failing in Their Duties

To the Editor:

I applaud your editorial on the Geer murder ("No Justification for Secrecy, Delay on Geer Shooting," Connection, February 4-10, 2015). The Connection has done yeoman's work in keeping this tragedy in front of the public, unlike other newspapers which are johnnie-come-latelies.

Our chairman and county Board of Supervisors have failed in their duty to oversee the Fairfax County Police Department, except Pat

SEE LETTERS, PAGE 15

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**Alexandria, Virginia 22314**

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

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
kemal@connectionnewspapers.com

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
arehmatulla@connectionnewspapers.com

**Ken Moore**  
Community Reporter  
240-393-2448  
kmoore@connectionnewspapers.com

**Jon Roetman**  
Sports Editor ♦ 703-752-4013  
jroetman@connectionnewspapers.com  
@jonroetman

**Ryan Dunn**  
Contributing Writer

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

**Trisha Hamilton**  
Display Advertising  
703-778-9419  
trisha@connectionnewspapers.com

**Andrea Smith**  
Classified Advertising, 703-778-9411  
classified@connectionnewspapers.com

**Debbie Funk**  
National Sales  
703-778-9444  
debfunk@connectionnewspapers.com

**David Griffin**  
Marketing Assistant  
703-778-9431  
dgriffin@connectionnewspapers.com

**Editor & Publisher**  
Mary Kimm  
mkimm@connectionnewspapers.com  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
jvernon@connectionnewspapers.com

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

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
jtheismann@connectionnewspapers.com  
@TheismannMedia

**CIRCULATION: 703-778-9426**  
circulation@connectionnewspapers.com





# Black History Month Celebrations

Local students learn about the history and accomplishments of African-Americans.

BY MARILYN CAMPBELL  
THE CONNECTION

**F**ourth grade student Eli West crafted a poem this month that was modeled after Martin Luther King, Jr.'s famous, "I Have a Dream" speech. As part of February's month-long celebration of the history and culture of African-Americans, fourth grade students at Norwood School in Bethesda, Md., wrote and delivered poems reminiscent of the speech that the famous civil right leader delivered in 1963. The students also delivered their verses before Norwood's lower school community.



PHOTO COURTESY OF NORWOOD SCHOOL

**Students at Norwood School in Bethesda wrote poems modeled after Martin Luther King, Jr.'s "I Have a Dream" speech and recited them at a school assembly.**

**"Black History Month is a time to honor the accomplishments of the African-American men and women who have made contributions to the world in spite of the injustice they faced."**

— Sandi Hannibal, Director of Multicultural and Ethical Education

"I learned more about Martin Luther King, Jr. I learned that he was a very spiritual man," said West.

The exercise was part of a broader lesson in honor of Black History Month, a time when students learn about the history of African-Americans as that history is incorporated in to the overall curriculum of many schools. From concerts to school projects, there are opportunities to join the month-long celebration.

"Black History Month is a time to honor the accomplishments of the African-American men and women who have made contributions to the world in spite of

the injustice they faced," said Sandi Hannibal, Director of Multicultural and Ethical Education at Norwood School in Bethesda, Maryland. "One might ask why it is necessary to highlight these accomplishments in 2015. After all, we have lived through the Civil Rights Era and the Civil Rights Act was passed in 1964. We have a black president. We have made so much progress. All of this is true, but in some schools the contributions and accomplishments of African-Americans are not woven into the overall curriculum, so it is important that Black History Month provides an opportunity to learn about prominent African-Americans in a very intentional manner."

Some educators are encouraging students to take time to ponder the history of African-Americans. "It's more than just the Jim Crow Laws. There're a whole host of things that African Americans have done," said Lisa Styles, school counselor at Arlington Public School's Career Center in Arlington.

St. Stephen's & St. Agnes School, in Alexandria, will host a Middle School Student Diversity Conference on Friday, Feb. 20.

"Students at the middle school age are trying to learn who they are. We want to expose kids to the ideas of identity, inclusive behavior, and respect, and to let them

know that what they feel matters," said KiKi Davis, St. Stephen's & St. Agnes School director of

called "Diversity in the DMV" Conference. More than 200 representatives from independent schools

## Black History Month Celebration Concert

Saturday, Feb. 21, 11a.m. at the GMU Center for the Arts, Fairfax. \$5 for children, students and seniors; \$10 for adults. For tickets, call 888-945-2468 or visit <http://cfa.gmu.edu/calendar/1830/>. For program questions, call 703-993-9889

multicultural education, diversity, and equity initiatives. "We want to give them tools to become leaders in their own schools, and it starts with being able to talk about diversity and social justice issues at their developmental level. What it looks like to them, in their lives, at this age."

St. Andrew's Episcopal School in Potomac, Md., hosted a regional diversity conference earlier this month

in the District of Columbia, Maryland and Virginia explored some of the tools needed for cross-cultural understanding.

Among the observances in Fairfax County Virginia, George Mason University Potomac Arts Academy and George Mason University School of Music will present a Black History Month celebration concert on Saturday, Feb. 21, called, "The Dream Lives On."

The Mason Wind Symphony and Vocal Studies Students, Mason Spiritual Ensemble will join local church choirs and elementary school choirs in a performance of gospel, spirituals, jazz and original compositions. The concert is designed to honor the legacy of Martin Luther King, Jr. and other African-American leaders.

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## ENTERTAINMENT

# A Powerful Musical on Reston Stage

Reston Community Players producing "Sunset Boulevard."

By DAVID SIEGEL  
THE CONNECTION

"It is a huge production, but at the very heart it is an intimate story of people in conflict," said Mark Hidalgo, director of the Reston Community Players' upcoming musical "Sunset Boulevard." "The characters are all struggling with the impending outside world."

"Sunset Boulevard" received multiple Tony Awards including for Best Musical. It has music by Andrew Lloyd Webber with book and lyrics by Don Black and Christopher Hampton. It is based on Billy Wilder's Academy Award-winning 1950 film.

Under the baton of veteran musical director Elisa Rosman and her 10-piece band, the score of over 30 stinging songs will drive the fictional story of Norma Desmond. Desmond is a reclusive former Hollywood star from the silent screen era living in less than splendid isolation in her faded mansion. She takes an unexpected path when she accidentally meets a striving younger screenwriter, Joe Gillis. Soon she hopes to re-launch her movie career with Gillis support.

The iconic, challenging role of Norma Desmond will be played by Helen Hayes Award and WATCH Award recipient Katie McManus (Oakton). "Playing Norma Desmond is certainly a dream role," said McManus. "She has beautiful songs to sing, and her story is neurotic, lovely, and heart-breaking. She's got it all!"

The intricate "Sunset Boulevard" will "resonate with audiences since the characters run such a wide range of emotions; cheeky, witty, devious, manipulative, sympathetic and vulnerable," added McManus.

"Sunset Boulevard" is the musical that first got me involved in



PHOTO COURTESY OF RESTON COMMUNITY PLAYERS

Katie McManus who stars as Norma Desmond in the Reston Community Players production of "Sunset Boulevard."

## Where and When

Reston Community Players present "Sunset Boulevard" at CenterStage, Reston Community Center, Hunters Woods Village Center, 2310 Colts Neck Road, Reston. Performances Feb. 27-March 21, Friday and Saturday at 2 and 8 p.m. Matinees on Sunday, March 8 and 15. Tickets: \$20-\$23. Call 703-476-4500 or visit [www.restonplayers.org](http://www.restonplayers.org). Note: CenterStage is handicap accessible and offers listening devices for the hearing impaired.

musical theater," said Reston Players President and actor, Joshua Redford (Reston) who plays Gillis. "There aren't too many dramatic musicals out there and it is a dream come true to be playing this role."

Another key role is Max, first seen as the hired butler. Over time

he will be revealed as much more than merely an employee. Paul Tonden plays Max. "He presents a sense of gravitas throughout the show; a man with expressive eyes that say a great deal that will register with the audience," said Tonden. There will be a grand set for the audience to take in. Visiting a recent rehearsal, set builders were in the midst of constructing an 18-foot curling staircase with landings as the centerpiece of the show's stage set. There will also be projections to add to the show's punch.

"Sunset Boulevard" reminds us that everybody struggles with the need to stay relevant, especially in today's fast moving world," concluded Hidalgo.

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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  
4/29/2015A+ Camps & Schools Pullout  
4/29/2015...Mother's Day Celebrations, Dining & Gifts I

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# CALENDAR

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

## THROUGH 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. 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 19:16. 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](mailto: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.

**Baby Steps Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Interactive story time for you and your child. Age 12-23 months with adult.

**Terrific Twos.** 11 a.m. Herndon Fortnightly Library, 768 Center St. Herndon. Sleepy time stories, songs and games about people and animals. Age 2 with adult.

## WEDNESDAY/FEB. 25

**Dr. Seuss on the Loose.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Warm up to family stories that are "snow" much fun. Special visit from Frosty the Snowman! All ages.

## FRIDAY/FEB. 27

**Drop-in Chess.** 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop in and play chess. All skill levels and ages welcome.

**Environmental Film: Wings of Life.** 7 - 9 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults and children 7+ years. From Disney nature, a stunning adventure full of intrigue, drama and mesmerizing beauty. Narrated by Meryl Streep, this intimate and unprecedented look at butterflies, hummingbirds, bees, bats and flowers is a celebration of life, as a third of the world's food supply depends on these incredible - and increasingly threatened - creatures, the pollinators. Reservations required by Feb. 24. \$5 suggested donation. For more information, email

[naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

## SATURDAY, FEB. 28

**Raptor Exploration** 10:30 a.m. - Noon Walker Nature Center, 11450 Glade Drive, Reston. All ages. Meet a wildlife rehabilitator from the Raptor Conservancy and meet some live raptors up close. Then go for a walk to see old raptor nest sites and learn where and what to look for as evidence of new nest activity. Reservations required by Feb. 25. Fee: \$7/person RA members, \$9/person Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

## ONGOING

**Free Comedy Showcase.** Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

**Family Fun Entertainment Series.** Saturdays 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.

**Movies and Mimosas.** Saturday and Sunday 11 a.m., at Reston Town Center, 11940 Market St., Reston. Showings in the morning; look up showings online. [www.bowtiecinemas.com](http://www.bowtiecinemas.com).

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

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

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

**Insomnia Theater.** Friday and Saturday 11:30 p.m., at Reston Town Center, 11940 Market St., Reston. Look up showings online. [www.bowtiecinemas.com](http://www.bowtiecinemas.com).

## MONDAY/FEB. 23

**ESL Conversation and Pronunciation for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Richard's Monday conversational group.

**ESL Citizenship Exam for Intermediate Students.** 3 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Molly in this 12-week course that teaches speaking and writing skills on the basis of selected topics of U.S. history and government. Regular attendance is required.

**ESL for Intermediate Students.** 4:30 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Juanita's Monday conversational group.

**ESL Pronunciation and Speaking for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Sandy's Thursday weekly class.

## FRIDAY/FEB. 20

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join Elayne's Friday conversational group.

## SATURDAY/FEB. 21

**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.

**Reston celebrates**

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](http://www.restoncelebrates.org). For information about how to add your organization's anniversary-themed event, please email [restoncelebrates@myerspr.com](mailto:restoncelebrates@myerspr.com).

PARTICIPATING ORGANIZATIONS:

Reston Regional Library, Reston Community Center, Reston Hospital Center, Reston Association, Reston Town Center, Cornerstones, Myer's Public Relations, Reston Regional Library, Reston Community Center, Reston Hospital Center, Reston Association, Reston Town Center.

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

## THURSDAY/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](http://www.meditation-dc.org) or <http://meditation-dc.org/reston/>

**ESL for Advanced Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Richard's Thursday conversational group. Adults.

## 2ND ANNUAL Boys & Girls Club Fairfax Casino Night

**Friday, March 6, 2015**  
**The Ritz-Carlton, Tysons Corner**

The Boys & Girls Clubs of Greater Washington/Fairfax Region help hundreds of at-risk youth every day right here in Fairfax County.

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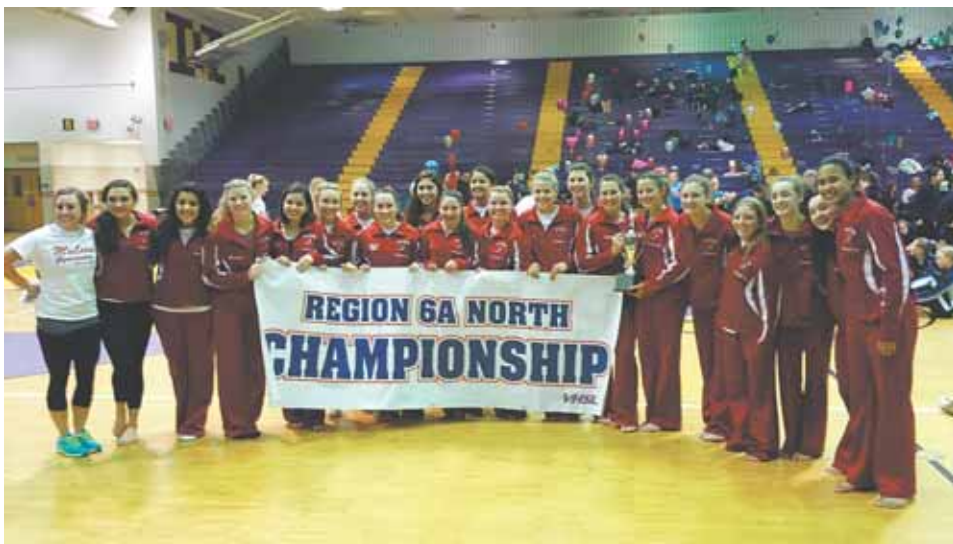
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The Boys & Girls Clubs of Greater Washington/Fairfax Region help boys and girls of all backgrounds build confidence, develop character, and acquire skills fundamental to becoming productive, civic-minded, responsible adults. BGCW provides a safe and positive environment for our youth.





The McLean gymnastics team won the 6A North region championship on Feb. 11 at Lake Braddock Secondary School.



McLean gymnast Lizzy Brown-Kaiser, left, placed fourth and qualified for states in the all-around during the 6A North region meet on Feb. 11.

PHOTOS BY JON ROETMAN/THE CONNECTION

## McLean Gymnastics Wins 6A North Region Championship

**Oakton's Weaver places seventh on beam qualifies for states.**

BY JON ROETMAN  
THE CONNECTION

**T**he McLean gymnastics team's quest for a region title got off to a less-than-ideal start, with the Highlanders failing to match rival Washington-Lee's score on beam during the first rotation of the 6A North region championship meet at Lake Braddock Secondary School.

McLean had finished region runner-up behind W-L each of the last three seasons. But after their early mishaps on beam, the Highlanders left no doubt who was No. 1 in 2015.

McLean captured the region team championship on Feb. 11, finishing more than three points ahead of the field. The Highlanders produced a score of 144.425, followed by runner-up Battlefield's total of 141.025.

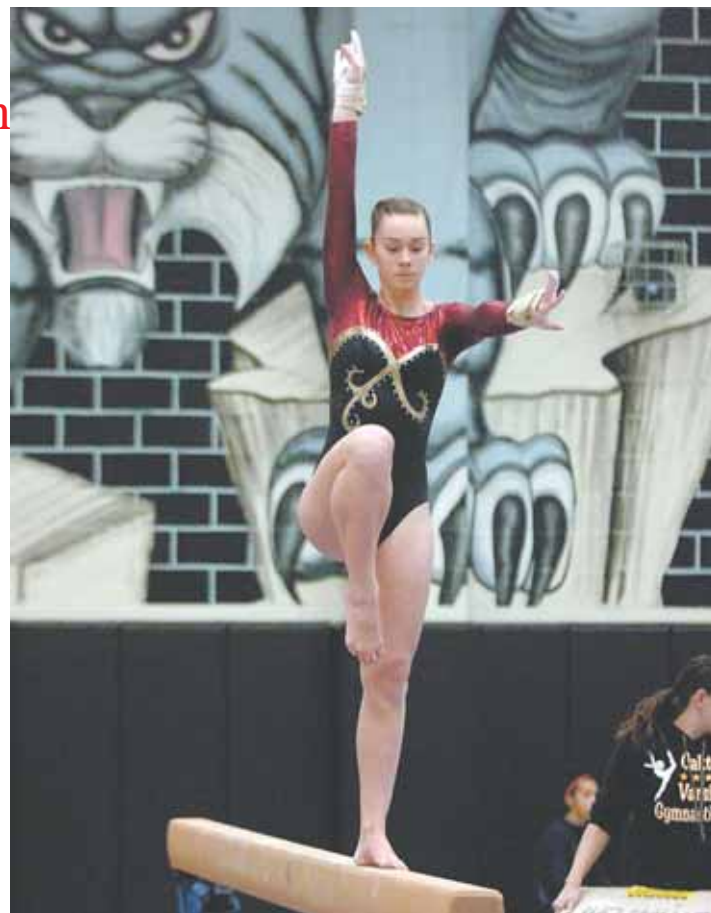
"It feels amazing," McLean head coach Courtney Lesson said. "They've wanted this for so long."

After winning three consecutive region titles, Washington-Lee placed third with a score of 139.525 and failed to qualify for states.

"If you looked at the individuals, there were only one or two [Battlefield] kids up on the medal (stand)," W-L head coach Joe D'Emidio said, "but they had better depth than we did."

After producing a score of 34.575 on beam, which ended up third behind Battlefield and W-L, McLean turned in the top score in each of the final three events.

"Beam, we started off a little rocky, but I think that was kind of a good wake-up call for us," McLean senior Lizzy Brown-Kaiser said. "It told us, look, we have to really get our heads in it and put everything into this meet and we did. We came back really strong on floor and that just set the tone



Oakton gymnast Natalie Weaver, seen earlier this season, qualified for states on beam with a seventh-place finish (8.9) during the 6A North championship meet on Feb. 11 at Lake Braddock.

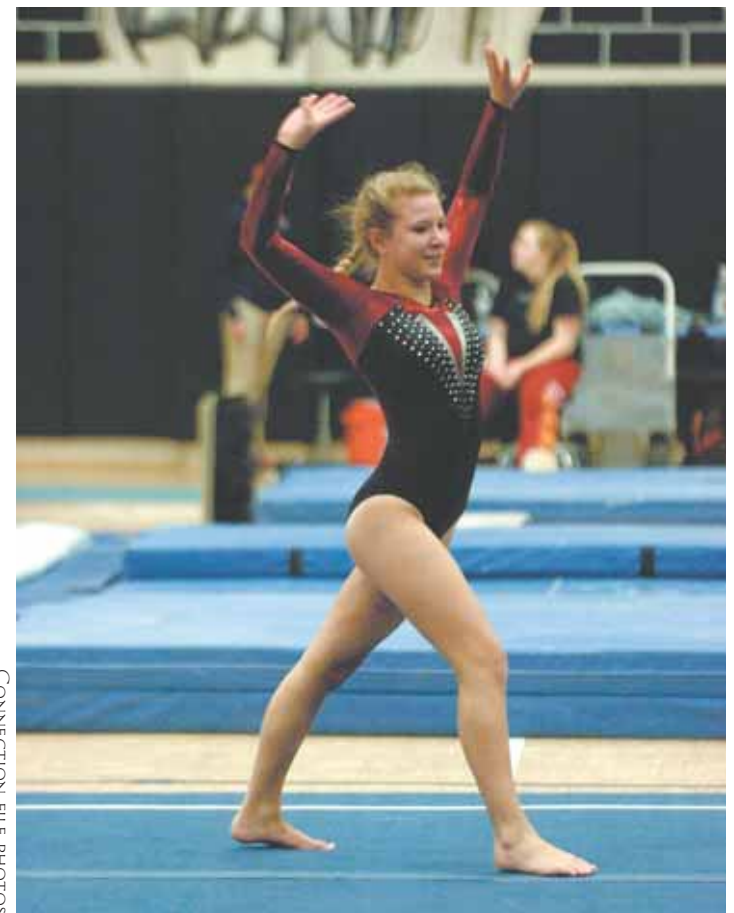
for the rest of the meet for us."

Brown-Kaiser led McLean with a fourth-place finish (36.95) in the all-around, which qualified her to compete at the state meet. W-L senior Sophie Hatcher won the all-around with a score of 37.65, followed by Yorktown freshman Bella Kane (37) and Hayfield junior Molly Overstreet (36.975).

South County sophomore Collea Burgess, last year's all-around champion, attended this year's region meet but did not compete. Burgess said her club coaches (Apollo Gymnastics) did not want her to compete.

Brown-Kaiser tied for third on bars (9.05), placed fourth on floor (9.575) and beam (9.075) and eighth on vault (9.3).

Brown-Kaiser was named the region's



Herndon gymnast Alexa Bradley, seen earlier this season, qualified for states on bars and floor during the 6A North championship meet on Feb. 11 at Lake Braddock.

Most Outstanding Senior.

"She did a great job," Lesson said. "She's a really great leader on the team. I couldn't be more proud. She really deserved that award. She cheers for everyone. Even other teams, she's always out there cheering for them."

McLean's Jacqueline Green placed sixth in the all-around (36.475), including second-place finishes on vault (9.55) and floor (9.7).

McLean's Carolyn Brown-Kaiser qualified for states on vault, placing eighth with a score of 9.3.

Herndon's Alexa Bradley, who won the Conference 5 all-around title, qualified for states on bars (sixth, 8.9) and floor (9.4).

"I didn't think I was going to make it because last year I didn't make it," Bradley said. "... [I learned] not to put so much pressure on myself because there are so many good girls here. I just had fun and it turned out well."

The Highlanders' 2014-15 season has included a Conference 6 championship and a 6A North region title. Now they will compete for a state championship.

The state meet is scheduled for Feb. 20-21 at Patriot High School.

"That would be amazing," Lesson said about potentially winning conference, region and state titles this season. "It's just all about hitting your routines — getting all your bonuses connected and hitting each event."



## NEWS



From left above: Lion Steve Reber, Co-Chair; Angela Anting Xu, Oakton High School; Cecelia Steffen McKinley, Dominion High School; Robert Kirchenbauer, Swanson Middle School; Kayleigh Hoang, Mercer Middle School; Allison Gabrielle Engel, Potomac Falls High School; Jasper de Boer, Gunston Middle School; Hana Wang, River Bend Middle School; Nicole Marie Frank, Potomac Falls High School; Mialy Harenasoa Simon, Cub Run Elementary School; Katherine Ranson, Paul VI High School; Dhanbee Emma Suh, Greenbriar West Elementary School; Gabriela Paendong, Herndon High School; Masato Alexander Chang, Longfellow Middle School and Lion Jack Gazley, Co-Chair. Gabrielle Li, Thomas Jefferson High School; Charlotte Rose Cai, Rachel Carson Middle School and Rohan Parikh, Farmwell Station Middle School participated but are not pictured above.

## Reston Lions Honor Bland Contest Winners

**W**inners of the James A. Bland Music Competition, co-sponsored by the Reston Lions Club and the Reston Community Center, on Tuesday, Feb. 3, were as follows: Vocal competition: Cecelia Steffen McKinley, first place; Nicole Marie Frank, second place; and Allison Gabrielle Engel, third place. Instrument competition: Gabrielle Li, first place; Jasper de Boer, second place; and Angela Anting Xu, third place.

First place winners received cash awards of \$100 and are eligible to compete in Virginia Lions Regional, District and State competitions for additional awards. Second place winners received \$75 and third place winners received

\$50. Judges were Lydia Kriso, Phyllis Vickers, Marje Palmieri and Denise Gulley.

The Reston Lions Club and the Reston Community Center have sponsored the James A. Bland Music Competition annually since 1982. Five hundred sixty talented students from the Reston and Herndon areas have participated in the competition during this period.

Sarah Quan, who was a senior at South Lakes High School in Reston, won first place in the instrumental category in the Reston competition in 2014. She won first place in the District competition, and first place in the State competition where she was awarded a \$2,500 scholarship.

### WEEK IN RESTON

## Celebrating Black History Month

Reston Historic Trust (RHT) and Museum, in partnership with United Christian Parish, will present a program to celebrate Black History Month on Thursday, Feb. 26, 7 - 9 p.m., at the United Christian Parish Church, 11408 North Shore Drive, Reston, Rooms 113-115. Rev. Laverne Gill, creator and producer of the Comcast television show Reston's African American Legacy, and Laura Thomas, retired educator and long time Reston resident, will moderate the panel discussion, video presentation and community dialogue. Panel members include:

\*Bob Secundy, a Reston resident since 1967 who was active in the Reston Black Focus and Fairfax County government;

\*Martin Taylor, resident since 1972 who is now an aide to Fairfax County Supervisor Catherine M. Hudgins working on housing, human services and budget issues; and

\*Two South Lakes High School students.

The video portion of the program features interviews by Rev. Gill from her television show. Admission is free.

For more information, call Reston Museum at 703-709-7700, email [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com), or visit [www.restonmuseum.org](http://www.restonmuseum.org).

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# Real-Time, Really Late

By KENNETH B. LOURIE



I'm not a night owl. More of an early bird, worms notwithstanding. But given the contents of last week's column, "Scantsy," I find it difficult to write about anything else while waiting for the results of my CT Scan. I mean, nothing matters more than these results in determining my next course of treatment/quality of life/life expectancy, so to pretend otherwise is a bit naive; and expecting a sound sleep is equally challenging, so here I am, 2:04 A.M., early Sunday morning, February 15th.

I can take it, really. I can function. You couldn't tell by looking at me or talking to me to know that I think my life may hang in the balance. After nearly six years of scanning and waiting, I've found my level. I'm not morose or depressed or pre-occupied, but I am something. Stuck in a kind of neutral, sort of. And though I am still positive about this negative, to say I can joke about it/be dismissive about it, or be unaffected by the potentially hugely complicated result as yet unknown, would be a bit presumptuous on my part and define "naive" in an entirely new way.

Certainly I understand that cancer is a disease and not necessarily impacted by my hopes and prayers; still, I've never wanted to be disrespectful of it. I've never spoken or written arrogantly about any success I've had combating this terrible disease any more than I would kick a man when he's down. If, for the time being, cancer is not having its way with me, and I am able to semi go about my regular business – until the next CT Scan three months hence that is, then I am one lucky son-of-a-gun and humbled by my amazing good fortune. And until I know the results – definitely by my next appointment on Friday, February 20th, I am sleeping at night only intermittently and living my days fatigued by the lack of sleep accumulating from the previous nights before. I'm not complaining. I'm just saying why it's 2:34 A.M. and I'm sitting on the edge of my bed hunched over and scribbling into this notebook.

The related problem is the speculation; being able to leave well enough alone, if it is well enough. And therein lies the dilemma. Somewhat surprisingly, my scheduled infusion went in as scheduled this past Friday. Typically, if there had been a change for the worse, treatment would have been delayed until my next appointment, where the oncologist and team Lourie would discuss the options. But that didn't happen. Does that mean that my scan results were still encouraging and thus there's no reason to change, or was it too close to the appointment to bother stopping and restarting again, if in fact that was our decision? Maybe? Perhaps? What if? What do I know? More importantly: What does my oncologist know?

So we wait. I'm not happy about it, but I am used to it. And even my wife, Dina, has gotten used to the delay; my brother, Richard, also. Still, it doesn't make it any easier, as odd as that may sound. Just familiar. I wish there were a different means to this madness, but apparently, there isn't. Cancer rules, and I'm here to play fair – out of respect.

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

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-Theodore Roosevelt

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## 21 Announcements

## 21 Announcements

### LEGAL NOTICE

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 objection to the proposed name change, you must appear at the hearing. ATTORNEY FOR PETITIONER Christopher Tomchuck, Stevens, Littman, Biddison, Sharp & Weinberg, LLC, 250 Arapahoe Ave., Suite 301, Boulder, CO 80302.

## 21 Announcements

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## COUNTY ROUNDUPS

## Helping Keep Faith Communities Safe

Fairfax County Police are implementing a new program, modeled after Neighborhood Watch, that aims to help keep houses of worship safe and crime-free. "Worship Watch" is intended to encourage congregants to become more involved in reducing the opportunity for crimes to occur on facility premises. Congregants, as well as neighbors of houses of worship, will learn how to be more aware and the importance of speedy reporting of any suspicious activity.

Houses of worship are not immune to criminal activity. More common crimes that are targeted towards them include larceny, burglary, vandalism and arson.

Fairfax County Police are hosting their first Worship Watch workshop, free of charge, on Saturday, Feb. 28, from 8 a.m.-12:30 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Room 102 C.

Workshop attendees will receive crime prevention training, facility security assessments, information on how to receive crime alerts and community information, and other valuable crime prevention tools.

The meeting is open to all, and is aimed towards anyone who is interested in learning how to help keep Fairfax County safe.

RSVP to attend this meeting by emailing the Reston Crime Prevention Office; Katy.Defoe@Fairfaxcounty.gov. Questions may be directed to 703-478-0799.

## Letters

FROM PAGE 8

Herrity who seems to have spoken out against this scandal early. The "blanket approach" to deny FOIA requests you mention is simply a policy. Policies are guidelines for what should normally be done; they are not a legal requirement and can be changed with a stroke of the pen by the FCPD either on its own or at the direction of the Board of Supervisors.

I hope you will call for the resignation of the chief of FCPD; oppose reelection of the chairman and Board of Supervisors, less Herrity; oppose reelection of our Commonwealth's Attorney; and payment of the \$12M to Geer's estate.

The chief has condoned a cover-up and our elected officials have failed in their duties. The \$12M should come from the budget of the FCPD and our Commonwealth's Attorney, and foreclose raising the pay of the chairman and Board of Supervisors based on their inexcusable handling of this affair.

**Mike Shumaker**  
Fairfax





Architect Peter Henry was the event's guest speaker and helped educate the audience on just how energy is lost in a typical home. Henry offered suggestions on how to improve the situation and showed photos and drawings of the Passive energy home that he and his company, Peter Henry Architecture, just designed.



Architect Peter Henry and seminar host and presenter Rich Taschler showed the differences between standard wall construction and the super-insulated double wall/staggered stud method of framing that conserves a home's energy using a few handy props.

PHOTOS BY ANDREA WORKER/THE CONNECTION

# Super-Insulation Talk Attracts Homeowners

How to lower electric, gas and water bills?

BY ANDREA WORKER  
THE CONNECTION

The Rose Gallery at Reston Community Center at Lake Anne in Reston was the venue for a well-attended presentation by Rich and Marian Taschler on proper home insulation and its mostly unknown benefits. The program was offered under the auspices of Osher Lifelong Learning Institute (OLLI) at George Mason University. OLLI is a nonprofit organization founded to provide non-credit academic courses, special events and cultural activities for a mature adult membership, but the topic under discussion on Feb. 11 was of interest to any homeowner looking to lower those electric, gas and even water bills.

**THE TASCHLERS** are members of OLLI. Labeling themselves as "Those two ancient middle-aged teenagers," the tandem bicycle riding couple from Burke bought a 2-year-old house in that area back in 1975. "That was in the days of the '73 energy crunch," Rich reminded the audience. "Energy prices

**Larry Cereghino represented the Osher Lifelong Learning Institute and gave the welcoming address. After the seminar he joined super-insulated homeowner Marian Taschler for some chatting with other members.**



were insane. Everyone was buying electric heaters as their solution. To me, that was addressing the effect. I wanted to go after the cause of heat loss in the house." The main cause turns out to be inadequate insulation. "With the standard 2x6 studded wall construction method, so much of the heat in a house is lost, because wood conducts heat, and this method creates micro channels where the heat escapes," explained Rich.

It took a lot of research and contact with experts from far afield – after all, Rich Taschler worked for the Department of Justice. He was a math major, not an engineer. But by 1976, the Taschlers were ready to start retrofitting their house. Over the

course of seven years, working on 1 or 2 rooms each year, they removed the drywall and re-framed the rooms with the innovative "double wall with staggered studs" method. The result? When the project was completed in 1983, Rich Taschler switched off the furnace in his house – and immediately had a parade of Washington Gas technicians and supervisors coming to the door trying to figure out what was going on. And what did this major renovation cost? The Taschlers spent about \$2,300 in materials, but were able to take a Federal tax deduction that brought the project cost to about \$300. In later years, the Taschlers wound up re-installing a furnace and AC unit. "You lose a lot of body heat that helps maintain

the home's temperature when the kids move out," said Rich. "But even so, we could never find a unit small enough for our reduced energy needs. We went with the smallest apartment-sized units we could find." Of course, the Taschlers continue to keep those utility bills to a minimum with their super-insulated home and now their solar hot water system that Rich designed and installed.

**JOINING** the Taschlers for this seminar was architect Peter Henry, who spoke about his designing of a certified "Passive Home" in Fairfax County. Henry took the audience through the evolution of home construction and spoke about the advances in energy efficiency being pioneered in Europe using the super-insulation concept and other technologies like heat recovery ventilation systems that virtually end the need for traditional heating and cooling systems.

The Taschlers and architect Henry stayed after the formal presentation to answer the questions of a number of attendees eager to learn more about how to super-insulate and cut those utility costs.

The Osher Lifelong Learning Institute offers classes and seminars like this one to their membership. Visit their website at [olli.gmu.edu](http://olli.gmu.edu) for more information.

## VOLUNTEERS EVENTS AND OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** will discuss using the Internet to help with caregiving on Tuesday, March 10, 7-8 p.m. Register at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm). Call 703-324-5484, TTY 711.

The **Wakefield Senior Center** in **Annandale** needs volunteer **Bilingual English/Spanish** activity leaders, a **Canasta Player** to lead a group and certified instructors for classes in **Pilates, Chair Exercise** and **Ballroom Dance**.

For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Kingstowne Center for Active Adults** in **Alexandria** needs instructors for **Mosaic Art** and **Jewelry Making**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Mount Vernon Adult Day Health Care Center** in **Alexandria** needs volunteer English and Spanish-speaking **social companions**, a volunteer **pianist**, and **front desk volunteer**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Hollin Hall Senior Center** in **Alexandria** needs a **DJ**, a **ballroom**

**dance** instructor to teach a class on Thursday afternoons, and an **Italian instructor**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Lewinsville Senior Center** in **McLean** needs an **office assistant** and instructors for: **Current Events, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom Dance, Square Dance**, and **Tai Chi**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Vietnamese Meals on Wheels** needs drivers in **Falls Church** to deliver

meals. Speaking Vietnamese is not required. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Gum Springs Senior Center** in **Alexandria** needs a **Spanish teacher**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Korean Meals on Wheels** needs **Korean-speaking volunteers** to deliver meals in **Centreville, Annandale** and **Falls Church**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

click on Volunteer Solutions.

**Meals on Wheels** needs drivers in **Chantilly** and **McLean**. **Substitute drivers** needed throughout the county. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Annandale Adult Day Health Care Center** in **Annandale** needs **Spanish-speaking** social companions and a **lunch assistant**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.