

Dog as Lifeline

WELLBEING, PAGE 8

Jimmy, an assistance dog, and Jack DeLacy, who attends Sunrise Valley Elementary in Reston.



Hunter Mill Holds Summit

NEWS, PAGE 16

Reston Celebrates African American Legacy

NEWS, PAGE 3



WE CHANGE LIVES

Maybe it really is you. Maybe you really don't belong in a "gym."

Many people just don't do well in a typical big box gym. Those gyms are too big, there is nobody to help you, and it's easy to get lost in the sea of people already in shape.

It is hard to get serious about fitness when you feel like you don't belong at the gym, when you feel like nobody really cares about you after you join.

But fitness might be the most important thing to living a healthy life. Being healthy makes you a happier person, a better parent, employee, partner or spouse. Fitness is the key to getting involved in life. You can choose to fully embrace your own fitness life, or you can watch other people living theirs. Only YOU can decide to change your life and body when you are ready.

At Koko, we understand all of this, which is why our company was founded over a decade ago. We are the small, alternative fitness choice that exists for people who feel they don't fit into that impersonal big box fitness center.

If you like lots of help and guidance, then we are for you. If you like a small, comfortable place to work out with people just like you, then Koko is your gym. If other gyms have failed you and you felt lost in the crowd, we are here to make sure that this time -- with personal guidance and the proven Koko training methodology -- you will succeed.

Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

Yours in fitness,
The Team at Koko FitClub



Try us 30 days risk free for just \$30. Meet our team, talk with our members, and enjoy all that the digital gym has to offer. There is no obligation: If you don't love Koko in 30 days, we haven't earned your business.

*Some restrictions may apply. See club for details.

Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me



to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!

~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however, I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour.

The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!



~ Scott Kreitz

Koko
A Digital Gym

To get started with your trial membership, simply call or stop by a location below. Live healthy, live the Koko lifestyle.

Koko FitClub of Great Falls
571-612-2330

Koko FitClub of Herndon
571-612-2331

Koko FitClub of Reston
571-612-2333

www.kokofitclub.com

PHOTOS BY ANDREA WORKER/THE CONNECTION



From left — the panelists for the Community Forum on Reston's African American Legacy: Valuing the Past, Planning for the Future are Asia White and Yasmeen Jones, both seniors at South Lakes High School, and Martin Taylor and Robert Secundy.



From left — May Taylor, Martin Taylor and Tania Taylor. Martin, who was a forum panelist, was well-supported by his mother May and wife Tania. A resident of Reston since infancy and a 1988 South Lakes graduate, Taylor continues to work for the residents of the town he loves, as well as others in the neighboring communities as an aide to Hunter Mill District County Supervisor Cathy Hudgins.

Reston Celebrates African American Legacy

Community Forum Part of Reston's celebration of Black History Month.

BY ANDREA WORKER
THE CONNECTION

The Reston Historic Trust and the United Christian Parish (UCP) church in Reston added to the celebration of Black History Month on Thursday, Feb. 26 with a community forum held at the church. Titled "Valuing the Past, Planning for the Future," the program included a presentation of clips from the Comcast television show "Reston's African American Legacy," created, produced and usually hosted by Rev. Laverne Gill, as well as a panel discussion and community dialogue. After a welcome by UCP co-pastor, Rev. Joan-Bell Haynes, Rev. Gill then introduced the evening's moderator, Laura Thomas, a retired educator, school administrator and long-time Reston resident.

Thomas admitted to being a reluctant transplant to Reston in 1967. "In fact," she said, "I was afraid to come to Virginia. I wanted to stay in D.C. But I couldn't find a decent school for our kids in places we could afford to live. I was afraid we wouldn't be welcomed in Virginia. We were not welcomed in Maryland, that's for sure." Succumbing to the urging of her husband, Thomas agreed to explore the possibility of relocation. To considerable laughter from the audience, she described her trek "way, way out here. Then when we got here, they handed us a brochure and sent us even farther out to where the houses were being built at Hunters Woods." Now she says she



Where we've come from and where we're going — Reston founder Robert E. Simon is flanked by Asia White (left) and Yasmeen Jones. The South Lakes High School seniors participated as panelists for the community forum on Reston's African American Legacy as part of a program celebrating Black History Month. The forum was a joint effort by the Reston Historic Trust, the United Christian Parish and Rev. Laverne Gill's work and research from her television show on the topic.

is "really glad her husband won out. I really want to thank Reston, all of you, for the difference you made in my family's life."

THE PANEL that was on hand to discuss their experiences as African Americans in Reston was well chosen to represent the earliest residents, those who grew up in Reston, and the generation that represents today's young adults. Bob Secundy arrived in 1967, choosing to move here for the community's reputation for fair housing and for the architecture. "This was such a long way out here," said Secundy, "that I brought my cousin as back up when I came to visit." And when they got here "there was this

fountain, and chamber music, and crickets. Lord, we're in Paradise, I told my cousin." Since Reston founder Robert E. Simon was in attendance, Secundy's mention of fair housing as a chief draw to the community solicited a question to Simon from an audience member. "Can you tell us, sir, what encouraged you to choose to make Reston a fair housing development?" "I wish I could say that I had this vision in the cradle," responded Simon. "The simple fact, it never occurred to me to exclude anyone."

Secundy quickly became active in Black Focus, the group that was created to promote and preserve black culture and lifestyles and to encourage black citizens to

more fully participate in the Reston community. He offered kudos to this organization for dealing quickly, respectfully, and efficiently with issues. Secundy felt that, especially with the backing of Black Focus, black citizens had a voice and were actively invited to participate in decisions and the policymaking process of Reston. One audience member pointed out that Secundy was once a candidate for the Virginia Legislature. "I didn't realize at the time that it was revolutionary for me to run. I didn't win, but I did well enough," he said. "I think I helped pave the way for the others to come."

Martin Taylor represented that "middle generation" of African Americans who came to Reston as children or even as infants. Like Secundy, Taylor's father was attracted to Reston by the European style of architecture, and by the quality of the school system. Taylor's memories of growing up in Reston are good ones. He described friends of diverse backgrounds, different ethnicities and income levels, all making good use of Lake Anne as their playground, and frequently doing things that would get them in trouble, like setting up ice rinks on the frozen Reston lakes. Guided by the skillful moderating of Laura Thomas, Taylor acknowledged that while for the most part he had few negative experiences relating to race to recount, "not everything was bliss." "I was a child of the '70s, a different era." He spoke of his mother's advice in his teenage years. "She told us to never turn around in someone's driveway. People have the right to shoot on their property if they feel threatened. She forewarned us of what could happen." Taylor also spoke of some difficult conversations and explanations that took place in their home, about "why you might not be able to take that girl to the school dance, or why this friend can't come over and play at our house." But Tay

SEE HISTORY, PAGE 8

WEEK IN RESTON

The Reston Association signed a letter of intent to purchase the Tetra Property at 11450 Baron Cameron Avenue.

PHOTO BY
KEN MOORE/
THE CONNECTION



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RA To Buy Tetra Property?

The Reston Association sent a letter of intent to purchase the Tetra property at 11450 Baron Cameron Ave. to use for future community and recreation uses.

"This building has many potential buyers, not just us. As it stands today, any buyer can refurbish it," said Reston Association President Ken Knueven. "This is an opportunity to get total control of a piece of property and a plot of acreage that can be used by the association for the benefit of its members."

The property, which sits between Lake Newport Tennis Court complex and part of the RA's Brown Chapel Park, would create a continuous band of 98 acres of common area property or parkland.

"We're not going to have too many opportunities to purchase green space," said Board member Jeff Thomas. "It is an intriguing opportunity that I'm anxious to hear from our members on."

"I like that we're protecting that property from over-development," said Ellen Graves, vice president of the Board.

The Reston Association's Board of Directors held a public hearing on Thursday, Feb. 26 to gather feedback on Reston Association's referendum question concerning purchasing the 3.48-acre property for \$2.65 million. Another public hearing is scheduled for March 26 and the Board seeks input on best uses for the facility.

Larry Butler, Senior Director of Parks, Recreation and Community Resources developed possible revenue sources and uses for the property, including after-school programming, holiday and break camp for Reston youth, extended child care for camp, general programming for children, families and seniors, instructional and educational programming, community and corporate rentals and even weddings and celebrations.

Board member Richard Chew said, "On the surface, this sounds like a good opportunity. When all is said and done, we have to ask, does this make financial sense?"

The Board voted last month to approve sending the issue of purchasing the Tetra Property (the former Reston Visitor's Center) to referendum. The voting period is tentatively scheduled for April. If members approve the referendum, the Reston Association has agreed to purchase the property by July 2015.

Call 703-435-6570 or visit the web site at www.reston.org.

Felony Hit and Run

A 38-year-old Reston man was charged with felony hit and run, felony driving while intoxicated, disregard signal to stop by law enforcement and refusal to submit to a blood or breath test, according to Fairfax County Police documents.

On Feb. 15, at approximately 1:50 a.m., an officer driving in a marked police cruiser was hit by a 2002 Toyota RAV4 on Reston Parkway at the intersection of New Dominion Parkway.

The driver is accused of fleeing the scene of the crash and continuing to travel east on Temporary Road. "The driver eventually exited his vehicle and fled on foot near the 11600 block of Vantage Hill Road," where responding officers arrested him, according to police reports.

One Month to Vote

The Reston Association held its Candidates Forum Monday, March 2. Seven candidates filed to run for the four open seats on the Reston Association's Board of Directors. The association has a nine-member board that sets policy on finance and budget, personnel and compensation policies, and planning and program strategies.

Each candidate's certified statements are available at www.reston.org

Voting began Monday, March 2 at 5 p.m. and ballots were mailed to members on Monday, March 2.

Voting runs through March 30. Results will be announced in April.

Wheels of Support

The Reston Community Center seeks volunteer drivers to give rides to adults 55 and older who cannot drive.

The RCC recently launched NV Rides Reston, a transportation program that offers door-to-door rides to help older adults get to medical appointments, important engagements and social activities.

RCC seeks to address the need for affordable and accessible transportation for the growing population of older adults in Reston, according to Beverly Cosham, Chairman of RCC Board of Governors.

The program seeks to be a part of the "caring infrastructure" that allows people who can't drive to continue to live in their own homes and neighborhoods as they age.

See www.restoncommunitycenter.com/about-reston/nv-rides-reston/become-a-driver.

— KEN MOORE

A ragweed pollen as a treatment for a ragweed allergy?

It's called immunotherapy.

RAGWITEK.
An immunotherapy tablet made from ragweed pollen.


RAGWITEK®
Short Ragweed Pollen Allergen Extract
Tablet for Sublingual Use 12 Amb a 1-U



Make an appointment with your allergy specialist and ask if RAGWITEK is right for you.



Not actual size.

Immunotherapy is what RAGWITEK is all about—it uses ragweed pollen, which may help you gradually build tolerance so you become less sensitive to that very same allergen. RAGWITEK is a once-a-day tablet that dissolves quickly when placed under the tongue. After taking it, don't swallow for at least 1 minute. Taken over time, it helps treat that allergic reaction which causes eye and nasal symptoms associated with ragweed allergies.

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen.

RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout the ragweed pollen season.

RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

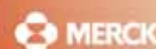
Important Safety Information about RAGWITEK

- RAGWITEK can cause severe allergic reactions that may be life-threatening. Stop taking RAGWITEK and get immediate medical treatment right away if you have any of the following symptoms after taking RAGWITEK: 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 RAGWITEK if you have 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; have ever been diagnosed with eosinophilic esophagitis or are allergic to any of the inactive ingredients contained in RAGWITEK.
- For home use of RAGWITEK, your doctor will prescribe epinephrine if you have a severe allergic reaction after taking RAGWITEK. Talk to your doctor or read the epinephrine patient information.
- The first dose of RAGWITEK must be taken in the doctor's office. After taking the first dose, you will be watched for at least 30 minutes by a healthcare professional for symptoms of a serious allergic reaction.
- You should tell your doctor about any medicines you take.
- Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK: 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



RAGWITEK®

Short Ragweed Pollen Allergen Extract
Tablet for Sublingual Use 12 Amb a 1-U

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

What is the Most Important Information I Should Know About RAGWITEK?

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

- 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 RAGWITEK, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you have a severe allergic reaction after taking RAGWITEK. 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 RAGWITEK?

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen. RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout ragweed pollen season. RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

Who Should Not Take RAGWITEK?

You should not take RAGWITEK if:

- You have severe, unstable or uncontrolled asthma
- You 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 have ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before.
- You have ever been diagnosed with eosinophilic esophagitis.
- You are allergic to any of the inactive ingredients contained in RAGWITEK. The inactive ingredients contained in RAGWITEK are: gelatin, mannitol, and sodium hydroxide.

What Should I Tell My Doctor Before Taking RAGWITEK?

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

- You have asthma, depending on how severe it is.
- You suffer from lung disease such as chronic obstructive pulmonary disease (COPD).
- You suffer from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.

- You are pregnant, plan to become pregnant during the time you will be taking RAGWITEK, or are breast-feeding.
- You are unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to RAGWITEK.
- You are 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 are taking or have 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 RAGWITEK. Ask your doctor or pharmacist for advice before taking RAGWITEK. RAGWITEK is not indicated for use in children under 18 years of age.

Are There Any Reasons to Stop Taking RAGWITEK?

Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK:

- 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 RAGWITEK 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 RAGWITEK?

Take RAGWITEK exactly as your doctor tells you. RAGWITEK 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 RAGWITEK 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 RAGWITEK in your doctor's office. After taking the first tablet, you will be watched for at least 30 minutes for symptoms of a serious allergic reaction. If you tolerate the first dose of RAGWITEK, you will continue RAGWITEK therapy at home by taking one tablet every day. Take RAGWITEK as prescribed by your doctor until the end of the treatment course. If you forget to take RAGWITEK, 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 RAGWITEK, contact your healthcare provider before restarting.

What are the Possible Side Effects of RAGWITEK?

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. RAGWITEK can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to RAGWITEK 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 RAGWITEK 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 RAGWITEK. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about RAGWITEK that was written for healthcare professionals. For more information, go to: www.ragwitek.com or call 1-800-622-4477 (toll-free).

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-mk3641-sb-1404r000

Revised: 04/2014

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RESP-1125099-0007 01/15



PEOPLE

Behind a Single Vote

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



I voted for the Conference Committee Report on the FY2016 budget even though I did not particularly like it. Earlier I voted against the House version of the budget. There were some major provisions I did not like about either one. Neither accepted the more than a billion dollars available for Med-

COMMENTARY

icaid expansion that would have insured nearly 400,000 working poor Virginians and would have freed up state monies for other programs. Neither version did enough for education. The conference report did expand mental health services and left some funds for preschool and for state employee and teacher raises. My conclusion was to vote for the conference committee report, for it was the best we were going to be able to get.

Voting in the legislature is like that. You fight all you can for the issues in which you believe, but in the end state government has to continue so you vote for the best compromise you can get. I did not think the ethics bill reported from a House committee was strong enough, and I voted against it. The conference report improved it somewhat, and I voted for it as being better than current law and a beginning on which we can make improvements in the future. I voted for the several bills that are making incremental improvement in reducing testing and other mandates in the public schools, but we need to continue in that direction in future years.

Most bills are voted on several times: in subcommittee and full committee, with amendments or a substitute, for engrossment and passage to third reading, maybe with amendments from the other house and a conference committee report, and sometimes amendments or a possible veto from the Governor. Virginia legislators vote hundreds of times. You can follow the tortured path some bills take before passage as well

as legislators' votes at lis.virginia.gov. During the course of the legislative trail, bills get amended in sometimes small and other times major ways. Legislators sometimes are criticized for voting both ways on bills, but that happens as bills are modified. While bills may keep their same number, they can, through amendment, be changed significantly. Obviously persons not familiar with the process can become confused as to one's stand on the issue, and political operatives can misuse voting information to confuse voters. While bills may change in their specifics, they must remain consistent with the purpose as found in the bill's title. All amendments must be germane to the purpose, and a bill can address only one purpose or object. Hence there are no "Christmas tree" bills in the Virginia legislature. The meaning of a vote can only be discerned within the context of which it is cast. The process is fast in order for more than 2500 bills and resolutions to be considered in less than 45 days. I have been pleased to work over many years to make the legislative process transparent in order that citizens can understand what is behind a single vote.

Connolly Recognized for Commitment to Nation's Counties

U.S. Rep. Gerry Connolly (D-11) was recognized for his service as Chairman of the Fairfax County Board of Supervisors and his "steadfast commitment to our nation's counties" at a ceremony this week on Capitol Hill. Connolly received the award at an event, sponsored by the National Association of Counties, honoring congressmen who previously held elected office at the county level. The "NACo Alumni Award" was presented to Connolly by Mason District Supervisor Penny Gross, who also serves as president of the Virginia Association of Counties. Also in attendance was retiring Mount Vernon District Supervisor Gerry Hyland.



Presenting the award to U.S. Rep. Gerry Connolly, former Chairman of the Fairfax County Board of Supervisors, was Mason District Supervisor and Virginia Association of Counties President Penny Gross.

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2ND ANNUAL Boys & Girls Club Fairfax Casino Night

Friday, March 6, 2015

The Ritz-Carlton, Tysons Corner



BOYS & GIRLS CLUBS
OF GREATER WASHINGTON
FAIRFAX COUNTY REGION

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

Casino Night is a fun-filled evening featuring:

- Full complement of staffed gaming tables including Texas Hold 'em, Black Jack and Craps, Roulette
- Fabulous dinner buffet * open bar * amazing raffles, live and silent auction
- Celebrity Emcee with music and dancing.

The Ritz-Carlton, Tysons Corner

1700 Tysons Boulevard, McLean, Virginia 22102 • On the Silver Line

Tickets: www.bgcgw.org/fairfax/casino-night/



Friday, March 6, 2015
6:30-11:30pm

Tickets: \$95.00 per person,
\$175.00 per couple
Special Overnight Guest Room Rate
at the Ritz-Carlton for
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We invite your organization to consider sponsorship opportunities for our 2nd Annual Boys and Girls Clubs of Greater Washington, Fairfax Region Casino Night.

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. BGCWG provides a safe and positive environment for our youth.

Dog as Lifeline to Vienna Boy with Mitochondrial Disease

Golden Retriever assistance dog connects Jack to schoolmates, community.

BY JOAN BRADY
THE CONNECTION

Jack DeLacy was not expected to see his second birthday. But by the time he turned 4, it was clear the DeLacys could start planning for a future they never expected to have.

Diagnosed with mitochondrial disease, Jack has a great many challenges. “Mito” primarily affects children and can cause a host of complications including loss of motor control, muscle weakness and pain, seizures, developmental delays and others, according to the United Mitochondrial Disease Foundation.

Allison Kaminsky, Shannon DeLacy’s childhood friend, had been volunteering with a non-profit that trains service dogs

for children, veterans and young adults. She encouraged the DeLacys to look into getting Jack a dog that might help to improve his quality of life.

Shannon and her husband had always loved dogs. But they weren’t exactly sure how a service dog might benefit their non-verbal son, who, at four, was not yet walking. And the process of getting and maintaining a service dog would require a significant commitment including ongoing training.

But with Alison’s encouragement, they decided to apply and were accepted into the paws4people.org program.

Jack loves golden retriever, Jimmy. Shannon says he is a perfect fit for their family. And as Jack has gotten older, opportunities to interact with children outside of his special educa-

tion Intellectual Disabilities class have become more limited.

Because of Jimmy though, Shannon says Jack has a kind of super hero status with the kids at Sunrise Valley Elementary in Reston. Other students approach Jack to say hello to Jimmy or to ask about him if he isn’t in school. Jack shows his delight by smiling broadly.

Jimmy’s impact isn’t limited to the DeLacy family. He volunteers with Shannon at her twin’s Vienna elementary school, Flint Hill. When Karen Sparacino, the school’s reading specialist, first announced that parents could sign their kids up to read to Jimmy, 70 kids were signed up on-the-spot.

Sparacino says that reading to Jimmy is about giving early readers confidence. Jimmy listens without judgment. Jimmy doesn’t correct. That takes some of the stress off the young readers.

And the kids know Jimmy is listening because he responds when they read words he understands, like “Treat” and



Shannon DeLacy at Flint Hill Elementary in Vienna with her 6-year-old twins; Skylar (blue) and Sydney (pink)

More

On Mitochondrial Disease: <http://www.umdf.org>
On paws4people: <http://paws4people.org/>

“Drop it.”

Shannon remembers one little girl who arrived to the library with her book in hand. “I don’t read very well. Jimmy may not like this book,” she said, as she arranged herself on the floor next to him. She began reading slowly and carefully.

But by the end of the book she was reading with fluidity and inflection.

And reading to a dog doesn’t end with

PHOTOS BY JOAN BRADY PHOTOGRAPHY



Jimmy with Jack, Sydney, Skylar and Riley.

Jimmy. Some of the kids have reported reading to their own dogs at home. At the end of the day, the more kids read, the better, says Sparacino.

Jimmy is a trained assistance dog who

definitely works. But he also loves to play with Jack and his three sisters; Riley, Sydney and Skylar.

Joan Brady is a professional photogra-



Jimmy, an assistance dog, and Jack DeLacy, who attends Sunrise Valley Elementary in Reston.

pher; mentor and advocate for current and former foster children; a volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

Black History Honored in Reston

FROM PAGE 3

lor is generally full of praise for the opportunities he received and the friendships he made in Reston and at South Lakes High School, where he graduated in 1988. “I think I didn’t realize just how good things were here until I went to college...and it wasn’t Reston. Blacks and whites didn’t really mingle.” Today, as an aide for Hunter Mill District Fairfax County Supervisor Cathy Hudgins, Taylor works on housing, human services and other issues to protect and expand those opportunities.

THE YOUNGEST MEMBERS of the panel were Asia White and Yasmeen Jones, both seniors at South Lakes High School. Like Taylor, both sing the praises of their school and believe that for the most part its student population does not place great emphasis on race or economic status. Jones came to Reston as a freshman and describes a “welcoming environment.” White spoke of groups at school that formed based on common interests and personalities rather than color. “Yes, even in the cafeteria at lunch,” she said when asked if the students tended to break into racial groups during free time like lunch periods.

White and Jones do believe that there

has been an increase in racial tensions in recent years, which White dates back to the shooting of Florida teenager Trayvon Martin by a man of mixed-Hispanic ancestry exactly three years earlier on February 26, 2012. “Some people said some things that were pretty rude,” admitted White. But with her interest in Black History, she tries to counteract that behavior by educating people, “telling them the facts about things that happened like Black Wall Street which most of them never heard of. (Black Wall Street refers to a deadly riot that destroyed the affluent black community in Tulsa, Okla. in 1921 and caused death or injuries to hundreds of black citizens in the city). “I guess there are still feelings out there that you would call racially charged.” “Things can be said sometimes on social media,” added Jones, “but things are quiet now. Overall it’s good.”

Before turning the meeting over to Rev. Gill’s video presentation from her television show, moderator Thomas asked the panel and the audience what we needed to do to keep going forward and what we are most proud of. Panel and audience members seemed unanimous in their call to preserve the diversity and the inclusionary spirit that they see in Reston. They also seemed in



From left — Rev. Laverne Gill and forum moderator Laura Thomas smile after the conclusion of the well-attended event on Reston’s African American Legacy.

agreement that income diversity and affordable housing are issues needing to be addressed. “Too many of our young professional blacks are not staying here or coming back. They just can’t afford it,” commented one woman. Another issue raised was the need to improve the racial profile of school staff. “It’s not fair,” said Alene Smith, who with her late husband Roger was a core member of the Black Focus group in Reston, “when you only have two African Americans at a school with 1200 students. That needs to be addressed.”

The entire forum is available online on YouTube. It can be accessed via a link on

PHOTOS BY ANDREA WORKER/THE CONNECTION



Long-time Reston resident Darlene Palmer was in attendance at the forum. Palmer was part of a group that worked to include African American students in AP classes. She also developed the first Black History program for South Lakes High School. She is currently finishing work on a biography of the early years of Reston founder Robert Simon, due out later this year.

the Reston Historic Trust and Museum’s website at www.restonmuseum.org. Bob Secundy has posted a publicly available video of his experiences in early Reston on his Facebook page. Rev. Gill’s television program airs on Comcast on Wednesdays and Saturdays at 7:30 pm.



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OPINION

Good, Bad and Ugly

A look at recently ended session of the Virginia General Assembly.

The 2015 session of the Virginia General Assembly came to an end last week, and some of the biggest news was about what it did not do. By far the ugliest debacle rests in the Assembly's ongoing refusal to expand Medicaid to cover as many as 400,000 uninsured people in Virginia, even though it would come at no cost to Virginia (Federal government pays 100 percent for the next two years and 90 percent after that) and would be a massive boost to Virginia's economy. The local and state economy is suffering from the loss of federal spending in other areas, and it's just plain crazy and mean-spirited to deny medical care for people who can't afford it otherwise, and at the same time, turn away an economic stimulus equal to 20,000 or more jobs and a direct infusion of nearly \$2 billion a year.

GOOD: The Assembly nixed a bill which "empowers the Director of the Department of Corrections to make and enter into contracts ... to compound the drugs necessary to carry out execution by lethal injection. ... Information

relating to the identity of the persons or entities compounding such drugs, the identities of persons or entities engaged to manufacture or supply the materials used to compound the drug products, and the name of the materials or components used to compound drug products for use in an execution are confidential, exempt from the Freedom of Information Act, and not subject to discovery or introduction as evidence in a civil proceeding ..."

The House of Delegates nixed executing people with secret potions. Passed in the Senate, blocked in the House of Delegates. Be sure to thank those local legislators who voted against this craven proposal: Senators: Adam Ebbin, Barbara Favola, Janet Howell, Dave Marsden and Chap Petersen. Delegates: David Bulova, Eileen Filler-Corn, Charniele Herring, Patrick Hope, Mark Keam, Kay Kory, Rob Krupicka, Jim LeMunyon, Alfonso Lopez, Ken Plum, Tom Rust, Mark Sickles, Marcus Simon, Scott Surovell and Vivian Watts.

And ask these local legislators who voted to carry out executions with secret drugs and secret methods what they were thinking: Senators George Barker and Dick Saslaw. Delegates: Dave Albo and Tim Hugo.

No good comes from conducting the people's business in secret, all the more true when the business is brutal. Killing people is wrong, two wrongs don't make a right, killing people and keeping the brutal details secret is wrong.

BAD: State Sen. Barbara Favola's bill to ex-

tend foster care services and support, including foster care maintenance payments, to qualifying individuals age 18 to 21 years who were formerly in the custody of a local board of social services passed unanimously in Senate, and died in the House of Delegates. The money spent would have been matched by Federal dollars, and every dollar spent helping former foster children become independent, self-supporting adults saves a bundle in other costs down the line.

UGLY: "Ethics reform" put a \$100 cap on each individual gift from lobbyists to members of the Assembly, with no enforcement mechanism, and no changes in campaign finance. Former Gov. Bob McDonnell and his wife were convicted of corruption for taking more than \$170,000 worth of gifts and favors from Star Scientific and related individuals; this was the catalyst for the so-called reform. It is apparently fine, however, that Star Scientific also gave \$108,000 to McDonnell's campaign. More than 40 other entities gave more, including Dominion (\$383,720), Altria (\$361,556), Smithfield Foods (\$267,738), Walmart (\$121,250), just as examples. (Source: vpap.org). No good comes from having our legislative body awash in this kind of cash. You can visit the Virginia Public Access Project at vpap.org and look up who has been giving how much to the people who represent you. It's fascinating.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Teachers Undervalued, Dominion Owns Legislature

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Fairfax County is preparing to stick it to our public school teachers again, as they have done for several years. New Superintendent Karen Garza has submitted a 2015 budget to the nominally Democratic Board of Supervisors, a budget including serious cuts (though not so much in fat central admin) and a modest 2 percent pay boost for teachers who've not had one in the last three years, counting the year they got a nominal salary raise more than offset by an increase in their retirement contribution.

But, the Supes promptly pleaded dire poverty in this county with incomes averaging over \$105,000/year. The Supes say they will cut the budget.

Now Ms. Garza and School Board are already in retreat, offering to continue the effective freeze on teacher pay.

Teachers are justifiably upset and getting tired of being frankly disrespected. The work expected of them grows and grows—and unlike Police, who are paid more than teachers and are frequently paid overtime upping their incomes to well over \$100,000—teachers don't get paid overtime.

They just shoulder all the additional paperwork and student/family services time volun-



INDEPENDENT PROGRESSIVE

tarily and soldier on. But, some teachers are now so fed up they are threatening job actions—i.e., doing just what their contract requires and no more. While teachers love their work and are generally unlikely to carry out massive job actions, particularly ones affecting students, the continued lack of appreciation for their work is seriously damaging morale, and will result in excellent teachers and staff looking for better-paying positions elsewhere.

The news from the legislative session in Richmond ranges from bad to disgusting. Expanding basic healthcare to 3-400,000 lower income Virginians faces huge House of Delegates opposition and the promised ethics reform package is a joke, continuing to encourage limitless gifting and unregulated campaign cash. In a blatant example of this corrupt model in action is legislation adopted overwhelmingly to give Dominion Power a \$400 million tax break, courtesy of us taxpayers, on investment in nuclear power.

Dominion invests almost nothing in renewable energy, but pretty much owns the legisla-

ture. Check for yourself. Ask your state Del. Ken Plum and State Sen. Janet Howell if they voted for or against the windfall for Dominion, and ask them how much they received in: 1) campaign money in the last couple of years, and what was the value of personal gifts they received from Dominion over the same time. I am not singling out Ken and Janet, because, in fact, nearly every single legislator in Virginia receives generous (\$2,000/year or more) campaign money and many receive gifts as well. Your electric bills include a surcharge for investing in Virginia legislators.

Is there any good news locally? Yes, there are several excellent candidates running for the Reston Association Board of Directors. You should be getting your ballots for the election—2 At-Large seats and the Hunters Woods Rep.—early this week. RA has not been doing very well of late.

It seriously needs new blood to better protect our natural resource endowment and better address the future direction of our special community, e.g., in shaping phase 2 of the Reston Master Plan, and addressing the failing, outdated air-conditioning monopoly, RELAC. Among the candidates for the 2 At-large seats, Rachel Muir and Colin Mills stand out. Lucinda Shannon, running unopposed for the Hunters Woods/Dogwood seat, will also be an outstanding addition to the Board. Don't forget to vote!

Reston
CONNECTION

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SPORTS



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Maddie Royle, seen earlier this season, and the Oakton girls' basketball team won their first two games of the 6A North region tournament.

Oakton Girls Beat LB, Battlefield

The Oakton girls' basketball team advanced to the 6A North region tournament final four with victories over Lake Braddock (64-35, Feb. 27) and Battlefield (67-56, Feb. 28).

The victories improved the Cougars' record to 25-1 and extended their win streak to 24.

Oakton's region semifinal match-up with West Springfield was scheduled for Tuesday at Robinson, after The Connection's deadline. The winner earns a trip to the region final and a berth in the state tournament.

The region championship game is scheduled for 6 p.m. on Friday, March 6 at Robinson Secondary School.



PHOTO CONTRIBUTED

NoVa Ice Dogs Win Championship

The top-seed NoVa Ice Dogs U12-A girls' ice hockey team defeated the Montgomery (MD) Blue Devils, 4-3, to win the Chesapeake Bay Hockey League U12 girls' championship on Feb. 22 in Frederick, Md. The Ice Dogs, coached by Mike Donovan of Falls Church, are composed of 19 11-year-olds from around Northern Virginia. The roster includes: Katherine Donovan, Sarah Ettinger, Kaia Jefferson, Jillian Kendrick, and Bryana Nace of Falls Church City; Kelly DeMatties and Mira Majure of Falls Church Fairfax County; Alexandra Friedman and Ana Evans of Alexandria; Rachel Clarke and Emily Rotter of Arlington; Gwenyth Holloway and Braylee Weets of Springfield; Lexi Lewis of Nokesville; Elizabeth Mueller of Fairfax Station; Caley Duchak of Vienna; Mia Boris and Macie McGraw of Washington, D.C; and Sara ten Broecke of Columbia, Md. Tryouts for next year's girls teams will be held April 30-May 7 in Alexandria. Please contact Peter Townsend at peterwtownsend@comcast.net for more information.

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PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Langley junior Paige Galiani tries to split a pair of West Springfield defenders during the 6A North region quarterfinals on Feb. 28.

Langley Girls' Basketball Team Wins 21 Games, Reaches Region Quarterfinals

The Langley girls' basketball team exceeded expectations during the 2014-15 season, winning 21 games, including a regional tournament contest against Osbourn Park.

But that hardly dulled the pain of Saturday night's season-ending loss to

West Springfield.

The Saxons came out on the short end of a physical contest, losing to the Spartans, 47-37, in the 6A North region quarterfinals on Feb. 28 at West Springfield High School.

Herndon Boys' Basketball Reaches Region Quarters

The Herndon boys' basketball team suffered a season-ending loss to Battlefield in the 6A North region quarterfinals, 75-52, on Feb. 28.

One day earlier, the Hornets beat Lake Braddock, 72-69, in the opening round.

Herndon finished the season with a 16-10 record, placing runner-up in the Conference 5 tournament.

South Lakes Girls, Boys Lose in Region Tournament

The South Lakes girls' and boys' basketball teams lost in the opening round of their respective 6A North region tournaments.

The girls' team lost to Battlefield, 52-42, on Feb. 27 at Battlefield High School. The Seahawks ended their season with a 17-7 record.

The boys' team lost to Osbourn, 59-52, on Feb. 27 at Osbourn High School. South Lakes finished 16-9.

Madison Girls Qualify for Semifinals

The Madison girls' basketball team defeated Osbourn, 72-50, on Feb. 27 and Westfield, 58-36, on Feb. 28 to reach the 6A North region semifinals.

The Warhawks' semifinal contest against Chantilly was scheduled for Tuesday, after

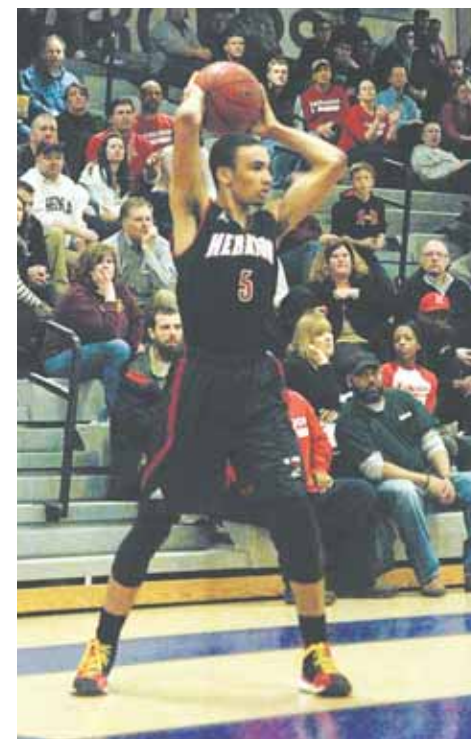


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Michael Griffin, seen earlier this season, and the Herndon boys' basketball team reached the region quarterfinals before losing to Battlefield.

The Connection's deadline.

The winner would earn a trip to the region championship game and a state tournament berth.

The region championship game is scheduled for 6 p.m. on Friday, March 6 at Robinson Secondary School.

Madison entered Tuesday's game with a 22-5 record, including a 32-28 win over Langley in the Conference 6 championship game on Feb. 24.

RESTON CONNECTION ♦ MARCH 4-10, 2015 ♦ 11



Second place winners of the 2014 SingStrong High School Competition, Monacan Singers, sang during the Saturday evening concert.



Reston's South Lakes High School Choral Director Rita Gigliotti with Jonathan Minkoff, executive producer for the annual international a cappella SingStrong festival.

PHOTOS BY RYAN DUNN/THE CONNECTION

SingStrong International Returns To Reston

Reston South Lakes to host a cappella festival.

BY RYAN DUNN
THE CONNECTION

Professional a cappella groups from around the world will perform with collegiate and high school groups at the 7th annual SingStrong International Charity A cappella Festival. SingStrong will feature professional a cappella singers at Reston South Lakes High School's Arts Center, March 6 through 8. The event consists of five concerts, an auction, and over a dozen classes and coachings. Event profits support the Alzheimer's Association and local music programs. Fans can attend single concerts, or purchase discount weekend passes which offer savings of up to 50 percent off.

This year's performers will include the gospel-pop sounds of Resound; Traces from this season of NBC's "The Sing-Off"; international award-winning German swing-pop group Vocaldente; Austrian overtone singer Anna-Maria Hefe; Ensemble Fenix, Venezuela's top Latin jazz vocal group; Blue

Jupiter; Ball in the House; The Alexandria Harmonizers; NYC's studio singers turned jazzy R&B group Feedback, and more. Styles will include pop, jazz, rock, barber-shop, overtone singing, beatbox, all performed a cappella.

The SingStrong 7 p.m. Friday Night Concert, "ACA-Idol," is a competition for professional and collegiate groups in the style of American Idol. Celebrity judges will give live feedback. First place is \$1,000 and audience members get to vote using their cell phones to help determine the winner. "SingStrong is in Reston because Rita Gigliotti is based in Reston," said Jonathan Minkoff, who is also a member of the vocal band Blue Jupiter.

The SingStrong 7 p.m. Saturday Night Main Event Concert features multiple professional a cappella groups including Traces, and Anna-Maria Hefe. Between concerts on Saturday evening will be a charity auction to benefit the Alzheimer's Association. The SingStrong 9:30 p.m. Saturday Night Main Event Concert features a separate slate of professional a cappella groups. The matinee concert on Saturday at 2 p.m. features the Finals of SingStrong's High School Competition with awards for performance, arranging and composition, as judged by respected a cappella educators from around the country. The SingStrong

Sunday matinee concert at 2 p.m. features professional groups, including Resound, Traces, Ensemble Fenix, The Alexandria Harmonizers, Feedback, and Apollo Link (aka Spideyboys).

Beginning at 9:30 a.m. on Saturday and 10 a.m. on Sunday, SingStrong will present over a dozen classes on such topics as recording techniques, stage presence, forming and directing an a cappella group, beatboxing, copyright law, and musical arranging. For singers who attend without a group to perform with, SingStrong offers an open a cappella group, The Single Singers. Attendees sign up, get their music online, briefly rehearse together at the festival, and then perform on the mainstage. The Single Singers welcome members from 'tween to octogenarian, and garner a standing ovation each year from the sold-out crowd. South Lakes High School Choral Director, Rita Gigliotti expressed appreciation to the Reston community for their support for SingStrong and the music exposure it gives to students. "My students are inspired both musically and personally. It's hard to believe we get to have this much fun for such a great cause!" said Gigliotti. Tickets range from \$15 to \$35. Discounted passes available for seniors, students and groups of 10 or more. Tickets and more info at www.SingStrong.org.

LETTER TO THE EDITOR

Transportation Overlooked

To the Editor:

As a 44 year resident of Reston, I find it amazing that your article on Lake Anne Revitalization ("Lake Anne Revitalization poised for Approval," Reston Connection, February 25-March 3, 2015) has nothing about the immense transportation problems this will cause. While the drawing shows one new entrance on Baron Cameron Avenue, there are no plans to widen North Shore or Baron Cameron. This means that hundreds, if not thousands, more people

will be congregating in this area with no transportation issues even addressed.

And, although Restonians like to think that Reston is a "walkable" community, that is nonsense when it comes to this large of a development. In fact, no supermarket or retailer will locate in Lake Anne just counting on walking traffic. These roads cannot handle any more traffic. The Saturday markets are jammed with cars.

Adding almost 800 new apartments means hundreds of more cars on these two streets every single day, and anyone should see that the congestion will be horrific. Just imagine people coming from these 900+ apartments driving to the Wiehle rail sta-

tion. Wiehle Avenue is backed up in the afternoon as it is now. And please, buses will not solve this issue. There are people who will drive no matter what.

But as usual developers do not like to think about these issues because frankly they do not care about them. I am surprised that long time planners like John Lovaas has not raised this issue and seems to be content with the current plans.

Isn't it incumbent upon a newspaper to "investigate" these issues and not just print what amounts to a press release.

Bruce Kirschenbaum
Reston

Wise Investor Group Raises More than \$21,000 for Hopecam

The Wise Investor Group at Robert W. Baird & Co., a team of financial professionals offering financial planning, portfolio management, investment analysis and account services, announced that their Annual Seminar raised more than \$21,000 for Reston-based nonprofit Hopecam.

The Wise Investor Group hosted this year's seminar, entitled "Scaling the Mountain" at the Fairview Park Marriott, attracting an audience of more than 300. Attendees were treated to an expert discussion of the economy and key investment decisions to make in 2015, featuring advice from Simon Hamilton, portfolio manager; Eric Wightman, portfolio advisor and Greg Smith, senior financial planner.

"Our Annual Seminar is aimed at providing investors with the information and tools they need to achieve their financial goals in 2015," said Nancy Popovich, director and portfolio manager at The Wise Investor Group. "Each year, it also presents a great opportunity for us to give back to our community. Hopecam is doing remarkable things to support childhood cancer patients, and we're honored to be able to support their mission."

Hopecam is a Reston-based nonprofit charity with the mission of using technology to overcome the social isolation of children with cancer. Hopecam provides the child with a tablet computer, Internet access in the home if the child is without, then works with the child's school to persuade them to establish a regular connection with the child: 70 percent of the children helped by Hopecam attend Title 1 (low-income) eligible schools and 12 percent live in homes that can't afford Internet access.

"15,780 children will be diagnosed with cancer in 2015," explains Hopecam Executive Director Susan Koehler. "One of the first side-effects they experience is being isolated from their friends and classmates. Modern technology can overcome this problem. Thanks to the generosity of The Wise Investor Group, Hopecam can continue growing to help many more of these children." In 2014, Hopecam grew from helping children living in five states to 37, and from partnering with six hospitals to 50.

For more information about The Wise Investor Group, visit www.thewiseinvestorgroup.com.

To learn more about HopeCam, visit www.hopecam.org.

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.

FRIDAY/MARCH 6

Art House Cinema Presents: Trois films du Cinéma Français. 7:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Join in on the First Friday in March, April and May, 2015 for these masterful works, each selected for making significant contributions to the film industry. The March film will be The Intouchables (2011). Tickets are \$7.50 per person for the movie and fresh popcorn. Beer, wine, water, and concessions will be available for purchase. The doors open at 7. To buy tickets: <http://www.artspaceherndon.com/art-house-cinema-presents-trois-films-du-cinema-francais/>. For more information call 703-956-6590. , VA 20170.

FRIDAY-SUNDAY/MARCH 6, 7, 8

Three Day A Cappella Music Festival. South Lakes High School, 11400 South Lakes Drive, Reston. Professional a cappella groups from around the world will perform with collegiate and HS groups at the 7th annual SingStrong International Charity A cappella Festival. SingStrong, will feature the best professional a cappella singers from around the world at South Lakes High School's Arts Center. Tickets range from \$15 to \$35. Discounted passes available for Seniors, Students and groups of 10 or more. Free Parking. Tickets and complete info at www.SingStrong.org.

SATURDAY/MARCH 7

Annual Polish/American Dinner and Polka Dance. 6 p.m. St. Joseph's Parish Hall in Herndon. Tickets are \$65 per couple, \$35 per adult and \$20 per child/student. Ticket price includes a traditional homemade Polish Dinner of stuffed cabbage, kielbasa and pierogies, as well as beer and wine or other beverages. For tickets or more information, contact Bern Patchan at 703-395-8294 or email at bernpatchan@gmail.com.

Inner Balance. 10 a.m. - 1:30 p.m. Unitarian Universalist Church, 1625 Wiehle Avenue, Reston. Usually our mind is unbalanced oscillating between excitement and aversion. The people we come across swiftly change from friend to foe. In this workshop the Resident Teacher of Vajrayogini Buddhist Center will explain how we can develop a balanced mind through training in equanimity. Then our appearances of people and situations will change and we will be able to experience everything in a fresh and positive way. \$25. www.meditation-dc.org

MONDAY-TUESDAY/MARCH 9-10

Bunny Bounce. 10-11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Bounce along the trails following the footprints of a cottontail rabbit. Make bunny ears, munch on bunny food and feel bunny fur. Discover where rabbits live and make a soft nest for bunny babies.

PET FRIENDLY EVENTS

SATURDAY/MARCH 7

Fun Dog Show. 11 a.m. Market Square, 301 King Street, Alexandria. Register your dogs to win the contests ranging from Best Tail Wag to Best Irish Costume. The show starts at 11:15 a.m., and afterwards all dogs are welcome to walk in the annual Old Town Alexandria St. Patrick's Day Parade. Register and learn more at http://www.ballyshaners.org/parade/ParadeInfo_dogshow.htm.

FRIDAY-SUNDAY/MARCH 27-29

Super Pet Expo & Doggie Kissing Contest. Dulles Expo Center, Chantilly. The Super Pet Expo is the largest, most amazing event for animal lovers in the DC Metro. Learn, shop and be entertained with hundreds of vendors and fun activities. Buy tickets at <http://www.superpetexpo.com/tickets> and use code NOVADOG to save \$3. Before the expo on Saturday morning, join hundreds of other dogs and the people who love them to attempt to set a doggie-kissing record.

Ages 18 months to 35 months.

Reservations required by March 5. Fee: \$7/child RA members, \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

WEDNESDAY/MARCH 11

League of Women Voters Meeting on Human Trafficking. 7:30-9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. The Washington area is one of the 14 major sex trafficking areas in the U.S. Why did Virginia get a grade of D in passing laws to support its victims? What is being done locally to combat human trafficking? Join the discussion. Free, open to the public (men and women), call 703-757-5893. Background papers at www.lwv-fairfax.org.

THURSDAY/MARCH 12

South Pacific Cauldron: World War II's Great Forgotten Battlefields. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Local author Alan Rems presents a virtual tour of the lesser known battles of the Pacific theater.

Maximizing for Social Security. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn strategies to maximize your Social Security benefits. For adults 60-65. Registration is required for this event.

Organic Gardening. 7-8 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Organic gardening uses landscape design and the environment to improve and maximize the health and the development of plants and soil without the use of commercial pesticides and fertilizers. Learn about this mainstay method of sustainable gardening, and bring your questions. Co-sponsored by Reston Community Center. Reservations required by March 9. Fee: \$5/person RA members, \$7/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

FRIDAY/MARCH 13

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat. Seniors from the Herndon Senior Center are regular visitors. All teas are free and open to the public. For more information call 703-956-6590 or <http://www.artspaceherndon.com/events-2/senior-tea/>

SATURDAY/MARCH 14

Kid's Trout Fishing Derby. 7 a.m. - 12 p.m. Event meets behind the Herndon Police Station on the Sugarland Run Trail. Experience a relaxing and successful day catching fish with Trout Unlimited volunteers

to teach you how to bait, cast, hook and cook your freshly caught dinner. 6\$ advanced registration, 10\$ day of event. All kids must be accompanied by an adult. Information at http://www.herndon-va.gov/content/parks_rec/specialevents/.

10th Annual FISH Fling Gala & Fundraiser. 6 - 11 p.m. Hyatt Dulles Hotel, 2300 Dulles Corner Boulevard, Herndon. FISH is a volunteer, nonsectarian, nonprofit organization that assists local residents through short term crises. Last year, they helped 5,665 people with immediate needs. FISH responds to requests for rent, utilities, transportation to medical appointments, medical items, furniture, home items, and more. For ticket information email FISH@HerndonRestonFISH.org or call 703- 582-3260 . To learn more visit www.HerndonRestonFISH.org

SUNDAY/MARCH 15

Spring Golf Tournament. 10 a.m. Herndon Centennial Golf Course, 909 Ferndale Avenue, Herndon.

Reston Community Orchestra Concert. 4 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Join the RCO for an afternoon of Bach and Haydn and works by contemporary composers who followed in — and strayed from — their footsteps. Free.

WEDNESDAY/MARCH 18

Brilliant Birds. 10 a.m. & 1:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Many birds migrate far away during the winter. They return with their most colorful plumage in spring. Make a colorful bird craft, see feathers and birds up close, and go on a short hike to see if we can find these beautiful birds in the trees or at the feeders. Ages 3 to 5. Reservations required by March 13. Fee: \$7/child RA members - \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Poetry Readers Roundtable. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An informal discussion of the life, times, and work of Langston Hughes.

FRIDAY/MARCH 20

Fireside Fun. 7-8 p.m. Walker Nature Center, 11450 Glade Drive, Reston. With a hint of a chill still in the air, the fireside is a perfect place to gather, share stories and think of warmer days soon to come. Make campfire popcorn and taste a marshmallow treat. If the weather is nice, we'll meet at the fire ring. If it is too cold, snowy or rainy, we will meet by the fireplace inside Nature House at 11450 Glade Drive. All ages. Reservations required by March 17. Fee: \$7/person RA members, \$9/person Non-members.

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

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3/18/2015A+ Camps & Schools

3/25/2015.....Spring Fun, Food, Arts & Entertainment

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APRIL

4/1/2015.....Wellbeing – Senior Living Pullout

Easter Sunday is April 5

4/8/2015.....HomeLifeStyle

4/15/2015A+ Camps & Schools

4/22/2015....Real Estate Pullout – New Homes

4/29/2015.....A+ Camps & Schools Pullout

4/29/2015...Mother's Day Celebrations, Dining & Gifts I

MAY

5/6/2015.....McLean Day Pullout

5/6/2015.....Mother's Day Dining & Gifts II

5/6/2015Wellbeing

Mother's Day is May 10

5/13/2015HomeLifeStyle

5/20/2015.....A+ Camps & Schools, Proms, Summer Planning

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5/27/2015.....Summer Fun, Food, Arts & Entertainment

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Sole-Searching

By KENNETH B. LOURIE



There's no denying the emotional fact that the CT Scan results I received and wrote about last week were a bit of a disappointment. Not a shock, mind you, because once yours truly was characterized as "terminal," back in late February 2009, all subsequent bets came off the table, almost literally; and expectations, such as they were explained to Team Lourie, likewise nearly ended up on the floor, figuratively speaking, meaning they were pretty low at that point. And ever since, my life has been about managing expectations and reacting to scan results and lab work and trying to live forward. This recurring assessment has dominated my life over these past six years.

So receiving results last week was, in and of itself, nothing new. Heck, I've received bad results before; I've even been hospitalized because of them. Obviously, I was not hospitalized this time. Nor will there be any changes to my treatment protocol, although we are advancing by one month my next CT Scan, as a precaution/prudent course of reaction to the mass which seems to be forming in my left lung. At this juncture however, premature as it may or may not be, nothing really has changed. Life goes on.

Nevertheless, I can't help thinking that change has indeed occurred. Unfortunately, the process by which one finds out about such change: scans, sort of happens in arrears. That's not to say that now is definitely too late, but neither is it too early. It's more that this kind of timeline makes for worrisome days and sleepless nights. All of which, if you believe the anecdotal evidence, are counter-productive to surviving cancer. It serves no purpose, other than as an entirely reasonable and predictable response to an incredibly difficult set of circumstances, to focus on such a negative. Moreover, attempting to control something likely beyond one's control similarly stretches one's emotional strings. Finding a balance between what is and what isn't quite yet, or what might become of what hasn't been confirmed, is a constant struggle.

Do I care and/or worry now and beat the rush, or do I do neither, and care/worry later? If this growth isn't quite something, do I presume its nothing? Or do I presume it's something even though it may still be nothing? Do I go around in circles or do I attempt to live long and prosper and damn any torpedoes that interfere with my life?

Such is life as a "terminal" cancer patient (mine anyway); upside down and all around, and never the twain shall meet, "except on the twack," as my father always joked. And though I am regularly supported – and encouraged, by friends, family and many of you returning readers, this surviving-cancer business is most often a solitary endeavor. Living with my own thoughts, internally, this cancer-afflicted life, regardless of what I hear, see or read externally, is my responsibility and somehow I must navigate the landscape; a landscape I knew very little about previously and one fraught with danger, both mentally and physically.

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

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OBITUARY



Felicia Halina Fisher passed away suddenly at her home on Wednesday, February 25th, 2015. Filly, as she was called by family and friends, was well-known and loved in the Reston community and beyond for her many years of volunteer work at the Tysons-Pimmit and Reston Regional Libraries. She was a regular visitor to the Reston Farmers' Market where she navigated crowds on her mobility scooter visiting the many vendors she befriended. Filly and her husband Gavin were also active parishioners at Our Lady of Good Counsel Catholic Church in Vienna, Virginia.

Filly was born in Valdosta, Georgia on July 21, 1969, with many physical challenges and was not expected to live for more than a few days. Instead, she survived for 45 years, bringing joy into the lives of everyone she encountered. She will be profoundly missed by all.

Filly is survived by her husband Gavin Lee Fisher, her parents Jan (retired USAF and Federal Judge) and Theresa Michalski and her brother Christopher Michalski.

Memorial donations may be made to Gabriel Homes, Inc., PO Box 710207, Herndon, VA 20171-0207.

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Marion Kitt Potter Named ArtSpace Herndon Executive Director

The Herndon Foundation for the Cultural Arts has announced the new Executive Director of ArtSpace Herndon: Marion Kitt Potter. On Wednesday, Feb. 4, the HFCA Board of



Marion Kitt Potter

PHOTO CONTRIBUTED

Directors voted to offer the position of Executive Director to Potter. She accepted the position and began work on Feb. 16. "Kitt brings to our organization extensive experience with nonprofit management and a passion for the Arts," says HFCA Board President, Harlon Reece.

Potter has over 20 years of successful experience in research, nonprofit leadership strategic planning/partnering, fund raising, community and media relations, and event planning. As a Resource Development professional over the past 10 years, she has been primarily responsible for raising over \$15,000,000 dollars in funding and sponsorships on behalf of community, faith and arts-based organizations; businesses, colleges; and individual visual and performing artists.

Potter holds a Bachelor's degree in Sociology/Psychology from Howard University; is certified by the Grantsmanship Training Center and holds certificates in Nonprofit Leadership from the New York Council of Nonprofits and the Harvard University School of Social Enterprise. She is also a gifted vocal stylist, actress, percussionist, lyricist and actress.

Her critically acclaimed theater credits include playing lead roles in several hit pop musicals and her Living History Series. Kitt's stunning musical re-enactment "Elizabeth Eckford - 50th Anniversary of the Little Rock Nine" has been archived in the Smithsonian Institution's National Museum of African American History and Culture - The Memory Pages.

BULLETIN BOARD

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

MONDAY/MARCH 9

Writers Group. 7 p.m. Herndon Library, 768 Center Street, Herndon. All levels of writing experience are welcome to join our group to receive support and feedback. The group reviews works-in-progress from up to three members each month. Adults.

TUESDAY/MARCH 10

ESL for Beginners. 10 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Tuesday conversational group. Adults.

WEDNESDAY/MARCH 11

Wednesday Morning Book Club. Reston Library, 11925 Bowman Towne Drive, Reston. Book discussion group.

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-St. Francis de Sales



PHOTOS BY KEN MOORE/THE CONNECTION

More than 100 people turned out on Saturday, Feb. 28, at Frying Pan Park for the Hunter Mill District Community Summit.

Hunter Mill Summit

More than 100 people attended last Saturday's Hunter Mill District Community Summit Program, hosted by Supervisor Cathy Hudgins (D-Hunter Mill). The meeting was the first in a series of community budget discussions planned around the county in the next few weeks.

County Executive Ed Long outlined the \$3.8 billion budget, with 52 percent of the money going to schools and 64 percent of revenue coming in from property taxes.

"When we adopt a budget, we are investing in the priorities of the county," said Chairman Sharon Bulova (D).

The budget proposal doesn't fully cover the budget request from Fairfax County Public Schools, the 10th largest school sys-

tem in the country according to School Board Member Pat Hynes (Hunter Mill). With a growing student body, many class sizes at more than 30 students and 29 percent of FCPS students poor enough to qualify for free and reduced meals, the meeting emphasized the funding needs for schools.

The tight budget is attributed to reduced spending by the federal government.

"When the federal government starts to shrink, we feel it here," said U.S. Rep. Gerry Connolly (D-11).

Cathy Hudgins gave a virtual tour of human services by location in the Hunter Mill District. The meeting included the "Hunter Mill Huddle," to give voice to those needs.

—KEN MOORE

U.S. Rep. Gerry Connolly (D-11)



Board of Supervisors Chairman Sharon Bulova (D)



County Executive Ed Long



Hunter Mill School Board Member Pat Hynes



Supervisor Cathy Hudgins (D-Hunter Mill)

Voices of Human Needs in Hunter Mill



Kerrie Wilson, CEO, Cornerstones

"In Reston alone, there are 3,000 households that are rent-burdened... The needs are so complex."



Leila Gordon, Reston Community Center

"We want to provide every youth with meaningful summertime and afternoon activities."



Kate Hanley, Hunter Mill Representative, Fairfax-Falls Church Community Service Board

"Providing affordable housing is one of the most cost-cutting things you can do."



Jerry Poje, Hunter Mill Representative, Human Services Council

"We look at one percent of things that should be cut every year. What are the budget innovations? ... We should be known as a visionary county."



Bill Bouie, Hunter Mill Representative and Chairman, Fairfax County Park Authority

"Centralized recreation is a big part of it.... Kids can't get to recreation locations."



George Bergquist, Chairman, Committee for Helping Others

"You'd be surprised about the economic conditions of your neighbors."

—KEN MOORE