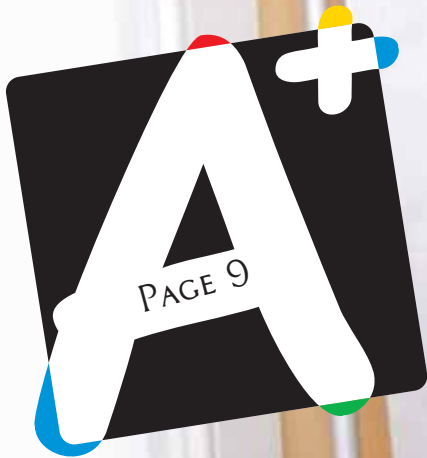


Restonian Honored For Public Service

Dean Klein, director of the Fairfax County Office to Prevent and End Homelessness, was the recipient of the 2015 Katherine K. Hanley Award for Public Service, presented to him at Leadership Fairfax's 24th Annual Board of Supervisors Breakfast. He is pictured with the award's namesake, Katherine Hanley.

NEWS, PAGE 3



Bringing
Math to
Life

NEWS, PAGE 4

Dollars for Daniel:
Dollars of Love

NEWS, PAGE 4



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

**30
Days
for \$30**
No obligation

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

Restonian Honored for Public Service

Dean Klein receives 2015 Katherine K. Hanley Public Service Award.

BY ANDREA WORKER
THE CONNECTION

On Friday, March 13, Reston resident Dean Klein, who directs the Fairfax County Office to Prevent and End Homelessness (OPEH), accepted the 2015 Katherine K. Hanley Public Service Award for sustained contributions by public sector employees, nonprofits, or appointees to a public board, authority or commission. Klein has held the directorship of OPEH since his appointment in 2009, taking on the attendant challenges during the most difficult of economic times that most people today can remember. The fact that during his tenure to date the county has already seen a 33 percent decrease in homelessness and a 288 percent increase in persons moving from emergency shelter to permanent housing, may have something to do with his unanimous selection. At least that is what Rodney Lusk, chair of the selection committee told the audience at the awards ceremony. Sponsored by Leadership Fairfax (LFI), the award was presented to Klein at the organization's 24th Annual Board of Supervisors Breakfast at the Fairview Park Marriott. Lusk was just the first to offer accolades for the winner, who was also the 2014 recipient of the county's highest honor – the A. Heath Onthank Award.

Following the remarks by Lusk, the award's namesake herself, Katherine Hanley, came forward to tell the attendees why Klein is so deserving of this year's honor. Then it was U.S. Rep. Gerry Connolly's (D-11) turn to speak about Klein's efforts, activities and positive impact in the community and to present to him a framed letter of congratulations, before Lusk, Hanley and the Congressman joined together to make the award presentation.



2015 Katherine K. Hanley Public Service Award winner Dean Klein poses with the award presenters at the ceremony, from left: Selection Committee Chair, Rodney Lusk, U.S. Rep. Gerry Connolly (D-11), Dean Klein, director of the Fairfax County Office to Prevent and End Homelessness and the award winner, and Katherine K. Hanley.

Dean Klein, director of the Fairfax County Office to Prevent and End Homelessness, was the recipient of the 2015 Katherine K. Hanley Award for Public Service, presented to him at Leadership Fairfax's 24th Annual Board of Supervisors Breakfast.

PHOTOS BY
ANDREA WORKER/
THE CONNECTION



KLEIN'S COLLEAGUES AND FRIENDS gave fair warning that during any interview, Klein was more likely to talk about his mission and the cooperative efforts by so many working toward the county's 2008-approved 10 Year Plan to End Homelessness

than about himself. Those friends and colleagues proved right. Klein is most proud of the collaborative efforts of his own staff, the related county agencies, the Board of Supervisors, the business community, nonprofits and faith groups, as well as the

new Fairfax-Falls Church Community Partnership. "We are doing this together," he said. "In the beginning we needed to align the efforts of several departments, realign our financial resources. That took quite awhile and we had to get everyone re-en-

gaged in the unified effort. But people have really come to see the value of making those difficult changes," he added. "We have speeded up the process and gotten stronger outcomes." Klein cites as an example how the typical wait time for placement in emergency shelters would have been around three months before all the realigning took place. "Now it's more like a week with our coordinated Homeless Intake System," he notes. "With the changes we have put into place, we can work more on finding out what an individual or family really needs – not what we think they need – in many cases preventing homelessness, rather than having to deal with it."

Faster, better and more coordinated services for those in need are also the outcome from a shared database across the 19 organizations and 140 programs in play. "There are solutions," insists Klein. "And now people around the community are starting to believe that. We can really do something about homelessness, especially once we put a name and a face on that homeless person." Because the agencies that have worked on this issue for so long are feeling more optimistic about a positive outcome, and even more of the general public feel that preventing and ending homelessness is not a hopeless task, Klein thinks more people are looking for ways to get involved. He suggests looking at the "100K Homes Project" as a place to get started. "Check out their website 100khomes.org to find out all about it," Klein suggests.

Eventually, we got Klein to talk a bit about himself.

A SELF-DESCRIBED "glass half full kind of guy," Klein is originally from Cleveland. His work with the homeless and needy began when he volunteered at the House of Ruth nonprofit in the District, and later went to work for them. Married to Reston native Jill, they live in Reston with their high schoolers Zachary and Zoe, and Izzie the dog, "who really is the apex of our family hierarchy," he admitted. Klein does manage to find some free time. He's preparing for his first half and full triathlons, works out, and would like to take a family trip to Spain sometime in the near future. Klein is a 1997 graduate of the Leadership Fairfax program and expressed gratitude not only for what he has learned and the network he has built, but to the organization for "continuously achieving their goal of creating community trustees." Much like Mr. Klein himself.

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.

SATURDAY/MARCH 21

Reston Friends Children's Book Sale. 10 a.m. - 4 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. All your favorite children's book authors, plus teaching materials. Come browse and buy. Monday/March 23

NARFE Dulles Chapter 1241

Luncheon Meeting. 11:30 a.m. Amphora Diner, 1151 Elden Street, Herndon, Virginia. Speaker will be Penny Halpern from the Herndon Village Network, a nonprofit organization whose mission is to help seniors age in place. Please call in your reservation by March 19 to Louise Rooney 703-435-3523. \$18.
ESL: Intermediate and Advanced Students. Various times. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational

groups, grammar, vocabulary and pronunciation. Adults. For information and class details visit <http://www.fairfaxcounty.gov/library/branches/rr/>.

TUESDAY/MARCH 24

Diabetes Alert Day. 11 a.m. - 3 p.m. Reston Hospital Center's Diabetes Education Center, 1850 Town Center Parkway, Reston. Diabetes is a serious disease that strikes nearly 30 million children and adults in the United States, and more than a

quarter of them-eight million-don't even know they have it. Certified diabetes educators will provide Type II diabetes risk assessments and answer questions about diabetes. We invite the community to stop by during this event to find out your risk for diabetes and learn important steps you can take to prevent Type II diabetes. For more information, visit Reston Hospital Center's Facebook page at [facebook.com/RestonHospital](https://www.facebook.com/RestonHospital) or call 703-689-9100.

ONGOING

Food Addicts in Recovery.

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

Reston's Sunrise Valley Elementary School teacher Mary Anne Rossbach has been honored as the 2015 Math Educator of the Year by the Virginia Council of Teachers of Mathematics. According to colleagues and students alike, Rossbach's love of the subject and of teaching really shines through each day.



PHOTOS BY ANDREA WORKER/THE CONNECTION

Bringing Math to Life

Reston teacher Mary Anne Rossbach named Virginia Math Educator of the Year.

BY ANDREA WORKER
THE CONNECTION

The nominees come from all over the Commonwealth of Virginia, but it was Mary Anne Rossbach, a sixth grade teacher from Sunrise Valley Elementary School in Reston, who accepted the 2015 William C. Lowry Mathematics Educator of the Year award on Saturday, March 7 at a dinner ceremony in Virginia Beach. This accolade comes officially from the Virginia Council of Teachers of Mathematics, but praise for Rossbach came from all quarters when her award was announced. In a press release issued by the Fairfax County Public Schools, her nominator, Liz Goswick, praised Rossbach as "the force behind our school adopting math problem solving as the focus for our school improvement plan." Goswick is the lead special education teacher at Sunrise and a member of the school's math committee and school improvement team.

Rossbach has 27 years of experience as a teacher, 17 of them at Sunrise Valley. She earned her bachelor's degree from James Madison and her master's degree from the University of Rochester. She says that her passion for math really began during those college and postgraduate years, where she discovered mathematics teaching methods that differed from the traditional ways in which she and many of us had been taught. "Kids need opportunities to be hands-on, to construct their knowledge rather than simply learn by rote or for-

mula," she states. "That's why we use a lot of props in my classes and we always look for real-life problems to solve using math." A prime example of that situational teaching method was how Rossbach used the school's extensive renovation project as a teaching tool. Her class was given the project of preparing recommendations for the school's new playground facilities.

ARMED WITH BLUEPRINTS and plans from the construction company and architects, the class went to work "using the real space, real tools, and the real environment," explained Rossbach. And they even had the opportunity to further other skills, working in groups, problem solving, and creating and conducting a survey that they took to the other grade levels to gather input and develop their recommendations. Rossbach's former student Margarita Gamarnik agrees that it was a great experience. Gamarnik, now at Langston Hughes Middle School, recalled that the project "brought math to life. And it was great to problem solve and work in small groups. It would be great if I went back to Sunrise and saw some of those designs we made put into practice." Gamarnik also praises her former teacher for giving her "a good foundation." At her new school, she believes that the teaching methods of Ms. Rossbach "made the transition so much easier. I don't think I would be as successful at this level without her guidance," said Gamarnik.



Margarita Gamarnik has moved on from Sunrise Valley Elementary, but credits teachers like Rossbach for "making math come to life." The 7th grader from Langston Hughes Middle School feels that her real-life situational teaching and Rossbach's ability to keep everyone on pace in her advanced math class, have been a real part of her current academic successes.

ROSSBACH earned her award because of her dedication to math education outside as well as inside her own classroom. She has worked on staff development in math, teaching not only at Sunrise, but at schools within her own cluster region, and hopes to continue to do so. "It's important that we bring our best practices to each other, so that in turn, we bring them to our students," Rossbach said.



About 30 of Katie Grealish's teammates and friends from South Lakes and the Potomac Marlins Swim Club participated in her swim-a-thon on March 7 to raise money for UCP (www.ucp.org).

Dollars for Daniel: Dollars of Love

South Lakes swimmer champions cerebral palsy in honor of cousin.

Katie Grealish loves to swim and even though most of her family doesn't share her passion, she knows her cousin does.

"He cannot walk or talk, but when he is in the water, he's smiling, he's happy, he's free," she said. "I love seeing him happy. Even though he can't talk, I know he loves me and I know that he would do anything for me."

Now, her cousin Daniel who has cerebral palsy immediately gets his bathing suit when he first sees Grealish when she visits him in New York.

"We share a special bond so when we are together we go to the pool together," she said.

Grealish, a sophomore at South Lakes' International Baccalaureate program, wanted to raise awareness of cerebral palsy for her Middle Years Program. "Many people think it is a disease, however it is actually a condition typically caused by damage to the brain before or at birth. It is a life-long condition, and is one of the most common congenital disorders of childhood," she writes about cerebral palsy.

To raise awareness and raise money for United Cerebral Palsy (UCP), the year-round swimmer with the Potomac Marlins Swim Club organized a swim-a-thon she called 'Dollars for Daniel' on March 7.

"Dollars for Daniel" took place at Central Park Aquatic

Center which donated its Manassas pool for the event.

"I like organizing things. I love swimming, Daniel loves swimming, and I thought it would a great honor to him," she said.

More than 30 swimmers from the Potomac Marlins and South Lakes participated Saturday, March 7.

"The outcome was amazing," she said. "People came out to show their support and learn about this condition. We collectively raised over \$3,300 which was \$2,300 over my initial goal."

UCP sent a representative to participate in the event and hand out information to educate people about cerebral palsy, she said. "I just really want to thank all those who participated either through swimming or donations to make this project such a success and hope that the money raised can be used to make Daniel's life, as well as others fighting this condition, just a little bit easier," said Grealish. "Donations are still coming in today," she said.

Grealish didn't always love the water. "When I was little, I was at my summer pool. I hated the pool until I was four. I got pushed in and started floating and realized, 'This wasn't so bad,'" she said.

She loves watching world-record holder Kathleen Ledecky swim and saw her compete at a state championship meet. Ledecky, of Bethesda, Md., turns 18 on St. Patrick's Day.

"Watching her glide through the water inspired me. She makes it look so easy," said Grealish.

Grealish's favorite stroke is backstroke. "I like the idea that I get to breathe the whole time," she said.

— 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.

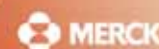
Important Safety Information about RAGWITEK

- 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



WEEK IN RESTON

A Look Back at the Gulf Years in Reston, 1967-78

Reston Historic Trust (RHT) and Museum will present another free program on March 26, 7 - 9 p.m., at the Jo Ann Rose Gallery at Reston Community Center - Lake Anne as part of its continuing series celebrating Reston's early history.

Join for film clips and a panel presentation on "The Gulf Years in Reston, 1967-78." Vicky Wingert will show film clips from Storycatcher Productions that capture some of the stories of those years. These will be followed by a discussion among the panelists who were instrumental in Reston's development during the Gulf Years: Jim Cleveland, Fran Steinbauer, Chuck Veatch and Kohann Williams. Participants will learn first-hand about the issues of those early times and will have a chance to ask questions of all the presenters.

Admission is free. For more information, contact the Museum at 703-709-7700; e-mail

restonmuseum@gmail.com or visit www.restonmuseum.org.

Marion Stillson Named Reston Citizen of the Year

Reston Citizens Association (RCA) has announced the 2014 Reston Citizen of the Year honoree, Marion Stillson.

Stillson, a long-time Reston resident, leader and champion of community issues that include women's rights, diversity, general accessibility and housing visitability, will be honored at the annual RCA Award Ceremony on Thursday, April 16, 2015.

The award ceremony is open to the public at no cost, and will be held starting at 7 p.m. at the Reston Community Center, Hunters Woods, Community Room, 2310 Colts Neck Road, Reston. After the ceremony, light refreshments will be served.

The annual Reston Citizen of the Year Award honors an individual who has contributed to the qual

SEE WEEK, PAGE 13

HEALTH NOTES

Diabetes Alert Day

Diabetes is a serious disease that strikes nearly 30 million children and adults in the United States, and more than a quarter of them-eight million-don't even know they have it. On Tuesday, March 24, Reston Hospital Center's Diabetes Education Center will be hosting a Diabetes Alert Day event in the main lobby of the hospital. From 11 a.m. to 3 p.m. certified diabetes educators will provide Type II diabetes risk assessments and answer questions about diabetes. The community is invited to stop by during this event to find out risk for diabetes and learn important steps you can take to prevent Type II diabetes. For more information, visit Reston Hospital Center's Facebook page at [facebook.com/RestonHospital](https://www.facebook.com/RestonHospital) or call 703-689-9100.

SEE HEALTH, PAGE 13



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OPINION

On Police Information and Secrecy

Time for change in public access to police information.

The first meeting of the Fairfax County Ad Hoc Police Practices Review Commission will take place next Monday, March 23, and it comes with hope for real change.

Police could take one step that would signal that they are serious about regaining public trust.

Police departments in Northern Virginia should let go of their relentless pursuit of secrecy. Police departments all over the country routinely allow access to police reports, incident reports, dashboard video and many other sources of information without harm, all things that police here refuse to allow the public to see.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records “shall be presumed open.” But the legislation includes an exception that allows police to withhold

“complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

Police officials in Fairfax (and also in Arlington and Alexandria) have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should, whether the case is open or closed, whether they are about a “police-involved shooting” or information requested by a family about a homicide victim.

EDITORIAL

It is only because of legal action by the family of John Geer, shot dead by a Fairfax County police officer in the doorway to his own home in August 2013, and the resulting court order that we know details of what happened that day. And what we now know confirms that the information released by police was incomplete and misleading at best.

We’ve learned that we cannot trust the leadership at the Fairfax County Police Department to tell the truth voluntarily on these matters. (See Editorial: “Not the First or Only Time,” Connection, Feb. 11, 2015.)

Repeating what we have said in this space many times: Police wield power unlike any

other entity — the power to detain and question, the power to arrest, the power to respond with force when necessary, sometimes deadly force.

With that power, comes responsibility — the responsibility to operate openly and with transparency, the responsibility to make available the greatest possible amount of information, especially the responsibility to provide the public with a full picture of what happened when something goes wrong.

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

It’s clear that discretion about when to withhold information cannot be left up to the police department.

—MARY KIMM, EDITOR AND PUBLISHER

MKIMM@CONNECTIONNEWSPAPERS.COM

Mary Kimm is a member of the Ad Hoc Police Practices Review Commission; news coverage of police issues will continue to be the responsibility of reporters at the Connection.

COMMENTARY

What Else Was Done?

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

Previous columns have focused on major legislation passed in the 2015 General Assembly session, but this column will describe other legislation that passed. Implications for these bills may be more limited in the number of persons affected, but you can be sure that for those persons these bills may be the most important. For example, Governor McAuliffe has already signed legislation to decriminalize the use of oils derived from the marijuana plant to treat persons with severe epilepsy. I had introduced one of the bills to accomplish this purpose. A bill was also passed that allows terminally ill patients under physician’s supervision to take investigational drugs that have been cleared for the first phase of clinical trials before getting final FDA approval.

Legislation already signed by the Governor allows transportation network companies like Uber and Lyft to operate in Virginia when they have met licensing requirements including appropriate insurance and background checks for drivers. The threshold for expanded state licensing and regulation of day care providers was reduced from the current six to five or more children unrelated to

the owner in a home. A national background check with fingerprinting will be required, and unlicensed providers must advise parents in writing. This crack-down comes amidst problems in some homes that resulted in the death of a child.

Another measure requires health insurance providers to include coverage for the diagnosis and treatment of autism spectrum disorders in children aged two through ten. Current law only requires coverage through age six. In response to concerns about heroin and prescription drug abuse, legislation was passed to encourage persons to report another person’s overdose and remain on the scene without fear of prosecution for minor possession or intoxication. Under a pilot program, use of the prescription drug naloxone to counteract the effects of heroin or opioid overdose was expanded.

All common sense gun safety measures were defeated in a subcommittee of five in the House of Delegates, but a bill that would require Virginia to recognize the right to possess firearms of out-of-state felons whose gun rights have been restored in their home state



passed without my vote. Hopefully the Governor will veto the bill. A bill that would have allowed state government the ability to keep secret information about drugs used in executions and the drugs’ manufacturers was defeated in the House of Delegates.

Legislation to limit the warrantless collection of personal information by law enforcement when there is no reasonable suspicion of criminal activity passed as did legislation to restrict

to seven days the retention of information gathered by license plate readers that is unrelated to an ongoing criminal investigation. A bill passed that requires law enforcement and regulatory agencies to get search warrants before flying drones except in emergencies or training activities.

A bill to repeal the King’s Dominion law that requires school systems to start school after Labor Day failed with my voting again to repeal it. School calendars should be set by school boards, not the legislature. An ethics bill passed but with I believe glaring deficiencies that I will address in a future column.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
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Alexandria VA 22314
Call: 703-917-6444.

By e-mail: north@connectionnewspapers.com

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The Right Fit: Choosing a Summer Camp

How parents can ensure positive summer experiences for their children.

BY MARILYN CAMPBELL
THE CONNECTION

Though the official start of spring is still days away and the fridity of winter is still recent on the minds of many, Janelle Wright, a Potomac, Md., mother of two, has already mapped out the summer for her children.

Wright did research before signing up her 13-year-old daughter, Corrine, in an academic camp geared toward boosting her English composition skills, and enrolling her 12-year-old son, Teddy, in a camp for children whose needs fall just outside the norm.

Indeed, experts say social interactions, a chance to have fun and an opportunity to fill the time between family trips are just some of the benefits of summer camps.

There are camps for every child, no matter their needs.

"I spoke to the camp and shared with them up front that my son might need help socializing with other kids," said Wright. "He might need directions repeated to him. I did that so I could drive away in peace knowing that he'd be fine. It's different for



PHOTO COURTESY OF SUMMER AT NORWOOD

When choosing a summer camp, parents should consider signing up their children with friends to decrease the chance of loneliness.

my daughter because she doesn't have any challenges. I don't have to call the camp and talk to them like I do with my son."

WHETHER A CHILD is typical or falls slightly outside the norm, doing a bit of research and exercising forethought are good ideas when selecting summer programs. In fact, advanced planning and registration for summer camp is essential in the Washington, D.C., region, say educators.

"It's important to find an activity that kids already like to do. It's summer so kids should have fun," said Linda Guly, Ph.D., professor of psychology at Marymount University in Arlington.

"Choose a camp where they won't feel lonely. It helps to sign them up with a buddy, especially in late elementary and middle school so they'll have one or two people at camp they already know. That really does matter."

If choosing a specialty camp, summer might not be the time for embarking on a new activity, however. "Summer camps may not be a time to have kids do something completely new," she said. "For example, if a child has never played golf, you might not want to invest money in a golf camp if you aren't sure your child will enjoy it. A child needs to feel like this is not school where they are struggling to learn a new activity."

The most important thing is for parents to do their research.

"Interview the camp director," said Lois McCabe, head of school for The Diener School in Potomac. "What does the day look like? How structured or unstructured is it? It is good to have a mix of both."

This is particularly true for children with special needs. "You want to make sure the camp understands the needs of special needs children," said McCabe. "You don't

want to throw them in this big unstructured environment with other kids and hope for the best. You want to make sure your child's peer groups understand your child."

SOME DAY CAMPS are structured to allow parents to choose the week their child will attend camp based on the camper's interests.

"We have a theme for every week that is packed with field trips and special events" said Fred Lowery, owner of Kiddie Country in Burke, which is running 11 weeks of camp this summer. "All of the camp activities are related to the theme. There are field trips to the Maryland Science Center, a Washington Mystics game, Reptiles Alive and Hershey Park. On site, we have everything from mad science to jugglers to swimming."

Traditional camp experiences, like opportunities for socializing with peers, are still found in specialty camps.

"As [campers] learn to identify, measure and combine ingredients, they are also learning important life skills, working together as a team and ultimately creating a delicious meal," said Jennifer Bashaw, curriculum development coordinator at Tiny Chefs, Inc. "Children leave our camps with a greater confidence in their kitchen skills and personal creativity."

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

APRIL

4/1/2015.....Wellbeing – Senior Living Pullout
Easter Sunday is April 5

4/8/2015.....HomeLifeStyle

4/15/2015.....A+ Camps & Schools

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

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

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

4/29/2015.....Spring Outlook 2015

MAY

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

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

5/6/2015.....Wellbeing

Mother's Day is May 10

5/13/2015.....HomeLifeStyle

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

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FAIRFAX COUNTY PARK AUTHORITY

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FCPA Sets Hearing on Conveyance of Reston Towne Green Property

The Fairfax County Park Authority will hold a public hearing on Wednesday, April 8, 2015 at 7:30 p.m. to receive public comment on the conveyance of property in the Hunter Mill District. The property consists of five acres and is identified on the Fairfax County Real Property Identification Map as Tax Map No. 17-1 (11) Parcel 14D, commonly referred to as the "Reston Towne Green property". The property is located on Fountain Drive in Reston, VA and is located within the same block as the North County Government Center in the Reston Town Center North District. The hearing will be held at the Herry Building located at 12055 Government Center Parkway in Fairfax, VA in Rooms 106 and 107.

Conveyance of the property is being considered in response to the Reston Transit Station Area Comprehensive Plan Amendment adopted by the Board of Supervisors on February 11, 2014 which encourages a land use pattern that "incorporates significant new residential development and new non-residential uses to complement the existing and planned public uses and the concentration of employment in the Reston Town Center and a significant new open space to serve as a defining element in the organization of a new, more urban pattern of blocks."

The Park Authority is seeking public comment regarding the proposed conveyance of the Reston Towne Green property to the Board of Supervisors in consideration for a potential two-point-six acre urban Central Green, commitment to provide approximately 90,000 square feet of density within one of the new urban blocks, and other considerations that may be advantageous to the Park Authority mission. It is envisioned that the proposed density would be used for the development of an indoor recreation facility or other recreational use to be operated by the Park Authority. Additional information about the Reston Transit Station Area, including Reston Towne Center North, may be found online at <http://www.fairfaxcounty.gov/dpz/comprehensiveplan/area3/upperpotomac.pdf#page=28> The text of the proposed Contract of Sale between the Park Authority and the Board of Supervisors may be viewed at: <http://www.fairfaxcounty.gov/parks/plandev/downloads/Sale-Contract-14D.pdf>. Additionally, paper copies of the Contract of Sale are available in the Herry Building, 12055 Government Center Parkway, Suite 927, Fairfax, VA.

Park Policy 210, Disposal of Land or Facilities, requires a public hearing be held prior to the Park Authority's decision to dispose of land or facilities. If you wish to speak at the hearing you may sign up in advance by calling the Public Information Office at 703-324-8662 or via email at Parkmail@fairfaxcounty.gov. You may also sign up at the hearing. Organizations may have one official speaker for five minutes; individuals may testify for three minutes.

Written and e-mail comments will be taken now until April 7, 2015. Written comments may be sent to David R. Bowden, Director of Planning & Development Division, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 406, Fairfax, Virginia 22035. Email comments should be sent to: parkmail@fairfaxcounty.gov. The Park Board will consider public testimony from the hearing on April 8, 2015 and vote on the matter at their regular Board meeting scheduled for that same night.

For more information contact the Public Information Office at 703-324-8662.



If accommodations and/or alternative formats are needed, please call 703-324-8563, at least ten working days in advance of the registration deadline or event. TTY: 703-803-3354 • 703-324-8700
ONLINE: www.fairfaxcounty.gov/parks • E-mail: parkmail@fairfaxcounty.gov

CALENDAR

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

THURSDAY/MARCH 19 SATURDAY/MARCH 21

Reston Friends Children's Book Sale. 10 a.m. - 8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. We have all your favorite children's book authors, plus teaching materials. Come browse and buy. All ages. <http://www.fairfaxcounty.gov/library/branches/rr/>.

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.

SATURDAY/MARCH 21

Northern Virginia Housing Expo. 10 a.m. - 3 p.m. Herndon High School, 700 Bennett Street, Herndon. The Northern Virginia Housing Expo, a free public event showcasing rental and first time ownership opportunities in the region. Expo planners also announced a new web site that will link visitors looking to rent or buy in Northern Virginia with



Mountain Faith is a relatively new group of young musicians who are carrying on the legacy of traditional bluegrass and bluegrass gospel music. See them live on March 21 at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon.

valuable region wide resources. At <http://www.novahousingexpo.org>, visitors will find resources categorized by jurisdiction as well as information on the upcoming Northern Virginia Housing Expo.

Weekend Bluegrass Concert Series: Mountain Faith. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Mountain Faith is a relatively new group of young musicians who are carrying on the legacy of traditional bluegrass and bluegrass gospel music.

MONDAY/MARCH 23

Terrific Twos. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Up Above the World So High - Engage in wonderment with your little one as we explore the world above with stories, songs and rhymes. Age 2 with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/he/>.

TUESDAY/MAR. 24 - SUNDAY/APR. 5

Herndon High School Art Exhibit. ArtSpace Herndon, 750 Center Street, Herndon. Art teachers at Herndon High School invite senior artist to show painting, photographs,

Northern Virginia Restaurant Week March 23-30

The 2nd Annual Northern Virginia Restaurant Week, being held from March 23-30, is a week-long, value priced dining experience taking place at a variety of establishments, ranging from fine dining to fast casual.

Building on the success of last year, which included more than 20 participating restaurants, the event once again brings together some of the area's favorite and new restaurants, including: American Tap Room, Big Bowl, Captain Mas Crab House, Il Fornaio, Tavern 64, McCormick & Schmick's - Reston Town Center, Mon Ami

Gabi, Morton's - Reston Town Center, The Melting Pot - Reston, Mellow Mushroom - Herndon, M&S Grill, Paladar Latin Kitchen & Rum Bar, The Zone, JALEO by Jose Andre's, Mum Mum, Naked Pizza, Europa Herndon, Seasons 52, Trummer's on Main. For more information about Northern Virginia Restaurant Week or the partnership with VHTA please contact Latraniecesa (LJ) Wilson at 703-707-9045 or ljw@restonchamber.org. Information is also available on the GRCC website restonchamber.org/northern_virginia_restaurant_week.aspx.

drawings and digital art. <http://www.artspaceherndon.com/mind-heart-vision/>

TUESDAY/MARCH 24

Baby Lapsit. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy nursery rhymes, songs and stories. Build an early literacy foundation for your child while enjoying time together. Birth-11 months with adult. To register visit <http://www.fairfaxcounty.gov/library/>

[branches/rr/](http://www.fairfaxcounty.gov/library/branches/rr/).

Director's Choice Book Club. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sam Clay, Director of Fairfax County Public Library, leads a monthly book discussion. The title this month is *The Orchardist* by Amanda Coplin. <http://www.fairfaxcounty.gov/library/branches/rr/>.

WEDNESDAY/MARCH 25

It's Pancake Story Time. 7 p.m. SEE CALENDAR, PAGE 11

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THE CONNECTION
NEWSPAPERS

CALENDAR

FROM PAGE 10

Reston Regional Library, 11925 Bowman Towne Drive, Reston. Flapjacks on the griddle; maple tree sap on the run; Busia's coming out of hibernation. Please join us for family storytime fun! All ages. To register visit <http://www.fairfaxcounty.gov/library/branches/rr/>.

I'm a Builder! Storytime with Wood Blocks. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Creativity, scientific thinking, problem solving, and language skills all come into play as we use wood blocks to build, explore, create, and learn (STEAM). Age 3-5 with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/he/>.

Mind, Heart, Vision Artist Reception. 6-8 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every spring art teachers at Herndon High School invite senior artists to participate in a juried art show at ArtSpace Herndon. The exhibit includes paintings, photographs, drawings, and digital art. The student artwork on exhibit will also be available for purchase. The exhibit and artists reception are free and open to the public. For more information visit our website: <http://www.artspaceherndon.com/mind-heart-vision/>. 703-956-6590.

THURSDAY/MARCH 26

World Class Irish Pianist. Reston Community Center, 2310 Colt Neck Road, Reston. 2:15-3:40 p.m. Hear world class Irish pianist John O'Connor perform. He is famous for his breathtaking performances with some of the most impressive orchestras around the world, including the London Symphony, the

Royal Philharmonic, the Vienna Symphony, and l'Orchestra National de France. The concert is free to the public. Sign up at: <http://www.restoncommunitycenter.com/attend-shows-events-exhibits/centerstage-schedule>

Storytime for Threes to Fives.

10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An early literacy program with stories and activities. Age 3-5 with adult. Register online at <http://www.fairfaxcounty.gov/library/branches/rr/>.

FRIDAY/MARCH 27

Environmental Film: More Than Honey.

7 - 9 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Oscar-nominated director Markus Imhoof tackles the vexing issue of why bees, worldwide, are facing extinction. The film investigates the global phenomenon observed by small family beekeepers as well as large industrialized honey farms in California, Switzerland, China and Australia. Using exquisite macro-photography of bees in flight and in their hives, a fascinating and complex world in crisis is revealed. Co-sponsored by Friends of Reston. Adults and children 10+ years. Reservations required by March 24. \$5 suggested donation.

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

Great Decisions Series.

2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A roundtable discussion on the U.S. foreign policy process. The topic for March is Sectarianism in the Middle East. Discussion materials will be available two weeks before the event. Adults. <http://www.fairfaxcounty.gov/library/>

branches/rr/.

SATURDAY/MARCH 28

Community Easter Egg Hunt and Storytime. 11 a.m. Reston Presbyterian Church, 10610 Sunset Hills Road, Reston. Easter Egg Hunt will be held outside for ages 12 and under (held inside if raining). www.rpcconnected.org.

One-to-One Technology Help. 11 a.m. - 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, 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. Adults. Call branch for times, 703-689-2700.

Stop the World I Want to Get Off. 2 p.m. - 3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Zelma Chamberlain returns to show you how simple meditation can ease the stress of your edge-of-the-seat daily life and bring you inner peace. Adults and teens. Register online at <http://www.fairfaxcounty.gov/library/branches/rr/>.

Celtibillies. 8 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The Dominion Notes Concert Series continues with the Celtibillies joined by Emily Oleson. The Celtibillies, an award-winning quartet of outstanding musicians from Abington, Virginia, play stringed instruments in the style of the Scottish and Irish immigrants who settled in the Virginia Frontier. Led by the fiddle, an instrument originating in the Isles, the band plays Celtic tunes with a mountain flavor. They will be joined by a professional flat-footed dancer, Emily Oleson, performing Celtic and Appalachian dance. Tickets are \$15. To purchase tickets go to: <http://www.artspaceherndon.com/dominion-notes-concert-series/>. For more information call 703-956-6590.

NextStop in Herndon Produces 'The Secret Garden'

NextStop Theatre presents "The Secret Garden" at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Performances: March 26-April 19. Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 8 p.m., Sundays at 2 p.m., Saturday, April 11 and April 18 at 2 and 8 p.m., Sunday, April 12 at 2 and 7 p.m. Tickets: \$35. Call 866-811-4111 or visit <http://www.nextstoptheatre.org/>



Katie Keyser who plays Lily in the NextStop Theatre production of "The Secret Garden."



John Loughney who plays Archibald in the NextStop Theatre production of "The Secret Garden."

MONDAY/MARCH 30

Baby Steps Story Time. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive story time for you and your child. Age 12-23 months with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/rr/>.

TUESDAY/MARCH 31

Toddler Story Time. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for fun stories, songs, and fingerplays. Age 2 with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/rr/>.

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SPORTS



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Oakton junior Alex Marquis dribbles around a pick set by teammate Delaney Connolly (44) during the Cougars' state semifinal loss to Bethel.



Oakton fans cheer for the Cougars during the 6A girls' basketball state semifinals on March 13 at VCU's Siegel Center.

Hot-Handed Bethel too Much for Oakton Cougars fall in state semifinals.

BY JON ROETMAN
THE CONNECTION

The Oakton girls' basketball team arrived in Richmond riding a 26-game win streak, having captured Conference 5 and 6A North region championships along the way.

But nothing could have prepared the Cougars for the shooting performance they would encounter in Friday's state semifinal matchup with Bethel.

The Bruins knocked down a flurry of mid-range jumpers, shot better than 50 percent from the field and did not miss from 3-point range. Bethel started the game with an 11-0 run, led 17-4 in the opening quarter and held an 11-point advantage entering the fourth.

Oakton didn't play poorly. Five players scored at least eight points, one player recorded a double-double, and the team showed resiliency in battling back from multiple double-digit deficits.

But at the end of the night, with a berth in the state final on the line, the Cougars would walk out of VCU's Siegel Center with a parting gift in the form of a life lesson.

OAKTON'S STELLAR SEASON ended with a 73-63 loss to Bethel in the 6A state semifinals on March 13. The Cougars, who hadn't lost since Dec. 4, had no answer for a Bruins team that shot 23-of-40 (58 percent) from the field and made all six of its



Oakton senior Karlie Cronin shoots against Bethel during the 6A state semifinals on March 13 at VCU's Siegel Center.

3-point attempts. Oakton pulled to within two when Alex Marquis' three-point play cut the Bethel lead to 63-61 with 2:38 left in the fourth quarter, but the Bruins made 10 straight free throws in the final 90 seconds to clinch the win.

"What I did tell them [after the game] is that sometimes you give your very best and it's not enough, and that's a lesson not only for basketball but for life," Oakton head coach Fred Priester said. "All you can ever do is the very best that you could, and they did. We got off to a slow start and they just continued to hit shots. ... They were hard

to stop."

Bethel scored the game's first 11 points, including a trio of 3-pointers from guard Kayla James, and led 17-4 late in the first quarter.

"I think it was kind of just nerves in the beginning," Marquis said. "We all knew we could play better and we finally just came together and started playing like we know how to play together and it started working for us."

Oakton pulled to within six at halftime and trailed 32-28 when Karlie Cronin scored early in the third quarter, but Bethel extended the lead to 11 by the end of the period.

The Cougars were down 12 with 7:09 left when they made their final push. Oakton went on a 9-0 run and outscored Bethel 17-7 over the a 4-minute, 31-second stretch, cutting the Bruins' lead to 63-61 with Marquis' three-point play.

After Bethel missed a pair of free throws, Oakton had the chance to tie or take the lead with 2:28 remaining, but the Cougars turned it over. The Bruins then pulled away by making 10 consecutive free throws.

James finished with 21 points for Bethel. She shot 7-of-8 from the field and made all five of her 3-point attempts. Kyra Williams also scored 21 points and made 11 of 12 free-throw attempts.

"They played a great game," Cronin said. "We just tried to keep our composure throughout. They were shooting lights out

and it's hard to keep up with them."

Marquis, a junior, and sophomore Delaney Connolly each finished 16 points for Oakton. Connolly finished with a double-double, grabbing 11 rebounds.

Cronin, a senior, scored 13 points, and senior Lindsey Abed and sophomore Maddie Royle each added eight.

OAKTON FINISHED the season with a 27-2 record and only one loss to an in-state opponent.

"I'm certainly proud of what this team did all season," Cronin said. "I thought we grew as it went on. It wasn't our best game but we still played really well and I'm sad of how it came to an end. I love this team."

The Cougars will lose Cronin (SMU) and Abed (University of Hartford) to graduation, but will return a trio of standouts.

"I think we have a good group returning," Priester said. "We've got some big holes to fill — Karlie will be a big hole to fill, Lindsey will be a big hole to fill — but we have Alex and Delaney and Maddie. They'll learn from this. Are we going to be back again? I don't know. But they'll learn something from here that has nothing to do basketball."

"Like I told you, sometimes you give your very best, you do everything you can, you do all your preparation, you show up on time, you do all the things people say you're supposed to do and it's just not good enough. That's a lesson way beyond basketball."

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WEEK

FROM PAGE 7

ity of life in Reston, helped others in need and acted with the goals of Reston in mind, without thought of

personal benefit or recognition.

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HEALTH NOTES

FROM PAGE 7

Colorectal Cancer Awareness Webinar

Colorectal cancer, or colon cancer, is the third most common cancer in the United States, but it doesn't need to be. Screening colonoscopies can detect polyps at

early stages and be removed before they develop into colon cancer.

A lack of understanding is sometimes the biggest barrier to proper colorectal cancer prevention. Reston Hospital Center wants to help eliminate misinformation and misunderstanding. Join Dr. Lawrence Stern, colorectal surgeon, for a live webinar on Thursday, March 19 at 6 p.m. from the comfort and convenience of your

home or office. Dr. Stern will give an overview of colorectal cancer, share preventative measures and answer the three questions he gets most from patients. You will also have the opportunity to ask Dr. Stern your questions and get live answers. For more information or to register for this free webinar, visit restonhospital.com and search keyword "webinar" or email Melissa.Ozmar@hcahealthcare.com.

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly

classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington

Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

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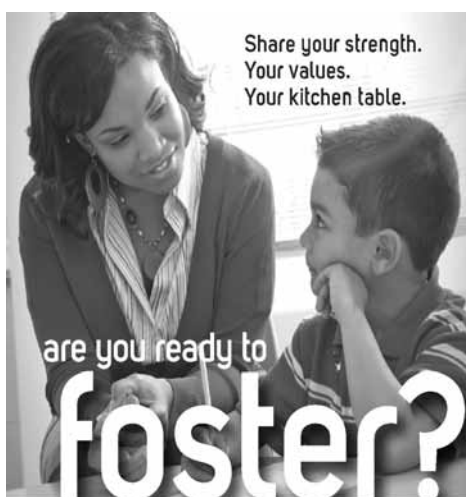
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Money Matters



By KENNETH B. LOURIE

It always does, and there always are; especially if you have to work for a living and cancer is a part of that living. Granted, I'm extremely happy to be able to still make a living, cancer diagnosis notwithstanding, but a cancer diagnosis, particularly a "terminal" one, is hardly "notwithstanding." In fact, it is almost impossible to withstand. Oh sure, there are good days, and of course bad days, but mostly – for me, anyway, there is a daze in between. And that "between" is what's rocky about this hard place.

Since most things cost money, and money doesn't grow on trees (nor is it made from trees by the way); allocating it, when you have cancer, is complicated. Do I spend it now (whether I have it or not), as a means of reinforcing a positive but premature end? Or do I not spend it and plan for a longer-than-predicted life expectancy while depriving myself of the pleasure in the interim? Or do I rationalize the expenditure and reward myself for good behavior – so to speak, figuring that the high will be more beneficial than the low and create exactly the kind of energy my body needs to combat the cancer? Or do I minimize all of it and live my life as normally as possible? If only it were that simple.

"Normally as possible" left the building on February 27, 2009, the date I received my stage IV, non-small cell lung cancer diagnosis (my ground zero) with its "13-month to two-year prognosis." At that point, your brain stops functioning as it has for the entirety of your previous life (54½ years for me). Life, as you knew it, is sort of over; not done, but most assuredly, it will be different, and your perspective and emotional underpinnings will be changed forever – whether you expect them to be or not.

It doesn't mean, as an example, that you'll never laugh again or make self-effacing jokes, but neither can you look at, or live, life as naively as you have. Living forward becomes way more complicated, and viewing it all, planning for it all, can only be considered through the prism of cancer. And though certainly I can boast of some success surviving six-plus years post-diagnosis, it really has been mind over matter. Even though cancer is constantly on my mind, I've tried not to let it matter. (Much easier written about than actually managed.)

Juggling emotions has been difficult enough, but managing money, allocating resources and planning a financial future while living a precarious present, is all it's cracked up to be. Yet, if I don't find a way to maintain my status quo/balance emotionally, I may very well become a victim of my own circumstance. As much as I'd like to invoke Curly Howard (while looking in the mirror): "I'm too young to die, too handsome; well, too young, anyway" as an arbiter of reason, the reality is: cancer is the big dog and I'm just sitting here on the porch.

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

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Renaissance Centro managing member Albert H. "Sonny" Small Jr. with Supervisor Catherine M. Hudgins (D-Hunter Mill). Hudgins and Reston founder Robert E. Simon had the opportunity to speak at the Saturday, March 14 open house event at Harrison Apartments in Reston. Seated is Albert H. Small.



Reston founder Bob Simon holding the scissors for the Saturday, March 14 ribbon cutting for the Harrison Apartments by Reston Parkway in Reston. Also in the picture are Supervisor Catherine M. Hudgins (D-Hunter Mill), Renaissance Centro managing members Albert H. "Sonny" Small and Douglas Erdman.

Harrison Apartments Hold Grand Opening

New high rise in Reston area.

BY RYAN DUNN
THE CONNECTION

Despite an overcast afternoon, spirits were high on Saturday, March 14 at the Harrison, located at 1800 Jonathan Way in Reston. The luxury apartment community held a weekend grand opening, with a ribbon cutting ceremony on Saturday afternoon. Attending were local dignitaries including member of the Fairfax County Board of Supervisors Cathy Hudgins (D-Hunter Mill) and Robert E. Simon, founder of Reston. Promising resort-style living and easy accessibility to Washington, D.C., the Harrison is already taking tenants.

"Twenty-five percent of the 360 luxury apartments already have been pre-leased, and residents have started moving in," said Shaneik Issac, a concierge at the Reston Harrison. The 360-unit project with two 14-story towers is an example of the development coming to the 50-year-old planned community of Reston. With the opening of the Metrorail Silver Line Stations, there has been an increase in residential development within Northern Virginia. The Wiehle-Reston East Silver Line station is within 2 miles of the Harrison.

Real estate development firm Renaissance Centro broke ground for the Harrison apartments in the summer of 2012. Located by Reston Parkway, the apartments have been described as an extension of the upscale Reston Town Center, and the buildings are in proximity to Reston Hospital, the Reston Regional Library, grocery stores, and childcare centers. The public was invited to tour the apartments during the weekend open house. "This has been an exciting

Reston founder Robert E. Simon at the March grand opening event for the Harrison Apartments, located by Reston Parkway. An open house event was held for the luxury high rise, and the public was welcome to tour the buildings.

PHOTOS BY
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THE CONNECTION



morning to see this building," said Hudgins. "Harrison is going to be an exciting place."

Renaissance Centro managing members Albert H. "Sonny" Small and Douglas Erdman welcomed everyone at the Saturday open house, and said a few words before the ribbon cutting. "We are here today to celebrate a terrific opening," said Small. "We want to create a community that will be around for a long time." In addition to the Harrison apartments, Renaissance Centro also built the Stratford House and Carlton House located on Reston Parkway. Founded by Albert H. Small, Jr., Renaissance Centro has a 30-year legacy of recognized

projects and a network of regional experts.

THE TWO TOWERS replace three low-rise apartment buildings, and construction and detailing is expected to finish in May 2015. Amenities the Harrison apartments offer include an outdoor rooftop pool, an indoor lap pool, a fitness center, an indoor spa, a yoga/Pilates room, a rooftop clubroom, on site concierge service and an executive business and conference center. A commercial demonstration kitchen and private dining room can be reserved for events and celebrations. The apartments are also in proximity to the W&OD Trail which

stretches from Arlington to Loudoun County, as well as paths maintained by the Reston Association. The Reston Town Center and Herndon metro stations, part of the second construction phase of the Silver Line, are expected to open in 2018.

"The Harrison represents a wonderful addition to the Reston community," said Ken Knueven, president of the Reston Association. "The Harrison represents a new direction with regard to the traditional apartment rental lifestyle. The Harrison focused its entire development on the value of community, both within the building as well as its immediate ties to the rest of Reston. Residents will be able to take advantage of all the wonderful amenities within the complex, as well as everything Reston Association has to offer. To me, that's a win-win," Knueven said.

The Harrison offers spacious one-bedroom/one bath, two-bedroom/two bath, and three-bedroom/three-bath apartment homes some with dens. For residents' four-legged friends, The Harrison provides a dog park and pet spa. The nearby Reston Community Center offers classes, activities, and performances at its award-winning Center Stage. Architecture and design of the apartment high rise was made by Lessard Design, Inc. with building done by Paradigm Companies. Financing was made possible by Capital One Bank.

RESTON FOUNDER and visionary Robert "Bob" Simon joked the only thing the apartments lacked was an indoor ski resort. Simon encouraged everyone to take a tour of the building, and congratulated the designers and developers on their work. "The result here is probably the most outstanding single building in the world," said Simon.

For more information on Harris Apartments, visit <http://liveharrisonapts.com/>.