

Reston CONNECTION

HomeLifeStyle

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Del. Ken Plum (D-36) and Del. Jennifer Boysko (D-86). Nearly 100 speakers testified Saturday, Jan. 9, in a hearing that lasted more than 240 minutes with residents telling legislators of priorities ahead of the 60-day session of the General Assembly.

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Catherine M. Hudgins

Jeff C. McKay
Lee District

JANUARY 13-19, 2016

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2016

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Superintendent Karen Garza

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Sharon Bulova, with entire delegation visible.

PHOTOS BY KEN MOORE/THE CONNECTION



More than 30 people had signed up to speak for Critical Thinking Revolution. Shaista Keating said: "The era to teach to the test must indeed come to the end."

Schools, Guns, Judges, Marijuana and the Safety Net

Residents tell legislators of priorities ahead of the 60-day session of the General Assembly.

BY KEN MOORE
THE CONNECTION

Barbara Quesada, parent of a Franklin Sherman Elementary School student, reminded the General Assembly delegation from Fairfax that Nova Firearms opened its new store right next to the McLean elementary school.

During Quesada's three-minute testimony, Dranesville School Board member Janie Strauss, McLean resident Marilyn White and a dozen others stood in solidarity.

White held a sign that said, "Gun store free school zone."

"Please pass legislation so gun stores are not located within immediate proximity to schools," said Quesada, who testified before the county's delegation to the General Assembly Saturday, Jan. 10 at Fairfax County Government Center.

"This is not a second amendment issue, and it is so infuriating the amount of time it gets twisted," she said, requesting authorizing legislation to allow localities to regulate the proximity of a gun store to a school.

Nearly 100 speakers testified Saturday, Jan. 9, in a hearing that lasted more than 240 minutes.

Burke's Martina Leinz attended the CNN Town Hall meeting at George Mason University two nights before where President Barack Obama spoke about the need for gun reform.

Leinz, speaker number 88 on Saturday, said she was asked if she had been personally affected by gun violence. "I looked him in the eye and said, 'I am an American citizen. Of course I have been affected by gun violence — we all have,'" Leinz told the Fairfax Delegation to the General Assembly.



Del. Ken Plum (D-36)



Del. Jennifer Boysko (D-86)



Dean Howarth of McLean, physics teacher: "Students have lost the joy of learning because their teachers are shackled." Marcus Simon recognized Howarth as his physics teacher, and recalled a particular lesson involving roller skates.

"A state that is in the top 10 in income should not be in the bottom 10 in state education funding."

— Sharon Bulova, Chairman, Board of Supervisors

The 2016 session of the Virginia General Assembly starts Wednesday, Jan. 13, and will last six weeks.

Leinz testified on behalf of the NOVA Chapter of the Brady Campaign to Prevent Gun Violence and the Virginia Gun Violence Prevention Coalition.

"We cannot stop all gun deaths but certainly we should do everything we can to stop some. And surely we all can agree that there are some categories of people who should not have access to firearms — that is why we have prohibited purchaser categories; criminals, domestic violence abusers, the adjudicated mentally ill and terrorists should not have easy access to guns."

CHAIRMAN SHARON BULOVA was the first to testify Saturday.

"Fairfax County is often described as a wealthy community, but we also have many individuals and families struggling finan-

cially," she said. "More than 52,000 students in Fairfax County Public Schools qualify for free and reduced lunch. Only four school divisions in the state have more total children than we have children living in low-income households."

State cuts to K-12 education in recent years have cost localities \$1.7 billion per biennium, Bulova said, "and have been detrimental to our efforts to educate our children."

"A state that is in the top 10 in income should not be in the bottom 10 in state education funding," said Bulova.

Dozens spoke of the need for full funding for K-12 programming and education.

Steve Greenburg, president of the Fairfax County Federation of Teachers, supports legislation for an increased county tax on cigarettes.

"If people are going to kill themselves and run up everyone's health care costs by smok-

ing the stupid things, then we should certainly get some return for the costs they incur the rest of us," he said.

Advocating for the importance of the investment on education, Dean Howarth, a teacher from McLean, talked of the need for schools to emphasize critical thinking, not standardized test scores.

"We always say, 'Great minds think alike. No they don't, great minds think differently,'" said the physics and science teacher. "Students come back. You know what they remember? It's never ever their SOL score."

Del. Marcus Simon stopped the testimony to say Howarth was his physics teacher in high school.

Simon remembered Howarth getting students on rollerskates to learn about physics. But emphasis on standardized testing has robbed teachers of the freedom to teach in creative ways, Howarth said.

"Students have lost the joy of learning because their teachers are shackled," said Howarth. "I like being like Bill Nye, stoking fun in education."

Brad Ward, of Fairfax Station, also spoke for Critical Thinking Revolution and advocated for less rote teaching and emphasis on standardized testing. "In my professional life, I have never been given a multiple choice test," he said. "I never asked a potential employee to choose from a list of possible answers. ... Rote learning does not

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OBITUARY

Priscilla Ames, Reston Activist, Dies

Priscilla Ames was an advocate for the less-fortunate and a voice for progressive social justice.

"She was an icon to people who grew up here in the 1970s and 1980s," said Winslow Wacker, of Reston.

Ames died Jan. 8.

Wacker helped organize a gathering to celebrate her life and legacy at the Reston Museum on Lake Anne Plaza on Sunday, Jan. 10.

Del. Ken Plum, Supervisor Cathy Hudgins, and Sen. Janet Howell were three of many who shared stories this past weekend.

"She's the quiet force that has kept this community together," state Sen. Janet Howell (D-32) said at Ames' 70th birthday in 2004.

Ames, along with other Reston volunteers such as the late Rev. Embry Rucker, was instrumental in bringing a homeless shelter to Reston in the 1980s.

She was also one of the original volunteers working for Reston-Herndon FISH (Friendly, Instant, Sympathetic Help), an organization that runs the Bargain Loft in



Priscilla Ames with Embry Rucker in an early '90s photo.

Herndon and aids low-income families with emergency financial assistance.

Ames was known for her extensive volunteer work with Reston Interfaith. She helped organize coat drives, food collections and anything else to help those in need.

Wacker called her "a community builder who deeply loved Reston and all that it could be and a com-

munity advocate who dedicated herself to helping those in need."

"She was the driving force behind the RHOA, before it was Reston Association. She made it central, it was where everyone went to find out what was happening," said Wacker.

Wacker remembers when she was a teenager and Ames gave her a Reston telephone book and told her to call everyone to remind

Reston Crime Reports

Notable incidents from Jan. 6-11.

Assault/Disorderly Conduct/Animal Cruelty: 10600 block of Runaway Ln. Jan. 9, 8:19 a.m. An adult male, believed to be experiencing emotional distress, approached a couple and their children as they were attempting to get into their car. The suspect, while yelling obscenities, allegedly assaulted the husband and the family's dog, and verbally threatened the wife. Responding officers witnessed some of the erratic behavior and took the suspect into custody immediately.

He was charged with assault and battery, disorderly conduct, and animal cruelty. He will undergo a psychological evaluation on 1/11/16. His identity is being withheld due to the sensitive nature of this case. There were no injuries.

Unlawful Entry: 1100 block of Amanda Dr. Jan. 8, 8:06 p.m. A resident reported that an unidentified female entered the residence through an unlocked door. She spoke briefly to the resident and then left without taking anything. She was described as white, about 30 years old, 5 feet 5 inches tall and around 130 pounds. She had short, straight, reddish-blond hair. She was wearing a black dress, a black coat and black heels. She was carrying a black purse.

Larcenies

1400 block of North Gate Square, cash from residence 11700 block of North Shore Drive, property from vehicle 1400 block of Parkdale Court, driver's license from residence 1600 block of Wiehle Avenue, briefcase from vehicle.

them to vote.

"If you think of Reston as a pyramid, with Bob Simon on the top tier, Embry Rucker next, she would be third," she said.

"We're fortunate to have so many great people and leaders here in Reston," Plum said about

Ames in 2004.

Plum said we were truly blessed to have had Priscilla Ames among us.

Donations to honor Priscilla's legacy may be made to the Reston Museum.

—KEN MOORE

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At her first session, Barbara could barely lift any weight. Her FitCoach, Tyler, encouraged her to stay positive. He guided her through 25-30 minute workouts, just 2-3 times a week, and discussed healthier eating. Within 30 days, Barbara saw results. The workouts were exciting and (finally!) she could do push-ups!

After several months training with her FitCoach, Barbara is 50% stronger. She looks fantastic. She is strong, fit and, most importantly, healthy.

Tyler is impressed. “To see someone who has gone through so much and is now achieving her goals – it’s incredible. Barbara always wants me to challenge her, and I love it! What makes me most proud is the simple fact that she is proud of herself. I may have helped along the way, but if she hadn’t made the first step to come into Koko FitClub, none of this would have been possible.”

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Budget Season Trainwreck?

County looks at “lines of business,” schools call for full funding.

Karen Garza didn’t move to Fairfax County from Texas to preside over the decline of Fairfax County Public Schools. For this year’s budget, the superintendent refused to cut to fit as the school system has the last two years, and called for a fully funded budget. It’s true that Fairfax County schools have more students who are poor and/or are still learning English and those students cost more to educate. It’s true that Fairfax County teachers make less than teachers in other bordering jurisdictions. It’s true that Fairfax County spends less per student by a significant amount than other bordering jurisdictions, even accounting for size.

It’s also true that Fairfax County, which provides most of the school funding, already transfers 52 percent and more of its annual budget to the schools. It’s true that the county has limited revenue sources, with almost all revenue coming from property taxes. Residential property tax revenues are not growing much. Fairfax County’s commercial tax base is flat or contracting with historically high vacancy rates. This is in part due to reduced spending by the federal government, but it’s also about new and likely lasting trends in the way companies use office space.

The county is facing a shortfall, not just for education, but for other important things like transportation, social services, recreation and

the environment.

The Board of Supervisors and heads of county departments are about to engage in an intensive effort to review every area of county spending, with supervisors devoting two full days a week for the foreseeable future on “lines of business” review in the budget committee. What results from this process could set the stage for some reforms and some savings.

But none of those invested in Fairfax County, not the elected officials, not the teachers, not the county employees, especially not the residents, want to preside over the decline of quality of life in one of the wealthiest counties in the universe.

What’s really needed is for the county to have access to a variety of revenue sources. It’s excruciating to raise property taxes across the board, knowing that some people will be hard hit since there is no relation to ability to pay. But that is almost the only option the county has.

This brings us to tax reform and the General Assembly. It’s pie in the sky, but localities in Virginia should have direct access to a portion of the income tax collected by the state. Northern Virginia pays the vast majority of the income taxes paid to the Commonwealth, but every penny set gets funnelled through a formula that by definition sends less money back.

Income is a measure of economic viability. There are other options, which we will detail in the future.

To find the names of your current representatives in the Virginia House and Senate, visit <http://whosmy.virginiageneralassembly.gov/> and enter your address.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

COMMENTARY

Clearing an Obstacle to Gun Violence Prevention in Virginia

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

Virginia has the dubious distinction of having had the biggest mass murder in history—Virginia Tech in 2007, and the first televised shooting—Smith Mountain Lake in 2015. Yet, the Commonwealth has never had a serious public debate on preventing gun violence. With the leadership being shown by the President and the strong interest on the part of the public, the 2016 session of the General Assembly is time for that debate.

Every annual session of the General Assembly is the same: A few legislators bravely put in their commonsense, can’t-we-do-a-little-something-about-gun-violence? bills. Now these bills even have the support of the Governor. In the House of Delegates the bills get referred to the Militia and Police Committee made up of mostly NRA sympathizers. The chairman



of that committee sends the bills to a subcommittee stacked with four legislators who have never seen a gun-related bill they like unless it eases regulations or restrictions and with one other legislator. That subcommittee hears the bills and summarily defeats them 4 to 1.

Their actions are totally predictable. Same thing happens every year. When Republicans gained a majority in the House of Delegates they changed the rules to allow the Speaker to refer bills of his choosing to the Rules Committee where they could be sent to the floor of the House of Delegates without recommendation. The official explanation for the change was that there could be bills of such public significance that they needed to be debated by the full legislative body

and not simply by a committee.

Bills to enhance public safety and prevent gun violence seem to me to rise to the level of importance that they should be debated by the full body and not be defeated by just four of the 100 members of the House. The Speaker of the House who has absolute authority as to where bills are referred could simply refer gun-violence prevention bills to the Rules Committee where they would be sent to the floor of the House of Delegates without a recommendation. The ensuing debate and votes would clearly show whether the elected representatives in the House are standing up for the people who elected them, a majority of whom support commonsense gun violence prevention measures, or do these delegates represent the gun groups who feed money to their campaigns and who threaten them with primary opposition if they do not go along.

Pet Photos for the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on Feb. 24, and photos and stories of your pets with you and your family should be submitted by Feb. 17.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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NEWS

Changes at Reston North Point Village Center

Foto Image to close, Pet Valu to open.

BY RYAN DUNN
THE CONNECTION

Foto Image located at 1436 North Point Village Center will be closing on Jan. 30. The framing and photography store was unable to negotiate terms to renew their lease in November. Owner Tim Klement commutes to the store from Baltimore, where his wife has a successful dog-walking business. "Come February, I will be walking dogs," chuckles Klement.

While many people take more photos today, because of online social media services there has been a decreased demand for photo prints. "It is a totally viable business, we stuck around, but the hurdle of retail rent is a high one," said Klement. Klement has operated his photography and framing business at Reston since 2003. Foto Image has begun informing customers it will be closing. "We are selling everything, I just sold a glass shelf case, and have more available," said Klement.

"They were always busy. I always see plenty of people come in and out," said Renee Thrasher, an employee at the neighboring Hallmark shop. It is believed that a barbershop will replace Foto Image. "If it can't be outsourced, it may survive," remarked Klement. North Point Village Center is operated by Lerner Retail. "I had prints developed at Foto Image, it is a shame it is closing," said Herndon High School senior Michelle Aber, a greeter at Gregorio's Trattoria, an Italian restaurant located at North Point.

Employees at The Wine Cabinet, a family owned business in operation for 12 years and based at North Point, were surprised Foto Image is closing. In addition to selections of regional wines and beers, The Wine Cabinet offers locally made chocolates. "If you live locally, you should buy locally," said Reston resident Claudia Dittmar, a patron at The Wine Cabinet. In addition to weekend wine tasting events, every Thursday from 4 until 8 p.m. the Wine Cabinet opens a special bottle of wine and offers a highly discounted price.

Lerner Enterprises is a Maryland-based private real estate company developing office, residential, retail



Foto Image owner Tim Klement at 1436 North Point Village Center will be closing his business on Jan. 30. The framing and photography store was unable to negotiate terms to renew a lease in November. The business is liquidating its inventory.

PHOTOS BY RYAN DUNN/THE CONNECTION



Signs have been put up announcing the upcoming closing of Foto Image at 1436 North Point Village Center in Reston. Foto Image neighbors are Hair Cattery and Hallmark Gift Shop.

and hospitality properties. North Point Village Center is a 134,000 square foot shopping center located on Reston Parkway. Anchored by Giant Food, North Point Village is situated by residential neighborhoods, offering a variety of dining and service-oriented options that cater to Reston residents.

Pet Valu has been issued permits to renovate a storefront which formerly housed an AT&T store at 1422 North Point Village Center. A franchise pet supply store, Pet Valu has a second location at South Lakes Village Center which sells pet food and grooming supplies. Pet Valu stores are located in communities across Canada and the northeastern United States. Other pet supply stores in the area include the PetSmart at The Spectrum, and PetMAC, a nutrition-based pet supply shop located at Lake Anne.

The AT&T store closed in October 2014. This will be Pet Valu's second location in Reston. No opening date has yet been announced. Since 2014, Chick-fil-A has expressed interest in a location at North Point, and Fairfax County Planning Commission has a hearing scheduled for March 16. A former Burger King site at 1494 North Point Village Center has been vacant since 2014.

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Home LifeStyle

Design Trends for 2016

Local style gurus predict the elements that will be popular this year.

BY MARILYN CAMPBELL
THE CONNECTION

The start of the year offers an opportunity to ring in new trends, particularly when it comes to a home's interior. From sustainably sourced textiles to sparsely accessorized rooms, local tastemakers look into their crystal balls and offer predictions on design elements that will be popular this year.

Interior design is going high tech, allowing designers and clients an opportunity to work collaboratively during the design process. "Technology seems to be driving design firms," said Jean P. Freeman, professor of Interior Design at Marymount University in Arlington. "Since there are so many computer programs that assist designers in creating visual, 3-D drawings, clients are able to better understand the designs. Designers and clients both are able to visualize how spaces appear with colors, textures, volume, proportion and other aspects of design."

Freeman believes that consumer demand for energy efficient appliances and designs, as well as sustainably sourced materials, is a trend that will continue and even be elevated. "Now they are interested to find out the origins of various textiles, furniture [and] cabinets," said Freeman. "Clients are seeking healthy environments that are safe. The off gassing of toxic gases from some of the synthetic materials used in carpet, paint, upholstery, furniture is now considered harmful."

Eschewing fussy and indulgent decor in favor of a clean and simple aesthetic is a trend that Kristine Winner, associate professor of Interior Design at Northern Virginia Community College expects to see this year. "... This indicates a trend toward more comfortably contemporary environments with minimal accessories," she said. "It also indicates that we should be designing interiors for people that will allow them to be surrounded by the things they love rather than a load of things selected for no real reason."

The trend toward de-cluttering and simplification will extend to home choices. "Go small or go home" is one theme that Sharon Kleinman of Transitions in Potomac, Md. believes will resonate with consumers this year.

"One trend I'm seeing among my clients



Designers will be tasked with creating elegant spaces on a small scale in 2016, predicts interior designer Sharon Kleinman.

is that they are either downsizing from large homes on more acreage or moving towards city living with little to no property and more compact living space," said Kleinman. "I'm also seeing clients gravitate towards transitional furnishings. There doesn't seem to be as great a divide between the more traditional versus the more modern."

Outdoor upholstery fabric will no longer be confined to alfresco furniture, forecasts Amanda Mertins, president of Patina Polished Living in Alexandria. "One of the most



Interior designer Marika Meyer expects to see a transition from cool grays to warmer grays, whites and cool beiges being used as neutral shades in 2016.

Mertins. "Modern metallics, large wood-framed and vintage mirrors add interest and boost style to a utilitarian space which is used every day."

Furniture and accessories made of Lucite, a transparent plastic material, is one trend that Marika Meyer of Marika Meyer Interiors predicts for 2016. The designer also expects to see a transition from cool grays to warmer grays, whites and cool beiges being used as neutral shades. "We are seeing a return to organic patterns as a change from



Downsizing from a large home to a compact living space will be popular this year, says interior designer Sharon Kleinman.

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Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 9, 7-8 p.m.** We will discuss Balancing Safety and Your Loved One's Self-Determination. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm and click on Caregiver Telephone Support Groups. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, Feb. 17** at noon at the **Patrick Henry Library**, 101 Maple Avenue East, **Vienna**. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-938-0405**, TTY 711 for meeting access needs.

Fairfax County's **Independent Living Project** helps older adults remain safely in their homes.

Each session includes a prevention presentation and a gentle exercise program that focuses on fall prevention. The series takes place on **Thursdays, February 25-April 21**, 10 a.m.-Noon, at Congregation Adat Reyim, 6500 Westbury Oaks Court, **Springfield**. Call 703-324-7210, TTY 711 or go to www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm to register for this free program.

Nutritional Supplement Delivery - Pick up and deliver Ensure Nutritional Supplement to older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs **drivers, coordinators, and co-coordinators** for routes throughout the county. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs.

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

The **Mott Community Center Senior Program** in **Fairfax** is looking for volunteer instructors for the following classes: **Tai Chi and Art**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Sully Senior Center** in **Centreville** needs a **certified personal trainer**, preferably with experience working with older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Herndon Senior Center** needs **Social Visitors** daily. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs drivers to deliver meals. (Speaking Korean not required.)

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

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at **703-324-7577**, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

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Celebrating Dr. King's Legacy

Anna Deavere Smith returns to Reston for Dr. Martin Luther King, Jr. Birthday Celebration.

Reston Community Center presents the 31st Annual Reston Dr. Martin Luther King, Jr. Birthday Celebration on Jan. 16-18, 2016. The highlight of this community-wide celebration will be the return of celebrated actress Anna Deavere Smith. In addition to Ms. Smith's CenterStage performance and Keynote Address, this year's celebration includes concerts, a student art exhibit, and volunteer opportunities for the whole family.

Ms. Smith has been listening to people across the country from all walks of life for the last several years, using Walt Whitman's idea "to absorb America" as an inspiration. Using interviews she conducted following the aftermath of the first Rodney King trial in 1992, Ms. Smith offers an update to her *Twilight: Los Angeles, 1992* show with a relevant exploration of race relations in America. Ms. Smith presents *From Rodney King to Michael Brown* on Sunday, Jan. 17 at 8 p.m. at the CenterStage. Tickets are \$25 for Reston patrons/\$35 for non-Reston and available through the CenterStage Box

Office.

Ms. Smith returns the next day to deliver the Keynote Address and Question and Answer session exploring the issues of race, identity, and community in America. The public is invited to join her at the CenterStage as she uses her artistic powers to prompt discussion, public debate, and action in honor of Dr. King and his legacy. Tickets are \$5 for Reston residents and employees, and \$10 for all others. Following the Keynote Address, the audience is invited to enjoy a delicious family-style community lunch in the RCC Hunters Woods Community Room. The Keynote Address ticket provides for the luncheon as well as the talk. For more information on this event – as well as events for the weekend celebration – visit www.restoncommunitycenter.com/.

The Reston Dr. Martin Luther King, Jr. Birthday Celebration weekend is presented by Reston Community Center in cooperation with the Martin Luther King, Jr. Christian Church, the Office of Fairfax County Supervisor Catherine M. Hudgins, Reston Community Orchestra, Reston Association,



PHOTO COURTESY OF RESTON COMMUNITY CENTER

Anna Deavere Smith discusses Dr. King's legacy at the 2015 Reston Dr. Martin Luther King, Jr. Birthday Celebration.

Southgate Community Center, Al Fatih Academy, and Cornerstones, with the support of other religious and civic organizations, business groups, and schools..

A Diva's Story Next for Reston Community Players

Tony Award winning 'Master Class' at CenterStage.

BY DAVID SIEGEL
THE CONNECTION

Who could resist a play with the main character described as "the Kardashian of her time," asked Kate Keifer, co-producer of "Master Class," the upcoming Reston Community Players production. "Audiences will be blown away" in this Tony Award winning play written by Terrence McNally about diva Maria Callas.

In her time, Maria Calls had a huge personality and led a fascinating life with intense relationships that brought her heartbreak. In one relationship Aristotle Onassis left her for Jacqueline Kennedy, the widow of President John F. Kennedy.

The production is based upon actual classes that Callas taught in the early 1970s. The show combines a theatrical performance and includes three individual musical offerings from local opera singers "with beautiful voices along with area favorite David Rodhe provid-



PHOTO BY TRACI J. BROOKS PHOTOGRAPHY/COURTESY OF RESTON COMMUNITY PLAYERS

Lisa Anne Bailey as Maria Callas in the Reston Community Players' production of Master Class.

ing musical accompaniment on a grand piano on stage," said Keifer. The three local opera singers making their debut with the Reston Community Players are Christopher Cosgrove, Rosemarie S. Greger and Molly Pinson Simoneau.

"Master Class" takes place as stu-

dents enter a music studio at the Juilliard School to appear before Callas seeking her guidance and encouragement. What transpires is far from easy for the students as she is both funny, biting and commanding. The Callas character also withdraws into her private recollections and blistering monologues

she shares with the audience about a merciless unforgiving world.

For director Rosemary Hartman, "Terrence McNally has given us some real insight into the life of Callas.

Her reputation in the 1950s and '60s was that of a real 'Diva' who was a troublemaker and someone

Where and when

"Master Class" presented by Reston Community Players at Reston Community Center, CenterStage, 2310 Colts Neck Road, Reston. Performances Jan. 15-30.

Fridays and Saturdays at 8 p.m. Sunday, Jan. 24, at 2 p.m. Tickets: \$18-\$21. Call 703-476-4500 or visit www.restoncommunitycenter.com

with whom it was difficult to work. Maria had that need and expected the people with whom she worked to live up to her standards."

"Maria Callas single-handedly changed the face of opera. She took it from a strictly presentational art form, and was the first opera singer to create an honest dramatic presentation in every role she played," added Hartman.

Lisa Anne Bailey plays the singular Maria Callas character. "Maria Callas really changed the way opera singers approached their performance - with honest feelings - the true sign of an excellent performance."

"Master Class" is not just about Maria Callas, but about anyone who aspires to greatness in the performing arts and the sacrifices they make.

As the Callas characters says, "The theatre isn't about trying. People don't leave their homes to watch us try. They come to see us do!"

CALENDAR

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

THURSDAY/JAN. 14

Artist's Critique Group. 7-9:30 p.m. Greater Reston Arts Center, 12000 Market St. #103, Reston. Call to artists. Bring 1-2 recent artworks to the gallery for a group discussion and critique. Limited space. restonarts.org. 703-471-9242.

FRIDAY/JAN. 15-SATURDAY/JAN. 30

"Master Class." Check for times. CenterStage, 2310 Colts Neck Road, Reston. Reston Community Players production of Terrence McNally's play about soprano Maria Callas. www.restonplayers.org. 703-476-4500.

SATURDAY/JAN. 16

"Remembering the Dream." 4 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Reston Community Orchestra celebrates the life and vision of Dr. Martin Luther King Jr. at its next concert "Remembering the Dream" with symphonic works, spirituals, and songs inspired by his legacy. Featuring baritone Bryan Jackson and Reston's own Beverly Cosham. Free.

www.restoncommunityorchestra.org.

Saturday Kids Program. 10 a.m. Reston Art Gallery, 11400 Washington Plaza W, Reston. For children 3-11. This week's project: MLK, "I Have a Dream" drawings. No reservation needed. 703-481-8156. www.restonartgallery.com.

SUNDAY/JAN. 17

Anna Deavere Smith from Rodney King to Michael Brown. 8 p.m. CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. Returns to Reston with her electric performance and dialogues. \$25/\$35. www.restoncommunitycenter.com.

MONDAY/JAN. 18

Anna Deavere Smith Reston MLK Birthday Celebration Keynote Address and Community Lunch. Noon. CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. \$5/\$10. www.restoncommunitycenter.com.

THURSDAY/JAN. 21

Local Business Happy Hour. 5:30-7 p.m. Reston Arts Center, 12000 Market St. #103, Reston. Free happy hour for local professionals. restonarts.org. 703-471-9242.

SATURDAY/JAN. 23

Reston Camp Expo. 9 a.m. Reston Community Center, 2310 Colts Neck Road, Reston. learn about providers who serve Reston youth throughout the school year and summer. www.restoncommunitycenter.com. 703-390-6162.

WEDNESDAY/JAN. 27

Frosty and Friends-Snowonderful News! 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Frosty the Snowman returns again this year, bringing our wintry family story time a blizzard of fun! Join us before he melts away. All ages. 703-689-2700.

Meet me at the Movies. 10 a.m. Bow Tie Cinemas, 11940 Market St., Reston. Reston Association presents "Bridge of Spies." Refreshments and door prizes provided prior to movie. Free to 55+. ashleigh@reston.org. reston.org. 703-435-6530.



PHOTO BY TRACI J. BROOKS STUDIOS/COURTESY OF NEXTSTOP THEATRE

Tamieka Chavis as Mary Swanson and John Stange as John Dodge in "Middletown" from NextStop Theatre from Jan. 14-Feb. 27.

Ongoing

Little Hands Preschool Art

Class. 10-11 a.m. Tuesdays from Jan. 12 to Feb. 2. Greater Reston Arts Center, 12000 Market St. #103, Reston. Introducing young children to art by having them explore new artwork, materials, and skills each week. Limited to 10 participants. Ages 3-5 years old. restonarts.org. 703-471-9242.

"Middletown" by Will Eno. Jan. 14-Feb. 7. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. In this quirky, modern companion to "Our Town," residents of Middletown seek the meaning of suburban life. Encounter thought-provoking universal themes and a few personalities you may recognize from your own neighbors and friends. www.NextStopTheatre.org. 703-481-5930.

2016 ArtSpace Herndon Fine Art Photography

Competition. Submission by 2 p.m. Saturday, Jan. 16. ArtSpace Herndon, 750 Center Street, Herndon. ArtSpace Herndon invites photographers from Virginia, DC, Maryland, and West Virginia to participate in the competition. It is open to fine art photographers aged 18 or older working in any medium (digital or analog, color or monochrome), and using any printing technique. Fine Art Photography of any subject is welcome; there is no required theme for entries. For more information, visit <http://www.artspaceherndon.com/calls-for-art/> or call 703-956-6590.

Dress Drive for Prom. Jan. 2-March 26. Monday-Saturday, 9 a.m.-5 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. RCC is collecting formal dresses, shoes, handbags, scarves and shawls, jewelry and accessories for Diva Central. All donations are appreciated, however, we ask that donations are in good condition, no older than 5 years old (circa 2011), and dry cleaned before they are donated. 703-390-6158.

Volunteers. The McLean Community Players seeks volunteers, preferably retirees who can work during the day on weekdays as well as weekends, to build scenery for MCP productions. No experience is required. Training provided. Call the scene shop manager at 703-304-3176 to schedule a visit and

talk. www.McLeanPlayers.org.
Integral Tai Chi. 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-\$5. 703-464-6200.

Feldenkrais Floor Class. 2:30-3:30 p.m. Jan. 12-Feb. 2. Herndon Senior Center, 873 Grace St., Herndon. This gentle and precisely focused exercise method can improve range of motion, flexibility, coordination and balance, and reduce body pain. To participate, you must be able to get down to and back up from the floor easily and by yourself. For your comfort, please bring a towel and warm clothes or layers. Free-\$10. 703-464-6200.

Charlene Fuhrman-Schulz Exhibit. Through January 2016. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Fuhrman-Schulz displays her passion for traditional Oriental watercolor and ink painting in this solo show, arranged by the League of Reston Artists. Free. www.leagueofrestonartists.org.

Threaded with Green Quilt Show. Jan. 12-Feb. 14. ArtSpace Herndon, 750 Center St., Herndon. Display of talent, dedication and attention to detail from nineteen invited fiber artists. Every quilt in the show has an element of green. The exhibit features the challenge "There is a Season" from 12 fiber artists creating a quilt for each season. www.artspaceherndon.com.

Regina Petrecca's Paintings. February-March. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Energetic brushstrokes are the hallmark of Regina Petrecca's paintings. Free. www.leagueofrestonartists.org.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JANUARY

1/27/2016..... Community Guide

1/27/2016..... Winter Fun, Food, Arts & Entertainment; Valentine's Preview

FEBRUARY

2/3/2016..... Valentine's Dining & Gifts I

2/3/2016..... Wellbeing – National Children's Dental Health Month

2/10/2016..... HomeLifeStyle

2/10/2016..... Valentine's Dining & Gifts II

2/17/2016..... A+ Camps & Schools

2/24/2016..... Pet Connection

MARCH

3/2/2016..... Wellbeing

3/9/2016..... HomeLifeStyle Real Estate Pullout

3/16/2016..... A+ Camps & Schools

3/23/2016..... Spring Fun, Food, Arts & Entertainment

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- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

SPORTS

Late Chantilly Free Throws Give Herndon Second Loss

Gresham produced 19 points, 12 rebounds in defeat.

BY JON ROETMAN
THE CONNECTION

The Herndon girls' basketball team overcame a six-point deficit early in the fourth quarter, twice took the lead during the final period and had a chance to win in the closing seconds of Monday's Conference 5 contest at Chantilly.

But after junior guard Indeya Sanders' runner off the glass failed to drop, the Hornets found their fate resting in the hands of Chantilly's best player.

With the score tied at 48, Chargers junior Mary Clougherty rebounded the Sanders miss and was fouled with 2 seconds remaining. With Chantilly in the bonus, Clougherty went to the line to shoot one-and-one. She calmly knocked down the front end and made the second, as well, giving Chantilly a 50-48 victory in a battle of teams that had already reached double digits in the win column.

Clougherty, a first-team all-conference selection last season, finished with 19 points and 10 rebounds.

"Mary's our best player," Chantilly head coach Kurt Sporkmann said. "... We want her on the line."

Was Clougherty comfortable in that situation?

"I've always liked the high stress," she said. "I've learned to not get butterflies."

Clougherty scored 11 points in the first quarter and had 13 at halftime, but didn't score in the third. No. 44 went 6-for-6 at the free-throw line in the fourth quarter.

What makes Clougherty a dangerous player?

"Her simple basketball IQ," Sporkmann said. "She knows how to manage a game and she knows how to take care of the players around her. We're lucky enough that Mary is flexible to play a variety of positions for us. She'll put the ball in her hand and be our guard, she'll go down low and post up, she'll play against the fastest guard, she'll play against the biggest post. ... She's



Herndon's Shawnice Gresham finished with 19 points and 12 rebounds against Chantilly on Monday.

versatile and she's accepted that role."

The victory improved Chantilly's record to 12-2, including 2-0 in the conference. The Chargers won their conference opener against Centreville, 35-33, on Jan. 8.

Meanwhile, Herndon dropped to 10-2. After 10 straight wins to open the season, the Hornets opened conference play with a 57-44 loss to defending region champion Oakton on Jan. 8 before falling to Chantilly on Monday.

Senior forward Shawnice Gresham had a big night for Herndon, finishing with 19 points and 12 rebounds. She tied the score at 48 with a putback with 51.4 seconds remaining.

"I think Herndon is just a tough team," Sporkmann said. "They are one hell of a team. ... They've got probably one of the best post players, one of the best rebounders in Shawnice. She's tough. We did everything we could to game plan against her and she still got [19 points]."



Herndon's Sabrina Tolbert attempts a perimeter shot against Chantilly on Monday.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Indeya Sanders scored eight points for Herndon during Monday's game at Chantilly.

"I think Herndon is just a tough team. They are one hell of a team. ... They've got probably one of the best post players, one of the best rebounders in Shawnice. She's tough. We did everything we could to game plan against her and she still got [19 points]."

— Chantilly girls' basketball coach Kurt Sporkmann

Junior guard Janiece Loney scored 10 points for Herndon and Sanders finished with eight.

Junior forward Sarah Maxseiner had 10 points for Chantilly and junior guard Chiara Ballam finished with six.

Herndon faced Centreville on Tuesday, after The Connection's deadline. The Hornets will travel to face Potomac Falls at 7:15

p.m. on Thursday, Jan. 14.

Chantilly faced Robinson on Tuesday. The Chargers will travel to face Oakton at 7:30 p.m. on Tuesday, Jan. 19.

"I'm proud of my girls for coming together this year and really keeping their eye on the next play, worrying about the next thing," Sporkmann said, "and not worrying about off-court crap and drama."

SPORTS ROUNDUPS

South Lakes Girls Earn Back-to-Back Wins

After a 2-8 start, the South Lakes girls' basketball team won back-to-back games last week, beating McLean 56-49 on Jan. 5 and Yorktown 61-51 on Jan. 8.

The Seahawks had lost six out of seven before the wins.

South Lakes faced Madison on Tues-

day, after The Connection's deadline. The Seahawks will travel to face Washington-Lee at 5:45 p.m. on Friday, Jan. 15.

Oakton Girls Improve to 13-0

The Oakton girls' basketball team remained undefeated with a 57-44 victory over Herndon on Jan. 8 at Herndon High School.

The win improved the Cougars' record to

13-0.

Oakton faced Westfield on Tuesday, after The Connection's deadline. The Cougars will travel to face Robinson at 7:15 p.m. on Friday, Jan. 15.

Langley Boys Beat McLean

The Langley boys' basketball team won its first meeting with McLean this season, 44-36, on Jan. 8 at Langley High School.

The victory improved Langley's record to 8-4, including 4-0 in Conference 6. McLean fell to 1-11, 0-4 in the conference. It was the Highlanders' 11th straight loss since beating Thomas Jefferson in the season opener.

Langley faced Fairfax on Tuesday, after The Connection's deadline. The Saxons will travel to face Madison at 7:30 p.m. on Friday, Jan. 15.

McLean faced Yorktown on Tuesday. The Highlanders will travel to take on Fairfax on Friday.

Residents List Priorities for General Assembly

FROM PAGE 3

prepare students for the jobs of today. Critical thinking is key to creative solutions, the engine of growth. Standardized testing yields standardized thinking.”

THE DISPARITY between Virginia’s rank as one of the 10 most wealthy states and spending on social services and education was invoked by many speakers.

Keith Foxx spoke in favor of state Sen. Barbara Favola’s bill to help young adults that age out of foster care without being united with family or being adopted.

“It’s critical that you support and fund Senator Favola’s bill ‘Fostering Futures’ for the more than 500 young adults who age out of foster care at age 18 in Virginia every year,” said Foxx, of Springfield. “Helping these young adults grow successfully to independence will save the commonwealth hundreds of millions of dollars over their lifetimes.”

With a waiting list statewide of more than 10,000 people with intellectual and developmental disabilities for access to services in the community (through Medicaid waivers), only 325 new slots are included in the Governor’s proposed budget. This is the minimum number required by settlement agreement between the Justice Department and the Commonwealth, said Rikki Epstein, executive director of the ARC of Northern Virginia.

“We can’t keep doing the minimum and hoping the time will come when the problem solves itself,” Epstein said, calling for the addition of 800 waivers in this cycle. This would “give hope to those with most urgent need, hope to those who have been waiting the longest.”

Molly Long of the Fairfax-Falls Church Community Services Board pointed out that people moving out of residential facilities like Northern Virginia Training Center are getting priority for services ahead of those who have been on the waiting list for a long time, and the waiting list continues to grow. Nearly 1,000 people locally qualify for services urgently, but their waivers are not funded at the state level, including people with intellectual disabilities whose elderly parents can no longer meet their needs at home, and youth aging out of special residential services who are in danger of becoming homeless.

Long also cited the intense local battle with heroin addiction, and lack of resources. “Detoxification is often the important first step,” she said, but clients seeking help must wait two-to-three weeks or longer for a detox bed.

“Waiting decreases the chance of successful intervention, and puts people’s lives in danger. We must have more detox beds.”

Richard Kennedy of Lorton testified in favor of sensible marijuana policy and cited the “insanity of arresting people for use of a drug that is an order of magnitude safer than alcohol or tobacco.”

SEVERAL OTHERS spoke of the poten-



PHOTOS BY KEN MOORE/THE CONNECTION

Gun-Store Free School Zone: Many from Franklin Sherman Elementary School in McLean, including Marilyn White, came to support legislation that would allow localities to regulate proximity of gun stores to schools. Sign says “Gun Store Free Zone.”

Brooke Annessa of Fairfax, Maya Simbulan (in wheelchair) of Burke, Brian Rosen of Vienna, and Sarah Pickford of Springfield spoke in support of Brain Injury Services of Northern Virginia. “We tell families we will walk with them after the unthinkable has happened. ...We give a voice back to survivors of brain injury and their families,” said Annessa.



tial dangers of legalizing marijuana, even for medical purposes.

Sara Freund, of Great Falls, and a member of the Unified Prevention Council, said that states with medical marijuana laws have higher levels of youth use of marijuana. She also cited a recent survey showing that a higher percentage of Fairfax

County 12th graders than national average have recently used marijuana.

Jerry Foltz of Centreville, a retired minister in United Church of Christ, was one of several speakers who requested increase of the minimum wage. “We need to support the people who are working hard,” he said. “Those on the bottom rung who get a little

increase in income, they spend it. That stimulates the economy. This should be non-partisan issue to raise the minimum wage. It’s a good year to do it. It doesn’t cost much to do it, and it has all kinds of benefits.”

And Medicaid expansion was discussed by many.

“Medicaid expansion is a life issue. Everyone has a right to health care coverage,” said Bob Stewart, speaking for Social Action Linking Together, also citing good financial reasons for extending coverage to more people by expanding Medicaid.

Brooke Annessa of Fairfax, Maya Simbulan of Burke, Brian Rosen of Vienna, and Sarah Pickford of Springfield spoke in support of Brain Injury Services of Northern Virginia, and thanked members of the delegation for past support. “We tell families we will walk with them after the unthinkable has happened. ... We give a voice back to survivors of brain injury and their families,” said Annessa.

“YOU NEED TO WRAP it up,” said state Sen. Dick Saslaw (D-35), moderator of the four-hour plus hearing, said when people ran over their allotted time.

Others talked of the need for reduced class sizes, exposure to foreign languages in elementary school, and giving teachers more freedom to teach.

Attorneys talked for the need for all 15 allotted circuit court judges and eight juvenile and domestic relations court judges to be filled, and several called for keeping Judge Jane Roush on the Virginia Supreme Court.

“Cases are taking forever,” because of the vacancies, said Joseph Dailey, of McLean speaking for the Fairfax Bar Association. “This is about justice for your constituents.” A case that begins this week, he said, won’t be resolved until after the next World Series is over.

Chief Public Defender Todd Petit asked the delegates and senators to enact legislation to change criminal discovery so defense attorneys “have all the evidence beforehand,” to be able to go forward with a fair trial. The issue was studied in 2014 by the Virginia Supreme Court.

Fairfax’s Douglas Stewart and McLean’s Marc Rosenberg, of the Virginia Sierra Club, Eric Goplerud, executive director of the Faith Alliance for Climate Solutions, and John Cartmill, of Herndon, were just some of the speakers who addressed the environment as issues including storm runoff, infill development, tree canopy, transportation choices, clean energy, solar and wind power and the health of the rivers and Chesapeake Bay.

Rosenberg of the Virginia Sierra Club called for more efforts to clean up Virginia’s rivers by addressing sewage treatment plants that overflow in heavy rains, runoff from farms, toxic chemicals and heavy metals from mining operations and coal pits. Many people support removing plastic shopping bags from the environment. “At least stay out of the way and let localities act in this area,” Rosenberg said.

"You're Old News"



By KENNETH B. LOURIE

So said my wife, Dina, after hearing me describe my most recent visit to the Infusion Center. Visits which I've now made approximately 100 times since I received my cancer diagnosis in late February, 2009. For nearly seven years, save for 15 months or so when I was taking two pills a day at home instead of infusing once every three weeks, I have been an oncology patient getting treated for stage IV, non-small cell lung cancer (NSCLC) – a treatable but not-curable form of cancer, as my oncologist explained to Team Lourie on February 27th, 2009. In short, I was "terminal," with my chance of surviving beyond two years calculated in the low single digits. The fact that I sit here, almost seven years later, alive and reasonably well, is a miracle of biblical proportions, and a reality for which I am extraordinarily grateful and fortunate, although "fortunate" doesn't really characterize how lucky I am, all things considered.

And seven years into my treatment, it's safe to say I know the drill at the Infusion Center. As such, I require very little attention, special or otherwise, when I am admitted into the treatment area. This past visit was a bit different, however. Due to a computer coding/data-entry error, one of my lab results was not posted. As a result, there was a delay of nearly an hour before the results were retrieved, which in turn prevented my chemotherapy drugs from even being ordered/mixed, a process which ordinarily takes 15 to 20 minutes. Because of this snafu, I was left to sit in my Barcalounger/pace in my cubicle for quadruple the normal wait. Eventually, the results were loaded, but in the interim, I was left to fend for myself.

It was during this delay that I noticed a fellow oncology patient across the room who seemed to be getting an inordinate amount of attention, although it didn't seem urgent; from the LPNs, the oncology nurses and even from my oncologist – who is generally not present/involved (nor does he need to be, according to my experience) at the Infusion Center. Yours truly, on the other hand, stood idly by/sat minding my own business/making numerous non-medically-related cell-phone calls and was basically but not totally ignored. (I'm not a shrinking violet; if I needed something, I would have asked.)

When I shared this story with my wife, she scoffed at my semi inconvenience and said: "You're old news." To which I laughed and agreed. I suppose, after seven years of treatment/miscellaneous interactions, and having far exceeded my original "13-month to two-year" prognosis, I am very old news. The kind of news which apparently is very rare; but having survived so long requiring so little, I guess I'm sort of ignorable. Not that there's anything wrong with that; I'd much rather not require any attention, especially the life-saving kind, and go about my regular infusions with amazingly minimal complications – which seems to be my norm.

Of course, I don't take any of this for granted, as you regular readers know. But there was a peculiar sort of indifference/lack of concern/being taken for granted that was oddly reassuring. If the staff is not paying attention to me, then I must not need any attention paid. And if I don't require any attention, I must not present any kind of problem. And if I don't present any kind of problem, then what am I worried about? So what if there's a delay? Apparently, there are patients with bigger problems and I don't seem to have any of them. Perhaps I should just recline in my Barcalounger and relax; I've earned it.

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

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WEEK IN RESTON

General Dynamics Corporation Coming to Reston

Supervisor Catherine M. Hudgins (D-Hunter Mill) will be hosting a meeting to introduce and discuss a new construction project on Sunset Hills Road. The developer is proposing construction of a new headquarters for General Dynamics Corporation, "a global aerospace and defense company." The property is located on the south side of Sunset Hills Road, north of the Dulles Airport Access Road and west of Hunter Mill Road, 11011 Sunset Hills Road (Tax Map 18-3 ((1)), Parcel 11-B1).

Supervisor Hudgins said, "While this development will go through the standard Reston Planning and Zoning Committee review process, I wanted to also give the community an early opportunity to talk about the development and address any concerns. The owner and developer involved will be present and available for questions. My hope is that by engaging the community at the onset everyone can be fully informed as the review process proceeds."

BULLETIN BOARD

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

TUESDAY/JAN. 19

Volunteer to Serve Dinner. 4:30 p.m. St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. Provide and serve dinner, breakfast foods and organize evening entertainment for the week-long hypothermia center, as well as providing clothing and gift card donations. Under the auspices of FACETS (facetscares.org), in partnership with Fairfax County Hypothermia Prevention Program. Sponsored by Congregation Beth Emeth. www.bethemeth.org.

THURSDAY/JAN. 21

Cancer Support Group. 6:30 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. 703-793-0026.

MONDAY/JAN. 25

"Ensuring the Safety of Others." 7 p.m. Tall Oaks Assisted Living, 12052 North Shore Drive, Reston. Safety for your loved one with Alzheimer's/dementia begins at home. What should you do? What do you need to know? How do you protect him/her while still allowing independence? Join the Alzheimer's Association for this free workshop. We'll discuss safety issues, techniques to support your care giving, and safety services offered by the Alzheimer's Association. Free. Information and registration at 800-272-3900.

TUESDAY/JAN. 26

Inova Blood Drive. Noon-7 p.m. Beside the Pavilion, 1818 Discovery St., Reston. Schedule appointments at 866-256-6372 or at inova.org/donateblood. On-site registration also available.

SUNDAY/JAN. 31

Volunteer to Serve Dinner. 5:30 p.m. North County Human Services Building, 1850 Cameron Glen Drive, Reston. Provide and serve dinner. Under the auspices of FACETS, in partnership with Fairfax County Hypothermia Prevention Program. Sponsored by Congregation Beth Emeth. www.bethemeth.org.

SUNDAY/FEB. 28

Volunteer to Serve Dinner. 5:30 p.m. North County Human Services Building, 1850 Cameron Glen Drive, Reston. Provide and serve

The meeting will take place on Wednesday, Jan. 20, 7 p.m., at South Lakes High School Lecture Hall, 11400 South Lakes Drive, Reston (entrance closest to the stadium).

Jewel Scholarship Deadline Feb. 18

The Joyce-Gillespie-Harrington Educational and Charitable Foundation, Inc., (JGH) invites applicants for its 36th Annual Jewel Scholarship award. The \$1,500 scholarship is awarded to 10 local students aspiring to pursue an undergraduate degree at an accredited college or university. The scholarship assists with tuition and other educational expenses.

For over 36 years, JGH has recognized and awarded certificates of achievement and scholarships to high achieving, socially and/or economically disadvantaged students during its annual awards program in June. Applications for the Jewel Scholarship are being accepted from Jan. 4 through Feb. 18. For details and the application, please visit www.JGHFDN.org.

dinner. Under the auspices of FACETS, in partnership with Fairfax County Hypothermia Prevention Program. Sponsored by Congregation Beth Emeth. www.bethemeth.org.

ONGOING

Feldenkrais Floor Class. 2:30-3:30 p.m. Jan. 12-Feb. 2. Herndon Senior Center, 873 Grace St., Herndon. This gentle and precisely focused exercise method

can improve range of motion, flexibility, coordination and balance, and reduce body pain. To participate, you must be able to get down to and back up from the floor easily and by yourself. For your comfort, please bring a towel and warm clothes or layers. Free-\$10. 703-464-6200.

Beginners' Chair Yoga. 6-7 p.m. Tuesdays and Thursdays. Jan. 11-March 31. Herndon Senior Center, 873 Grace St., Herndon. Yoga for beginners with a teacher who specializes in yoga with 50+ in mind. \$20/\$10. 703-464-6200.

Coat Drive to Benefit Cornerstones. Through Jan. 22. Collection in building lobbies at Reston Town Center. Help those in need in the community stay warm this winter. New or gently used coats (in good condition or cleaned), new hats, gloves and scarves will be collected. restontowncenter.com.

The **Herndon Adult Day Health Care Center** needs a bingo caller and an art therapy assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Herndon Senior Center** needs a volunteer trained in taking blood pressure, Social Visitors and a Baked Goods Table Manager. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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Saturday, January 16

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Sunday, January 17

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Monday, January 18

ANNA DEAVERE SMITH

KEYNOTE & COMMUNITY LUNCH

Highlights: The Al Fatih Academy *I Have a Dream* speech and remarks from Pat Hynes, Catherine M. Hudgins and Sharon Bulova.

12:00 p.m. • \$5 Reston/\$10 Non-Reston

RCC Community Room & the CenterStage
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Anna Deavere Smith tickets can be purchased at the CenterStage Box Office. All events are for all ages, unless otherwise noted.



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