

Team Kalypso gets ready to take the plunge during the Virginia Polar Dip on Saturday, Feb. 6 at Lake Anne Plaza in Reston. Some 204 jumpers took part, raising \$95,000 for the Camp Sunshine charity.

# Polar Dip at Lake Anne

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**Cheryl Simon, widow of late Reston Founder Robert E. Simon, Jr., looks on after unveiling the wall photo of Mr. Simon inside the Bob Simon Lake Anne Contract Postal Unit. To Simon's right are, from left, Chesapeake Chocolate's owner and new postmistress Doris Tyler; Pamela Spears, regional director of the USPS; and Robin Copeland, USPS.**

## Bob Simon's Post Office

**M**ore than 50 people showed up with letters and packages to send out from the new Post Office at Lake Anne, which officially opened for business on Saturday, Feb. 6.

The post office will be officially

called "Bob Simon Lake Anne Contract Postal Unit."

"For Lake Anne residents, who had a post office in the Lakeside Pharmacy until it closed two years ago, this was a very big deal," according to resident John Lovaas.



**Susan Burwell, owner of the Reston Used Book Store at Lake Anne, deposits one of the first letters to be mailed from the Bob Simon Lake Anne Contract Postal Unit.**



**Doris Tyler, owner of Chesapeake Chocolates home of the new contract post office, cuts the ceremonial ribbon to mark the official opening. Assisting her on the left are Missy Bidwell, the new postal clerk behind the counter and Pamela Spears, regional director of the U.S. Postal Service.**

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The sixth-grade team from Sunrise Valley Elementary School raised \$1,289. From left, Astrid Pena, Michaela Hodges-Fulton, Sydney Hahn, Shannon Gallagher and Mercer Thomas.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

Team Khouri Salon of Fairfax and Dulles raised \$7,000 for Team Kate, who died of leukemia at age 4 1/2.

## Virginia Polar Dip at Lake Anne

Event draws 204 jumpers and raises \$95,000 for Camp Sunshine charity.

With air temperatures at 48 degrees, and water temperature at 36 degrees, some 204 jumpers took part in the ninth annual Virginia Polar Dip on Saturday, Feb. 6 at Lake Anne Plaza in Reston, raising \$95,000 for the Camp Sunshine charity. In the nine years since the

event was started by Gail Toth, 1,500 people have jumped in the frigid waters of Lake Anne, raising a grand total of \$615,000. Chilli Amar of 97.1 WASH FM radio station emceed the event.

"It's very exciting and humbling that this many people come out to participate to help sick children," said Gail Toth, Virginia Po-

lar Dip founder and event coordinator. She has been involved with Camp Sunshine of Casco, Maine, for 20 years as her daughter is a 20-year cancer survivor.

Michaela Hodges-Fulton, a sixth-grader at Sunrise Valley Elementary School, organized a group of 10 classmates to participate in the Polar Dip by sending out flyers and emails. "I'm really excited about the turnout," she said. "I'm so happy about the amount of money (\$1,289) we've raised so far."

— STEVE HIBBARD



Team Pharaohs of Reston Used Bookshop with Julie Lehman and Adam Said.



Team Viking of Sterling raised \$835. (Pictured): Polly, Duff, Tyler and Jaidan Means.



Virginia Polar Dip founder and event coordinator Gail Toth.



The spectators at the Virginia Polar Dip at Lake Anne in Reston.



# OPINION

## Limiting Local Authority

Assembly rushes bill limiting proffers without addressing who will pay for infrastructure.

In Virginia, a Dillon Rule state, local governments have only the powers explicitly granted by the General Assembly. And what the assembly gives, the assembly can take away.

It's the reason, for example, that localities have limited means of raising revenue and limited taxing authority. And those limited means are one reason localities have turned to proffers, payments and improvements to infrastructure agreed to by builders as part of approval and zoning changes for new development.

Members of the General Assembly, including many who represent only Fairfax County districts, agree with builders that in many places, the way local governments are using proffers is unfair, even out of control.

Many point to Loudoun County, where builders pay substantial cash proffers, as an example. And to other counties where large, off site intersection improvements were required.

Everyone seems to agree that the "abuses" are not taking place in Fairfax, Arlington and Alexandria. But the restrictions apply to these areas as well.

How are local governments supposed to pay for the costs of growth? Should the lion's share be paid by existing residents through increase

property taxes?

This is a complex question, not one that should be rushed.

But right now, the General Assembly is rushing to restrict proffers and to give developers and builders substantial clout in legal challenges to local government action. And they are doing this without any consideration to how localities will replace the resources they will lose.

### EDITORIAL

It's time to slow this process down, and for a reasoned consideration. What exactly are the abuses that require action? Look at specific examples and address the specifics.

Local delegates voting in favor of the bill restricting local proffer authority included Dave Albo (R-42), Eileen Filler-Corn (D-41), Charniele Herring (D-46), Patrick Hope (D-47), Tim Hugo (R-40), Paul Krizek (D-44), Mark Levine (D-45), Ken Plum (D-36) and Vivian Watts (D-39).

Local delegates who voted against the bill included Jennifer Boysko (D-86), David Bulova (D-37), Mark Keam (D-35), Kaye Kory (D-38), Jim LeMunyon (R-67), Alfonso Lopez (D-49), Kathleen Murphy (D-34), Mark Sickles (D-43), and Marcus Simon (D-53).

The Virginia Senate was expected to vote for

an amended version of the bill on Tuesday, Feb. 9.

Reasonable action will fall to the conferees in reconciling the House and Senate versions, and to the governor, who would be able to amend the bill before signing or veto.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## 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.

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### COMMENTARY

## A Debatable Deal

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

Opponents of legislation to prevent gun violence have said for years that current laws on the books should be enforced before new laws were passed, but they quickly changed their minds when Attorney General Mark Herring moved to enforce Virginia's law on recognizing concealed weapon permits from other states. At least 25 states have standards for allowing concealed weapons that are less restrictive than Virginia, and his ruling would have ended reciprocity with these states.

Representatives of the National Rifle Association (NRA) came to the McAuliffe administration to offer concessions on other gun safety proposals if reciprocity with other states could be reestablished. The gun advocates agreed that they would drop their opposition to voluntary background checks and to taking guns from those for whom a permanent protective order had been issued if reciprocity was restored. This so-called "deal" between the McAuliffe administration and the NRA will continue to be argued as to who was the winner. The legislation to effect the compromise will be debated by the legislature in the coming weeks. I expect to vote for the voluntary background check bill; even though it is limited, it is at least a small step forward. A subcommittee of the Militia, Police, and Public Safety Committee defeated my bill that would have closed the gun show loophole by requiring a background



check for all gun sales at gun shows. Under the compromise bill a state police officer will be at all gun shows to do a voluntary background check on sales that do not include a licensed gun show dealer. I will also vote for the bill that will take guns from those against whom a permanent protective order has been issued. While this bill is part of the deal, it needs to be expanded to include temporary and emergency protective orders.

I will not vote for a bill that surrenders Virginia's right to set its own standards for issuing concealed weapon permits. While the NRA clearly favors expanded concealed weapon laws across the states, I do not think it is in the best public safety interest to recognize concealed weapon permits from states with limited standards including those that will issue such permits to convicted felons. I commend Attorney General Mark Herring for the courageous position he has taken on this issue, and I will continue to support him.

Working together across party lines is important to the legislative process. The deal before the General Assembly on preventing gun violence has been described as a small, modest improvement. As I made clear in a speech on the floor of the House of Delegates, I view this as just a beginning. As the advocates with whom I participate in a vigil at NRA headquarters on the 14th of every month—the anniversary of the Sandy Hook shootings—make clear, we will not forget, and we will continue to work for more common sense gun safety measures.

### LETTERS TO THE EDITOR

## Safeguarding Others in Time of Need

To the Editor:

"To be successful, there must be strong community will." These words couldn't be any more accurate than during our recent "Snowzilla" snow event. I was gratified to see our non-profit, faith and business communities working together with state and county public safety and transportation staffs to ensure that people were brought in from the elements to sufficient food, physical warmth, and medical supplies. These organizations are to be commended for their proactive planning and organization as well as their execution. The county experienced no loss of life to our homeless population during the storm.

SEE HUDGINS, PAGE 5

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**Cutting the ribbon - from left - are Mark Ingrao, president and CEO of Greater Reston Chamber of Commerce, Rick Hoffman, senior regional vice president, Mid-Atlantic, Coldwell Banker Residential Brokerage, Kelly Breeze, Branch vice president, Reston Town Center, Coldwell Banker Residential Brokerage, Dave Adams and JoAnne Adams of the Dave and JoAnne Adams Group who are members of the Greater Reston Chamber of Commerce and a Coldwell Banker Residential Brokerage affiliated sales team.**

## Grand Opening

**C**oldwell Banker Residential Brokerage affiliated agents and staff, their friends, family and clients as well as members of the Greater Reston Chamber of Commerce attended the grand opening of the Coldwell Banker's new location in Reston Town Center on Thursday, Feb. 4. The guests complimented the modern design and convenience of the location at 11911 Freedom

Drive Suite 520 in Reston Town Center.

A ceremonial ribbon cutting was presented by the Greater Reston Chamber of Commerce.

The ribbon cutting ceremony was followed by light appetizers, desserts and beverages.

The new office space was selected to better serve the busy, active lifestyles of the office's clientele and will function as a base for more than 50 independent agents.

## Hudgins

FROM PAGE 4

While I was snowed in, I monitored my email and took phone calls. Among the many messages I received was one from the Police Communication Assistant on duty at the Reston District Station during the storm. She informed me that she had given two coats, a scarf, hat and a pair of shoes from the Hunter Mill Coat Closet to a gentleman who had come to the building wearing just a sweatshirt for warmth and only tube socks on his feet. Thank goodness the Coat Closet, which is sponsored by my office and Cornerstones, was able to save the day.

Along with our public safety and Department of Public Works and Environmental Services staff, I also want to acknowledge health and human services staff, along with those who manage county shelters, and the volunteers from our houses of worship and non-profit organizations, who worked very hard to safeguard others in true time of need.

I wish to thank everyone and every organization for their stellar performance and contributions during this historic weather event.

**Supervisor Cathy Hudgins  
(D-Hunter Mill)**



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**- Sophia C.**



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# Snowzilla Summit Ahead

By Ken Moore  
The Connection

“What a difference a week makes,” said County Chairman Sharon Bulova (D), in case anybody had moved on from the 29.3 inches of measured snow at Dulles Airport during last week’s blizzard.

The Board of Supervisors will hold a Snowzilla Summit on March 1, to discuss “what went well, what lessons were learned, and what can be done in future events,” Bulova said at the Board’s regularly scheduled meeting Tuesday, Feb. 2, nine days after the storm.

“It’s not like this never happens,” said Supervisor John Cook (R-Braddock). “We know we’re going to have a significant storm every few years.

Supervisor John Foust (D-Dranesville) remembers the last big storm and county summit when the county analyzed its response overall and neighborhood by neighborhood, street by street. “I intend to do that again this year,” he said. “I look at these snow summits on a macro and a micro level.”

Foust wants the police to be invited, and to hear analysis of the number of accidents after streets had begun to be plowed and treated.

“As great a job as VDOT did, one area that concerns me the most is the hazardous situations they left when they thought they were done,” he said.

Supervisor Cook wants the school system to join, too. Many residents called asking if they could help shovel sidewalks that were covered by many feet of snow in some areas that VDOT cleared from the roads. That will be studied.

“We don’t want our children to be out of school an entire week,” said newly elected Mount Vernon Supervisor Dan Storck (D).

“I had far more compliments than complaints,” said Supervisor Pat Herrity (R-Springfield). “It seemed to be contractor dependent.

## Board names Fairfax County Animal Shelter for Michael Frey.

### Animal Shelter Named to Honor Frey

Supervisor Pat Herrity requested that the county animal shelter be named after just-retired Supervisor Michael Frey, who spent 24 years as the Sully District Supervisor.

“I will not go over his many accomplishments as a supervisor of supporting schools, local sports programs, historic districts, parks and public safety, but rather focus on his love for animals. Over the years, Mike has been the proud owner of many rescue German Shepherds – Mosby and Marley in the past, and now Boomer,” said Herrity.

The Board voted unanimously to rename the Fairfax County Animal Shelter for Frey.

“This is an outstanding tribute to him, and I want to fully support this,” said McKay.

Herrity said Frey oversaw the creation of dog parks, was largely responsible” for the renovation of the animal shelter, “worked tirelessly with veterinarians and shelter volunteers to fight for better living conditions for animals in need,” and continues to work for animal welfare in the county even after his “post-supervisor days.”

“Since Mike announced he would retire from the board, we’ve talked about this. I’m pleased,” said Bulova.

The motion passed unanimously, but it also sponsored a further resolution by the Board to develop criteria for naming county buildings, entities and anything else after people.

“I’ve always been an advocate for not naming anything for anybody until they have passed from this earth,” said Supervisor Penelope Gross. “There should be criteria for naming things for people.”

Currently, the Board does not have such criteria, said Chairman Sharon Bulova, “but the Park Authority does, the schools do, ... but we don’t and we probably should.”

## HomeLifeStyle



PHOTO COURTESY OF  
MERRIFIELD GARDEN CENTER

## Stylish Valentine’s Day Table Settings

Flowers and candles create romantic designs.

By Marilyn Campbell  
The Connection

Fresh flowers and candles are an easy way to add elegance and romance to a Valentine’s Day table. From dramatic to understated, local tastemakers offer suggestions for setting the mood for a memorable dinner.

“Candles are key to set a romantic atmosphere,” said Marika Meyer of Marika Meyer Interiors in Bethesda, Md. “Soft lighting is flattering to all of us and creates a sense of intimacy for conversations.”

The ambience is enhanced, says Meyer, when the candlelight glints off of metallic accessories like candlestick holders. “You can use silver, mercury, glass or even gold or brass to help move the light,” she said.

In fact, gold accents are a current trend, says Angela Phelps of Le Village Marche in Arlington. “They pair well with pinks, reds, and fuchsias,” she said. “So, as you’re planning a romantic dinner at home, think about incorporating china, vases, candle votives, trays, and glassware with a gold trim for a stunning table.”

Metallics combined with a few pops of a soft color help create an elegant setting. “White and silver tables can be very romantic—for example, a white tablecloth, mirrored or silver placemats, silver flatware and crystal stemware,” said Fay Johnson, an interior designer with J.T. Interiors in Potomac, Md. “The centerpiece [could be] a silver ice bucket with white and blush colored roses and a



PHOTO COURTESY OF IVY LANE

**A table setting by Alexandria-based Ivy Lane’s Alex Deringer and Courtney Cox incorporates fresh flowers.**

array of assorted size candles and votives.”

For a more traditional table, Johnson stated that “a black, white and red table can be very dramatically romantic. A black and white tablecloth [such as] a houndstooth or herringbone ... pattern with red, glass stemware, white dinner plate, a ruby-red glass salad plate and silver flatware.”

Johnson suggests completing the look with a crystal or silver vase filled with red roses and accented with few red glass votive candles.

Johnson believes that not all centerpieces need to be flowers. She suggests filling three compote dishes, graduating in size, with chocolates and red and pink rose petals for table design with a touch of whimsy.

A vase can add a powerful style impact. “A vase is like a frame for

“As you’re planning a romantic dinner at home, think about incorporating china, vases, candle votives, trays and glassware with a gold trim for a stunning table.”

— Angela Phelps of  
Le Village Marche

**Kelley Proxmire created an intimate table setting with a variety of glasses, candles and fresh flowers.**

PHOTO BY  
ANGIE SECKINGER

a picture,” said Linda Wilson-Vertin, floral designer with Merrifield Garden Center in Fair Oaks. “A clear vase is like not having a frame on the picture.”

Instead, choose a vase that has visual interest or one that is meaningful on a personal level. “I like using things that are special to the individual,” said Wilson-Vertin. “I ask clients to bring in a container that they like so that I can create an arrangement that works with it.”

While red is often the go-to floral color for Valentine’s Day, Wilson-Vertin says that shades of pink, peach and purple can offer elegance and romance. “Go with what works for you and what works in your home,” she said. “For example, red doesn’t work in my home, so I use watermelon and apricot.”

Consistency adds an unexpected touch of enchantment. A monochromatic palette conveys more ro-

mance than contrasting colors,” said Wilson-Vertin. She recommends using “red roses with deep burgundy mini carnations to vary the size of the flower head and texture. Mini carnations have ruffled texture.”

For the ultimate in texture and color variety, “think English garden, like roses, hydrangeas, lisianthus and snapdragons,” said Wilson-Vertin. “Add berries and eucalyptus” to complete this elegant floral arrangement.”

Linen napkins offer a finishing touch to an elegant table setting, says Kelley Proxmire of Kelley Interior Design in Bethesda, Md.

“Use pretty salt and pepper shakers, festive napkin rings, and if you have fancy water or wine glasses, now is the time to use them,” she said. “And don’t forget the champagne bucket nearby for cooling white wine or champagne.”

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## WEEK IN RESTON Reston Association Announces Candidates for Board

Reston Association Election Committee validated five candidates for three open seats on its Board of Directors. The candidates running in the 2016 election that opens Monday, March 7 and runs through Monday, April 4 are:

At-Large Director — Eve Thompson, John Bowman and April Tan

North Point District Director — Dannielle LaRosa

Lake Anne/Tall Oaks District Director — Sherri Hebert

Voting will take place electronically and through the mail. Results of the election will be announced at the Annual Members’ Meeting on Tuesday, April 12.

For more information about the candidates and the election, visit http://www.reston.org/.

## Reston Citizen of the Year Nominations Sought

Reston Citizens Association seeks nominations for this year’s Reston Citizen of the Year Award.

Past RCA Citizen of the Year honorees include Janet Howell, Embry Rucker, Jim Allred, Dave Edwards, Cate Fulkerson and Marion Stillson.

The tradition of honoring the Reston Citizen of the Year began in 1976, and was reintroduced in 2008.

The Reston Citizen of the Year will be honored at a reception in the spring of 2016 “as a way to spotlight the work of dedicated citizen volunteers and civic activists who work tirelessly behind the scenes, providing them the recognition and appreciation they have earned through their hard work and dedication to the Reston community,” according to RCA documents.

RCA is a nonprofit organization that serves

more than 60,000 people. RCA was founded in 1967 to promote and protect Reston’s founding principles by serving as a non-partisan forum for all residents and as a community advocate with County and State government.

Nominations are due by Feb. 19 and may be submitted online or by downloading the nomination form and submitting via postal mail or email as indicated on the nomination form.

Nominees must be a Reston resident for at least 5 years, taken actions that “are consistent with the goals of Reston and of RCA” and “have contributed to the quality of life in Reston,” and have benefited people in need of help. The nominee should not currently be serving as an elected official or member of the Board of a major community organization (RA, RCA, or RCC).

Call 703-391-9549 or see http://www.rcareston.com/.

To receive RCA’s newsletter, visit RCA’s website www.rcareston.com and click the subscribe button.



# SPORTS



**The South Lakes boys' indoor track team won the Conference 6 championship.**



PHOTOS CONTRIBUTED

**The South Lakes girls' indoor track team won the Conference 6 title.**

## South Lakes Boys, Girls Win Conference Track Titles

**P**aced by record-setting performances in the 500 meters, seniors Golden Kumi-Darfour and Skander Ballard led the South Lakes indoor track and field teams to Conference 6 titles in both the boys' and girls' divisions Friday, Feb. 5 at the Prince George's County Sports and Learning Complex in Landover, Md.

The South Lakes girls' team scored 138.50 points and placed in 13 of the 15 events in winning its fifth consecutive conference title. Madison finished second with 89 points and McLean was third with 64. Langley scored 49.50 points for fourth, followed by Fairfax (44), Washington-Lee (39), Yorktown (21) and Hayfield Secondary (17).

The SLHS boys' team finished with 190 points, placing in 14 of 15 events, for its eighth straight conference championship. Madison, again, was second with 55 points. Fairfax and Washington and Lee tied for third with 49 points followed by McLean (40), Hayfield Secondary (30), Yorktown (29) and Langley (23).

Fourteen SLHS girls and 15 boys contributed to the team scoring.

Kumi-Darfour was unbeatable in all of her events, especially in the 500 meters where her time of 1:16.55 broke the meet record of 1:17.92 set in 2005 by Claire Zimneck. Kumi-Darfour began her win streak teaming with senior Monica Lannen, and sophomores Olivia Beckner and Sarah Wolfe to win the 4x800 meter relay (9:43.55). She finished the meet with a win in the 4x400 meter relay with teammates Beckner, freshman Sophie Halkett and junior Jessica Lister.

Ballard also had multiple wins. His 1:07.16 time in winning the 500 meters broke the 2008 record of 1:07.55 set by Nick Vaughn. He also won the 300 meters (35.96), triple jump (43-09.00) and teamed with seniors Nikolai Waithe, Connor Smith and sophomore Alex Wallace in winning the 4x400 meter relay (3:33.28). Ballard was also fourth in the long jump (19-03.50) and seventh in the pole vault (10-06.00).

SLHS dominated several events: winning all six relays, the 55-meter hurdles (freshman Kristen Williams, 9.82; senior Anas Fain, 7.72), 55 meters (juniors Nikayla Hoyte, 7.42 and Timiebi Ogobri, 6.64), 300 meters (Hoyte, 42.60; Ballard, 35.96) and dominating the boys 500 (Ballard, 1st; Waithe, 2nd, 1:08.38; Wallace, 3rd, 1:09.71; Smith, 5th, 1:10.02; senior Chris Byron, 6th, 1:10.69), boys 300 (Ballard, 1st; Waithe, 2nd, 37.14; senior Eric Kirlaw, 4th, 38.38; Wallace, 5th, 38.40, Ogobri 6th, 38.47) as well as the girls 500 (Kumi-Darfour, 1st; Halkett, 4th, 1:20.99; Lister, 5th, 1:24.29) and girls 300 (Hoyte, 1st, 42.50; Jones, 2nd, 42.99; Halkett, 4th, 43.98).

Senior John LeBerre won the 1,600 meters (4:36.31), ran the anchor leg on the winning 4x800 meter relay team of Smith and juniors Peter Sepulveda and Jack Watkins, and he finished second in the 1,000 meters (2:40.47). Beckner, a member of the winning 4x400 and 4x800 relay teams, won the girls 1,000 meters in 3:07.12. Fain, who successfully defended his title in the 55-meter hurdles, also won the high jump (5-10.00), the 4x200 meter relay with Kirlaw, Ogobri and senior Alex Rudison, and finished third in the long jump (19-11.25), fourth in the triple jump (40-08.00) and eighth in the 300 meters (38.55). Kirlaw was second in the long jump (19-11.25), third in the triple jump (42-11-50) and third in the 55 meters (6.74).

The pole vaulters also had a successful meet with Rudison fourth in the boys' division (11-06.00) and SLHS girls finishing fourth (senior Madison Carrens, 7-03.00), fifth (junior Abby Wickman, 7-03.00) and sixth (sophomore Megan Allison, 6-09.00). Allison also finished second in the shot put (28-00.50) as did senior Isaac Mensah (43-07.00). Sophomore Ronak Cuthill was fifth (400-00.50).

South Lakes will send more than 30 athletes to compete in the 6A North Region Championship, Thursday, Feb. 18 at the Prince George's County Sports and Learning Complex in Landover, Md.



PHOTO BY JON ROETMAN/THE CONNECTION

**South Lakes gymnast Jenna Shuey, left, qualified for regionals on vault with a fourth-place finish at the Conference 6 championships meet on Feb. 5 at Washington-Lee High School.**

### South Lakes Gymnast Shuey Qualifies for Regionals

South Lakes gymnast Jenna Shuey qualified for regionals on vault during the Conference 6 championship meet on Feb. 5 at Washington-Lee High School.

Shuey tied for fourth with a score of 9.225. The top eight finishers in each event earned a regional berth, along with any gymnast scoring 9 or better.

Shuey finished eighth in the all-around with a score of 34.775, missing the automatic qualifying score of 35 by less than three-tenths of a point.

Hayfield's Molly Overstreet won the all-around title with a score of 37.875, followed by Yorktown's Julia Hays

(37.45), Madison's Kelly Jackson (36.425) and Yorktown's Juliette Mitrovich (36.375).

Shuey finished ninth on bars (8.675), tied for 14th on floor (8.675) and finished 18th on beam (8.2).

Yorktown won the team championship with a score of 146.225. McLean scored 139.6 and qualified for regionals with a runner-up finish.

South Lakes finished sixth with a score of 126.25.

The 6A North region championship meet is Saturday, Feb. 13 at Patriot High School.



**South Lakes gymnast Jenna Shuey competes on floor during the Conference 6 championship meet on Feb. 5 at Washington-Lee High School.**

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION



# CALENDAR



PHOTO CONTRIBUTED

## "Crimes of the Heart" plays at NextStop Theatre in Herndon, Feb. 25-March 20.

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

### ONGOING

**GRACE Art: Cultivating a Creative Community.** Feb. 25-March 5. Greater Reston Arts Center, 12001 Market St., 103, Reston. Highlights work from the long-standing GRACE Art program. Nearly 40 area schools participate in this program, in which trained classroom volunteers deliver an interactive art history lesson with materials and visuals supplied by GRACE, followed by a related hands-on art project. [www.restonarts.org](http://www.restonarts.org). 703-471-9242.

**Emerging Visions: Contemplating Community.** March 15-April 9. Greater Reston Arts Center, 12001 Market St., 103, Reston. Fairfax County high school students the opportunity to work directly with GRACE's curatorial staff to create thoughtful, well-crafted artworks that will be exhibited in the gallery. This year, GRACE is dedicating its celebration of Youth Art Month to Bob Simon's vision for a New Town. [www.restonarts.org](http://www.restonarts.org). 703-471-9242.

**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.

**Rebecca Kamen: Continuum.** Through Feb. 13. Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Kamen. Informed by research into cosmology, neuroscience, history of science, and philosophy, Kamen's abstract sculptures and paintings connect common threads across various scientific fields to capture and re-imagine what scientists see. [restonarts.org](http://restonarts.org). 703-471-9242.

**"Crimes of the Heart."** Feb. 25-March 20. Thursdays, 7:30 p.m., 8 p.m. Fridays, 8 p.m. Saturdays, 2 p.m., 8 p.m. Sundays, 2 p.m., 7 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. Uncover sordid events of the past when the three Magrath sisters gather to await news of their family patriarch, living out his last hours in the local hospital. This award-winning play is known for its grave-yet-hysterical, touching-but-dysfunctional portrait of a Mississippi family. \$35. [www.nextstoptheatre.org](http://www.nextstoptheatre.org). 866-811-4111.

### WEDNESDAY/FEB. 10

**Sip and Paint.** 6-10:45 p.m. Vapiano Reston Town Center, 1875 Explorer St., Reston. Fundraiser will benefit the Bite Me Cancer Foundation and their fight against Thyroid Cancer. \$50. [Artbytheglazz.com](http://Artbytheglazz.com).

### THURSDAY/FEB. 11

**Classic Cinema Series.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Our charming romantic comedy is a Valentine's Day treat for Jane Austen fans. Call the library for title. Adults, older teens. Register at 703-689-2700.

**Contemplating Art: Thought Experiments, Black Holes and Meditation.** 7-8:30 p.m. Greater Reston Arts Center, 12001 Market St., #103, Reston. Teen workshop. Join the Directors of Beloved Yoga, Maryam and Jafar, as they lead you through a thoughtful exploration of the ideas presented in Rebecca Kamen's exhibition, Continuum, at GRACE. Register at [info@restonarts.org](mailto:info@restonarts.org).

**GRACE Art For Homeschool.** 10-11 a.m. **Greater Reston Arts Center**, 12001 Market St. #103, Reston. For homeschool students, GRACE staff will present an interactive art history lesson followed by an engaging hands-on art project. Reston residents \$30, non-residents \$45. Register at [restoncommunitycenter.com](http://restoncommunitycenter.com). 703-471-9242. [restonarts.org](http://restonarts.org).

### FRIDAY-SUNDAY/FEB. 12-14

**Valentine's Day Gift Wrapping by Kids R First.** Hallway of the Hyatt Regency Reston, 1800 Presidents St., Reston. Gifts will be beautifully wrapped while you shop or work, same-day service. Donations benefit 22,000 children from families in need in the local area with school supplies through Kids R First, an all-volunteer organization. 703-478-2218. [appalachianspring.com/rtc.cfm](http://appalachianspring.com/rtc.cfm).

### SATURDAY/FEB. 13

**Valentine's Guitar Gala.** 6:30-9:30 p.m. Cafe Montmartre, 1625 Washington Plaza N., Reston. Three-course gourmet dinner and the musical elegance of guitarist Jonathan Smith. Fundraiser for Aquado Guitar Concerts. \$80/\$150. <http://www.aquadoguitar.org/>.

**Dumpling Demo.** 9 a.m. Big Bowl, 11915 Democracy Dr., Reston. Learn how to make a variety of

# 'Mary Poppins, the Musical' Arriving at CenterStage

Never know what will pop out of her carpet bag.

BY DAVID SIEGEL  
THE CONNECTION

With magical playfulness and practical common sense all charged up with about 30 unforgettable musical numbers, such as "Supercalifragilisticexpialidocious" and "Chim Chim Cher-ee," be ready to welcome the next Reston Community Players production, "Mary Poppins, the Musical."

"Mary Poppins, the Musical" weaves together characters from the original children's books by P.L. Travers with the well-known Disney movie to tell the story of a charming nanny who changes the lives of the Banks family and their rebellious children by imparting valuable life-lessons. The original Broadway production of the Walt Disney and Cameron Mackintosh "Mary Poppins" with book by Julian Fellowes ran for over 2600 performances over six years finally closing in 2013. It received seven Tony Award nominations including for Best Musical.

The Reston Community Players production is directed by Wade Corder. Musical direction is by Northern Virginia's Dana and Jim Van Slyke with choreography by Andrew Heininge. Along with a cast of about two dozen performers, there will be a ten-instrument band that will fill Reston's CenterStage with delight and love.

Shaina Murphy is featured as the character Mary Poppins. For Murphy, her character is "eternal and magic, yet strong and principled. She likes to be silly and tease. Many of the times when the words coming out of her mouth seem stern or stuck up she is actually teasing those around her."

Poppins also tries to remind everyone "to not take themselves so seriously. That the world is much bigger than they are," according to Murphy. A jack-of-all trades in "Mary Poppins" is Bert, played by RCP newcomer Duane Monahan. "Bert is the character that helps tell the story of the



PHOTO BY DEBORAH FRANCO/COURTESY OF RESTON COMMUNITY PLAYERS

**Avery Daniel who plays Jane Banks, Shaina L. Murphy (Mary Poppins) and Aidan Chomicki who plays Michael Banks in the Reston Community Players' production of 'Mary Poppins, the Musical.'**

Banks family and serves as a willing sidekick to Mary Poppins in her quest to mend the broken/disjointed family. Through Bert's interactions with the Banks' children and Mr. Banks, the audience will hopefully realize that anything can happen if you let it."

"Mary Poppins, the Musical" is an irresistible musical that can help everyone find a path back to the innocence, joy and the true magic of childhood, said Murphy paraphrasing Mary Poppins.

Richard Schneider, "Mary Poppins" producer and scenic designer wouldn't give away secrets, but said "the audience will be in store for plenty of magic from the sound, lights, props and costumes." It is show for everyone, children and adults.

Remember as Mary Poppins flies on Reston's CenterStage, "Anything can happen if you let it."

## Where and When

Reston Community Players present "Mary Poppins, the Musical" at Reston CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. Performances Feb. 19-March 12. Feb. 19, 20, 26, March 4, 11 at 8 p.m.; Feb. 27, March 5 and 12 at 2 p.m. and 8 p.m. and Feb. 28 and March 6 at 2 p.m. Tickets: Adult \$25; Senior/Student \$20. Call 703-476-4500 or visit [www.restonplayers.org](http://www.restonplayers.org).

**Note:** The matinee performance on Feb. 27 will be sensory-friendly to create a performing arts experience that is welcoming to all families with children with autism or with other disabilities that create sensory sensitivities, especially for startling or loud noises; the freedom for guests to talk, leave their seats, or move around during the show; low level house lights throughout the performance; a designated quiet room adjacent to the theatre; trained staff and volunteers; and a judgement free environment that is welcoming to all patrons.

**Note:** In addition RCP will offer audiences the opportunity to join the "Mary Poppins" cast on stage to learn a dance from the show in a special master dance class to learn "Supercalifragilisticexpialidocious" on Sunday, March 6, immediately following the 2 p.m. performance. Dancers need not attend that performance to join the master class. Just \$10 to join in.

dumplings in honor of the Chinese New Year. \$25 adult, \$15/child. 403-787-8852. [bigbowl.com/event/chinese-new-year-dumpling-class](http://bigbowl.com/event/chinese-new-year-dumpling-class).

Towne Drive, Reston. Part one of a five part series given by Dr. Harry Butowsky. Adults. 703-689-2700.

### WEDNESDAY/FEB. 24

**Meet me at the Movies – Senior Movie Day.** 10 a.m. Bow Tie Cinemas, 11940 Market St, Reston. Reston Association presents "The Intern." Refreshments and door prizes provided prior to movie. Free to 55+. [Ashleigh@reston.org](mailto:Ashleigh@reston.org). 703-435-6530. [reston.org](http://reston.org).

### FRIDAY/FEB. 26

### SUNDAY/FEB. 14

**Horse-Drawn Carriage Rides.** 5:30-9:30 p.m. In front of Talbots, 11888 Market St. Reston. [restontowncenter.com](http://restontowncenter.com).

### SUNDAY/FEB. 21

**The Russian Revolution and the Men Who Made.** 2 p.m. Reston Regional Library, 11925 Bowman

**Schumann Piano Concerto.** 7:30-9:30 p.m. United Christian Parish of Reston, 11508 North Shore Drive, Reston. The Pro Arte Chamber Orchestra of Greater Washington conductor Dr. Yeong Su Kim and piano soloist Dr. Bora Lee. \$15-\$25. [pacodc.org](http://pacodc.org). 571-483-8444.

### SATURDAY/FEB. 27

**Classic Cinema Matinee.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Warm your heart and spirits with a cinematic trip to exotic India. Call the library for title. Adults. Register at 703-689-2700.



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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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-William Van Horne

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## Not Snow Fast



By KENNETH B. LOURIE

As an originally diagnosed-as-terminal, lung cancer patient, I try not to panic or worry unnecessarily or be a harbinger of doom or a purveyor of gloom. Unfortunately, the providers of the news/weather reports of "accumulating" (that seems to be the popular phrase of late) snow in the forecast currently and in general, apparently are of the opposite opinion. Rather than make light of the inches predicted, the common (as if they're all reading from the same script) presentation is typically fraught with inferences of impending disaster and/or catastrophic loss. Not only is the message tiresome, its redundancy is downright distressing, as if the goal is to strike such fear into the local population that toilet paper, bread, water, and batteries aside; it's the media that will be the most important must-have.

Do you know what my most important "must-have" is? Sanity, and calm in the face of adversity; logical and rational behavior in the midst of over-the-top reporting of events (maker that snow/weather predictions) destined to change lives – of the media, for the most part. Granted, there's lots of valuable information that must be disseminated when a storm of generational proportions smother the area. Nevertheless, don't burden us with emotional baggage in the interim. The weight of the snow, especially for us manual shovelers, will do more than enough to keep us "sheltered in place." Sometimes, the message is lost in the hyperbole, or in the "emergency" programming as seen on the non-stop, 'round the clock reporting. The sheer volume of it diminishes its impact. Quite frankly, less is more, and more manageable, too.

What us viewers and listeners endure in the Metropolitan Washington, D.C. Area, or what it has increasingly become known as: "The D.M.V.;" (yet another media creation forced upon us residents) is above and beyond the call of citizen duty. Being called as a juror appeals to me more than being subjected to the media maelstrom that precedes (and of course, follows), these "weather events."

Yet here I sit and write, approximately two weeks after the "Blizzard of 2016," trying to filter out fact from fiction concerning next week's "snowcast." And even though the two-plus feet of snow is mostly long gone (but not forgotten), I fear its effect on our preparations and predictions will inhibit us for years: fueled in no small way by the media's fascination with itself and its presumptive place in the world as well as its presumptive place in the lives of thousands of local residents for whom they feel uniquely responsible.

Not that I totally understand many of the ulterior motives behind the means and methods of communication when snow is in the atmosphere, but the pattern seems familiar: create the fear, report the fear, and then cover the effects of the fear; and then in another occasional adjunct: the after-the-fact self-analysis of the fear that was created, the reporting of that fear, and then a post-mortem on all the fear and its consequences.

I have to tell you; as a cancer patient, I can't live my life this way. Every day, I have to buck up and not look for trouble – and not make any trouble, either; not exactly the mission of the media. Ergo, I don't need to make matters any worse than they might otherwise be, nor can I presume and anticipate the worst, or create consequences in advance of them being consequential. Since I'm a great believer in context, having an incurable form of cancer (NSCLC, stage IV) may make me less tolerant of the snow coverage by the media. Then again, maybe I'm just a victim of circumstance, tired of being made to feel like the victim.

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

## BULLETIN BOARD

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

### WEDNESDAY/FEB. 10

**Ask the Physician: Raising a Healthy Child.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A pediatrician from Reston Hospital will discuss common childhood health issues and concerns. Bring your questions. Adults. Register 703-689-2700.

### THURSDAY/FEB. 11

**Open House Herndon Community Center Preschool.** 6:30-8:30 p.m. Herndon Community Center, 814 Fernside Ave., Herndon. Visitors can meet the staff and tour the preschool room. The preschool is a state licensed program for children ages 3-5. The program operates weekdays from 9:00 a.m.-12:00 p.m., follows the Fairfax County School Calendar, and runs September 2016-June 2017. 703-435-6800 ext. 2119.

### WEDNESDAY/FEB. 17

**Online Security Awareness.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Experts from Online Owl will show you how to protect your home network from hackers and keep your online date secure. Adults. 703-689-2700.

### TUESDAY/FEB. 23

**INOVA Blood Drive.** Noon-7 p.m. Behind the Pavilion of Reston Town Center, 11900 Market St., Reston. Schedule appointments at 1-866-256-6372 or [inova.org/donateblood](http://inova.org/donateblood). On-site registration also available.

### THURSDAY/FEB. 25

**Food Packing Event.** 10 a.m. Dominion Virginia Power, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia invites community members to help pack food for the Weekend Food for Kids program which benefits 1500 schoolchildren who receive reduced-price meals during the week. Arrive at 9:30 a.m. if you would like to help with setup. Event contact: [karenamster@aol.com](mailto:karenamster@aol.com).

**Dollars and Sense.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A new monthly book discussion group that focuses on business leaders and markets. Adults. 703-689-2700.

### SUNDAY/FEB. 28

**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](http://www.bethemeth.org).

### TUESDAY/MAR. 22

**INOVA Blood Drive.** Noon-7 p.m. Besides Pavilion of Reston Town Center, 11900 Market St., Reston. Schedule appointments at 1-866-256-6372 or [inova.org/donateblood](http://inova.org/donateblood). On-site registration also available.

### ONGOING

**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.

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](http://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](http://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](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/).



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When Barbara walked into Koko FitClub, she was nervous. Facing serious health issues, her doctors prescribed exercise. Traditional “gyms” caused fear and dread – she tried them, and hated them. Her goal: to get healthy and build strength in a place that made her feel like she truly belonged.

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!

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