

Herndon Church Hosts Chocolate Festival

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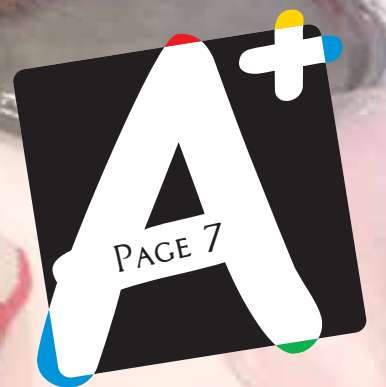
Herndon's Floris UMC Church hosted its 25th annual chocolate festival on Saturday, Feb. 13. The event was well attended, and money raised from the event will support the community program Help Hungry Kids.

Touching Many Hearts

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Sisterhood Connections On Stage and Off

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HERNDON CRIME REPORTS

Notable incidents from the Herndon police report from Feb. 1-7.

Burglary-Residential - Feb. 1. 1100 block Cypress Tree Place. Unknown persons entered the residence through a rear door while the victim was not home. Approximately \$95,000 worth of electronics, jewelry and cash were taken. The case is under investigation.

Robbery - Feb. 4. 600 block Center Street. A taxi driver picked-up the suspect in Reston and drove him to the 600 block of Center Street. When the suspect exited the taxi, he punched the victim on the side of his face causing minor injuries. The suspect then stole the victim's phone and cash valued at approximately \$400. The suspect is described as a black male, medium build, clean shaven with short black hair, wearing black pants and a black short sleeve shirt. The suspect has tattoos on both arms. The case is under investigation.

Aggravated Assault - Feb. 5. 1000 block Alabama Drive. The victim reported that the suspect pointed a BB gun in his direction and fired two shots. The victim was not injured. The suspect is described as a Hispanic male, 20 to 30 years of age, 5'8", 150 lbs., with short black hair. He was wearing a gray jacket, black pants and a black winter hat at the time of the incident. The case is under investigation.

Aggravated Assault - Feb. 5. 1200 block Elden Street. During an argument the victim was assaulted and strangled by a subject that she knows. The victim received minor injuries to her neck and face. A 47-year-old Herndon resident was arrested for assault and strangulation. He was held at the Fairfax Adult Detention Center without bond.

Feb. 2, 12:26 a.m. Assault-Simple, 800 Station St.

Feb. 2, 1:35 p.m. Destruction of Property, 800 Dranesville Road

Feb. 2, 5:51 p.m. Drunkenness (DIP), 700 Elden St.

Feb. 3, 11:04 a.m. Larceny-from Motor Vehicle, 900 Branch Drive

Feb. 3, 11:38 a.m. Fail to Appear, 700 Lynn St.

Feb. 5, 9:25 p.m. Driving Under the Influence 700 Elden St./Lynn Street

Feb. 1, 1:51 p.m. Counterfeiting-Forgery/Uttering, 1200 Elden St.

Feb. 1, 6:54 p.m. Drunkenness (DIP), 1200 Elden St.

Feb. 1, 7:50 p.m. Burglary- Residential, 1100 Cypress Tree Place

Feb. 2, 1:12 p.m. Epo Service, 1200 Springtide Place

Feb. 2, 6:10 p.m. Larceny-All Other, 1100 Autumnhaze Court

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Herndon's Floris UMC hosted its 25th annual chocolate festival on Saturday, Feb. 13. Guests sample and purchase chocolate confections, and enjoy games, large inflatables, face painting, balloon art and a silent auction table. Money raised from the event supports Help Hungry Kids, a program that sends food home with children in schools such as Hutchison and McNair elementary.



PHOTOS BY RYAN DUNN/THE CONNECTION

Renee Williams, Herndon Floris United Methodist Church's Children's Ministries coordinator, helped display a chocolate volcano project during the church's 25th annual chocolate festival on Saturday, Feb. 13.

Herndon Church Hosts Chocolate Festival

The 25th chocolate festival held at Herndon Floris United Methodist Church.

BY RYAN DUNN
THE CONNECTION

Despite cold weather, families from around the Herndon area attended the Saturday chocolate festival hosted by Floris United Methodist Church. The family friendly event included face painting and balloon art, and lots of chocolate. Money raised from the event will support Help Hungry Kids, a program that sends food home in backpacks with children in schools such as Hutchison and McNair elementary. "We do this to help kids in our community," said associate pastor Barbara Miner.

"It is a great thing the church does and goes to a great cause," said Sheri Walker, a member of the congregation who volunteered for the event. "Chocolate brings people out," said her daughter Amanda Walker.

The event lasted from 11 a.m. to 3 p.m., and food and drinks were available for purchase. The family friendly event also fea-

tured games and a cookie decoration table. Church events and connections coordinator Tinbite Tamiru said Floris UMC offers many different support groups which met at the church. Another family friendly event will be the annual Family Easter Festival and Egg Hunt on March 12.

"It is a great event, it is great fun for the public, and great fun for the church," said Susan Sweazen, a resident of Fairfax who volunteered for the first time at this festival. Many people looked forward to this event, and many parents enjoyed the opportunity to take their kids out of the house for some fun.

This was the 25th anniversary of the church's chocolate festival. "We decided to add a science related activity," said Renee Williams, the church's Children's Ministries coordinator. Williams helped kids with a chocolate volcano project, which included cocoa powder in a bowl with baking soda and vinegar. The popular chocolate fountain closed at 1:30 p.m.

For over fifteen years, Floris UMC has



Floris UMC Church events and connections coordinator Tinbite Tamiru with associate pastor Barbara Miner. Floris UMC is located at 13600 Frying Pan Road in Herndon. The congregation will host its annual Family Easter Festival and Egg Hunt on March 12.

been in partnership with Hutchison Elementary School. Over the years, the church and school have worked together to serve the students and staff of the school. Another program offered at Floris United Methodist is Camp Hutchison. Started in 2011, Camp Hutchison is a three-week summer enrichment program held at Hutchison Elementary for up to 100 students entering the first,

second and third grades. The program was developed in response to concerns relating to gaps in enrichment and nutrition for students during the summer months. Students are selected by Hutchison Elementary staff based on recommendations from teachers. Teachers consider which students might benefit most from summer learning and enrichment.

Other area congregations are planning February events. Life Ticket Church held its first official service Feb. 7 in the auditorium of Herndon High School. The congregation is led by Pastor Dorion Baker, who started Life Ticket Church with his wife Leah Baker.

Feb. 24, beginning at 6 p.m., Hendon United Methodist Church at 701 Bennett St., Herndon, invites everyone to join the annual Rebuilding Mission Ministry Chili Cook-Off GIFT Dinner. Proceeds will benefit church mission programs. This date was originally planned to be the Puppet Ministry dinner, so the Herndon UMC Puppet Ministry will be performing. A large turnout is expected. Saint Joseph Catholic Church at 750 Peachtree St., Herndon invites the public to join the friars and Boy Scouts at the Lenten Fish Fry and Stations of the Cross on Friday, Feb. 26, from 5-7 p.m. in the Parish Hall (School Entrance).

The Mark of Excellence

"Commander, United States Navy, arriving!" announced a Herndon cadet on Friday, Jan. 15 as Commander Ross Piper, U.S. Navy, was piped aboard. Commander Piper then joined his George Washington University (GWU) ROTC staff and midshipmen in the gymnasium, where the Herndon High School Navy Junior ROTC cadets were formed, ready, and at attention. This marked the beginning of the Herndon Corps of Cadets' Annual Inspection, an all-day event highlighting the corps' accomplishments and empha-

sizing its discipline and preparation.

After the Herndon cadets presented the colors and the National Anthem, the GWU ROTC staff and midshipmen kicked off the day with a Uniform Personnel Inspection (UPI). Attended by cadet parents and director of Student Activities Jonathan Frohm, the personnel inspection focused on uniform wear and military bearing as well as required knowledge about the chain of command, military rank and the 11 General Orders. The UPI also recognized seventeen cadets for their exemplary appearance.

Herndon High's Navy Junior ROTC demonstrates discipline and preparedness.



Herndon High School's Navy Junior ROTC cadets are formed and ready for inspection.

PHOTO BY
ROBERT MAXWELL/
COURTESY OF
HERNDON NAVY
JUNIOR ROTC

OPINION

Fairfax Presses Ahead with Diversion First

When police encounter someone in mental health crisis, they can transport them to Merrifield Crisis Response Center instead of jail.

Natasha McKenna died a little more than a year ago on Feb. 7, 2015. McKenna, with a long history of severe and often untreated mental illness, had been deteriorating in the Fairfax County Adult Detention Center since Jan. 26, 2015, arriving directly from release from the hospital on an outstanding warrant from the City of Alexandria charging felonious assault on an Alexandria police officer.

EDITORIAL We can't know whether new efforts to provide people in mental health crisis might have saved her life if they were available and put in place early in this particular crisis, which appears to have begun a month before her death. McKenna's death is a terrible tragedy, and no new program will remove that horror.

But it's clear that treatment rather than jail can make all the difference for many people who come into contact with law enforcement in a mental health crisis. Diversion First is a collaborative effort in Fairfax County to reduce the number of people with mental illness in the county jail by diverting low risk offenders experiencing a mental health crisis to treatment rather than bringing them to jail.

Sheriff Stacey Kincaid estimates that 40 percent of detainees at the Fairfax County Adult Detention Center have mental illness. Notably, it is far more expensive to house someone in

county jail than to provide treatment.

The collaborative effort was in no small part launched by Supervisor John Cook when he asked that the Board of Supervisors to add crisis intervention training to the scope of work of the Ad Hoc Police Practices Review Commission. The Mental Health subcommittee along with the Community Services Board, the Sheriff's Department, police and mental health advocates set and met an aggressive agenda

Freedom of Information on Life Support in General Assembly?

Sen. Chap Petersen (D-34) cites FOIA on life support in his blog oxroadsouth.com:

"Last week, the Assembly passed SB 202, which undid a major push eight years ago to ensure that all of our public spending was 'online' and searchable by ordinary citizens. This, of course, meant disclosing the salaries of public employees over a certain income level. However, SB 202 has undone all of that, which means that you will no longer know how much a public employee (even a city manager) is paid unless you make a formal FOIA request. (Because we all have time to do that)."

"This bad idea passed on a 27-12 vote.

"Today the Senate passed SB 552 which is even more sweeping. It actually prohibits from disclosure not just the salary information but

and timetable for implementation, with the program actually beginning in less than a year, on Jan. 1, 2016. In the first month, the Merrifield Crisis Response Center handled more than 100 cases involving police and people in mental health crisis.

Merrifield Crisis Response Center operates as an assessment site where police are able to transfer custody of nonviolent offenders who may need mental health services to a CIT-trained officer or deputy assigned there, instead of taking them to jail.

How far-reaching, life-saving and resource-preserving Diversion First will turn out to be will depend on how it is implemented and the discretion and policies of the police and prosecutors, among others.

even the names of public safety personnel, including the Sheriff, the Chief of Police and the Fire Chief.

"On the floor today, I pointed out that a Chief of Police could put his own family on the payroll and be protected from disclosure. This could also be an issue if a law enforcement agency hires an officer with a poor record from another jurisdiction — and nobody knows. Again, who are we protecting?"

"Again, the bill passed 25-15."

"If I'm making a veto list, these two are definitely on it."

We agree.

— MARY KIMM

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Building on Success

BY BARBARA COMSTOCK
U.S. REP. (R-IO)

Congress continues to work together in a bipartisan manner on an issue that grabs headlines throughout the country and here in Northern Virginia. Human trafficking is a growing global criminal enterprise that knows no bounds. Nearly 300 victims of human trafficking have been identified in Northern Virginia from October 2013 through January 2015. This scourge that targets our young and vulnerable is in our very own backyard.

To effectively combat human trafficking we need to give our law enforcement the tools they need to do their job. Earlier this month, the House passed and the president signed into law H.R. 515, the *International Megan's Law to Prevent Child Exploitation and Other Sexual Crimes Through Advanced Notification of Traveling Sex Of-*



fenders. This important bipartisan legislation, which I co-sponsored, will protect children worldwide from sexual predators who want to do them harm by better tracking their movements and travel. It is imperative that law enforcement on the international level constantly talk with one another so that these predators do not slip through the cracks.

We also need to have assets other than law enforcement who can spot when something just seems out of place. That is why I teamed up with Congresswoman Dina Titus (D-Nev.) this month in introducing the *Secure Our Skies (SOS) Act*. This legislation will require airline industry employees to get the proper training to recognize and report human trafficking. Sara Nelson, president of the Association of Flight Attendants-

Congress passes more legislation to fight human trafficking.

CWA, said the legislation "...can save lives with 100,000 trained eyes in the sky." The SOS Act is the type of common sense legislation that will help combat human trafficking because it uses the power of those in the airline industry as a force multiplier. Just last week, the Transportation and Infrastructure Committee, on which I serve, passed Federal Aviation Administration reauthorization legislation that incorporated much of this human trafficking bill.

These pieces of legislation are part of a multipronged bipartisan approach to rooting out human traffickers. So far in the 114th Congress I have co-sponsored ten pieces of legislation on human trafficking and become a member of the Congressional Human Trafficking Caucus. Last year, S. 178, the *Justice for Victims of Trafficking Act*, one of the most comprehensive pieces of anti-human trafficking legislation, passed the

House. The legislation provides restitution to victims of these horrible crimes and increases the punishment for those who profit from them. It also recognizes child pornography as a form of human trafficking and subjects perpetrators to stricter punishment. This legislation, which I cosponsored, was signed into law by the president last year.

One of the most important ways to address human trafficking is to shed light on this dark subject through public education. As part of our office's 10th Congressional District Young Women Leadership Program, I have had panels with local law enforcement and a number of human trafficking nonprofits including Just Ask VA and Polaris to discuss human trafficking with middle and high school aged girls. We have also participated in a number of other forums in churches, libraries and schools throughout the Northern

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WEEK IN HERNDON

Introducing Arts Herndon

The Boards of Directors of the Council for the Arts of Herndon (CAH) and the Herndon Foundation for the Cultural Arts (HFCA) have officially joined together as a new organization called Arts Herndon.

Discussions between the two organizations concerning the plan to merge have been taking place over the last two years and they have moved forward into the New Year with a new name, a new board and new opportunities. Arts Herndon is now the official arts organization of the town of Herndon.

The newly elected board, consisting of members from both previous organizations, include:

Michael O'Reilly, president; Pat Macintyre, vice president; Sharon Nachman, treasurer; Peggy O'Reilly, secretary; board members Harlon Reece (Past president of Council for the Arts of Herndon and the Herndon Foundation for the Cultural Arts), Cesar del Aguila, and Laura Readyoff (past Secretary to the Board of the Council for the Arts of Herndon).

NextStop Seeks Production Proposals During Hiatus

NextStop Theatre Company in Herndon is accepting proposals for their new Summer Dark Nights Series. During July and August, NextStop Theatre will take a hiatus from major productions, in preparation for the start of their 2016/2017 season in September. During this time, the company will open its

theater space to provide unaffiliated groups and individual artists with a rent-free venue to present their own work on a professional stage.

NextStop encourages artists from all arts disciplines to consider submitting proposals for everything from staged readings to dance performances and beyond. Following the open submission period, NextStop will select the most exciting proposals and contact their representatives for one-on-one proposal discussions. Final selections will be announced on April 15. For more information, go to <http://www.nextstoptheatre.org/>.

Girls on the Run Spring Registration Open

Girls on the Run of Northern Virginia is registering girls in third through eighth grade for its curriculum-based after school program. By using a curriculum that creatively integrates running with life lessons, Girls on the Run of Northern Virginia supports girls in developing the confidence and character they need to become strong, healthy women.

In Herndon, spring 2016 teams will be hosted at Floris Elementary, Fox Mill Elementary and Lutie Lewis Coates Elementary.

Girls on the Run NOVA offers discounts for active duty and retired military families as well as families registering two or more siblings. Financial aid is also available based on household income.

Families can register on the Girls on the Run NOVA website, www.gotrnova.org, until Feb. 29. For a list of participating schools, visit <http://gotrnova.org/families#join-a-team>.

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Touching Many Hearts

BY ANDREA WORKER
THE CONNECTION

They say that charity begins at home. Helen Yi and Taylor, the mother and daughter co-founders of Touching Heart, a nonprofit aimed at educating and inspiring children to empathize with the needs of others and to take action to assist them, have no argument with that statement. But they have taken that idea out of the home's front door, down the steps and out into the streets beyond. Since 2010, they have grown a dedicated group that has produced "Kids on a Mission" (KOAM) – children who are taught how to host their own fundraising events from selection of a cause, logistically preparing the event, developing budgets and seeing the plan through to fruition.

POSTPONED from last month's Snowzilla Day, Touching Heart held its second annual Minecraft for a Mission event on Feb. 6 at the Art and Design Building on the George Mason University campus in Fairfax, hosted by the Mason Game and Technology Academy. The event was a group playing of the Minecraft video game, with two computer labs filled with teams sharing their ideas and resources as they built their Minecraft worlds and filled them with tools and treasures. Current and former students of the Academy volunteered their time and computer wizardry to build the enclosed network for the gamers and even staffed the event to keep things running smoothly, provide additional instruction, and a helping hand when needed. With the registrants numbering better than 50 youngsters aged 8 - 12 and a registration fee of \$45 per participant, these Kids on a Mission raised a significant amount of money for foster care programs and residents in Fairfax and Loudoun County and Alexandria.

"The kids choose a variety of people and organizations to assist," said Helen Yi, but the primary focus was on aiding other children less fortunate. The local foster care programs are a top priority for many of the fundraisers, but under the KOAM flag, youngsters have made meals for the homeless, raised funds to buy mattresses for an orphanage in Kenya and help them build a wall, and invested in projects like chicken farming and solar energy panels around the globe, helping struggling communities to become more self-sufficient. "It's amazing and humbling what these young people can do once you show them the needs," said Yi.

Minecraft for a Mission could have daunted even the most skilled event organizer, but the three primary organizers, who handled everything from recruiting sponsors to the logistics on the day, and even the opening ceremony instructions and remarks, seemed to take it all in stride were middle-school students Devin Host, Alex Lee and Lottie Dubert from the Nysmith School in Herndon.

Devin, who had participated in other KOAM activities, brought his friend Alex into the fold. Mutual friend Lottie heard



Organizers, staff and associates of Touching Heart show their signature move at the 2016 Minecraft for a Mission event to raise funds for local foster care programs and children.



The young organizers of this year's Minecraft for a Mission event are Nysmith School eighth graders Lottie Dubert, Devin Host and Alex Lee. The trio recruited sponsors, developed the promotional materials and worked out the logistics for the charitable group-gaming day.

them discussing their plans and knew she, too, had to join in.

"Getting the sponsors, that was probably the most difficult thing to do because we had never done cold-calling before," said Devin. On one occasion the trio walked the entire Fair Lakes Mall, making their pitch at each retailer. "Really," added Devin, as Alex and Lottie nodded their agreement, "that experience was one of the best things we got out of this. You really learn to be confident and state your case." Apparently their dedication and growing sales skills did the trick, garnering the event a number of sponsors, including one for whom Alex, with his graphic design skills, was able to develop a logo.

Minecraft for a Mission – Touching Heart and their "Kids on a Mission" raise funds for children in foster care.



Dad John Howells had some difficulty getting Minecraft for a Mission participant son Kenneth to stand still long enough to re-fuel before heading back for the afternoon gaming session. The fifth-grader from Reston heard about the event from a neighbor. "I like Minecraft and this is a good thing to do," said Kenneth, in between quick bites.

TOUCHING HEART offers an eight-week after school "Art of Giving Workshop" at several local schools. "And hopefully beyond fairly soon," said co-founder Helen Yi. The circle widens on its own, with one child who has participated in a workshop or in a KOAM project telling another child who either joins in or contacts Touching Heart for help in organizing their own project. Those two young philanthropists then spread the word, and the good works and development of compassionate young leaders keeps moving forward. This growth was on display at the Minecraft event, with several youngsters participating remotely from as far away as Sweden, children attending from way beyond Touching Heart's home-base of

Herndon, and another gamer who had played last year, then moved to Florida, but whose parents were willing to bring him back just for this charitable gathering.

"It's heartening to see that their interest in helping others doesn't end after one project," said Touching Heart Outreach Manager Susan Tseng.

Touching Heart has a number of events, activities and opportunities on their calendar this year. Learn more about their story, check out upcoming events like a "Movie Day" to support that Kenyan orphanage or the annual Touching Heart Golf Tournament fundraiser, get involved or become one of the Kids on a Mission, by checking out its website at www.touchingheart.com.



PHOTO COURTESY OF DIETRICH'S KARATE FITNESS AND LIFE SKILLS

Students work on light saber skills during a class at Dietrich's Karate Fitness and Life Skills in Burke.

Star Wars Fans Flock to Local Classes

Movie's popularity leaves fans wanting to feel "The Force."

BY MARILYN CAMPBELL
THE CONNECTION

Beams of neon light flash around a dark room. Young Star Wars fans from a galaxy not so far away wield light sabers and move with carefully choreographed steps. These Jedi-in-training are undergoing a fantasy combat training that melds martial arts with light saber fighting, Star Wars-style.

"Star Wars fans are the ultimate martial arts enthusiasts. Star Wars is 100 percent developed on the concepts and philosophies of martial arts ... the use of the sword, the belief structure," said Michael Dietrich of Dietrich's Karate Fitness and Life Skills in Burke. "Now we have an opportunity to invite students because of their interest in the movie. It's an easy way to bring them into our schools and show them what martial arts are all about."

Building on the hype surrounding the recent release of "Star Wars: Episode VII - The Force Awakens," Dietrich began offering classes at his newly created "Laser Saber Academy." Students sign up for a six-week class, where they learn how to use a light saber, tap into "The Force," and improve their focus, discipline and determination.

"Any time a new movie or TV show comes out that features a robot, there is a spike in

interest in robotics," said Dan Gallagher of RobotWorks in Burke. "Every kid I've talked to since the Star Wars movie came out wants to know how BB-8 works. Before that, they talked about other robots like Wall-E, R2D2, and Baymax."

At RobotWorks, Gallagher's students learn basic robot design, construction and programming. "In general, though, kids are always interested in robots and how they work. Robots are fun," said Gallagher. "Building robots is even more fun, so we see a steady interest that might jump a little when a new movie robot makes an appearance because it acts as a reminder of that interest — bringing it back to the front burner."

The concepts of the Star Wars universe are seeping into the extracurricular class choices at local schools, with students opting to take offerings like robotics and 3-D modeling. "I think that there is some interest in our STEAM (Science, Technology, Engineering, the Arts and Mathematics) activities that grows from sci-fi movies like Star Wars,"

said Richard Rho, director of Technology Education and Innovation at St. Stephen's & St. Agnes School. "I have had students 3D model and print the Tie Fighters and X Wing from the movies as well as talking about how we could create our own BB-8 droid in the robotics lab as the off season project."

Educators say that such activities are fun and engaging while also educational. "It's great students are getting inspired by the movie to create ideas and designs and spreading that interest with the rest of our community," said Rho.

"Any time a new movie or TV show comes out that features a robot, there is a spike in interest in robotics."

— Dan Gallagher of RobotWorks in Burke

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SUMMER ON THE HILL

SPORTS

South Lakes girls — Olivia Beckner, Sophie Halkett, Jessica Lister and Golden Kumi-Darfour — finished the meet with a win in the 4x400 meter relay.



PHOTOS BY HARRY LISTER, JR., MEREDITH TIGHE, BRENDA WALLACE

Conference Champions

Paced by record-setting performances in the 500 meters, seniors Golden Kumi-Darfour and Skander Ballard led the South Lakes High School indoor track and field teams to Liberty Conference 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. James 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).

SLHS boys team finished with 190 points, placing in 14 of 15 events, for its eighth straight conference championship. James 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 1:16.55 broke the meet record of 1:17.92 set in 2005 by Claire Zimmeck. Kumi-Darfour began her win streak teaming with senior Monica Lannen, and sophomores Olivia Beckner and Sarah Wolfe to win the 4x800



Kumi-Darfour was unbeatable in all of her events at the Liberty Conference championship, especially in the 500 meters where her 1:16.55 broke the meet record of 1:17.92 set in 2005.

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.

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 CRAIG STERBUTZEL/THE CONNECTION

South Lakes wrestler Hadley Horner, right, finished 6A North region runner-up at 132 pounds.

South Lakes Wrestler Horner Finishes Runner-Up

South Lakes wrestler Hadley Horner finished runner-up in the 132-pound bracket at the 6A North region meet on Feb. 13, earning a trip to states.

Horner reached the 132-pound final by defeating Stonewall Jackson's Hunter Alexander (13-3 major decision), Chantilly's Charles Carlson (10-3 decision) and Woodson's Joey Kronlage (10-3 decision). Horner then lost to Lake Braddock's Darius Wiles (10-1 major decision) in the region final.

South Lakes' Gabe O'Donnell placed fourth in the 285-pound bracket.

South Lakes finished 13th as a team with 42 points. Battlefield won the team title (194), followed by Hayfield (161), Robinson (157.5) and McLean (134).

The 6A state tournament is Feb. 19-20 at Oscar Smith High School in Chesapeake.

Herndon Gymnast Bradley Competes at Regionals

Two-time Conference 5 all-around champion Alexa Bradley competed at the 6A North region gymnastics championships on Feb. 13 at Patriot High School.

Bradley finished 17th in the all-around with a score of 33.8.

Bradley tied for 15th on bars (8.525), tied for 27th on vault (8.6), finished 28th on floor (8.65) and 32nd on beam (8.025).



Alexa Bradley finished 17th in the all-around with a score of 33.8.

SPORTS ROUNDUPS

Loudoun Freedom Tryouts

The Loudoun Freedom is a competitive basketball organization for girls only. It provides players the opportunity to develop advanced basketball skills and knowledge, and to play in a very competitive environment. The Freedom emphasizes player development starting in third grade and continuing through high school. Open tryouts will be held for grades 3-8 on Sunday, Feb. 21 at Harmony Middle School.

Teams are formed at all playing levels to include an ELITE team at the eighth-grade level. Visit www.LoudounFreedom.com for

specific tryout times/locations. Pre-registration is highly encouraged.

Potomac Field Hockey Registration

Registration is now open for Potomac Field Hockey's spring FUNdamental program for Pre-K through second grade and Youth Rec league program for grades 3-8. No experience necessary. Once-weekly team practices with games on Saturdays. Technical skills sessions included. Season begins March 28 and runs through June 4. For more information or to register, visit www.potomacfieldhockey.org or email

info@potomacfieldhockey.org.

Field Hockey Open House

Learn more about field hockey. Potomac Field Hockey will be holding open houses on March 1 and March 3 from 5-7 p.m. Drop in any time. Equipment provided. For more information and to RSVP, visit www.potomacfieldhockey.org.

Looking for Umpires

Northern Virginia Baseball Umpires Association is in need of umpires for youth leagues, high schools, and collegiate-level

baseball and volleyball games. Experience is helpful, but not required. Will give classroom and field training to aid you in acquiring skills needed. Contact John Porter at 703-978-3601 or assignor@umpires.org.

Field Hockey Coaches, Umpires Needed

Coaches and umpires are needed for our upcoming spring season. Umpires needed for youth games on Saturdays. Send coach inquiry to info@potomacfieldhockey.org; send umpire inquiry to umpire@potomacfieldhockey.org.

CALENDAR

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

ONGOING

“Inspired by Love.” Through February. Reston Community Center, 2310 Colts Neck Road, Reston. Exhibition of painting, photography and mixed media art that is “Inspired by Love.” Free.

www.leagueofrestonartists.org.

Book Drive. Through March 18. Herndon United Methodist Church, 701 Bennett St., Herndon. The church is collecting books, movies, and CDs. Funds generated from this drive will be used to support local, national, and international mission projects. 703-206-8988.

Sorcerers in Snow: Hogwarts in Winter. Through Monday, Feb. 29. ArtInsights, 11921 Freedom Drive, Reston. See a collection of original and limited edition art from the Harry Potter series of books and films. In honor of actor Alan Rickman, 10 percent of sales will benefit two charities, JK Rowling's Lumos, and Saving Faces. 703-478-0778.

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.

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.

“Crimes of the Heart.” Feb. 25-March 20. Thursdays, 7:30 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. 866-811-4111.

SATURDAY/FEB. 20

“Inspired by Love” Reception. Noon-3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Meet the artists of the “Inspired by Love” exhibit and find out who received awards. Free. www.leagueofrestonartists.org.

SUNDAY/FEB. 21

The Russian Revolution and the Men Who Made. 2 p.m. Reston Regional Library, 11925 Bowman 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+. Information: Ashleigh@reston.org. 703-435-6530. reston.org.



PHOTO CONTRIBUTED

Catch trumpeter and electronic wind instrument player Victor Haskins at ArtSpace in Herndon on Saturday, March 19.

FRIDAY/FEB. 26

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. 571-483-8444.

SATURDAY/FEB. 27

Cooking Class. Noon-2 p.m. Il Fornaio, 11990 Market St., #106, Reston. Includes three-course luncheon with wine and recipes. \$55. Tax and gratuity not included. Reservations: 703-437-5544. banquets.reston@ilfo.com.

FRIDAY/MARCH 4

Galactic Gala. 6 p.m. Hidden Creek Country Club, 1711 Club House Road, Reston. Fundraising event supporting Reston schools and End Polio Now by the Rotary Club of Reston. For tickets and sponsorship opportunities, go to <http://restonrotary.org>. restonrotaryclub@gmail.com.

SATURDAY/MARCH 5

Family Day at GRACE. Noon-3 p.m. Greater Reston Arts Center, 12001 Market St., 103, Reston. In conjunction with exhibit GRACE Art: Cultivating a Creative Community. Light refreshments. Free. www.restonarts.org. 703-471-9242.

SATURDAY/MARCH 9

Jazzart Concert: Victor Haskins Trio. 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. world-class trumpet and electronic wind instrument player. Complimentary hors d'oeuvres and soft drinks provided; wine and beer for suggested donations. \$15. www.artspaceherndon.com.

SATURDAY/MARCH 12

Winter Night-Time Campfire. 6:30 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Discover the night sky through hands on activities and storytelling. Families can come early and picnic or toast hotdogs. Bring a toasting stick, blanket and flashlight. Smores provided. Children must be accompanied by a registered adult. \$8, \$10. <http://www.fairfaxcounty.gov/parks/lakefairfax/>.

Lucky Leprechaun 5K. 8:30 a.m. Reston Town Center, 11911 Democracy Drive, Reston. Run like



PHOTO CONTRIBUTED

Piano soloist Dr. Bora Lee performs Schumann Ravel and Brahms on Friday, Feb. 26 at United Christian Parish of Reston.

you've got the luck of the Irish on your side. Enjoy a fun-filled celebration at the finish line. <http://www.prraces.com/luckyleprechaun/>.

SUNDAY/MARCH 13

Women's Choral Festival. 4-6 p.m.

Community of Faith United Methodist Church, 13224 Franklin Farm Road, Herndon. Capital Harmonia hosts its first Celebration of Women Choral Festival to commemorate Women's History Month offering music featuring Women From Stage and Screen and Songs of Hope and Courage, joined by the Women's Chorus of South Lakes High School. Free, donations encouraged. www.capitalharmonia.org. 703-989-4007.

NoVa Mini Maker Faire. 11 a.m.-5 p.m. Langston Hughes Middle School, 11401 Ridge Heights Road, Reston. South Lakes High School, 11400 South Lakes Drive, Reston. Collection of Northern Virginia tech enthusiasts, engineers, woodworkers, artists, and craftspeople. Opportunity for kids to learn to make things. <http://makerfairenova.com/>.

Ice Breaker 5K. 7:45 a.m. 200 Spring St., Herndon. <http://www.active.com/herndon-va/running/distance-running-races/herndon-ice-breaker-5k-2016>.

SATURDAY/MARCH 19

Victor Haskins. 7-9 p.m. ArtSpace Herndon, 750 Center St. Herndon. Trumpet and electronic wind instrument player, composer/arranger, bandleader, and educator. Originator of ImproviStory, a genre/concept of music where storytelling drives the creation of improvised music, all derived from audience suggestion and interaction. \$10-\$15. ArtSpaceHerndon.org. 703-956-6590.

WEDNESDAY/MAR. 23

Meet me at the Movies – Senior Movie Day. 10 a.m. Bow Tie Cinemas, 11940 Market St., Reston. Reston Association presents “The 33.” Refreshments and door prizes provided prior to movie. Free to 55+. Information: Ashleigh@reston.org. 703-435-6530. reston.org.

SATURDAY/MAR. 26

Cooking Class. Noon- 2 p.m. Il Fornaio, 11990 Market St. #106, Reston. Includes three-course luncheon with wine and recipes. \$55. Tax and gratuity not included. Reservations: 703-437-5544. banquets.reston@ilfo.com.



PHOTO COURTESY OF NEXTSTOP THEATRE

From left — Carolyn Kashner (Meg) , Anna Fagan (Lenny), and Rebecca Pearl Hausman (Babe) in “Crimes of the Heart” at NextStop Theatre, Herndon.

Sisterhood Connections On Stage and Off

NextStop to present ‘Crimes of the Heart.’

BY DAVID SIEGEL
THE CONNECTION

The relationship between sisters can be so powerful. NextStop Theatre's upcoming production of “Crimes of the Heart” by Pulitzer Prize winner Beth Henley will delve deeply into the relationships of three sisters, including their rivalries.

“Where else can you suddenly become that pouty and overly dramatic teenager again after twenty or thirty years except when getting together with the people you grew up with?” said Suzanne Maloney director of the NextStop production.

“‘Crimes of the Heart’ is a favorite kind of play to direct; one about family relationship,” said Maloney. “Henley captures the dynamics of siblings so well.” In casting the production, Maloney found actors who were aware of sisterhood from their own real lives.

The storyline of “Crimes of the Heart” follows three sisters who unearth past events when they are together because of their father's illness. There is Lenny, the oldest, who is unmarried and thirty; Meg, the middle sister, who has returned to town after an unsuccessful singing career, and the youngest, Babe, out on bail after wounding her husband in an altercation.

The actors playing the sisters are Anna Fagan (Lenny), Carolyn Kashner (Meg) and Rebecca Pearl Hausman (Babe). Each grew up in their respective character's birth order. Fagan is the oldest girl in her family, Kashner, the middle

Where and When

NextStop Theatre presents “Crimes of the Heart” at 269 Sunset Park Drive, Herndon. Performances Feb. 25-March 20, 2016. Thursdays at 7:30 p.m. (no Thursday, March 3 performance), Fridays at 8 p.m., Saturday at 8 p.m. with March 12 and March 19 performances at 2 p.m. and 8 p.m., Sundays at 2 p.m. with Sunday performances, March 6 at 2 p.m. and 7 p.m. Tickets \$35. Call 866-811-4111 or visit www.nextstoptheatre.org Note: Contains mature content and themes that may not be appropriate for all audiences

child and Hausman the youngest in her family.

Audiences including “younger audiences not familiar with Beth Henley's plays can relate to the show,” said Kashner. “The characters reveal so many layers of themselves. The play and its characters are not dated for family fights, reconciliations and moments of intimacy will be familiar to everyone.”

Kashner's character Meg “tries to put up a good front appearing tough and brash especially when challenged. She doesn't want others to see her emotional softness.”

“I adore Beth Henley's ‘Crimes of the Heart’ script,” said Hausman. “The dynamics of sisterhood and family remain constant whether the Baby Boomer generation or Millennial. This is a very honest portrayal of a family. It is a non-stop trip and adventure.” The Meg character is considered the sister with “the coveted easy life, though she can be unthoughtful at times.”

As the sisters appear and struggle before the audience, the universality of the value of love and the support of family will become clear. “The real crime would be to miss ‘Crimes of the Heart,’” said NextStop producing artistic director Evan Hoffmann.

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One Hundred Pills

By KENNETH B. LOURIE



What exactly am I going to do with 100 pills? Well, barring unforeseen (good or bad) circumstances, I'll certainly continue to take them every four weeks: two the day before my chemotherapy infusion, two the day of and two the day after, as I've done so now, for this particular medication, going on 30-plus months. "Not that there's anything wrong with that," or new, for that matter. But when I refilled this prescription last week, I was surprised when, after the pharmacy customer-server opened the bottle to show me the pills and ask if I had any questions, she then mentioned the count: "100." That's a lot of pills, I thought, more than usual. Typically, I receive only 30 pills.

As I drove home from the pharmacy, I began to think (always dangerous). Why would my oncologist prescribe so many pills? I only need six per month. Is there a minimum he must order? A maximum? Did he over prescribe? Does he even have any input? Perhaps he's projecting my life expectancy? One hundred pills divided by six per month calculates to 17 months/infusions for which I now have pills. I don't want to look a gift oncologist in the mouth, but as a seven-year cancer survivor, I'm well aware that cancer treatment/results are hardly cast in stone and 17 months seems like a long time not yet gone (David Crosby song title, sort of).

I'm sure part of my presumptuousness is naiveté. I want/need to believe in something/anything positive (any port in a storm) concerning/relating to my health/treatment. More so when I'm in between my every-three-month, face-to-face appointment with my oncologist. That's when we review my most recent diagnostic scan and assess my overall status and consider treatment options before agreeing on a schedule for the next three months. Not that I'm discouraged from communicating with him in the interim. Quite the opposite in fact; he's very responsive to my e-mails. It's more that electronic communication is a "two-dimensional" type of communication, and I'm a "three-dimensional" kind of communicator. Obviously, I can respond electronically to his answers and presumably we could type back and forth, but dare I show my age and say: It's just not the same as being there/talking on the telephone. Ergo, during this between-appointment interval, I'm sort of left to my own devices and in turn inclined to wobble – and wonder, emotionally, about my life. Perhaps I should look on the bright side and be glad my oncologist didn't order six pills.

I suppose, if I wanted to be honest with myself, I'd say the number of the pills prescribed/in the bottle probably mean nothing. The doctor simply checked a box and off the order went with nary a consideration of the patient's reaction. Nor do I think the doctor is aware of patient co-pays, deductibles, percentage of benefits used or any of the other out-of-pocket expenses associated with the prescription/patient's health insurance. "Hippocratically" speaking, that's not his job. His job is to keep me/the patient alive.

And since I'm still alive, pill-count withstanding, I'm looking forward to the next 17 months. Seeing my bottles of pills become less full over time gives me a peculiar sense of accomplishment: that I continue to survive in the face of what was originally a fairly discouraging set of circumstances. Occasionally, however, I have to be realistic; 100 is simply a number, not a prognosis.

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

COMMUNITY

Red Sunday Goes Mobile

By ANGELIQUE T. GAYLE

In December, LifeJacket successfully completed its eighth annual Red Sunday event. The goal of the nonprofit is to eradicate hunger and homelessness by reaching out to assist residents in the immediate and surrounding areas.

Homelessness and poverty are inextricably linked. Poor people are frequently unable to pay for housing, food, childcare, health care and education. When people are poor, they are essentially an illness, an accident, or a paycheck away from living on the streets. Knowing this, the organization makes Red Sunday its top priority. It is the nonprofit's biggest yearly event where time is set aside to feed the needy people in the community and distribute grocery store gift cards.

Occurring usually a week before Christmas, Red Sunday aids in alleviating some of the financial stress people can experience in these communities and are usually more heightened during the holiday season. This year, the event was held at Reflections Barbershop on Elden Street in Herndon, a neighborhood with an 8.1 percent poverty rate, one of the highest in the area.

Volunteers gathered in front of the shop welcoming community residents with food and offering prayer, if they wanted it. As time went by the influx of people dramatically slowed. The boxes of prepared food and donated gift cards barely showed signs of being handed out. "My strategy team advised me that there were community residents that had no transportation to come to us and receive groceries," said Gloria Yates, executive director of LifeJacket. An hour into the event, it was realized that many of the would-be recipients did not have transportation. After a half hour of strategy and some volunteer restructuring,

Comstock

FROM PAGE 4

Virginia region. An effective way to combat human trafficking is to acknowledge the problem and raise awareness, and these forums have succeeded in bringing our community together to do just that. It is reassuring to know that our community is fully engaged on this important issue.

At the local level, in Congress, and even

LifeJacket provides food, shelter for homeless.



PHOTO CONTRIBUTED

The event was held at Reflections Barbershop on Elden Street in Herndon.

Yates made a decision to go mobile.

"It was my natural instinct to change our strategy to meet the needs of the people," said Yates. "That's the whole purpose of the event, to reach the residents in need." Prepped with 500 plates of food, gift cards, ranging between \$10 and \$20, the group of 40 plus volunteers were dispatched into the community to deliver plates to the residents, rather than the residents coming to get the food. "We served 350 persons and provided \$2,000 in gift cards," said Yates.

The groups moved across both Loudoun and Fairfax counties, by car and on foot to shopping centers in the area to ensure that those in need also received meals, pastries, breads and gift cards. The day ended at Embury Rucker Community Homeless Shel-

ter in Reston, where over 50 residents were served meals and provided gift cards.

This year's efforts were made possible by corporate sponsors Freddie Mac and Walmart Foundation in Sterling; contributions from Chipotle, Grupos, IHOP, Joe's, Bertucci's, Fuddruggers Restaurants and Harvest Breads; gift card donations from members of Healing Waters Church, Wegmans, Giant, Harris Teeter and numerous community volunteers. To help decrease homelessness, LifeJacket seeks grants and donated houses. The houses will be used as places to provide food and temporary shelter to those who are experiencing homelessness. For more information contact, Gloria Yates at yateshelflifejacket@gmail.com or call 703-953-2817.

in the skies, people are more aware now of human trafficking than they were in the past. But more needs to be done because these predators are constantly changing tactics on how they take advantage of those who are vulnerable.

The saying "if you see something, say something" applies to human trafficking as well. So please, if you see something that is out

of sorts contact local law enforcement. Or if you, a friend, or a loved one you think may have been targeted or caught up in this growing criminal enterprise, call the National Human Trafficking Resource Center Hotline at 1-888-373-7888 or text "Be Free" to 233733.

To beat the traffickers we all must be united and on guard.

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.

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.

On-site registration also available.

WEDNESDAY-THURSDAY/FEB. 24-25

Christ Presbyterian Preschool Open House. 10-11 a.m. Christ Presbyterian Preschool, 12410 Lee Jackson Memorial Highway, Fairfax. Open house tours for the current school year and 2016-17. www.christpresbyterianpreschool.com. 703-691-9120.

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.

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.

SATURDAY/FEB. 27

Racing to Justice: Achieving Social Equity in our Community. 3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Featuring John A. Powell, director, UC Berkeley's Haas Institute for a Fair and Inclusive Society. Free. Tickets required. 703-476-4500, press 3.

BECAUSE A COACH CARED

Koko[®]
FitClub



A COACH CAN CHANGE YOUR LIFE

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!

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.”

COME CHANGE YOUR LIFE WITH US THIS YEAR

Take your first step towards a healthier, stronger, fitter YOU this year. Try Koko FitClub for 30 days for just \$30. Come work with our coaches, meet our members, and see what makes the Koko so special. There is no obligation. If you don’t love Koko in 30 days, we haven’t earned your business.

Expert Coaching | Advanced Technology | Life-Changing Results.

Koko FitClub, a Digital Gym.

Call, Click or Visit to Get Started with 30 Days of Complete Fitness

Koko FitClub of Great Falls | 561-612-2333 | greatfalls.kokofitclub.com/get30for30

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Koko FitClub of Reston | 571-612-2333 | reston.kokofitclub.com/get30for30

**30
DAYS
\$30**