

Oak Hill Herndon CONNECTION

From left: Jose Carrera, Mark Duff, Horacio Carrera, Jeff Johnson, and Jackie Johnson man the counter at JJ Deli in Herndon, ready to serve up their award-winning BBQ and famous soups one last time before closing the doors on the establishment Dec. 31, 2017.



JJ Deli Closes After 18 Years in Herndon

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NEWS

\$8 Million Generated on Air & Space Museum Parkway

BY KEN MOORE
THE CONNECTION

A high-quality, secure office complex on 77.31 acres of property at the southeast quadrant of Sully Road and Air and Space Museum Parkway will generate up to \$8 million in tax revenue for the county, said Frank McDermott, attorney for the developer Dulles Discovery South 5C.

"There is an awful lot of money there to benefit the county infrastructure and it is a tremendous job source," McDermott said.

About 2.4 million square feet of office space will be available to a single [federal] government tenant, said McDermott.

With a unanimous vote, the Board of Supervisors approved the applicant's request to rezone the 77.31 acres from the PDC and I-5 districts to the PDC district to permit the modifications to an office building complex and associated parking. The Planning Commission gave its approval on Nov. 30, 2017. More than 35 percent of the property will remain open space, according to planning and zoning documents.

"This is a wonderful facility, it looks great, and has high standards," said Sully District Supervisor Kathy



Aerial view of the Dulles Discovery Office park.

Smith, at the Board of Supervisors' public hearing on Dec. 5.

"I would simply mention that this is a very, very high-end office complex that is totally secure for a particular ... government tenant," McDermott said.

One of the modifications approved on Dec. 5 permits an increase in fence height to nine feet around the perimeter of the property. The applicant will assist in the timing of traffic signals around the office park, and will plant trees on all the boundaries to soften the view of the office park.

Two security entrances will be located on Sully Road and Centreville Road.

The rezoning office park in the Sully Historic District was originally approved in 2010, according to Kelly Atkinson, of Planning and Zoning.

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Session Brings Sea Change

Wave election swamps Richmond with freshman members eager to make their mark.

BY MICHAEL LEE POPE
THE CONNECTION

This year's General Assembly will be like no other. For starters, the members walking the halls of the Capitol will not look the same. The crop of freshman includes the first transgender woman to serve in the Virginia General Assembly, the first lesbian, the first Asian-American woman and the first two Latinas. Gone are the 12 Republican members who were unseated, all white males. Also gone are the three members who got out before the bloodbath that flipped their seats from red to blue, also all white males. In their place is a diverse and young group of new members who are eager to make their mark on the commonwealth.

At the top of the agenda for the Democratic freshmen is expanding Medicaid to 400,000 people who would be eligible under the Affordable Care Act.

"I think what's really important for us, as Democrats, is to identify on the other side who we could have come over and join us," said Kathy Tran, who flipped a formerly Republican seat held by Del. Dave Albo (D-42) for more than 20 years. "We're going to have to reach out and basically identify who's really vulnerable and who's going to be in a position where they're going to have to be supporting the progressive values that were voted in as a wave across the commonwealth."

Even if they're successful navigating the diminished House Republican caucus, House Democrats will still have to deal with a Republican-controlled Senate. But the culture in the Senate is more moderate, and Republican senators have a history of supporting bills that have been routinely blocked in the House.

For example, Senate Republicans have a history of supporting the effort raising the threshold for grand larceny. That's an issue that Democrats have been pushing unsuccessfully for years that may now finally have a chance in 2018.

"We heard during the gubernatorial campaign, Ed Gillespie was supporting an increase so this is one of those issues that — especially with the outcome of the election — I think you can see some support behind," said Del. Patrick Hope (D-47), who is introducing a bill that raises the threshold from \$200 to \$500. "If someone makes a dumb mistake and walks out of a store with something small we shouldn't make a felon



Republicans were unseated in 12 House districts, and Democrats flipped three seats where GOP incumbents decided against running in a year that ended up being a Democratic wave.

out of them."

THE WAVE ELECTION of 2017 was widely seen as a reacting to the Trump administration, and some of the bills that are now being crafted are also a reaction to the Republican agenda in Washington. State Sen. Dave Marsden (D-37) is putting together a tax reform plan as a Virginia answer to federal tax reform that gives tax cuts for the wealthy and corporations. Marsden wants to eliminate the food tax, reinstitute the inheritance tax and increase the gas tax. His tax-reform plan also taxes some services for the first time. For example lawn care and dry cleaning would be taxed but lawyers and doctors would not.

"Ever since I've been in the legislature I've heard complaints that we have a 19th century agriculture and manufacturing tax base but we're now a service economy. So this will start to tax some of those services," said Marsden. "We're trying to draw a distinction and get the discussion going around which services are optional for people and which ones are really necessary that we shouldn't burden them with taxes on."

Democrats are also eager to finally get some traction on gun control, which House Republicans have blocked for years. Back in 2015, Democratic Gov. Terry McAuliffe was able to forge a deal with Republicans to make state police available for voluntary background checks at gun shows. Now Democrats are hoping that newly reconstituted House committees and subcommittees might give them a chance to at least get gun control legislation on the floor rather than having it killed in subcommittee, a strategy Republicans used that allowed them to avoid being on the record voting

against banning assault weapons, for example. State Sen. George Barker (D-39) is introducing a bill that would allow judges to confiscate firearms from individuals they consider dangerous.

"It would have to go to court, and a judge would have to issue a ruling that there's probable cause and it's a serious situation and the gun should be temporarily removed," said Barker. "In some states, it allows police officers to confiscate it. But the bills that we are putting in do not. You would have to go to court."

MANY OF THE BILLS lawmakers are working on involve unfinished business from previous sessions. State Sen. Scott Surovell (D-36) is working on a bill that would force Dominion to clean up decades of pollution at several coal ash ponds throughout Virginia. Dominion Energy plans to seal the pollution in place and put a cap on the ponds, which is significantly cheaper than cleaning up the pollution. But Surovell wants to require that the utility recycle the coal ash into concrete or ceramics. And, Surovell adds, it won't actually be more expensive for Dominion at all because the utility will end up passing along the cost to people who are paying for electricity.

"You eliminate the possibility that this toxic gunk will continue to leak arsenic, lead and other chemicals into our groundwater forever," said Surovell. "Landfilling is the short-term cheap solution. But long-term it has the worst potential effects because the stuff continues to leach out chemicals and give people cancer and poison fish and birds and ruin our groundwater."

State Sen. Adam Ebbin (D-30) is also returning to a familiar theme: decriminaliz-

ing marijuana. Several states across the country have already done this, and now that California has legalized pot for recreational use many feel that the tide may be turning on this issue. According to a recent report by the Virginia State Crime Commission, law enforcement officers have arrested more than 130,000 people for possession of marijuana in the last decade — 84 percent of them first-time offenders.

"I think people are realizing how inappropriate it is to give people a criminal penalty for a drug that so many people have tried and used and is arguably less significant and harmful than alcohol," said Ebbin. "It's still a tough fight. But we've got Senate Majority Leader Tommy Norment supporting it generally. And we've got Governor-elect Ralph Northam supporting it, generally."

ON THE CAMPAIGN TRAIL last year, Republicans and Democrats both supported several key agenda items — an indication that members from both sides of the aisle may end up working together this year on certain issues. One of those is ethics reform, a hot topic in Virginia since former Republican Gov. Bob McDonnell was convicted of corruption then cleared of wrongdoing by the U.S. Supreme Court. During the campaign last year, Republican candidate for governor Ed Gillespie and Republican candidate for lieutenant governor Jill Vogel both talked about closing a loophole that allows candidates to use campaign money for personal use. That's an issue that already has support among Democrats, although drawing a distinction between official use and personal use can be a gray area.

"I think we've got a consensus that we need to do something," said Del. Marcus Simon (D-53). "Whether we make it a weak ban or a strong ban — a civil violation or a criminal act — I think we're going to outlaw it one way or another."

Another issue where Republicans and Democrats are in agreement is expanding broadband to rural areas. Of course the details of how to make that happen and who benefits are where lawmakers get divided, although this is one of those issues where party ideology is less important than regional ties. Last year, for example, Republicans were divided about whether to create new hurdles for local governments to set up broadband networks in places where that might create competition for private providers. This year, the issue of broadband will once again be an important topic of conversation.

"I'm looking at ways to reduce regulatory burdens," said Del. Jennifer Boysko (D-86). "So I'm talking about including broadband in your municipal comprehensive plan, setting up a dig-once policy and creating a data governance board for smart communities."

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OPINION

2018

A Happy New Year? At least some cause for hope

Virginia's election last November, just two months ago, was the first in the nation since the current administration took over in Washington.

Here in Virginia there was some anxiety and uncertainty rolling into Election Day. First, at least one race will not be decided until later this week. Second, the Democrats swept the statewide races, Governor, Lieutenant Governor, and Attorney General.

EDITORIAL

Democrats hoped to make gains in the House of Delegates. It's fair to say no one anticipated the Democrats taking the House. After all, Republicans held a 66-34 majority, a nearly insurmountable advantage.

Democrats gained at least 15 seats in a turn-about that could leave the House split 50-50.

New members include the first transgender woman to serve in the Virginia General Assembly, the first lesbian delegate, the first Asian-American woman delegate and the first two Latina delegates.

Virginia's success has generated buzz about pursuing sweeping change in other state legislatures around the country.

Del. Marcus Simon said it well recently (on Facebook): "If someone had told me on Jan. 1, 2017 that one year later Democrats would have picked up no fewer than 15 and probably as many as 17 seats in the Virginia House of Delegates I would have said, 'Love your optimism, but don't get carried away.'"

"My advice to anyone running for office or thinking about running for office, or working for people running for office in 2018: Get carried away."

The new look and balance in the General Assembly could provide progress on some long stalled issues. (More Democrats in office do not equate to progress in all of these areas, it's important to note.)

❖ Expanding Medicaid under the Affordable Care Act to cover hundreds of thousands of poor people without coverage

❖ Nonpartisan redistricting and use of national best practices when it comes to drawing

political district boundaries after the next census.

❖ Progress in transparency, and making public information public. This includes lawmakers killing most proposed legislation with unrecorded voice votes in subcommittee, with no accountability or record of how members voted. It should also include rolling back some of the many exemptions to the Freedom of Information Act passed by the General Assembly.

❖ Ethics reform, campaign finance reform.

❖ Making it easier, not harder, to vote.

❖ More control over utility rates and pollution.

❖ Criminal justice reform, including raising the threshold for a felony from \$200 to \$500.

❖ Tax reform.

A "wish list" could go on at some length. The 2018 session of the Virginia General Assembly begins Jan. 10.

— MARY KIMM

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Representing Reston, Vienna in Winter Olympics

What to look forward to in 2018?

BY SUPERVISOR CATHY HUDGINS
(D-HUNTER MILL DISTRICT)

As the year 2017 draws to a close, I would like to take a moment to reflect on three community values that were particularly evident this year. We have invested enormous time and energy creating our values and they can be seen in the implementation of the One Fairfax Resolution.

With the July 2016 adoption of the One Fairfax Resolution, the Fairfax County Board of Supervisors laid the foundation of a racial and social equity policy to ensure all individuals have an opportunity to reach their highest level of personal achievement. The resolution is a public commitment to achieving racial and social equity through county policy which include collective leadership, community engagement, equity tools and infrastructure to sustain systemic changes, and shared accountability.

One Fairfax moves us beyond embracing our growing diverse population to implementing a growth model driven by equity. Actions introduced by One Fairfax



Maame Biney (center, in pink) received recognition from the Board of Supervisors for her U.S. Speedskating Short Track National Championship in 2012. At the time of the presentation, Maame was a sixth grader at Terraset Elementary School in Reston.

and completed in 2017 would be the establishment of the Police Review Panel and the hiring of an independent police auditor, Juvenile Justice Reform and the Pre-K initiative.

I am excited about building on these initial accomplishments in 2018.

Fostering and Expanding Community

Crafting anything starts with Vision and Planning. Which reminds me that nothing occurs in a

vacuum because Nature always rushes in willy-nilly to fill it. In the case of a Vision Vacuum, input and information are critical to the formation of a Plan. Together those fundamentals can nurture and expand community. To be successful, however, requires good public policy, community engagement, and professional expertise. Good neighborhoods don't just happen; they result from vision, planning and community support.

Last year witnessed multiple examples of diverse groups of stakeholders gathering in a public meetings. Thank you for voicing your concerns, contributing your ideas. I recognize that is a special

kind of civic service demanding time, talent and treasure from us all. In the final analysis, it is not the loudest voices or the most massive audience but that which is of the most long term benefit to the community that defines the right Vision and Planning.

Belief in a Bright Future

Two remarkable young women – Maame Biney and Veronica Day – boldly remind us that the best may be yet to come.

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Oak Hill & Herndon
CONNECTION

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Published by
Local Media Connection LLC

1606 King Street
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NEWS

JJ Deli Closes After 18 Years in Herndon

No More Award-Winning BBQ and “Everyday is Saturday.”

BY MERCIA HOBSON
THE CONNECTION

After proudly serving Northern Virginia for 20 years, Jeff and Jackie Johnson turned off the lights and closed the doors at JJ Deli for the last time on Dec. 31, 2017. Sometimes referred to as the hidden gem of Herndon, JJ Deli was housed within one of Northern Virginia’s premier public golf courses, Herndon Centennial Golf Course at 909 Ferndale Avenue. Hidden gem it was, and word got around not just to golfers but the public too.

JJ Deli established a die-hard following for its smoked BBQ, voted the best in DC by viewers of WUSA Channel 9 and later, its Soups for the Soul. The deli also served breakfast, lunch, and dinner in the spacious dining room, and weather permitting, out on the JJ deck overlooking the golf course. Individualized catering, something to fit everyone’s budget and needs, was the deli’s third specialty.

The food was not the only thing that set JJ Deli apart from other delis. While the Johnsons were committed to producing great products, they also created an environment where “Everyday was Saturday,” at JJ Deli. It was the Johnsons, the chatty, friendly hosts who took on all tasks, from chief cooks and bottle washers to event planners. You name it; they did it and did it well, both inside the deli and in the community.

ONE WEEK BEFORE CLOSING, the Johnsons looked back on how JJ Deli came about, their original business model and its guiding principles, and what is on the horizon.

According to Jackie Johnson, JJ Deli came to life in 1997 fueled by her and Jeff’s mutual passion for food and entertaining. Knowing Jeff was imminently due to retire from his 20-year military service career, thoughtful consideration went into what the business’ guiding principles would be.

The same words, carefully chosen in 1997 remain and are printed proudly on the company’s website: Accountability, Customer Oriented, Quality, Organization, Communications, and Community Involvement. These words created the operating culture and guided the company throughout its life up to closing day, irrespective of events and happenings.

“Community involvement was key,” Jackie Johnson said. Asked to describe a specific event, its challenges and actions taken, and the results of their efforts, she did not hesitate. “September 11, 2001... I came straight from school to the deli and caught up with Jeff. I said we need to help. I picked up the phone and called the Red Cross... When they called back, they asked what could you do. We can bring box lunches I said. Can you do 100, they asked. Yes, I said. Between Jeff, brothers, my cousins, and myself we recruited everybody. We made a production line. I was to be at Arlington by 4 p.m. It was the most satisfying feeling that we were there to help. No hesitation.”

In his Closing Letter to the community on the JJ



On Dec. 31, 2017, Jeff and Jackie Johnson closed the doors on their business, JJ Deli in Herndon. They loaded up their van with lots of usable items they had left over and donated them to the Reston Shelter. “It was a wonderful way to continue to give back to the community on our last day,” said Jackie Johnson.

Deli website, Jeff Johnson wrote: “For the past 20 years we have been blessed! We have met some great people and have made some lifetime friends. We were able to use JJ Deli as a launching pad to support some incredible organizations: Fisher House, Walter Reed Army Hospital, Wounded Warriors, Red Cross, Cornerstone (formerly Reston Interfaith), Herndon Police, Fairfax County Schools, U.S. Winter Olympics, Best Buddies, Herndon Council for the Arts, (and) ArtSpace.”

Jeff Johnson sighed and looked around the room. Asked what they were going to do next, he answered, “When we close on the 31st, I look forward to my new career as a bus driver for Fairfax County Public Schools. I’ve been pleased to be assigned special needs children throughout the county.” Jackie Johnson had a quick response. “I will expand my organizing business for helping people with events, downsizing, and making that happen.”

Like a person, when a business meets its end, success cannot be measured solely in financial performance and awards. Other metrics come into play such as lasting impact and vision fulfilled.

THE FINAL PARAGRAPH of Jeff Johnson’s Closing Letter to the community, reads: “Jackie and Horacio were at the Pentagon on 9/11 passing out meals for the first responders. We delivered a van full of goods to the flood victims in North Carolina and helped fill a truck for the folks in Houston. We have helped feed and cloth(e) those in need, provided Christmas gifts for those that had none and prayed when we had nothing left to give. When we first started JJ Deli, Jackie told me, ‘We must give first... to receive. She was so right!!!’

“These will be my lasting memories of JJ Deli, giving back to our community.”

PHOTO COURTESY OF JJ DELI

America’s Presidents as Never Before Seen

NextStop’s comic “45 Plays for 45 Presidents.”

BY DAVID SIEGEL
THE CONNECTION

“45 Plays for 45 Presidents” is an unexpected comic look at all of America’s 45 Presidents. It can be hilarious one moment and poignant the next built with mini-plays casting a special light on of the office of the President and its inhabitants since America’s founding.

“I happened to hear about this crazy little show that featured two-minute plays about every single President in history. I got my hands on the script and was hooked in the first five pages. It was fascinating, educational, and unbelievably hysterical,” said Evan Hoffmann, producing artistic director, NextStop Theatre Company.

“I wanted to direct this play because I’m a big lover of both history and theatrical storytelling. The script combines American history with dozens of different styles of performance, so it’s both a great amount of fun and a great challenge for a director,” said director Megan Behm.

NextStop’s production of “45 Plays for 45 Presidents” will have a five women ensemble portraying all the male Presidents. “Evan had the idea early on of casting an all-women ensemble...we both agreed that it would be a rewarding and exciting way to tackle the show. This gave me the incredibly unique opportunity to assemble a team of brilliant, funny women – and make up a dream team to tackle this hysterical yet demanding script,” added Behm. “And I have to say, after an election cycle that was so focused on silencing women and their voices, telling the story of America with a group of kick-butt, smart, funny women actors is both personally gratifying and artistically critical.”

The five-member cast includes Brittany Martz, Carolyn Kashner, Chloe Mikala, Mary Myers and Sarah Anne Sillers.



PHOTO COURTESY OF THE ARTIST

Megan Behm, director, NextStop Theatre’s production of “45 Plays for 45 Presidents.”



PHOTO COURTESY OF NEXTSTOP THEATRE COMPANY

Evan Hoffmann, producing artistic director, NextStop Theatre

Where & When

NextStop Theatre Company presents “45 Plays for 45 Presidents” at 269 Sunset Park Drive, Sunset Business Park, Herndon. Performances, Jan. 11 to Feb. 4. Thursday at 8 p.m., Fridays at 8 p.m. Saturday, Jan. 13 at 7 p.m., Jan. 20 at 8 p.m., Jan. 27 at 2 p.m. and 8 p.m. and Feb. 3 at 8 p.m.; Sunday, Jan. 14 at 2 p.m., Jan. 21 at 2 p.m. and 7 p.m., Jan. 28 and Feb. 4 at 2 p.m. Tickets: General Admission tickets start at \$20 and increase as performances fill up. Call 866-811-4111 or visit www.nextstoptheatre.org.

For NextStop veteran Carolyn Kashner, “45 Plays for 45 Presidents” is a madcap sprint through American history with lots of laughs and ‘did you know’ moments. It does a brilliant job of reminding us both of hardships we have survived while asking us why on earth do we make these same mistakes over and over again.

“Throw out everything you thought you knew about the American Presidents,” added Kashner. “While ‘45 Plays’ provides much-needed levity about American politics, it also serves as a call to action to never become complacent – that major decisions are caused by the everyday actions of everyday people.

“Want to see a funny, subversive, and eye-opening take on the American presidency? Come see ‘45 Plays for 45 Presidents,’” said Kashner.

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OPINION

Hudgins

FROM PAGE 4

The “Laugh until you can’t laugh anymore” 17-year-old Maame Biney will be representing the U.S. and her hometown, Reston, in February at the 2018 Winter Olympic Games. Which speaks volumes for someone born in Ghana and who didn’t even grasp the concept of ice until age 6. Her sport: short track speed skating.

With her infectious giggle and joy at winning, she is also the first African-American woman to join the U.S. Olympic Speed Skating Team. And after the Olympics, will she hang up her skates? Probably not.

According to Anthony Barthell, Women’s Short Track National (Olympic) Team Coach, “She’s a natural athlete. Most natural athletes have a hard transition to skating because speed skating is so unnatural. It goes against everything you’re taught as an athlete. So for her, she’s learned how to skate and is able to use her natural athletic abilities... In my eyes, I feel she can be one of the top girls in the world. It’s going to take a little bit of time, but she has the potential.”

Remarkably, she hasn’t lost sight of the long-range big picture. With a goal of becoming a chemical engineer, graduating on time – with her friends – is as

important a goal as short track skating and applying to college. Now, that is a comprehensive life view.

Think for a moment: What is it when you have a 64-pound, head-first, face-down toboggan without steering, an engine, brakes, or seat belt, hurling along at 90 miles per hour, through ice-covered turns? Answer: A skeleton sled, very possibly held by Vienna native and Madison High 2007 grad, Veronica Day. She is also an Olympic hopeful for the 2018 U.S. Winter Olympic Skeleton Team.

Wait a minute, you’re probably puzzling, how did this happen? Wasn’t she a high school track and field stand-out? Besides, there isn’t much snow in North Carolina where she graduated from college with a degree in international business and international studies.

Both true – clearly, this is someone who continues to learn and grow physically as she continues to expand culturally and globally. Equally true is her spunk and determination in her growth potential: “Do I think I can be number one or two in the U.S.? Absolutely, I don’t think it’s a pipe dream at all.”

All I can say is that with strong public policy and public participation and local schools educating crack-jack female student athletes, I have every confidence in and am looking forward to another productive, successful year in 2018! With every good wish to the entire Hunter Mill community for warmer weather and a Happy New Year.

General Assembly Delegation to Hold Public Hearing

The Fairfax County delegation to the General Assembly will hold a hearing for public comment regarding the upcoming 2018 session on Saturday, Jan. 6. The forum begins at 9 a.m. in the boardroom of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax with parking available in front of the Government Center Building. Only Fairfax County residents may register to speak, and individuals may speak on their own behalf or on behalf of an organization serving County residents.

Fairfax County Board of Supervisors Chairman Sharon Bulova will welcome the delegation to the Government Center on behalf of the Board of Supervisors and deliver brief remarks. Fairfax County residents who want to sign up in advance to speak at the hearing should register online using the form or contact the Office of the Clerk to the Board of Supervisors at 703-324-3151, TTY 711, by noon on Friday, Jan. 5. Requests for ADA accommodations should be made as soon as possible but no later than 48 hours before the public hearing.

All speakers are asked to personally register for their speaking slot (residents needing assistance will be helped on a case by case basis). Organizations are encouraged to limit their number of

speakers to a maximum of five. Additional attendees in support of said organization at the public hearing may be recognized by the chair. Speaking slots will be numbered based on a first come, first served allocation. Point of contact for other questions or requests for ADA accommodations: Arielle McAloon (703-324-2649) or Chris Camarca (703-324-2683).

Each speaker will be allocated three minutes to address the delegation. Speakers must be present when called to the podium, and people who miss their turn will be added to the end of the list of speakers. The Chair reserves the right to modify the guidelines on site for the smooth operation of the public hearing.

The hearing will be televised live on Fairfax County Television Channel 16 (Channel 1016 in HD on Cox; Channel 16 on Verizon or Comcast), and can also be viewed on-line through the Channel 16 stream.

Further information on the public comment hearing is available from members of the Fairfax County legislative delegation. Contact information for individual delegation members is available on the Virginia General Assembly web page at whosmy.virginiageneralassembly.gov/

Armstrong Elementary Students Honored for Achievement

Nine students at Neil Armstrong Elementary School in Reston have been honored by the School PTA for participation and achievement in the 2017-18 National PTA Reflections arts in education program.

The reflections program honors imagination, creativity and interpretation of the theme “Within Reach.” Students were encouraged to create an original work of art in one or more of the following categories: dance choreography, film production, literature, 3-d art, musical composition, photography, visual arts and special artist division for students with disabilities.

The following achievement awards

were earned for each category and grade division:

❖ Award of Excellence: This award is given to a student in each arts category, in each grade level division, that best interprets the theme. This award advances to local awards program.

Photography – Andrew Das (Intermediate)

Literature – Asha Das (Intermediate)
Visual Arts – Ben Fox (Intermediate)
3D Sculpture – Evie Lenz Miller (Primary)

❖ Award of Merit: This award is given to the next highest scores for each arts category in each grade level division.

Visual Arts – Julia Cochran (Interme-

diate)

Photography – Andrew Das (Intermediate)

Visual Arts – Asha Das (Intermediate)
Visual Arts – Madeline de Clerck (Middle School)

❖ Honorable Mention: This award is given to the next highest scores for each arts category in each division.

Literature – Sofia Bentolila (Intermediate)

Visual Arts – Charlotte de Clerck (Primary)

Visual Arts – Matthew de Clerck (Intermediate)

For more information about the program, visit PTA.org/Reflections.

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

WEDNESDAY/JAN. 24

Public Hearing – Planning Commission. 7:30 p.m. in the Board Auditorium of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Board of Supervisors authorized the consideration of a Comprehensive Plan amendment for the Sunset Hills Road realignment. The adopted plan for this area recommends three different options for how the intersection of Sunset Hills Road and Hunter Mill Road could be modified. The Board of Supervisors requested that staff consider a realignment of Sunset Hills Road to Crowell Road as a replacement to these three options. The proposed Plan Amendment recommends that Sunset Hills Road be realigned to Crowell Road and that a roundabout be considered as the intersection control. Visit www.fairfaxcounty.gov/planning-zoning/plan-amendments/current/sunset-hills-realignment or www.fairfaxcounty.gov/planningcommission/.

TUESDAY/MARCH 6

Public Hearing – Board of Supervisors. 4
p.m. in the Board Auditorium of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Board of Supervisors authorized the consideration of a Comprehensive Plan amendment for the Sunset Hills Road realignment. The adopted plan for this area recommends three different options for how the intersection of Sunset Hills Road and Hunter Mill Road could be modified. The Board of Supervisors requested that staff consider a realignment of Sunset Hills Road to Crowell Road as a replacement to these three options. The proposed Plan Amendment recommends that Sunset Hills Road be realigned to Crowell Road and that a roundabout be considered as the intersection control. Visit www.fairfaxcounty.gov/planning-zoning/plan-amendments/current/sunset-hills-realignment or www.fairfaxcounty.gov/boardofsupervisors/

ONGOING

Herndon High School Library needs volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email hhs_library@fcps.edu.

FROM PAGE 3

IT MAY SEEM like the elections never cease in Virginia, where voters go to the polls multiple times every year. And although Washington is already focused on the 2018 campaign, Richmond is already preparing for an epic election in 2019. Not only will that election include all members of the House and the Senate, it will also set the scene for who controls the redistricting process. Both parties are eager to control as much of the process as possible, and Democrats have already won a major victory by electing a governor who will have veto power over the maps drawn by lawmakers.

“The one piece of this that I’m interested in doing is having a factor of competitiveness and competition being part of the equation,” said Del. Mark Keam (D-35). “Right now all the standards that they use for redistricting are things like partisanship, demographics and minority status. But there’s nothing that talks about whether a district is competitive or not.”

*I'm Very Seldom
Wrong, But This
Time I'm Write*



By KENNETH B. LOURIE

Since I don't have to write for a deadline this week (12/27/17 papers have already gone to press), maybe I'll write for pleasure. Not that writing this column is ever not my pleasure, but it is time-sensitive, at least on a weekly basis. And though that "weekliness" can occasionally induce some pressure, mostly I can manage it. Besides, it contributes to what you read and my feelings about having written. As such, my columns are rarely about the past, well, only in so far as it gives the present and future concerns some context. Generally speaking however, I am writing about extremely-current events. It's not exactly real time, but the timing is exceptionally real.

This sort of holiday break occurs at The Connection every year as we condense our publication schedule and finish/publish three weeks of newspapers in nine business days. And even though this "condensation" is nothing new for any of us long-sitting employees, it does present its own unique set of challenges, yet it is a schedule which has stood the test of time. Time which eventually leads to pleasure.

And time off is part of what drives this mid-to-late December rush. Because in the newspaper business, especially considering the 24/7 news cycle, with which we are all familiar, even for a weekly publication – for both editorial and sales, you are mostly on. So getting a chance to publish and then pause, gives us all an opportunity to refresh and recharge. And since I'm honeymooning, so to speak, (see column dated 12/13/17 titled "As Good As It Gets"), I have nothing particularly cancer-centric to write about and/or worry about, well, top of mind anyway. There's plenty of cancer stuff bottom of mind though. The difficulty is keeping it there.

The problem/reality is, even when you're meandering around in your head, in order to write, there is a cancer section which inevitably fights its way to the top. It's not as if I have a multiple personality disorder: Kenny-without-cancer and Kenny-with-cancer (my website, by the way: www.KennyWithCancer.com), but sometimes I think I must. Thinking one could totally compartmentalize the facts and fissures that a "terminal" lung cancer diagnosis/"13 month to two year" prognosis imposes is an admirable, much talked about goal but in truth, it's probably unrealistic and likely leads to that dual personality. But who's kidding whom? It's hard/IMPOSSIBLE to know.

So for the moment, I can pretend/presume that Kenny-without-cancer is front and center, top of mind and in control, free to wander aimlessly in print and ponder his fate as if nothing much – other than one's own mortality, is effecting his judgment. Ah, one can dream. And oddly enough, I have been dreaming more, and sleeping longer and deeper, too. I'm sure it's simply a coincidence that having five weeks off from any cancer-related activities/obligations, and likewise having nine days off from any newspaper-related activities has contributed to this semi peace and quiet. A quiet which will soon end when we leave for two days in Pennsylvania to spend Christmas with my wife Dina's cousins, which, along with the cheesesteak I plan on eating, provides it's own sort of comfort and joy.

Still, any port in the cancer storm provides a welcome respite from the – with apologies to Shakespeare – slings and arrows of outrageous misfortune (Shakespeare’s quote was “fortune”), however real or imagined. To be sure, cancer is no joke, neither is being diagnosed with a “terminal” form of it: non-small cell lung cancer, stage IV, at age 54 and a half. But making fun of it and the circumstances surrounding it, has been my stock and trade since I first went public – in print, in June 2009. The means I’ve justified to prevent my premature end. So far, so good.

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

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Gingerbread Village. Through Jan. 4, various times at at the Hyatt Regency Reston, Reston Town Center, 11900 Market St. See the annual display in the hotel lobby. Call 703-709-1234 or visit reston.hyatt.com for more.

Art Exhibit. Through Feb. 17, various times at the Greater Reston Arts Center, 11900 Market St. Featuring the work of Paulina Peavy, namesake of “Paulina Peavy: A Message to Paulina,” the first exhibition to bring together a selection of Peavy’s works across disciplines including works on paper, paintings, films, texts, and numerous mixed media masks. Visit www.restonarts.org for more.

All-comers’ Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 potomacriverrunning.com.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more information.

Art Exhibit through Jan. 8 at Artsights, Reston Town Center, 11900 Market St. “Drag, Disney, Art Insights and Art Outsiders: The Art of Tennessee Loveless,” see the new collection by Tennessee Loveless including his retrospective book 10x10x10 and images from his projects. Call 703-709-6720 or visit restontowncenter.com for more.

DEADLINE JAN. 5, 2018

2018 Fine Art Photography Competition. Fine Art Photography of any subject is welcome; there is no required theme for entries. Call 703-956-9560 or visit www.artspaceherndon.com for more.

FRIDAY/JAN. 5

Open Mic Poetry Night. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Featured members of the Poetry Society of Virginia will be present to share their poetry. An open mic will follow, allowing for anyone attending to have a moment on stage. This event is free and open to the public Visit www.artspaceherndon.org/ for more.

SATURDAY/JAN. 6

Meet the Author. 2-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Eileen Curtis recently retired after serving as the Dulles Chamber of Commerce President and CEO for 23 years. She discusses her book “Chamber Tales: A Memoir of Commerce.” Visit www.artspaceherndon.org/ for more.

Pop Up Tea Shop. 2-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Sip Elden Street Tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.artspaceherndon.org/ for more.

SUNDAY/JAN. 7

Book Store Anniversary. 1-4 p.m. at Reston Used Books, 1623 Washington Plaza N. Open house to celebrate 40 years of being in business. Call 703-435-9772 for more.



Meet the Artist

On Saturday, Jan. 20, Meet the Tattoo Artist from 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Meet Gilda Acosta and explore getting a tattoo. Her work will be on display Jan. 9-Feb. 10. artspaceherndon.org.

MONDAY/JAN. 8

Yoga Storytime with Little Twisters. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive. Read a classic children’s book, then act it out using yoga moves and poses. Cosponsored by the Friends of Reston Library. Age 3-5 with adult. Call 703-689-2700 for more.

TUESDAY/JAN. 9

Baby Lapsit. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Enjoy nursery rhymes and songs while building early literacy skills for the child. Birth-11 months with adult. Call 703-689-2700 for more.

THURSDAY/JAN. 11

Yoga at the Library. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Local yoga instructor Madhavi Rao will lead this yoga session. Water provided. Bring a mat. Sponsored by the Friends of the Reston Regional Library. Call 703-689-2700 for more.

SATURDAY/JAN. 13

Musical Commemorative. 3-4 p.m. at the Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Reston Community Orchestra celebrates the life and work of Dr. Martin Luther King, Jr. through symphonic works, spirituals, and songs inspired by his legacy. Featured performers will include students from Al Fatih Academy, the Men’s Chorus of Martin Luther King Christian Church of Reston, song stylist Beverly Cosham and Bryan Jackson. Visit www.leagueofrestonartists.org for more

MONDAY/JAN. 15

Social Justice Advocate Speech. noon at at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Tamika D. Mallory keynote address is at noon, followed by a community lunch. \$5 for Reston residents and employees, and \$10 for all others. Visit www.restoncommunitycenter.com or call 703-476-4500.

TUESDAY/JAN. 16

Sam’s Book Club. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Join former library director Sam Clay as he leads a book discussion. January’s title is “God Bless the Child” by Toni Morrison. Call 703-689-2700 for more.

THURSDAY/JAN. 18

Yoga Storytime with Little Twisters. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive. Read a classic children’s book, then act it out using yoga moves and poses. Cosponsored by the Friends of Reston Library. Age 3-5 with adult. Call 703-689-2700 for more.

Community Food Packing. 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia will hold its next monthly Weekend Food for Kids packing. For further information contact Lynn Barron: LynnB517@verizon.net or visit www.northernvirginia.assistanceleague.org.

FRIDAY/JAN. 19

Improv-Extravaganza. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. For one-night-only, The Alden’s (the) Unruly Theatre Project and Loudoun County High School’s Improvasaurus will bring their signature improv styles to ArtSpace Herndon. Suggested Donation of \$10. Visit www.artspaceherndon.org/ for more.

SATURDAY/JAN. 20

French Cooking Class. 10 a.m.-noon at Mon Ami Gabi, 11950 Democracy Drive. Join Chef Phil Frederick and learn to prepare wild mushroom tartare with cheese toast, Merquez burger with cream cheese spread and hand-cut frites, and malted chocolate chip cookie ice cream sandwiches for dessert. Recipe booklet included. \$55 per person. Call 703-707-0233 or visit monamigabi.com/news.

Meet the Tattoo Artist. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Meet Gilda Acosta and explore getting a tattoo. Her work will be on display Jan. 9-Feb. 10. Visit www.artspaceherndon.org/ for more.

Flower Photography Expert. 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road. The Reston Photographic Society invites photography enthusiasts to attend Patty Hankins’ presentation on how to take fabulous photographs of flowers, both in the garden and in the wild. Hankins is the author of “Wildflower Meditations: A Gift for the Spirit” and BeautifulFlowerPictures.com. Visit www.leagueofrestonartists.org for more.

WEDNESDAY/JAN. 24

Red Cross Blood Drive. 10 a.m.-3 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Call 703-689-2700 for more.

Meet Me at the Movies. 10 a.m. at at Bow Tie Cinemas, Reston Town Center, 11940 Market St. Reston Association presents “LBJ.” Refreshments and door prizes provided prior to movie. Free to 55+. Email Ashleigh@reston.org or call 703-435-6577.

THURSDAY/JAN. 25

Dollars and Sense. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Monthly group discussion focuses on business leaders and markets. The discussion will focus on “Boomerang: Travels in the New Third World” by Michael Lewis. Call 703-689-2700 for more.

WELLBEING

Ready for the Cold

Preventing, recognizing and treating hypothermia and frostbite.

BY MARILYN CAMPBELL

Frigid temperatures and the chill of winter can usher in dangerous health conditions, particularly for those most vulnerable: the elderly and young children. Two of the most prevalent cold-weather ills are hypothermia and frostbite. For those who have to be outside when it is dangerously cold, knowing the warning signs and prevention techniques for these conditions are the keys to keeping them at bay, say health care providers.

“Even a typical winter in this area can be dangerous,” said Amy Talbot, Ph.D., of George Mason University. “But extreme conditions can make it even worse for those most vulnerable.”

Hypothermia, which occurs when one’s body core temperature drops, can develop more quickly than many people realize, says Talbot. “Obviously feeling very cold is a warning sign, but also shivering and experiencing signs that the cold is affecting your brain, so feeling disoriented, stumbling or losing balance easily, unusual speech pattern or changes in personality.”

Frostbite is when the skin and underlying tissue are damaged by cold temperatures, says Beth Lowe, RN, a private-duty nurse in Arlington. “During the beginning stages of frostbite, you might see your skin turn red and you’ll feel numb or tingling or stinging,” she said. “The main thing to remember is not to try to re-warm your own skin, because you can do more damage. It’s best to seek emergency medical treatment.”

Dressing in layers and wearing shoes that are appropriate for extreme cold are keys to preventing hypothermia and frostbite, advises Carolyn Johnson, Ph.D. of Montgomery College. “When it’s extremely cold you want to wear clothing that traps your body temperature and protects you from cold air and wind,” she said. “A basic formula to keep in mind: a base layer that should be made from a fabric that wicks away moisture. The second layer



PHOTO BY MARILYN CAMPBELL

Record cold temperatures can lead to frostbite and hypothermia.

should trap heat so it should be made of a polyester fleece over something similar. The top layer should be waterproof and windproof.”

Lowe recommends avoiding cotton clothing during the extreme cold because if it gets wet, it can make you cold. “Many of these preventative measure are things that most people already know, but may not think about until it’s too late,” she said.

Another preventative component, says Talbot, is nutrition. Both food and liquids can help keep one’s body warm. “Skipping a meal can make you more susceptible to hypothermia and frostbite,” she said. “It’s important to eat carbs and protein for energy when you’re going to be outside for a prolonged period of time, like if you’re hiking or playing sports.”

If you believe that you are beginning to develop frostbite or hypothermia, Lowe says in order to avoid advancing the seriousness of the condition, move your body by doing jumping jacks or some other vigorous movement and get out of the frigid elements. “There’s no set amount of time that it takes for [hypothermia or frostbite] to develop, so it’s important to keep an eye on those who are most vulnerable. But once you notice the warning signs you can try to stop the conditions before they advance, by drinking plenty of fluids, eating carbs and getting inside to a warmer temperature.”