

Reston CONNECTION

The reigning 2017 District Champion and Regional Champion, Albert Mensah of South Lakes High School, won the 2018 District Champion title by escape against Herndon's Chris Estrada in an exhilarating seven period match.

Winning District Championships

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PHOTO BY JENNIFER KAYE/THE CONNECTION

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ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Reston's African American History Explored

Rev. LaVerne Gill's book profiles individuals who went through the struggles of early Reston and still love it and believe in it.

BY MERCIA HOBSON
THE CONNECTION

Rev. LaVerne McCain Gill has lived in Reston for more than three decades. Although not one of the original pioneers who settled in the first intentionally integrated community in Northern Virginia after it was founded in 1964, Gill is a pioneer in her own right. During Reston's 50th Anniversary in 2014, Gill realized there was no written history in one place recording the stories of the first African Americans who settled in Reston, and contributed to its success and set out to produce one.

Gill's newly released book, "Reston's African American Legacy Volume One, Twenty-five who made a difference," profiles African Americans who contributed to the cultural, economic, and spiritual life of Reston, a New Town. Through information Gill gathered during personal interviews, she recorded and wrote the stories of Reston's first African Americans. "They have been overlooked in many accounts of Reston's history," Gill writes in the book's introduction, "...even though they were critical to enhancing its quality-of-life."

GILL CELEBRATES AND HONORS

Reston's African American heroes and historical leaders from all lifestyles, teachers, scientists, artists, professional athletes, lawyers and, as she records, "...just plain, hard-working people lured by the promise of Civil Rights gains in education and housing."

When asked why she wrote the book, Gill said, "I wanted to get the story of people who had gone through the struggles of this wonderful community and still love it and believe in it. I recognized there were a number of African Americans who enhanced the atmosphere [of Reston.] They founded churches, local chapters of national organizations and they engaged in creating a place where diversity was accepted."

Gill describes early Reston as a progressive island, planned for diversity yet set in the middle of Virginia's troubled history of segregation. "Virginia was one of the last holdouts on school desegregation," she writes in Profile # 15 William and Mary Jackson, Charter Members, United Christian Parish. Gill relates the couple's story of how in the early years of Reston there were no schools there for the children to attend. Instead, they had to travel to schools in another community where the residual from the "Massive Resistance" era, when the U.S. Supreme Court declared Virginia's tactics



Rev. LaVerne Gill, author of five books, stands beside the waymarker located at Lake Anne in Reston noting the founding of the planned community. In her most recent book, "Reston's African American Legacy, Volume No. One" she celebrates 25 African Americans who made a difference in a "New Town."

"Reston's African American Legacy, Vol. No. One" by Rev. LaVerne Gill documents the contributions of African Americans who as the author stated: "...have been overlooked in many accounts of Reston's history, even though they were critical to enhancing its quality of life."

PHOTOS BY
MERCIA HOBSON
THE CONNECTION

to segregation unconstitutional in 1968, lingered.

Gill recounts the Jacksons' story of how their sons "...had difficult mo-

"I wanted to get the story of people who had gone through the struggles of this wonderful community and still love it and believe in it."

— Rev. LaVerne McCain Gill

ments because their educational exposure was more advanced and challenging than Herndon's curriculum offerings." Gill describes how Mary Jackson found common ground with other Reston arrivals who were not dealing with race, but also confronted with limited curriculum options. "Mary Jackson along with two of her white neighbors organized and began initiating meetings with teachers and principals...It was a difficult journey for Mary and Bill Jackson, but they traversed it for the sake of their and other Reston children in the school system."

Dr. William B. Robertson writes in his review of Gill's book, "The book by Rev. LaVerne Gill, 'Reston's African American Legacy,' is an important contribution, not only to Reston but to the Commonwealth of Virginia and the nation as a whole because it emphasizes that the diversity of America is our greatest strength."

Reviewing Gill's book, Brenda Iron-LeCesne, a retired attorney, adds two other reasons why the book is important. "... I have been a resident of Reston for 40 years, and my husband and I have had the opportunity to see the community grow and change. It's difficult to try to explain to newcomers how African American families are interwoven into the fabric of Reston. Many of the original African American Restonians have passed, and there is no real history in one place telling their story."

Eula M. Lovett in her book review writes, "'Reston's African American Legacy' is an exceptional look at the African Americans who made Reston their home. Each one depicted in the book is a high achiever in areas such as education, science, mathematics, etc. They brought their talents to Reston to establish traditions and organizations to serve the community."

GILL SAID HER ONLY REGRET is that she could not publish the book sooner noting some individuals she profiled have since died. Asked to whom she will target the book, Gill said, "I'm targeting Reston's audience. No matter what race, from high school age on." If the stories are not told, then future generations will not know the significance and take the lifestyle and opportunities for granted that so many other people worked so hard to secure. "I need to also market it to the Reston schools," Gill said. "The history will go untold; we are a generation on the way out."

The book is available at www.amazon.com/LaVerne-McCain-Gill.

WWW.CONNECTIONNEWSPAPERS.COM



Lawmakers Play Whack-A-Mole with Predatory Lenders

Senate panel takes action to limit one kind of high-interest loan while leaving a loophole for another.

BY MICHAEL LEE POPE
THE CONNECTION

By this time next year, high-interest lenders may be prohibited from making consumer finance loans — at least ones they find profitable at 200 percent interest. So that loophole may be closed by the end of the General Assembly session. But it seems likely lawmakers will leave Richmond this year creating no restrictions on open-end lines of credit, raising concern among some that lawmakers are playing a game of whack-a-mole. “All of a sudden, in the last five, six, seven, eight years we’ve got title lenders, payday lenders, revolving lenders and now internet lenders jumping the fence and coming over into the consumer finance act that had never contemplated this kind of lending,” said Jeff Smith, executive director of the Virginia Financial Services Association. “So not only do we support this legislation, we drafted it.”

That legislation would create a cap of 36 percent interest rates for all consumer finance loans, closing one loophole that has allowed loans for as much as 950 percent interest. Car-title lenders were using these kinds of loans in a bait-and-switch operation until 2016, after a series of investigative reports exposed the practice and lawmakers took action to rein in the industry. Since that time, internet lenders have moved to an unregulated product known



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

Check Into Cash lobbyist Robert Baratta testifies before the Senate Commerce and Labor Committee. Last year, his company donated more than \$8,000 to members of the committee, which killed a bill that would have created new consumer protections on his company.

as open-end lines of credit. Last week, lawmakers rejected a bill that would have prevented lenders from allowing lenders to have more than one loan at a time.

“The only way I would know that someone has an installment loan is if they were trying to get it from me,” said Robert Baratta, lobbyist for Check Into Cash, which contributed more than \$8,000 to members of the committee last year. “I don’t know if they’ve gone down the street to somebody else and took one out unless there’s some kind of database we can access.”

CRITICS OF PREDATORY LENDING say

payday lenders and car-title lenders already have to comply with that restriction, which prevents people down on their luck from taking out new loans to cover old loans. Of all the consumer protections considered in a series of bills this year, this is one of the most important to people who want to make sure these companies don’t take advantage of people who are already experiencing hefty medical bills or family emergencies.

“We’d like to close this loophole to ensure that some of the most vulnerable Virginians aren’t taken advantage of,” said Kevin Mauer, associate director of the Virginia Catholic Conference.

Opposition to high-interest loans isn’t coming just from consumer groups and religious organizations. It’s also coming from businesses in the consumer-finance industry, who believe unscrupulous businesses are using their section of the code to make predatory loans. That’s why they worked with state Sen. Scott Surovell (D-36) to craft the 36-percent cap. Although that bill got out of committee, his other bill that would have created similar restrictions on open-end lines of credit did not. “They’re using these open-end credit loans to evade the laws that we passed,” said Surovell. “We can’t keep playing whack-a-mole.”

Reston Association Announces Board Candidates

The who, what, where, when, and how as 13 individuals vie for four seats of the RA Board of Directors.

BY MERCIA HOBSON
THE CONNECTION

The Reston Association (RA) Elections Committee released their certified list of 13 individuals running for four seats on the RA nine-seat Board of Directors. All races are contested. Reston Association’s nine-member

RA board is responsible for determining the long-range mission and goals of the association, establishing RA policies and procedures, monitoring finances, approving budgets and setting the annual assessment rate.

The 2018 candidates include the following:

At-Large Candidates (three-year term, two seats):

Derrick Watkins, Sridhar Ganesan, Aaron Webb, Travis G. Johnson, John Pinkman, Colin Meade and Ven Iyer

At-Large Candidates (1-year term):

David Ballard, Andy Sigle, and Ray Wedell

South Lakes District (3-year term):

Tammi Petrine and Julie Bitzer

Reston Association stresses that important issues are facing Reston. They urge all Reston renters and property owners to vote. According to RA, owners and renters of Reston-based residential property are au-

tomatically members of the association, which entitles them to all the benefits, including voting in elections.

According to RA, each candidate completed a Statement of Candidacy and answered specific questions that would offer voters the opportunity to better understand each candidate’s knowledge of the Reston Association.

There were two areas of focus. Qualifications such as skills, experience, and attributes that would make a candidate a good RA Board member.

Candidates were urged to address experience with Reston Association; other corporate or nonprofit boards; and/or other volunteer activities.

Candidates also had to state their goals as a Reston Association Director. If elected, how would their board service impact Reston Association.

To view the 2018 Board of Directors Elec-

tion Certified Candidate List with their unedited statements of candidacy search At-Large Candidates - Reston Association

The voting period for the 2018 election is March 5-April 2. Paper ballots will be mailed on March 5. Electronic ballots are also available to members. A link to the electronic ballot will be provided on the home page of www.reston.org during the month-long election period. Results of the election will be announced at the Annual Members’ Meeting scheduled for April 10 at Reston Association headquarters, 12001 Sunrise Valley Drive.

The statements will be sent to all eligible voters along with the official ballot. The statements will also be made available to other sources and posted on the Association’s website www.reston.org and used in ballot materials.

OPINION

An Opportunity To Improve TJ

To the Editor:

The following open letter was addressed to state Sen. Steve Newman, chair of the Education and Health Committee.

As graduates of Thomas Jefferson High School for Science and Technology (TJHSST), we were deeply troubled to read that the Education and Health Committee of the Virginia State Senate struck down Senate Bill 787, the proposal by state Sen. Scott Surovell to make the admissions policies at Governor's Schools such as TJHSST more equitable. While debates will continue about whether Senator Surovell's legislation is the right instrument, its intent to significantly alter Jefferson's admissions procedure to account for class is sound. No serious action has been taken on this issue at the state or local level since the school was designated as a magnet school and that has to change. Outreach efforts have had modest success in the past, but they are not enough to make Jefferson equitable. For this reason, we strongly support the intent of the senator's bill and ask the committee to work with Senator Surovell to draft legislation to make progress on this urgent issue.

All of us attended Fairfax County Public Schools. There's one among us who still has her yearbooks and class pictures from kindergarten through 12th grade. And in those images from schools like Saratoga Elementary School and Mark Twain Middle School are the smiling faces of friends and classmates of all races, as well as friends and classmates who lived in a nearby HUD housing development. None of the kids from that housing development made it into TJ, not one. And virtually none of the Black and Hispanic students in those other photos were admitted either.

The racial and economic composition of Jefferson has been an annual news story just about every year since it became a magnet school, and it's never good news. Last year, only 17 Black and Hispanic students were admitted — 3.4 percent out of 490 students. And only eight students (1.6 percent) eligible for free or reduced-price lunches (an indicator of students living in low-income or poor families). This despite the fact that Fairfax County Public School students overall are 25.4 percent Hispanic, 10.1 percent Black, and 29 percent are eligible for free or reduced-price lunches.

This disparity between Jefferson's enrollment and the racial and socioeconomic composition of Fairfax County is unacceptable and easily remedied. Countless elite institutions — especially elite colleges — have modified their admissions procedures and requirements in recent years because they have realized that their old criteria have long been leaving talent on the table. They have softened their standardized testing requirements, engaged in admissions outreach, and sought out partners in high schools and middle schools to create a pipeline of under-represented and low-income students to draw from. These students (who would never have been admitted under the old admissions protocols) have thrived at these elite institutions — often overperforming their standardized test scores. Yet Jefferson's admis-

sions policies proceed ignorant of these developments.

We live in a time when headlines and Twitter feeds constantly observe the pernicious effects of systemic inequality and racism in the daily lives of the poor and people of color. And the state of Virginia has a long legacy of racism that the world was reminded of last year during and after the events that took place in Charlottesville. White supremacy is not just Nazis marching in the streets; it also lies in maintaining a high school that excludes the poor, African-Americans, and Latinos, and then calls itself the greatest, most meritocratic high school in the country. You and the other 12 members of the committee who struck down this modest change to Jefferson's admissions policies have voted to maintain a blatantly racist and classist flagship school.

This is a shameful display when it would have been so easy for you to answer the impassioned requests of so many parents and alumni, as well as Senator Surovell. We understand that the committee has framed its objections to this bill in terms of local rights. While in many cases local school boards are best situated to make local educational decisions, when a board ignores a pressing issue affecting its most vulnerable and disempowered constituents over decades, the state has an obligation to step in and remedy the injustice.

The one way that Jefferson, with the help of the Fairfax County School Board and the Virginia legislature, could truly differentiate itself is by showing that it is working deliberately and intentionally to combat the structural and systematic racism and class privilege that feeds students into the school. Thousands of schools and nonprofits around the country have already made meaningful change in this area, it's time for Jefferson and those in charge to take responsibility for this problem and do the same.

Alexis Clements, TJHSST '98, BA Emerson College '01, MS London School of Economics '06

Daniel Morales, TJHSST '98, BA Williams College '02, JD Yale Law School '05

Kristina Danahy (Buenafe), TJHSST '98, BS/MS University of Virginia '03, Ed.M Harvard '08

Kristen Olvera Riemenschneider, TJHSST '98, BSEE University of Virginia '01, JD University of Virginia '06

Koyuki Smith, TJHSST '96, BA Columbia University '01, MA Columbia University Teachers College '03

Megan Radek, TJHSST '93, BA University of Virginia '97, MA University of Illinois '04

Veronica Pillar, TJHSST '06, AB Princeton University '10, MS Cornell University '14

Christopher Lee Rollins, TJHSST '04, BA College of William & Mary '08

Séain Gutridge, TJHSST '89

Diane-Marie Johnston, TJHSST '98, BA University of Virginia '02

Tamara Metz, TJHSST '99, BA Bryn Mawr College '03, MA University of Arizona '11

Joe Zarrow, TJHSST '97, BA Brown University '01, MA New York University '06

Rachel Yi-Feng Lei, TJHSST '96, BA Johns Hopkins University '00, MA Fuller Theological Seminary '06

Jennifer Love King, TJHSST '98, BA University of Virginia '01

Matt King, TJHSST '98, BA University of Virginia '02, PhD University of Maryland '08

Anwar Omeish, TJHSST '14, BA Harvard College '19

Richard Berman, TJHSST '89, BA University of Toronto

Corinne Pender, TJHSST '05, BS Caltech '09, PhD MIT '18

Abby France, TJHSST '99, BS Northwestern

University '03

Swathi Manchikanti, TJHSST '06, BS NJIT '10, MSPH Johns Hopkins University '13

Jack Levenson, TJHSST '90, BA St. Mary's College of MD '98

Ramón Zabala, TJHSST '99, BS VA Tech '08

Hillary Kolos, TJHSST '98, BFA New York University '02, SM MIT '10

Sienna Lotenberg, TJHSST '14, AB Brown University '18, MAHL '21 and **Rabbinic Ordination** '23

Hebrew Union College-Jewish Institute of Religion

Sheryl Wallin Abrahams, TJHSST '98, BA Rice

University '02, MPH UNC-Chapel Hill '07

Christine Contreras-Slaughter, TJHSST '07, BA Duke University '11

Samuel Leven, TJHSST '03, BA University of Virginia '07, JD University of Virginia '10

Danielle Ahn, TJHSST '98, BA University of Rochester '02, MD University of Virginia '06

Michael Freedman-Schnapp, TJHSST '98, BA University of Virginia '02, MUP NYU '09

Tenzin Lhanze, TJHSST '14, BS College of William and Mary '18

James Wu, TJHSST '96, BS Virginia Tech '01

Jean Smith, TJHSST '98, BA University of Virginia '02, PhD University of California, Santa Barbara '13

Saniya Suri, TJHSST '13, BA Washington University in St. Louis, '17

Sanjana Verma, TJHSST '13, BS The College of William Mary '17

Martha Burtis, TJHSST '92, BA Mary Washington College, MA Teachers College, Columbia U

Pichchenda Bao, TJHSST '98, BA University of Virginia '02

Rohit Raghavan, TJHSST '96, BA Catholic Univ. of America, '01, JD, Univ. of Illinois,, '05

Alison Slade, TJHSST '99, BA University of Virginia, '05, MS Johns Hopkins University, '12

Terence McDonnell, TJHSST '96, BA University of Virginia '00, PhD Northwestern University '09

Andrew Hayes, TJHSST '99, BA University of Virginia '03, PhD University of Maine '12

Alan Hevelone TJHSST '96 BFA Savannah College of Art & Design '00

Brian Horne, TJHSST '96, BA University of Virginia '00, MA University of Chicago '04

Russell Smith, TJHSST '96, BA Pennsylvania State University '00

Janna Harris, TJHSST '98, BA University of Virginia '02, PhD Virginia Commonwealth University '08

Nick Berning, TJHSST '98, BA Macalester College '02

Anne Marie Creighton, TJHSST '10, AB Harvard '14

Keryl Brown, TJHSST '10, BFA University of Southern California '14

Brittany Zuñiga Fulton, TJHSST '07, BA William and Mary '11, MSW University of Michigan '16

Elizabeth Carlson, TJHSST '97, BA Tufts University '01, PhD UCLA '11

Kate Hao, TJHSST '14, BA Washington University in St. Louis '18

Kassandra Dove McMahon, TJHSST '90, BS Virginia Tech '97, MS American Intercontinental University '00

Jessica Wyman, TJHSST '97, BA New York University '01, MBA Columbia University '08

Kimberly Taylor, TJHSST '91, BS University of Virginia '94, PhD University of Wisconsin '05

William Tarpeh, TJHSST '08, BS Stanford University '12, MS UC Berkeley '13, PhD UC Berkeley '17

Alec Rose, TJHSST '86, BA Tufts University '90, JD University of California, Davis '93

Kripa Patwardhan, TJHSST '04, BA University of Virginia '08, MPP George Mason University '10

Rob Heittman, TJHSST '88

Aaron Balasingam Koenig, TJHSST '10

Dave Algoso, TJHSST '99, BA University of Virginia '03, MPA New York University '11

Jorge A Torrico, TJHSST '98, BA University of Virginia '04

Sam Brinton, TJHSST '10

Tamara Krmoholz, TJHSST '01, BA University of Virginia '06, MT University of Virginia '06

Richard Joyce, TJHSST '00, BA University of Mary Washington '06, MA American University '10

Emily (Stanford) Colson, TJHSST '95, BA University of Virginia '98, MD Eastern Virginia Medical School '03

Caroline Odom, TJHSST '10

J. M. Harper, TJHSST '95, BS Carnegie Mellon '99, JD George Mason '06

Wendy Guo, TJHSST '14, BS College of William and Mary '18

Jennifer Gilbert Manly, TJHSST '07, BA University of Georgia '11

Sharon Gentges, TJHSST '92, BA University of Chicago, BArch Washington University

Reston
CONNECTION

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COMMENTARY

Roller Coaster Ride

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



Every session of the General Assembly I am reminded of how much the functioning of the legislature is like a roller coaster ride. Every ride on a roller coaster regardless of how big it may be starts off very slowly. The steep climb at the beginning is followed by a sudden acceleration as the bottom seems to drop out when the coaster descends into the first drop. While your stomach is still in your throat you go through sharp turns followed by other drops that leave most of us with white knuckles holding on for dear life. There is a great sense of relief when it is all over.

A session of the General Assembly is kind of like that.

The first couple of weeks are busy with opening preliminaries, bill drafting, and this year settling into temporary offices. As bills get introduced and assigned to committees that start to meet you get that sense that the bottom is about to drop out. Days get longer and busier as the need to be in more than one place at a time becomes the rule rather than the exception, and the schedule for each day gets longer.

The final product of the session will not be known until the scheduled end of the session on March 10. In the meantime, I will update you on actions taken on the nearly 2,500 bills and resolutions that are moving down the track. Be aware that there are likely to be changes at the next sharp turn or sudden drop.

Hopes that the session would be less partisan with a 21 to 19 split in the Senate and a 51 to 49 division in the House with Republicans controlling both houses were

dashed early as mostly Republican-sponsored bills were approved along partisan lines. All gun safety bills were quickly defeated including my bill for universal background checks. A bill to repeal the current prohibition on guns in churches was passed. Ironically its proponents testified that it would make churches safer! Bills intended to keep the environment cleaner were mostly de-

feated while some technical and administrative bills related to the environment were passed.

Under the Dillon Rule localities have only the powers granted to them in their charters or in general law. Many bills have been passed as usual to grant specific authority to a given locality; these are referred to as "local bills." Many "housekeeping" measures add to the session agenda as they make technical corrections to existing law. An increasing number of animal-related bills are under consideration as are bills related to hunting and fishing. Major legislation to regulate electric utility rates and expand the use of renewables is still being negotiated.

Certificate of Public Need (COPN) for hospitals is likewise being negotiated among stakeholders.

The really big bill, the biennial budget, will be worked out among conference committee members and usually is one of the last bills to pass.

The mystery of whether it will include an expansion of Medicaid has yet to be resolved. Many twists and turns are still ahead before the Assembly comes to its final stop for the year. Continue your advocacy on issues of concern to you. Check on the progress of bills of interest to you at lis.virginia.gov.

LETTER TO THE EDITOR

Football Scholarships

To the Editor:

The National Capital Region Chapter of the National Football Foundation is accepting nominations for its 2018 Scholar-Athlete banquet. The Chapter awards five \$1,000 scholarships annually to deserving high school senior scholar athletes who played high school football. Nominees are evaluated on academic and athletic excellence, as well as contributions to their school and community. Nomination packets have been mailed to each high school head coach in the National Capital Region. Deadline for submission of nomination packets is April 6. The 12th Annual Awards Banquet will be held on April 22 at the Army-Navy Club in Arlington.

The National Football Foundation was founded in 1947 to promote and develop amateur American football on all levels. The National Football Foundation has more than 115 chapters nationwide. The National Capital Region Chapter has awarded over 65 scholarships and honored over 230 deserving student-athletes in the past 10 years.

The National Capital Region Chapter requests and urges participation from all high schools in the National Capital Region.

For additional information, contact your head football coach.

Bob Jarrell
Scholarship Selection
Committee Chairman
NCR Chapter, NFF



PHOTO CONTRIBUTED

JBG Smith's VY / Reston Heights includes 385 residences on five levels with a range of floor plans and ground level retail.

VY/Reston Heights Opens in Downtown Reston

JBG SMITH Properties, an owner, developer and operator of mixed-use properties in the Washington, D.C., market, announced the opening of VY / Reston Heights. JBG SMITH manages the property on behalf of RH Reston Parkway I, LLC. Located near the future Reston Town Center Metro at 11830 Sunrise Valley Drive, VY / Reston Heights is includes 385 residences on five levels with a range of floor plans and a variety of ground-level retail. The property comprises one-, two-, and three-bedroom apartments and two-level loft units. Monthly rents range from \$1,800-\$3,320. The following retailers at VY / Reston Heights are expected to open during the summer of 2018: Super Chicken, Signature Thai, Allure Nails, Reston Kabob, and WillPower Functional Fitness, a 35,000 square-foot gym that offers personal training, sport fitness group classes, CrossFit, wellness workshops and more.

Designed by Cunningham Quill Architects, VY / Reston Heights brings the deluxe lifestyle of Reston Town Center living to the tranquil enclave of Reston Heights. A derivative of the word "VerY," VY holds true to its name — giving residents the ben-

efit of a well-connected, active lifestyle in the heart of Reston. VY / Reston Heights is comprises 37 percent one-bedroom units, 14 percent one-bedroom plus den units, 34 percent two-bedroom units, and 3 percent three-bedroom units with 12 percent of the community is dedicated to workforce housing.

Amenities include an open-air lounge equipped with shuffleboard and billiard tables, a penthouse sky lounge, views of the Shenandoah mountains and the Reston National Golf Course, a fitness center, a resort-style pool, a courtyard with fire pits, a designated lawn for yoga and outdoor activities, an on-site dog park, an indoor pet spa, a bike maintenance center, and more.

VY / Reston Heights will also feature ground-floor retail, casual restaurants and cafes with sidewalk seating, a popular gym, and more. The apartments are located away from the hustle and bustle of DC, but still offer close city access via the Metro Silver Line, and a quick route to Dulles International Airport. Residents have nearby options for hiking and biking on Lake Thoreau and the W&OD trail.

Visit www.VyRestonHeights.com.

WEEK IN RESTON

Discussing Diversity—An Exploration of Bob Simon's Goal in Reston 2018

Join the Reston Historic Trust & Museum on Thursday Feb. 15, at 7 p.m. for a panel discussion. In the early 1960s one of Bob Simon's goals for Reston was "That the importance and dignity of each individual be the focal point for all planning, and take precedence over large-scale concepts." He didn't use the word diversity, but with each individual he clearly intended to include all without exception.

This program will explore the status of his goal in Reston 2018. The focus is not only on the experiences of the early pioneers, but also the experiences of those who grew up in Reston, those who came later and their children's experiences, and the impressions and experiences of those who are the more recent members of the community.

The program will be held in the Jo Ann Rose Gallery at Reston Community Center Lake Anne and is free to the public. Seating is limited, so reservations are welcome. Contact 703-709-7700 or restonmuseum@gmail.com for more information or to RSVP.

SPORTS



South Lakes High School's Mary Gregory, Hannah Waller, Nicole Post, and Aly Rayle, 4x400 Liberty District Champions.



South Lakes High School's John Eggeman, Otman Srayi, Stevie Jones and Alex Wallace — 4x400 Liberty District Champions.

Seahawks Win Liberty Indoor Track and Field Championship

South Lakes High School scored in all 15 events en route to winning the Liberty District Indoor Track and Field Championships Feb. 2 at the Prince George's Sports and Learning Complex in Landover, Md.

The boys team scored 193.33 points for its 10th consecutive district/conference title. They were followed by Langley (98.33), Washington-Lee (66), Herndon (56.33), Yorktown (33) and McLean (15).

The girls team won its the seventh consecutive district/conference title by scoring 173 points. Langley was second with 92.50 followed by McLean (85.50), Washington-Lee (61), Herndon (37) and Yorktown (15).

Sophomore Hannah Waller and junior Isabelle Gulbert were golden in every event they competed in. Waller won the long jump

(17-05.00) and 55 meter dash (6.99) on Day 1 and returned to win the 300 meters (39.89) and anchor the winning 4x400 meter relay team of senior Aly Rayle, junior Nicole Post and sophomore Mary Gregory on Day 2. They finished with a 4:07.09. Gregory, who won the 500 meters (1:16.79) and finished sixth in the pole vault (6-09.00) the night before, was second in the 300 meters with a time of 41.75.

Gulbert won the 3,200 meters (11:51.07) on the opening day of the competition and then won both 1,600 meters (5:15.66) and 1,000 meters (3:06.18) the next day.

Senior Sean Casey, winner of the boys 3,200 (10:00.22) on the first day, finished second in the 1,600 meters (4:34.30) and third in the 1,000 meters (2:37.13) behind teammate Alex Loukili (2:36.76, 2nd) on

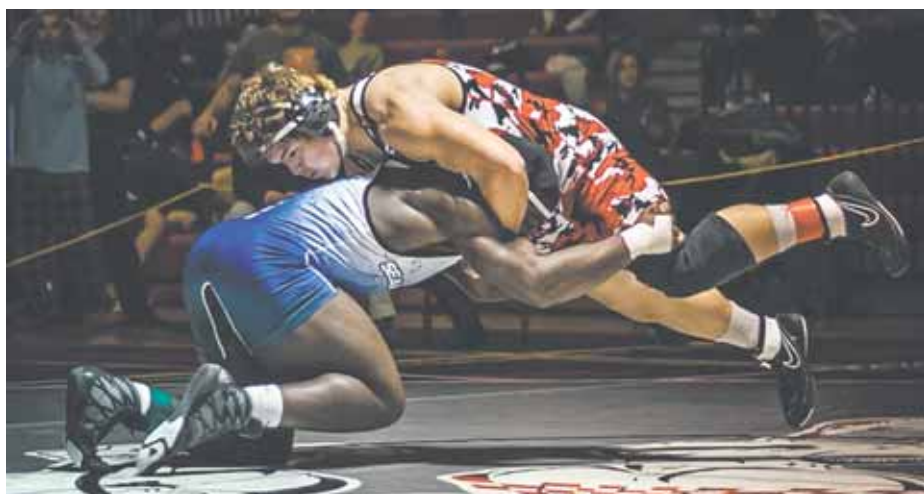
Day 2.

In the shot put, senior Jamie Richards won the girls division with a throw of 32-00.00. Senior Ronak Cuthill had a throw of 51-07.50 for second place in the boys division and the school record. The previous mark of 50-09.00 was set by Yaki Ibia during the 2006-2007 season.

Led by senior Alex Wallace, the SLHS boys swept the 500 meter dash on Day 1. Wallace won the event 1:07.18 followed closely by senior John Eggeman (1:07.48, 2nd) and sophomore David Ramirez (1:11.11, 3rd). On Day 2, Wallace led another SLHS sweep, this time in the 300 meters, winning the event in 36.82, followed by junior Stevie Jones (36.98, 2nd) and Eggeman (36.99, 3rd). Jones, who won the 55 meters (6.67) and the long jump (20-08.00) on the first

day, teamed with Wallace, Eggeman and senior Otman Srayi to win the boys 4x400 meter relay (3:32.51). He also finished second in the triple jump (40-11.00).

SLHS dominated the relay events with seniors Peter Delmolino, Loukili and juniors Nicky Gyski and Calvin Warstler winning 4x800 meters in 8:23.76. Senior Reagan Tobias teamed with sophomores Caitlyn Morris, Beth Matthews and Emily Lannen for second in the girls division (10:01.65). The Seahawks started Day 2 off by winning the girls 4x200 meter relay. Sophomores Rhema Konadu, Alyssa Smith, junior Alana Pardo and Rayle finished in 1:50.50. The boys team of seniors Pape Ndiaye, Carson Frutchev, Aidan Smith and Kojo Kumi-Darfour ran a 1:37.90 for second.



Wrestler of the Tournament, Albert Mensah of South Lakes, taking on Chris Estrada of Herndon.



Herndon's KT Elston beat prior District Champion Greg Curtin from Washington & Lee in a one period match.

PHOTOS BY JENNIFER KAYE/THE CONNECTION

Winning District Championships

Liberty District Wrestling Tournament held at McLean High School.

McLean High School hosted the Liberty District Wrestling Tournament Saturday, Feb. 3. The tournament featured 73 wrestlers from South Lakes High School, Herndon High School, Washington & Lee High School, Langley High School, McLean

High School and Yorktown High School. With weigh-ins starting at 8 a.m. and 14 weight classes, from 106 pounds to heavy-weight, it was a full day of wrestling. Each school took home at least one District Championship title, and Washington & Lee was the overall winner of the tournament with

a total score of 198 points. Washington & Lee also took home the awards for Head Coach of the Year and Assistant Coach of the Year. The Wrestler of the Tournament Award went to Senior Albert Mensah of South Lakes High School. Team scores for the top schools of the tournament are as

followed:

1. Washington & Lee High School, 198 points
 2. South Lakes High School, 151.5 points
 3. Herndon High School, 113 points
- JENNIFER KAYE

Feeding the Flu

What to eat when fighting the flu.

BY MARILYN CAMPBELL

Flu season is in full swing and, according to the latest statistics from the Centers for Disease Control and Prevention, it's packing a powerful punch. According to the most recent CDC report, the flu is widespread in most states, and healthcare providers report an uptick in influenza-related hospitalizations and deaths.

“One of the best sources for protein when you have the flu is real, bone-based soup.”

— Sara Ducey, Professor of Nutrition and Food, Montgomery College

While the thought of eating might be unappealing to someone who is battling the flu, nutritionists and health care providers say certain nutrients are essential for keeping up one's strength. Soothing and healing ingredients are key allies when fighting this season's virus.



COURTESY OF SARA DUCEY

Turmeric, powdered ginger, honey and almond or coconut milk can create a soothing and healing drink for those who are battling the flu, says nutritionist Sara Ducey.

“The thing you need most is water,” said Sara Ducey, professor of Nutrition and Food at Montgomery College. “You need sufficient water to bring nutrients to your cells and take away the waste. As you hydrate it gives your immune system more of a boost.”

Protein, says Ducey, will help one's body build and maintain strength. “It's important for supporting the immune system and for helping your body breakdown medicines like Tylenol,” she said. “One of the best



PHOTOS BY MARILYN CAMPBELL

Fresh ginger can be a soothing ingredient for those who have the flu.



Garlic is credited with having antibacterial properties.

sources for protein when you have the flu is real, bone-based soup, not ramen noodles that have chicken flavoring.”

Bone broths, like those made from chicken or beef, offer hydration, protein and amino acids, added Ducey. Broth can be sipped or used as the base for a soup. “It's a natural healing and restorative food,” she said. “At this point, everyone can assume that they're going to get the flu and prepare some bone-based broth ahead of time and keep it on hand in the freezer. You can also buy boxes of it.”

Fresh ginger can work as an anti-inflammatory, soothe an upset stomach and boost one's immune system, says nutritionist

Debbie Hynes of Practical Ayurveda. “Warm water with grated ginger and honey can soothe a sore throat or upset stomach,” she said.

Foods that are high in Vitamin C like orange juice, particularly a variety that contains pulp, can boost your immune system, says Ducey. “It's a powerful antioxidant which is important for keeping your muscles strong especially when you're sick.”

Garlic is another ingredient that Hynes likes to include in flu-fighting recipes. “It has antibacterial properties, especially when it's raw,” she said. “I add it to chicken broth along with chili flakes to sip when someone in my family has a stuffy head. The combination can clear the sinuses. And if you can stand to eat it, raw garlic has the strongest antibacterial properties.”

Turmeric works as an anti-inflammatory and antioxidant, says Hynes. “It's been known for those properties in Chinese medicine for centuries,” she said.

Ducey uses the spice in a creamy drink she creates called Golden Milk. “I take a cup of milk, a teaspoon or two of honey and a little black pepper and put it in the microwave to warm it,” she said. “You can use almond or coconut milk if you can't tolerate dairy. Turmeric is very poorly absorbed by the body, so adding a little black pepper helps absorb it. It sounds bizarre, but it's strangely comforting.”

Let us know about an upcoming event
www.connectionnewspapers.com/Calendar

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PET Connection

Publishes: Feb 28, 2018 • Ads close: Feb 22, 2018

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CALENDAR

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

ONGOING

Art Exhibit. Through Feb. 17, various times at the Greater Reston Arts Center, 11900 Market St., Reston. 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.

Small Business Support Sundays.

Visit independent stores and restaurants, and those that support small businesses at Reston Town Center, discounts, tastings, and localized treats every Sunday. Visit SmallBusinessSupportSundays.com.

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

WEDNESDAY/FEB. 7

Tröegs Reston Event. 5-8 p.m. at Crafthouse Reston, 1888 Explorer St. Reston. Local folk artist Marni Manning will join with Tröegs Independent Brewing to host a public event at Crafthouse. Free signed prints by the artist will be available at the event. Manning, along with 13 other artists, was commissioned by Tröegs to create a poster design for their yearly Nugget Nectar unveiling.



Winter scene of a beautiful red cardinal upon snowy branches.

Design & Wine

Painting and “wining” Winter Colors with Lorrie Herman The group will paint a winter scene of a red cardinal upon snowy branches on a square canvas with acrylics. Paint together step-by-step. \$40 per person covers wine, light snacks and supplies. Limited to 25 participants. Registration is required with payment in advance. No prior art experience necessary. Tuesday, Feb. 13, 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Call 703-956-9560.

Free. Visit www.troegs.com.
Embrace New Beginnings. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Gerry Gorman will lead this meditation practice. Registration opens Jan. 24. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
Read and Sip. 6-8 p.m. Scrawl Books readers will meet at The Tasting Room in Reston Town Center to discuss books over a glass of wine. Visit www.scrawlbooks.com/event/wine-wednesday-book-chats.

FRIDAY/FEB. 9

Have A Heart Hop. 8:30-11:59 p.m. at Dulles Hilton, 13869 Park Center Road, Herndon. The GottaSwing Have A Heart Hop will include a Silent Auction to raise money for Vets & Pets (Honor Flight and Lucky Dog Animal Rescue). Dance lesson at 8:30. followed by three hours of dancing. \$25 per person. Visit www.haveaheartHop.net.

SATURDAY/FEB. 10

Handmade Valentine’s Workshop.

9:30 a.m. Create one of a kind valentines for someone special! Sign up the whole family for this workshop led by GRACE staff to make some fun, creative cards. Note: Parents will need to assist children with the creation of cards and children must be accompanied by a participating adult. Adults may come on their own and do not need to be accompanied by a child. All ages. \$5 residents/\$10 non-residents. www.restoncommunitycenter.com/register-for-classes-activities.

Sisters in Crime Write-a-Thon. 10 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Come write in with Sisters in Crime mystery authors. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Meet the Artists. 3-4 p.m. at the Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Members of the League of Reston Artists display paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hangings. Visit www.leagueofrestonartists.org

Love Songs. 6:30-8 p.m. at United Christian Parish, 11508 North Shore Drive, Reston. Come join us for a free community concert featuring Masha Feygelson and friends singing love songs to get us in the mood for Valentine’s Day. Free. Call 703-620-3065 or visit ucpreston.org.

“Word Becomes Flesh.” 8 p.m. at Reston Community Center, CenterStage, 2310 Colts Neck Road, Reston. Letters from a father to his unborn son. Note: Recommended for adults ages 18 and older; younger audience members must be accompanied by a parent or guardian. This performance runs 1 hour and will be followed by a Post Show conversation with the artists. Tickets: Reston \$20, Non-Reston \$30. Call 703-476-4500 or visit www.restoncommunitycenter.com.

SUNDAY/FEB. 11,

Author Event. 4-6 p.m. at Scrawl Books, 11862 Market St., Reston. Author C. V. Wyk will be at the store to discuss her new YA fantasy novel Blood and Sand. Visit www.scrawlbooks.com/event/blood-and-sand-c-v-wyk.

Mardi Gras Celebration. 5-7 p.m. at United Christian Parish, 11508 North Shore Drive, Reston. Celebrate Mardi Gras with live entertainment from Reston’s top talent, including the Reston Divas for an evening of music, dance, food and more. The event is free and fun for all ages. Call 703-620-3065 or visit www.ucpreston.org/event/1070505-

2018-02-11-mardi-gras/.

TUESDAY/FEB. 13

James A. Bland Music Scholarship Competition. 7:30 p.m. Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Solo musicians from local schools with a variety of voice, piano and instrumental talents compete to advance to regional round of competition. Winners will advance to district and state competition levels. Admission is free. Visit www.restonlions.org.

WEDNESDAY/FEB. 14

Color Me Happy. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, and color your cares away in our adult coloring session. Invite a friend, date or mate to come along! Coloring pages and pencils provided, or bring your own. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

THURSDAY/FEB. 15

Reston Historic Trust to Host Program. 7 p.m. at the Reston Historic Trust & Museum, 1639 Washington Plaza N., Reston. On Diversity — An Exploration of Bob Simon’s Goal in Reston 2018. Join the Reston Historic Trust & Museum for an interesting panel discussion. The program will be held in the Jo Ann Rose Gallery at Reston Community Center Lake Anne and is free to the public. Seating is limited, so reservations are welcome. Contact 703-709-7700 or restonmuseum@gmail.com.

THURSDAY/FEB. 16

Great Decisions Series. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Watch the film produced by the Foreign Policy Association and participate in the roundtable discussion on current events and U.S. foreign policy options. The topic for this month is “Russia’s Foreign Policy”. Discussion materials will be available at the Info Desk two weeks before the event. Light refreshments will be served. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Application Deadline. Greater Reston Arts Center invites artists to submit a proposal for new artwork in response to the prompt, “If you could do anything, what would that be?” Five artists will be selected by Guest Curator Don Russell and GRACE Associate Curator Erica Harrison to participate in the 2018 Mary B. Howard Invitational: STRETCH. Selected artists will receive a \$250 honorarium and \$1,000 for materials. Call 703-471-9242 or visit restonarts.org.

SATURDAY/FEB. 17

Bluegrass String Quintet. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Bluegrass String Quintet: Two Ton Twig, honoring a time and spirit when music was more raw and honest, the string quintet combines emotion and depth with their raucous and carefree attitude. The result is both captivating and foot-stompin’ fun. Visit www.artspaceherndon.org/new-events/2018/2/17/two-ton-twig

SUNDAY/FEB. 18

Piedmont Bluz. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Piedmont Bluz Acoustic Duo plays traditional African American folk music. Sponsored by the Friends of the Reston Regional Library. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

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PUBLIC HEARING NOTICE

Reston Association will hold a public hearing on two proposed property additions, through supplemental declarations, **on Feb. 22, 2018** during the RA Board of Directors meeting **at 6:30 p.m.** Both hearings will take place at **RA Headquarters, 12001 Sunrise Valley Drive, Reston.**

The public hearings will review two different residential development projects petitioning for Reston Association membership:

Valley & Park by Toll Brothers: at 11720 Sunrise Valley Drive, 54 total units.

Lofts at Reston Station by Pulte Homes: at 1825 Michael Faraday Drive, 44 total units.

RA Members are invited to attend and provide comments. For more information on either project, please contact landuse@reston.org or visit <http://bit.ly/2kYBZLT>.



THEATER

Letters from Father to Unborn Son “Word Becomes Flesh” at CenterStage.

BY DAVID SIEGEL
THE CONNECTION

Where & When

Theatre Alliance presents “Word Becomes Flesh” at Reston Community Center, CenterStage, 2310 Colts Neck Road, Reston. Performance: Saturday, Feb. 10, at 8 p.m. Tickets: Reston \$20, Non-Reston \$30. Call 703-476-4500 or visit www.restoncommunitycenter.com. Note: Recommended for adults ages 18 and older; younger audience members must be accompanied by a parent or guardian. This performance runs 1 hour and will be followed by a Post Show conversation with the artists.

Recipient of five Helen Hayes Awards for professional theater excellence in the Washington, D.C. area, including for Outstanding Play and Outstanding Director, the critically acclaimed Theatre Alliance production of “Word Becomes Flesh” is coming to Reston’s CenterStage. It will be the Virginia premiere of the very singular show.

“I have seen this award-winning production twice and have been stunned by the performances of these five actors,” said Paul Douglas Michnewicz, director, arts and events, Reston Community Center. “Theater Alliance continues its tradition of bringing the most advanced of theatrical performances to Reston’s CenterStage.”

Written by spoken-word poet and playwright Marc Bamuthi Joseph and directed by Psalmayene 24, “Word Becomes Flesh” was developed from a series of letters written from a single father to his

yet unborn son. “Word Becomes Flesh” examines masculinity and responsibility for a father-to-be within the constructs of hip-hop culture.

“‘Word Becomes Flesh’ is a unique production that gives a strong, rich voice to those who may have been unheard in the past; or for those whom there have been only accepted stereotypes in the past,” said award-winning director Psalmayene 24.

“The production gives audiences the chance to see a segment of America likely not known to them; the heart, soul, and mind of African-Americans on the verge of

becoming a parent,” added Psalmayene 24. “‘Word Becomes Flesh’ gives a voice to a young black male soon to become a father with his dreams, hopes and anxieties. The production gets inside his skin.”

The performance uses spoken word, movements, hip-hop, dance, and music to explore what it means to be a black man in the 21st century. According to Psalmayene 24, the play’s language and physical movements are “exciting and contain important messages and conversations that are begging to be heard.” The show aims to get beyond stereotypes to “break thru the mythology and build bridges with the audience. There is a universal core to it; that of a new parent, a new father waiting for the birth of his child.”

Psalmayene 24 further indicated that he wants to “create something intimate for the audience during the ‘Word Becomes Flesh’ performance. And to carry that forward into an open talk-back after the show with a conversation that en-



PHOTO BY C. STANLEY PHOTOGRAPHY/COURTESY OF RCC

Cast of Theater Alliance’s “Word Becomes Flesh”.

gages the audience.”

“Word Becomes Flesh” will be the Virginia premiere of a searing,

not-to-be-missed performance centered upon dignity told through movement and language.

Collecting Dresses for Diva Central Event

Reston Community Center is now accepting dresses, shoes, jewelry, handbags, shawls and other accessories for its 16th annual Diva Central Dress Drive. From Feb. 1-28, RCC will be collecting gently used formal wear at its Hunters Woods and Lake Anne locations. Donations are tax deductible and may be dropped off Monday – Saturday, 9 a.m. to 9 p.m.; 9 a.m. to 8 p.m., Sundays.

All donations are appreciated, however, ideal donations should be in good condition, no older than five years (circa 2013) and dry cleaned before they are

donated. If dry cleaning is not possible, please inform RCC at the time of drop off.

Dress donations will benefit Reston-area middle and high school students, who can outfit themselves for prom and spring dances for free.

Since 2003, Diva Central’s mission has been to promote confidence and self-esteem by providing dresses to area high school students. For the past couple of years, middle school teens have been added to the event so their school dance needs can also be met. Local businesses generously donate gift certificates and other dance-related services to help the students create a truly

memorable night.

This year’s dress giveaway event is planned for Saturday, March 24, from noon to 6 p.m. at RCC Lake Anne, 1609-A Washington Plaza in Reston. All local middle and high school students are invited to attend and “shop” for dresses, shoes and other accessories for free. Registration is not required.

“School dances are becoming increasingly expensive experiences for middle and high school students.

We hope to lessen that financial burden by giving local teens the opportunity to create their entire prom or dance look for free,”

said RCC Leisure and Learning Director Eileen Boone. “We always receive beautiful dress and accessory donations from the community. I think people are excited to see new life for a special-occasion dress.”

For further information, or to become involved as a volunteer or business partner, contact LaTanja Jones at 703-390-6158 or LaTanja.Jones@fairfaxcounty.gov.

To find the programs or events, visit www.restoncommunitycenter.com or call 703-476-4500.

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PHOTO CONTRIBUTED

Matthew McCall

Reston Community Center Names New Aquatics Director

Reston Community Center has announced that Matthew McCall has been hired as RCC's new Aquatics Director. McCall, 41, assumes the role following the retirement of Joe Leary, who retired in 2017 after 27 years at RCC.

Taking over at RCC is somewhat of a homecoming for McCall, who, after attending various schools abroad, graduated from South Lakes High School in 1995 and competed for SLHS' swim team. His first aquatics job was lifeguarding for Reston Association. McCall swam collegiately at Transylvania University in Kentucky and holds a bachelor's degree in history from Virginia Commonwealth University.

"I was amazed at how much Reston has grown over the years but excited to learn that the same principles and values of inclusion and caring are still so evident here," said McCall. "Reston has an incredible sense of community, and so far in my short time here, I have seen how connected RCC and the RCC staff are to the community." McCall said his goal is to get as many people as possible involved with swimming. "Swimming is a skill that sticks with you for life, and our goal is to give every child in Reston that skill."

McCall previously held aquatics operations leadership positions in Orlando (with the Walt Disney Company) and St. Peters, Mo. (St. Peters Rec-Plex).

RCC Executive Director Leila Gordon welcomed Matt McCall to the RCC team. "He was hired from a very competitive process, and the Board of Governors was involved in his selection. We are extremely pleased to have Matt with us. He has incredible enthusiasm, and I am sure his expertise is going to lend itself to future success in the renovated Terry L. Smith Aquatics Center."

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Legals

ABC LICENSE

Silver Diner Development, LLC trading as Silver Diner, 11951 Killingsworth Ave. Reston, VA, 20194. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Robert Gialmo, Manager & Vpe Von Hengst, Manager. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Obituary

Dennis Angelo Lee (age 57)

passed away peacefully in his sleep at his home in Leesburg on Monday, January 29, 2018. Dennis is survived by his wife, Ella (his best friend of 39 years); their three children, Takicha, Denise (Daniel) and Dennis Jr; two grandchildren, Mia and Jackson; his brother, Gary Lee (Vay Paige); sister, Debra Ann Lee; his stepdad, Lawrence Howard; his brothers-in-law, Donald, Charles, Otis and Jimmy Johnson; and a host of aunts, uncles, cousins, nieces, nephews and wonderful friends.

Funeral services were held on Monday, February 5, 2018 at The First Baptist Church of Sterling 21449 Potomac View Road, Sterling, Virginia 20164. Arrangements entrusted to Colonial Funeral



Home, Leesburg, Virginia.

In lieu of flowers, the family asks for charitable donations to one of the following organizations:

COPD Foundation: <https://copd-foundation.donordrive.com/campaign/dennis-lee>

Southgate Community Center: 12125 Pinecrest Road, Reston, Virginia 20191 in memory of Dennis Lee

Dennis lived, played and worked in Reston for a few decades. The Lee's are requesting donations in Dennis' honor to the Southgate Community Center for the benefit of children and families who live in that community. Your donations will provide opportunities to them that they would not otherwise be able to afford.

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Announcements

BULLETIN

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

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

WEDNESDAY/FEB. 7

Five Pillars of Brain Health. 2-3 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. In this hour-long, interactive session learn about the five pillars of a brain-healthy lifestyle, share your brain-boosting activities and be inspired by others. For more information or to register call 703-390-6157 or email karen.brutsche@fairfaxcounty.gov.

First Wednesday with Supervisor Hudgins. 4-6 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stop by to speak with Supervisor Cathy Hudgins directly one-on-one. No appointment necessary. Visit www.fairfaxcounty.gov/huntermill/.

THURSDAY/FEB. 8

Brain Health Workshop. 1-2 p.m. and 2-3 p.m. at Southgate Community Center, 12125 Pinecrest Drive, Reston. Baycrest Hospital is providing a free brain health workshop for those between 40 and 79 years of age. At this free workshop, you will receive brain health score, a personalized score report, and best tips to keep the brain healthy. Call 703-860-0676.

Award Nomination Deadline. 5 p.m. Nominate a volunteer or volunteer group that has made a positive impact on the Fairfax County community at www.volunteerfairfax.org. The Fairfax County Volunteer Service Awards is a community-wide celebration of volunteerism. For a complete list of categories and guidelines, visit www.volunteerfairfax.org or call Kristen Moore at Volunteer Fairfax at 703-246-3531.

FRIDAY/FEB. 9

Section 504 - What Parents Need to Know. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn how students with a disability may qualify for a Section 504 Plan under Section 504 of the Rehabilitation Act of 1973, a federal civil rights law that prohibits discrimination against individuals on the basis of a disability. Kathy Murphy, FCPS Section 504 Specialist will present this workshop and answer your questions. Register at bit.ly/2E6X15C.

Grant Application Deadline. 5 p.m. The Town of Herndon is accepting grant proposals up to \$4,500 through the Virginia Commission for the Arts (VCA) for projects to be implemented in FY 2019. For information about this program and other grant opportunities, review the newly adopted 2018-2019 Guidelines for Funding which are available at www.arts.virginia.gov/grants_guidelines.html.

SATURDAY/FEB. 10

Super Transition Saturday. 8:30 a.m.-1 p.m. at Lanier Middle School, 3801 Jermentown Road, Entrance 1, Fairfax. Learn about Career and Transition Services (CTS) programming and course options for students with disabilities. Breakout sessions will cover postsecondary support services, student self-determination, and in-school CTS supports that are available for students with special needs as they progress through their secondary years toward graduation and beyond. Register at bit.ly/2Bbelpn.

TUESDAY/FEB. 13

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's topic is Maintaining Relationships While Caregiving. Call 703-324-5484, TTY 711 to register.

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“Chronic Ken”



By KENNETH B. LOURIE

Nearly nine years into a “13 month to two-year” prognosis, I can hardly believe my good fortune. And though I rarely look a gift-oncologist in the stethoscope, I am happy nonetheless to count my blessings as I continue to look ahead rather than stress behind, and try not think about what was said and when.

At the initial “Team Lourie” meeting with my oncologist, I was told that there was no cure for lung cancer. I could be treated though. As to whether I might live beyond two years, I remember my oncologist responding to our desperate query by saying: “Could you be the one? Sure.” Reassuring it wasn’t, but hopeful? It sort of was.

As the years have passed and research into lung cancer has grown, an interim step to a cure has evolved: treating lung cancer as a chronic (has opposed to acute/dire) disease, similar to diabetes, as an example. Not as yet curable, but manageable over a longer period of time. A disease with which, I’m fond of saying, one can live. Live beyond the applicable word because, I have to tell you, at the beginning of my treatment, based on what my oncologist had described, living was a long way from what he was anticipating my outcome would be. Nevertheless, I began treatment the following week and the rest is history you regular readers have been privy to since June of ‘09 when I first published a “cancer” column (as I call them).

Feb. 20, 2018 will be nine years since my internal medicine office called me at work with the results of my previous week’s biopsy. He said the tumor was malignant. I remember asking him what that meant. (Duh!). He said he’d rather let the oncologist answer any questions and referred me to the doctor, the same doctor with whom I’ve been a patient all these years. Sure enough, a week later we heard the news: non-small cell lung cancer, stage IV. And I’ve been up to my whistles in real or imagined anxiety ever since.

And I’m still present and accounted for as are more and more of us previously-characterized-as-terminal, non-small cell lung cancer “diagnosees.” We are not just patients any more. We are survivors, surviving longer than ever before. We are not cured but neither are we dying. Our treatments are modified when the results warrant it and life continues to go on. As much as a cure would be, and continues to be, the goal, life continues, relatively normally, for many of us. It’s unlikely however, that we’ll ever get out from underneath the weight of our cancer diagnosis. Rather than dying from it though, we’re now able to live with it months/years longer than many patients previously diagnosed within the disease.

So what’s the next step? Maybe a bigger, bouncier, longer step than before, but more than likely, more of the same, moving forward, one step at a time. To one whose present was hardly a given nine years ago and whose future seemed like a taken – away, being able now to actually live in the present without fearing/forfeiting the future is the opposite scenario many of us lung cancer patients, especially those of as staged as IV, ever imagined. Day by day was the best we could muster.

Now we’re mustering months and years and living longer more fulfilling lives. We’re not victims anymore nor are we victimized by our circumstances. We’re advocating and being advocated for. We don’t exactly have lung cancer on the run, but we may have it on the trot. I don’t know if I’ll live to see a cure but I have lived long enough to have given myself a nickname, one which I’m most proud to have earned.

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

RESTON COMMUNITY CENTER

WE WANT TO HEAR FROM YOU!

Community Relations and Program/Policy Joint Committee Meeting

Monday, February 12 • 6:30 p.m.

RCC Hunters Woods – 2310 Colts Neck Road, Reston, VA 20191

Do you have ideas and opinions about RCC programs, services and facilities? Patrons and partners are invited to attend the Community Relations and Program/Policy Joint Committee Meeting to share your thoughts.

Please RSVP to RCCContact@fairfaxcounty.gov by February 9.

If you are unable to attend, input may also be sent to RCCContact@fairfaxcounty.gov.



Dress Drive

Now – February 28

RCC is collecting the following for Diva Central :

DRESSES • SHOES • JEWELRY • HANDBAGS • ACCESSORIES

Please drop off items at RCC Hunters Woods – 2310 Colts Neck Road, Reston
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All donations are appreciated, however, we ask that donations are in good condition, no more than 5 years old (circa 2013) and dry cleaned before they are donated.
If dry cleaning is not possible, please inform us at the time of drop-off. Dress donations will benefit students in Reston and other communities.



www.restoncommunitycenter.com

2310 Colts Neck Road, Reston VA 20191
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