

This year's Christmas tree at Reston Town Center following a tree lighting ceremony on Nov. 28. The Reston Town Center Ice Skating Rink will be open until March 2015.

Reston
CONNECTION

End of the Year Fun in Reston

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PHOTO BY JIM KIRBY/COURTESY OF RESTON TOWN CENTER



Karen Garza's Vision For County Schools

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NEWS



The Reston Town Center Ice Skating Rink will be available to patrons until the month of March. Ice skates and other supplies are available inside the skate shop directly beside the Pavilion (behind Clyde's).

End Of the Year Fun in Reston

Winter entertainment at various locations in the area.

BY RYAN DUNN
THE CONNECTION

At Reston Town Center, the ice skating rink has been set up at the pavilion for patrons. On Sunday, Dec. 21 the public is welcome to come and enjoy a holiday music performed outdoors by Rich Amelang, singing guitarist, at 12 and 1:15 p.m.; and music by the Northern Virginia Ukulele Society at 3 p.m.

At Reston GRACE current exhibit LineWorks: Drawing Redefined will close on Jan. 3, 2015. In "LineWorks," a variety of multi-media works by five artists will be presented who utilize line as an essential element in their work. Featured artists Lee Gainer, Sarah Irvin, Nikki Painter, Foon Sham, and Sarah Weinstock all create work that relies fundamentally upon line drawing.

In addition, they all explore how memories are formed, collected, and forgotten, using drawing to document their experiences.

Located at Reston Town Center, GRACE continues its role as a leader in the expanding regional arts community.

On Saturday, Jan. 3, 2015 the **Walker Nature Center** located at 11450 Glade Drive in Reston will host a winter bird count event. Everyone is welcome to join the nature center staff for a half-day annual bird

count throughout Reston's natural areas. The event will be an opportunity to meet local bird experts, learn tips on identification and have fun while helping obtain important information about our feathered friends. Volunteers are invited to enjoy a free lunch, tally results and swap stories at Nature House following the count from noon to 12:30 p.m.

Meadowlark Botanical Gardens, located in Vienna, on 96 acres of rolling hills and deeply indented dales, is a property of Northern Virginia Regional Park Authority, which is maintained and operated for public education and enjoyment.

This was the wish of the donors, Dr. Caroline Ware and Dr. Gardiner Means, who donated their beloved farm in 1980 to the park authority.

Meadowlark Gardens is continuing their third display of the Winter Walk of Lights Festival.

In addition to a gingerbread house, sleigh, carolers, and whimsical animations, the animated light show features 40,000 lights at the lake set to holiday songs. Timed admission tickets are required for this popular light show. Adult prices are \$13 each; children ages 3 to 12, pay \$8 each. The Winter Walk of Lights Festival continues until Jan. 4, 2015. Visitors can choose their start time and stay as long as you like; the park closes at 10 p.m.

Meadowlark Gardens suggests printing tickets at home and presenting them to the Visitor Center staff for admissions to the garden.

The 8:30 or 9:15 p.m. ticket times have fewer crowds. It is suggested to dress seasonally and understand that this is a walking show, the path is 0.6 miles long.

NEWS



Reston founder Robert Simon gives Maya Deutchman a hug after she hands him a proclamation from President Obama.



The first public Silver Line rail cars leave the Wiehle-Reston East station.

2014 in Reston: Metro Comes to Town

Metro brings change on community's 50th anniversary.

BY REENA SINGH
THE CONNECTION

Reston has gone through historic changes in the past year. 2014 brought Phase One of the Metro's Silver Line and community input to redevelop all of Robert's Simon's village center visions on the 50th anniversary of his namesake.

"It was a proud day on July 26 when the first Silver Line Metrorail train pulled into the Wiehle Station loaded with regional partners," said Hunter Mill Supervisor Cathy Hudgins. "And, it continues to bring not only excitement, but great, needed service to Tysons, Reston and the Dulles Corridor."

The ribbon cutting, which brought both state and national officials to Reston, came after much fanfare from the community for more than a decade.

"We are committed to unlocking the region," said Gov. Terry McAuliffe before the ribbon cutting. "That's why we've been so involved with making sure this comes to fruition."

It was Hudgins, however, that noted how long the community has been waiting for Metro to arrive. She said when she moved to Reston nearly 50 years ago, her family was told that the Metro line would eventually run to Reston. Soon, it will be out past



Gov. Terry McAuliffe stopped by the event to honor Robert Simon at this year's Founders Day.

the Dulles Corridor into Loudoun County.

"Construction on Silver Line Phase 2 has begun and we look forward to the continuing increase in transit use," she said.

Reston Association president said there is still work to be done in order to make Metro better serve the community.

"I think the opening brought a lot less angst than predicted, but there are still a lot of improvements that are yet to be done," he said. "New development brings a word called change, and change can be a good thing or a bad thing."

AMONG THE OTHER CHANGES in the

community are Phase II of Reston's Master Plan, which includes the revitalization of the village centers. During the last several months, Fairfax County Planning and Zoning representatives have met with citizens to find out what they want their village centers to look like.

"The major factor in all of this is speed," said founder Robert Simon. "Everything takes much longer than it used to. What you get now is an eight to 10 year gap, like with Lake Anne, for example."

Knueven said the Reston Association's relationship with the county and the community helps to make sure the residents'

voices are heard during those early morning meetings.

Master Plan Phase II does not include Lake Anne - Simon's first village center. The community is getting its own revitalization completely separately from the others.

The community had the opportunity to have their voices heard during the various town Planning and Zoning meetings with Lake Anne Development Partners, LLC. Earlier this month, the Board of Supervisors approved an amendment to the county comprehensive plan in favor of Lake Anne Development Partner's plans.

"The development proposes to include a combination of multi-family buildings, single-family attached dwelling units in a crescent pattern, affordable housing, active adult and restricted housing, additional commercial/retail development and a proposed boutique grocery store," said Hudgins.

RESTON - also known as Robert E. Simon's town - celebrated its 50th anniversary the same year the founder turned 100. The historic Founder's Day brought county and state-level officials to Lake Anne Village Center where it all started.

"For me and for my family, this is very special in that we landed here by accident in 1969," said Hudgins during the event. "In 1969, things were vastly different in the country and the world, and we found that we were lucky to be able to find a place we could raise a family, we could create friends, we could give back, and do what everyone thought was the most important part of being a community."

Thanking Reston Rotary for Support

Aldrin Elementary fifth and sixth grade choristers caroling at the Reston Rotary Club's December meeting, thanking them for their continuous assistance to the school.



NEWS



PHOTOS BY RYAN DUNN/THE CONNECTION



Reston Garden Club president Mary Weinhold with Millan Fentriss at the Walker Nature Center both work on holiday garden mugs at the Walker Nature Center. Each year several club workshops are held to teach various crafts.

On Dec. 9 members of the Reston Garden Club met at Walker Nature Center. The club workshops are popular and provide a wonderful time to gather with club friends.

Reston Garden Club Hosts Decoration Workshop

Garden club creates holiday decorations for Reston community.

BY RYAN DUNN
THE CONNECTION

December usually brings a holiday decorations workshop of some kind. The Reston Garden Club, an active community organization, held their decoration workshop at the Walker Nature Center in December on Glade Drive. The club workshops are very popular and provide a wonderful time to gather with club friends for activity.

Each year several club workshops are held to teach various crafts or provide a platform to produce items for fundraising. The Reston Garden Club has been an active part of the Reston community, since its organization in 1970. "I was the first membership chair person," said Sally Guilfoyle, a resident of Reston for 44 years. "We have gone through a lot of changes." Attending the December workshop were club leaders including President Mary Weinhold.

"This is something we do every year," said Reston resident Joan Namm, a member of the Reston Garden Club for over 20 years. Programs and projects of the club are designed to encourage interest in home gar-



Reston resident Sally Guilfoyle with Sandra Twohie work on the winter holiday mug project with other members of the Reston Garden Club at Walker Nature Center in Reston.

dening, better horticultural practices, flower arranging, civic beautification and the conservation of native plants and wildlife. Membership is open to all interested residents of Reston and surrounding communities, whether they are novices or experts.

Objectives of the December workshop were to make over 50 holiday mug arrangements which were given to locations within the Reston area.

These sites included the Artemis House, the Reston Embry Rucker Shelter, Reston Community Center, and Tall Oaks Assisted Living. Reston resident Pat Lenz explained

the winter green holiday mug arrangements were a traditional event for the club. Other club contributions to Reston have included hundreds of trees and other memorial plantings, nature camp scholarships, "Adopt-A-Highway" maintenance of the Bowman Towne Drive area, and co-sponsorship of Reston Garden Tours. The club also maintains the garden at Reston Regional Library.

"Everything is done by the club members," said JoAnn Shaub. "Both the greens and the holiday mugs were provided by members of the Reston Garden Club." The



Reston resident Pat Lenz holds a completed evergreen holiday garden mug. On Dec. 9, members of the Reston Garden Club met at Walker Nature Center to create holiday garden mugs which were distributed to several sites in the Reston area.

December workshop has been a popular event as it allows members to be creative as they decorate mugs with wintergreen trimmings such as pine and holly. Members then have the chance to share these decorations with members of the community.

Members of the Reston Garden Club enjoy monthly programs with speakers and demonstrations.

In addition, special events such as bus trips to gardens and shows are planned throughout the year. For more information on the Reston Garden Club, visit www.therestongardenclub.org.

VOLUNTEER OPPORTUNITIES

Fairfax County is offering a free Telephone Support Group for Family Caregivers of Older Adults. Join us for this open discussion. This telephone support group may be just what you need! Share your experiences, gain support and get important information without having to travel. The one-hour free sessions are scheduled for the second Tuesday of each

month beginning at 7 p.m. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on Caregiver Telephone Support Group.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs Reston area. For these and other volunteer opportunities, call

703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Volunteers, fluent in American Sign Language, are needed in Reston, Herndon and Vienna. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

click on Volunteer Solutions.

Meals on Wheels needs drivers in Chantilly, McLean, Mt. Vernon, and Clifton on Monday, Wednesday and Friday. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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GRASSTEK should be started at least 12 weeks before the season. Talk to an allergy specialist now about whether GRASSTEK is right for you.

*Date is approximate, depending on your region.



GRASSTEK is grass allergy immunotherapy in a tablet. It may help you gradually build tolerance so you become less sensitive to grass pollen.

Not actual size

Made from small amounts of natural Timothy grass pollen, GRASSTEK treats the grass allergies that cause eye and nose symptoms. Starting treatment early may give your body time to become less sensitive to grass pollen in preparation for the allergy season. It's recommended that you start taking GRASSTEK at least 12 weeks before the grass pollen season. Make an appointment with an allergy specialist soon. [To find a doctor near you, go to grastek.com/thinkspring.](http://grastek.com/thinkspring)

GRASSTEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat Timothy and related grass pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. GRASSTEK may be prescribed for persons 5 through 65 years of age who are allergic to grass pollen.

GRASSTEK is taken for about 12 weeks before grass pollen season and throughout grass pollen season. GRASSTEK may also be taken daily for 3 years to provide a sustained effect for a fourth year in which you do not have to take GRASSTEK.

GRASSTEK is NOT a medication that gives immediate relief for symptoms of grass allergy.

Important Safety Information about GRASSTEK

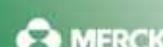
- GRASSTEK can cause severe allergic reactions that may be life-threatening. Stop taking GRASSTEK and get immediate medical treatment right away if you or your child has any of the following symptoms after taking GRASSTEK: trouble breathing; throat tightness or swelling; trouble swallowing or speaking; dizziness or fainting; rapid or weak heartbeat; severe stomach cramps or pain, vomiting, or diarrhea; severe flushing or itching of the skin.
- Do not take GRASSTEK if you or your child has severe unstable, or uncontrolled asthma; had a severe allergic reaction in the past that included trouble breathing, dizziness or fainting, or rapid or weak heartbeat; had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before; has ever been diagnosed with eosinophilic esophagitis or is allergic to any of the inactive ingredients contained in GRASSTEK.
- For home use of GRASSTEK, your doctor will prescribe epinephrine if you or your child has a severe allergic reaction after taking GRASSTEK. Talk to your doctor or read the epinephrine patient information.
- The first dose of GRASSTEK must be taken in the doctor's office. After taking the first dose, you or your child will be watched for at least 30 minutes by a healthcare professional for symptoms of a serious allergic reaction.
- Children should be given each tablet of GRASSTEK by an adult.
- You should tell your doctor about any medicines you or your child take.
- Stop GRASSTEK and contact your doctor if you or your child has any of the following after taking GRASSTEK: Any type of a serious allergic reaction; heartburn, difficulty swallowing or pain with swallowing, or chest pain that does not go away or worsens; any mouth surgery procedures (such as tooth removal), develop any mouth infections, ulcers or cuts in the mouth or throat.
- The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Brief Summary on the following page for more detailed information.

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Brief Summary



GRASSTEK®

Timothy Grass Pollen Allergen Extract
Tablet for Sublingual Use 2800 BAU

Carefully read the Medication Guide before you or your child start taking GRASSTEK and each time you get a refill. This Brief Summary does not take the place of talking to your doctor about your medical condition or treatment. Talk with your doctor or pharmacist if there is something you do not understand or you want to learn more about GRASSTEK.

What is the most important information I should know about GRASSTEK?

GRASSTEK can cause severe allergic reactions that may be life-threatening. Stop taking GRASSTEK and get medical treatment right away if you or your child has any of the following symptoms after taking GRASSTEK:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For home administration of GRASSTEK, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you or your child has a severe allergic reaction after taking GRASSTEK. Your doctor will train and instruct you on the proper use of auto-injectable epinephrine. Talk to your doctor or read the epinephrine patient information if you have any questions about the use of auto-injectable epinephrine.

What is GRASSTEK?

GRASSTEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat Timothy and related grass pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. GRASSTEK may be prescribed for persons 5 through 65 years of age who are allergic to grass pollen.

GRASSTEK is taken for about 12 weeks before grass pollen season and throughout grass pollen season. GRASSTEK may also be taken daily for 3 years to provide a sustained effect for a fourth year in which you do not have to take GRASSTEK. GRASSTEK is NOT a medication that gives immediate relief for symptoms of grass allergy.

Who should not take GRASSTEK?

You or your child should not take GRASSTEK if:

- You or your child has severe, unstable or uncontrolled asthma
- You or your child had a severe allergic reaction in the past that included any of these symptoms:
 - Trouble breathing
 - Dizziness or fainting
 - Rapid or weak heartbeat
- You or your child has ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before.
- You or your child has ever been diagnosed with eosinophilic esophagitis.
- You or your child is allergic to any of the inactive ingredients contained in GRASSTEK. The inactive ingredients contained in GRASSTEK are: gelatin, mannitol and sodium hydroxide.

What should I tell my doctor before taking GRASSTEK?

Your doctor may decide that GRASSTEK is not the best treatment if:

- You or your child has asthma, depending on how severe it is.
- You or your child suffers from lung disease such as chronic obstructive pulmonary disease (COPD).
- You or your child suffers from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.
- You or your daughter is pregnant, plans to become pregnant during the time you will be taking GRASSTEK, or is breast-feeding.
- You or your child is unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to GRASSTEK.
- You or your child is taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction. These medicines include:
 - beta blockers and alpha-blockers (prescribed for high blood pressure)
 - cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
 - diuretics (prescribed for heart conditions and high blood pressure)
 - ergot alkaloids (prescribed for migraine headache)
 - monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
 - thyroid hormone (prescribed for low thyroid activity).

You should tell your doctor if you or your child is taking or has recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of GRASSTEK. Ask your doctor or pharmacist for advice before taking GRASSTEK.

Are there any reasons to stop taking GRASSTEK?

Stop GRASSTEK and contact your doctor if you or your child has any of the following after taking GRASSTEK:

- Any type of a serious allergic reaction
- Throat tightness that worsens or swelling of the tongue or throat that causes trouble speaking, breathing or swallowing
- Asthma or any other breathing condition that gets worse
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin
- Heartburn, difficulty swallowing, pain with swallowing, or chest pain that does not go away or worsens

Also, stop taking GRASSTEK following: mouth surgery procedures (such as tooth removal), or if you develop any mouth infections, ulcers or cuts in the mouth or throat.

How should I take GRASSTEK?

Take GRASSTEK exactly as your doctor tells you. GRASSTEK is a prescription medicine that is placed under the tongue.

- Take the tablet from the blister package after carefully removing the foil with dry hands.
- Place the tablet immediately under the tongue. Allow it to remain there until completely dissolved. Do not swallow for at least 1 minute.
- Do not take GRASSTEK with food or beverage. Food and beverage should not be taken for the following 5 minutes.
- Wash hands after taking the tablet.

Take the first tablet of GRASSTEK in your doctor's office. After taking the first tablet, you or your child will be watched for at least 30 minutes for

symptoms of a serious allergic reaction.

If you tolerate the first dose of GRASSTEK, you or your child will continue GRASSTEK therapy at home by taking one tablet every day. Children should be given each tablet of GRASSTEK by an adult who will watch for any symptoms of a serious allergic reaction.

Take GRASSTEK as prescribed by your doctor until the end of the treatment course. If you forget to take GRASSTEK, do not take a double dose. Take the next dose at your normal scheduled time the next day. If you miss more than one dose of GRASSTEK, contact your healthcare provider before restarting.

What are the possible side effects of GRASSTEK?

In children and adults, the most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

GRASSTEK can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to GRASSTEK include:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For additional information on the possible side effects of GRASSTEK, talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or www.fda.gov/medwatch.

This Brief Summary summarizes the most important information about GRASSTEK. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about GRASSTEK that was written for healthcare professionals. For more information go to www.grastek.com or call toll-free at 1-800-622-4477.

The Medication Guide has been approved by the U.S. Food and Drug Administration.

Manufactured for: Merck Sharp & Dohme Corp., a subsidiary of **Merck & Co., Inc.**, Whitehouse Station, NJ 08889, USA

Manufactured by:
Catalent Pharma Solutions Limited, Blagrove, Swindon, Wiltshire, SN5 8RU UK

For more detailed information, please read the Prescribing Information.

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Revised: 04/2014

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OPINION

State and Local Politics in 2015

BY JOHN LOVAAS
RESTON IMPACT
PRODUCER/HOST

I am happy to wave goodbye to political year 2014. It was not a good year for progressives, and a worse year for America. Defying logic, the party of no and dysfunction at the federal level and a root cause of the collapse of the middle class won broad victories in the ballyhooed midterms of 2014. After the dust settled, Republicans picked up nine U.S. Senate seats and the majority with 54, they upped their advantage in the House to 246 to 188, and they now control 31 governorships. Yet in referenda and poll after poll across the country progressive choices whipped the forces of darkness—on issues of gay marriage, immigration, climate change people voted with progressives. Go figger. On to 2015 and a more local focus.

In Virginia, we will elect a new General Assembly—40 state senators and 100 delegates. In Fairfax County, we'll elect a new Board of Supervisors—a chairman and nine district supervisors, including possibly a replacement for long-time incumbent Cathy Hudgins; a new 12-member Fairfax County School Board; the Commonwealth Attorney; and, the Sheriff. In some ways, the Commonwealth (not "state") of Virginia General Assembly parallels what is happening on Capitol Hill. The Republicans have a better than 2 to 1 majority in the 100-member House of Delegates and a narrow 21-18 (pending outcome of a January special election) in the State Senate. Also, the House tends to lean hard right (like the U.S. House) with progressives, like Ken Plum, being rare indeed. The front-page issue for 2015 is Ethics reform in the wake of the conviction of former Governor (R) and Mrs. McDonnell



INDEPENDENT PROGRESSIVE

on a slew of corruption charges. Gov. McAuliffe (D) is trying for a meaningful reform to drain a terrible swamp, but faces an uphill battle with entrenched gift-takers. While

"strongly supporting" reform, one legislator told me a few

days ago it was important that travel and meals paid for by lobbyists continue—the only way to get to learn their legitimate positions! This nominally progressive legislator noted the low pay for the hard work, seeming not to understand is in effect a pay supplement from special interests. The outlook for genuine reform is poor. The outlook for Democrats to pick up a few seats in the House is fair, in the Senate not so good. The Board of Supervisors, currently 7-3 Democrats, proposes to give itself another raise. Supes currently make 75K for jobs involving a lot of ceremonial tasks, only occasional heavy lifting. A growing issue for the Supervisors is a large, heavily armed police force known to use lethal force with questionable justification and absolute impunity. The still unexplained killing of unarmed John Geer in August 2013 is the latest example of police literally never held accountable for a single killing in the line of duty. There has been little public outrage to date. If events in Ferguson and New York spread outrage to sleepy Fairfax, maybe just maybe we could see it take down one or more of Supervisor-enablers in 2015. The Commonwealth Attorney should also be swept aside in that event.

A bright spot in public officialdom this year is the County School Board which agreed to later start times for high schoolers. It took too long, but could yield great benefits to our youth in terms of academics, health, and safety. Kudos.

FAITH NOTES

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be

held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.



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PROFILE

How Does She Do It?

BY TIM PETERSON
& EDEN BROWN
THE CONNECTION

Karen Garza is a good listener. And once she's listened, she is, admittedly, not very patient.

"If there's a real issue, I don't think it has to be debated for 10 or 15 years," Garza said in an interview. "Either we're going to do something about it or not."

In May and June 2014, less than 12 months after taking the helm as superintendent of Fairfax County Public Schools, Garza and her staff hosted eight community meetings on the topic of later start times for high schools. According to FCPS, 1,000 people participated in person, another 2,000 weighed in online.

By October, the School Board voted in favor of changing the start times, something it had been considering for years but never pushed forward. For the 2015-2016 school year, all county high schools will start classes between 8 a.m. and 8:10 a.m.

Another entrenched issue: moving from half-day Mondays at elementary schools to full-days. The half-day weekly teacher work period dated back to the 1970s.

"Once we identified we really have an issue here, we don't have enough time built into our elementary schedules, I met with the team and I said, 'Can we get this done?'" said Garza. "These are the reasons why we need to change it, our timeline is aggressive, but can we get it done? And they said, 'Yes we can.'"

The School Board broke with 40 years of half-day Mondays with a vote in June 2014. The change went into effect at the beginning of September.

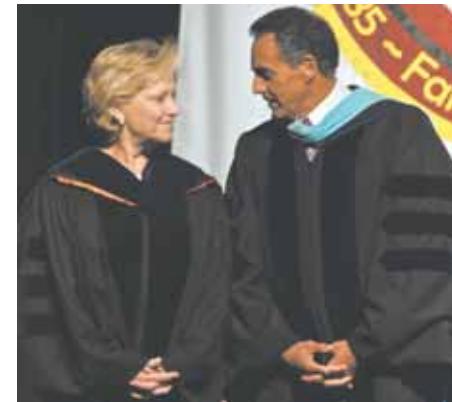
"She looked at these with a new eye and was very eager to move on them," said Ryan McElveen, an at-large School Board member who was part of the group that hired Garza, "so we could get on with dealing with other issues."

McElveen said Garza's face-time at additional "listening tours," meetings she's been hosting around the county since she came to Fairfax from Lubbock, Texas in July 2013, have helped re-establish critical community ties.

"Under the previous superintendent," McElveen said, "there were perceptions the board and the central office had precipi-



New Fairfax County Public Schools Superintendent Karen Garza speaks to parents and teachers at Sunrise Valley Elementary School Monday, Oct. 28, 2013.



Dr. Karen Garza, incoming FCPS Superintendent and Dr. Daniel Domenech, former FCPS Superintendent, both in robes at Bryant Alternative School graduation, June 13, 2013, where Domenech was the graduation speaker.



Superintendent Karen Garza shares a moment with Debbie Kilpatrick, president of Fairfax County Council of PTAs at the Listening Tour on Dec. 6.



Senior Robyn Smith explains Active Minds while Lindsay Laiks, Rachel Chalkley, Karen Garza and Kim Dockery listen at a March 2014 assembly at Woodson High School. More than 1,100 people gathered for comfort and advice in the aftermath of two student deaths.

Facts about FCPS

- ❖ 196 schools
- ❖ Employs 23,447 people
- ❖ Teaches 183,895 students
- ❖ Receives 52.4% of the county budget (\$1,768.5 million)
- ❖ Spends \$13,472 dollars per student
- ❖ Educates more students in trailers than total enrollment of Alexandria City Public Schools

much an effort to control rather than respond." She cited the controversial closing of Clifton Elementary School in June 2011, when she said the board did little to consult

Hone continued, "to try to turn the ship against the tide, with courage and grace to get this stuff done."

That courage, grace and increased input from the community are helping Garza get traction on the issues she prioritizes with the School Board, still in its honeymoon phase with Garza.

"We are all happy with her, the board members," said at-large member Ilryong Moon. "I can say that with confidence. We made a right decision bringing her to Fairfax. She's been helping the members to look at issues in a certain perspective that we otherwise wouldn't have an opportunity to take advantage of."

"It takes courage to be a problem-solver,"

with the public first.

"There was this sense there were members of the School Board who said they don't want to meet with people who disagreed with them," she said. "It takes courage to be a problem-solver,"

BUT GARZA is not a one-woman show, and she attributes her accomplishments in part to the cabinet and administrative structure she realigned within her first year. Unlike most new superintendents, Garza brought zero staff with her from the Lone Star State. Instead, she spent her first fall and winter assessing the team she inherited, before reorganizing in the spring.

Garza nixed the old eight-cluster administration group in favor of five regions and split the department of Professional Learning and Accountability roles among other departments. This eliminated five staff positions and saved \$637,000, according to John Torre, public information officer for the

View from Texas

In Houston

"When I hired Karen in 2005," former Superintendent of Houston Independent School District (HISD) Dr. Abelardo Saavedra said, "the position of chief academic officer had been open several months. I went looking for her. I'd never met her but I'd heard about her. There is a big difference between a mid-sized district and a larger one; the dynamics are completely different. I was taking a risk because she came from a mid-sized one of about 40,000 in Corpus Christi, and ours was much bigger. She adjusted very quickly."

As Chief Academic Officer, Garza was responsible for the educational programming and the academic performance of 200,000 students and the administration of 300 schools. Saavedra said one of their most lasting accomplishments at HISD was the Per-

formance Pay initiative. "I had decided we'd do this, but honestly, I had no idea how to do it. Ordinarily I'd put it under HR but they weren't moving fast enough. Karen quickly took ownership. Of course I didn't have to ask Karen to take ownership," he said laughing. "This thing wasn't moving and she stepped up to the plate. It was tied to academics, so she figured she could do it as well as the HR folks could, and she did. That program continues today."

Saavedra was referring to the district's educational improvement and performance management model, called ASPIRE (Accelerating Student Progress, Increasing Results and Expectations). The ASPIRE program paid over 18,000 teachers and instructional staff more than \$70 million in performance bonuses over three years based on the academic improvement of children.

Garrett noted that she and Garza shared the same background as school teachers; that love of working with children is something they both brought to their work in funding schools and making sound decisions for school districts.

In Lubbock

As Lubbock's Independent School District's superintendent, a job Garza held for four years before coming to Fairfax, her accomplishments include implementing a standardized curriculum for the 29,000-student district, focus on student achievement, and financial stability. She left LISD with the largest fund balance they had ever had and worked through some hard times with state funding, getting gains for teachers, students, and taxpayers. Garza helped lead the effort to win voter approval of a \$198 million bond in 2010, the largest bond in the district's history. As

Lubbock superintendent, Garza narrowed the achievement gap, increased the graduation rate and helped reduce the number of students who drop out.

Linda DeLeon, a Fairfax County resident who had served as a school board member in Lubbock, was delighted to see Garza come to Fairfax.

DeLeon was asked by someone to attend one of Garza's early public hearings in Fairfax. When her name was announced to the group, Garza lifted her head and gave DeLeon a big smile: "Well, here is Linda, someone I knew from Lubbock." DeLeon had been a school board member for 18 years in Lubbock under five different superintendents (but not during Garza's tenure) and had kept track of the things Garza did while there.

She was asked by someone to attend one of

Garza's early public hearings in Fairfax. When her name was announced to the group, Garza lifted her head and gave DeLeon a big smile: "Well, here is Linda, someone I knew from Lubbock." DeLeon had been a school board member for 18 years in Lubbock under five different superintendents (but not during Garza's tenure) and had kept track of the things Garza did while there.

Garza confirmed Garza's achievements: "People in Texas miss her but realize Texas' loss is Virginia's gain. They were all happy she got this major superintendent's job. It is something she really wanted and deserved. She will be great for Fairfax. She is not afraid to make decisions. She always has her hand on the pulse of the people she is working with."

Garza was impressed: "Karen Garza was up to the challenge. What made her positive was she was willing to sit with groups of people and have discus-

sions. Decisions were made that were very tough, but she never wavered from being able to sit down with a group even if they were against the decisions she was looking to move forward with."

DeLeon said Garza made positive changes in Lubbock. One was to consolidate schools. "Closing the schools was the hardest issue for her. So many parents came to these hearings, and complained that closing schools was not right, that the school was the nucleus of the neighborhood. But Garza worked with them until you could see a transformation from those parents. It's true that now the kids have to go a little further, but what they did make it possible for 2-3 teachers to teach a 3rd grade class. They coordinated, they worked together, and they did a much better job serving the needs of the kids. You could also actually see the gap close between minority and 'anglo' kids."

Bio



KAREN GARZA
Current Position: Fairfax County Public Schools Superintendent
Salary: \$265,000
Age: 51
Hometown: Canyon, Texas
Spouse: Louis Garza
Children: Four, grown
Education: Ph.D., University of Texas-Austin, May 2002; M.Ed., University of Houston-Victoria, May 1994; B.S., University of Houston-Victoria, 1986.

Schools Need Community's Help

being what it is. The more we can get people to read that document, the more people will follow how the system works and make solid inputs."

"We need to get more business and community leaders to understand: Poverty is growing, our county is definitely changing. We started some outreach this year with our superintendent round-tables."

The president of the Fairfax County Council of PTAs, Debbie Kilpatrick, underlined the need for more community involvement: "Karen Garza cannot do this on her own. Parents need to get more involved so they know what they can do to support Garza and their schools. They should look at the websites, come to PTA meetings, know what the issues are and vote on them. Can she get smaller classrooms achieved? If she says it, she will do it. But she will need help."

Steven Greenburg, president of Fairfax County Federation of Teachers, echoed Garza's plea. "Do we know as a group of people, as average citizens living in Fairfax County, how to take action? If this community sees value in education then voters have to make their views known. Karen Garza won't get what she wants without more involvement by the community," Greenburg said. "People will have to reach out to public officials and let them know where the voters stand."

ning a rebellion."

Garza will be tested when she and the board tackle the \$63.9 million deficit she projected for FY2016 — and it gets worse in FY2017.

"She is such a good diplomat and everyone likes her," said Fairfax County Federation of Teachers President Steven Greenburg. "But there is an expectation on the part of some stakeholders that she will generate revenue and hold county or state officials accountable for the decisions they take. The only thing that would limit what she wants to accomplish is lack of funds."

If she can manage the funds, Garza has a Texas-sized list of goals for the county. "I'm hoping we're able to garner a lot more support from our business community," she said, "at least in those areas that can help us be more innovative with technology education."

Among them are making the compensation for teachers more competitive with nearby jurisdictions, developing a strategic plan for redesigning the curriculum to be more project- and problem solving-based, reducing class size, bringing technology to more students and doubling the availability of Pre-Kindergarten to qualifying students.

To address the funding, another priority is mobilizing support from businesses in the school system's communities. Garza said the FCPS Foundation, under a new yet-to-be-named executive director, will drive support from that relatively untapped resource.

"I'm hoping we're able to garner a lot more support from our business community," she said, "at least in those areas that can help us be more innovative with technology education."

The Road to Fairfax County

A timeline of Superintendent Karen Garza's career in education.

- 1 1986-1991: Elementary School Teacher, Yoakum, Texas (1,539 students, 38% white and 50% Latino and spends about \$8,000 per pupil).
- 2 July 1991-1994: Education Specialist, Region III Education Service Center, Victoria, Texas. Victoria ISD has 13,680 students and spends about \$7,500 per pupil annually.
- 3 July 1994-July 1996: Principal, East Side Elementary School grades 5-6, Palacios Independent School District (ISD), Palacios, Texas (1,508 students, \$10,269 per student, 68% economically disadvantaged).
- 4 July 1996-July 1997: Curriculum Supervisor K-12, El Campo ISD, El Campo, Texas (3,465 students, \$9,735 per student, 67% economically disadvantaged).
- 5 July 1997-July 1999: Associate Executive Director for Governmental Relations, Texas Association of School Administrators.
- 6 July 1999-October 2002: Executive Director for Curriculum, Staff Development, and Accountability, Katy ISD, Katy, Texas (58,444 students, \$7,740 per student, 29% disadvantaged).
- 7 October 2002-August 2004: Associate Executive Director for Governmental Relations, Texas Association of School Administrators.
- 8 August 2004-June 2005: Deputy Superintendent, Corpus Christi ISD, Corpus Christi, Texas (38,041 students, spends \$8,240, 68% disadvantaged).
- 9 June 2005-July 2009: Chief Academic Officer, Houston ISD, Houston, Texas. (200,944 students, \$9,231 per student, 80% disadvantaged).
- 10 July 2009-June 2013: Superintendent of Schools, Lubbock ISD, Lubbock, Texas (28,476 students, \$8,163 per student, 62% disadvantaged).
- 11 July 2013-present: Fairfax County Public Schools Superintendent, Fairfax County Public Schools (186,785 students, \$16,880 per student, 26.4% free/reduced price meal eligible).

Sources: Fairfax County Public Schools, Washington Area Boards of Education, Texas Tribune

OPINION

Merry Christmas

Merry Christmas. It's a magical time of year, and perhaps Connection Newspapers has over indulged in displaying the many rituals of Christmas on our pages in the past few weeks. In events around the area, a sense of community has infused holiday parades, Christmas tree lightings, menorah lightings, choral performances, singing of carols and other traditional events with warmth and joy.

We have covered performances of "The Nutcracker" and "A Christmas Carol;" covered acts of compassion and giving in almost every corner of our communities; photographed Santa in so many places arriving in so many ways — by boat at Lake Anne in Reston, by firetruck in Vienna and McLean and other places, by motorcycle around Fairfax County; religious celebrations of many kinds; gift indulgences of many kinds.

But Christmas is about the birth of Jesus Christ. Whether you believe the Christmas story literally or in spirit, you know it is the story of joy, hope and love, the promise of redemption. So here, let us share the verse from the Bible, Luke 2: 4-19:

"So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the

EDITORIAL

house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no room for them in the inn.

"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, 'Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger.' Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, 'Glory to God in the highest, and on earth peace to men on whom his favor rests.'

"When the angels had left them and gone into heaven, the shepherds said to one another, 'Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about.' So they hurried off and found Mary and Joseph, and the baby, who was lying in the

manger. When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart."

Happy Hanukkah

Happy Hanukkah, which lasts for eight days and this year began Tuesday evening. While Hanukkah is not one of the most important Jewish religious observances, it is a celebration that gets added attention from timing. Hanukkah celebrates the miracle of a one day supply of oil for the temple lasting eight days.

Editor's Note about the Rest of 2014

This is our last regular edition of 2014. Next week, after Christmas, we will publish the children's edition, devoted entirely to the artwork and writing of local students. Our next regular editions will publish Jan. 7-8, 2015, with deadline for content and advertising of Jan. 2. In the meantime you can reach the editors at editors@connectionnewspapers.com and sales/marketing at sales@connectionnewspaper.com.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Do Fairfax County Police Act with Impunity?

Fifteen months, after the shooting of John Geer, no officer has been identified, no charges have been filed, no grand jury has been convened.

BY JEFF STEWART

I would like to begin by saying that I have always and still do support the police as a whole. I appreciate the job that they do and the risks they take on a daily basis in an effort to keep the public safe. The ongoing policy in Fairfax County of police self-investigation, when officers are involved in possible crimes, has to change.

I am willing to bet that all of you have heard of Michael Brown and Ferguson Missouri? How many of you have heard of John Geer? Probably not near as many. I would like to share a story about another life taken by police. It happened right here in Fairfax County over 15 months ago.

On Aug. 29, 2013 I witnessed the homicide of my best friend of over 25 years by a still unidentified Fairfax County police officer. Late that morning John had found out that his partner of 24 years and mother of his two children was moving out. John became distraught and began to throw some of her property in the front yard. One of John's daughters called their mom and she immediately came home from



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days since a still-unnamed Fairfax County police officer shot unarmed John Geer standing in the doorway of Geer's home in Springfield, then let him bleed to death on Aug. 29, 2013. No information has been released about the incident, officers involved not named, no explanation, no grand jury, no charges. (as of Dec. 10, 2014)

SEE POLICE, PAGE 15

Reston CONNECTION

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CALENDAR

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

THROUGH WEDNESDAY/DEC. 31

La Lumiere DuBois. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. An exhibit of the colorful nature photographs of award-winning artist, Michael DuBois. 703-476-4500.

THROUGH SATURDAY/JAN. 3

LineWorks: Drawing Redefined Exhibit at GRACE. 6 - 8 p.m. Reston Town Center, 11900 Market Street, Reston. Thematic multi-media works by five artists, Lee Gainer, Sarah Irvin, Nikki Painter, Foon Sham, and Sarah Weinstock. 703-471-9242. www.restonarts.org.

THROUGH SUNDAY/JAN. 4

Meadowlark's Winter Walk of Lights. 5:30 p.m.

Meadowlark Botanical Garden, 9750 Meadowlark Gardens Court, Vienna. A winter wonderland, including a flowing stream of softly glowing lights, a two story animated fountain and a Gingerbread Village. Admission: \$13 adults, \$8 children ages 3-12; children under 3 are free.

THROUGH MONDAY/JAN. 5

Annual "Gifts from the HeART" to Benefit Reston Interfaith. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. Sales of original works of art in many mediums will benefit Cornerstones. 703-476-4500.

THROUGH TUESDAY/JAN. 6

Christmas at Mount Vernon. 9 a.m. - 4 p.m. George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. Themed decorations (including 12 Christmas trees) and historical chocolate-making demonstrations will be offered. Tour the rarely-open third floor of the Mansion and learn how the Washingtons celebrated Christmas. In 1787, George Washington paid 18 shillings to bring a camel to Mount Vernon for the enjoyment of his guests. During Christmas at Mount Vernon, visitors can meet a camel on the grounds.

THROUGH SATURDAY/JAN. 31

Exhibit of Colorful Nutcrackers. 11 a.m. - 4 p.m. Closed on Tuesdays. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an amazing array of nutcrackers, both old and new, in a colorful case exhibit. Did you ever wonder where the craze for collecting nutcracker dolls came from? Nutcrackers have a fascinating history. The first nutcrackers were produced to crack nuts more effectively and the oldest known metal example, on exhibit in Tarent, Italy, is from the third or fourth century B.C. The Leavenworth Nutcracker Museum in Leavenworth, Washington, shows a bronze Roman nutcracker dated between 200 B.C and 200 A.D. German nutcrackers, made as decorative pieces, were developed around 1500. Early nutcrackers were in the shapes of animals, birds and people. Later, they were made in the likeness of kings, soldiers, church leaders and ruling class figures. Fine wood carved nutcrackers were created across Europe, especially in France and England by the 15th and 16th centuries. Admission: \$7/adult, \$6/student, \$5/senior or child.

THROUGH MONDAY/MARCH 16

Ice Skating at Reston Town Center. 11 a.m. - 7 p.m. Reston Town Center, 11900 Market Street, Reston. From early November through the early March, the Pavilion floor is transformed into a gleaming ice skating rink. Ice skates and other supplies are available inside the Skate Shop directly beside the Pavilion (behind Clyde's). Admission: \$10 per adult; \$9 for children under 12; \$5 per skate rental.

TUESDAY/DEC. 23

Magic Toy Shop Puppet Show. 10 & 11:30 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Bring your holiday guests and join master puppeteer Bob Brown in a holiday production of the "Magic Toy Shop." Join the lively marionettes as they frolic in a magic shop full of toys. After the show, stroll the pond visit our animals or shop at the Country Store. Children must be accompanied by registered adult.

WEDNESDAY/DEC. 24

Holiday Gift Wrapping by Kids R First. 10 a.m. - 4 p.m. Hyatt Regency Reston, Reston Town Center, 1800 Presidents Street, Reston. Gifts will be beautifully wrapped while you shop or work, same-day service. Donations benefit 22,000 needy kids with school supplies. 703-850-3639 www.kidsrfirst.org

FRIDAY/DEC. 26

Friday Night Rock 'n' Skate. 8-10 p.m. Ice Skating Pavilion, Reston Town Center, 11900 Market Street, www.CONNECTIONNEWSPAPERS.COM



Scooby Doo and Tweety Bird glide along at the Reston Town Center Ice Skating Pavilion. A big hit with the younger skaters – and a few of the young at heart, as well – the two are part of the rink's Saturday Cartoon Character Skate. Scooby assured us that he would be there for many more Saturdays to come.

Reston. Live DJ & music, games & prizes; skating continues until 11 p.m. 703-709-6300 skating@restontowncenter.com www.restontowncenter.com/skating

SATURDAY/DEC. 27

Saturday Morning Cartoon Skate. 11 a.m. - 1 p.m. Ice Skating Pavilion, Reston Town Center, 11900 Market Street, Reston. Share the ice with Scooby-Doo, Cat in the Hat and more. 703-709-6300; skating@restontowncenter.com. www.restontowncenter.com/skating

WEDNESDAY/DEC. 31

New Year's Eve Bonfire and Celebration. ArtSpace Herndon, 750 Center Street, Herndon. African Drum & band workshop (youth event; \$5/child or \$10/family) 7 - 8:30 p.m. Bonfire with Drum Circle (all ages; free), 8:30 - 10 p.m. A Night of Blues: Herbie D. & the Dangermen (\$25/single, \$50/couple) 10 p.m. - 12:30 a.m. Purchase tickets at www.artspaceherndon.org.

Jimmy's Annual New Year's Eve Gala. Jimmy's Old Town Tavern, 697 Spring Street, Herndon. Ring in the new year at Jimmy's. <http://www.jimmystavern.com/>
New Year's Eve Golf Tournament. 8:30 a.m. Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Celebrate the last day of the year with a four-person scramble. Entry fee includes greens and cart fees, range balls, prizes and breakfast. 703-471-5769. www.herndongolf.com. \$70 per person, registration required by Sunday, Dec. 21.

THURSDAY/JAN. 1

New Year's Day 5K. 10 a.m. Reston Town Center, 11900 Market Street, Reston, Fountain Square. Kick off the New Year with a run from Reston Town Center with music, food, and fun celebration following the race. Presented by Potomac River Running. 703-689-0999 at praces.com/newyearsday.

SATURDAY/JAN. 3

Winter Bird Count. 7 a.m. - Noon. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Join for a half-day annual bird count throughout Reston's natural areas. Meet local bird experts, learn tips on identification and have fun while helping obtain important information about our feathered friends. Volunteers are invited to enjoy a free lunch, tally results and swap stories back at Nature House following the count from Noon - 12:30 p.m. Reservations required by Jan. 2. Free. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

reston celebrates

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Reston's civic and community organizations will be celebrating anniversaries all year. Check out all the fun in store for the community at www.restoncelebrates.org. For information about how to add your organization's anniversary-themed event, please email restoncelebrates@myerspr.com.

PARTICIPATING ORGANIZATIONS:

- United Community Fund
- Reston Hospital Center
- Cornerstones
- Myers Public Relations
- Reston Association
- Reston Town Center

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Sunday School: preschool - grade 2
Music: grades 3 - 7
10:25 a.m. Sunday School Grades 3 to 6
Music: 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service
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SPORTS

Parent Coaches Searching for Balance

Coaching one's own child can be stressful, rewarding.

BY JON ROETMAN
THE CONNECTION

Keith A. Kaufman, Ph.D., a sport psychologist with offices in Washington, D.C. and Old Town Alexandria, said two potential issues stand out for a young athlete coached by a parent.

"I think two issues that jump out to me are the athlete feels like they can never escape talking about the sport," Kaufman said in a phone interview, "or they feel too much scrutiny or not enough; like they feel like they're treated differently [than other members of the team]."

Kaufman said "it's absolutely essential there are boundaries," when a parent is coaching his or her child, and it's important the child is treated in the same manner as his or her teammates. While each case is different, he said the relationship can be beneficial.

"I would say most coaches are harder on their own kids than they are on the regular kids," Madison assistant volleyball coach Christine Zanellato said. "We tend to point out when they mess up more than you would with another kid."

Zanellato and head coach Carrie Hall each have a daughter on the Madison volleyball team, which was one point away from capturing the VHSL 6A state championship in the fall. Zanellato coached her daughter, Natale, when she was young, but stopped when Natale was in middle school.

Their relationship had some rough spots.

"When I was in [sixth] grade, I hated it," Natale said. "I would cry most nights. I would cry on the way home [from volleyball]. I was very sensitive. I would get a little upset when she would tell me to suck it up or do this and that. I wasn't as good with her criticism."

After a few years playing for other coaches, Natale started to appreciate her mom's volleyball knowledge. Zanellato played collegiately at LSU and coached the Fairfax High varsity from 2007-2011. When it came time for high school, Natale, who attended Lake Braddock as a freshman, wanted her mom as a coach. Zanellato joined the Bruins' staff as an assistant in 2012.

"I think what has worked out well for us is that we have a really solid relationship and she trusts that

when I am working to improve her skills, I'm looking at her as an athlete," Zanellato said. "My criticism is all based on what she needs to do on the court. It's not about her personally. I think that's the hardest thing [about being a parent/coach] is kids sometimes personalize the comments."

Natale would later transfer to Madison. After not playing high school volleyball her sophomore year, Natale joined the Warhawk varsity as a junior and was a key contributor at outside hitter for the 2014 state runners-up.

"I love working with my mom," Natale said. "I respect her. I know that she played great. She's a great coach. When I was younger, it was a little rougher. I was just like, 'I don't want to listen to you,' that kind of stuff. I respect her judgment and I respect what she's saying. I really respect her opinion. I love having her on the coaching staff."

Hall said she treats her daughter, Kendal, a standout junior setter for the Warhawks, no differently than any other member of the team.

"It's not hard to me at all," Hall said. "I've been here 14 years and to me it's about the program. ... It's the program first, then my daughter."

Hall said the two talk about volleyball at home, but don't discuss strategy.

"We talk about if we think we had a good game or not that night, but nothing too elaborate," Hall said. "... That way she's part of the team, I'm part of the coaching staff. She doesn't need to know anything that's going on."

Kendal said she's appreciative of her mom's volleyball knowledge.

"It's definitely nice," Kendal said, "coming home and having someone to talk to who definitely knows what they're doing."

Langley football coach John Howerton started his sons on a path toward gridiron success at a young age. Jack, now a sophomore at Stetson University in DeLand, Fla., and Tyler, now a sophomore at Langley, started strength and skill training before the age of 10. However, they did not play organized football until high school.

Howerton, who was inducted into the Shepherd University athletic Hall of Fame after garnering All-American status as an offensive tackle, taught his sons the basic fundamentals of offensive line play, such as getting in a proper stance. He also showed them the basics of strength training, including 15-minute workouts with a lightweight aluminum pipe.

Jack earned all-state honors during his time at

SEE PARENT COACHES, PAGE 15



Natale Zanellato, left, helped the Madison volleyball team finish state runner-up in the fall. Her mother, Christine Zanellato, is an assistant coach for the Warhawks.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Madison head volleyball coach Carrie Hall's daughter, Kendal Hall, is a setter for the Warhawks.



PHOTO CONTRIBUTED

Langley offensive lineman Tyler Howerton, left, is seen as a freshman in 2013. His father, John Howerton, right, is the Langley head football coach and is a member of the Shepherd University athletic Hall of Fame. Tyler's grandfather, Cig Howerton, is a member of the Randolph-Macon Hall of Fame.

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SPORTS

South Lakes Boys' Track Wins Title, Girls Finish Second

With 20 athletes meeting conference, regional or state qualifying standards, the South Lakes High School indoor track team opened its varsity season by taking the top two spots at the Liberty Elite Invitational, Saturday Dec. 13 at Liberty University.

SLHS scored 61 points and placed atop the 31-team boys' field and second among the 26 girls' teams in the competition.

Jumpers propelled the boys' team to victory, led by junior Eric Kirlew, who won the triple jump in a state meet qualifying distance of 44-3.75. Junior Skander Ballard's jump of 42-4.50 gave him third and qualified him for the regional meet. Fellow junior Anas Fain and senior Khoa Nguyen also finished in the top five with conference qualifying jumps. Fain finished fifth (40-2 1/2) and Nguyen was ninth (39-7 1/2). Ballard also had a 19-5 in the long jump, which qualifies him for the conference meet in that event. Kirlew and Fain also met conference qualifying standards in running events with Kirlew ninth in the 55 meters (7.01) and Fain fourth in the 55-meter hurdles (8.15).

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Emily Schaal, a student at Herndon High School, is the winner of the 2014 National Peace Essay con-

test for Virginia and has earned a highest form of recognition.

Aline Dolinh of Oakton High School received the American Voices Medal, the equivalent of the best of show award, for her poetry, "Accent Marks, Exorcism,

Model Minority, Second-generation."

The **Scholastic Art and Writing Awards**, a 91-year old program of the Alliance for Young Artists and Writers, honored winners at Carnegie Hall in New York City.

Senior Comfort Reed reserved a spot in the state meet with a 36-5.25 in the triple jump, finishing second overall. The girls' 4x400 meter relay team of senior Claire Nieuwsma, junior Golden Kumi-Darfour and sophomores Devyn Jones and Jessica Lister finished second in the race with a regional qualifying time of 4:12.72. Kumi-Darfour finished second in the 500 meters (1:18.34) and Jones did the same in the 55 meter hurdles (8.93), qualifying both of them in those events at the regional meet. Jones also met the conference standard in the girls' long jump (16-0.75), where she finished third.

Other conference qualifiers include: Sam Arpee (500); Ozioma Chinaka (pole vault); Max Gillum: (55 hurdles); Nikayla Hoyte (300); Monica Lannen (1,000 meters); Jordan Lozama (55); Andrew McCool: (3,200); Timiebi Ogobri (55); Claire Nieuwsma (500); Nathan Stone (high jump, 55 hurdles); Samantha Webb (55); and Sarah Wolfe (500).

Senior Jeremiah Norman had a conference qualifying throw of 40-7 in the shot during a quad meet Dec. 6 at Episcopal High School.

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1/28/2015 Winter Fun, Food, Arts & Entertainment;
Valentine's Preview

FEBRUARY

2/4/2015 Valentine's Dining & Gifts I
2/4/2015 Wellbeing – National Children's Dental Health Month

2/11/2015 HomeLifeStyle
2/11/2015 Valentine's Dining & Gifts II
Valentine's Day is Feb. 14 • Presidents Day is Feb. 16

2/18/2015 A+ Camps & Schools
2/25/2015 Pet Connection Pullout

MARCH

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The New Normal

By KENNETH B. LOURIE

Loosey goosey, I suppose. As much as one might prefer some predictability in their life (certainly a cancer patient would – I know I would), I may be entering a cycle of permanent unpredictability. Whereas my previous schedule was chemotherapy every three weeks, a CT Scan every three months, followed up by a face-to-face appointment/examination/assessment with my oncologist sometime during the next week (in effect, every three months as well), my most recent abnormal lab results may very well be upsetting my apple cart. However, rather than change my infusion schedule to every four weeks due to recurring high creatinine levels showing up in my current every-three-week, pre-chemotherapy lab work, my oncologist wants to keep me on the same track. His thinking is, since my most recent CT Scan showed "shrinkage," he wants to continue treating my cancer as aggressively as possible, since we're having some success – so long as my body tolerates the drug, that is. My worry is that, from what little I understand, these last two lab results are indications that my body (kidneys) may in fact no longer be tolerating the treatment and that my future treatment is subject to change, shall we say.

For the moment however, the change will not be in the drug I'm infusing but with the frequency. I will still be scheduled for my chemotherapy every three weeks, with my usual pre-chemotherapy lab work the Wednesday before the Friday. If my creatinine level is too high on that first test, we will delay the infusion by one week and I will return to the lab the following Wednesday and hope for an improved result. What this means to me is, I can't ever know, given the variability in my last two lab results, whether I can plan on chemotherapy every three weeks, every four weeks or some reasonable facsimile thereof. What little control I thought I had over my life: the predictability/regularity of my infusions, apparently is over. Now, so long as my creatinine goes down on the subsequent retests, I will live with the consequences – happily. Still, I have lost something very important in my life, something with which I have become quite accustomed these last few years: knowing who, what, when and where. Why this is happening, and whether or not a slope has become slippery all of a sudden ("all of a sudden" – after six years, nothing is all of a sudden) is the big question, a question/scenario that my oncologist will likely blame the cancer for causing (simple, isn't it?). Because, that's sort of what cancer does, he'll probably say.

Part of me understands that "If It Ain't Broke" there's no need to fix it; we just need to work in some flexibility. And if the flexibility keeps me alive, I'm all for it. Nevertheless, this change will affect my life, my future. I can never know – for sure, and anticipate accordingly – what my lab results will be (as I have been able to these last few years) and plan/schedule/arrange my non-cancer activities. I will once again become a victim of my own circumstances. I will never know until I'm told (e-mailed actually; I'll know by the results whether that next chemotherapy appointment will be put off) whether I'm busy two days hence or not. Moreover, I'll likely repeat the cycle the following week and beyond. Maybe the regularity of the irregularity will become my new routine? Maybe breaking up the every-three-week schedule – sometimes – will give me and my body some much needed/appreciated rest. I can only hope so. I don't want to think that it's not so. I've gotten used to my life. And though this is definitely a blip, I'm thankful to still be showing up on the radar.

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



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21 Announcements

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21 Announcements 21 Announcements

Ocean Pines



Dr. Donald Anthony Fleger, age 85, passed into eternal rest at Atlantic General Hospital on Sunday, December 14, 2014. Born November 21, 1929, in Cleveland, Ohio, he was the son of the late Anthony A. and Mary Nemec Fleger. He is survived by his beloved wife of 59 years Mary K. Fleger and children, Kathleen Mary Tracy and her husband Patrick of Pittsburgh, PA, Dwayne Edward Fleger and his wife Marti of Reston, VA and Stephen Anthony Fleger and his wife Melanie of Herndon, VA. There are nine grandchildren, Patrick Tracy, Christopher Tracy, Timothy Tracy, Cassie Jackson, Kirstie Fleger, Kalla Fleger, Katherine Fleger, Andrew Fleger, Jordan Fleger, and four great-grandchildren, Madison Fleger, Lillian Fleger, Andrew Fleger, Jr., and Evelyn Fleger.

His family moved to Washington, DC in 1940 when his father was elected to the U.S. House of Representatives. During that tenure, Don attended Capital Page School where he served two years as a Page in the US House. He attended University of VA and was a 1955 graduate of the Georgetown University School of Dentistry. He then served as a dentist in the US Army for two years as a Captain while stationed at Fort Meade, MD. Following his discharge, he moved his family to Virginia and opened a dental practice. After 30 years he retired to Ocean Pines in 1988. There he served as an active member of the Environmental Control Committee for approximately 20 years.

Donald was an affectionate husband and caring father who adored his grandchildren and great grandchildren. In his spare time he enjoyed boating, wood working, model building and watching the Washington Redskins. Above all, he will be remembered for his love of family, optimistic outlook and tenacious drive to never give up.

A Mass of Christian Burial will be held on Friday, December 19, 2014 at 11:00 AM at St. John Neumann Catholic Church. Friends may call on Wednesday, December 17, from 3:00 until 6:00 PM at the Burbage Funeral Home in Berlin. Prayers will be said beginning 4:00 PM by Rev. William Porter. A donation in his memory may be made to: St. Jude's Children's Research Hospital 262 Danny Thomas Place, Memphis TN, 38105. Letters of condolence may be sent via: www.burbagefuneralhome.com

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COMMUNITY

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BY ABIGAIL CONSTANTINO
THE CONNECTION

After the hustle and bustle of the holidays, taxpayers begin scrambling to get that end-of-the year charitable donation so they claim it on their tax returns. For people who want to benefit while helping people, two Oakton based organizations, Northern Virginia Family Service and The Community Foundation for Northern Virginia offer two ways to give.

The Northern Virginia Family Service's, NVFS, Gifting for Families program may be over but financial contributions to its other programs and services are always welcome, said Tonya McCreary, director of agency communications at NVFS. This year's toy closet saw an increase of 350 children from last year, giving a total of 2,100 children in 1,000 families.

It is especially during the holidays, inundated by commercialism and consumerism, that low-income families may feel the pinch of poverty even more. But it is also during

this time that generosity and community giving can restore hope.

NVFS's Family Reunification Program, which serves recent immigrants with special needs or traumatic histories, helped Ruth (name changed for confidentiality) and her children have the chance to experience what others take for granted, buying something they want.

BUYING SOMETHING that is desired but not needed is a "luxury...rarely experienced" by families served by NVFS, said McCreary. Ruth sought asylum in 2012, after surviving torture in the Democratic Republic of the Congo. Her six children, ages 10-18-years old, joined her and they struggle with bills and basic necessities, as Ruth has not been able to find full-time employment. At last year's Gifting for Families, Ruth and her family all got something they wanted, not just something they needed. Her children got toys, cosmetics, crafts and gift cards, so they can buy something they wanted from a store. Ruth was brought to tears by the generosity of the people in the community, reported McCreary.

At the Community Foundation for Northern Virginia, a public charity focused on grant giving, donors can have more say in

how their contributions are distributed. The organization serves Fairfax, Loudoun, Arlington and Prince William counties and the cities of Alexandria, Falls Church, Fairfax, Manassas and Manassas Park.

For people who do not have a specific charity in mind, the Community Foundation for Northern Virginia can help with the research. "If you're interested in something in particular but not a specific organization" Community Foundation for Northern Virginia can help direct contributions to that cause, said Lesley MacDonald, director of community investment.

DONORS have three ways to donate: establish a donor advised fund—a kind of charitable savings account—donate to an existing donor advised fund, or donate to Community Foundation, which also runs several funds. It also keeps a list of researched and scrutinized organizations so donors know about the organization receiving their money.

NVFS and the Community Foundation for Northern Virginia offer different ways to give in ways both donors and people in need can benefit. For more information on how to give, visit <http://www.nvfs.org/> and <http://www.cfnova.org/>.

Do Fairfax County Police Act with Impunity?

FROM PAGE 10

pushed the door shut as he retreated and immediately collapsed on the floor less than 5 feet from the door.

This tragedy only gets worse. John lay just inside the door reportedly yelling for help. Despite his pleas for help, the officers on scene stood outside and did nothing while waiting for SWAT to arrive. The SWAT team entered an hour later to find that John had bled to death. It should be noted that the patrol officers on the scene had an entry shield and could have entered the house to rescue John with minimal risk yet chose to do nothing.

After 15 months, no officer has been identified, no charges have been filed, no grand jury has been convened and no reason has been given to the family or the public. In fact the Fairfax County Police Department, up until a recent legal action filed by the Federal Justice Department, had refused to provide requested information to anyone including the Virginia State Attorney. The attorneys for the Geer family have filed 127

requests for documents and in response, 122 objections have been filed by the county. Despite the incredible lack of cooperation from the Police Department, local county officials, the State Attorney General and the Governor have remained silent. It took over one year for Fairfax County supervisors to write a gently worded letter requesting that the case be resolved.

The case was turned over to federal prosecutors last January. The FBI conducted interviews in March. Still, no information has been released to the public and no resolution has been achieved. It has taken recent involvement from U.S. Sen. Grassley of the Senate Judicial Committee and legal action by Federal prosecutors to get the Fairfax County Police Department to only recently provide the requested information, information that should have been made public a year ago. It would appear that this police department does not feel compelled to answer to any Virginia or federal official. This has to change. The family, friends and the public have yet to be told anything about John's death.

When possible crimes have been committed by police officers such as police shootings, nobody investigates the case but the police. There are no independent oversight procedures of any kind. Fairfax County supervisors endorse this policy and along with the Police Department, have rejected every attempt to create any kind of independent oversight procedures. It should be noted that the Fairfax County supervisors hire the police chief. They also control the money dedicated to the department. This policy of self-investigation, no oversight and the inevitable obstruction that occurs as a result will continue until the public demands better from its elected officials.

To date, no officer in the 75-year history of the Fairfax County Police Department has ever been charged in a wrongful shooting. These include the deaths of John Geer and at least two other unarmed citizens since 2006, all shot by police under questionable circumstances.

Jeff Stewart, a Chantilly resident, witnessed the shooting of his friend John Geer on Aug. 29, 2013.

Parent Coaches Searching for Balance

FROM PAGE 12

Langley. He could bench press 500 pounds and squat 675. He is now an offensive lineman at Stetson. Tyler recently completed his sophomore season as a starter on the Langley varsity. Both played right guard for the Saxons.

Howerton said he has tried to treat Jack and Tyler in an equal fashion to other players on the team, but admits he has higher expectations for his sons.

"I try to treat them as any kid out there," Howerton said. "As a parent, you probably have more expectations for your own sons. I try not to yell at them any more or less

than anyone else. I do expect them to excel as much as possible because they've been exposed to me as a coach more than the other kids have."

Howerton was coached by his father, Elton "Cig" Howerton, in youth football. Cig Howerton was an

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CASE NO. PUE-2014-00096

On November 24, 2014, Columbia Gas of Virginia, Inc., ("Columbia Gas" or the "Company"), filed an application ("Application") with the State Corporation Commission ("Commission") requesting authority to amend its current natural gas conservation and ratemaking efficiency plan ("CARE Plan") approved by the Commission in Case No. PUE-2012-00013. The Commission approved the Company's CARE Plan on August 6, 2012, for the three-year period of January 1, 2013, through December 31, 2015.

Columbia Gas's Application requests authority to amend its CARE Plan: (i) to increase the budget for the duct sealing and insulation combination measure by \$590,400; (ii) to increase the budget for the high-efficiency natural gas furnace with an average fuel utilization rate efficiency ≥ 90% measure ("high-efficiency furnace measure") by \$181,500; and (iii) to increase the Home Savings Program administrative budget by \$69,830 (collectively, the "Supplemental Budget Request"). The Application states that the Supplemental Budget Request would increase the total budget under the CARE Plan from \$5.7 million to \$6.5 million. The Company requests to implement the Supplemental Budget Request effective March 31, 2015, through December 31, 2015, the remaining approval period of the CARE Plan, and to incorporate the increased expenditures into the previously approved CARE Program Adjustment ("CPA") and Program Performance Incentive ("PPI") mechanisms of the CARE Plan. The Company states that the Supplemental Budget Request is cost-effective on an individual measure, total program, and total portfolio basis, and that the CARE Plan's CPA, inclusive of the increased expenditures proposed in the Application, will cost the average residential customer using about 70 Mcf approximately \$12 in 2015.

The Company states that the amendments to the CARE Plan would address increasing demand for two measures available to residential customers and prevent interruption of the availability of those measures during 2015. Specifically, Columbia Gas states that, during 2015, it projects it will need funds to support 1,332 duct sealing and insulation combination measure rebates and 1,296 high-efficiency furnace measure rebates, but that the Company expects a budgetary shortfall in its duct testing and insulation combination and high-efficiency furnace measures of 1,312 and 605 installations, respectively. The Company further states that interruption in these measures could erode the Company's relationship with its trade allies and program partners.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting testimony and exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, Bryan D. Stogdale, Senior Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents also shall be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before February 11, 2015, interested persons may file written comments on Columbia Gas's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so, on or before February 11, 2015, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2014-00096.

On or before February 11, 2015, interested persons may request that the Commission convene a hearing on the Company's Application by filing a request for hearing with the Clerk of the Commission at the address set forth above. Requests for hearing must refer to Case No. PUE-2014-00096 and include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

A copy of any written comments, requests for hearing, and notices of participation shall simultaneously be sent to counsel for the Company: Bryan D. Stogdale, Senior Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836.

COLUMBIA GAS OF VIRGINIA, INC.

**NOTICE TO THE PUBLIC OF AN APPLICATION BY
COLUMBIA GAS OF VIRGINIA, INC. TO AMEND ITS
NATURAL GAS CONSERVATION AND RATEMAKING
EFFICIENCY PLAN**

CASE NO. PUE-2014-00096

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COLUMBIA GAS OF VIRGINIA, INC.

COMMENTARY

Yes, Virginia, There is a Santa Claus

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



The editorial in the September 21, 1897 *New York Sun*, responding to a letter from 8-year-old Virginia O'Hanlon who had inquired about whether there was a Santa Claus, has become the most reprinted newspaper editorial, according to the Newseum (newseum.org/yesvirginia). Virginia's father had told her that if she read it in the *Sun* it was certain to be true. The editor wrote, "Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy."

Virginians, especially those around the capitol city, have long believed in Santa Claus. The "Legendary Santa" has been meeting with boys and girls at Miller and Rhoads—first a department store and now a hotel in Richmond—for more than 75 years. There is ample proof that he is the "real" Santa Claus for he is able with assistance from the Snow Queen and some technology to call every child by name. We go with our grandchildren to see him at his latest location at the Children's Museum of Richmond.

Read more about this Virginia tradition in *Legendary Santa's Stories from the Chair* (Children's Museum of Richmond, 2011, www.c-mor.org/santa/book). On page six is a photograph of young Jane Durham (now Plum) and her brother visiting Santa many years ago.

Throughout the capitol there is a quickened pace of activity during the holiday season in anticipation of the General Assem-

bly convening on Jan. 14. There are wish lists from all the agencies and special interests. And, yes, Virginia, if there is a Santa Claus here is my wish list for the legislative session, essentially requesting my list from last year.

Virginia should extend health insurance to nearly half its uninsured working poor by expanding Medicaid. Not only would more people have access to preventative care as well as treatment, but Virginians would get more of their federal tax dollars back and a boost to the economy with the health care jobs being created.

While I am wishing, I want the General Assembly to expand background checks for all gun purchases to keep guns out of the hands of criminals and violent people. I just this past weekend attended a vigil on the second anniversary of the massacre of 20 children and 6 adults at Sandy Hook Elementary School, the second highest such shooting after Virginia Tech in 2007, and yet common sense gun safety laws have not been enacted. I also want the legislature to approve my bill to establish an independent redistricting commission that will fairly and objectively draw legislative boundaries. We would on my wish list repeal the marriage amendment and other discrimination based on sexual orientation. And while we are at it, we need to get the state back to the position of being an equal partner in funding public schools. None of these goals will be reached by simply wishing for them. Hard work, determination and public pressure can make them reality. Just like in Santa's workshop, there needs to be a lot of work done behind the scenes.

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