

Reston  
**CONNECTION**

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**SPRING FUN**  
FOOD & ENTERTAINMENT

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# Fun Abounds at Reston Town Center

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PHOTO COURTESY OF RESTON TOWN CENTER

Love Your Body Yoga Festival, will be held on Sunday, June 14, 10 a.m. - 3 p.m., at the Pavilion and Market Street. Yoga studios and wellness centers of Northern Virginia will be offering classes, services, and information on ways to care for your body, along with live entertainment and activities for children.

MARCH 25-31, 2015

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From left — Herndon resident Eric Fielding stops by the Town of Herndon's booth and talks with representative J. Taylor Smallwood. Smallwood was doing double duty at the Expo, speaking about the town's Rental Inspection program and standing in for Pablo Hollstein, specialist from the Housing Rehabilitation Office of the Town of Herndon that provides free home improvement services and assistance in completing repairs to qualified residents.



PHOTOS BY ANDREA WORKER/THE CONNECTION

Nonprofits like Cornerstones were ready and willing to assist amid the government agencies, banks, financial services, housing developers and communities and other service provider exhibitors. Nicole De Lima Morris talks to couple that stop by the Cornerstones booth.

# Virginia Housing Expo Draws Crowds

Home-ownership, rental opportunities and related services dominate the event at Herndon High.

BY ANDREA WORKER  
THE CONNECTION

“Those most in need of these services and resources benefit the most when we can bring so many providers and organizations together in this one-stop shop format.” In that one sentence, Laura Nickle, owner of Communi-k, Inc. and the organizer — for the fourth time — of the Northern Virginia Housing Expo, summed up the event being held at Herndon High School on Saturday, March 21. “There is still a great need for affordable housing throughout our entire region,” she added, “and this is a great partnership of related services that can bring the information and assistance to the largest audience.”

In its fifth year, the Expo was hosted by Fairfax-based AHOME Foundation in cooperation with the Virginia Housing Development Authority (VHDA) and representation from the counties of Fairfax, Prince William, Arlington and Loudoun, the cities of Alexandria, Fairfax and Falls Church, and the town of Herndon. AHOME Foundation is a nonprofit collaboration of charitable organizations, businesses, developers, real estate professionals and community groups that advocates for housing opportunity. Sponsors like Capital One Bank, VHDA, Citibank, the Northern Virginia Association of Realtors, Veterans United Home Loans and Wells Fargo Home Mortgage were just

Fairfax County Supervisor John Foust (D-Dranesville), C. Melissa Jonas, Dranesville District Commissioner of the Fairfax County Redevelopment and Housing Authority, and Sarah Coyle-Etro, Asst. Director of the Loudoun County Department of Family Services, visited the exhibitions at the Northern Virginia Housing Expo.



a few who supported the Expo that was expecting more than 1,000 area residents to attend. “And participation keeps growing,” added Nickle. “We have six more sponsors this year, and 12 more exhibitors.”

**MORE THAN 70** exhibitors filled the school's cafeteria. The first row was dedicated to representatives from the covered jurisdictions with the host locale Town of Herndon's Department of Community Development holding pole position. Fairfax County Redevelopment and Housing Authority, the City of Alexandria Office of Housing, the City of Falls Church Housing and Human Services, Loudoun County Department of Family Services, Housing and Community Development, Prince William County Office of Housing and Community Development and Arlington County Department of Housing followed in the front row. Their booths were stocked with literature,

forms, resources and some fun goodies, and manned by welcoming and knowledgeable staff. Armed with an Expo Guide, attendees could choose to either wander the aisles, or take a more direct route to the booths from the jurisdictions and service providers of particular interest to them, like May Nguyen from Falls Church. Nguyen brought her sister and a nephew to the Expo “to see if we can maybe get our own home someday,” and was planning on visiting the Falls Church representative, as well as the banks and mortgage companies among the exhibitors, with a stop at the Asian-American Homeownership Counseling booth. The County of Fairfax Homeownership Resource Center booth was drawing an interested crowd as representative Gail Lee explained that there are tiered housing assistance programs available through the County. If a family's income is too high to qualify under the rules of one program, they may still

qualify through other programs.

There were a number of banks and mortgage and financial services companies represented, but there was also a strong presence by nonprofits like Reston-based Cornerstones, Habitat for Humanity of Northern Virginia, Our Daily Bread of Fairfax, AHOME of Arlington (a different entity from host organization AHOME Foundation) that offers free homeownership education classes and pre-purchase and foreclosure prevention counseling and Wesley Housing Development Corporation, whose mission is “to develop, own, operate, preserve and maintain affordable housing and sustain quality communities for low and moderate income families and individuals in Virginia.”

There were also 16 workshops on offer with topics like “Are You Ready to Rent or Buy,” “The ABC's of Credit Scores,” “Tenant Rights and Responsibilities,” and “Home Maintenance 101.” In addition to the group sessions, Our Daily Bread offered popular one-on-one free financial counseling sessions of about 30 minutes that kept the volunteer certified financial planners busy reviewing documents, providing expert advice and steering the attendees to additional resources. Amaya G. from Herndon was most appreciative of this service. “I know we need some help,” she said. “I brought our bills. I hope they can help us make a good budget so we can start to save some money.”

**THE COLLABORATIVE EFFORTS** of the partners in the Northern Virginia Housing Expo don't end when the doors close on this edition of the event. Their website [www.novahousingexpo.org](http://www.novahousingexpo.org) is up and running year round and provides links to resources in all of the covered jurisdictions including government agencies, advocacy groups and nonprofits. The site also includes a list of the exhibitors.





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THE CONNECTION  
NEWSPAPERS

## COMMENTARY

# The Lady's Got Clout

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



Each year the Library of Virginia honors women who have distinguished themselves in many different ways in the state's history. Publicity is given to the women selected who many times may not have gotten much attention during their lifetimes (<http://www.lva.virginia.gov/public/vawomen/2015/>). One such honoree this year is the late Delegate Dorothy Shoemaker McDiarmid with whom I had the honor of serving in her last years in the House of Delegates.

Delegate McDiarmid, who preferred to be called Dorothy, became in 1959 the first woman ever elected to represent Fairfax County in Virginia's General Assembly. She and her husband Hugh made their home near Vienna where she was an active member of the PTA.

She ran for public office the first time in opposition to the Byrd Machine's Massive Resistance policy to school desegregation that threatened to close the public schools. When I first announced my candidacy for the House of Delegates in 1973, Dorothy was already well-established as a highly

regarded and respected member of that body. Needless to say, I was a bit in awe and highly honored to be elected with her in 1977 as part of the delegation from a multi-member district. I learned so much from her and Hugh about placing principles above politics, always doing the right thing, and persevering.

She was kind and gentle in her approach reflecting in part her Quaker background but steadfast in her resolve on behalf of issues in which she believed. She was the chief patron of the bill to ratify the Equal Rights Amendment.

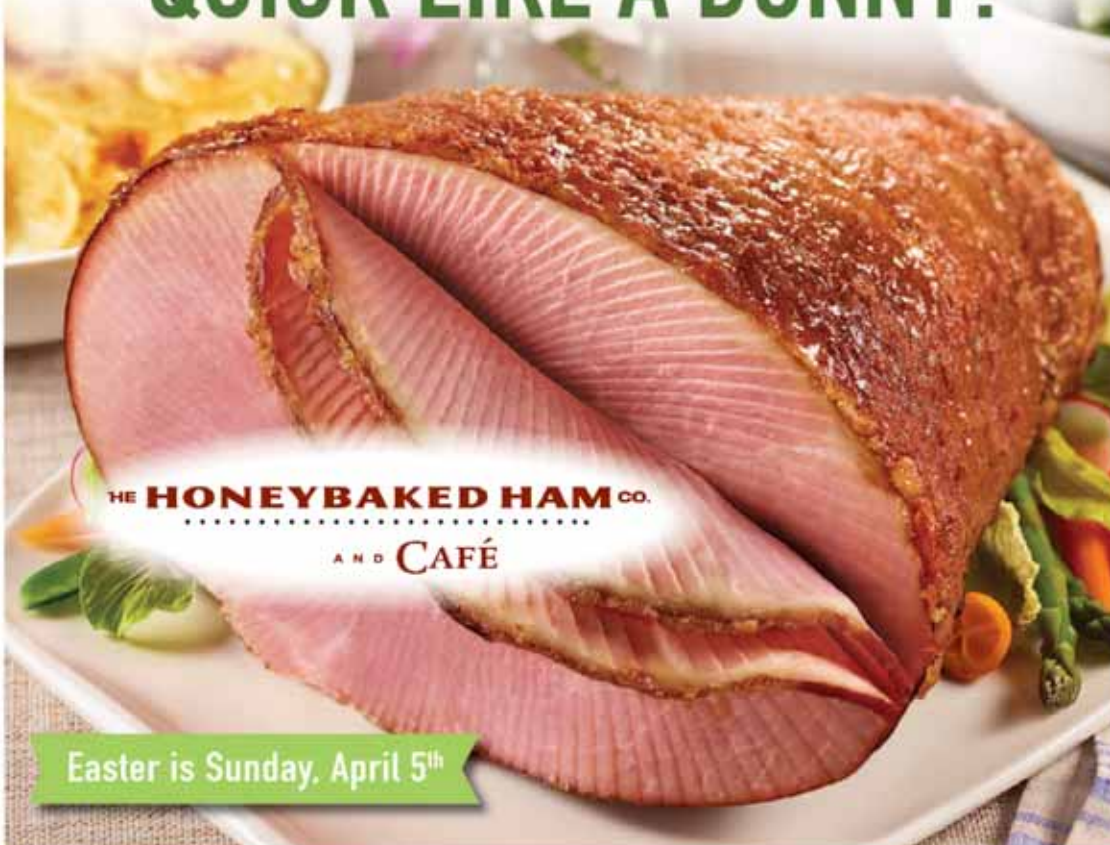
Hugh was likewise a very kind man once you got to know him, but he could be brusque and tough—especially in defending Dorothy. As a constant companion by her side with a seat in the back of the House of Delegates, he was often referred to as the "101<sup>st</sup> delegate."

Delegate McDiarmid and others with the help of many court decisions were able to defeat and discredit the Massive Resistance effort, and Dorothy set about improving the schools that had been poorly funded under the Byrd Machine.

She is most famously known for her suc  
SEE PLUM, PAGE 8

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# A ragweed pollen as a treatment for a ragweed allergy?

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An immunotherapy tablet made from ragweed pollen.

  
**RAGWITEK®**  
Short Ragweed Pollen Allergen Extract  
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Make an appointment with your allergy specialist and ask if RAGWITEK is right for you.



Not actual size.

Immunotherapy is what RAGWITEK is all about—it uses ragweed pollen, which may help you gradually build tolerance so you become less sensitive to that very same allergen. RAGWITEK is a once-a-day tablet that dissolves quickly when placed under the tongue. After taking it, don't swallow for at least 1 minute. Taken over time, it helps treat that allergic reaction which causes eye and nasal symptoms associated with ragweed allergies.

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen.

RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout the ragweed pollen season.

RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

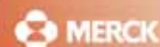
## Important Safety Information about RAGWITEK

- RAGWITEK can cause severe allergic reactions that may be life-threatening. Stop taking RAGWITEK and get immediate medical treatment right away if you have any of the following symptoms after taking RAGWITEK: 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 RAGWITEK if you have 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; have ever been diagnosed with eosinophilic esophagitis or are allergic to any of the inactive ingredients contained in RAGWITEK.
- For home use of RAGWITEK, your doctor will prescribe epinephrine if you have a severe allergic reaction after taking RAGWITEK. Talk to your doctor or read the epinephrine patient information.
- The first dose of RAGWITEK must be taken in the doctor's office. After taking the first dose, you will be watched for at least 30 minutes by a healthcare professional for symptoms of a serious allergic reaction.
- You should tell your doctor about any medicines you take.
- Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK: 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](http://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



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

### What is the Most Important Information I Should Know About RAGWITEK?

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

- 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 RAGWITEK, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you have a severe allergic reaction after taking RAGWITEK. 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 RAGWITEK?

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen. RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout ragweed pollen season. RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

### Who Should Not Take RAGWITEK?

You should not take RAGWITEK if:

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

### What Should I Tell My Doctor Before Taking RAGWITEK?

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

- You have asthma, depending on how severe it is.
- You suffer from lung disease such as chronic obstructive pulmonary disease (COPD).
- You suffer from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.

- You are pregnant, plan to become pregnant during the time you will be taking RAGWITEK, or are breast-feeding.
- You are unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to RAGWITEK.
- You are taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction. These medicines include:
  - o beta blockers and alpha-blockers (prescribed for high blood pressure)
  - o cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
  - o diuretics (prescribed for heart conditions and high blood pressure)
  - o ergot alkaloids (prescribed for migraine headache)
  - o monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
  - o thyroid hormone (prescribed for low thyroid activity).

You should tell your doctor if you are taking or have 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 RAGWITEK. Ask your doctor or pharmacist for advice before taking RAGWITEK. RAGWITEK is not indicated for use in children under 18 years of age.

### Are There Any Reasons to Stop Taking RAGWITEK?

Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK:

- 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 RAGWITEK 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 RAGWITEK?

Take RAGWITEK exactly as your doctor tells you. RAGWITEK 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 RAGWITEK 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 RAGWITEK in your doctor's office. After taking the first tablet, you will be watched for at least 30 minutes for symptoms of a serious allergic reaction. If you tolerate the first dose of RAGWITEK, you will continue RAGWITEK therapy at home by taking one tablet every day. Take RAGWITEK as prescribed by your doctor until the end of the treatment course. If you forget to take RAGWITEK, 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 RAGWITEK, contact your healthcare provider before restarting.

### What are the Possible Side Effects of RAGWITEK?

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. RAGWITEK can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to RAGWITEK 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 RAGWITEK 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](http://www.fda.gov/medwatch).

This Brief Summary summarizes the most important information about RAGWITEK. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about RAGWITEK that was written for healthcare professionals. For more information, go to: [www.ragwitek.com](http://www.ragwitek.com) or call 1-800-622-4477 (toll-free).

**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.**

usmg-mk3641-sb-1404r000

Revised: 04/2014

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PHOTO BY JIM KIRBY

Rescue Reston supporters say "No" to Northwestern Mutual's plans to develop Reston National Golf Course.

## Rescue Reston Says 'No' to Golf Course Development

Forty-nine rescuers braved a windy morning on Sunday to gather in front of the Reston office of Northwestern Mutual to spell out the word "No." Rescue Reston President Connie Hartke told the group that if the Board of Zoning Appeals rules in favor of the County Zoning Administrator on April 15, it will be three strikes and NWM should accept the word "NO," meaning no to residential development of the 166 acre recreational space across the street from where they stood.

Northwestern Mutual (NWM) is the majority owner of RN Golf Management, owner of Reston National Golf Course.

Twice the Fairfax County Zoning Administrator has told NWM Attorneys that they cannot develop the golf course into townhomes or anything other than open recreational space. "It's time they got the message," said Hartke.

Hartke told supporters that the number one action they can take between now and April 15 is getting more County residents to sign

the online petition at [bit.ly/RescueReston](http://bit.ly/RescueReston).

Reston resident and Hunter Mill District Supervisor Catherine Hudgins, wearing a Rescue Reston t-shirt, addressed the crowd: "... the proposed Comprehensive Plan language continues to support the use of the golf course as a golf course or open space. While this has been a long and intense process, I continue to support the Fairfax County Zoning Administrator's determination."

Virginia Delegate Ken Plum (D-36), also a Reston resident, had this to say: "Thanks to Rescue Reston volunteers for working so hard to preserve one of Reston's very important assets—its open space. Your efforts are appreciated."

Virginia Sen. Janet Howell sent her regards with this message: "Rescue Reston is an important voice for preserving Reston ideals. We moved to Reston to live Robert Simon's vision. Protected open space is crucial to our shared vision. I commend Rescue Reston for its vigilance and determination."



PHOTO BY PAUL HARTKE

From left: Reston Association South Lakes District candidate Andy Sigle, Rescue Reston President Connie Hartke, Supervisor Catherine Hudgins, Delegate Ken Plum, RA South Lakes District candidates Ken Chew and Julie Bitzer.

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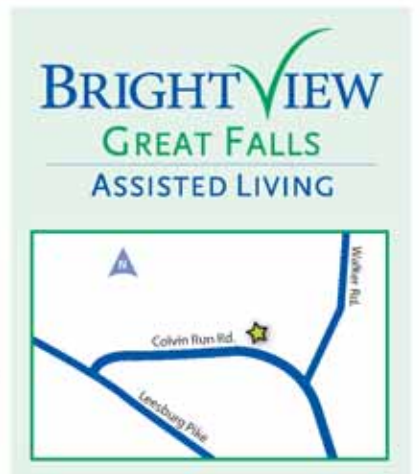
"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." – Bill W.

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Carolyn or Joanna to  
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### FAIRFAX COUNTY PARK AUTHORITY

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### FCPA Sets Hearing on Conveyance of Reston Towne Green Property

The Fairfax County Park Authority will hold a public hearing on Wednesday, April 8, 2015 at 7:30 p.m. to receive public comment on the conveyance of property in the Hunter Mill District. The property consists of five acres and is identified on the Fairfax County Real Property Identification Map as Tax Map No. 17-1 (11) Parcel 14D, commonly referred to as the "Reston Towne Green property". The property is located on Fountain Drive in Reston, VA and is located within the same block as the North County Government Center in the Reston Town Center North District. The hearing will be held at the Herrity Building located at 12055 Government Center Parkway in Fairfax, VA in Rooms 106 and 107.

Conveyance of the property is being considered in response to the Reston Transit Station Area Comprehensive Plan Amendment adopted by the Board of Supervisors on February 11, 2014 which encourages a land use pattern that "incorporates significant new residential development and new non-residential uses to complement the existing and planned public uses and the concentration of employment in the Reston Town Center and a significant new open space to serve as a defining element in the organization of a new, more urban pattern of blocks."

The Park Authority is seeking public comment regarding the proposed conveyance of the Reston Towne Green property to the Board of Supervisors in consideration for a potential two-point-six acre urban Central Green, commitment to provide approximately 90,000 square feet of density within one of the new urban blocks, and other considerations that may be advantageous to the Park Authority mission. It is envisioned that the proposed density would be used for the development of an indoor recreation facility or other recreational use to be operated by the Park Authority. Additional information about the Reston Transit Station Area, including Reston Towne Center North, may be found online at <http://www.fairfaxcounty.gov/dpz/comprehensiveplan/area3/upperpotomac.pdf#page=28> The text of the proposed Contract of Sale between the Park Authority and the Board of Supervisors may be viewed at: <http://www.fairfaxcounty.gov/parks/plandev/downloads/Sale-Contract-14D.pdf>. Additionally, paper copies of the Contract of Sale are available in the Herrity Building, 12055 Government Center Parkway, Suite 927, Fairfax, VA.

Park Policy 210, Disposal of Land or Facilities, requires a public hearing be held prior to the Park Authority's decision to dispose of land or facilities. If you wish to speak at the hearing you may sign up in advance by calling the Public Information Office at 703-324-8662 or via email at [Parkmail@fairfaxcounty.gov](mailto:Parkmail@fairfaxcounty.gov). You may also sign up at the hearing. Organizations may have one official speaker for five minutes; individuals may testify for three minutes.

Written and e-mail comments will be taken now until April 7, 2015. Written comments may be sent to David R. Bowden, Director of Planning & Development Division, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 406, Fairfax, Virginia 22035. Email comments should be sent to: [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov). The Park Board will consider public testimony from the hearing on April 8, 2015 and vote on the matter at their regular Board meeting scheduled for that same night.

For more information contact the Public Information Office at 703-324-8662.



If accommodations and/or alternative formats are needed, please call 703-324-8563, at least ten working days in advance of the registration deadline or event. TTY: 703-803-3354 • 703-324-8700  
ONLINE: [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks) • E-mail: [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov)



# OPINION

## Housing and Health

BY DAVID LEVINE

EXECUTIVE DIRECTOR, GOOD SHEPHERD  
HOUSING AND FAMILY SERVICES, INC.

**M**any homeless people experience an episode of homelessness because of a chronic physical or mental illness, a disabling injury, or other health issues. Several years ago, the National Alliance to End Homelessness estimated that people living in homeless shelters were more than twice as likely to suffer from an acute medical condition. Many have fallen into homelessness because of repeated failures in their health. The medical bills mount, they can't pay rent, and they end up evicted from their housing.

The link between health and homelessness is no mystery. Recognizing that link, the 100,000 Homes Campaign was a national movement to focus on permanently housing those homeless Americans who face the highest risk of death from living homeless on the streets. In June 2014, the four-year 100,000

### COMMENTARY

Homes Campaign had successfully moved 101,628 homeless individuals into permanent housing. As the Campaign reported: "That number represents an estimated annual taxpayer savings of \$1.3 billion and reflects the collective work of 238 U.S. communities who have joined the Campaign ...."

The Campaign proved that homelessness can be ended. But it also showed that housing is itself a life-saving tool.

Housing provides the supports that many chronically ill and disabled homeless people require for their conditions. With a stable address these homeless people can call home, they can plan their treatments and doctor visits. They can transit from home to treatment centers and back home again without any fear. The neighbor next door will be there to drive them. Their prescription medicines will be available to them in a medicine cabinet in their bathrooms. They have a bed where they can rest after a painful treatment or hospital stay.

**So much depends on having a home.**

The other link between housing and health comes from the housing itself. According to the Environmental Health Watch (EHW), nearly six million households "live with moderate to severe home health and safety hazards." People living in such housing may experience higher risks of illnesses and injuries from greater exposure to asthma triggers, lead hazards, excess moisture, pest infestations, and toxins.

The financial savings are significant from a basic healthy home. In other words, these savings come from homes that are dry, well-ventilated, pest- and contaminant-free. Healthy homes lead to improved health results. Asthma-related healthcare costs are lower and labor force productivity is greater from such homes. According to EHW estimates, billions are saved from healthy homes in reduced healthcare expenditures.

When anyone considers the link between housing and health, it really comes down to this idea: housing matters for life. It is that critical.

## Good Year for Fairfax County Boards, Selling Land to RA

BY JOHN LOVAAS

RESTON IMPACT PRODUCER/HOST

**T**he drought continues for County teachers, but not School Board overseers. Based on recent presentations by County and School Board officials, teachers' compensation will stay about the same in FY 2016 or continue its downward trend relative to teachers in neighboring Metro area jurisdictions. After noting that Fairfax County is still the second wealthiest county in the country, the same officials distributed a report showing our FCPS teachers this year rank just fifth out of 10 area jurisdictions in starting salaries, eighth out of the 10 in salaries at the beginning of the tenth year of service, and ninth out of 10 (just above Prince George's County, Md.) in terms of maximum salary achievable on the pay scale. In 2016, the FCPS advertised budget calls for a miserly one percent "market rate adjustment" to teacher pay, while the County Executive's proposed budget reflects even less, i.e., an insulting 0.84 percent MRA for all employees. This comes on top of constant teachers' pay scale freezes for the last 4 or 5 years—thus a decline relative to other jurisdictions. On top of the stagnating pay, the Board and Superintendent noted the continuing increase in class sizes the teachers are handling—e.g., classes in the low-to-mid 30s at the time of the presentations. In a decision whose timing is

mindboggling, the Fairfax County School Board just decided to grant itself an 85 percent pay hike, from the current \$20,000 per year to \$37,500 per year—for a part-time job. By my math, that is about 100 times the pay scale increase proposed for teachers (85 percent vs 0.84 percent). Granted, the comparison is less than pure apples to apples. Still, given years of pay stagnation and increased workload, it seems insensitive at best, and a thoughtless blow to the already low morale of those teaching our youth, work that should count for more.

New topic! Thursday, March 26 at 6 p.m., the Reston Association Board will hold its second quickie hearing on its latest land deal. This time, the Board has declared a national emergency requiring immediate purchase of the Tetra property on the spillway at Little Lake Newport. This "hearing" is to finalize the referendum question and Letter of Intent to purchase a dilapidated, 35-year-old office building and nearby parking lot already covered by an RA easement, for \$2.65 million. The next thing you'll see is a ballot in your mail due back in a couple of weeks so they can begin borrowing the big money—if people do not speak up on Thursday evening. The



### INDEPENDENT PROGRESSIVE

quickie referendum alone will likely cost \$30-70,000. Opaqueness is again the order of the day—executive sessions with no independent appraisal for a property currently assessed by the county at \$1.248 million, less than half what RA wants to fork over. This is not money RA has, but money they want to borrow in our names—the first debt in RA history!

This transaction, like the last

land swap, has been done in secret. Unlike the other deal for which there was a clear purpose, this time there is none—other than vague references to wanting additional meeting space with a lake view! This is a property for which there is zero development potential because of its location and, not surprisingly, nor is there anyone else interested in buying it. So, why would RA or anyone in their right mind, agree to pay more than twice its assessed value?

Thursday's hearing at RA is scheduled for 6 p.m. Not convenient for people with jobs, is it? But, let's hope RA members will turn out to stop this mischief.

### Plum

FROM PAGE 4

Successful work to get public kindergarten in the state. She also worked successfully on getting programs for handicapped students in the public schools, and with the revision of the state constitution in 1971 was able to get the right to a public education written into the constitution. She was also instrumental in getting George Mason University and Northern Virginia Community College established. In her later years as a delegate she could be especially helpful to these programs when she became the first and to this

date the only female chairman of the House Appropriations Committee. In 1989 she won the first ever Outstanding Virginian Award.

Upon her retirement from the House of Delegates in 1989, the Fairfax County Public Schools Board passed a resolution honoring her. In her usual self-effacing and gentle way, she responded that everyone in the room supported education and quoted Aristotle when she said that "...the fate of empires depends on the education of youth." The slogan of her last campaign—"The Lady's Got Clout"—was true, and she used it for good purposes.

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Members of the community discussed county government services they found more or less valuable during a budget dialogue meeting at the South County Government Center.



Board of Supervisors Chairman Sharon Bulova (rear) listens to a community discussion on county services, as part of a dialogue on the proposed FY2016 budget.

PHOTOS BY TIM PETERSON/THE CONNECTION

# Bulova Hosts Community Dialogues on Proposed Budget

Citizen ideas on budget and services sought.

BY TIM PETERSON  
THE CONNECTION

Despite a damp dreary Saturday morning, several dozen people turned out at the South County Government Center for the first of two community dialogues on the proposed budgets for Fairfax County government and schools. The meeting along Route 1 began in the morning, followed by a similar event at the Fairfax County Government Center in the afternoon. Both were hosted by Board of Supervisors Chairman Sharon Bulova.

"When we adopt the budget, we are investing in the priorities of our community," Bulova said in her opening remarks. The format for the event included explanatory presentations of both budgets by county officials, a question-and-answer session, and small group brainstorming.

The breakout groups were a chance for individuals from the community to have a discussion with county representatives about which government services they felt were more or less valuable, as well as long-term ideas for reducing county costs.

Fairfax County's Chief Financial Officer Susan Datta gave an overview of the FY2016 budget, highlighting the county's heavy reliance on real estate taxes and underperforming local economy and housing market as factors contributing to the projected budget shortfall.

"Fairfax County is clearly seeing the impact of the Sequester and problems going on at the federal level," said Datta.

"This is a stalled recovery," Bulova said. "It's important to look at all services; are there different ways for us to grow and proceed into the future?"

Bulova and Datta explained the county conducts its own "lines of business review,"



Alex Van Veen (center) was joined by (clockwise from right) Fairfax County School Board Vice Chairman Ted Velkoff and Chairman Tammy Derenak Kaufax, and Supervisor Gerry Hyland (D-Mount Vernon) at the county budget community dialogue held at the South County Government Center.



Susan Datta, Fairfax County chief financial officer, gives an overview of the proposed FY2016 county budget at a community dialogue meeting on March 14.

an evaluation of all county programs and staff that began in January to attempt to identify "right-sizing" for future revenue growth.

The proposed county budget already includes a reduction package of \$26.9 million.

"We've reduced effectively nearly every agency in Fairfax County," said Datta.



Kristen Michael, Fairfax County Public Schools assistant superintendent for financial services, answers questions at a community dialogue meeting held at the South County Government Center.

Even with the reductions, Fairfax County is still forecast to undercut what the Fairfax County Public Schools board has asked for in its proposed budget: a projected transfer shortfall of \$14 million.

Kristen Michael, assistant superintendent for financial services with FCPS, explained

the school system has managed to cut over \$55 million from its FY2015 approved budget expenditures, as reflected in the FY2016 advertised budget.

However, some of the unfunded, identified needs include lower class size, a family and early childhood education program, and student technology and connectivity.

Community member Alex Van Veen asked if there were more ways the county could "get more bang for its buck," maybe by consolidating excess properties.

Bulova and Mount Vernon school board member Dan Storck, also in attendance, answered by describing collaborative efforts already taken between the supervisors and school board to eliminate duplicated services. The Smart Savings Task Force and budget development project task force, groups with members from each board, have looked at consolidating legal services, insurance and transportation services.

But they haven't thought of everything, which is why Datta acknowledged the small group discussions as "a really important exercise" to involve community members and brainstorm.

The school board is scheduled to present its budget to the Board of Supervisors April 7, with public hearings on that budget as well as the county's to be held April 7-9. April 28 is the proposed for the county to adopt its budget, followed by the school board adopting its budget May 21.

For more information on the proposed county budget, visit [www.fairfaxcounty.gov/budget](http://www.fairfaxcounty.gov/budget). More information on the Fairfax County Public Schools budget can be found at [www.fcps.edu/news/fy2016.shtml](http://www.fcps.edu/news/fy2016.shtml).

Citizens are encouraged to participate and speak in the public hearings. To sign up, call the Clerk to the Board's Office at 703-324-3151 or 703-324-2391, or go online to [www.fairfaxcounty.gov/bosclerk/speaker\\_bos.htm](http://www.fairfaxcounty.gov/bosclerk/speaker_bos.htm). If a resident can't attend in person but would still like to participate, email written testimony to the Clerk's office at [clerktothebos@fairfaxcounty.gov](mailto:clerktothebos@fairfaxcounty.gov).



# LONG & FOSTER

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Thomas and Associates

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Jon Querolo



Leslie Thurman Team



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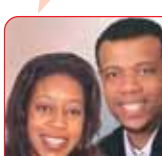
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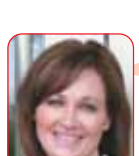
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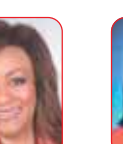
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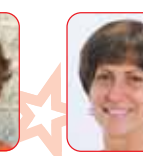
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Fabulous 4,000 square feet 5 BR home w/wrap-around porch sited on over .50 acre wooded lot in Shaker Woods. Gourmet kitchen, master suite w/sitting room, finished lower level walk-out w/guest suite/ den/ rec rm.  
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**North Reston \$799,900 Move-in Ready!**  
Over 3,800 square feet on 3 levels! Upscale patio home set in a peaceful enclave near Lake Newport w/o the hassle of yard work! Garden courtyard w/enchanting fountain welcomes you to open design. Numerous upgrades & special touches throughout - hardwoods, remodeled kitchen & master bath w/heated floor! Mid-level deck & patio to enjoy the serene setting. Less than 3 minutes to Silver Line METRO!  
Call Karen Swanson 703-795-9970  
E-mail Karen.swanson@longandfooster.com

**Vienna \$795,000 Inviting & Expanded!**  
Colonial in Wayside offers main level master suite addition w/luxury bath, plus master bedroom #2 and 3 secondary bedrooms upstairs! Beautifully sited on .50 acre lot w/expansive level yard & mature tree backdrop. Neutral throughout, front porch, custom addition, 2-car side-load garage, custom workshop, exceptionally well maintained.  
Debbie Gill 703-346-1373  
E-mail Debbie.gill@longandfooster.com

**Great Falls \$1,015,000 New for Spring!**  
Beautifully updated farmhouse-style colonial w/wrap-around porch & 5th BR on upper level. Gorgeous 2 acre lot w/free-form pool, inviting hot tub & room for sports court.  
Call Terry Atherton 703-861-0538  
E-mail Terry.atherton@longandfooster.com

**Ashburn Stunning! \$1,650,000**  
New 5 BR, 5 full & 2 half BA, 3-car garage in cul-de-sac on 10 acres! Butterfly staircase, gourmet kitchen, 2-story stone FP & coffered ceiling, office, conservatory, luxury master suite, w/o finished lower level w/media rm, BR, full BA! Desired school cluster.

**Goldvein Must See! \$285,000**  
5+ acre lot, fishing pond, fire pit & trees everywhere. 3 BR, 2 BA, just about everything updated. New roof, HVAC, deck, flooring (bamboo, hardwoods, carpet & tile in the baths), paint, lighting, washer/dryer, granite, breakfast bar & butcher block counters, tile backsplash, 2-car garage & shed!  
Call Leslie Thurman 703-895-6000 • E-mail Leslie.Thurman@longandfooster.com

**Leesburg \$414,000 Gorgeous**  
Oaklawn w/sunset & mountain views. Near shopping, Toll Rd, Route 7. Brick end unit w/3-lvl bump-out, 4 BR, 3.5 BA, new carpet, hwdws on main. Gourmet kitchen w/eat-in area & den/study space. Walkout lower level w/tons of windows & full BR/BA, fenced yard.

**Fairfax \$307,500 Great Condo!**  
1st floor, 2 BR, 2 BA condo w/balcony. Open floor plan, crown molding, tile kitchen floor, stainless steel appliances, glass tile backsplash, breakfast bar. Close to I-66/Rte 50 shopping & dining.

**Herndon Spectacular Home \$849,000**  
Enjoys fantastic setting and elegant comfort throughout over 5,000 square feet open design. Replaced windows & hardwoods, new carpet & custom paint. Luxurious master suite w/sitting room, sumptuous bath & incredible walk-in closet. Inviting fenced yard w/treed border for play & relaxation; Langley School District!

**Reston \$759,900 Brick End-Unit**  
2-Car Garage Townhome backing to trees in lakeside community. Open floor plan with fireplace shared by Kitchen & Family Room. White Kitchen has granite & updated stainless appliances. Three bedrooms upstairs and another bedroom & bath share lower lvl with Rec Room. Deck, MBR Balcony and Patio, plus path for stroll to cluster dock on Lake Newport.

**Reston \$455,000 Gorgeous End Unit**  
3 finished levels of open floor plan are neutral & better than ever! Dual Master Bedroom design with cathedral ceilings. Newer flooring, replaced appliances & granite counters. Finished Lower Level with Rec Room & Full Bath. Fence-enclosed backyard patio.

**Reston \$479,000 Boasts 4 Levels!**  
Patio backs to mature trees. 2 master bedrooms w/loft, luxury bath above one; Hardwoods, new Stainmaster carpet, tile, GE appliances, granite, & new A/C. Rec room, wet bar, office & full bath downstairs.

**Herndon \$407,900 Garage Town House**  
4 level, 3 BR, 2.5 BA garage TH, hardwood floors, high-end hardware, tray ceilings, crown molding. French doors, walk-out basement, backs to trees. Kitchen w/granite, SS appliances, pantry, large island w/seating. Walk to shops, restaurants & future METRO.

**Leesburg \$300,000 Fabulous**  
Private location backs to greenery and common area! 3 BR, 2.5 BA w/1-car garage, deck, fence, walk-out finished lower level w/rec room & unfinished area, bright & sunny! Newer HVAC & home warranty included! Close to downtown Leesburg, Ida Lee Rec Center, Rte 15, Rte 7, outlet shopping.

**Vienna Perfect Home and Location**  
If you are looking for privacy & perfection, look no more! Sitting on 1.4 acres, this home features numerous upgrades & a large wooded backyard for kids, pets, gardening, you name it! 4 BR, 3.5 BA (all upgraded) plus a bonus rm in the expansive lower level that is a WALK-OUT! Gas heat! Gourmet kitchen features gas, granite & stainless. Wood floors on 2 levels. 2-car garage & a large deck. Madison High School! Just move in!  
Call Dale Repshas 703-408-2626  
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PHOTOS CONTRIBUTED

Mrs. Potts (Hannah Carter), Lumiere (Karina Yakubisin), and The Enchanted Objects sing "Be Our Guest" to Belle (Mikayla Kirr).

## 'Beauty and the Beast' at Lake Anne Elementary

Lake Anne Elementary School's Musical Drama Club presented Beauty and the Beast, Jr. on March 19 and 20. This was their 2nd annual musical production. The 70 cast and set crew members were made up of fourth through sixth graders from Lake Anne Elementary.

Lead roles were played by Sophie Smith/Mikayla Kirr (Belle), Mikhail Goldenberg/Colin McQuarrie (Beast), Audrey Moore/Hannah Carter (Mrs. Potts), Curtis Bushée/Angel Brito (Gaston), Zion Deccio/Karina Yakubisin (Lumiere), Kieran Romano/Claire Callaway (Lefou), Sophia Young/Grace Morgan (Cogsworth), Brian Maravilla/Michael Norford (Maurice), Charlie Moore/Gillian Hales (Chip), Olivia Bryant/Samantha Burgess (Madame de la Grande Bouche), and Claire Wilson-Black/Georgia

Cutrell (Babette.)

A team of about 20 parent and middle school volunteers worked together with the school music teacher to make this production possible.

Musical Direction by music teacher Stephanie Draeger, PTA sponsored and produced by Grace Yakubisin, Costume Direction by Kristin Piazza, Set Direction by Shelley Bryant and Beth Hoyos, Choreography by Grace & Danielle Yakubisin, Set Construction by Neil Kirr, Set Crew directed by Sue Datoc and Garrett Piazza, Sound by John Melnick, Evan Luczko, Neil Kirr, and Janna Kirr, Rehearsal and Production Assistance by Jen Hales, Rebecca Burgess, Emma Goldenberg, Cheryl Luczko, Stacy Bushée, Sarah Perreira, Delaney Kirr, Dillon Melnick, and Dylan Hoyos.



The Beast (Mikhail Goldenberg) tries to act like a gentleman for Belle (Sophie Smith) along with the Enchanted Objects: Lumiere (Zion Deccio), Cogsworth (Sophia Young), Mrs. Potts (Audrey Moore), Chip (Charlie Moore), Babette (Claire Wilson-Black), Madame de la Grande Bouche (Olivia Bryant).



The Mob led by Gaston (Angel Brito).



## SPRING FUN



The streets of Reston Town Center were full of visitors seeing the booths displaying the crafts and works of artists from May 16 to May 18.



Thousands of people came to the 2014 Taste of Reston.

# Signature Events 2015 – Reston Town Center

❖Pet Fiesta, Saturday, May 2, 10 am - 4 pm, Pavilion and Streets. Super pet adoption, entertainment, exhibitors, pet rescue and nonprofit groups. Presented by GoodDogz.org. All on-leash pets welcome. Free admission, rain or shine. [petfiesta.org](http://petfiesta.org)

❖Mr. Knick Knack! Performances for Children. Mondays, May 4 through Oct. 19, 10:30 - 11:15 a.m., Pavilion. Free performances of heart-centered music for children.

❖Northern Virginia Fine Arts Festival – 24<sup>th</sup> Annual. Saturday, May 16, 10 a.m. - 6 p.m. and Sunday, May 17, 10 a.m. - 5 p.m. Plus: Festival Launch Party on Friday, May 15 - \$75 per person. Presented by Greater Reston Arts Center. Sponsored by Volkswagen of America, Inc. View and purchase art from 200+ artists from across the nation. Enjoy two days of live performances, acclaimed children's activities, and more. \$5 donation encouraged. 703-471-9242 [restonarts.org](http://restonarts.org)

❖Reston Concerts on the Town – 25th Annual Series. Saturdays, May 30 through Sept. 6, 7:30 - 10 p.m., Pavilion. Live bands perform a variety of music genres from around the country. Free. Rain or shine. Alcohol permitted at restaurants only. Presented by Reston Town Center Association and Reston Town Center. [restontowncenter.com/concerts](http://restontowncenter.com/concerts)

❖Love Your Body Yoga Festival, Sunday, June 14, 10 a.m. - 3 p.m., Pavilion and Market Street. Yoga studios and wellness centers of Northern Virginia will be offering classes, services, and information on ways to care for your body, along with live entertainment and activities for children. Donations to participate in classes benefit Cornerstones. Presented by Beloved Yoga. [belovedyoga.com](http://belovedyoga.com)

❖Taste of Reston, Friday, June 19 and Saturday, June 20, Pavilion and Market Street. Greater Reston Chamber of Commerce presents Northern Virginia's largest outdoor food festival featuring samplings from the region's eateries, live music, beer and wine gardens, and much more. Free admission;



Many nonprofits and commercial representatives attended the 2014 Reston Pet Fiesta. By the end of the day approximately 150 dogs were adopted.



Face painter Desi Velez painted the faces of numerous children during the Northern Virginia Fine Arts Festival at Reston Town Center.

tasting tickets purchased on site or in advance at [restontaste.com](http://restontaste.com). [restonchamber.org](http://restonchamber.org) 703-707-9045

❖World Police & Fire Games Athletes Village. Friday, June 26 through Sunday, July 5

Thousands of athletes from 70 countries will converge in Fairfax County for 10 days of competitions. Entertainment and activities will be hosted by Reston Town Center during the games. [Fairfax2015.com](http://Fairfax2015.com)

❖ChalkFest at Reston Town Center, Friday, Sept. 11 and Saturday, Sept. 12. Spectators and participants welcome! Rain or shine. Registration fee includes supplies. Information: [publicartreston.org](http://publicartreston.org), [info@publicartreston.org](mailto:info@publicartreston.org), or 703-467-9797.

❖Oktoberfest Reston, Saturday, Oct. 10 and Sunday, Oct. 11. Featuring the best in autumn brews with delicious fare from area restaurants. Enjoy food, wine, beer, and live entertainment. Produced by Greater Reston Chamber of Commerce. [oktoberfestreston.com](http://oktoberfestreston.com)

❖Washington West Film Festival, Wednesday, Oct. 21 through Monday, Oct. 26, Bow Tie Cinemas.

A unique cinematic experience presenting fine independent films screened or premiered in three in-competition categories: dramatic features, documentary features, and short films. Schedules and tickets: [wwfilmfest.com](http://wwfilmfest.com)

❖Reston Town Center Ice Skating Pavilion Season, November until March. Public ice skating and skate rentals every day, including all holidays.

Also available are skating lessons, birthday parties, private and corporate parties. More information, rates, and schedules: 703-709-6300 [restontowncenter.com/skating](http://restontowncenter.com/skating)

❖HOLIDAYS ARE HERE! at Reston Town Center — Friday, Nov. 27 (day after Thanksgiving). Reston Holiday Parade, tree lighting, and much more.

Rain or shine. Find more events and details at [www.RestonTownCenter.com/events](http://www.RestonTownCenter.com/events)



# Trout Season Open In Fairfax County

## Rain waters down Herndon Fishing Derby, fish still available in Reston.

BY RYAN DUNN  
THE CONNECTION

Despite rainfall that lasted throughout the morning, parents and children arrived at Sugarland Run Trail in Herndon the morning of Saturday, March 14 to participate in the annual fishing derby. The Town of Herndon's Parks and Recreation Department coordinated the event. Volunteer groups assisting at the event included members from Trout Unlimited. "This is our sixth time participating in this event," said George Paine, a resident of Reston and secretary of the Northern Virginia Chapter of Trout Unlimited (NVATU). "It is a great opportunity to connect kids with the outdoor scene," said Paine.

"Hats off to the parents who are taking their kids out," said Roy Lindquist, a volunteer with NVATU. The participants met behind the Herndon Police Station on the Sugarland Run Trail. Teens and adults ages 16 and up had to have a valid Virginia State Fishing License to fish. Adults were not permitted to fish during kids fishing time. "It is a lot of fun to teach the kids how to fish," said volunteer John Davey.

NVATU is a diverse group of men, women and children, mostly from the Alexandria, Arlington County, Fairfax County, and Prince William County, who enjoy fishing and associated activities to enhance



**Despite a rainfall that persisted throughout the morning, families still attended the Saturday March Trout Derby hosted by the Town of Herndon Parks and Recreation department.**

quality fishing opportunities. It is one of the largest TU chapters and often interact with other nearby chapters. The chapter holds regular meetings on the first Thursday evening of every month at the Vienna Firehouse. You need not be a member to come to meetings. The Northern Virginia Trout Unlimited Chapter #360 is Northern Virginia's leading nonprofit cold-water fisheries conservation organization with about 1,000 members.

"We heard about this event from the Herndon Community Center," said Jasmine Yao, who brought her son Ted. Many attendees found out about the event from the Herndon Community Center. The Guggenmos family brought umbrellas and rain jackets with them. "I think it is great how they give us all the bait and tackle we need," said Steve Guggenmos. "It is pretty fun, the only downside is the rain," said Steve's son, Bennett Guggenmos.

Continued rainfall on Saturday put a damper on the outdoor Herndon event. As the trout were raised in a fish hatchery, they were unfamiliar to the weather conditions of high water levels made by

the snow melt and rainfall. Still for those who participated it was an opportunity to share quality time. For those who may seek to fish on other days, Trout Fishing at Lake Fairfax Park in Reston resumed on Sunday, March 15, and continues until Sunday, May 3.

Although fishable year-round, spring is the premier time for fishing at Lake Fairfax. Thousands of pounds of safe-to-eat rainbow trout are stocked in the lake. Bi-weekly stockings run from February into April. A Virginia fishing license is required along with either a one-day or a seasonal trout fishing pass available at the site.

There are one-pole and six-fish limits. The lake is accessible for shoreline fishermen. Other locations where fishing is possible includes Riverbend Park in Great Falls and Burke Lake. Burke Lake is a 218-acre, state-owned public fishing lake. Fairfax County owns the parkland around the Burke Lake, and there is a 24-hour state launch ramp exclusively for anglers near the dam.



**Volunteers from Trout Unlimited including Roy Lindquist and George Paine assisted participants in the 2015 March Kids Trout Fishing Derby held at Sugarland Trail in the town of Herndon.**

PHOTOS BY  
RYAN DUNN  
THE CONNECTION

## CALENDAR

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

### TUESDAY/MAR. 24 - SUNDAY/APR. 5

**Herndon High School Art Exhibit.** ArtSpace Herndon, 750 Center Street, Herndon. Art teachers at Herndon High School invite senior artist to show painting, photographs, drawings and digital art. <http://www.artspaceherndon.com/mind-heart-vision/>

### WEDNESDAY/MARCH 25

**It's Pancake Story Time.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Flapjacks on the griddle; maple tree sap on the run; Busia's coming out of hibernation. Please join us for family storytime fun! All ages. To register visit <http://www.fairfaxcounty.gov/library/branches/rr/>.

**I'm a Builder! Storytime with Wood Blocks.** 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Creativity, scientific thinking, problem solving, and language skills all come into play as we use wood blocks to build, explore, create, and learn (STEAM). Age 3-5 with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/he/>.

**Mind, Heart, Vision Artist Reception.** 6-8 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every spring art teachers at Herndon High School invite senior artists to participate in a juried art show at ArtSpace Herndon. The exhibit includes paintings, photographs, drawings, and digital art. The student artwork on exhibit will also be available for purchase. The exhibit and artists reception are free and open to the public. For more information visit our website: <http://www.artspaceherndon.com/mind-heart-vision/>. 703-956-6590.

### THURSDAY/MARCH 26

**World Class Irish Pianist.** Reston Community Center, 2310 Colt Neck Road, Reston. 2:15-3:40 p.m. Hear world class Irish pianist John O'Connor perform. He is famous for his breathtaking performances with some of the most impressive orchestras around the world, including the London Symphony, the Royal Philharmonic, the Vienna Symphony, and l'Orchestra National de France. The concert is free to the public. Sign up at: <http://www.restoncommunitycenter.com/attend-shows-events-exhibits/centerstage-schedule>

**Storytime for Threes to Fives.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An early literacy program with stories and activities. Age 3-5 with adult. Register online at <http://www.fairfaxcounty.gov/library/branches/rr/>.

### FRIDAY/MARCH 27

**Environmental Film: More Than Honey.** 7 - 9 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Oscar-nominated director Markus Imhoof tackles the vexing issue of why bees, worldwide, are facing extinction. The film investigates the global phenomenon observed by small family beekeepers as well as large industrialized honey farms in California, Switzerland, China and Australia. Using exquisite macro-photography of bees in flight and in their hives, a fascinating and complex world in crisis is revealed. Co-sponsored by Friends of Reston. Adults and children 10+ years.

Reservations required by March 24. \$5 suggested donation. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

**Great Decisions Series.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A roundtable discussion on the U.S. foreign policy process. The topic for March is Sectarianism in the Middle East. Discussion materials will be available two weeks before the event. Adults. <http://www.fairfaxcounty.gov/library/branches/rr/>.

### SATURDAY/MARCH 28

**Community Easter Egg Hunt and Storytime.** 11 a.m. Reston Presbyterian Church, 10610 Sunset Hills Road, Reston. Easter Egg Hunt will be held outside for ages 12 and under (held inside if raining). [www.rpcconnected.org](http://www.rpcconnected.org).

**One-to-One Technology Help.** 11 a.m. - 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Need help with eBooks, smartphones or tablets? Gather up your devices and login info and come to a Saturday session with a technology volunteer. Adults. Call branch for times, 703-689-2700.

**Stop the World I Want to Get Off.** 2 p.m. - 3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Zelma Chamberlain returns to show you how simple meditation can ease the stress of your edge-of-the-seat daily life and bring you inner peace. Adults and teens. Register online at <http://www.fairfaxcounty.gov/library/branches/rr/>.

**Celtibillies.** 8 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The Dominion Notes Concert Series continues with the Celtibillies joined by Emily Oleson. The Celtibillies, an award-winning quartet of outstanding musicians from Abington, Virginia, play stringed instruments in the style of the Scottish and Irish immigrants who settled in the Virginia Frontier. Led by the fiddle, an instrument originating in the Isles, the band plays Celtic tunes with a mountain flavor. They will be joined by a professional flat-footed dancer, Emily Oleson, performing Celtic and Appalachian dance. Tickets are \$15. To purchase tickets go to: <http://www.artspaceherndon.com/dominion-notes-concert-series/>. For more information call 703-956-6590.

**Sugarland Run Stream and Runnymede Park Clean-up.** 8 a.m. - 12 p.m. Runnymede Park, 195 Herndon Parkway, Herndon. Choose between stream clean-up or native plant garden assignments, bring work gloves and suitable clothing. Meet at main entrance. To volunteer contact the Town Forester. 703-787-7380.

**Aqua Egg Hunt.** 1:30 p.m. - 4 p.m. Herndon Community Center Pool, 814 Ferndale Ave, Herndon. Join us for our Aqua Egg Hunt where children will collect as many floating and sinking eggs as possible in the time allowed. Everyone will receive a prize. Ages 16 and under. Register online [http://www.herndon-va.gov/content/parks\\_rec/specialevents/](http://www.herndon-va.gov/content/parks_rec/specialevents/) or call 703-787-7300.

### SUNDAY/MARCH 29

**Spring Amphibians.** 2 - 3 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Amphibians make their way to water in spring to find mates and lay eggs. Discover which amphibians live in Reston, and which of them have used the nature center pond as a nursery. Explore the pond to see who is around right now. All ages. Reservations required by March 26. Fee: \$5/person RA members, \$7/ SEE CALENDAR, PAGE 15

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# CALENDAR

FROM PAGE 14

person Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

## MONDAY/MARCH 30

**Baby Steps Story Time.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive story time for you and your child. Age 12-23 months with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/tr/>.

## TUESDAY/MARCH 31

**Toddler Story Time.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for fun stories, songs, and fingerplays. Age 2 with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/tr/>.

**Card Trick Workshop.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Students will learn unique and seldom seen card tricks featuring sleight of hand, mathematical principles, subtlety, psychology and subterfuge. Ages 12-17. To register visit <http://www.fairfaxcounty.gov/library/branches/tr/>.

branches/tr/.

## SATURDAY/APRIL 11

**Casino Night.** 7-10 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Buy tickets Now for Reston Community Orchestra's annual fundraiser. Advance ticket: Single \$65 / Couple \$125. At Door \$75/\$140. Ticket covers food, drink, starter chip stack, raffle prizes. An evening of fun, fortune, and friends. <http://restoncommunityorchestra.org/reston-community-orchestra-annual-benefit/>

## Palm Sunday, March 29

Worship services at 8:30 a.m. and 11:00 a.m.

## Easter Sunday, April 05

Sunrise Worship service at 6:30 a.m.  
Easter Worship service at 11:00 a.m.



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Music 4 years to 2nd grade  
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## SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**Herndon goalkeeper Ryan Mach, right, finished with 17 saves against Chantilly on March 23.**

# Perennial Power Chantilly Boys' Lax Teaches Lesson to Herndon

## Hornets goalkeeper Mach plays well in defeat.

BY JON ROETMAN  
THE CONNECTION

Sometimes, lessons are learned the hard way. Herndon boys' lacrosse coach Dave Baggetta wants his players to approach the game with effort and intelligence. On Monday, the Hornets saw what can happen when they're not on top of their game.

Perennial power Chantilly walloped the Hornets 10-1 at Herndon High School. The Chargers led 4-0 at halftime before coming out strong in the third quarter, adding four goals to their advantage.

Chantilly led 10-0 in the fourth quarter before senior attackman Ryan McLaughlin scored Herndon's lone goal with 2:28 remaining.

Chantilly has played in the state championship game in five of the last seven years, winning titles in 2008 and 2013. On Monday, the Chargers improved to 2-0 and dominated during what equated to a tune-up for Thursday's matchup with defending state champion Robinson.

What did the Hornets take from Monday's game? "I think you're always learning, especially when you have a team that's got a number of sophomores that are contributing, mixed in with seniors and juniors," Baggetta said. "... What I really would hope though, No. 1, is that our kids look at how hard they need to play the game. I also think what they do is they take this into practice and they realize that they have to be at full speed, because passing and catching always has to be at full speed. When you play a team like this, they're going to prove it to you because they're going for 48 minutes."

Baggetta, in his fifth season as Herndon head coach, said he talks to the Hornets about "competing."

"When I use the word 'compete,' it encompasses a lot of different things," he said. "I want to see them compete in terms of effort, but I also want to see them compete in terms of being smart with how they do things."

Herndon goalkeeper Ryan Mach, facing heavy fire, finished with 17 saves. The junior received praise from his head coach.

"He played an outstanding game," Baggetta said. "... I think he helps keep the guys motivated because they see how hard he's working in the cage. Frankly,

he's down there playing extremely hard, giving us an opportunity to at least get the ball back. ... The way that Ryan plays, he's giving you an opportunity to hang around. Now we've got to do a better job of collectively helping him out as a team."

McLaughlin is Herndon's top offensive threat and will play at High Point University.

The loss dropped Herndon's record to 2-2. The Hornets opened the season with a 13-9 loss to West Springfield on March 16, before beating Annandale 15-6 on March 18 and West Potomac 11-7 on March 19.

The Hornets will travel to face Westfield at 7:15 p.m. on Thursday, March 26.



**Senior attackman Edward Williams, left, and the Herndon boys' lacrosse team lost to Chantilly on March 23.**

## Langley Girls Lacrosse Has a Strong Debut

The Langley girls' lacrosse team started strong and finished equally strong against a very talented McLean team on March 17. Ten different Langley Saxons scored in a dominating 19-11 performance over the Highlanders.

"This was a positive start to an important season for Langley," said head coach Rebecca Watkins. "We have many offensive weapons but more importantly the girls played like a team. This is a long season and we hope to be built for a long run."

Senior Nicole Lee scored three goals, while Halle Duenkel tallied four goals in the impressive debut. Aubrey Zarella (one), Morgan Kuligowski (one), Julia Byrne (two), Rebecca Bair (two), Anna Hofgard (two), Maddie Frix (two), Caroline Wilson (one), and Bethany Basco (one) scored as well.



PHOTO CONTRIBUTED

**The Langley girls' lacrosse team opened the season with a 19-11 win over McLean on March 17.**

Mackenzie Regen and Marina Smith anchored the defense. Goalies Megan O'Hara and Brittony Trumbull recorded four saves each and never let the game get close.

Two days later, Langley lost to Centreville 15-12, evening the Saxons' record at 1-1.

Langley will face South County at 11 a.m. on March 30 at Robinson Secondary School.



PHOTO CONTRIBUTED

**Senior goalkeeper Sigourney Heerink and the Madison girls' lacrosse team opened the 2015 season with a win over Marshall on March 19.**

## Madison Girls' Lax Wins Season Opener Against Marshall

The Madison girls' lacrosse beat crosstown rival Marshall 15-5 on March 19 to kick off their 2015 season.

Leading the scoring for Madison was Kierra Sweeney with four goals. Appearing in her first high school game, freshman Zoe Dyer racked up three goals. Also contributing to the effort were Katie Sciandra (three goals), Anya Saponja (two), Andie Battin (one) and Alison Krisko (one).

Madison goaltending was rock solid with senior goaltender Sigourney Heerink tallying 17 saves. Freshman

goalie Ellie Socher also saw time in the goal, making a strong debut.

Madison dominated in the field with Andie Battin and Shannon Condon winning many ground balls. All 21 players saw time on the field and contributed to the win.

Marshall saw strong play from their seniors Sophie Lex (three goals) and Mary Hagopian (one goal). Sophomore Statesman Hannah Smith also contributed a goal.

Madison hosts South Lakes at home on Thursday, March 26 at 7 p.m.





George Mason University students attended the March 15 annual Reston NoVa Mini Maker Faire and had booths at the South Lakes High School. Pictured are John Hill, Ryan Cerny, Nithin Ellanki, and Jade Garrett. Garrett is president of the GMU student operated Inventors Club.



Assisting with many events were volunteers, including Reston students such as Angie McCarthy, a senior at South Lakes HS.

## Reston NoVa Mini Maker Faire a Success

Innovators and creators display their crafts in Reston.

BY RYAN DUNN  
THE CONNECTION

The family-friendly showcase of invention and creativity returned to Reston on Sunday, March 15. Tech enthusiasts and innovators gathered in Reston for the second annual NoVa Mini Maker Faire at South Lakes High School and Langston Hughes Middle School. New features for this year's event included additional guest speakers, increased food trucks, as well as representatives affiliated with institutions such as George Mason University and Virginia Tech. The original Maker Faire event was held in San Mateo, Calif., and has since been held in other cities. "I think it is awesome when so many people of so many different backgrounds can come together," said GMU student John Hill.

According to Brian Jacoby, one of the Faire organizers, the Faire is a showcase of invention, creativity and resourcefulness and a celebration of the Maker movement, the tech-influenced DIY community that is generating new products and services. Fairegoers can participate in workshops, food, performances, and a series of short talks. Attending again this year was the D.C. Area Drone User Group, which is dedicated to teaching people to build and operate their own flying robots and promoting positive social applications of civilian drone technology. "The event has been as good as last year, even better," said Chris Vo, president of the D.C. Area Drone User Group. The drone group has a free event planned on March 21 at UAS Academy at Warrenton Training Center.



Entrepreneur, owner of True Honey Teas and George Mason University alumnus Chris Savage was one of the many exhibitors who attended the Sunday, March 15 annual Reston NoVa Mini Maker Faire. The event was hosted at South Lakes High School and Langston Hughes Middle School.

"Northern Virginia has long been a hotbed for technology, innovation, creativity, and the entrepreneurial spirit," Jacoby said. The NoVa Mini Maker Faire brings together a diverse audience of all ages interested in technology, engineering, arts, crafts, food, music, science and sustainability.

**LIKE LAST YEAR**, faire volunteers gave basic soldering instructing, information on 3D printers, and displayed art made of fiber optic cables. Josh Ajima, Technology Resource Teacher at Dominion High School



SLHS junior Everest Gromoll working on a blade outside Reston South Lakes High School. New to the Reston Maker Faire were blacksmith enthusiasts affiliated with the Blacksmiths' Guild of the Potomac Inc.

and Loudoun Academy of Science, brought his display of 3D printers and displayed a 3D Gumball Gallery. New to the Reston Maker Faire were blacksmith enthusiasts affiliated with the Blacksmiths' Guild of the Potomac Inc. The two blacksmiths, SLHS junior Everest Gromoll and Madison HS junior Owen McGunnigle, did a demonstration outside South Lakes HS.

Assisting with many events were volunteers, including Reston students such as Angie McCarthy, a senior at South Lakes HS. McCarthy volunteered at the GEMS Take

Apart Zone at Langston Hughes. "I think this is really fun, a lot of the kids are a lot more knowledgeable than some may imagine," said McCarthy. At the Northern Virginia GEMS site, children were able to get hands-on experience in using tools to disassemble items including printers, copiers, keyboards, and other electronic machines. "The goal is to fix things, not just take them apart," said Elizabeth Vandenburg, executive director of GEMS Club.

One of the goals for this year's event was to build on last year's success and be more engaging. Some participants from last year who returned expressed satisfaction that some of the locations had been reorganized so they were not crowded. "The turnout has been wonderful," said Paula MacDonald, a board member and volunteer with the Children's Science Center. Jacoby expressed satisfaction with the final turnout and volunteer efforts. While South Lakes High and Langston Hughes Middles helped display different exhibitors, guest speakers made presentations at Langston Hughes Theatre.

**SOME OF THE GUEST SPEAKERS** included Children's Science Center Nene Spivy, entrepreneur of True Honey Teas Chris Savage, and Lance Bush president and CEO at Challenger Center for Space Science Education. "What you innovate today may lead to the next big innovation," said Bush.

"I've been amazed at the breadth of things to do, including the making of jewelry and crafts," said Springfield resident Jennifer Orr who attended the event with her husband and daughters.

NoVa Mini Maker Faire is independently organized by Nova Labs and is operated under license from Maker Media, Inc. Nova Labs relocated to a facility at Sunset Hills Road to 1916 Issac Newton Sq West in Reston.

"My kids and I come and stay all day, this event gets us all very excited about STEM," said Reston resident Mike Collins.



## Health Matters More

By KENNETH B. LOURIE



I realize money doesn't buy happiness, although I wouldn't mind renting it. Still, having money rather than not having it can't be all bad. And I can definitely appreciate how not worrying about it can contribute to a potentially less stressful, above-average quality of life, generally speaking (I'm well aware that if you don't have your health, you don't have nearly as much; don't I know it!). And though there are no guarantees in life, other than death and taxes, as the old saying goes; being able to say "yes" should be easier than saying "no" when all is said and done. And when all is not yet "said and done," and there are health issues which intersect with dollars and sense, the conflict can exacerbate an already difficult situation. Unfortunately, the two are not mutually exclusive, and one can experience both – simultaneously.

Being a "terminal" cancer patient hardly improves this situation, regardless of what is said or done. Somehow, somewhere, one has to find stress-relievers and mind-occupiers. If that release involves money, I'll just have to live with the consequences of my inaction. Although having rather than having not is a much better alternative, navigating without has not been an impossible task. Hopefully, I'm mature enough to take the good and dispose of the bad and use it to strengthen my resolve, not weaken it. Because no one, as my mother was fond of saying, "gets out of this life alive," and leaving a path of inappropriate behavior in your wake is likely not the road to find out (Cat Stevens).

But I'm not, necessarily, as I live and breathe, on any sort OF road to find out. I'm more on a path of least resistance. I'm trying to accentuate the positive and minimize the negative and put stress in my rear view window (yes, I still drive; I'm fine, mostly). However, there are impediments and obstacles to such blissful ignorance; I mean, happiness. Regular appointments with an oncologist and visits (I use that word loosely) to the Infusion Center every three weeks for chemotherapy tend to muddle that happiness, naive or otherwise. In addition, when nos get in the way of yeses, the benefits are less obvious. As much as I'd like to be a sport, I have less recourse now than I ever have and fewer alternatives to compensate for a potentially abbreviated pursuit of life, liberty and happiness. It's not as if I'm unable to provide for myself and my family, however; it's more that in so doing, I feel as if I'm inadvertently giving in to the pressure and making worse an already difficult-to-manage situation: stage IV, non-small cell lung cancer, which my oncologist originally characterized as "treatable but not curable;" try processing that when you're age 54 and you've just buried your widowed mother. Still, six-plus years post-diagnosis, maybe I'm here to stay?

Who knows, really? If I had fewer "normal" things on my mind, perhaps cancer and its devastating effect would be more on my mind? Which I wouldn't see as a positive. Actually, I would: I'm positive the effect would be negative. Maybe the fact that I've tried to maintain my status quo and not impose a "bucket list"/artificial deadline on myself has enabled me to stay in the game longer than was initially "prognosed." And I am extraordinarily lucky; I just wish that sometimes, the game came with fewer expenses.

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

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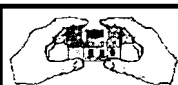
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## Goudie Appointed Reston Town Center Executive Director

The Reston Town Center Association (RTCA) and Reston Urban Core Association (RUCA), and their management company, SFMC, Inc., announced that Robert Goudie has been hired as the associations' Executive Director. As the chief management officer for each association, he will report directly to the associations' respective boards of directors.

"As a member of the RTCA Board since 2005, the last six as its Vice President, Robert keenly understands and has been a vital contributor to our operations," said RTCA and RUCA Board President, Denise Hogan. "Moving his talents and energy into a full-time operational role will unquestionably add value to the Town Center experience."

"Anyone who knows me knows how passionate I am about all things Town Center," Goudie commented. "So the opportunity to be even more directly involved in helping maintain Town Center as a world-class experience was absolutely compelling for me." Goudie cited as his main goals effectively incorporating new development into the associations as Town Center grows in connection with Metrorail's arrival; maintaining Town Center as not only Reston's enviable downtown but as a growing and dynamic destination location; and cultivating the business-residential partnership that is central to what makes Town Center such a unique place.

Goudie is an attorney and has been a Town Center resident since 1998.

"This is a wonderful opportunity for me to extend and deepen my service to Town Center and the broader Reston community of which my wife, Theresa, and I are so happy to be a part," Goudie added. He will begin his new duties as the Town Center Executive Director on March 9.

## 'Call for Abstracts' for Reston Hospital Center Conference

Reston Hospital Center's Research Committee in partnership with Marymount University's Eta Alpha chapter of Sigma Theta Tau announces a "Call for Abstracts" for their 11<sup>th</sup> Annual Research Conference. The conference, held on Friday, May 8 at Reston Hospital Center, is open to local and international nurses, students, and research fellows and at least one registered nurse must be listed on the submission. All abstract submissions are due to the Reston Hospital Center Research Coordinator, Emma Kurnat-Thoma, PhD, MS, RN at [Emma.KurnatThoma@hcahealthcare.com](mailto:Emma.KurnatThoma@hcahealthcare.com) by 5 p.m. on Wednesday, April 1. Contact hours will be awarded to conference attendees.

Complete details regarding submission instructions, research abstract selection criteria, and complete conference info can be found at [restonhospital.com](http://restonhospital.com).



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But fitness might be the most important thing to living a healthy life. Being healthy makes you a happier person, a better parent, employee, partner or spouse. Fitness is the key to getting involved in life. You can choose to fully embrace your own fitness life, or you can watch other people living theirs. Only YOU can decide to change your life and body when you are ready.

At Koko, we understand all of this, which is why our company was founded over a decade ago. We are the small, alternative fitness choice that exists for people who feel they don't fit into that impersonal big box fitness center.

If you like lots of help and guidance, then we are for you. If you like a small, comfortable place to work out with people just like you, then Koko is your gym. If other gyms have failed you and you felt lost in the crowd, we are here to make sure that this time -- with personal guidance and the proven Koko training methodology -- you will succeed.

Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

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Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!



~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however, I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour. The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

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~ Scott Kreitz

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