



# Sneak Peek: Best of Reston

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Amy's Amigos: Olivia Wolfe,  
Hannah Becker and  
Kacey Hirshfeld will be honored  
at the Best of Reston celebration  
on April 7.

# Reston CONNECTION

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## Area Becomes a 'No Drone Zone'

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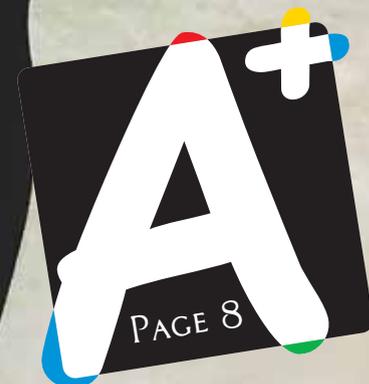


PHOTO BY KEN MOORE/THE CONNECTION

# BECAUSE A COACH CARED

**Koko**  
FitClub



## A COACH CAN CHANGE YOUR LIFE

When Barbara walked into Koko FitClub, she was nervous. Facing serious health issues, her doctors prescribed exercise. Traditional "gyms" caused fear and dread – she tried them, and hated them. Her goal: to get healthy and build strength in a place that made her feel like she truly belonged.

At her first session, Barbara could barely lift any weight. Her FitCoach, Tyler, encouraged her to stay positive. He guided her through 25-30 minute workouts, just 2-3 times a week, and discussed healthier eating. Within 30 days, Barbara saw results. The workouts were exciting and (finally!) she could do push-ups!

After several months training with her FitCoach, Barbara is 50% stronger. She looks fantastic. She is strong, fit and, most importantly, healthy.

Tyler is impressed. "To see someone who has gone through so much and is now achieving her goals – it's incredible. Barbara always wants me to challenge her, and I love it! What makes me most proud is the simple fact that she is proud of herself. I may have helped along the way, but if she hadn't made the first step to come into Koko FitClub, none of this would have been possible."

## COME CHANGE YOUR LIFE WITH US THIS YEAR

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

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Koko FitClub of Reston | 571-612-2333 | [reston.kokofitclub.com/get30for30](http://reston.kokofitclub.com/get30for30)

**30  
DAYS  
\$30**



Leila Gordon (second from right) received the individual community leader award for “inviting all who live, work and play in Reston to participate in the Reston way of living with compassion and creativity.”



PHOTOS BY KEN MOORE/THE CONNECTION

Organizers call Best of Reston events the best two nights in Reston.

# Sneak Peek: Best of Reston

## Honorees for silver anniversary event announced.

BY KEN MOORE  
THE CONNECTION

**M**ore than 750 people attended last year’s Best of Reston Awards for Community Service.

“The best night out in Reston,” said Chamber president Mark Ingrao, of the annual event organized by Cornerstones and the Greater Reston Chamber of Commerce.

Ingrao, Kerrie Wilson, Mike Bradshaw and numerous others called last Thursday night, Jan. 14, the “second best night in Reston.”

Cornerstones and the Reston Chamber of Commerce announced the honorees who will be receiving awards at this year’s Best of Reston event, scheduled for April 7 at the Reston Hyatt.

The Greater Reston Chamber of Commerce and Cornerstones will celebrate the silver anniversary of the event, as they showcase community involvement and corporate philanthropy and engagement, while raising funds to support Cornerstones’ mission.

“Save the date,” said Reston Association president Ellen Graves. “I expect to see all of you on April 7 and I expect you all to bring 500 of your best friends with you.”

Graves, Kevin Reynolds of Cardinal Bank, and Judy Redpath of VISTA Wealth Strategies LLC will serve as the 2016 Best of Reston Gala Chairs.

**CORNERSTONES PARTNERED** with The Greater Reston Chamber of Commerce 25 years ago to create the annual Best of Reston: Awards for Community Service.

The annual Reston event has raised more than \$2.24 million the previous three years.

Cornerstones promotes self-sufficiency by providing support and advocacy for people in need of food, shelter, affordable hous-

**Supervisor Cathy Hudgins (center) with Nannette Bowler (right), director of the Department of Family Services, and Leila Gordon in the background.**



ing, quality childcare, and other human services. The agency has reached out to more than 250,000 neighbors in need. “Through advocacy and support services, we connect our clients to the vital resources they need to help build more stable families and self-sufficient lives and provide a comprehensive array of programs that solve urgent or ongoing requirements for housing, childcare, food or financial assistance,” according to Cornerstones.

Last year, Kerrie Wilson accepted a check for \$539,796 on behalf of Cornerstones.

**“REVEALING THE BEST RECEPTION,”** was the name of last Thursday night’s event at the Silver Line Wiehle Metro Plaza.

“The support of the community as we honor individuals, organizations and businesses whose efforts shape our community for the better—every day,” said Jill Norcross, chair of Cornerstones Board of Directors.

“It is an honor to work with Cornerstones through our shared mission of building a community that is not just a great place to do business—but one which offers hope and help to so many,” said Mark Ingrao, presi-

dent and CEO, Greater Reston Chamber of Commerce. “Truly, the Greater Reston Chamber of Commerce sees this work as both a privilege and a responsibility.”

Cornerstones and the Chamber announced the eight honorees who have been selected for the 2016 Best of Reston Community Service Awards last Thursday, Jan. 14 at the Silver Line Wiehle Metro Plaza.

**EIGHT HONOREES** will receive recognition on April 7, including:

**Individual Community Leaders**

**Jim Elder**

“A Champion of Sportsmanship for All Seasons: Teaching Reston youth that good sportsmanship and fair play are as essential to playing the games they love as skills, stats and strategy,” according to Cornerstones and the Reston Chamber of Commerce.

**Leila Gordon**

“Putting Community at the Center of the Reston Experience: Inviting all who live, work and play in Reston to participate in the Reston way of living with compassion and creativity.”

**Small Business Leaders**

**Beloved Yoga**

“Inspiring Community Wellbeing: Providing the tools for self-empowerment, self-healing and self-realization coupled with the belief that giving back to community is powerful when we thrive together.”

Wiygul Automotive Clinic

“Jump-Starting Hope for Families and Children: Making a profound difference in lives by quietly and humbly delivering dependable transportation to help people secure and maintain solid employment.”

**Corporate Business Leaders**

**Bechtel**

“Engineering the Future with Service to Others: Giving employees opportunities to create positive impacts throughout Reston, the Dulles Corridor and the world by encouraging them to follow through on their own purpose-driven interests and passions.”

Google

“Search for “Positive Impact”: Find Google in our Community: Bringing its signature culture of innovation to tackle local and worldwide challenges in education and poverty relief; and the support of returning service men and women and our K9 heroes.”

**Civic Community Organization**

Friends of Reston for Community Project

“The Nature of Reston Has Giving at Its Heart: Harnessing the resources of volunteers and friends to generate \$2 million in community investment so all may enjoy Reston’s numerous natural assets.”

**Vade Bolton-Anne Rodriguez**

**Legacy Award**

Amy’s Amigos

“Friends Striving to Create a Healthy, Caring Community: Channeling grief into ongoing action, modeling wellness for youth and throughout the community, sharing the tools of action, and passing the torch to the next generation of Reston’s leaders.”

# General Dynamics to Move to Reston

## Post office and upcoming Reston Polar Dip at Lake Anne.

BY RYAN DUNN  
THE CONNECTION

**R**eston resident Doris Tyler, owner of Chesapeake Chocolates at the Lake Anne Village Center, has set up a Go Fund Me account to raise money to open a post office in the Lake Anne Village Center. The previous Lake Anne post office closed in 2014. Chesapeake Chocolates, Inc. expanded in 2015 and with additional space, Tyler began the application process to open a Contract Postal Unit. The post office will be the Bob Simon Lake Anne Post Office, named after Reston founder and visionary Robert E. Simon.

A Contract Postal Unit (CPU) is a retail postal facility located inside a retail establishment. CPUs are operated by the retailer's employees and offer the same basic services available at a regular Post Office. Tyler was awarded the contract in August. Remodeling will be necessary to meet the requirements for the Post Office and additional furnishings and infrastructure are needed. Expenses including employee salaries, Chesapeake Chocolates will pay rent, and

utilities needed to operate the Post Office.

The 9th Annual Freezin' for a Reason Virginia Polar Dip is set for Saturday, Feb. 6. The mid-winter Lake Anne event begins at 12:30 p.m. with music by Danny DJ and family friendly activities. The Dip starts at 2 p.m. Each year the event draws crowds of spectators and jumpers raising over \$100,000. This year's event is estimating approximately 350 individuals to dive off Lake Anne's dock. Participants will take a full dive or a "Chicken Dip" – to raise funds for Camp Sunshine, a national year-round retreat for children with life-threatening illnesses and their families. This year's goal is to raise \$125,000, which will allow 50 families from the Mid-Atlantic area to come to Camp Sunshine.

Lake Anne residents Eve Thompson and her husband Rick will soon open their business, Lake Anne Coffee House. Lake Anne Coffee House has been closed for redesign. Eve Thomp-



PHOTOS BY RYAN DUNN/THE CONNECTION

**Chesapeake Chocolates at the Lake Anne Village Center, has set up a Go Fund Me account to raise money to open a post office in the Lake Anne Village Center.**

South Lakes Drive, Reston (entrance closest to the stadium). General Dynamics Corporation is an American aerospace and defense company formed by mergers and divestitures. The company employs thousands of people, with locations in 43 countries.

According to the Fairfax County Economic Development Authority, Reston is the second largest office market in Fairfax County with almost 19.7 million square feet of space. Office buildings range from condominiums to the high-rise structures around the Reston Town Center. Other selected business parks in Reston include Campus Commons, Commerce Executive Park, Isaac Newton Square, Lake Fairfax Business Center and Parkridge. General Dynamics employs 8,000 persons in Virginia and has corporate headquarters at 2941 Fairview Park Drive in Falls Church.

The proposed General Dynamics headquarters location is the south side of Sunset Hills Road, north of the Dulles Airport Access Road and west of Hunter Mill Road, at 11011 Sunset Hills Road and is currently owned by Boston Properties (NYSE: BXP). "While this development will go through the standard Reston Planning

and Zoning Committee review process, I wanted to also give the community an early opportunity to talk about the development and address any concerns. The owner and developer involved will be present and available for questions. My hope is that by engaging the community at the onset everyone can be fully informed as the review process proceeds," Supervisor Hudgins said. The General Dynamics property will have a security fence and a small guard house near the entrance.

son is a real estate agent who has owned property at Lake Anne since 2000. The Thompson couple has chosen Monument Coffee, local Manassas-based roasters as the supplier of high-quality beans. The public is invited to meeting to learn about the proposed construction of a new Reston headquarters for General Dynamics Corporation. Hosted by Supervisor Cathy Hudgins, the meeting is scheduled for Wednesday, Jan. 20, at 7 p.m., at South Lakes High School Lecture Hall, 11400

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Join Us For an Open House to Learn More:

Thursday, January 28th | 1 to 3 pm

Offering an assortment of teas and hot chocolate.

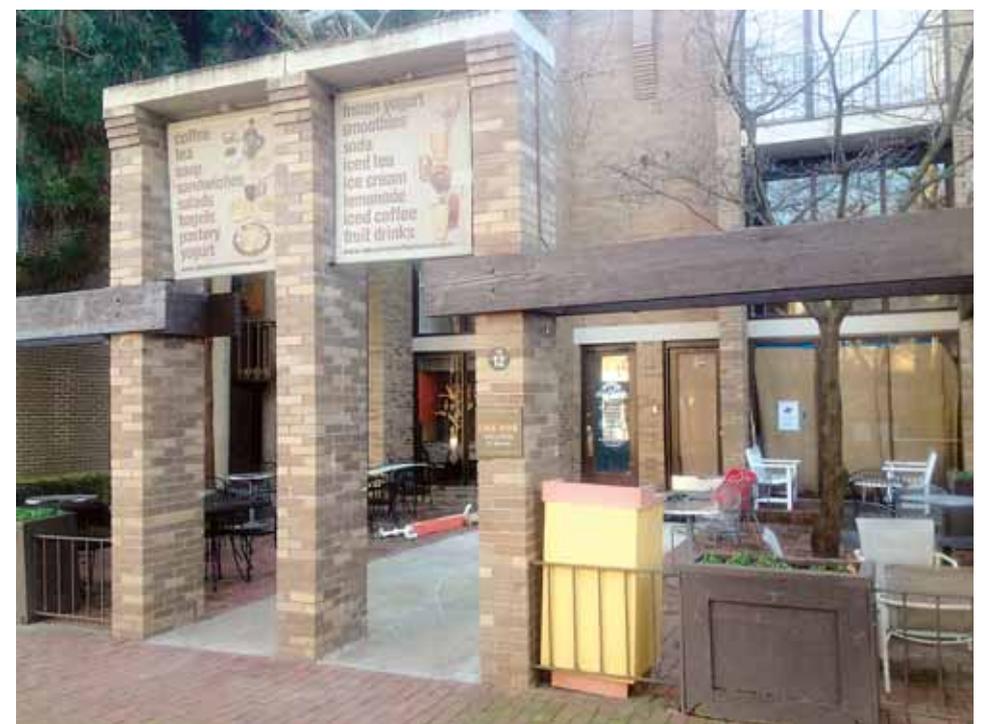
Thursday, February 4th | 1 to 3 pm

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A Harmony Senior Services Community



**Lake Anne residents Eve Thompson and her husband Rick will soon open their business, Lake Anne Coffee House, which has been closed for redesign.**

# 2016 Politics and Better News

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

**M**y plan for today was to discuss the silly season of Virginia's General Assembly session which opened Jan. 13. But, it is really hard to tune out the noise of the 2016 campaign for President which is in its second—or is it third—year? To sum up, at this point it seems the voices of hate, racism and greed will coalesce around the Donald, while the more timid voices of community and caring may have found the revolutionary spark they need for victory. Let's see.

In our area, Reston's delegation to the General Assembly — Delegate Ken Plum and Senator Janet Howell — head to Richmond with their nearly sixty years of seniority to engage in a 60-day session of probable futility. They'll be joined by new Delegate Jennifer Boysko of Herndon, a bright and

promising progressive whose civic experience should serve her well in the Richmond swamp.

Along with a couple thousand proposed laws addressing any public interest or special interest you can imagine, there are major matters of public policy in need of serious discussion and hopefully action by our legislators. Examples of the latter include proposals by Governor McAuliffe, who is seized with the desire to accomplish things in his constitutionally limited 4-year term, to reform public high schools to include professional credentialing and hands-on work experience, and to expand Medicaid coverage at federal expense for about 400,000 uninsured low-income Virginians. Other matters of public policy in dire need of action include how to care for thousands of Virginians with mental illness now untreated due to lack of services. A large proportion of the mentally ill are warehoused in jails—for lack of alternatives. And,

frankly, we desperately need a serious debate on ways to improve gun safety as Del. Plum proposed in his recent column in the Connection. However, the likelihood of serious debate of McAuliffe's proposals, mental health care or gun safety is very slim to none.

Instead, the General Assembly will spend the 60-day session on bills that would, for example:

- ❖ allow faculty members of public higher education institutions to carry concealed handguns on campus;
- ❖ allow the use of turkey feathers and turkey toes in making tools or utensils;
- ❖ allow school boards to put advertising material on school buses—you know like Drink Coca Cola! or This Bud's for You!
- ❖ bar persons on the FBI's terrorist watch list from getting a concealed handgun permit. But not bar them from acquiring AR-15s or AK-47s.
- ❖ designate the cuddly Eastern Garter Snake as official Virginia serpent; and,
- ❖ reduce the penalty for adultery from a misdemeanor to a civil penalty—a change proposed no

LETTERS

## A Great Experience

To the Editor:

I read with interest your article in the on the opening of Not Your Average Joe's at Reston Spectrum (Reston Connection, Jan. 6-12, 2016). My family of 7 (children ages 2-12) had an extremely positive experience at their soft opening this past weekend. In addition to the many positive attributes you mentioned in your article, I would like to point out how extremely accommodating the staff is to guests with food sensitivities and allergies.

This past fall my 11-year-old was diagnosed with Celiac, an autoimmune disease that requires her to be on a completely gluten-free diet. Despite having 5 children, we have never had to deal with concerns related to food sensitivities or allergies before and we are navigating new territory.

The staff at Not Your Average Joe's went above and beyond to make sure my daughter was well-cared-for while dining there. They

were well-trained in food sensitivities, had a gluten free menu readily available, and informed us they had a "scratch kitchen" so would do their best to accommodate her if there was something on the menu they could make gluten-free. They even had gluten-free bread and brought out her own dipping sauce pre-meal. The manager stopped by our table to make sure her needs were being met and to deliver her food personally.

We appreciate the entire staff's efforts to make this a nice family experience and their efforts to go above and beyond to make sure everyone was treated exceptionally well. Our whole family had a great experience there and plans to frequent this place.

It is refreshing to find a restaurant so dedicated to the comfort and happiness of each guest.

**Tara Xeller**  
Reston

WEEK IN RESTON

## Reston Network Analysis Community Meeting

Hunter Mill District Supervisor Catherine M. Hudgins and Fairfax County Department of Transportation (FCDOT) invite you to a community meeting of the Reston Network Analysis Group, on Monday, Febr. 1, 7-9 p.m. at Lake Anne Elementary School Cafeteria, 11510 North Shore Drive, Reston. Residents will be able to learn more about the study which seeks to evaluate the conceptual grids of streets and road elements in the areas surrounding the Reston Metrorail Stations, also known as the Reston Transit Station Areas (TSA). Staff will be on hand to answer your questions during the meeting.

In addition to the community meeting, a public website has been established to gather comments from the community. If you are unable to attend, you can still submit your comments on the project website at <http://www.fairfaxcounty.gov/fcdot/restonnetworkanalysis/>.

For additional information contact Paul Davis at 703-478-0283, or via email at [huntermill@fairfaxcounty.gov](mailto:huntermill@fairfaxcounty.gov).

## Coldwell Banker Moves to New Reston Office Location

Coldwell Banker Residential Brokerage opened the doors to its new Reston office at Reston Town Center at 11911 Freedom Drive, Suite 520. "We couldn't be more pleased with the incredible accomplishments the Reston office has made over the years," said Rick Hoffman, regional senior vice president, Mid-Atlantic, Coldwell Banker Residential Brokerage. "With the new office location and ongoing dedication of affiliated agents to area home buyers and sellers, we are in an even better position to deliver our world-class marketing and local real estate expertise to the community. Reston Town Center is a thriving retail and commercial services center, and this move puts us right in the heart of it."

The new location will serve as a base for more than 50 independent agents. The Reston office can be reached at 703-471-7220. For more information or to view local listings, visit [ColdwellBankerHomes.com](http://ColdwellBankerHomes.com). To learn more about a career in real estate or affiliating with Coldwell Banker, visit [CareersCB.com](http://CareersCB.com).

doubt in response to popular demand among legislators?

Turning to the good news in Reston: The 2016 Best of Reston Award winners were just an-

nounced. A tip of the Progressive's cap goes especially to those honored for their volunteer service to the community—Jim Elder, Amy's Amigos, and the Friends of Reston.

You owe it to your family to visit Brightview Great Falls.  
It is the area's finest Assisted Living community.

*"I am still me! This is just another stage in my life and at Brightview, I can still be who I am." – Dr. Jennifer (PhD)*

*"Brightview offers possibilities, independence and choices. The people here are very caring and attentive. Brightview is a respectful and empowering community where we receive compassionate and dedicated care." – Sheila W.*

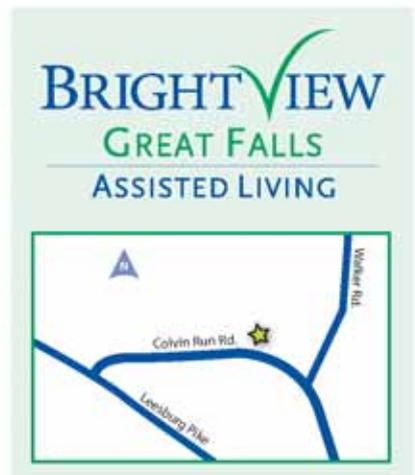
*"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." – Bill W.*

*"At Brightview I still have my independence. I love everything here and I have everything that I need. My family is welcome anytime and the best part is they no longer worry about me." – Sophia C.*



Please call Carolyn to schedule your personal visit.

**703-759-2513**



10200 Colvin Run Road. • Great Falls, VA 22066

# OPINION

## Pay Attention

## General Assembly action matters more in Virginia.

The Virginia General Assembly began its 60-day 2016 session on Wednesday, Jan. 13. Here in Northern Virginia, residents are often far more cognizant of national politics and government than state and local government. But there are several reasons why, especially in Virginia, especially if you live in Northern Virginia, you should pay attention.

In Virginia, localities have only the power expressly given by the General Assembly. So living in Fairfax or Arlington or Alexandria, your local governments and regulations are often not able to reflect the values and preferences of residents.

For example, for Fairfax County to have any say about whether a gun store can operate adjacent to a school, where students can see customers coming and going with weapons, the General Assembly would have to vote to give the county that authority. While this has been a hot topic here, and several legislators have introduced "authorizing legislation," it would be remarkable if the currently constituted assembly would allow this to go forward.

Living in the wealthiest areas of the Commonwealth also raises concerns. Localities have very limited options for raising revenue. The revenue that is actually based on someone's ability to pay, income taxes, is only collected by the state; localities cannot claim any portion of income tax. Of course Northern Virginia is the economic engine of the state, and so it makes sense that a significant portion of the

state budget would be funded with Northern Virginia dollars. But it is unfair that the General Assembly limits localities ability to access other revenue choices to fund local necessities like schools.

There are dozens of other examples, and most are complicated. But local officials are elected, and if local government takes action not supported by local voters, they will be voted out.

Because of gerrymandering of districts in both the House of Delegates and the Virginia Senate, the makeup of the General Assembly is far more conservative than the Commonwealth overall, as evidenced by Democrats elected to all statewide offices. This makes the control from Richmond all the more egregious.

Every resident is represented by one delegate and one senator in the Virginia General Assembly. You can visit the General Assembly website to find out who represents you, for contact information, for session livestreaming and more.

<http://virginiageneralassembly.gov>

## Vote Now for Presidential Primary

Who will be the next President of the United States also matters.

In order to vote in either of Virginia's presidential primaries on March 1, voters must be registered by Feb. 8. Voting "absentee in per-

son" (early voting available for myriad reasons, including anyone who will commute to work on Election Day) is already underway.

In Virginia, voters do not register by party. In the primaries for President, you can vote either the Democrat or Republican ballot, but not both. If you choose to vote the Republican ballot, you will be required to sign the following statement first:

Section 24.2-545 of the Code of Virginia allows the political party holding a primary to determine requirements for voting in the primary. The Republican Party of Virginia has determined that the following statement shall be a requirement of your participation. STATEMENT: My signature below indicates that I am a Republican.

## For More Election Information:

### STATE BOARD OF ELECTIONS

804-864-8901 Toll Free: 800-552-9745 FAX: 804-371-0194  
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703-222-0776, <http://www.fairfaxcounty.gov/elections/upcoming.htm>  
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For details on absentee voting in Fairfax County, see [www.fairfaxcounty.gov/elections/absentee.htm](http://www.fairfaxcounty.gov/elections/absentee.htm).

## Transportation Improvements Will Bolster Economy

### Northern Virginia Business Transportation Coalition 2016 policy statement.

We, the undersigned Northern Virginia organizations representing the vast majority of businesses and employees of Northern Virginia's private sector and non-profit workforce, believe that a strong, efficient regional transportation network is essential to our region's future economic competitiveness, security, and quality of life. We believe that unlocking Northern Virginia's transportation grid requires a strategic regional approach.

We believe that achieving the best solutions to our transportation challenges requires a big picture perspective — regionally as well as statewide. Efforts to constrain, either by law or regulation, the Commonwealth Transportation Board's ability to determine the best investments for the state, are counter to the goals set forth in House Bill 2, 2014 legislation

designed to address the commonwealth's congestion reduction and economic development needs.

The focus of the Commonwealth Transportation Board and the Northern Virginia Transportation Authority, our region's designated transportation planning body, should be on the investment of regional, state, federal, and private sector transportation dollars for highway, transit improvements, and intelligent transportation systems that will:

- ❖ Move the greatest number of people throughout the region;
- ❖ Reduce congestion and travel time between major regional employment centers and communities;
- ❖ Increase reliability of the network region-wide while producing the best long-term return on investment;
- ❖ Promote regional economic

development and growth; and

- ❖ Enhance regional security.

We are concerned that the law requiring the long-term benefits of Northern Virginia's regional funds be distributed proportionally among jurisdictions impedes the ability of the regional body to address the region's most critical transportation needs.

We believe that regional transportation funds should be primarily focused and leveraged, where appropriate, with federal, state, and private funds on projects of large-scale regional significance. These include:

- ❖ I-66 — construct new lanes and enhance transit from US Route 15/Haymarket to Theodore Roosevelt Bridge.
- ❖ New Potomac River Crossing — constructed west of American Legion Bridge.
- ❖ American Legion Bridge — add new express/managed lanes in each direction.
- ❖ Metro — improve maintenance, operations, safety and rail fleet.
- ❖ Bi-County Parkway — construct between I-66/Route 234 Bypass in Prince William County

and Route 50 in Loudoun County.

- ❖ Route 28 — upgrade to eight lanes.

❖ Fairfax County Parkway — convert to limited access facility.  
❖ I-395 — convert HOV lanes to express/managed lanes between the Capital Beltway and the 14th Street Bridge.

❖ Regional Express Bus network — implement in the I-66, I-95, I-395, I-495, Dulles and other major regional corridors.

We support performance-based statewide and regional transportation plans that focus on new and existing corridors of regional and statewide significance, the evaluation of highway and public transit projects utilizing the same criteria, and the prioritization of investments first and foremost on the ability to reduce congestion and improve travel time.

**Brian M. Gordon**, MPA, Apartment and Office Building Association  
**Leo J. Titus, Jr.**, PE, Committee for Dulles

**Patricia Nicoson**, Dulles Corridor Rail Association

**Mark S. Ingrao**, Greater Reston Chamber of Commerce Greater

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## Reston CONNECTION

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

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## COMMENTARY

# General Assembly 2016 Session Underway

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



After the usual business of organizing for a new legislative session, the General Assembly got under way without major incident. The House of Delegates has 11 new members with Republicans clearly in power with 66 members and Democrats 34. The House leadership remains the same with Speaker William Howell in charge. The Senate moved to Republican control 21-19. As is the custom, the Governor spoke to a joint session of the House and Senate in the evening of the opening day.

Among the very likeable traits of Governor Terry McAuliffe are his enthusiasm and positive outlook, and these were never more evident than in his speech to the General Assembly. A recovering economy that is providing more money for programs and services helps fuel the Governor's optimism. But the members of the General Assembly can be a tough sell. For some, the Governor is just another politician with his own agenda. While the members of the majority party were polite, their response to his speech was subdued. Of course, some of his proposals are in direct contradiction to positions they have taken. Disappointingly, his factual, logical appeal to expand health insurance for the working poor seemed to fall on deaf ears. Hopefully some behind the scenes dealing can allow Virginians to access the billions of dollars in federal funds that are available to them.

The main thrust of the Governor's address to legislators was that "we put partisan battles aside, and we get the job done." At the same time we have to run the government today, we must make wise deci-

sions for the future. "We must maintain that balanced budget while making strategic investments."

Education is among the Governor's highest priorities with more than a billion dollars recommended in new funds across all levels of education. He is proposing a fundamental change in Virginia's approach to high school

education to place a greater emphasis on hands-on learning, internships, early college courses, and industry credentials, rather than classroom seat time. "I believe that education is a prime example of the opportunity that we have this session to work together to strengthen our economy and make our state a better place to live. We all agree that is what Virginians sent us here to do."

With all the talk on cooperation and bipartisanship, the Governor also made his position clear on a number of issues. "I am prepared," he said, "to veto bills that roll back the progress that we have made on marriage equality and women's access to health care." And he added, "I will also reject proposals that limit this Commonwealth's ability to keep Virginians safe from gun violence or to react to the very clear and present danger of climate change and sea level rise."

The speech reflects the Governor's thoughts on where we are in Virginia and where we need to go. Over the next 60 days the 140 members of the General Assembly will be making their decisions. For the full text of the Governor's speech, visit <https://Governor.virginia.gov/newsroom/newsarticle?articleId=13920>. Video is available at <https://Governor.virginia.gov/newsroom/videos/Governor-mcauliffe-delivers-state-of-the-commonwealth-address/>

### RESTON CRIME REPORTS

#### Notable Incidents from Jan. 6-15.

**Assault/Disorderly Conduct/Animal Cruelty** - 10600 block of Runaway Lane. Jan. 9, 8:19 a.m. An adult male, believed to be experiencing emotional distress, approached a couple and their children as they were attempting to get into their car. The suspect, while yelling obscenities, allegedly assaulted the husband and the family's dog, and verbally threatened the wife. Responding officers witnessed some of the erratic behavior and took the suspect into

custody immediately. He was charged with assault and battery, disorderly conduct, and animal cruelty. He will undergo a psychological evaluation on Jan. 11. His identity is being withheld due to the sensitive nature of this case. There were no injuries.

**Unlawful Entry** - 1100 block of Amanda Drive. Jan. 8, 8:06 p.m. A resident reported that an unidentified female entered the residence through an unlocked door. She spoke briefly to

the resident and then left without taking anything. She was described as white, about 30 years old, 5 feet 5 inches tall and around 130 pounds. She had short, straight, reddish-blond hair. She was wearing a black dress, a black coat and black heels. She was carrying a black purse.

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Ted Thayer is a member of the George Mason University Potomac Arts Academy Encore Choral Ensemble in Fairfax.



PHOTOS COURTESY OF ENCORE CREATIVITY FOR OLDER ADULTS  
Lee Lipsey is a member of and choral master for the Encore Choral Ensemble of Reston.

## Seniors Who Sing

By MARILYN CAMPBELL  
THE CONNECTION

When musician Jeanne Kelly was asked to be a part of a study on creativity in the aging, she readily accepted. She was a natural to be tapped for the job, since she was running a program for older adults at the Levine School of Music's Arlington campus. She was tasked with helping to measure the impact of professionally conducted cultural programs on older adults.

"The study found that artistic excellence has huge benefits, physically, mentally and socially. Out of that study, I decided to start Encore," said Kelly, referring to a group of singers, all seniors, who are part of one of the 18 Encore Chorales that make up Encore Creativity for Older Adults.

Encore is a nonprofit organization that offers arts education and performance opportunities for seniors. The chorales are currently accepting new members through the end of January. There are no auditions and all levels of musical experience and ability are accepted.

"We don't dumb things down for our older adults," said Kelly. "Our

members really appreciate the respect they get."

Adjustments are made, says Kelly, to accommodate the needs of some seniors. For example, rehearsals are held during the day out of consideration for those who don't drive at night, and members with mobility issues are not required to stand during rehearsals or performances. Encore focuses on offering a classical music repertoire. Choral works such as Giuseppe Verdi's "Messa da Requiem" are chosen to pair well with seniors' voices.

"Our voices do change as we age," said Kelly. "Soprano voices aren't as high as we age, for example, so we choose wonderful music that really shows them off and will challenge them to the max."

"What they're doing is beautiful because they're not only making healthy social connections, they're also challenging their brains which helps maintain their cognitive flexibility," said Carolyn Lorente, Ph.D., assistant professor of psychology at Northern Virginia Community College in Alexandria. "To be able to memorize a piece of music is impressive."

Encore Chorales travel and perform at venues around the globe. Janet Hansen, the choral master for the Langston Brown Encore Choral Ensemble in Arlington, traveled to Cuba last year. "It was a marvelous experience that I wouldn't have had if I hadn't been in Encore," said Hansen, who is a retired education policy researcher. "I wanted to try new things that were different than I did when I was working. This one has been very rewarding." Choral masters are singers who assist the conductor with administrative duties, serve as contact for singers

Improving and preserving the quality of life through music education.

### Encore Chorales

Singers accepted through the end of January. For more information: <http://encorecreativity.org>, call 301-261-5747 or email [info@encorecreativity.org](mailto:info@encorecreativity.org).

Five weekly rehearsals are underway at the following locations:  
Alexandria Encore Choral – Rehearsals on Mondays at 10:30 a.m. at Convergence, located at 1801 N. Quaker Lane, Alexandria. Fee is \$150 for 15 weekly rehearsals, sheet music and performances.

GMU Potomac Arts Academy Encore Choral – Rehearsals on Tuesdays at 11 a.m. at St. George UMC, 4910 Ox Road, Fairfax. Fee is \$150 for 15 weekly rehearsals, sheet music and performances.

Langston Brown Encore Choral – Rehearsals on Tuesdays at 1:45 p.m. at Langston Brown Senior Center, 2121 Culpeper St., Arlington. Fee is \$150 for 15 weekly rehearsals, sheet music and performances.

Encore Choral of Reston – Rehearsals on Tuesdays at 2 p.m. at RCC Hunters Woods in Reston. Fee is \$160 for Reston residents/\$320 for non-residents for 15 weekly rehearsals, sheet music and performances. Registration is through Fairfax County/Reston Community Center.

Lansdowne Woods Encore Choral – Rehearsals on Wednesdays at 2 p.m. in the auditorium of Lansdowne Woods at 19375 Magnolia Grove Square, Lansdowne. Fee is \$150 for 15 weekly rehearsals, sheet music and performances. Pre-registration is required for non-residents.

with questions, etc.

The chorales are open to everyone over the age of 55, regardless of musical experience or ability. Members range from beginners to accomplished musicians. Joan and Ted Thayer are members of the George Mason University Potomac Arts Academy Encore Choral Ensemble in Fairfax. Ted Thayer has been a musician for most of his adult life, majoring in music at the University of Illinois and spending more than 30 years in the National Symphony Orchestra. Joan Thayer, however, had no musical experience. Both participate fully in their choral. Joan Thayer says she has enjoyed learning and sharing one of her husband's passions. "Singing is challenging for me, but I always come away happy and relaxed after an hour and a half rehearsal," she said. "It's a great group of people, and it's nice to be able to talk with someone about something that happened in the 1940s or about things that seniors are going through now, and actually be understood."

Being challenged through musical performance is one of the things that Lee Lipsey, a member of and choral master for the Encore Choral Ensemble of Reston, appreciates. "It's energizing and stimulating on a lot of different levels," she said. "It requires focus, hard work and practice to do it well, but there is a satisfaction in doing it well. You're part of a team, so your pursuit of excellence isn't an individual effort, it's for the team."

ENCORE has more than 1,200 members in 17 Choral Ensemble locations in the Washington, D.C. area and six Chorales in other cities. Opportunities for performance and travel for 2016 include a French Riviera cruise and intensive summer training at college campuses around the country. The season concludes with combined performances with other Chorales as well as local concerts at most Choral Ensemble locations.

For more information or to register for an Encore Choral Ensemble, visit <http://encorecreativity.org>, call 301-261-5747 or email [info@encorecreativity.org](mailto:info@encorecreativity.org).

## Fifth, Sixth Graders Experience Camping at Wolf Trap

First-time campers had a fun experience at an overnight camp out at Wolf Trap National Park for the Performing Arts Friday and Saturday on Columbus Day weekend. In addition to setting up tents, and cooking their own meals using Dutch ovens and camp stoves, the campers were taught archery, fly fishing, gardening, yoga, and about insect pollinators. Wolf Trap Ranger Will Riftenbark took the campers on a backstage tour of the Filene Center.

Campers hailed from local elementary schools including Braddock, Bucknell, Colvin Run, Eagle View, Forest Edge, Harvester, Haycock, Lake Anne, Laurel Learning Center, Louise Archer, Neabsco, Poe Middle School, Rolling Valley, Spring Hill, and Vienna.

The camp out was run by youth leaders from Boy Scout Troop 55 and Girl Scout Troop 1146. The scouts were supported by Wolf Trap staff, adult leaders from the scout troops, Friends of Wolf Trap, and the Potomac Appalachian Trail Club (PATC).

They participated in hikes on the Wolf Trap trail built and maintained by PATC. The hikes were led by Ronald Meson and Alan Day. Meson pointed out many of the natural features at Wolf Trap such as the farm pond, a turkey vulture that was feeding in Wolf Trap Creek, and locations where fawns hide during the day while the mother feeds.

PATC also provided planning, logistical support, and donated money and sleeping bags for needy campers. Nine campers were able to participate because of the availability of these camperships.

Wolf Trap Gardener Edgar Deskins guided campers who were planting in the Shade Garden behind the Filene Center. He also conducted a tour of the Dimple Meadow in front of the Filene Center.

Citizen scientist Sheryl Pollock showed campers the local pollinators that are, es-



Digging fire pits for the Dutch ovens.



On the hike on Wolf Trap trail.

sential to healthy vegetation and conducted a tour of the vegetable garden behind the Filene Center.

Orvis Tysons Corner fly fishing instructor Jason Isaacs demonstrated the basics of fly fishing to the campers and helped them with the fishing tackle.

Campers practiced the ba-

sics of archery taught by Donna Kissane and her son on a range set up behind the Filene Center facing the hill.

Campers engaged in different yoga exercises after each was demonstrated by Eileen Kragie of yin and yang yoga.

This was the third Wolf Trap camp out, previous

camp outs were in September 2014, and last April. As part of its effort to connect with underserved youth, Wolf Trap plans to sponsor these camp outs in the spring and fall outside the performance period. Registration for the spring campout April 22-23, 2016 will start after the first of the year.

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SUMMER ON THE HILL



South Lakes 4x400 relay team of Golden Kumi-Darfour, Olivia Beckner, Sophie Halkett and Devyn Jones finished first at the Liberty Flames High School Invitational Jan. 15-16.



South Lakes' Anas Fain placed first in the 55-meter hurdles at the Liberty Flames High School Invitational Jan. 15-16.

PHOTOS BY JON FLEMING

## South Lakes Produces Multiple Winners at Liberty Flames Invitational

Seniors Golden Kumi-Darfour, Anas Fain and Skander Ballard closed out their regular season high school careers with wins at the Liberty Flames High School Invitational indoor track and field meet Jan. 15-16 at Liberty University in Lynchburg.

South Lakes finished second in the 53-team girls field and third among the 55 boys teams at the meet.

Kumi-Darfour won the 500 meters (1:17.50) and teamed with freshman Sophie Halkett, sophomore Olivia Beckner and junior Devyn Jones to win the 4x400 meter relay in 4:00.94. Halkett finished third in the 500 with a region meet qualifying time of 1:19.42 while Beckner won the 1000 meters in a state meet qualifying time of 3:01.51.

Jones won her second consecutive 55 hurdles race with a 8.60 in the preliminaries and a 8.51 in the finals, both of which are state meet qualifying times. She also finished fifth in the long jump with a region-meet qualifying jump of 16-04.75. Jones, Halkett, freshman Cara Hutson and junior Nikayla Hoyte finished second in the 4x200 meter relay with a region standard time of 1:48.08.

On the boys' side, Fain's victory in the 55 meter hurdles (7.71 prelims, 7.68 finals) has him undefeated in that event this season. In each race, he has won with a state meet qualifying time. Fain also finished 13th in the long jump (19-08.50, conference), 10th in the triple jump (41-08.75) and 21st in the 55 meters (38.01, conference). Senior Eric Kirlew finished second in the triple

jump (45-05.50) and also has had a state qualifying jump in every meet this season. He also got conference meet standards in the high jump (5-06.00, 12th), 55 meters (6.76, 10th) and 300 meters (37.77, 18th) at the Flames meet.

Ballard won the boys 500 meters with a state meet qualifying time of 1:06.50. He also finished seventh in the triple jump (42-03.25, conference qualifier). Junior Timiebi Ogobri's 6.68 in the preliminaries of the 55 meter dash qualified for the region meet. He was fourth in the final (6.70).

Fain, seniors Nikolai Waithe, John LeBerre and junior Ashton Reinhold's time of 3:32.97 in the 4x400 meter relay placed SLHS third. The team has already met the state-meet standard. SLHS track team member who achieved conference qualifying

standards at the Liberty Flames meet include: senior Alex Rudison (triple jump, 38-03.50, 23rd; pole vault, 10-06.00, 8th); senior Connor Smith (500 meters, 1:11.96, 24th); senior Christopher Byron (300 meters, 1:11.72, 22nd); junior Nikayla Hoyte (300 meters, 42.97, 6th); junior Peter Sepulveda (1000 meters, 2:44.67, 6th); sophomore Alex Wallace (500 meters, 1:11.66, 21st); sophomore Sarah Wolfe (500 meters, 1:25.42, 17th; 1600 meters, 5:27.49, 14th); Waithe (300 meters, 37.36, 11th; 500 meters, 1:09.21, 6th); and Reinhold (500 meters, 1:10.95, 19th).

South Lakes begin defense of its Conference 6 titles this Friday at the Prince George's Sportsplex in Landover, Md. The two-day meet is scheduled to conclude Thursday, Jan. 28.

### South Lakes Falls To Stone Bridge

The South Lakes boys' basketball team lost a non-conference game against Stone Bridge 56-48 on Saturday in Ashburn, dropping the Seahawks' record to 6-8.

It was South Lakes' third loss in its last four games.

Sophomore forward Emmanuel Aghayere led the Seahawks with 17 points. Sophomore guard Damon Johnson and sophomore forward Andrew Powers each scored 10 points and senior guard Marty Gyski had six.

South Lakes closed the first half of its Conference 6 schedule against Hayfield on Tuesday, after The Connection's deadline. The Seahawks entered the contest

with a 3-3 conference record.

South Lakes is scheduled to face Langley, which sits atop the Conference 6 standings, at 7:15 p.m. on Friday, Jan. 22 at Langley High School.

### Herndon Boys Start 3-0 in Conference

The Herndon boys' basketball team improved to 3-0 in the Conference 5 standings with a 73-71 home win over Chantilly on Jan. 15. The Hornets' overall record improved to 9-5.

Herndon faced defending state runner-up Westfield on Tuesday, after The Connection's deadline. The Hornets are scheduled to travel to Robinson at 7:15 p.m. on Friday, Jan. 22.



South Lakes sophomore Damon Johnson scored 10 points during Saturday's loss to Stone Bridge.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

# Area Becomes a 'No Drone Zone'

FAA shuts down drone clubs within a 30-mile radius of Washington, D.C.

BY RYAN DUNN  
THE CONNECTION

Over twenty drone hobbyists met at Reston Nova Labs to discuss recent emails announcing the extension of FAA's "no drone zone" deeper into Virginia and Maryland in a 30-mile radius beyond Ronald-Reagan Washington National Airport in D.C. Drone violations and fines have led to awareness of the ban in D.C., but this ban is the same as the no flying zone restricting heavy, commercial aircraft. These measures by the FAA essentially shut down drone clubs within a 30-mile radius of Washington, D.C. "This is perhaps the best time and worst time to be involved in drones," said Fairfax resident and drone hobbyist Shane Smith.

Nova Labs is located at 1916 Isaac Newton Square, West in Reston. The nonprofit organization was founded in 2011 and has been active in supporting educational outreach programs. This includes the annual NoVa Mini Maker Faire, which is independently organized by Nova Labs and is operated under license from Maker Media, Inc. Nova Labs is affiliated with local maker groups, including the D.C. Area Drone User Group. The D.C. Area Drone User Group is a community of over 2,500 drone enthusiasts dedicated to teaching people to build and operate their own flying robots and promoting positive social applications of civilian drone technology.

**THE FAA'S RECENT REGULATIONS** are causing some drone debate amongst hobbyists and users. At the end of December, the FAA launched a drone registration with live support on Dec. 25. When registering, users are asked to confirm they understand the basic rules of consumer drone flight, such as the need to stay below 400 feet, fly during daylight, keep the drone within visual range and to not fly near airports. The Academy of Model Aeronautics, which has its own registration system for model aircraft, asked members not to register their model planes. The FAA is trying to balance the needs of the American people, allowing the most freedom of airspace while keeping it regulated.

"Like the introduction of any new product or technology, we can take advantage of the benefits only if they do not exceed the costs including liabilities and unintended consequences," states Lance Sherry, director of the Center for Air Transportation Systems Research and George Mason University professor with the System Engineering and Operations Research Department. While technologies such as geo-fencing



A model drone owned by South Lakes HS senior Jacob Hutzler. Drone hobbyists have debated new regulations being set into action by the FAA. Drone owners 13 and older now have to register their drones on an FAA website.

PHOTOS BY RYAN DUNN/THE CONNECTION

**Burke resident and D.C. Drone User Club president Christopher Vo has been concerned by the FAA's decisions on drones. A 30-mile no-fly zone around D.C. has been established, covering Fairfax County. The FAA is trying to balance the needs of the American people, allowing the most freedom of airspace while keeping it regulated.**



ing and vehicle-to-vehicle interrogation may be able to monitor drones and Unmanned Aircraft Systems (UASs), for now manual intervention in the form of regulations is being used to control drones. "I have faith we will work together to build and operate these system in safe and value-added manner," said Sherry.

Due to GMU's proximity to National and Dulles airports, aerial vehicle flights have always been prohibited on the campus. The GMU stadium (Eagle Bank Center, formerly the Patriot Center) is one landmark for the no-fly-zone boundary. "The 30 mile radius from D.C. seems a bit excessive, however I

firmly believe that this was done with good cause," says Daniel M. Lofaro, assistant professor in the Electrical and Computer Engineering Department at GMU. Lofaro is director of Lofaro Labs Robotics and the Drones and Autonomous Systems Lab. "The FAA has gone to great lengths to allow the home user to continue to fly their own aerial vehicles," says Lofaro. "The point of the registration process is to make sure the drone owners and flyers know the laws associated with flying an aircraft."

While many attending the meeting in Reston agree with the idea of registration for drone owners, some were critical of the

amount of information the FAA requires. "I don't mind registration if it was done properly, I'm okay with that. But how far is this going?" asks aerial photographer Jack Hardway. Since Christmas, drone vendors have been putting up notices of the FAA's new rulings, and many drone hobbyists are realizing drones will now have increased scrutiny.

The FAA estimates 1.6 million small, unmanned aircraft were sold in 2015, with half during the last three months of the year. The requirement covers aircraft weighing from more than half pound up to 55 pounds, including any payload such as a camera. Drone owners 13 and older will have to register on an FAA website. The FAA expects parents to register for younger children. Those who got drones before Dec. 21 must register by Feb. 19. People who buy them later must register before their first outdoor flight.

**OWNERS WILL HAVE TO** provide their name, home address and email, and their identity will be verified and payments made by credit card.

"I agree with the registration, if drones crash into someone or something, somebody should be held accountable. But there are some flaws in this registration such as the privacy," said South Lakes High School senior Jacob Hutzler. Hutzler, who plans to study engineering, owns a drone he constructed. With the 30-mile no fly zone, Hutzler must travel to fly or test his drone. "These rules are making it real hard for this hobby," said Hutzler.

Burke resident and D.C. Drone User Club president Christopher Vo has been concerned by the FAA's decisions on drones. In September of 2015 the no fly zone radius was extended from 15 miles to 30 miles, affecting as many as 36 drone clubs. "It is really important to preserve the ability to make things in a hobby like drones," said Vo. Vo sees the 30-mile no fly zone as a restriction and handicap. Instead of learning drone technologies, Vo worries youths and students may see increased regulation as too much of a challenge to study drones and their application. "It is frustrating that FAA is imposing these rules on law abiding radio-controlled aircraft hobbyists that have been operating safely for decades," said Vo.

The FAA announced drone owners must register their device with a name and home address by February 19th, 2016 or face civil penalties up to \$27,500 and criminal penalties up to \$250,000 and three years in prison. Virginia law allows police officers to use unmanned aircraft with video for major disasters, Amber Alerts and search-and-rescue operations that are "necessary to protect life, health or property." The FAA requires government entities to apply to operate drones. Cities with approval must notify the FAA before flying them to ensure they do not interfere with aircraft. Read about the FAA's Know Before You Fly educational campaign at <http://knowbeforeyoufly.org>.

# About Crossing the Potomac, Again

**McLean Citizens Association, many county business groups, call for widening the American Legion Bridge, adding Express Lanes.**

BY KEN MOORE  
THE CONNECTION

**E**ach weekday, nearly 300,000 vehicles cross the American Legion Bridge, and each day traffic backs up into McLean, Great Falls and beyond.

Vehicle speeds during the afternoon commute slow to an average of 34.9 going towards McLean and 22.5 from McLean to the bridge, according to McLean Citizens Association. Traffic backs up for miles.

Glenn Harris, vice president of the McLean Citizens Association said it was important for MCA to get on the record. "I would like to see MCA come out in favor of fixing this enormous problem," he said. "This isn't exactly rocket science."

Sally Horn said it was time to do something. "It's time for us to act. If we're going to say something, we should change it at this juncture," said Horn, past president of the McLean Citizens Association.

"This is a huge issue and has enormous implications," said Jim Roberts, head of McLean Citizens Association's transportation committee.

The McLean Citizens Association passed a resolution at its last meeting urging the Commonwealth of Virginia, the State of Maryland and the U.S. Department of Transportation to "expeditiously develop and implement a joint plan for the expansion of the American Legion Bridge and its connecting roadways, and the eventual construction of an additional parallel bridge on the eastern side next to the existing span over the Potomac River."

This week, business groups from Herndon, Reston, Springfield, and around Northern Virginia, 20 in all, also call for a new Potomac River crossing west of the American Legion Bridge, plus new managed lanes in each direction over the American Legion Bridge to 270. Signers include the Greater Reston Chamber of Commerce, Dulles Regional Chamber of Commerce, Greater Springfield Chamber of Commerce, Northern Virginia Chamber of Commerce, Tysons Regional Chamber, and others.

The American Legion Bridge is entirely in the State of Maryland.

**MCA ACTED** to encourage efforts between the Montgomery County Council and Fairfax County Board of Supervisors, which wrote to the Governors and Transportation Secretaries of Maryland and Virginia on Oct. 19, 2015, "asking the states to come together and focus on making improvements to address the severe congestion problems at the American Legion Bridge."

A Potomac River Crossing Conditions study conducted by the Virginia Department of Transportation (VDOT) and presented to the Virginia Commonwealth Transportation



**Accident Ahead: McLean Citizens Association and many county business groups call for improvements to the American Legion Bridge in part because commuters clog McLean and Great Falls roads to circumvent the Beltway backup toward the bridge.**

Board (CTB) in July of 2015, found that the American Legion Bridge suffers from the worst congestion of all bridges crossing the Potomac River, and had the projected largest growth in traffic volume through 2040.

In 2009, The Maryland State Highway Administration and VDOT concluded The West Side Mobility Study in 2009. "VDOT staff recommended in that study that the 'top priority' for addressing Potomac River crossings should be extending the Express Lanes across the American Legion Bridge to the I-270 interchange."

"We want to put some pressure on the state of Maryland," said Rob Jackson at the Jan. 6 MCA meeting.

"I don't know why people are reluctant," said Harris.

"It goes without saying," said Mark Zetts, head of MCA's planning and zoning committee.

The advocacy group Northern Virginia Transportation Alliance also recommends upgrading the American Legion Bridge with four conventional and two managed/HOT lanes in each direction, and extending the I-495 HOT lanes in Virginia to I-270 western spur in Maryland.

**BUT THE RIVER CROSSING** has caused intense debate and controversy for the last two decades, and had its critics at the Jan. 6 MCA meeting, as well.

MCA member Katie Probst urged caution. She suggested that the association not dictate the definite solution, but advocate that something needs to be done.

"I feel like this is a huge deal to support.



**McLean Citizens Association meeting earlier in January where the influential association backed widening the American Legion Bridge.**

It seems like a rather big issue," she said, stating that she believed she needed more information and more time to understand all the implications.

"Do you realize you just voted for adding two lanes to the American Legion Bridge without any public input?" said April Georgelas, who attended the meeting not as a member. "I've been here for 40 years and I've never seen anything like this."

Georgelas said later that McLean has suffered from ongoing express lane construction on the Beltway for years, and she doesn't welcome more.

Now, "the shoulder project added another lane of merging HOT lane traffic into an already overburdened and dangerous merging area of the Beltway up to the American Legion Bridge, all without public input," Georgelas said.

**RESIDENTS ON THE OTHER** side of the river in Potomac, Md. have advocated against second river crossing in Montgomery County.

During a multi-year Master Plan process, ratified in 2004 by the Montgomery County Council, Potomac's blueprint for landuse said a second bridge crossing through Potomac violates the responsibility of Potomac as a buffer and protection to the Potomac River.

However, members of the Montgomery County Council and the Fairfax County Board of Supervisors jointly sent a letter to Maryland Gov. Larry Hogan (R) and Virginia Gov. Terry McAuliffe (D) on Oct. 19, asking that the two states "come together and focus on making improvements to address the severe congestion problems at the American Legion Bridge."

Improving the American Legion Bridge should take priority over the possibility of building another crossing of the Potomac River, they said.

"Montgomery County believes strongly that our limited resources are best spent fixing the American Legion Bridge, and we should not be distracted by a divisive second crossing. That's why we, as two bodies, are calling on our governors to move forward with this vital transportation improvement as quickly as possible."

"The American Legion Bridge is the major chokepoint in our regional transportation system and it must be fixed," said Councilmember Roger Berliner, chair of the Montgomery Council's Transportation, Infrastructure, Energy and Environment Committee. "Adding an additional HOT lane in each direction will ease congestion and promote transit. Our two states must work together to make this happen."

**PROPOSALS** for a possible new bridge west of the American Legion Bridge are not new, and neither is opposition to the concept.

In 2000, U.S. Rep. Frank Wolf (R-Va.), now retired, requested \$2 million to conduct a study on the feasibility of a Techway bridge over the Potomac River. Public outcry and preliminary analysis of the disruptions the bridge would cause prompted him to cancel the study seven months later.

In 2003, Maryland Gov. Robert Ehrlich (R) and Virginia Gov. Mark Warner (D) announced their support for a new Techway study because they believed the second crossing would benefit "U-shaped commuters" traveling from upper Montgomery County to western Fairfax County (e.g., from Gaithersburg to Reston). The Virginia Department of Transportation conducted a license plate study on the American Legion Bridge and found that only about 8 percent of Virginia and Maryland commuters would benefit from the Techway, because most commuters are traveling to destinations on or inside I-495 rather than to the suburbs outside it.

# 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.

## THURSDAY/JAN. 21

**Local Business Happy Hour.** 5:30-7 p.m. Reston Arts Center, 12000 Market St. #103, Reston. Free happy hour for local professionals. [restonarts.org](http://restonarts.org). 703-471-9242.

**Woman's Club of Greater Reston Monthly Meeting.** 10 a.m. Reston Community Center, 11426 Washington Plaza W, Reston. Guest speaker, president of the Reston Association, Ellen Graves will give us an update about what is happening in and around the area. Guests welcome. 703-909-9021.

**Poetry Workshop.** 7-8:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Join a new monthly workshop. Meets Thursday evenings starting Jan. 21. Contact [rullah@gmail.com](mailto:rullah@gmail.com) for more information.

## SATURDAY/JAN. 23

**Reston Camp Expo.** 9 a.m. Reston Community Center, 2310 Colts Neck Road, Reston. Learn about providers who serve Reston youth throughout the school year and summer. Also features employment information, demonstrations and crafts and activities for children. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com). 703-390-6162.

## WEDNESDAY/JAN. 27

**Frosty and Friends-Snow wonderful News!** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Frosty the Snowman returns again this year, bringing our wintry family story time a blizzard of fun! Join us before he melts away. All ages. 703-689-2700.

**Meet me at the Movies.** 10 a.m. Bow Tie Cinemas, 11940 Market St., Reston. Reston Association presents "Bridge of Spies." Refreshments and door prizes provided prior to movie. Free to 55+. [ashleigh@reston.org](mailto:ashleigh@reston.org). [reston.org](http://reston.org). 703-435-6530.

## SATURDAY/JAN. 30

**Saturday Kids Program.** 10 a.m. Reston Art Gallery, 11400 Washington Plaza W, Reston. For children 3-11. This week's project: Make your own board games. No reservation needed. 703-481-8156. [www.restonartgallery.com](http://www.restonartgallery.com).

## WEDNESDAY/FEB. 10

**Sip and Paint.** 6-10:45 p.m. Vapiano Reston Town Center, 1875 Explorer St., Reston. Fundraiser will benefit the Bite Me Cancer Foundation and their fight against Thyroid Cancer. \$50. [Artbytheglazz.com](http://Artbytheglazz.com).

## THURSDAY/FEB. 11

**Classic Cinema Series.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Our charming romantic comedy is a Valentine's Day treat for Jane Austen fans. Call the library for title. Adults, older teens. Register at 703-689-2700.

## SUNDAY/FEB. 14

**Bluegrass-Danny Paisley.** 7 p.m. Frying Pan Park, 2709 West Ox Road, Herndon. Authentic traditional bluegrass performance featuring his unique vocal sound and top-notch instrumental work from his talented band. \$18, \$20. <http://www.fairfaxcounty.gov/parks/fryingpanpark/>.

**Horse-Drawn Carriage Rides.** 5:30-9:30 p.m. In front of Talbots, 11888



PHOTO BY GARY FREEBURG

**Portal, 2014, Mylar, fossils, variable dimensions by Rebecca Kamen is on display at the gallery at Greater Reston Arts Center from Dec. 1-Feb. 13.**

## ONGOING

**Little Hands Preschool Art Class.** 10-11 a.m. Tuesdays from Jan. 12 to Feb. 2. Greater Reston Arts Center, 12000 Market St. #103, Reston. Introducing young children to art by having them explore new artwork, materials, and skills each week. Limited to 10 participants. Ages 3-5 years old. [restonarts.org](http://restonarts.org). 703-471-9242.

**"Middletown"** by Will Eno. Jan. 14-Feb. 7. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. In this quirky, modern companion to "Our Town," residents of Middletown seek the meaning of suburban life. Encounter thought-provoking universal themes and a few personalities you may recognize from your own neighbors and friends. [www.NextStopTheatre.org](http://www.NextStopTheatre.org). 703-481-5930.

**Dress Drive for Prom.** Jan. 2-March 26. Monday-Saturday, 9 a.m.-5 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. RCC is collecting formal dresses, shoes, handbags, scarves and shawls, jewelry and accessories for Diva Central. All donations are appreciated, however, we ask that donations are in good condition, no older than 5 years old (circa 2011), and dry cleaned before they are donated. 703-390-6158.

**Volunteers.** The McLean Community Players seeks volunteers, preferably retirees who can work during the day on weekdays as well as weekends, to build scenery for MCP productions. No experience is required. Training provided. Call the scene shop manager at 703-304-3176 to schedule a visit and talk. [www.McLeanPlayers.org](http://www.McLeanPlayers.org).

**Integral Tai Chi.** 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-\$5. 703-464-6200.

**Feldenkrais Floor Class.** 2:30-3:30 p.m. Jan. 12-Feb. 2. Herndon Senior Center, 873 Grace St., Herndon. This gentle and precisely focused exercise method can improve range of motion, flexibility, coordination and balance, and reduce body pain. To participate, you must be able to get down to and back up from the floor easily and by yourself. For your comfort, please bring a towel and warm clothes or layers. Free-\$10. 703-464-6200.

**Charlene Fuhrman-Schulz Exhibit.** Through January 2016. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Fuhrman-Schulz displays her passion for traditional Oriental watercolor and ink painting in this solo show, arranged by the League of Reston Artists. Free. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**Threaded with Green Quilt Show.** Jan. 12-Feb. 14. ArtSpace Herndon, 750 Center St., Herndon. Display of talent, dedication and attention to detail from nineteen invited fiber artists. Every quilt in the show has an element of green. The exhibit features the challenge "There is a Season" from 12 fiber artists creating a quilt for each season. [www.artspaceherndon.com](http://www.artspaceherndon.com).

**Regina Petrecca's Paintings.** February-March. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Energetic brushstrokes are the hallmark of Regina Petrecca's paintings. Free. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**All-comers' Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

**Rebecca Kamen: Continuum.** Through Feb. 13. Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Kamen. Informed by research into cosmology, neuroscience, history of science, and philosophy, Kamen's abstract sculptures and paintings connect common threads across various scientific fields to capture and re-imagine what scientists see. [restonarts.org](http://restonarts.org). 703-471-9242.

**Patrick Dougherty Public Art Installation.** Through 2017. Reston Town Square Park, 11900 Market Street, Reston. See and explore "A Bird in the Hand," a monumental public art sculpture made from tree saplings. The event is presented by GRACE in collaboration with IPAR. For more information, call 703-471-9242 or visit <http://restontowncenter.com/index.php>.

**Reston Town Center Ice Skating Pavilion - 2015-2016 Season.** November through March. Open daily. 11900 Market Street, Reston. For more information on rates, rentals and schedules, call 703-709-6300 or visit [skating@restontowncenter.com](mailto:skating@restontowncenter.com).

Market St. Reston.  
[restontowncenter.com](http://restontowncenter.com).

Free to children under one.  
[www.herndon-va.gov](http://www.herndon-va.gov).

## MONDAY/FEB. 15

**Jester's Box Puppet Show.** 11-11:45 a.m. Herndon Community Center, 814 Ferndale Ave., Herndon. This 35-minute presentation is a Bunraku-style show on a custom-built table with the performer visible. \$4/\$5.

## SUNDAY/FEB. 21

**The Russian Revolution and the Men Who Made.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Part one of a five part series given by Dr. Harry Butowsky. Adults. 703-689-2700.

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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### FEBRUARY

2/3/2016.....Valentine's Dining & Gifts I

2/3/2016.....Wellbeing - National Children's Dental Health Month

2/10/2016.....HomeLifeStyle

2/10/2016.....Valentine's Dining & Gifts II

2/17/2016.....A+ Camps & Schools

2/24/2016.....Pet Connection

### MARCH

3/2/2016.....Wellbeing

3/9/2016.....HomeLifeStyle Real Estate Pullout

3/16/2016.....A+ Camps & Schools

3/23/2016....Spring Fun, Food, Arts & Entertainment

FCPS Spring Break 3/21-3/25

### APRIL

4/6/2016.....Wellbeing - Senior Living Pullout

Easter Sunday is March 27

4/13/2016.....Real Estate Pullout - New Homes

E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) for more information.



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## Pills A-Poppin'



By KENNETH B. LOURIE

I ingest between 40 and 50 pills per day. It's the first thing I do before breakfast, an occasional thing I do before/during/after lunch, and the last thing I do before dinner and sometimes before bedtime as well. To say I'm pill-centric would be an overstatement; I will admit to be pill-mindful though. Either I'm arranging them, organizing them, counting them or ordering them. Whether it matters or not to my health, I try never to be off my schedule too much or be too many days without my normal pill allotment/inventory. If I leave the house at pill time, I will take pills with me and swallow them accordingly. If people ask for any details, I offer as few as possible and move on. Not that I'm uncomfortable with any of the questions, it's more that there are infinitely more interesting topics of conversation.

Being away from home and routine does present some problems, however, especially if the trip involves planes. Trains and automobiles are not the problem. Not having a dedicated travel case, like the "train" case my mother had for her cosmetics, I simply stuff my 25-plus bottles into a plastic shopping bag and knot the handles at the top. No fuss, no muss. Planes, or rather the carry-on rules about such things are another matter entirely. I have never inquired – or gone on the TSA Website, to determine pill procedures. Certainly I'm aware – post-9/11, of the limits concerning toiletries, etc., and the plastic bags into which it all must fit. Not wanting to risk having hundreds of dollars of expensive pills confiscated at the airport, I've always preferred checking my bags (containing the pills) and avoided the potential nightmare. As to the alternative solution of segregating 40-odd pills (into three-times-a-day packets) times however many days into some kind of daily packaging – and leaving the bottles home instead – that has not been a solution I've been able to conjure. Not that any of this is an impediment, more like a challenge and inconvenience. And most definitely a consideration.

Still, it's a small price to pay – so to speak, to incorporate/assimilate a pill plan into my everyday life. I mean, for all I know, and I know very little, these pills might actually be responsible for my life-expectancy odds having been so badly beaten. Accordingly, I see no reason to stop now, especially considering that the majority of the drugs I take are designed to build up my immune system. Which, when one understands that at its core, cancer treatment weakens one's immune system, enhancing its resilience is crucial.

Recently, an entire new class of drugs called Immunotherapy ("OPDIVO") have been introduced. They have been designed – among other reasons, to stimulate the body's own immune system to fight the cancer. Rather than the process occurring externally and unnaturally as before, these new drugs will fight the cancer internally and naturally. It's an extremely encouraging and exciting evolution in the cancer treatment world, and holds great promise for many of us cancer patients burnt out (no pun intended) on the toxic chemotherapy drugs of our past.

In the interim, since I am not now on Immunotherapy, as a prudent and logical adjunct, I will continue to give myself and my body every opportunity, dare I say advantage, in its efforts to keep the cancer at bay. The pills are never really a problem, more so a piece of the puzzle. And the longer I live, the more convinced of it I become.

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

## BULLETIN BOARD

To have community events listed in the Connection, send to north@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

**WEDNESDAY/JAN. 20**

**Fairfax Commission on Aging.** Noon. Oakton Regional Library, 10304 Lynnhaven Place, Oakton. The public is welcome to attend and join in the comment period that begins each session. www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. 703-324-5403, TTY 711 for meeting access needs.

**McLean Newcomers and Neighbors Monthly Luncheon.** 11:30 a.m. Ristorante Bonaroti, 428 Maple Ave., East, Vienna. Eileen O'Grady, a nurse practitioner and wellness coach, will speak about the Science of Flourishing. \$29. For further information on the club, visit www.McLeanNewcomers.org. RSVP Ann Skelly at mfskelly@verizon.net by Jan. 13. Prospective members invited.

**Dyslexia, An Overview for Parents.** 7-8:30 p.m. Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1, Dunn Loring. Workshop presented by specialists from FCPS Office of Special Education. Register www.fcps.edu/dss/osp/prc or 703-204-3941.

**THURSDAY/JAN. 21**

**Model Investment Club.** 6-9 p.m. Meeting Room, Dolley Madison Library, 1244 Oak Ridge Ave, McLean. Learn about investing following an investment club model. New visitors welcome. Adults. 703-356-0770.

**MONDAY/JAN. 25**

**Fairfax County School Board Public Hearing.** 7 p.m. Luther Jackson Middle School, 3020 Gallows Road, Falls Church. The Board will hold a public hearing on the FY 2017 budget. To sign up to speak go to http://www.fcps.edu/schlbld/meetings/requestspeak-online-ph.shtml or call 571-423-1075.

**TUESDAY/JAN. 26**

**Coffee and Networking.** 7:15 a.m. Tysons Corner Market, 8028 Leesburg Pike, Vienna. Join the Northern Virginia Republican Business Forum for a networking breakfast in Tysons Corner with Fred Barnes, executive editor of The Weekly Standard, a regular analyst on Fox News Channel. \$40-\$100. 703-922-6768. nvrbf@att.net.

## Transportation

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**James C. Dinegar**, Greater Washington Board of Trade

**Anthony Howard**, Loudoun County Chamber of Commerce

**Virgil Frizzell**, Northern Virginia Association of Realtors

**Jim Corcoran**, Northern Virginia Chamber of Commerce

**Mark Looney**, Northern Virginia Transportation Alliance

**Lori Y. Lopez**, Tysons Regional Chamber of Commerce

**Pat Dean**, Associated Builders and Contractors, VA

**James N. Larsen**, Dulles Area Transportation Association

**Eileen D. Curtis**, Dulles Regional Chamber of Commerce

**Nancy-jo Manney**, Springfield Chamber of Commerce

**Ken Garrison**, Heavy Construction Contractors Association

**Martha D. Marks**, NAIOP, Northern Virginia Commercial Real Estate Development Association

**Jon Lindgren**, Northern Virginia Building Industry Association

**Bobbie Kilberg**, Northern Virginia Technology Council

**Deborah Jones**, Prince William Chamber of Commerce

**Keith Merlin**, Washington Airports Task Force

The Northern Virginia Transportation Coalition is a group of chambers of commerce and industry organizations throughout Northern Virginia that share a common belief that greater investment in regional transportation infrastructure is essential to sustained regional prosperity.

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**THE CONNECTION**  
NEWSPAPERS

# Go Fourth and Prosper

BY TIM PETERSON  
THE CONNECTION

Marian Homes begins work on next group home for people with disabilities.

**2**016: Another year, another demolition and another home being renovated to meet the needs of five individuals with disabilities. On an overcast Friday, Jan. 15, Knights of Columbus volunteers assisting the Fairfax Station-based nonprofit organization Marian Homes stripped carpet and hammered and knocked down walls in a single-family home on Wilson Street in Fairfax City.

Many of the volunteers were at another house in Springfield, less than a year ago in March 2015, gutting that one too. In June, residents with intellectual or developmental disabilities moved into the re-finished house, christened “Queen of Peace” and modified with wider doorways, expansive bathrooms and a much more open floor plan to meet their housing needs.

As the Northern Virginia Training Center — a decades-old, state-run institution alongside Braddock Road in Fairfax that has housed and facilitated treatment for people with disabilities — is scheduled to close entirely in the next two months, there’s been a push for those residents to find comparable services elsewhere in the community.

With just around 70 small group facilities in Fairfax County, hundreds are waiting for space to open up.

**RESIDENTS** of Marian Homes houses don’t pay rent. But they have waivers for services from the Commonwealth of Virginia that go to CHIMES, the international nonprofit that runs the day-to-day treatment for residents that in turn pays rent to Marian Homes.

The first Marian Homes residence “Marian House” was dedicated in 1998 and houses five adult women. The second took in all men, as did the third. “Mother of Mercy,” the name of this fourth home, will accept five adult women again, four of which are coming from the Northern Virginia Training Center.

To acquire third house outright, Marian Homes received a grant from Fairfax County. The grant came from federal funding designated for purchasing and rehabilitating affordable housing, so it was a good fit. In October 2015, Marian Homes applied in the latest request for proposal from the County for additional federal grant money. Again, they were awarded over \$500,000 to acquire fourth house.

No sooner had residents moved into the Springfield home, a team from Marian Homes began looking for the next project house. Walter Purdy from the Marian Homes board said they looked at more than 100, trying to find “the one that fits the needs of those residents in the future, fits the open style we look for.”

Purdy said they liked the big bay window and floor plan of this single-story, four-bedroom house on Wilson Street in Fairfax City. Like in their previous projects, doorways and halls will become wider, bathrooms



**Tom Zorn of Herndon (left) was one of a dozen volunteers from Knights of Columbus Council 7566, St. John Neumann Parish in Reston, helping demo the fourth Marian Homes house.**

more robust for assisted bathing. The dropped floor of the garage will be raised to meet the rest of the house and the whole space is planned to be converted into a utility closet, second full bathroom and fifth bedroom.

After a three-day demolition by volunteers (three teams of 18 men), contracted construction is expected to take 75 days.

William Baker on the Marian Homes Board of Directors said the goal is to open the home to residents on May 1.

Total cost for the property, closing and renovation is about \$735,000, Baker said. Though by using volunteers for demolition, they saved around \$20,000. That net amount will be covered by the federal grant money from Fairfax County, a loan from the Virginia Knights of Columbus charity KOVAR and additional fundraising.

“What’s really incredible is all the volunteers,” Baker said. “The County still doesn’t know how we operate.”

Marian Homes formed out of the Knights



**Ed Grace of Reston (right) and Marian Homes President Emeritus Tom McFarlane of Reston (left) remove demo materials from the interior of Marian Homes’ fourth house for individuals with disabilities.**

of Columbus Council 8600 at St. Mary of Sorrows, who continue to supply volunteer labor to these projects. “Our mission is providing for those in need and Marian Homes is an instrument for Knights to do just that,” said Baker.

**FOR THIS FOURTH HOUSE**, they added the strength of a dozen Knights from Council 7566, St. John Neumann Parish in Reston.

“They’re the dirtiest gang here,” said Tom McFarlane of Reston (and Marian Homes president emeritus).

Tom Zorn of Herndon joined McFarlane in representing Council 7566. Swinging a hammer at a doorframe, Zorn commented that in addition to the various charitable acts his Council is part of, “I’m happy we can do something a little different.”

Council 8600 Grand Knight Jim McHugh and Marian Homes president William Crowder stood in the middle of a dusty bare floor that will soon be the base of an open

galley kitchen with a five-foot pass-through and roll-up countertop space. They agreed that taking on not just one, but four of these home makeover projects is “daunting.”

“But we can’t be complacent, there’s a great bunch of guys working this,” said Crowder. “You empower people and let them do what they can do.”

“It’s amazing to watch a group of men gather and put faith into action — as the Bible tells us, we can do more,” McHugh said. “We go out, take on something audacious and challenging, and worry about how to get it done later.”

Marian Homes and St. Mary of Sorrows Knights of Columbus Council 8600 will host a “Casino Knight” fundraiser benefitting individuals with disabilities on Jan. 30 from 7-11 p.m. in the Farrell Hall of St. Mary of Sorrows, located at 5222 Sideburn Road in Fairfax. The entry cost of \$25 includes poker chips, food, drinks and entertainment. For more information, visit [www.marianhomes.org](http://www.marianhomes.org).