



Unbeatable in Conference

SPORTS, PAGE 8

South Lakes' Golden Kumi-Darfour was unbeatable in all of her events at the Liberty Conference championship, especially in the 500 meters where her 1:16.55 broke the meet record of 1:17.92 set in 2005.

Touching Many Hearts

NEWS, PAGE 6

Reston Community Center Hosts Taste of Arab World

NEWS, PAGE 3

Make the summer count @MU!

HIGH SCHOOL SUMMER INSTITUTES • Earn 3 College Credits

- ▶ **Interior Design Institute • July 7-14** Work with 3D printers, laser engravers, design software; drawing, collage, diagramming, model-making.
- ▶ **The Criminal Justice System • July 7-14** Study criminal justice from the inside. Field trips to law enforcement agencies, courts and museums.
- ▶ **Frontiers in STEM • July 19-26** Spool your own DNA. Dissect a squid. Create with 3D printers. Visit the Portable Planetarium.
- ▶ **Walking with the Presidents • July 19-26** Retrace their footsteps and see DC from the perspective of U.S. Presidents.

GENCYBER CAMPS

July 5-15 or July 17-23 (residential sessions)
 July 25-29 (day program)
 Ages 14-18
 Create a mobile app. Crack passwords. Dive into cybersecurity.

Learn more at www.marymount.edu/summer
 Contact us at (800) 548-7638 or
dcsummer@marymount.edu



NEWS

Reston Pleads for Governor's Veto

Reston Association and Reston 20/20 weigh in on proffer controversy.

BY KEN MOORE
 THE CONNECTION

Reston Association and the Reston 20/20 Committee asked Virginia Governor Terry McAuliffe to veto a bill about proffers that passed the Virginia General Assembly.

Or seriously amend it.

"Being a planned community means that a deliberate and balanced mix is maintained of open space and developed areas; of different land uses, of different housing types, of active and passive recreation areas, and of community RA facilities," according to Ellen Graves, Reston Association president. "The Reston Association opposes the Proffer Reform Legislation (Senate Bill No. 549 and House Bill No. 770) as it is currently written because it adversely affects the abil-

ity of Reston Association, the County and a Developer to mitigate impacts of residential development on Reston Association's budget, facilities and programs."

The final House and Senate product is expected to go to McAuliffe to be signed into law shortly, according to Reston Association, although many localities are calling on McAuliffe to veto or amend the bill.

Terry Maynard and Tammi Petrine, co-chairs of the Reston 20/20 Committee took an even stronger approach.

"The proposed changes seek relief from the impact of the legislated proffer restrictions on local communities, such as Reston, that plan to urbanize, but need proffers to create the infrastructure essential to offset the impacts of urbanization," said Maynard.

According to Maynard and Petrine:

"Reston 20/20 has always called for developers to be socially conscious corporate citizens who invest in all the public improvements necessary to offset the effects their private development generates (congestion, education, environmental, etc.) to sustain — if not improve — our community's quality of life."

"A proffer law as outlined in these prof
 SEE PROFFER, PAGE 11

Opening Spring 2016

Fairfax's first choice for exceptional living.

**NO EXPENSIVE BUY-INS | SPACIOUS RENTAL APARTMENTS
 FARM-TO-TABLE RESTAURANT-STYLE CUISINE**

The Crossings at Chantilly is Fairfax County's state-of-the-art Senior Living Community, offering Independent Living, Assisted Living and Memory Care for older adults seeking the comforts of home, the care of professionals, and the energy of life.

Join Us For an Open House to Learn More:
 Tuesday, March 8th | 1 to 3 pm

LUNCH AND LEARN
 Join us for a complimentary lunch and program. REMAINING FOREVER YOUNG WITH GOOD HEALTH AND EXERCISE
 Dr. Steven Simmons, MD
 February 25 | 11:30 am to 2 pm
 Welcome Center, 13921 Park Center Road, Suite 355, Herndon, VA 20171
 RSVP required, call 703-994-4561.



13921 Park Center Road | Suite 355 | Herndon, Virginia 20171
 (703) 994-4561 | thecrossingsatchantilly.com
 A Harmony Senior Services Community

Boys & Girls Clubs of Greater Washington, Fairfax County Region

3rd Annual Casino Night

Saturday, March 12, 2016
 7:00 - 11:00 pm
 The Ritz-Carlton, Tysons Corner

Tickets

\$100 per person
 \$180 per couple

Enjoy:

- Open bar
- Dinner buffet
- Dancing
- Casino games & funny money!

Use your funny money winnings to enter to win fabulous prizes. And new this year - special prizes for our top winners!

www.bgcgw.org/fairfax
 For tickets and sponsorship information

*Special \$119 overnight room rate available



PHOTOS BY RYAN DUNN/THE CONNECTION

Despite cold weather, Reston area residents attended A Taste of the Arab World at Hunters Woods Friday, Feb. 12. Visitors to the Reston Community Center have the opportunity to see the art exhibit “Inspired by Love” by the League of Reston Artists on display at RCC until Feb. 29.

Reston Community Center Hosts Taste of Arab World

A Diversity of Art at Reston Community Center.

BY RYAN DUNN
THE CONNECTION

Reston Community Center (RCC) hosted “A Taste of the Arab World” at Hunters Woods Friday, Feb. 12. The free evening event including henna hand art, Middle-Eastern appetizers and belly dancing. The event was organized by Aubrey McMahan, an Arabic instructor at Reston Community Center. “We are glad Reston Community Center was able to host this event,” said Adam Paz, a resident of Reston who helped put up fliers for the event.

The event was made possible with a cultural grant from the U.S. Department of State and American Councils for International Education. The henna hand art was done by Shazia Jalil, and the dance performance was conducted by Leyla Shanab. “It was nice, it gives people an idea of what various countries are like,” said Al Torzilli, who attended the event with his wife Ellen. “I loved the dancing and the henna was great, I am glad they held this event,” said Reston resident and film director Rebekah Wingert-Jabi, who brought her daughter to the event.

“I wanted to keep the event as community-centric as possible, and if the opportunity to host this event again in the future comes up, I’d love to see the event involve as much as the RCC and Reston community as possible,” said Aubrey McMahan. McMahan previously helped run the “Taste of the Arab World” event as a student at Grand Valley State University in Michigan. Visitors to the Reston Community Center have the opportunity to see “Inspired by Love” art exhibition display at Hunters Woods, presented by the League of Reston Artists until Feb. 29.

RCC HUNTERS WOODS is located at 2310 Colts Neck Road, Reston. “Inspired by Love” features the works of painters, mixed media artists, photogra-



Aubrey McMahan, an Arabic instructor at Reston Community Center organized A Taste of the Arab World at Hunters Woods on Friday, Feb. 12. Despite cold weather, residents from the area attended the evening event which featured henna hand art, Middle-Eastern appetizers, and belly dancing.

phers and other creators of two-dimensional art. Reston art lovers can meet artists during the reception on Feb. 20.

Another art exhibit on display in Reston is the Landscapes and Portraits 2016 Xing Wen Art Studio Exhibition. This exhibit runs until Feb. 29 at the Jo Ann Rose Gallery. Xing Wen (Wendy) graduated from the Academy of Fine Arts of the South West University of China and has been teaching students ages five to eighteen how to paint at her Fairfax studio. In this exhibit, Xing Wen’s paintings are interspersed with those of her students. There are over 70 watercolor, oil pastel, acrylic, charcoal and pencil paintings. Many depict colorful birds while others show flowers, landscapes, and animals.

FRIDAY, FEB. 26 and Saturday, Feb. 27, RCC at Hunters Woods will host a discussion by John A. Powell on the impact of racism in educational, social and economic spheres. Free tickets will be available from the CenterStage Box Office. The event will be an opportunity to explore where Reston is today and how it can continue to live the values of Reston’s foundation. Professor John A. Powell is director of the Haas Institute for a Fair and Inclusive Society and holds the Robert D. Haas Chancellor’s Chair in Equity and Inclusion at the University of California, Berkeley, where he is a professor of law.

RCC at Hunters Woods will host a Country Western Dance event on March 6 from 6:30 – 9:30 p.m. Guests 18 years and older can learn line dance, two-step, shuffle and swing the night away to popular country/western tunes played by RCC’s DJ. Dances are held monthly in the Community Room, which offers a wooden dance floor and a smoke free environment. Refreshments will be provided.

RCC is collecting gently used dresses, shoes, and accessories for the 2016 Diva Central Prom Dress Drive. The event helps make prom dreams come true for local teens in the area. Dresses and other items may be donated at RCC Hunters Woods (2310 Colts Neck Rd.) through March 26. For more information, see www.restoncommunitycenter.com.



PHOTOS BY JENNIFER WALTER/THE CONNECTION

Trey Thompson, of Reston, and his stepbrother Trey Carnes of Tennessee spend time together at the Reston Town Center ice skating rink. “It’s not that crowded, so you can have a lot of space to skate around,” Thompson said.

Valentine’s on Ice

Skaters swirl across the outdoor rink, despite the sub-freezing chill, contrasting with a slow Saturday afternoon at the Reston Town Center (RTC). Mothers with younger children make their way around the edges, as teenagers converge on the wall to chat.

The Ice Skating Pavilion, located in the center of the older section of RTC, is open seven days a week, from the first week of November to the second week of March. The office next to the rink offers skate rentals, ice passes and lockers.

The rink rests on top of a chiller system and 90 percent of the ice is protected from inclement weather by the pavilion.

“The only thing that caused us to close this year was the snowstorm,” the rink’s general manager Luke Hunsaker said.

The rink hosts events, including their Cartoon Skate on Saturday mornings.

“We have our skate hosts dress up as cartoon characters and go out there with the kids,” Hunsaker said.

There are also Rock and Skate events, with a live DJ, every Friday night at 8 p.m. and periodic fundraisers for schools and churches. During fundraisers, the rink offers discounted tickets for skating and rentals to the organization and returns a share of the profits.

“Some fundraisers get a lot of people,” Hunsaker said. “We had at least 200 people for one.”

Though the rink did not reach those numbers on the freezing weekend of Feb. 13, it was nonetheless a popular destination for cold weather lovers in the Reston area.

—JENNIFER WALTER



Family members, from right, Kingston Ho, Vivian Cao-Dao, Kathleen Pham, Alice Cao-Dao, Brian Dao and Danny Pham skate together. “It’s a good place to meet and hang out,” Vivian Cao-Dao said. “Even if you’re a beginner, it’s OK, because everyone falls.”

OPINION

Fairfax Presses Ahead with Diversion First

When police encounter someone in mental health crisis, they can transport them to Merrifield Crisis Response Center instead of jail.

Natasha McKenna died a little more than a year ago on Feb. 7, 2015. McKenna, with a long history of severe and often untreated mental illness, had been deteriorating in the Fairfax County Adult Detention Center since Jan. 26, 2015, arriving directly from release from the hospital on an outstanding warrant from the City of Alexandria charging felonious assault on an Alexandria police officer.

We can't know whether new efforts to provide people in mental health crisis might have saved her life if they were available and put in place early in this particular crisis, which appears to have begun a month before her death. McKenna's death is a terrible tragedy, and no new program will remove that horror.

But it's clear that treatment rather than jail can make all the difference for many people who come into contact with law enforcement in a mental health crisis. Diversion First is a collaborative effort in Fairfax County to reduce the number of people with mental illness in the county jail by diverting low risk offenders experiencing a mental health crisis to treatment rather than bringing them to jail.

Sheriff Stacey Kincaid estimates that 40 percent of detainees at the Fairfax County Adult Detention Center have mental illness. Notably, it is far more expensive to house someone in county jail than to provide treatment.

The collaborative effort was in no small part

launched by Supervisor John Cook when he asked that the Board of Supervisors to add crisis intervention training to the scope of work of the Ad Hoc Police Practices Review Commission. The Mental Health subcommittee along with the Community Services Board, the Sheriff's Department, police and mental health advocates set and met an aggressive agenda and timetable for implementation, with the program actually beginning in less than a year, on Jan. 1, 2016. In the first month, the Merrifield Crisis Response Center handled more than 100 cases involving police and people in mental health crisis.

Merrifield Crisis Response Center operates as an assessment site where police are able to transfer custody of nonviolent offenders who may need mental health services to a CIT-trained officer or deputy assigned there, instead of taking them to jail.

How far-reaching, life-saving and resource-preserving Diversion First will turn out to be will depend on how it is implemented and the discretion and policies of the police and prosecutors, among others.

Freedom of Information on Life Support in General Assembly?

Sen. Chap Petersen (D-34) cites FOIA on life

support in his blog oxroadsouth.com:

"Last week, the Assembly passed SB 202, which undid a major push eight years ago to ensure that all of our public spending was 'online' and searchable by ordinary citizens. This, of course, meant disclosing the salaries of public employees over a certain income level.

However, SB 202 has undone all of that, which means that you will no longer know how much a public employee (even a city manager) is paid unless you make a formal FOIA request. (Because we all have time to do that).

"This bad idea passed on a 27-12 vote.

"Today the Senate passed SB 552 which is even more sweeping. It actually prohibits from disclosure not just the salary information but even the names of public safety personnel, including the Sheriff, the Chief of Police and the Fire Chief.

"On the floor today, I pointed out that a Chief of Police could put his own family on the payroll and be protected from disclosure. This could also be an issue if a law enforcement agency hires an officer with a poor record from another jurisdiction — and nobody knows. Again, who are we protecting?"

"Again, the bill passed 25-15."

"If I'm making a veto list, these two are definitely on it."

We agree.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Super Tuesday: Farewell Barack, Welcome Donald?

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Have you heard? The United States will elect a new President this year. Barack Obama, our first African American President, will complete his constitutional term limit and leave the White House on Jan. 20, 2016.

The race to replace him is like none I have ever seen. It is coming right here to Virginia on Super Tuesday, March 1. Virginia will hold one of 15 primaries that day, thus the name Super Tuesday. By the end of the day, we will have a pretty good idea whom the two declining major parties will nominate. By then, we'll also likely know if former New York Mayor Michael Bloomberg will enter the fray as an Independent and the second billionaire in the race.

A month ago, there were 20 "serious" candidates for President from the two parties—17 Republicans and 3 Democrats. As I write this, the total is down to eight—six Republicans (Bush, Carson, Cruz, Kasich, Rubio and The Donald) and two Democrats

(Clinton and Sanders). Perhaps most amazing, given the sad state of our political system, is that so many would even want to run for the Oval Office.

Maybe the reason so many Republicans think this is the time to

run is that Congressional Republicans are having considerable success throwing monkey wrenches into the cogs of government in order to assure that it grinds to a halt while there's a Democrat/black person in the White House who might share the credit if anything were accomplished legislatively. It might be fun to be President with the prospect of getting the machinery going again along with one's fellow plutocrats. There would be no end of cutting their own taxes and slashing programs serving the pesky poor, while filling the troughs of defense contractors, prison contractors and the Agriculture and Commerce Departments to dispense billions to



INDEPENDENT PROGRESSIVE

have treated a black man so badly, imagine how they would likely treat a woman or a Democratic Socialist! You have to admire the courage of both Bernie Sanders and Hillary Clinton who care enough about the future of the United States to stand up to the disrespect and constant vilification to come. Voting is already underway for the March 1 primary during normal business hours at the Fairfax County Government Center (AKA the Taj Mahal). Other than having to fill out a silly form explaining who you are and why you should be allowed to vote absentee, it is relatively painless. Took me about 10 minutes.

After listening carefully to all

corporate farmers and energy conglomerates, to name but a few.

Conversely, one can see why so few Democrats might want to compete to head the Executive Branch and have to deal with this Congress. If the

Republicans candidates of both parties in the debates, for me it comes down to two people with positive policy ideas for investing in our people and country, and supporting friends and those in need beyond our borders.

Given the corrupted state of the polity, the system needs a jolt for genuine change. While I admire Hillary Clinton, I am troubled by her changing positions and closeness to the Wall Street corrupters. Bernie Sanders has a solid, consistent record of accomplishment in Congress as an Independent, and has a genuine platform for investment in our people financed by those with the trillions to pay the tab. Democratic Socialism works for whole societies overseas. It can work here!

The Republicans' hate, greed, and guns recipe worries me for our future.

I hope voters will think carefully before voting for advocates of building walls around the U.S.; barring people based on religion, race and refugee status; and disrespecting immigrants and foreigners generally. We are better than that.

Reston
CONNECTION

www.ConnectionNewspapers.com

@RestonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Abigail Constantino
Editorial Assistant
703-778-9410 ext.427
aconstantino@connectionnewspapers.com

Ken Moore
Community Reporter
240-393-2448
kmoore@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Ryan Dunn
Contributing Writer
@rdunnmedia

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Managing Editor

Kemal Kurspahic

Photography:

Deb Cobb, Louise Krafft,
Craig Sterbutzel

Art/Design:

Laurence Foong, John Heinly

Production Manager:

Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



COMMENTARY

Classrooms to Courtrooms

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



A report of the Center for Public Integrity (CPI) released last year included some eye-opening findings for Virginia: The Commonwealth leads the nation in student referrals to law enforcement, and minority students and students with disabilities are more likely to be suspended, expelled, or referred to law enforcement. The CPI analyzed U.S. Department of Education Office of Civil Rights (OCR) data to find that in 2011-12 in the most recent data available the average rate of referrals is 6 for every 1,000 students nationwide. Virginia's rate is 16 referrals per 1,000 students or 17,863 students referred to law enforcement during that time period. In the nationwide totals, African American students were 16 percent of U.S. enrollment but represent 27 percent of students referred to law enforcement. Special needs students were 14 percent of enrollment but are 26 percent of students referred to law enforcement.

As more public officers are assigned to schools, more behavior that in the past would have been handled as school discipline issues are turned into law enforcement matters. Resource officers assigned to schools for public safety and education purposes are being utilized as school police. Appropriate programs to deal with children with minor offenses are limited in the criminal justice system. As the Just Children Program of the Legal Aid Justice Center of Virginia described "Virginia's school-to-prison pipeline: Resource starvation, unaddressed academic failure, suspension and expulsion, and school policy are pushing students out of school and into the juvenile

and criminal justice systems." The result the Center says is that "students are also being funneled from the school system to the already over-burdened justice system, often for typical adolescent misbehavior, such as disorderly conduct and truancy which should be handled by school officials...Ultimately, criminalizing student behavior makes schools less safe and damages communities."

While a few of the more dramatic instances of school resource or security officers being heavy handed have gained attention in the media, what isn't seen is the steady flow of students entering the legal system for what in the past would have been considered discipline problems and handled within the school. Escalation of response, particularly for younger children, can be counter-productive and set them on a path that increases their chances of further misconduct. In the billion-dollar increase in education funding proposed by Gov. Terry McAuliffe is a million dollars to support Positive Behavior Interventions (PBI) programs that are designed to transform school climate by shifting attention to positive behavior and providing students with a tiered system of supports and resources. In addition Virginia has a \$3.5 million federal grant for "School Climate Transformation" to reduce referrals to law enforcement. A "Classrooms not Courtrooms" initiative is also underway in Virginia to coordinate among agencies to do a better job of keeping youth out of the juvenile justice system unless absolutely necessary. I will be working to ensure that the legislature supports these initiatives that are investments in our future. Classrooms are much less expensive than courtrooms and far more helpful.

Man Who Fired Shots at Reston Hospital Arrested

A 52-year-old man of Potomac Falls (Loudoun County), was arrested on Wednesday, Feb 10. He has been charged with felony destruction of property, Virginia Criminal Code Section § 18.2-137 and shooting into an occupied building, Virginia Criminal Code Section § 18.2-279. He remains hospitalized, on no bond and under guard, pending his medical release, at which time he will be transferred to the Fairfax County Adult Detention Center. The firearm was recovered and is being held as evidence. The case remains under investigation.

Shortly after 1:30 a.m. on Wednesday, Feb. 10, officers responded to the report of shots fired at The Reston Hospital Center, 1850 Town Center Parkway. The initial investigation determined that a 52-year-old, Loudoun

County man, suffering from what is believed to be a self-inflicted gunshot wound attempted to enter the Pavilion II entrance of the hospital. When he found that the doors were locked, he apparently fired a handgun one time, breaking the glass in the door. The man then entered the hospital and encountered staff. Immediately realizing he was in need of medical attention, they attempted to render aid. As they did, the man displayed the weapon again and allegedly fired a shot inside the building. Fortunately, the bullet did not strike anyone. Hospital personnel convinced the man to put the weapon down and he complied. Medical care was rendered immediately. The man was transported to another medical facility for further evaluation and treatment. No one else was injured; Reston Hospital Center quickly resumed normal operating status.

Celebrating
our 50th
Anniversary

Rehoboth Beach, DE, May 9-13.....\$659
Spend 4 nights at the Atlantic Sands Hotel on the Boardwalk. Walk to Shops, Restaurants & Live Theatre. Includes Motorcoach transportation from Vienna or Rockville. 1 Luncheon, portorage & taxes.

IRELAND including the NORTH! May 22-June 1.....\$3,199
Includes non-stop air from Dulles, 9-nights hotels with full Irish Breakfast, Daily Sightseeing, Tea & Scones, Irish Coffee, 8 Dinners, deluxe Motorcoach in Ireland. Call for detailed itinerary.

Canada & New England Cruise from Baltimore June 23 to July 2..\$570
9 nights cruising on RCCL's Grandeur of the Seas. All Meals & Entertainment - call for itinerary.

SHILLELAGHS TRAVEL CLUB
100 East Street SE, Suite 202 • Vienna, Virginia 22180
703-242-2204 1-800-556-8646
Please visit our Web site at: www.shillelaghstravelclub.com
for a listing of all our upcoming trips and socials.

When "That will never happen to me" happens.

Kyle Knight Ins Agcy Inc
Kyle Knight, Agent
11736 Bowman Green Drive
Reston, VA 20190

ACROSS FROM RESTON TOWN CENTER
WWW.KYLEKNIGHT.ORG
703-435-2300

I'm ready to help.
There's never a good time for an accident to happen. But when it does, you can count on me to be there quickly so you can get your life back to normal.

**GET TO A BETTER STATE.
CALL ME TODAY.**

Be Part of The Pet Connection in February

Send Your Photos & Stories
Now to
editors@connectionnewspapers.com
or complete our online form at
connectionnewspapers.com/pets

Be sure to include your name,
address and phone number, and
identify all people and pets in photos.

Home of the \$6,850 Bathroom Remodel

From Now to WOW in 5 Days Guarantee

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999

Free Estimates
703-999-2928

Visit our website: www.twopoorteachers.com

10% down nothing until the job is complete for the past 17 years

Touching Many Hearts

BY ANDREA WORKER
THE CONNECTION

They say that charity begins at home. Helen Yi and Taylor, the mother and daughter co-founders of Touching Heart, a nonprofit aimed at educating and inspiring children to empathize with the needs of others and to take action to assist them, have no argument with that statement. But they have taken that idea out of the home's front door, down the steps and out into the streets beyond. Since 2010, they have grown a dedicated group that has produced "Kids on a Mission" (KOAM) – children who are taught how to host their own fundraising events from selection of a cause, logistically preparing the event, developing budgets and seeing the plan through to fruition.

POSTPONED from last month's Snowzilla Day, Touching Heart held its second annual Minecraft for a Mission event on Feb. 6 at the Art and Design Building on the George Mason University campus in Fairfax, hosted by the Mason Game and Technology Academy. The event was a group playing of the Minecraft video game, with two computer labs filled with teams sharing their ideas and resources as they built their Minecraft worlds and filled them with tools and treasures. Current and former students of the Academy volunteered their time and computer wizardry to build the enclosed network for the gamers and even staffed the event to keep things running smoothly, provide additional instruction, and a helping hand when needed. With the registrants numbering better than 50 youngsters aged 8 - 12 and a registration fee of \$45 per participant, these Kids on a Mission raised a significant amount of money for foster care programs and residents in Fairfax and Loudoun County and Alexandria.

"The kids choose a variety of people and organizations to assist," said Helen Yi, but the primary focus was on aiding other children less fortunate. The local foster care programs are a top priority for many of the fundraisers, but under the KOAM flag, youngsters have made meals for the homeless, raised funds to buy mattresses for an orphanage in Kenya and help them build a wall, and invested in projects like chicken farming and solar energy panels around the globe, helping struggling communities to become more self-sufficient. "It's amazing and humbling what these young people can do once you show them the needs," said Yi.

Minecraft for a Mission could have daunted even the most skilled event organizer, but the three primary organizers, who handled everything from recruiting sponsors to the logistics on the day, and even the opening ceremony instructions and remarks, seemed to take it all in stride were middle-school students Devin Host, Alex Lee and Lottie Dubert from the Nysmith School in Herndon.

Devin, who had participated in other KOAM activities, brought his friend Alex into the fold. Mutual friend Lottie heard



Organizers, staff and associates of Touching Heart show their signature move at the 2016 Minecraft for a Mission event to raise funds for local foster care programs and children.



The young organizers of this year's Minecraft for a Mission event are Nysmith School eighth graders Lottie Dubert, Devin Host and Alex Lee. The trio recruited sponsors, developed the promotional materials and worked out the logistics for the charitable group-gaming day.

them discussing their plans and knew she, too, had to join in.

"Getting the sponsors, that was probably the most difficult thing to do because we had never done cold-calling before," said Devin. On one occasion the trio walked the entire Fair Lakes Mall, making their pitch at each retailer. "Really," added Devin, as Alex and Lottie nodded their agreement, "that experience was one of the best things we got out of this. You really learn to be confident and state your case." Apparently their dedication and growing sales skills did the trick, garnering the event a number of sponsors, including one for whom Alex, with his graphic design skills, was able to develop a logo.

Minecraft for a Mission – Touching Heart and their "Kids on a Mission" raise funds for children in foster care.



Dad John Howells had some difficulty getting Minecraft for a Mission participant son Kenneth to stand still long enough to re-fuel before heading back for the afternoon gaming session. The fifth-grader from Reston heard about the event from a neighbor. "I like Minecraft and this is a good thing to do," said Kenneth, in between quick bites.

TOUCHING HEART offers an eight-week after school "Art of Giving Workshop" at several local schools. "And hopefully beyond fairly soon," said co-founder Helen Yi. The circle widens on its own, with one child who has participated in a workshop or in a KOAM project telling another child who either joins in or contacts Touching Heart for help in organizing their own project. Those two young philanthropists then spread the word, and the good works and development of compassionate young leaders keeps moving forward. This growth was on display at the Minecraft event, with several youngsters participating remotely from as far away as Sweden, children attending from way beyond Touching Heart's home-base of

Herndon, and another gamer who had played last year, then moved to Florida, but whose parents were willing to bring him back just for this charitable gathering.

"It's heartening to see that their interest in helping others doesn't end after one project," said Touching Heart Outreach Manager Susan Tseng.

Touching Heart has a number of events, activities and opportunities on their calendar this year. Learn more about their story, check out upcoming events like a "Movie Day" to support that Kenyan orphanage or the annual Touching Heart Golf Tournament fundraiser, get involved or become one of the Kids on a Mission, by checking out its website at www.touchingheart.com.



PHOTO COURTESY OF DIETRICH'S KARATE FITNESS AND LIFE SKILLS

Students work on light saber skills during a class at Dietrich's Karate Fitness and Life Skills in Burke.

Star Wars Fans Flock to Local Classes

Movie's popularity leaves fans wanting to feel "The Force."

BY MARILYN CAMPBELL
THE CONNECTION

Beams of neon light flash around a dark room. Young Star Wars fans from a galaxy not so far away wield light sabers and move with carefully choreographed steps. These Jedi-in-training are undergoing a fantasy combat training that melds martial arts with light saber fighting, Star Wars-style.

"Star Wars fans are the ultimate martial arts enthusiasts. Star Wars is 100 percent developed on the concepts and philosophies of martial arts ... the use of the sword, the belief structure," said Michael Dietrich of Dietrich's Karate Fitness and Life Skills in Burke. "Now we have an opportunity to invite students because of their interest in the movie. It's an easy way to bring them into our schools and show them what martial arts are all about."

Building on the hype surrounding the recent release of "Star Wars: Episode VII - The Force Awakens," Dietrich began offering classes at his newly created "Laser Saber Academy." Students sign up for a six-week class, where they learn how to use a light saber, tap into "The Force," and improve their focus, discipline and determination.

"Any time a new movie or TV show comes out that features a robot, there is a spike in

interest in robotics," said Dan Gallagher of RobotWorks in Burke. "Every kid I've talked to since the Star Wars movie came out wants to know how BB-8 works. Before that, they talked about other robots like Wall-E, R2D2, and Baymax."

At RobotWorks, Gallagher's students learn basic robot design, construction and programming. "In general, though, kids are always interested in robots and how they work. Robots are fun," said Gallagher. "Building robots is even more fun, so we see a steady interest that might jump a little when a new movie robot makes an appearance because it acts as a reminder of that interest — bringing it back to the front burner."

The concepts of the Star Wars universe are seeping into the extracurricular class choices at local schools, with students opting to take offerings like robotics and 3-D modeling. "I think that there is some interest in our STEAM (Science, Technology, Engineering, the Arts and Mathematics) activities that grows from sci-fi movies like Star Wars,"

said Richard Rho, director of Technology Education and Innovation at St. Stephen's & St. Agnes School. "I have had students 3D model and print the Tie Fighters and X Wing from the movies as well as talking about how we could create our own BB-8 droid in the robotics lab as the off season project."

Educators say that such activities are fun and engaging while also educational. "It's great students are getting inspired by the movie to create ideas and designs and spreading that interest with the rest of our community," said Rho.

"Any time a new movie or TV show comes out that features a robot, there is a spike in interest in robotics."

— Dan Gallagher of RobotWorks in Burke



Imagine. Play. Grow. Discover.

Academic, athletic and experiential programming for rising Grades K-12

June 20 - August 1, 2016

Discover more at www.flinthill.org/summer.



SUMMER
ON THE
HILL

Top 10 School In The World



Educating Inquisitive Minds To Their Potential

Come See Why Families Have Moved From Around The Country Specifically For Their Children To Attend Nysmith.



Small Classes 1:9 Ratio

Nysmith Makes School Fun.

The award-winning Nysmith School diversifies academics up to four grade levels in a loving environment to meet the needs of each child. Daily science, computers, foreign language, logic, and much more. Minimal repetition, minimal homework. Come see how Nysmith will prepare your child for the future while having fun.

SCHOOL
Nysmith
FOR THE GIFTED

Tours Daily.
Herndon, Virginia
Transportation Available
703 552-2912
nysmith.com

SPORTS

South Lakes girls — Olivia Beckner, Sophie Halkett, Jessica Lister and Golden Kumi-Darfour — finished the meet with a win in the 4x400 meter relay.



PHOTOS BY HARRY LISTER, JR., MEREDITH TIGHE, BRENDA WALLACE

Conference Champions

Paced by record-setting performances in the 500 meters, seniors Golden Kumi-Darfour and Skander Ballard led the South Lakes High School indoor track and field teams to Liberty Conference titles in both the boys and girls divisions Friday, Feb. 5 at the Prince George's County Sports and Learning Complex in Landover, Md.

The South Lakes girls team scored 138.50 points and placed in 13 of the 15 events in winning its fifth consecutive conference title. James Madison finished second with 89 points and McLean was third with 64. Langley scored 49.50 points for fourth, followed by Fairfax (44), Washington-Lee (39), Yorktown (21) and Hayfield Secondary (17).

SLHS boys team finished with 190 points, placing in 14 of 15 events, for its eighth straight conference championship. James Madison, again, was second with 55 points. Fairfax and Washington and Lee tied for third with 49 points followed by McLean (40), Hayfield Secondary (30), Yorktown (29) and Langley (23).

Fourteen SLHS girls and 15 boys contributed to the team scoring.

Kumi-Darfour was unbeatable in all of her events, especially in the 500 meters where her 1:16.55 broke the meet record of 1:17.92 set in 2005 by Claire Zimmeck. Kumi-Darfour began her win streak teaming with senior Monica Lannen, and sophomores Olivia Beckner and Sarah Wolfe to win the 4x800



Kumi-Darfour was unbeatable in all of her events at the Liberty Conference championship, especially in the 500 meters where her 1:16.55 broke the meet record of 1:17.92 set in 2005.

meter relay (9:43.55). She finished the meet with a win in the 4x400 meter relay with teammates Beckner, freshman Sophie Halkett and junior Jessica Lister.

South Lakes will send more than 30 athletes to compete in the 6A North Region Championship, Thursday, Feb. 18 at the Prince George's County Sports and Learning Complex in Landover, Md.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

South Lakes wrestler Hadley Horner, right, finished 6A North region runner-up at 132 pounds.

South Lakes Wrestler Horner Finishes Runner-Up

South Lakes wrestler Hadley Horner finished runner-up in the 132-pound bracket at the 6A North region meet on Feb. 13, earning a trip to states.

Horner reached the 132-pound final by defeating Stonewall Jackson's Hunter Alexander (13-3 major decision), Chantilly's Charles Carlson (10-3 decision) and Woodson's Joey Kronlage (10-3 decision). Horner then lost to Lake Braddock's Darius Wiles (10-1 major decision) in the region final.

South Lakes' Gabe O'Donnell placed fourth in the 285-pound bracket.

South Lakes finished 13th as a team with 42 points. Battlefield won the team title (194), followed by Hayfield (161), Robinson (157.5) and McLean (134).

The 6A state tournament is Feb. 19-20 at Oscar Smith High School in Chesapeake.

Herndon Gymnast Bradley Competes at Regionals

Two-time Conference 5 all-around champion Alexa Bradley competed at the 6A North region gymnastics championships on Feb. 13 at Patriot High School.

Bradley finished 17th in the all-around with a score of 33.8.

Bradley tied for 15th on bars (8.525), tied for 27th on vault (8.6), finished 28th on floor (8.65) and 32nd on beam (8.025).



Alexa Bradley finished 17th in the all-around with a score of 33.8.

SPORTS ROUNDUPS

Loudoun Freedom Tryouts

The Loudoun Freedom is a competitive basketball organization for girls only. It provides players the opportunity to develop advanced basketball skills and knowledge, and to play in a very competitive environment. The Freedom emphasizes player development starting in third grade and continuing through high school. Open tryouts will be held for grades 3-8 on Sunday, Feb. 21 at Harmony Middle School.

Teams are formed at all playing levels to include an ELITE team at the eighth-grade level. Visit www.LoudounFreedom.com for

specific tryout times/locations. Pre-registration is highly encouraged.

Potomac Field Hockey Registration

Registration is now open for Potomac Field Hockey's spring FUNdamental program for Pre-K through second grade and Youth Rec league program for grades 3-8. No experience necessary. Once-weekly team practices with games on Saturdays. Technical skills sessions included. Season begins March 28 and runs through June 4. For more information or to register, visit www.potomacfieldhockey.org or email

info@potomacfieldhockey.org.

Field Hockey Open House

Learn more about field hockey. Potomac Field Hockey will be holding open houses on March 1 and March 3 from 5-7 p.m. Drop in any time. Equipment provided. For more information and to RSVP, visit www.potomacfieldhockey.org.

Looking for Umpires

Northern Virginia Baseball Umpires Association is in need of umpires for youth leagues, high schools, and collegiate-level

baseball and volleyball games. Experience is helpful, but not required. Will give classroom and field training to aid you in acquiring skills needed. Contact John Porter at 703-978-3601 or assignor@umpires.org.

Field Hockey Coaches, Umpires Needed

Coaches and umpires are needed for our upcoming spring season. Umpires needed for youth games on Saturdays. Send coach inquiry to info@potomacfieldhockey.org; send umpire inquiry to umpire@potomacfieldhockey.org.

CALENDAR

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

SATURDAY/FEB. 20

"Inspired by Love" Reception. Noon-3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Meet the artists of the "Inspired by Love" exhibit and find out who received awards. Free. www.leagueofrestonartists.org.

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.

MONDAY/FEB. 22

Reston Photographic Society Meetings. 7:30-9:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Joseph Miller will discuss abstract photography and give tips on preparing entries for the annual Abstract Photography Show. www.leagueofrestonartists.org.

WEDNESDAY/FEB. 24

Meet me at the Movies - Senior Movie Day. 10 a.m. Bow Tie Cinemas, 11940 Market St, Reston. Reston Association presents "The Intern." Refreshments and door prizes provided prior to movie. Free to 55+. Information: Ashleigh@reston.org. 703-435-6530. reston.org.

FRIDAY/FEB. 26

Schumann Piano Concerto. 7:30-9:30 p.m. United Christian Parish of Reston, 11508 North Shore Drive, Reston. The Pro Arte Chamber Orchestra of Greater Washington conductor Dr. Yeong Su Kim and piano soloist Dr. Bora Lee. \$15-\$25. pacodc.org. 571-483-8444.

SATURDAY/FEB. 27

Classic Cinema Matinee. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Warm your heart and spirits with a cinematic trip to exotic India. Call the library for title. Adults. Register at 703-689-2700.

GRACE Art: Cultivating a Creative Community Opening Reception. 5-7 p.m. Greater Reston Arts Center, 12001 Market St., 103, Reston. Opening reception to celebrate Youth Art Month exhibit. Free. www.restonarts.org. 703-471-9242.

Cooking Class. Noon-2 p.m. Il



Catch trumpeter and electronic wind instrument player Victor Haskins at ArtSpace in Herndon on Saturday, March 19.

Fornaio, 11990 Market St., #106, Reston. Includes three-course luncheon with wine and recipes. \$55. Tax and gratuity not included. Reservations: 703-437-5544. banquets.reston@ilfo.com.

SUNDAY/FEB. 28

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

FRIDAY/MARCH 4

Galactic Gala. 6 p.m. Hidden Creek Country Club, 1711 Club House Road, Reston. Fundraising event supporting Reston schools and End Polio Now by the Rotary Club of Reston. For tickets and sponsorship opportunities, go to <http://restonrotary.org>. restonrotaryclub@gmail.com.

SATURDAY/MARCH 5

Family Day at GRACE. Noon-3 p.m. Greater Reston Arts Center, 12001

Market St., 103, Reston. In conjunction with exhibit GRACE Art: Cultivating a Creative Community. Light refreshments. Free. www.restonarts.org. 703-471-9242.

SATURDAY/MARCH 9

Jazz Concert: Victor Haskins Trio. 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. world-class trumpet and electronic wind instrument player. Complimentary hors d'oeuvres and soft drinks provided; wine and beer for suggested donations. \$15. www.artspaceherndon.com.

SATURDAY/MARCH 12

Winter Night-Time Campfire. 6:30 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Discover the night sky through hands on activities and storytelling. Families can come early and picnic or toast hotdogs. Bring a toasting stick, blanket and flashlight. S'mores provided. Children must be accompanied by a registered adult. \$8, \$10. <http://www.fairfaxcounty.gov/parks/lakefairfax/>.



Piano soloist Dr. Bora Lee performs Schumann Ravel and Brahms on Friday, Feb. 26 at United Christian Parish of Reston.

Lucky Leprechaun 5K. 8:30 a.m. Reston Town Center, 11911 Democracy Drive, Reston. Run like you've got the luck of the Irish on your side. Enjoy a fun-filled celebration at the finish line. <http://www.prraces.com/luckyleprechaun/>.

Wine Tasting. 3-5 p.m. Il Fornai, 11990 Market St. #106, Reston. Sample ten wines and enjoy an appetizer or pizza of your choice. \$35. Tax and gratuity not included. Reservations at 703-437-5544. banquets.reston@ilfo.com.

SUNDAY/MARCH 13

Women's Choral Festival. 4-6 p.m. Community of Faith United Methodist Church, 13224 Franklin Farm Road, Herndon. Capital Harmonia hosts its first Celebration of Women Choral Festival to commemorate Women's History Month offering music featuring Women From Stage and Screen and Songs of Hope and Courage, joined by the Women's Chorus of South Lakes High School. Free, donations encouraged. www.capitalharmonia.org. 703-989-4007.

Ongoing

"Namaste Nepal." Through April 15. Executive Center 1, 1851, Alexander Bell Drive, Reston. Dawn Murphy's photographic journey demonstrating the experiences of Nepalis during the earthquake of 2015. Monday-Friday, 8 a.m.-5 p.m. Free. www.leagueofrestonartists.org.

"Inspired by Love." Through February. Reston Community Center, 2310 Colts Neck Road, Reston. Exhibition of painting, photography and mixed media art that is "Inspired by Love." Free. www.leagueofrestonartists.org.

Book Drive. Through March 18. Herndon United Methodist Church, 701 Bennett St., Herndon. The church is collecting books, movies, and CDs.

Funds generated from this drive will be used to support local, national, and international mission projects. 703-206-8988.

Sorcerers in Snow: Hogwarts in Winter. Through Monday, Feb. 29.

ArtInsights, 11921 Freedom Drive, Reston. See a collection of original and limited edition art from the Harry Potter series of books and films. In honor of actor Alan Rickman, 10 percent of sales will benefit two charities, JK Rowling's Lumos, and Saving Faces. 703-478-0778.

GRACE Art: Cultivating a Creative Community. Feb. 25-March 5.

Greater Reston Arts Center, 12001 Market St., 103, Reston. Highlights work from the long-standing GRACE Art program. Nearly 40 area schools participate in this program, in which trained classroom volunteers deliver an interactive art history lesson with materials and visuals supplied by GRACE, followed by a related hands-on art project. www.restonarts.org. 703-471-9242.

Emerging Visions: Contemplating Community. March 15-April 9.

Greater Reston Arts Center, 12001 Market St., 103, Reston. Fairfax County high school students the opportunity to work directly with GRACE's curatorial staff to create thoughtful, well-crafted artworks that will be exhibited in the gallery. This year, GRACE is dedicating its celebration of Youth Art Month to Bob Simon's vision for a New Town. www.restonarts.org. 703-471-9242.

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.

PHOTOS CONTRIBUTED

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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

E-mail sales@connectionnewspapers.com for more information.



THE CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com/Advertising

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

Adopt
Donate
Volunteer

lostdogandcatrescue.org



Welcoming, Diverse, Progressive

**ST. ANNE'S
EPISCOPAL
CHURCH • Reston**



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday School: preschool - grade 2
Music: grades 3 - 7
10:25 a.m. Sunday School Grades 3 to 6
Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service
Nursery care provided at 9:00 a.m. service
The Rev. James Papile, Rector
The Rev. Laura Cochran
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston

COMMUNITIES
OF WORSHIP



To Highlight
your Faith
Community,
Call Karen at
703-917-6468

ELECTRICAL ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
 Family Owned & Operated

Recessed Lighting
 Ceiling Fans
 Phone/CATV
 Computer Network Cabling
 Service Upgrades
 Hot Tubs, etc...

Licensed/Bonded/Insured
 Office 703-335-0654
 Mobile 703-499-0522
 letrkman28@gmail.com

LAWN SERVICE LAWN SERVICE

J.E.S. Services
 Your neighborhood company since 1987
703-912-6886

Landscaping & Construction
Free Estimates - Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

THE CONNECTION CLASSIFIED
 NEWSPAPERS

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

26 Antiques 26 Antiques

We pay top \$ for **STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.**

Schefer Antiques
 703-241-0790
 theschefers@cox.net

GUTTER GUTTER

GUTTER CLEANING
 Gutters and Downspouts Cleaned
 Small Repairs • Gutter Guards

PINNACLE SERVICES
 lic/ins 703-802-0483 free est.
 email jamie@lawsandgutters.com
 web: lawsandgutters.com
 Friendly Service with a Friendly Price!

TREE SERVICE TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup...
 Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience - Free estimates
703-868-5358

24 Hour Emergency Tree Service

IMPROVEMENTS IMPROVEMENTS

RN. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards
 Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827
 E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

21 Announcements 21 Announcements 21 Announcements

THIS AD FOR SALE!

Reach across Virginia with this ad!
 No other media offers the audience of loyal, local, repeat readers you'll reach through community newspapers!

71% of American adults have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days. (Scarborough Research 2012)

Virginia Press Services will run this business card-size display ad across Virginia for one low discounted price. For more details, call Adriane at 804-521-7585.

Virginia PRESS Services

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION
 Newspapers & Online
 The Connection to Your Community
www.connectionnewspapers.com

Picture Perfect Home Improvements

(703) 590-3187

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry, Wood Rot, Drywall, All Flooring, Decks

- FREE Estimates
- EASY To schedule
- FAST & Reliable Service
- NO \$\$\$ DOWN!

Handyman Services Available
<http://www.pphionline.com/>
 "If it can be done, we can do it" **BBB**
 Licensed - Bonded - Insured

WINDOWS & GLASS WINDOWS & GLASS

CHESAPEAKE/POTOMAC WINDOW CLEANING

Residential Specialist/Family owned/operated
 Working Owners Assures Quality
 No Hidden Fees/No Broken Window Springs
 30 yrs Experience in local area

Licensed **703-356-4459** Insured

HOW TO SUBMIT ADS TO THE CONNECTION Newspapers & Online CLASSIFIED

DEADLINES
 Zones 1, 5, 6 Mon @ noon
 Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES
 Zones 1, 5, 6 Mon @ noon
 Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection The Oak Hill/Herndon Connection	Zone 4: Centre View North Centre View South
Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton/Lorton Connection	Zone 5: The Potomac Almanac
Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	Zone 6: The Arlington Connection The Vienna/Oakton Connection The McLean Connection The Great Falls Connection

PAVING PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways, Flagstone, Concrete

FREE ESTIMATES
 Licensed, Insured, Bonded
703-250-6231

EMPLOYMENT

PEDIATRIC RN/LPN

Our busy happy stimulating pediatric practice in Alexandria and Fairfax has an opening for a PT position with some travel between offices. Ideal for nurses returning to the workforce. Competitive salary with benefits. Orientation provided. Fax resume to 703-914-5494 or email to cmaschedule@aol.com.

One Hundred Pills

By KENNETH B. LOURIE



What exactly am I going to do with 100 pills? Well, barring unforeseen (good or bad) circumstances, I'll certainly continue to take them every four weeks: two the day before my chemotherapy infusion, two the day of and two the day after, as I've done so now, for this particular medication, going on 30-plus months. "Not that there's anything wrong with that," or new, for that matter. But when I refilled this prescription last week, I was surprised when, after the pharmacy customer-server opened the bottle to show me the pills and ask if I had any questions, she then mentioned the count: "100." That's a lot of pills, I thought, more than usual. Typically, I receive only 30 pills.

As I drove home from the pharmacy, I began to think (always dangerous). Why would my oncologist prescribe so many pills? I only need six per month. Is there a minimum he must order? A maximum? Did he over prescribe? Does he even have any input? Perhaps he's projecting my life expectancy? One hundred pills divided by six per month calculates to 17 months/infusions for which I now have pills. I don't want to look a gift oncologist in the mouth, but as a seven-year cancer survivor, I'm well aware that cancer treatment/results are hardly cast in stone and 17 months seems like a long time not yet gone (David Crosby song title, sort of).

I'm sure part of my presumptuousness is naiveté. I want/need to believe in something/anything positive (any port in a storm) concerning/relating to my health/treatment. More so when I'm in between my every-three-month, face-to-face appointment with my oncologist. That's when we review my most recent diagnostic scan and assess my overall status and consider treatment options before agreeing on a schedule for the next three months. Not that I'm discouraged from communicating with him in the interim. Quite the opposite in fact; he's very responsive to my e-mails. It's more that electronic communication is a "two-dimensional" type of communication, and I'm a "three-dimensional" kind of communicator. Obviously, I can respond electronically to his answers and presumably we could type back and forth, but dare I show my age and say: It's just not the same as being there/talking on the telephone. Ergo, during this between-appointment interval, I'm sort of left to my own devices and in turn inclined to wobble – and wonder, emotionally, about my life. Perhaps I should look on the bright side and be glad my oncologist didn't order six pills.

I suppose, if I wanted to be honest with myself, I'd say the number of the pills prescribed/in the bottle probably mean nothing. The doctor simply checked a box and off the order went with nary a consideration of the patient's reaction. Nor do I think the doctor is aware of patient co-pays, deductibles, percentage of benefits used or any of the other out-of-pocket expenses associated with the prescription/patient's health insurance. "Hippocratically" speaking, that's not his job. His job is to keep me/the patient alive.

And since I'm still alive, pill-count withstanding, I'm looking forward to the next 17 months. Seeing my bottles of pills become less full over time gives me a peculiar sense of accomplishment: that I continue to survive in the face of what was originally a fairly discouraging set of circumstances.

Occasionally, however, I have to be realistic; 100 is simply a number, not a prognosis.

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

Septage Receiving Site Relocation Community Meeting

Hunter Mill District Supervisor Cathy Hudgins and Fairfax County Department of Public Works and Environmental Services are hosting a community meeting to obtain input on the potential relocation of the existing Colvin Run septage receiving site to the Park Authority's Area 6 Park Operations/Lake Fairfax Maintenance facility.

This meeting will be held on Thursday, Feb. 18, 2016, beginning at 7:30 p.m., at

Proffer Controversy

FROM PAGE 2

fer bills that ignores the increased specificity of the constraints on its applicability to urbanizing areas would seriously damage thousands of residents and taxpayers in Reston alone. Fairfax County (and Reston) simply cannot absorb the massive cuts in proffers the draft legislation would dictate without a steep decline in essential public services from police, fire and rescue to the education of our children. These fiscal cuts would lead to substantial reductions in our quality of life and residential property values accompanied by massive increases in property and other local taxes that would slow, if not reverse, the county's — and our community's — growth."

RICHMOND CAUGHT the attention of the Fairfax County Board of Supervisors specifically with House Bill 770 (Gilbert) and Senate B 549 (Obenshain), bills Sharon Bulova says will place "significant restrictions" on development, specifically citing "unreasonable proffers."

The Board of Supervisors drafted an emergency letter during its board meeting Feb. 2 to the Fairfax County delegation to the General Assembly opposing the two bills. "Virtually all development in the county is infill development. In these types of cases, proffers are critical in meeting infrastructure and compatibility needs of surrounding areas. If enacted, these bills may require us to rewrite entire sections of our Comprehensive Plan and Zoning Ordinance," wrote Sharon Bulova, chairman of the board. The board detailed the way the county works with developers to balance the impact of new development with "added demand for county services and public facilities that result from that development."

"We do that through the proffer system, which provides an opportunity for developers to work with the county to address community concerns related to the increased density of such development," according to the Board of Supervisors. "In Fairfax County, our collaboration with our partners in the development community has led to successful, innovative plans such as the redesign of Tysons, construction of the Mosaic District, and the revitalization of Springfield."

The board approved drafting the letter during its regularly scheduled meeting on Feb. 2.

THE HOUSE OF DELEGATES passed the

Bechtel Conference Center-ASCE World Headquarters, 1801 Alexander Bell Drive, Reston, 20191.

The Department of Public Works and Environmental Services (DPWES) Waste Water Collection Division staff completed their Septage Receiving Site Feasibility Study, which is currently under review by the Fairfax County Park Authority.

Information on the County's septage receiving sites can be found on the website at <http://www.fairfaxcounty.gov/dpwes/wastewater/industrialwaste/septic.htm>. For further details, contact Goldie Harrison at 703-478-0283.

bill later that day, 68-27. Local delegates voting in favor of the bill restricting local proffer authority included Dave Albo (R-42), Eileen Filler-Corn (D-41), Charniele Herring (D-46), Patrick Hope (D-47), Tim Hugo (R-40), Paul Krizek (D-44), Mark Levine (D-45), Ken Plum (D-36) and Vivian Watts (D-39).

Local delegates who voted against the bill included Jennifer Boysko (D-86), David Bulova (D-37), Mark Keam (D-35), Kaye Kory (D-38), Jim LeMunyon (R-67), Alfonso Lopez (D-49), Kathleen Murphy (D-34), Mark Sickles (D-43), and Marcus Simon (D-53).

The Senate version passed on Tuesday, Feb. 9, 29-8. The Senate version would exempt development around current or planned Metro stations.

Local Senators voting for bill included George Barker (D-39), Barbara Favola (D-31), Janet Howell (D-32), Dave Marsden (D-37), Dick Saslaw (D-35), Scott Surovell (D-36). Local Senators who voted against the bill included Adam Ebbin (D-30), Chap Petersen (D-34) and Jennifer Wexton (D-33).

Simon said he voted against the bill because it wasn't ready. "Fairfax uses proffer system as it currently exists to be creative in developing areas like Tysons and the Mosaic District," he said.

"We have to communicate how bad this bill is," said Dranesville Supervisor John Foust. "It flies in the face of everything we are trying to do for the economic success of Fairfax County."

"The more I thought about this bill, the worse it seems to get," said Providence Supervisor Linda Smyth, warning of profound effects on in-fill development. "We will no longer get proffer features on design issues." Later version of the bill in the Senate appear to allow architectural and design proffers.

"If enacted it may require us to rewrite our entire Comprehensive Plan. We will have to rewrite our entire ordinance," said Lee Supervisor Jeff McKay.

"This is major in terms of the repercussions we will face here in Fairfax County," said Smyth. "This will be huge, it will be time consuming, and it will be expensive to us."

Smyth and other supervisors discussed the ability of developers to work with the community during the proffer process.

"There may be a unique opportunity, a community that may need a stream restored, and all that will be gone, and we

Photographers Invited to Exhibit

The Reston Photographic Society, a special interest group of the League of Reston Artists, seeks photographers to enter their work in the "RPS Clicks @ USGS" exhibit. Entry forms must be completed online by Feb. 26 and works dropped off on March 1. The exhibit and entry acceptance will be at the U.S. Geological Survey, National Gallery, 12201 Sunrise Valley Dr., Reston. Visit the LRA website at www.leagueofrestonartists.org to enter works in the exhibit and for more information on this and other events.

will have to rewrite our residential zoning," said Smyth.

"Our development community does not support this. What they are seeing is something set up in other parts of the state that will undermine what we are doing here," she said. "We have a very responsible development community."

Springfield Supervisor Pat Herrity voted against the letter.

"I think we have gone too far with proffers," he said. "This will lower the cost of housing in Fairfax County."

"I agree with Supervisor Herrity that we have to be careful about the requirements we put on builders. It is expensive to build in this county," said Braddock Supervisor John Cook.

"The answer to this problem is not asking Richmond to fix this problem for us," Cook said. "Going to Richmond for the answer is a bad, bad, bad idea."

But legislators in Richmond who support the bill said localities have gone too far with proffers, using them in ways that were never intended. "What businesses have repeatedly told me about being able to work with the government, whether it's zoning, procurement, public-private partnerships, etc., is that they need to have fairness, predictability, and systems that work," said state Sen. Scott Surovell (D-36). "Otherwise, they don't want to put the time into trying to get to the end zone. Right now the litigation check on [proffers] is totally tilted towards the localities. That can't continue."

STATE SEN. DAVE MARSDEN (D-37) admitted that one reason localities turned to proffers was because of severely limited tax authority. But he supports the bill, with amendments, in part because the costs of proffers add to the cost of housing, making houses less affordable. Proffers should also serve the area around the new development, not the other side of the county, he said.

"I did feel like something needed to be done on behalf of the builders," Marsden said. "It's a depressed industry."

Del. Kathleen Murphy (D-34) voted against the House bill, but added it is a work in progress.

"The abuses that have driven this bill are not centered on NOVA," she said. "We are working with supervisors and the business community to make sure this is done right because it is so important to economic development."

Reporting contributed by Mary Kimm

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.

Expert Coaching | Advanced Technology | Life-Changing Results.

Koko FitClub, a Digital Gym.

Call, Click or Visit to Get Started with 30 Days of Complete Fitness

Koko FitClub of Great Falls | 561-612-2333 | greatfalls.kokofitclub.com/get30for30

Koko FitClub of Herndon | 571-612-2331 | herndon.kokofitclub.com/get30for30

Koko FitClub of Reston | 571-612-2333 | reston.kokofitclub.com/get30for30

